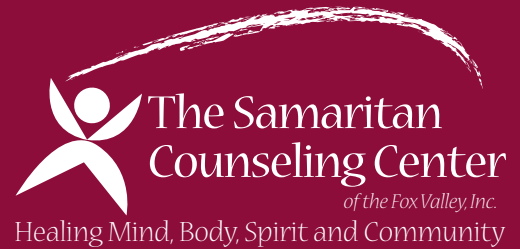


Journeys

Published March 2010



Taking Care of Students

Through on-campus counseling at UW-Fox, Samaritan reaches a vulnerable population.

When UW-Fox Valley students have a problem, someone is there to listen, five days a week. The Menasha campus's innovative Student Counseling Services program, provided through Samaritan Counseling Center of the Fox Valley, makes sure of that — and sets the two-year college apart from its 13 peers in the UW System.

"We're the only place that offers 20 hours a week of on-site counseling services," said Carla Rabe, UW-Fox assistant campus dean for student services.

Samaritan Counseling Center began offering the service at the start of the 2008–09 academic year under a contract with the university. It did so with some important goals: to reach an underserved demographic, and to encourage students' self-care with regard to mental health.

"We are very aware that this population — college students — is a high-risk group," said Rosangela Berbert, MSE, LPC, one of two Samaritan counselors who see students on campus. "They have so many challenges and so few resources, particularly for mental health."

"Often, college students are not aware of counseling and its benefits," added Dee Verkuilen, MSE, NCC, Samaritan's other UW-Fox counselor. "Student Counseling Services hopes to de-stigmatize seeking help for mental and emotional needs."

The program does so with a three-pronged approach:

One-on-One Counseling. Students can walk in to the Student Counseling Services office or make an appointment to see a counselor. During an intake interview, they discuss their struggles with a

counselor — often anxiety, depression, school stress or relationship issues. Each student then can schedule up to six counseling sessions per academic year, whether or not they carry insurance.

"I firmly believe in the power of being present to students and their needs," Verkuilen said. "It's critical to let students know that there is a safe place available when they simply need to talk or when life issues begin to feel unmanageable."

Workshops and Training. Beyond their vital service as psychotherapists, Berbert and Verkuilen also provide talk sessions and workshops for students, Rabe said. These sessions open the door to exploration of mental health issues and build awareness of the services available on campus.

Training isn't limited to students. Samaritan counselors also have addressed faculty about setting boundaries with students and recognizing when a student or colleague might be in need of mental health care.

Faculty Consultation. In addition to educating UW-Fox faculty as a group, Samaritan counselors have worked with them individually as necessary. Said Berbert, "Professors have called me to consult on ways they might be helpful to their students."

Rabe has been more than pleased with Samaritan's impact through Student Counseling Services thus far. "It's a wonderful, wonderful program. We are so delighted to be connected with Samaritan Counseling Center in this way and to have this opportunity for our students."

Silent Samaritan Luncheon Set for May 6

Sixth annual event focuses on "Women of Strength Helping Women in Need."

Sometimes women roar their strength. Other times, they express it more quietly — as with Samaritan Counseling Center's sixth annual Silent Samaritan Luncheon.

Through Silent Samaritan, women of strength help women in need with their \$100 financial gifts to the Center's Samaritan Fund. These gifts subsidize counseling for women who could not afford it on their own.

Donors will be invited to the Silent Samaritan Luncheon, from 11:30 a.m. to 1 p.m. on May 6 at First Presbyterian Church of Neenah. Zuppas will provide soup, salad and desserts, and the 2010 Connie Steele

Award, honoring a woman who lives out the Center's healing mission as late board member Steele herself did, will be presented.

"Women suffer disproportionately from depression, especially those who can least afford to seek mental health services," said Samaritan board member RoseAnn Blair. "Giving to Silent Samaritan is a wonderful way for women to show their strength in caring for each other."

For more information on the Silent Samaritan Luncheon, please call 920-886-9319.

Giving the Gift of Healing

Friends gift each other by giving to Samaritan Counseling Center.

When a group of friends calls themselves the Yoga Ladies, you know they're into wellness — mind, body and spirit. In 2009, the Yoga Ladies extended wellness to others with a new approach to Christmas gift-giving: They presented what they would have spent on gifts for each other to the Samaritan Counseling Center.

Susan Morrissey of Neenah, who chose the Center as the gift recipient on behalf of her friends, wrote, "I believe the greatest gift we can give as humans is love. 'Stuff' does not heal our broken dreams or damaged souls. No one can 'fix' a hurt child except the one who has inflicted the hurt.

"Through organizations like yours, who give care and help to hurting families, the gift of love can be attempted. And if that attempt fails, at least the seeds for growth are planted and the future is open to possibilities."

The Center thanks Susan Morrissey, Liz Gibson, Barbara Ramaeker, Bonita Zdrale, RoseAnn Blair, Cindy Rieck, Beth Spencer and Pat Bezella for their holiday gift.

It Just Takes 40

As Samaritan Counseling Center prepares to celebrate 40 years of service to the Fox Valley region in 2010, consider this:

It only takes 40 seconds to pray for Samaritan Center clients and staff.

Please remember us and those we care for as we make plans to mark our anniversary. You can visit www.samaritan-counseling.com for details on upcoming celebrations, including a Sept. 24 Music for the Soul gala and a Dec. 2 talk by Ken Pargament, a renowned scholar in the psychology of religion.



Samaritan Board Appoints Jayne Latreille President

Former high school counselor brings a passion for awareness to the board helm.

In December, Jayne Latreille was appointed Samaritan Counseling Center board president. Latreille, a board member since May 2009, got to know the Center as a counselor at Oshkosh West High School, making referrals through Project Open Door, which provides mental health services for children and adolescents from low-income families.

"It was just wonderful to have a resource that we could send a student or a family to whether or not they had insurance," the Neenah resident said.

Latreille will spend her two-year term raising awareness of Samaritan Counseling Center. "I feel like we're one of the best-kept secrets in the Fox

Anxious Mind, Anxious Body

When anxiety takes hold, it's more than just in your head.

Every day, we experience anxiety on some level. Whatever it is that worries us — a big meeting, a bill we need to pay or a confrontation with a spouse or friend — a little anxiety can help us focus and find our way through a challenging situation.

Sometimes, though, we can't shake our worries, and anxiety dominates our thoughts and even affects our bodies, interfering with our daily lives. The following physical symptoms may suggest that your anxiety has progressed beyond the everyday kind:

- Fatigue
- Trembling/twitching
- Headaches
- Irritability
- Muscle aches/tension
- Excessive sweating
- Difficulty swallowing
- Hot flashes

Should you experience these symptoms paired with anxiety, you first should see your doctor to rule out a medical condition. Thereafter, consulting a mental health professional can help. Together, you and your counselor can address the cause of your anxiety and bring your mind and body back into balance.

Valley," she said. "I want to use this time to generate greater awareness and greater financial support for our mission."

That mission means a lot to Latreille: "I love the fact that the Samaritan Center has an ecumenical, faith-based focus, and that counselors meet people where they're at in that part of their lives."

Staff

Executive Director:

Amy Bertschausen, M.Div., BCC

Counselors:

Cathy Starck Wille, MA, MSE, LPC
John Peterson, M.Div., MS, LMFT, CSAC
Megan Burdick-Grade, MA, LMFT, ATR-BC
Rosangela Bacciotti Berbert, MSE, LPC
Dee Savides, MSW, LCSW
Anne Fons, MPM, MA, LPC
Dee Verkuilen, MSE, NCC

Treatment Foster Care Coordinator:

Amy Plettner, MSW

Administrative Staff:

Mary Hoffman-Mueller
Deb Woerpel-Larson
Jennifer Fox

Consultants:

Steven Klein, Ph.D., MS, LPC
Jeffery Junig, M.D.

Board of Directors:

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Violet Tews, vice president (Oshkosh)
Diane Lightfield, treasurer (Appleton)
Sarah Bassing (Appleton)
Karen Bendel (Appleton)
Jack Fry, secretary (Menasha)
The Rev. Richard Moore (Neenah)
RoseAnn Blair (Neenah)
Dave Peperkorn (Neenah)
Jone Oman (Oshkosh)

*Formerly the Fox Valley
Pastoral Counseling Center*



We're on the Web! Visit us at www.samaritan-counseling.com

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Oshkosh

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920-235-1678

New London

709 W. Pine St
New London, WI 54961
920-982-7863

Help people heal – donate to Samaritan Counseling Center today.

The Samaritan Counseling Center of the Fox Valley served 770 different clients in the Fox Cities, Oshkosh and New London in 2009. Among them, **294 individuals — or 38 percent of our clientele — needed financial assistance to afford counseling.**

By helping meet the region's dire need for reduced-cost mental health services, we are living our mission:

To be an expression of God's love to all people regardless of faith background or financial status.

You can help us provide healing and love to individuals and families who need it through your tax-deductible financial gift. **Consider a gift of \$110** to cover the cost of one of the more than 600 counseling sessions we will provide to uninsured clients this year.

- Monetary gifts can be made by check, credit card and debit card.
- Donations of stock or mutual funds are welcome.
- Bequests can be made by calling the Center at 920-886-9319.