



OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES
& COMMUNITIES

SEEDS

of Hope

Agency Newsletter
Spring 2019

OhioGuidestone Leads Youth Recovery Efforts in Franklin County

Youth who enter into the Franklin County Juvenile Courts often need treatment for substance abuse and substance use disorder. To treat substance use disorder effectively, treatment providers must be proactive, adaptive and have a strong presence in the community.

When OhioGuidestone learned that the exclusive contract to provide outpatient treatment services to youth with the Franklin County Juvenile Courts wasn't receiving any interest, we stepped up to fulfill the role.

"We knew we could fulfill the contract. More importantly, we knew that there were youth who needed help—and that we could provide it best, no matter the challenge," said OhioGuidestone Executive Director Lisa Clark.

The unique role OhioGuidestone plays in Franklin County's youth-recovery efforts has allowed us a detailed look into how substance use disorder, and particularly the opioid epidemic, impacts youth in that area.

"OhioGuidestone is one of the leaders in the community and they do it well," said Whitney Randolph, Chief Probation Officer at the Franklin County Juvenile Court. Our success in recovery and treatment programs lies in our expert knowledge of community needs and our drive to help the youth in our services and their families.

"What sets OhioGuidestone apart is its commitment to addressing both the specific needs of the Court and the issues of the teens and families we serve," said Judge Dana S. Preisse of the Franklin County Domestic Relations

and Juvenile Court. "We could not be happier working with the compassionate and knowledgeable individuals at OhioGuidestone."

Our experiences providing treatment for youth in Franklin County reaffirmed that substance use disorder is a complicated disease and single-pronged approaches are less effective. OhioGuidestone staff sought to innovate treatment approaches for these youth to increase their chances of success. This January, OhioGuidestone began the Alternative Peer Group program at our Columbus office, thanks to a generous grant from the Columbus Foundation.

The Alternative Peer Group is an evidence-based model of support that provides a peer group, with an interest in recovery, a place to socialize and



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~ Judge Dana S. Preisse of the Franklin County
Domestic Relations and Juvenile Court

Message from the President



Richard R. Frank,
President and CEO

Recently, OhioGuidestone celebrated its 155th birthday. Throughout our legacy, we have played many roles within the community. In our beginning, we were taking care of parentless children. As time progressed and the needs of the community shifted, we adapted and became a residential treatment center, known throughout the state for our expertise in caring for children with high needs. Further along, we diversified the services we provided as a behavioral health agency. Recently, we began substance use disorder treatment services in response to the opioid epidemic.

Today, at the core of our identity, we are known as lead providers for behavioral health care services. Through our Community Counseling programs such as Juvenile Justice, Out-Patient Counseling and Maternal Depression, OhioGuidestone helps tens of thousands of people each year in 34 counties across the state.

True to our traditions, when a community has an unmet need this agency is often the first to step forward with a solution. We now have a state-wide reputation for being problem solvers. Our behavioral healthcare services centralize our approach to lasting solutions that return people to the path they are meant to be on: one that leads to resiliency, joy and self-accomplishment. Thank you for supporting our 155-year legacy. Those we have served in the past, present and future thank you, as well.

OhioGuidestone Leads Youth Recovery Efforts in Franklin County, *continued from page 1*

seek education and employment opportunities. They provide safe zones where youth can experience what sober living can do for them.

The funding awarded to OhioGuidestone by the Columbus Foundation helped purchase comfortable furniture and supplies for sober support activities, such as an airhockey table, board games and structured activities for social outings.

During Alternative Peer Group time,

a Recovery Coach facilitates structured sober activities and outings. Recovery Coaches are available for one-on-one sessions with youth to set up and guide them through a recovery plan. Currently, the Alternative Peer Group meets a few times a week. In the future, OhioGuidestone hopes to have Alternative Peer Groups available each weekday and to schedule a sober outing once a month during the weekend.

As the program progresses, OhioGuidestone staff are excited

about the changes they see in the youth who have attended. In only a few short months, the youth have begun displaying positive attitudes about their recovery.

As more youth begin to join the Alternative Peer Group in Franklin County, OhioGuidestone staff eagerly anticipate that by changing their peer groups, we can begin to heal youth and show them a different path for their lives—one filled with sobriety and potential.

Providing New Mothers with Care

New mothers carry the weight of their child in their arms, and the weight of the world's expectations on their shoulders. There are so many expectations for a new mom—the instant ability to bond with their child, an innate nurturing instinct and a superhuman ability to make it through sleepless nights with a smile on their face. These expectations are at odds with the realities that many new moms experience. For an estimated one in nine mothers, the birth of their child brings not joy, but symptoms of postpartum depression.

“Maternal Depression and Post-Partum depression doesn't always look how we envision it,” said Ashley Klingelsmith, OhioGuidestone therapist and supervisor. Mothers can experience symptoms that range from an inability to bond with their child, to excessive anxiety about the baby's safety. “It's not always a case of the mother neglecting their child,” said Klingelsmith.

Maternal depression can also occur under many circumstances. Mothers with substance use disorder who lose custody of their baby soon after birth still experience symptoms, and it becomes an additional barrier to

accomplishing what they need to regain custody. Tragically, symptoms of maternal depression can still emerge in instances where the child does not survive. OhioGuidestone therapists are attuned to the unique circumstances of the mothers we help. They are specially trained to help women with maternal depression, to connect them with what they need to thrive.

“It's consistent across each region OhioGuidestone serves—our therapists are experts in maternal depression,” said Klingelsmith.

Also consistent is new moms' access to the Emergency Fund, where they can receive money for their children's needs. OhioGuidestone has gifted cribs, car seats, formula and more through generous donor support. These additional resources allow mothers to focus on their mental health and provide their children with a better start on life.

OhioGuidestone helps new mothers experiencing Maternal Depression regain a sense of control and feel like themselves once more. With proper treatment and therapy, most mothers with maternal depression stop experiencing symptoms six to nine

months after giving birth. The time that the mothers spend in therapy with OhioGuidestone can change their lives. Their close relationship with their therapists can unlock their potential and reassure them—though the weight of motherhood is daunting—that they are strong enough to overcome barriers and find the joy of this new phase of their lives.

Common signs of Maternal Depression

Crying more often
than usual

Worrying or feeling
overly anxious

Doubting ability to
care for baby

Feelings of anger

Withdrawing from
loved ones

(Source: CDC)

Courage to Follow the Journey Through: Finding a Family

Abbie Brown found herself only halfway to her destination, after over an hour of driving. As the miles flew past, she knew that what awaited her at her destination could change her life and maybe someone else's. As she drove, she had time to think and talk to God. She wasn't talking to God out of fear of driving or fear of her destination. Abbie had actually felt peace about everything she had been doing that led her to this moment. She felt like she was being called to where she was headed. But—as is the human condition—she needed affirmation that she was doing the right thing. Abbie found herself saying to God, "I need a sign, one that is going to smack me in the face." Believing in her heart that God would hear her plea, she continued on her journey.

Abbie's life had revolved around her identity as a hard working business owner and hairstylist at her salon, Salon Front & Center. For 13 years, she focused on her career, developing relationships with clients and building a successful business. Abbie came to know many employees of OhioGuidestone this way; her best friend even worked as an early

childhood therapist for the agency. Over the years, she came to know these therapists, counselors and employees and the amazing work they did for OhioGuidestone. Through all of these conversations, day in and day

Abbie couldn't ignore it any longer and decided she needed to explore the possibility of becoming a foster parent.

out, Abbie began to feel like she kept hearing about foster care and adoption. Over the daily white noise of blow dryers, washing stations and the distant chatter from other hair stylists and their customers, Abbie felt like the words "foster care" and "adoption" kept ringing loud and clear. It finally got to the point where Abbie couldn't ignore it any longer and decided she needed to explore the possibility of becoming a foster parent. Reaching out to her best friend, she began the process, which included OhioGuidestone's foster parent trainings. These trainings were close—held at the Berea campus—and on nights she was already free. Abbie took this as the first sign on her journey. The classes made it clear to Abbie—she was being called to become a foster parent.

Soon after, she received a call from

OhioGuidestone to tell her that they found a potential match. Abbie first met with the child's social workers. Sitting in front of the panel of professionals who worked closest with the child, Abbie was interviewed to see if she was

indeed a good fit. Before the meeting ended, Abbie had one question—"Can I see a picture?" They handed her a picture of nine-year-old Jenna and Abbie began to truly see herself becoming a foster parent.

One week later, Abbie reflected on her journey as she drove to meet Jenna for the first time. She needed reassurance that this was her path and began begging God for a sign that this was the right choice. As Abbie prepared for what was in store when she arrived, she had no idea Jenna was doing the same. Jenna's current foster parents got the call about meeting and they told Jenna to come up with questions to ask Abbie. Jenna needed to make sure she liked Abbie as much as Abbie liked her. When Abbie arrived, Jenna

began asking Abbie her list of questions. “What’s your favorite food?” followed by others like “do you have a car?” They went through Jenna’s list. Then, Jenna wanted to show Abbie her Lifebook, a compilation of photos, papers, awards and items from a foster child’s life meant to help the child have a sense of their life story. After Jenna went page by page through her Lifebook, she had one final question—one that wasn’t on her list, “Do you believe in Jesus?” It was at that moment that Abbie thought, “Okay God, I get it now—that’s my sign.” To this day, Abbie isn’t sure how Jenna learned about her faith but, “it was really sweet to make that connection if only for the sole purpose of God showing me it’s okay.”

Jenna was placed into Abbie’s care as a foster child. They bonded instantly and undeniably. Abbie knew from her classes with OhioGuidestone that foster children often have a difficult time bonding or refuse to attach altogether. Jenna and Abbie’s relationship is strong. They love to do things together such as cooking from scratch, watching movies and running the hair salon and spa.

Before she knew it, Abbie was in the car again. This time on Jenna’s tenth birthday. Both Jenna and Abbie were headed to the courthouse for Abbie

to officially adopt Jenna. Abbie, who, after the adoption, Jenna began calling “mama bear,” knew signing the adoption papers would not be the end of Jenna’s healing process. In fact, she knew the healing process had just begun. Since the adoption, Abbie has opened her home to offer respite care to six other foster children and has considered fostering or adopting others. Abbie sees how having other foster children in their home helps Jenna heal because they allow her to step outside of herself and relate to them.

Advocating for foster care and adoption is a part of Abbie’s life and Jenna’s future. “For 13 years I was into my career” said Abbie, “It was really amazing to

find something I was just as passionate about—being a parent. Especially the process that formed me into being a parent. I’m so passionate about foster care and adoption now.” Jenna has said when she grows up she might adopt or foster children of her own. As a fourth grade student, Jenna has many goals, from wanting to become a doctor or a hairstylist and taking over the salon,

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OHIOGUIDESTONE

Promise Run

Take a step today for stronger communities tomorrow

SATURDAY, MAY 11, 2019 | 9AM

WALLACE LAKE, VALLEY PARKWAY, BEREA, OH 44017

The Promise Run, OhioGuidestone's annual 10K/5K run and walk, is a chance for you to empower adults, children and families in need throughout your community.

At this race, you will connect with our mission and help us to take steps toward transforming the lives of tens of thousands people across the state—all while taking steps of your own. This family-friendly event is packed with ways to get active while supporting OhioGuidestone. All proceeds benefit OhioGuidestone's Emergency Fund, which helps people in crisis by providing funds to give relief through assisting with meals, emergency shelter, clothing and other necessities.

To register for this event, visit at www.OhioGuidestone.org/PromiseRun

Featuring:
Emcee, Joe Cronauer
95.5 The Fish

Courage to Follow the Journey Through: Finding a Family, continued from page 4



to having a business and adopting or fostering children of her own someday. "I always tell her, 'yes, you can do that, you just have to work hard and be kind.'"

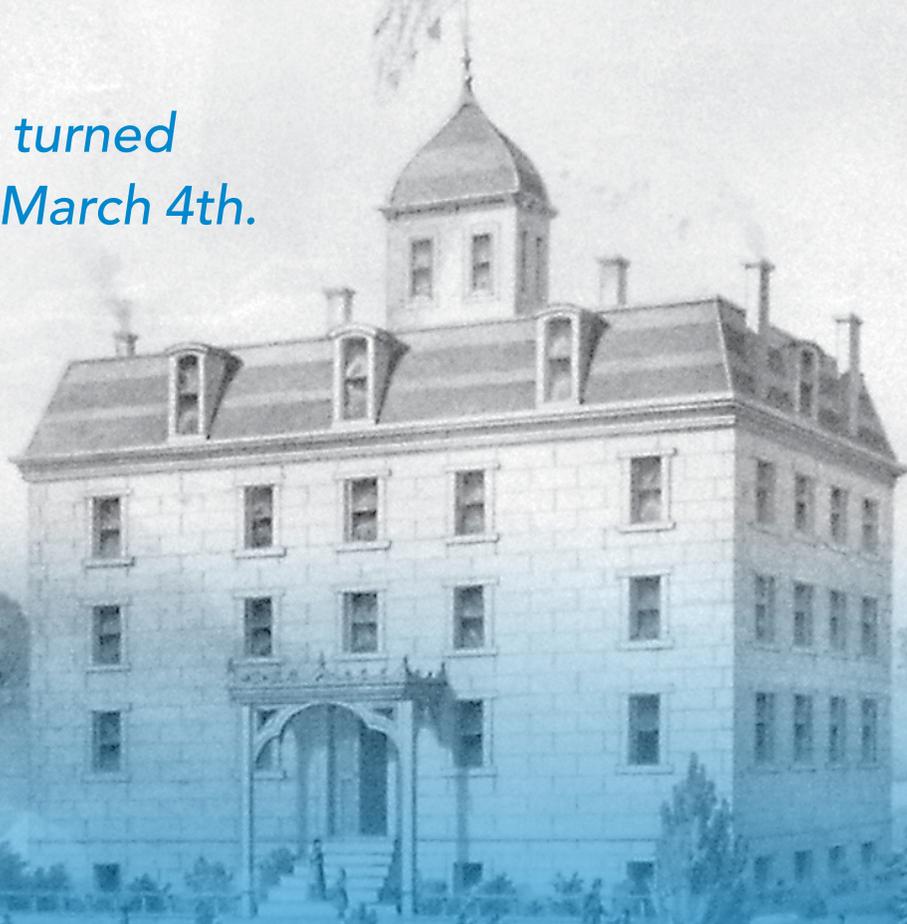
According to Abbie, "[Becoming a foster parent] has been the most

valuable and purposeful thing I've done with my life." OhioGuidestone's Foster Care team stood by Abbie throughout the process of becoming a foster parent and to this day are involved in hers and Jenna's lives. "Jenna wouldn't be my daughter if this would

have happened any other way."

Life gives us many paths to travel. Faith calls us towards the path we need to be on. Courage causes us to follow it through to what lies in store—an amazing destination we never knew possible.

*OhioGuidestone turned
155 years old on March 4th.*

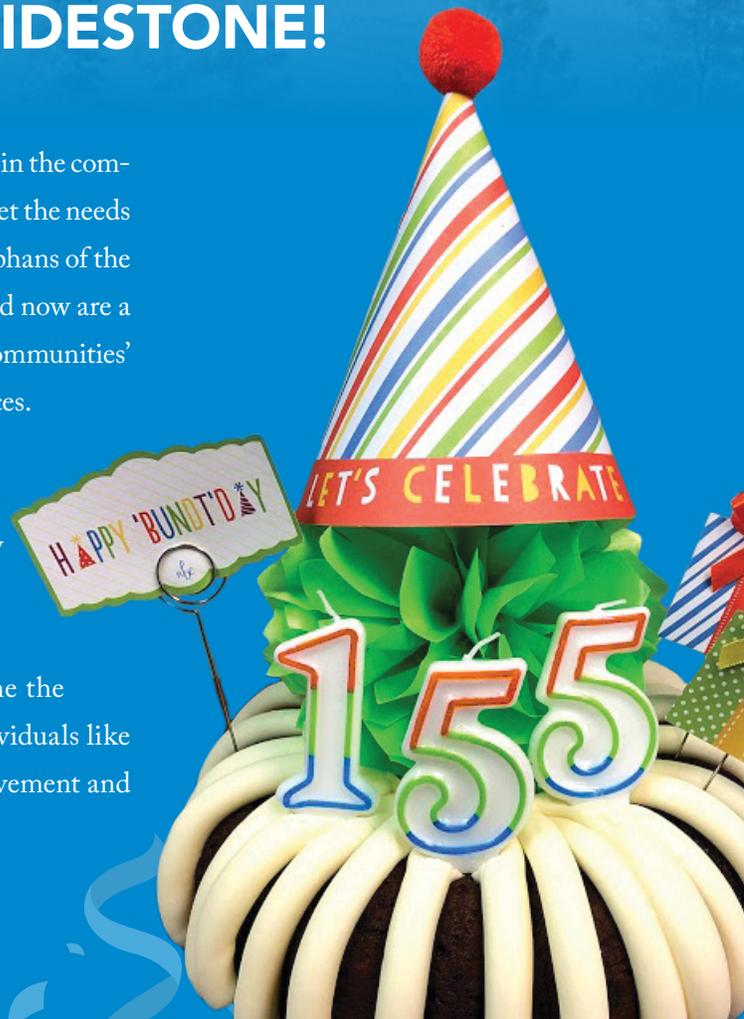


HAPPY BIRTHDAY, OHIOGUIDESTONE!

We are proud of the change we have sparked and our legacy of impact in the communities we serve. For generations, OhioGuidestone has evolved to meet the needs of the people we help by providing expert care. We began caring for orphans of the civil war, grew into our role as experts in residential treatment care and now are a leading behavioral health agency throughout the state. We adapt with communities' needs and meet the challenges of each generation through expert services.

From serving only nine children in 1864, to serving more than 32,000 adults and families across 34 counties in Ohio today, we continue to grow our mission.

We embrace our next 155 years, with faith that we will overcome the obstacles and seize the opportunities ahead with the support of individuals like you, dedicated to our mission to provide pathways for growth, achievement and lifelong success.





OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES & COMMUNITIES

Our Vision

Future generations are educated, self reliant and contributing members of strong communities.

Our Mission

To provide pathways for growth, achievement and lifelong success.

OhioGuidestone

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UPCOMING EVENTS

2019 GOLF &
CLUB CLASSIC

OhioGuidestone Golf & Club Classic

September 9, 2019
Columbia Hills Country Club
16200 E River Rd, Columbia Station, OH 44028

Join OhioGuidestone and title sponsor, Blue Technologies, for a day of golf followed by dinner and live auction. All proceeds will benefit the adults, children and families of OhioGuidestone.

Please contact Jessica.Kanelos@ohioguidestone.org for more information.

OHIOGUIDESTONE
EVOLUTION

Evolution Gala

June 19, 2020
Rock and Roll Hall of Fame
1100 E 9th St, Cleveland, OH 44114

Celebrate OhioGuidestone at this semiannual event featuring a formal dinner, auction, dancing and more!

Stay tuned for more information!

Licenses and Certifications

Ohio Department of Job and Family Services | Ohio Department of Mental Health and Addiction Services

Approved Health & Welfare Organization of the East Ohio Conference of the United Methodist Church

