

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.”

Summer 2007

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Shelter holds festival to raise funds

From noon to 6 p.m. on June 23, the Clark County Youth Shelter and Family Services will hold its first ever “Mid-Way Fun Day” to celebrate the middle of summer and the work it does for families with food, games, prizes, contests and fun!

Sponsored by the Southern Indiana Youth Boosters, Pfau & Sons, Republic Bank, Bowles Mattress, Ware Energy, Century 21-Reisert, Mills, Biggs, Haire & Reisert, Charlestown Lions Club, St. Catherine’s Regional Hospital, the Jeffersonville Evening Optimists, New Washington State Bank, with contributions from Papa Johns, Dairy Queen, Meijer, Thorntons, Target, and

the Charlestown VFW Post 1429, the event hopes to raise money to support programs such as Family Education and Support, Safe Place, group, individual and family counseling, and other residential services.

Event participants can visit game booths such as a duck pond, fishing booth, putting booth, ring toss and others or try their luck at a dunk-tank or cake walk. Kids can visit a bounce-house and have their face painted. Informational booths will be on hand to answer questions about local services. Lunch and/or dinner is covered with pizza from Papa Johns or hot dogs and chips and plenty of homemade des-

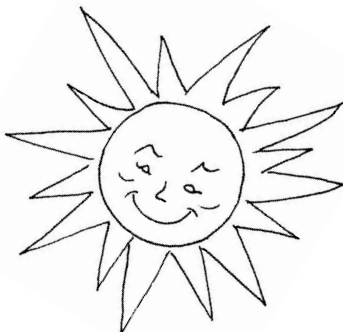
serts! Entertainment will be provided by local girl-band The Hi-Tops, and attendees will have the opportunity to participate in a prize give-away.

The entire event will be ticket-based, with tickets costing \$1 each. Most booths will require one to two tickets, and all proceeds benefit the shelter.

For more information on this event, please call Amy Schneidau at 284-5229!

**See you at the
Mid-Way Fun Day!**

Mid-Way Fun Day



Saturday, June 23

Noon to 6 p.m.

**Jeffersonville Optimist Club,
61 Louise St.**

Program helps youth 'bet against drugs'

"Nearly every kid who comes through here is touched by an addiction of some kind," said Deedra Bartle, Youth Work Supervisor for the Clark County Youth Shelter and Family Services. "Whether it is their own problem, or that of a parent, friend, family member — these kids see the effects of drugs and alcohol."

That fact was the driving force behind the creation of the Betting Against Drugs or B.A.D. Program, which is facilitated weekly by Ms. Bartle. For nearly 15 years, youth who reside in the youth shelter have had the opportunity to voluntarily participate in this awareness and prevention program, and nearly 95% of shelter residents choose to do so.

It's not just about what can happen to you if you get caught with

B.A.D. Betting Against Drugs

drugs or with alcohol if you're underage, it examines the effects addictions have on quality family life, said Ms. Bartle. The kids know a lot more than most adults about what kinds of things are out in society today, but they may not be able to recognize how detrimental abuse is to a family or what options or alternatives there are to abusing substances.

B.A.D. meets once weekly, offering sessions with videos, games, or special guest speakers. Youth who participate in the program are entered into a monthly incentive drawing for a gift card to the mall and the local Old Navy store. If

their name is drawn, the youth must pass a drug screening. Every six months, those youth are entered into a drawing for a larger prize, but they must again pass a drug screening. Most of the time the youth have left the facility by the time the drawing rolls around, but the record of youth who return for the prize with a clean drug-screen is extremely high, said Ms. Bartle.

"This incentive drawing lets us know that the information is getting to the kids. They are staying clean, and hopefully passing on some good information to their family and friends."



News & Notes



American Commercial Lines recently donated more than 50 pizzas to the shelter following an event they hosted at their facility. The pizzas were wrapped up and frozen and enjoyed by the youth and staff several times throughout the past few months! Thanks you ACL!

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Teen Suicide: What you should know

When a teen commits suicide, everyone is affected. Family members, friends, teammates, neighbors, and sometimes even those who didn't know the person well may experience feelings of grief, confusion, guilt. The reasons behind a teen's suicide or attempted suicide are often complex.

To help sort through these issues, and to learn the warning signs that your teen might need help, it's important to understand the forces that often lead teens to suicide and to understand what you can do to help.

Suicide Statistics

Although suicide is relatively rare among children, the rate of suicide attempts and suicide deaths increases tremendously during adolescence. Suicide is the third-leading cause of death for 15- to 24-year-olds, according to the U.S. Centers for Disease Control and Prevention (CDC), surpassed only by accidents and homicide.

The risk of suicide increases dramatically when kids and teens have access to firearms at home, and nearly 60% of all suicides in the United States are committed with a gun. That's why it's important that any gun in your home be unloaded, locked, and kept out of the reach of children and teens. Ammunition should be stored and locked apart from the gun, and the keys for both should be kept in a different area from where you store your household keys.

Girls think about and attempt suicide about twice as often as boys, and girls tend to attempt suicide by overdosing on drugs or cutting themselves. Boys die by suicide about four times as much as girls, perhaps because they tend to use more lethal methods, such as firearms, hanging, or jumping from heights.

What Kids Are at Risk for Suicide?

Now that you're a parent, you might not remember how it felt to be a teen, caught in that gray area between childhood and adulthood. There's pressure to fit in socially, to perform academically, and to act responsibly. There's the awakening of sexual feelings, a growing self-identity, and a need for autonomy that often conflicts with the rules and expectations set by others.

A teen with an adequate support network of friends, family, religious affiliations, peer groups, or extracurricular activities may have an outlet to deal with his or her everyday frustrations. But many teens don't feel like they have that, and they feel disconnected and isolated from family and friends. These teens are at increased risk for suicide.

Factors that increase the risk of suicide among teens include:

- the presence of a psychological disorder, especially depression, bipolar disorder, and alcohol and substance use
- feelings of distress, irritability, or agitation
- feelings of hopelessness and worthlessness that often accompany depression
- a previous suicide attempt
- a family history of depression or suicide
- having suffered physical abuse or sexual abuse
- lack of a support network, poor relationships with parents or peers, and feelings of social isolation
- dealing with homosexuality in an unsupportive family or community or hostile school environment

Warning Signs

Suicide among teens often occurs following a stressful life event, such as a perceived failure at school, a breakup with a boyfriend or girlfriend, the death of a loved one, a divorce, or a major family conflict.

A teen who is thinking about suicide may:

- talk about suicide or death in general
- talk about "going away"
- talk about feeling hopeless or feeling guilty
- pull away from friends or family
- lose the desire to take part in favorite things or activities
- have trouble concentrating or thinking clearly
- experience changes in eating or sleeping habits
- self-destructive behavior (drinking alcohol, taking drugs, or driving too fast, for example)

What Can Parents Do?

Most kids who commit or attempt suicide have given some type of warning to loved ones ahead of time. So as a parent, it's important that you are aware of some of the warning signs that your child may be suicidal, so that you can get your child the help that he or she needs.

• Watch and Listen

If your child seems depressed and withdrawn, it's a good idea to watch him or her carefully. Poor grades, for example, may signal that your teen is withdrawing at school.

It's important that you keep the lines of communication open and express your concern, support, and love. If your child confides his or her concerns, it's important to show your child that you take those concerns seriously. Your child's fight with a friend may not seem like a big deal to you in the larger scheme of things, but for a teen, a situation like that can seem immense and consuming. It's important not to minimize or discount what your child is going through.

If your child will not speak to you about how he or she is feeling, it's a good idea to suggest that your child talk to someone else who he or she feels comfortable confiding in.

• Ask Questions

Some parents are reluctant to ask teens if they have been thinking about suicide or hurting themselves. Some parents fear that if they ask, they will plant the idea of suicide in their child's head. It's always a good idea to ask.

• Get Help

If you learn that your child is thinking about suicide, get help immediately. Your child's doctor can refer you to a psychologist or psychiatrist, or your local hospital's department of psychiatry can provide a list of doctors in your area. In an emergency, you can call (800) SUICIDE or (800) 999-9999.

Information provided by KidsHealth.org

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

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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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118 E. Chestnut
Jeffersonville, IN 47131
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

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Clark County Youth Shelter & Family Services, Inc.

Presents

Hope

Memorial & Honorarium

\$75

per brick

Includes 3 lines of text

(up to 14 characters per line)



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If this brick is being given as a gift and you would like us to notify the recipient, please complete below.

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Message to read as follows:

Proceeds from brick sales benefit the programs and services provided by the Clark County Youth Shelter and Family Services, Inc. For more information, contact Amy Schneidau at 284-5229 or e-mail ccys@ccysfs.org.