



Wayne County Children Services Board

2534 Burbank Road, Wooster, Ohio 44691

PHONE (330) 345-5340 - FAX (330) 345-7082 - www.waynecsb.org

The CONNECTION

JANUARY/FEBRUARY 2009

ANXIOUS TIMES

(From MHRB Newsletter "Mental Notes" & WEB/MD and the article, "Coping with Anxiety" by Jeanie Lerche Davis, 2008)

TIP: Change what you can; accept the rest.

The economy, the election, kids, divorce, layoffs, threat of terrorism, price of gas – there's plenty of anxiety around for everyone these days. And very often, the source is something we can't change. How do you know when it's time to get help dealing with your anxieties?

Normal vs. Harmful Anxiety

The cold sweat of anxiety is that "fight or flight" response that kept our early relatives safe from grizzly bears and other scary characters. The adrenaline rush you get still serves you well under certain circumstances. Anxiety is, of course, a natural reaction to all those real stresses that we experience every day.

On a positive note, our body's reaction helps motivate us, prepares us for things we have to face and sometimes gives us the energy to take action when we need to.

But as you well know, sometimes it doesn't take a specific threat – only the possibility of crisis – to send humans into anxiety mode. People must learn to tone down that automatic response – learn to think – just how serious is the danger? How likely is the threat?

The Anxiety Toll

When anxiety is taking a toll, your body knows it. You have trouble sleeping, eating and concentrating. You get headaches; your stomach is upset. You might even have a panic attack – the pounding heart, a feeling of lightheadedness.

Anxiety may also feel like depression. Many times the two overlap.

When anxiety becomes so overwhelming that it interferes with day-to-day activities – when it keeps you from going places, from doing things you need to do – that's when you need to seek help.

As Jerilyn Ross, director of The Ross Center for Anxiety and Related Disorders, Inc., explains, "generalized anxiety disorder is a bigger syndrome – like a worry machine in your head. If it's not one thing, it's another. You're procrastinating to the point that you're almost afraid to take a step. You're so nervous about going to your child's school to talk to the teacher, you just don't go – you miss the appointment."

(continued on page 10)





THE CONNECTION

JANUARY/FEBRUARY 2009

**WAYNE COUNTY
CHILDREN SERVICES**

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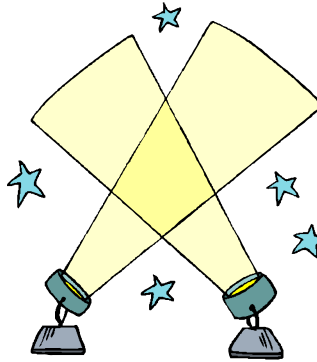
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Jackie Wynn

Employee Spotlight

*By: Bethany Sherrieb
Social Service Supervisor*



Don Schondel

Case Aide

Don has worked at Wayne County Children Services for four years. He is a Case Aide. His job consists of, but is not limited to, transporting children and parents to and from visits and supervising those visits. Other duties include transporting clients to court, doctors or lawyers' offices and testifying in court when receiving a subpoena. During Don's time at WCCSB he has attended numerous trainings.

Don's lasting memories at Children Services involve receiving the Outstanding Support Person of the Half Award and receiving hugs from children.

Don's hobbies are his grandchildren, Cleveland Indians and dessert!

Don feels the best things about working for Children Services are the children and his co-workers. He also enjoys a sense of helping children and their families and making a child laugh.

If Don had one wish about his job, it would be that WCCSB would not be needed due to no abuse or neglect of children. Another wish for Don would be that CSB had a bigger budget.

The Wayne County Children Services Board is an Equal Opportunity Employer. No employee will be discriminated against because of race, color, religion, creed, age, sex, national origin or ancestry, political affiliation or qualifying disability.



STAFF NEWS

Staff Member Anniversaries

January

Joanne Walker, Social Service Supervisor
01/29/90 19 years

Lori Groff, Caseworker II/Screeners - Intake
01/20/98 11 years

Kathy Smith, Caseworker II - Placement
01/26/98 11 years

DeAnne Herald, Clerical Specialist II
01/28/03 6 years

Michelle Costa, Caseworker II - Placement
01/03/05 4 years

Okel Baker, Caseworker II - Ongoing
01/09/06 3 years

Julie Tuel, Caseworker II - Ongoing
01/02/08 1 year

February

Mike Smith, Social Service Supervisor
02/12/90 19 years

Tina Rudy, Clerical Specialist II
02/12/07 2 years

Regina Schwartz, Foster/Adoption Recruiter
02/26/07 2 years

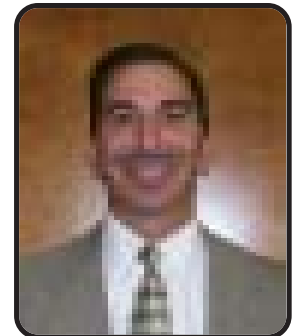
NEW STAFF ADDITIONS

The agency is pleased to announce the following addition to our staff:

Wendy Michael - Wendy was hired on 09/29/08 as a Case Aide. She was born and raised in Columbus, Ohio, and currently resides in the West Salem area. Wendy is a newlywed to husband Ed, and has two daughters, Brittany and Alley. Wendy is currently enrolled in Early Childhood Education classes. In her spare time she enjoys watching the Columbus Blue Jackets, spending time with her girls, shopping, scrapbooking, and working on her family's photo wall collage.

Mark Stefanik Joins Children Services Board

Please join us in welcoming Mark Stefanik to the Wayne County Children Services Board.



Mark Stefanik

Mr. Stefanik and his wife, Georgia, live in Wooster and have two sons, David and Steven.

Mr. Stefanik is employed by Wooster City Schools where he serves as the Director of Alternative Programs. He also serves on the Family and Children First Council, Business Advisory Council, and the Parks and Recreation Department Basketball Committee.

In his spare time, he enjoys golf, basketball, motorcycle riding, announcing sporting events and school events.

Welcome, Mark! The other members of the Board and the staff at Children Services look forward to working with you during your term as a Board member.



FOSTER/ADOPTIVE FAMILY NEWS

2009 FOSTER/ADOPTIVE CAREGIVER TRAINING SCHEDULE

Sex Abuse Indicators in Young Children
Tuesday, February 24 - 6:00 p.m. - 9:00 p.m.
Trainer: Cynthia Wallis

Toolbox for Change: Advocating for Children with Mental Health Issues
Friday, March 27 - 6:00 p.m. - 9:00 p.m.
Trainer: Katie Terry

Calming the Chaos: Keeping Your Sanity While Living with an ADHD Child
Saturday, March 28 - 9:00 a.m. - 12:00 p.m.
Trainer: Ed Petrish

Never Be Lied to Again By Your Kids
Saturday, March 28 - 1:00 p.m. - 4:00 p.m.
Trainer: Ed Petrish

Parenting Children w/ Disabilities in Early Childhood Through Adolescence
Saturday, March 28 - 5:00 p.m. - 8:00 p.m.
Trainer: Tyrone White

Budgeting: Making Ends Meet as a Foster/Adoptive Parent
Sunday, March 29 - 1:00 p.m. - 5:00 p.m.
Trainer: Tyrone White

Street Drugs Recognition
Saturday, April 18 - 9:00 a.m. - 4:00 p.m.
Trainer: Tyrone White

Self-Mutilating Behaviors
Saturday, May 9 - 9:00 a.m. - 4:00 p.m.
Trainer: David Zidar

Helping Children w/Mentally Ill Parents
Thursday, June 18 - 6:00 p.m. - 9:00 p.m.
Trainer: David Zidar

Speaking the Truth in Love
Friday, October 23 - 6:00 p.m. - 9:00 p.m.
Trainer: John Ward

NOTE:
All adoptive parents are also welcome to attend these trainings.

To register for any of the trainings listed, please call a foster care specialist at 330-345-5340.

****Please remember to pre-register at least five days prior to the training. If we do not have ten people registered by that deadline, the training will be cancelled.****



FOSTER/ADOPTIVE FAMILY NEWS

Foster Family Feature

By: Kathy Smith, Caseworker II - Placement



Dwayne & Richelle Nicholas

A little over two years ago, Dwayne and Richelle Nicholas made an inquiry to Wayne County Children Services to adopt or foster a child. Since then, they have become licensed foster/adoptive parents and have taken placement of four different sibling groups of children under the age of five.

Dwayne is a Security Officer and part of the Ohio National Guard Forces in Mansfield. He is also an EMT / Firefighter for the Village of Loundonville. Richelle is employed as an Intake Coordinator for a local Medical Supply Business and is a Licensed Practical Nurse.

While the Nicholas' live in Ashland County, Richelle works in Wooster and the children go to Day Care here, also. They also transport to medical appointments and visits as needed.

Dwayne was deployed for six months in 2008. While Dwayne was gone, Richelle accepted placement of a little girl, age 2 1/2 and parented by herself. Dwayne got home in August, and fortunately, had an opportunity to meet this little girl who has stolen their hearts.

This family is an asset to our foster care program and are committed to helping children in need.

FOSTER FAMILY HUMOR

You know you're a foster parent if...

- ...You spend more time with your washer and dryer than you do your spouse.
- ...You watch your two week placement go from crib to junior high.
- ...Your personal stash of children's clothing rivals that of the local Goodwill office.
- ...The term "basically a good child with a few problems" doesn't mean the same thing coming from a caseworker as it does in the real world.
- ...Your idea of a "social life" is talking to the checkers at the local Wal-Mart.
- ...Your heart is bigger than your brain!





FOSTER/ADOPTIVE FAMILY NEWS

New Foster Care Ad Campaign Launched

By: Regina Schwartz, Foster/Adoption Recruiter

A new recruitment ad campaign was launched this past fall and is already having a big impact. The goal of the campaign is to get more people interested in fostering/adopting older children and includes billboards, radio spots, newspaper feature articles and newspaper advertisements. The focus on finding homes for teens isn't new, but the ads are an effort to send a clear message that people can't miss...Wayne County's foster teens desperately need homes!



As a result, the teen home situation has been improving. The placement unit received a record number of inquiry calls about teens in November, three existing foster homes for younger children gave teens a chance, and two new teen homes were licensed. We are already in a much better situation than we were at the end of the summer, and are hoping to see even more progress in 2009.

Anything you can do to help spread the word is appreciated. You can host a fosterware party, pass out foster/adoption brochures, or just tell your friends and neighbors about the need. Remember, advertising campaigns are great, but word-of-mouth is even better!

FOSTER CHILD RECOGNIZED AT BOARD MEETING



(l to r) Julie Tuel, Stephen, Glenda and Matt Wade

At its January meeting, the Wayne County Children Services Board and Wayne County Commissioner Scott Wiggam recognized Stephen R. with a Certificate of Achievement for progress he has made since being placed in foster care. Since being placed in the Wade Foster Home, Stephen has begun to follow a safe, nurturing and consistent routine and has learned to be patient when waiting his turn. He is doing very well in school and has made a great adjustment to this foster home.

As a reward, Stephen received a gift certificate for a Discovery Flight at a local airport. Stephen will get to take a ride with a licensed flight instructor and learn more about flying. Stephen's foster parents, Matt and Glenda Wade, and his caseworker, Julie Tuel, were also recognized for their contributions to Stephen's progress.

Great job, Stephen, Julie, Matt and Glenda!

16th Annual Child Abuse Prevention Month Community Breakfast



Honorary Chairpersons

Jim & Anita Miller

Scheduled Speaker

Cedric Riley - Former Foster Child &
Current Student at The Ohio State University

Thursday, April 30, 2009 - 7:00 a.m.
Shisler Center (OARDC, 1625 Wilson Rd., Wooster)
Cost: \$12 per person (Tables of 8 are available.)
Registration Deadline: April 16, 2009

RESERVATIONS

Name of Company: _____

Contact Person: _____ Phone: _____

Number of Tickets Requested: _____

Address to Send

Tickets with seating assignment will be mailed
approximately one week prior to the event.

Tickets to: _____
(street) (city) (state) (zip)

**Address to Send

Invoice to: _____
(street) (city) (state) (zip)

Make checks payable to: Wayne County Children Services, 2534 Burbank Rd., Wooster, OH 44691

**Payment must be received prior to the event.

RESERVATIONS: Phone: (330)345-5340 Ext. 2331 FAX: (330)345-1282 Attention: Lisa Cygan

Presented by: Voices for Children (a Children's Advocacy Committee) and
the Wayne County Children Services Board



Volunteer News

By: Jackie Wynn, Volunteer Coordinator



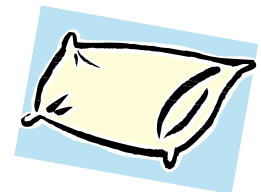
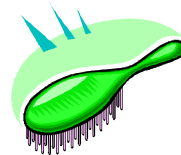
2008 CHRISTMAS 'MAKE A WISH' THANK YOU!

I must admit that with the sluggish economy our country is experiencing I was a bit concerned about donations for this year's Christmas 'Make a Wish' program, but after all these years I should know better than to doubt or be concerned about donations – our community is so very generous! Once again, you all demonstrated that you give from the heart to make Christmas a very special time for the children we serve. On behalf of the 307 children you helped, I thank you. I feel blessed to live in such a caring community!

CLOSET OF HOPE NEEDS

The Closet of Hope could use the following donations:

- Baby Sleepers (especially 9-18 months)
- Car Seat Headrests
- Teen/Adult **Winter** Clothing (sizes 5 to 16)
- Children's **Winter** Clothing (sizes 3T to 12/14)
- New or "Like New" Practical Shoes of All Sizes
- Payless or WalMart Gift Cards
- Deodorant
- Combs/Hair Brushes
- Feminine Hygiene Products
- Sample-Size Cosmetics for Teen Girls
- New Back Packs
- New Standard Size Pillows & Pillow Cases
- Fleece Blankets



Please call Jackie Wynn, Volunteer Coordinator, at 330-345-5340 Ext. 2378, with questions, or before bringing in donations for permission to drop items off. (This is due to space/storage issues.)

Volunteer News

By: Jackie Wynn, Volunteer Coordinator



In recognition of National Mentor Month, I wish to thank all of our volunteers who mentor the youth we serve. Mentoring can be a very rewarding experience for both parties, however, it does come with challenges that our volunteers must face with professionalism. Our mentors freely give of their time and demonstrate compassionate understanding to all they encounter. Thank you to all who mentor ~ you make the world a better place, one child at a time.

THEN & NOW....



THEN...(back row L to R) Chris Gulgass, Steve Baughman, Shaun Fontaine, Doug Huston (middle row L to R) Chris Brubaker, Tim Hagen, Mike Askin, Dave West (front row L to R) Dave Terrano, Andrew Weaver

Some of you may remember our very first program house from the College of Wooster – Iceman House. It was a group of guys who served as volunteer mentors their sophomore through senior years...and they did a great job. It's hard to believe they graduated nearly eight years ago! It has been my pleasure to remain in contact with some of the individuals of the house.

My husband, Dave, and I have been honored to attend a few weddings and other celebrations for the guys, and this September we attended Tim Hagen's wedding. I thought you might find it interesting to see a photo of what the guys look like today.



NOW...(L to R) Dave West, Chris Brubaker, Chris Gulgass, Shaun Fontaine, Tim Hagen, Doug Huston, Andrew Weaver, Steve Baughman

Given the huge impact they had on the youth they mentored, it's no surprise to hear that one guy is a psychologist now, one is completing his doctorate in neuroscience, one is a librarian, two are band directors, one is a probation officer, and another is a professor at a university. All report to be very happy and the majority of the group continues to volunteer in their local communities. It was great to see the guys and some of their families this fall, although I must admit that I felt a bit old when one of them introduced me to *his* daughter – yikes!



(continued from page 1)

How Do You Cope?

To cope with the plain-vanilla anxiety – “get real,” as they say. “Separate out the real risks and dangers that a situation presents and those your imagination is making worse,” advises Ross. It’s a twist on the old adage, “Take control of the things you can and accept those you can’t change.”

But when anxiety becomes overwhelming, perhaps it’s time for a therapist or maybe even medication.

Challenge negative thoughts.

Ask yourself: Is this a productive thought? Is it helping me get closer to my goal? If it’s just a negative thought you’re rehashing, then you must be able to say to that thought, “Stop.” It is hard for people to do that, but it is very important

Rather than becoming paralyzed with anxiety, here’s another message you can send yourself: “I may have to take a job I don’t like as much, may have to travel further than I want, but I’ll do what I have to do now. At least I will have the security of income in the short term. Then I can look for something at a later time.”

The most important message is to know when you have done everything you can – and to leave it rest and move forward.

Learn to relax.

Doctors have found that when people get anxious, they tend to hold their breath. Learn some more healthy patterns of breathing – retrain yourself. Try to breathe from your diaphragm – deep. It calms your system. Also, yoga, meditation or just walking – get some exercise. It is a proven fact that exercise is a terrific outlet for anxiety.

There are legitimate reasons to feel anxious, to feel bad. But if you don’t deal with those feelings, they tend to compound. And pretty soon you could stand to lose a lot – job, friends, health. Try not to compound one stress by adding another.

Sometimes, depending on the type of crisis or amount of anxiety, it takes a while to work your way through it. If you are depressed, that may complicate things. In the case of divorce or the economy, it may take months or years to get back to being yourself. But if you find one aspect of your life – such as your relationships or your job – doing well, then you are probably on your way to dealing with anxiety in healthy ways.

Medication for Anxiety Disorders

Medication will not cure an anxiety disorder, but it will help keep it under control. If anxiety becomes severe enough to require medication, there are a few options. Check with your physician to see if anxiety medication could help you.

#

Six Strategies to Reduce Worry

(From MHRB Newsletter "Mental Notes" & About.com article by William Meek, Dec. 2007)

- 1) **Make a Plan.** One thing people often worry about is unforeseen circumstances. Sometimes there are things happening in our lives that are out of our control, such as getting hired for a job. One way to cope with situations like these is to make plans for different possible outcomes. For example, make a plan as detailed as you need to determine your course of action if you do or do not get the job.



- 2) **Rehearse.** Another thing people often worry about is performances and presentations in front of peers. For school, jobs and our social lives, we frequently have to make presentations, speak publicly or talk to friends about something difficult. One way to reduce worry in these situations is to rehearse exactly what you are going to say and do this as many times as you need to feel comfortable.

- 3) **Attend to Your Physical Health.** When our bodies are in optimal health, we also have more mental resources available to cope with stress, solve problems and control our worrying. Achieve optimal physical health by eating a healthier diet, sleeping more and being more physically active. It can have dramatic effects on your mind and your ability to cope.

- 4) **Discover the Real Source.** Sometimes a person worries about things that are a distraction from the things that are really bothering him or her. For example, worrying about an outfit to wear the next day, which provides a distraction from worrying about what is really bothering them, like a quarrel with a loved one. Being able to trace the real source of your anxiety and worry can help us regain control of the situation and take steps to improve what is really troubling us.

- 5) **Put It in the Proper Context.** A hallmark sign of General Anxiety Disorder is magnifying and worrying about small things, making them more important than they really are. Taking a step back to put your worries into their proper context can be a quick way to reduce their intensity.

- 6) **Break Your Worries Down.** Worrying tends to make us build a giant mountain of fear and anxiety in our minds, and eventually we lose sight of what is actually part of the mountain. Taking some time to break down and list the things that are troubling you is a great way to get a handle on things and allows you to make several smaller plans of action, rather than being crippled by having to climb a mountain.



Thanks to the Mental Health & Recovery Board for allowing us to reprint their articles.



AGENCY STATISTICS

| Intake Services | October, 2008 | November, 2008 |
|---|----------------------|-----------------------|
| Reports of Child Abuse/Neglect | 102 | 99 |
| Reports of Child Abuse/Neglect-one year ago | 112 | 98 |
| Annual Total | 1,161 | 1,260 |
| Monthly Increase/Decrease | - 9% | + 1% |
| Substitute Care | | |
| Agency Foster Care | 68 | 66 |
| Purchased Therapeutic Care | 17 | 14 |
| Purchased Residential Care | 19 | 19 |
| Independent Living | 0 | 0 |
| Total Placements | 104 | 99 |
| Total Bed Days | 2,957 | 2,801 |
| Adoption Services | | |
| Finalized Adoptions | 0 | 2 |
| Total Year to Date | 3 | 5 |
| PASSS Approved | 4 | 3 |
| Protective Services | | |
| Families Serviced | 171 | 177 |
| Children Serviced | 303 | 320 |
| Children in Permanent Custody | 20 | 23 |
| Case Aides/Miles Driven | 9,644.64 | 8,742.07 |
| Volunteer Services | | |
| New Inquiries | 48 | 51 |
| Active Volunteers | 49 | 49 |
| Parent Education | | |
| Steps to Better Parenting I: | | |
| Adults Enrolled | 22 | 19 |
| Adults Successfully Completed Program | 11 | - |

WE'VE CHANGED OUR PARENTING CLASSES TO MEET YOUR NEEDS

STEPS TO BETTER PARENTING: THE EARLY YEARS

For Parents of Children Ages Birth to Four (4)

Future classes will be scheduled as the need arises. A waiting list will be maintained. Please call to sign up.

Instructor: Heather Fath

Location: Varied Locations in Wooster

STEPS TO BETTER PARENTING: THE MIDDLE YEARS

For Parents of Children Ages Five (5) to Twelve (12)

Future classes will be scheduled as the need arises. A waiting list will be maintained. Please call to sign up.

Instructor: Heather Fath

Location: Varied Location in Wooster



Topics Covered in Both Classes Include: Learning appropriate development expectations, increasing knowledge and ability on how to manage the behaviors of your children, increasing self awareness and ability to be empathic, positive discipline, communication, expressing feelings, family stress, modeling appropriate behavior, consistency, and personal boundaries.

Books and materials are provided at no cost to participants. You must attend eight (8) out of ten (10) classes to receive your completion certificate.

Class participants must call personally to register - 330-345-5340.

OUR MISSION...

In partnership with the community, Children Services of Wayne County protects children at risk of abuse or neglect and strengthens, preserves and empowers families. Through evaluation of that risk, we identify and coordinate community services. We work in collaboration with others to provide these children with safe, nurturing and permanent families, whether their own or another. We seek to enhance community awareness by educating the public.