

Table of Contents

The Early Childhood Program Turns Three

Page 2
Bridge the Gap Walk

Page 3-4
The Effects of Recession on Children

Page 4
Peter D. Cunneen Fund Projects

Page 5
Thank You to PCSI

Page 6-7
Golf Classic Wrap-up

Page 8
Make a Gift

The Early Childhood Program Turns Three

By Amy Baur, LCSW, RPT-S
Supervisor of Child Counseling

The Early Childhood Program at The Bridge, like children themselves, continues to age and grow. We have reached our three-year mark and in two more years we will be older than our oldest clients! Regardless of age, the services we offer remain rare and special for the northwest suburbs. Not only are we providing early childhood mental health services, we are also offering innovative treatments to the kids and their families.

Let me take this opportunity to fill you in about the treatment modalities used in the Early Childhood Program.



Play Therapy

Individual Play Therapy treatment was used effectively in the case of Brian. Brian was a 4 year old boy being raised by his grandmother. Brian's mother was an alcoholic and although she wanted to take care of Brian, she was unable to remain sober, so Brian remained in his grandmother's care. Brian's grandmother brought him to The Bridge to address his severe anger outbursts and his difficulty managing relationships in pre-school. In addition to providing his grandmother with tools to assist her with managing his behavior, Brian was provided with Individual Play Therapy. Brian used the doll figures to act out scenes of two women fighting over a baby. In addition, Brian frequently had one of the women

doll figures driving a car erratically. He pretended that she was talking in nonsensical syllables or stumbling over other toys. The therapist used a child-centered form of Play Therapy in which the therapist allows the child to choose materials and follows the child's lead. Although the therapist did not point out the relationship between the play and Brian's experiences, during one session, Brian looked at his therapist and stated, "She's [the doll] drunk. Drinking makes you act crazy." Allowing Brian to use the toy materials to express his experiences helped him to gain understanding and allowed him to make changes to his behaviors as well.

Family Play Therapy

There are a variety of ways to use Play Therapy with families as well as individually. Specific types of play are designed to assist parents in replicating aspects of parenting of the young child in order to enhance the parent-child relationship. Other types of family-based play, provide a non-threatening venue for communication between children and families, Family Play Therapy can assist parents in understanding their children's needs and responding to these more effectively. Family Play Therapy is also a useful and fun way to include every member of the family in the treatment process.

(continued on page 2)

Bridge Board of Directors

Michael Strauss, Chair

Daniel E. Cates, Vice Chair

Kevin O'Donnell, Secretary

Jon Hoffmeister, Treasurer

Nelly Adams-Sanchez

William J. Anaya

Sujit Bakre

Ann Bokor

Karen Brookwell-Miller

Jill Cerone-Marisie

Wendy L. Copeland

Joe Crimmins

Greg Davis

Ron Dohl

Katie Gonzalez

Kevin O'Donnell

Cindy Phelps

Jerome W. Pinderski, Jr.

Bill Robertson

Stephen D. Whited

Youth Advisor: Lisa Koenig

Early Childhood Program (cont.)

Filial Therapy

Filial Therapy is perhaps one of the most innovative and useful treatment options for Early Childhood clients. Filial Therapy ("falalala" therapy as one of the parents called it!) is training parents in using Child-Centered Play Therapy techniques with their own children. Parents are encouraged to have "special play time" with their children, thus becoming a therapeutic resource for their children. It assists parents in understanding their children's play, strengthens the parent-child bond, and provides parents with new ways to set limits as well. Filial Therapy can be taught to individual families or in a group/class setting where parents are able to assist each other with issues and concepts.

Parent-training

The Bridge is also able to assist families in need of parenting skills at a variety of levels. From remedial parenting focusing on education about development and discipline, to more specialized training in managing children with challenging behaviors, we are able to respond to a variety of needs. In addition, we are able to help pregnant and parenting teens to gain skills and knowledge about their children and use Play techniques to improve bonding and attachment early in the relationship.

As The Bridge early childhood programs grows, we are dedicated to ensuring that we remain cutting edge and effective in the treatment of young children. We appreciate the financial support we have received, and are certain that with your continued assistance, this program will continue to be an asset to the community for many years.



Registration opens at 8:30 am

Walk begins at 9:00 am
Join State Representative and
Walk Marshall

Suzanne "Suzie" Bassi

for a fun 2.5-mile

neighborhood walk

to support the families served by
The Bridge Youth & Family Services.

Walk begins and ends at
The Bridge Youth & Family Services
at the corner of Illinois
and Quentin Roads in Palatine.

The Effects of the Recession on Children

By **Barbara Howard, LCPC, CADC**
Leslie Gaynor, LCPC

We have been in an extremely stressful economic recession for some time now. No clear end is in sight. Many of us are most worried about the effect this is having on the country's children. According to a recent program on CBS Evening News with Katie Couric, journalists have reported on the housing crisis, the collapse of financial institutions, the stock market's freefall, the stimulus package, the AIG bonuses and the economy's hemorrhaging of jobs, but the real gut-wrenching stories of the economic downturn reach well beyond the offices of Wall Street or the corridors of power in Washington. The collateral damage of this recession is our smallest and weakest citizens; our children.

No one can say how many children in this country are homeless, but it's safe to assume that the recession is worsening the problem. With more than 2 million families expected to lose homes in foreclosure this year, children will be experiencing the stress and confusion of moving to a smaller place or even to a shelter. Many families are not able to find shelters that can take them all. In Phoenix, Children's Hospital reports a 40% increase in child abuse and neglect cases this year. In Cleveland, Rainbow Babies and Children's Hospital has seen more middle-class families turning to the emergency room for basic health care because their children are uninsured (USA Today). There have been reports of a rise in domestic violence as well.

None of this is surprising because children are an integral part of their family system and when a part of the system is stressed, they will be too. At The Bridge we have had parents express financial concerns across a range of severity from not having enough money for birthday presents and new clothes for school all the way to losing their homes to foreclosure and not having money for food.

One family's story is representative of the kind of stress that affects every member of the family. Ron & Cathy came in with their three children, John (15), Eric, (12), and Abby (7). Ron & Cathy report that they had a "normal life" up until about one year ago. Around that time, Ron was laid off from his middle management position at a local technological firm due to the economy. Even though the family was receiving unemployment compensation, the stress of looking for a job as well as lower and temporary income brought

about binge-drinking behavior from Ron and extreme marital stress. When the family was evicted from their home Ron and Cathy decided on a marital separation. Ron went to a half-way house. Cathy stayed at a women's shelter, and each of the three children went to separate homes of families recommended by a local church.

When the family sought counseling at The Bridge Ron was dedicated to sobriety and the couple was interested in reconciliation. Cathy started working at a full-time position during the day. John and Eric were having difficulty dealing with what their peers must think about the eviction. Abby was having difficulty adjusting to a new family. The entire family had Post Traumatic Stress symptoms.

So, what can be done and how can we assist our children at a time when we, ourselves, are not feeling well? According to Psychologist Dr. Keith Kanner, "It is kind of the same question we have when we are asked to care for our children when we are sick ourselves. It is not easy! But, the old adage of "take care of yourself before others" is an essential concept for our times. Our children base their sense of safety, security, and protection on our attitude, and as parents and adults, we need to keep this in mind at all times.

In other words, it is not just what you say, but do what you do. When children see their parents manage their own stress through self-nurturing, talking, exercising, and self-encouragement, children take in from what they observe and apply it to themselves. A positive attitude is one whereby the adult conveys to the child a sense of safety and an external sense of relief - namely, that the adult will somehow deal effectively with the problem and come up with a solution.

This combination then allows some peace in the mind and heart of a child and helps them to develop this successful means of dealing with hard times."

(continued on page 4)

Recession on Children (cont.)

Important Points:

1. Children are aware of the recession and may feel worried and scared
2. Children take their cue of how to cope with the financial stressors from their parents and other adults.
3. Demonstrate good self-care techniques to help your children learn healthy coping skills for stressful times: an important life skill.
4. Answer any questions honestly and at an age appropriate level, but do not burden children with adult anxieties. Children have no control over the situation and can become more anxious. Anxiety can be contagious.

For example, say:

“We are going to spend less on Christmas this year because we want to be careful about how we use our money.”

Instead of:

“We are going to spend much less on Christmas presents this year because I don’t know if I’ll have a job next month!”

Remember that difficult times often teach us our most important life skills such as resiliency and persistence. The attitude with which we respond to this crisis can teach our children to be strong and positive in the face of challenges.

SAVE THE DATE
Dinner Dance
Saturday, April 10, 2010
The Meadows Club

Peter D. Cunneen Memorial Fund Projects

By Gregg Stockey
Executive Director

The Bridge fiscal year ended June 30th. This was the first full fiscal year since the Board of Directors created the Peter D. Cunneen Memorial Fund. The “Peter Fund” was created to provide training and technology enhancements that otherwise might be unaffordable. Three exciting projects have been completed with donations to the fund:

1.) Foundation Search software was purchased to assist The Bridge in finding grant opportunities and creating grant requests. Through the efforts of our staff, most notably Grant Writer Lisa Hanson- Braun, using the Foundation Search tool The Bridge reached an all time high for this organization in funding from foundations. This success helped offset shortfalls in other funding that resulted from the struggling economy.

2.) Training for staff on treating traumatized children was also provided. Dr. Gene Griffin, PhD, J.D., Fellow of the Child Trauma Academy presented to a group of 52 clinicians from a number of area agencies.

3.) I was allowed to attend intensive 3-day training at the Axelson Center for Non-Profit Management.

The “Boot Camp for Non-Profit CEOs” was a valuable learning experience that will influence my work for years to come. The board got a kick out of the idea of Peter sending me to Boot Camp!

Thank you for your support of the Peter D. Cunneen Memorial Fund. It is a great way to honor the memory of The Bridge’s legendary Executive Director.



Thank You to PCSI

On Wednesday, June 24, representatives from Preferred Communication Systems, Inc. (PCSI) treated staff at The Bridge to lunch and a big announcement: The Bridge is the recipient of an IT Bailout, valued at \$25,000 donated by PCSI and their vendors.

Bill Hayes, Owner and President of PCSI stated, "Our hope is that this technology stimulus package will



give renewed energy to The Bridge as we, along with our other generous partners, provide extremely valuable solutions and services that will help accomplish their mission, direct more of their funds toward other areas of need, and grow their local communities."

In the month of May over 500 non-profits in the Chicagoland area were invited to participate in PCSI's Non-profit IT bailout. The Bridge received the GRAND PRIZE of \$25,000.00 in free IT products and services from companies such as Dell, Symantec, First Communications and PCSI. Prizes include a Dell laptop computer, monitor, technical assistance, and anti-virus software.

"PCSI provides tailored technology support services and solutions, so non-profit organizations can use technology as a tool that provides efficiency and productivity for their staff which in turn enables organizations to focus on what's important - their members." said Vince Arden, Owner and CFO, PCSI. "The Non-profit IT Bailout is a fun way for us to reward those organizations that are in the greatest

need due to the current economic conditions and the downturn in donations that they are facing."

Hayes and Arden, along with sponsoring vendors, presented Bridge staff with the prize over lunch. It was a fantastic opportunity for these donors to meet direct service staff at The Bridge and learn about the services provided and how the IT Bailout will impact those services.

Staff were giddy for days following the presentation. At a staff meeting, they went around the room and everyone opened one package from PCSI and announced what it was to the rest of the staff.

IT Bailout Sponsors:

Preferred Communication Systems, Inc.
(www.preferredsys.com)
First Communications (www.firstcomm.com)
Dell Inc. (www.dell.com)
SonicWALL (www.sonicwall.com/us)
Symantec (www.symantec.com)
MX Logic (www.mxlogic.com)

Keep connected by following us on Facebook and Twitter or by subscribing to our Blog. For more information visit our website at: www.bridgeyouth.org

2009 Peter D. Cunneen Golf Classic & Spa Day

The Bridge Youth & Family Services hosted the Peter D. Cunneen Memorial Golf Classic & Spa Day on August 10th. The event attracted 140 participants and raised \$52,000; a huge success! Attendees enjoyed the weather and atmosphere at picturesque Inverness Golf Club. Activities included



L-R: Jeff Kilrea, Jon Mariano, Bob Shanahan, Palatine Mayor Jim Schwantz and John A. Castellano

a full round of golf, manicures, pedicures, deep tissue massages and a gourmet dinner culminating in a silent auction and raffle. The proceeds will provide the families served by The Bridge with valuable resources and counseling. The Bridge would like to thank everyone who helped make the event such a success, including our sponsors, golfers, volunteers, Inverness Golf Club and event Co-Chairs, John Castellano and Jon Mariano. Congratulations to the raffle winner David Whitfield who won a 32-inch Vizio LCD HDTV! We look forward to working and playing with all of you again at next year's Golf Classic on August 9, 2010 at Inverness Golf Club. Here's what a few of our attendees had to say about the outing:

- "A nice event for an excellent cause. Inverness Golf Club is a nice location. Food was great. Service was top-notch. Love the course"

- "I heard many very positive comments from people who have attended many previous golf outings that this was like the best one they've attended."

- "I enjoyed the food, refreshments and the friendly faces of both the volunteers and staff members of The Bridge."

- "The day was beautiful and the people were great. It was a wonderful day."

Special thanks to Mayor Jim Schwantz for his participation and Von Sydow's Moving & Storage for making his participation possible!



Bridge client and evening speaker, Jackie Fosterud and Rene Czerwinski, Crisis Intervention Supervisor

2009 Golf Committee

Co-Chairs: John A. Castellano & Jon Mariano

Becky Brooks, Gerald Chapman, Ron Dohl, Bob Haas, Kymn Harp, Liz Noe, Bill Pohl, Gary Rukin, Michael Strauss, Kery Wirth and Lance C. Ziebell

Thank You to PCSI



L-r: Steve Pohl, Bill Pohl, Michael Strauss, Michael Thompson, and Bob Hoffman enjoying a mojito provided by Pete Miller's prior to attempting to "Beat the Schmo"



Bob Haas and Lance C. Ziebell, Auction Co-Chairs with Carrie McHaley, Bridge Development Director



Streamwood Behavioral Health Systems foursome, including Bob Love, former Chicago Bull



Spa day participant, Penny Fitch-Hayes



Thank you Schneider Electric volunteers!

2009 Golf Sponsors

Silver Sponsor



Grand Sponsors

- Harper College
- Harris Bank Palatine, N.A.
- Northrop Grumman Corporation
- Northwest Community Hospital
- Riffner Barber, LLC
- Streamwood Behavioral Health Systems

Major Sponsor

- Cornerstone National Bank & Trust Company

Bronze Sponsors

- Palatine Bank & Trust
- R.C. Schoppert & Associates

Hole Sponsors

- All Family Plumbing
- Lavelle Law, Ltd.
- Lowery Asset Consulting, LLC
- Wolf Financial Group

Spa & Car Sponsors

- Aquarius Salon & Spa
- Arlington Lexus in Palatine
- Elements Therapeutic Massage

Making a Gift to The Bridge Youth & Family Services

No matter the size, each charitable gift enables The Bridge to continue providing vital services to the community.

Here are a few giving options...

- Cash gift
- Pledge – Pledges can be paid over time in cash or stocks.
- Stock – By making a gift of stock, you'll receive a tax deduction while avoiding capital gains tax.
- Tribute or memorial – Make a gift in honor of someone, living or deceased.
- Birthday gifts – Make a gift in honor of someone's birthday and we will send him or her a card.
- Matching gifts – Some companies will match, double or even triple your charitable gifts. Check with your human resources department for details.
- Planned gifts – Leaving a gift to The Bridge through a bequest, endowment or other planned gift can be rewarding and provide you with substantial tax benefits.

Check us out on the web - www.bridgeyouth.org



NORTHROP GRUMMAN

Printing Courtesy of



Layout Courtesy of

Newsletter Editor: Rich Scalzo

bridge1@bridgeyouth.org

www.bridgeyouth.org

(847) 359-7490

Palatine, IL 60067-6760

721 South Quentin Road, Suite 103

YOUTH & FAMILY SERVICES

THE BRIDGE



NONPROFIT ORGANIZATION
U.S. POSTAGE
PAID
PALATINE, IL
PERMIT NO. 222