

Youth Shelter News

A NEWSLETTER OF THE CLARK COUNTY YOUTH SHELTER & FAMILY SERVICES, Inc. (CCYS)

“Serving youth and families in a safe and caring environment.”

Spring 2007

Volume 13, Issue 1

March celebrates Safe Place Week

March 12-16 is this year's National Safe Place Week, a week set aside to increase awareness about the crisis intervention and runaway prevention program and honor its many volunteers.

As the Safe Place agency for Southern Indiana, the Clark County Youth Shelter assists approximately 30 youth a year who seek alternatives to running away from problems at home such as physical abuse, abandonment, problems with siblings, etc. The Safe Place Program provides these youth a listening ear, crisis intervention, mediation with parents, and shelter if needed.

Currently, 108 businesses and organizations in Clark and Floyd counties



are certified and trained Safe Place sites and 15 citizens serve as Safe Place volunteers — people trained to respond to a Safe Place call from a site that a youth has accessed. These sites and volunteers are crucial to the success of the Safe Place Program. In honor of National Safe Place Week, the Clark County Youth Shelter thanks each and every business, organization and individual who has made Safe Place a priority.

Floyd County Safe Place Sites

Boys and Girls Club
Dairy Queen Restaurants
Floyd County Youth Shelter
Floyd Memorial Hospital
Krogers
McDonalds Restaurants
New Albany Fire Departments
New Albany-Floyd County Library
Our Place
Sav-A-Step
Thornton's
Tri County Health
Walgreens
White Castle
Workforce Development
Mac's
Georgetown Fire Departments

Clark County Safe Place Sites

IDEMITSU
Century 21-Reisert
Clark Memorial Hospital
Dairy Mart
Circle K
Dominos
Family Health Clinic
Hardee's
Jeffboat
Jeffersonville Fire Departments
Jeffersonville Housing Authority
Jeffersonville Public Library
Krogers
McCulloch Fire
McDonalds
Merry Maids
Mom's Music
Clark County Red Cross
(CONTINUED on PAGE 2)

Safe Place Volunteers

Mary Coyte
Linda Codey
Crit Fisher
Steve & Marilyn Glotsbach
Morvey Manshadi
Pete McMannus
Mary Vanderpool
Babe Munchhof

John Uhl
William Pfund
Diana Miller
Carolyn Gowan
Cristine Powell
Wanda Worell
Joanne Robbins



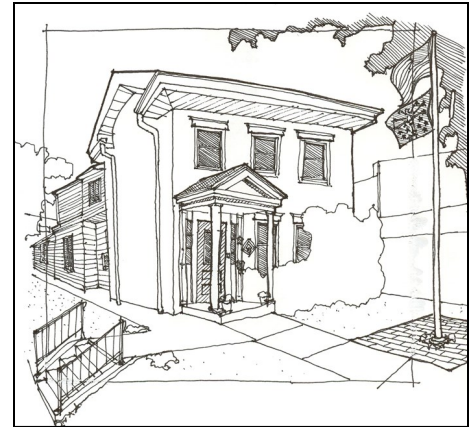
Bricks still available for 'Hope Square'

Ground-breaking for "Hope Square" Memorial/Honorarium patio is only a few short weeks away, and many bricks are still available for purchase!

In part a memorial for Kyle Vissing, the Jeffersonville youth who erected the flagpole as an Eagle Scout project and who was killed last year, Hope Square is meant to symbolize the hope that CCYS strives to provide the residents during their stay in the shelter, said Amy Schneidau, Assistant Director. The bricks, which are sold for \$75 each, can feature up to three lines of text.

"We encourage anyone with a message of support, hope or love for youth participate in this special project."

Anyone interested in purchasing a brick may contact Amy Schneidau at 284-5229.



Artist's rendering of Hope Square by Kyle Wilson

Clark County Safe Place Sites

(CONTINUED)

Stapp & Assoc.

Thornton's

Turning Point

Metro United Way

Walgreens

Wendy's

White Castle

YMCA

Boys & Girls Club

Dairy Queen

Clark County Youth Shelter

Charlestown Police Department

Charlestown Library

Charlestown Housing

St. Catherine Regional Hospital

Jay C Foodstore

Borden Library

Four Seasons

Henryville Library

Henryville Fire Department

Underwood Supermarket

Four Quarters Mart

New Washington Library

Clark County REMC

Sellersburg Library

Henson's Food Mart

Sellersburg Police Department

Clarksville Fire Departments

Clarksville Library

Bridgepoint Rehab

Mac's Foods

Greentree Mall

Hallmark Progressive

J.C. Penney

Cinergy PSI

Sav-A-Step

State Farm

Residential Program: Moving Right Along!

Cold rains, brisk winds, icy chills, even a few snow flurries here and there; it seems most of us have resigned to the notion that Cold Man Winter is now fully upon us and here to stay! Even so, the residential program at Clark County Youth Shelter & Family Services is moving right along.

Personal responsibility continues to be a focus for our residents as they are encouraged to reflect on their past in order to gain increased understanding of their present and prospective future.

There is an old saying that, "It is sometimes hardest to see the forest for the trees." We are striving to provide a window of opportunity for our residents to push away the clutter and see their lives in the clearest light possible. In this way they might avoid some of the pitfalls life can bring.

Our residents are continuing to learn the importance of community service and civic responsibility. This month we have a wonderful and engaging activity schedule which includes a Super Bowl Party, movies at Greentree Cinemas, volunteer work at the Salvation Army, Goodwill and Community Kitchen, and even a taco dinner and cookie decorating at Wall Street Baptist Church!

Some changes to our daily and weekend curriculum will encourage our residents to reach for their very highest potential. We are starting to emphasize

a more positive peer culture where older youth encourage the younger to develop and achieve personal goals.

Extra tutoring is now available for those who need it and our "study hour"

has become a time of reflection and diligence to help turn the tide of failing grades and poor attendance. Youth staff and "mentors"

are on hand to answer questions which may arise and residents are finding more benefit with one-on-one help in this area.

If residents are able to use their time at the shelter in productive and self-fulfilling ways, they may learn more of what it takes to move through familial and situational difficulties as they occur. Our individual and family counseling sessions are pinning down specific struggles by working directly with all those who impact the child's life. By working in a collaborative fashion, we are able to help residents and families find short and long term solutions.



Rich Roselli,
**Residential Director/
Counselor**

Identifying eating disorders: Is your teen at risk?

Eating disorders are real and serious illnesses that can sometimes be life-threatening. They are also very common. Each year, more than five million Americans have an eating disorder.

The major types of eating disorders are anorexia nervosa, bulimia nervosa and binge eating disorder. It is very likely that you know someone who has an eating disorder. Learning how to identify these disorders can help you to help yourself or a friend with an eating disorder. With treatment, people do get better and can return to their everyday lives.

Anorexia Nervosa

People who intentionally starve themselves may have an eating disorder called anorexia nervosa. The disorder, which usually begins in young people around the time of puberty, involves extreme weight loss - at least 15 percent below the individual's normal body weight. Many people with the disorder look extremely thin but are convinced they are overweight. Sometimes they must be hospitalized to prevent starvation. One in 10 cases of anorexia nervosa leads to death from starvation, cardiac arrest, other medical complications or suicide.

Bulimia Nervosa

People with bulimia nervosa consume large amounts of food and then rid their bodies of the excess calories by vomiting, abusing laxatives or diuretics (drugs that increase urination), taking enemas, or exercising obsessively. Some use a combination of all these forms of purging. Because many individuals with bulimia "binge and purge" in secret and maintain normal or above normal body weight, they can often successfully hide their problem from others for years.

Why do teens develop eating disorders? There may be more than one reason.

- A person's self image — Most teens with eating disorders share certain personality traits: low self-esteem, feelings of helplessness and a fear of becoming fat.
- A stressful personal life — People who develop bulimia and binge eating disorder typically consume huge amounts food - often junk food - to reduce stress and relieve anxiety. With binge eating, however, comes guilt and depression. Purging can bring relief, but it is only temporary. Individuals with bulimia are also impulsive and more likely to engage

in risky behavior such as abuse of alcohol and drugs.

- Society or family pressures — Individuals with eating disorders often have parents or other family members who are overly critical of their weight. People pursuing professions or activities that emphasize thinness - like modeling, dancing, gymnastics, wrestling, and long-distance running - are more susceptible to the problem.

Many teens with eating disorders also have other mental illnesses such as clinical depression, anxiety, post-traumatic stress disorder, personality or substance abuse disorders, and may be at risk for suicide.

Eating disorders are most successfully treated when diagnosed early. The first step is a complete physical examination to rule out any other illnesses. Once an eating disorder is diagnosed, a doctor will decide if the person is in immediate medical danger and should be treated in a hospital.

CCYS Board of Directors

Giselle Balogun	Perry Reisert
Vern Eswine	Charlie Schladand
Melissa Harbeson	Bill Scott
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Dianne Merillat	Coming Soon!
Glinda Mitchell	Karen Jenkins
	Carole Vissing
Melissa Moser	Carlene Bottorff

Contact Us

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Clark County Youth Coalition
Re: Clark County Youth Shelter & Family Services, Inc.
P.O. Box 3081
Clarksville, IN 47129

Nonprofit
US Postage Paid
Permit No. 317

A member of:
Clark Co. Step Ahead Coalition
Floyd Co. Step Ahead Coalition
Clark Co. Youth Coalition
Metro United Way of Clark County
Indiana Youth Services Association
National Network of Runaway and
Youth Services
Prevent Child Abuse
(Clark and Floyd Counties)
Floyd County ATOD



Metro United Way
Together We Improve More Lives



The Clark County Youth Shelter & Family Services, Inc.
"Serving youth and families in a safe and caring environment."




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Phone: 284-5229
E-mail: cadmin@ccysfs.org

I want to give a troubled young person a chance by becoming a friend of CCYS with my tax deductible gift of:

_____ \$10 _____ \$25 _____ \$50

_____ \$100 _____ \$200 _____ Other



CCYS thanks community supporters



FIRST Savings Bank First Savings Bank President Larry Myers and other bank representatives presented a check for \$2,252.50 to CCYS in January. (Above) The money was raised through a company-wide Bowl-a-Thon, in which CCYS staff also participated, and contributions to “Jeans Friday”. More than 80 people participated in the bowl-a-thon, filling 16 lanes at Hoosier Lanes in New Albany. (Below) Thank you, First Savings Bank and your wonderful employees for choosing to support CCYS!



THANK YOU

meijer

As part of their commitment to support local communities and organizations which serve their locality, the Jeffersonville Meijer Store recently donated \$5,000 in gift cards to CCYS to update and upgrade many household items for the youth who reside in our shelter. Items such as blankets, pillows, towels, kitchen utensils, storage containers, books, games and many other needed material goods were purchased with this generous gift. Thank you, Meijer of Jeffersonville, for your continued support!



The Jeffersonville Lions Club recently purchased a chest freezer and gift certificates for bowling as Christmas gifts for shelter residents. Their generosity has become an annual tradition, with previous gifts of grocery gift certificates and other appliances. Thank you, Lions Club members, for filling us with holiday spirit!

Employee of the Year!



Deedra Bartle, Youth Work Supervisor, was selected the Clark County Youth Shelter's Employee of the Year for 2006 through nominations by her co-workers. Dee has been employed with CCYS for nearly seven years and is consistently pleasant and easy to work with and for. She goes above and beyond the call of duty, and we are proud to have her as a representative of our organization! Dee accepted a plaque and a gift from Executive Director Laura Fleming-Balmer, left, and Assistant Director Amy Schneidau, right, during the annual staff holiday party.

Winter fundraiser 'fun' for all!

3rd Annual Holiday Celebrity Waiter Dinner



More than 150 people gathered together to raise money while having some fun during the 3rd annual Holiday Celebrity Waiter Dinner on Dec. 14 in the Jeffersonville Optimist Club. This year, each "celebrity" waiter chose a theme for their table and decorated and entertained accordingly. Above left, Marty and LeAnne Scott brought together friends and co-workers at a University of Kentucky-themed table. Above right, Jim Kanning (a.k.a. Don HoHo) croons to Clark County Superior Court #1 Judge Vicki Carmichael. Jim and Cindy Kanning planned their table around a Hawaiian theme, complete with "plane tickets" and an itinerary sent to their guests at their homes. Dinner guests also had the opportunity to peruse and bid on silent auction items donated by various local businesses, and waiter John Uhl provided his services as auctioneer during the event's first-ever live auction. To find out more about this event and how to become involved, contact Amy Schneidau at 284-5229.

Thank you to those who helped make this event possible...

Howard Steamboat Museum
Schimpff's Candy
Wild Turkey
YMCA of Southern Indiana
R. Scott Lewis, Atty at Law
New Washington State Bank
First Savings Bank
Betty Quillett
Carmerica
American Red Cross
Dianne Merillat
Laura Fleming-Balmer
Ben Ledbetter
Giselle Balogun
Perry Reisert
Yvonne Knight
Glinda Mitchell

Sue Padgett
Christy Lucas
Bill Scott
Melissa Moser
Vern Eswine
Charlie Schladand
Amy Schneidau
Gwen Moser
Doris Stone
Bonita Williams
Tony Balmer

Cooks Gary Ganote & the Gang
DJ Charlie Schladand

"Celebrity" Waiters:

Tony Balmer, Cindy Embry, Vern Eswine, Cindy and Jim Kanning, Joe Kroskey, Gus Luckert, Perry Reisert, Charlie Schladand, Rich Roselli, Bill Scott, Leanne and Marty Scott, Christy Spence, Doris Stone, John Uhl

Special Thank You to:
Jeffersonville Optimist Club
Optimist Foundation
Bartenders Paul Monroe &
Bob Stone