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Wilderness Challenge 25th Anniversary Celebration

Twenty-five years ago, Jim Otepka, TriCity Family Services Executive Director, and Greg Watson, Senior Clinician/Consultant, created the Wilderness Challenge Program (WCP). The program was created to help at-risk teens gain skills such as self-confidence, courage, and perseverance – skills many teens lack when entering high school and planning for their futures. Jim and Greg recently marked their 25th year by leading a group of 25 teens through the Boundary Waters of Minnesota.

TriCity Family Services is proud to congratulate the participants of the 25th annual Wilderness Challenge Program for their determination, ambition, and teamwork on the trail. The team departed for their intense adventure on June 13th and returned on June 20th.

On their journey, the group had to face several days of rain, mosquitoes, and other challenges posed by Mother Nature. All of the teens should be recognized for their leadership, teamwork, and resilience on the trail. The trip is led by experienced agency staff and dedicated adult volunteers from the community. TriCity Family



Over 80 guests, including past participants and adult volunteers, celebrated the Wilderness Challenge's 25th Anniversary on July 17, 2014 at Pottawatomie Park.

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Wilderness Challenge

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Services thanks these individuals who make the Wilderness Challenge Program possible.

To celebrate the program's success, TriCity Family Services held its 25th Anniversary Celebration at Pottawatomie Park in St. Charles, on Thursday, July 17th. Over 80 guests, including past participants and adult volunteers, came out to recognize this milestone in the agency's history. During the event, guests enjoyed a lively evening of food, games, camaraderie, and stories from the trail.

To date, TriCity Family Services has led nearly 500 teens on this journey through nature and self-discovery. The WCP has impacted the lives of hundreds of teens, forever changing the way in which they perceive themselves, how they cope with challenges, and how they relate to their peers and families. The program provides the opportunity to build self-confidence, strengthen social skills, and learn what it means to be a leader. Every challenge on the trail becomes a teachable moment and learning opportunity.



Marisa Brower,
Wilderness Challenge participant.

"I feel the Wilderness Challenge Program made an impact on my life because it was nice to have an opportunity from an organization such as TriCity Family Services to reach out to someone like me. The trip gave me the privilege to experience wildlife, camping, and canoeing, etc. It was nice to be exposed to other peers from different backgrounds and walks of life. To learn techniques to cope with life's situations/stressors from people with life experience such as Greg Watson and Jim Otepka. The group leaders were people that were caring and compassionate towards us teens. It's always nice to think that after my experience this organization keeps trying to counsel teens that are the next generation. After my experience I had gotten the chance to make new friendships and some turned to lasting friendships. I am Marisa Brower and if it wasn't for the Wilderness Challenge Program then I probably wouldn't have turned into the person I am today. "



OUR MISSION

TriCity Family Services (TCFS) is a private, not-for-profit human service agency serving the community members and organizations of central Kane County. The agency is dedicated to strengthening people and building community through the provision of quality, affordable counseling, youth crisis intervention, prevention, and early intervention services that promote sound mental health and effective family functioning. As a community-based agency, TCFS promotes service excellence, honesty, hopefulness, personal responsibility, and respect for others.

Barth Award Dinner

The 30th Annual William D. Barth Award Dinner was held Thursday, October 23rd at Riverside Receptions in Geneva.

Established in 1985, the William D. Barth Award recognizes one individual who has made a significant and positive impact, through community service, on the central Kane County area. The award was created to honor the legacy of William D. Barth, a founder of TriCity Family Services and a dedicated community leader.

Barth Award Winner

The 2014 Barth Award recipient was Joanne Spitz of Batavia. Joanne has been called a “local treasure” for her generosity and kindness. Her service to the community has improved the lives of countless children, adults, and families.



2014 Barth Award recipient Joanne Spitz with nominators Mary Kay Dowling and Pat Heun.

Joanne has served as Chair of TriCity Family Services’ Adopt-A-Family Program for nine years, and has been instrumental in providing hundreds of families with gifts for the holidays. She continues her dedication to service at TCFS year-round by sponsoring families at Thanksgiving and Easter, and by soliciting donations for, and helping at, the TCFS Annual Benefit.

After serving in multiple capacities at Louise White Elementary School and Hoover-Wood Elementary School, Joanne was elected to the Batavia Foundation for Education Excellence in 2007. As Vice-Chair and Chair of the Foundation, Joanne was instrumental in bringing 25 fiberglass Bulldogs to Batavia, organizing the sold-out teacher talent show, and bringing new and creative ideas to the Foundation.

When the Batavia Bicycle Commission was established in 2009, Joanne accepted Mayor Schielke’s request to become a founding member, and has served as both Commissioner and Secretary. She was part of the team that pursued the League of American Bicyclists’ Bike Friendly America designation for Batavia; worked for over a year to get four large map structures placed along the Batavia Bike Path to guide bikers; secured a grant to add seven pedestrian crossings on Routes 31 and 25 to tie bike trails together; and brought the Light Your Ride program, the Fit for Kids program, and multiple bike rodeos to Batavia.

In October 2013, Joanne was upset and frustrated to learn that there were more than 45 homeless children in the Batavia Public Schools. Within weeks, she had co-founded a new nonprofit organization called CHIP IN (Community Helpers Impacting People In Need) to support those students by providing them with clothes, food, linens, school supplies, transportation assistance, and other resources. She has rallied dozens of local organizations and volunteers to provide contributions, and has partnered with the Batavia Public Schools’ Homeless Liaison to maintain the recipients’ confidentiality and dignity.

Barth Award Nominees

TriCity Family Services was also proud to honor all the nominees for the 30th Annual William D. Barth Award. Each nominee has shown dedication to the community through ongoing involvement in activities affecting the quality of life in the Tri-City area, and has made a significant and positive impact on the community.



2014 Barth Award nominees (left to right) Don Regole, Sharon Brazill, Patrick Brazill, Janet Craft, Keith Gollwitzer, and Scott Kurth. Not pictured: Melinda Kintz.

Program Focus

Employee Assistance Programs Support Area Workers

Work organizations are at the heart of our community. They are the vibrancy and the viability of the residents that we serve in this community. As an agency whose mission is dedicated to strengthening people and building community, TCFS offers organizational services that provide local companies with proactive, hands-on, proven solutions to help achieve and maintain peak performance in the workplace and at home.

Doing more with less. Stretching beyond limits. Responding to increased demands. In today's tough economic and business climate, employers are faced with decreased productivity, impacted performance, poor morale, heightened employee disengagement, and ever-increasing health benefit costs. TCFS's organizational services empower workplaces through the following reliable, responsive, and highly-collaborative solutions:

EMPLOYEE ASSISTANCE PROGRAM

A comprehensive, full-scope, highly cost-effective workplace benefit program with a positive return on investment, serving as a critical and strategic component in an organization's efforts to control costs; ensure workforce quality; and heighten employee engagement, performance, and satisfaction.

- Face-to-face individual, couple, and family assessment and solution-focused, short-term counseling for all personal and workplace concerns
- Policy-based management, supervisory, and human resource consultation and coaching
- WorkLife consultation, research and referral, legal advice, and financial counseling
- On-site leadership/management/supervisory trainings and employee prevention and wellness education programs
- Immediate crisis triaging and on-site support in response to sudden, unexpected critical incidents; conflict resolution & mediation; reduction-in-force support; fitness for duty

TRAINING INSTITUTE

Consultation-based, individualized learning programs customized to respond to an organization's unique culture and core issues. Some examples of the 60+ skill development experiences we offer include:

- Leadership Development & Management Training: Fostering a Positive Spirit in the Workplace; Impaired Employee = Impaired Performance: Reasonable Suspicion Training; Leading Through Workplace Transitions; Supervisory Success; Violence in the Workplace: Risk Reduction
- Employee Effectiveness Education: Cultural Diversity Awareness; Dealing with Difficult People; Managing Change; Motivation: Staying Energized & Creative at Work; Respect for All: Harassment Awareness Training
- Wellness Workshops: Calming the Body & Mind; Juggling Act: Balancing Multiple Demands; Stress Busters & Time Tangles; Talk So Others Will Listen; Listen So Others Will Talk

EMPLOYER ASSIST

For organizations that are not able to commit to the full-scope EAP benefit, but would still like to promote a healthier, more productive work environment, we offer the individual components detailed above on a fee-for-service basis. This is an especially viable option for smaller workplaces.

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TCFS's organizational services strive to empower workplaces, and the individuals within them, to recognize and use their strengths to their fullest potential. An organization's greatest asset is its employees.

If you'd like to find out more about how your workplace can empower, enhance, and foster increased performance and productivity from its greatest resource, give us a call at 630-232-1070.

TCFS Support Groups

Grandparents Raising Grandchildren

A support group for grandparents who are the primary caregivers to their grandchildren. Participants derive support from others in similar situations and discuss parenting techniques. Pre-registration is required. No fee. Free childcare may be provided if requested at registration. Meets the last Tuesday of each month from 7:00-8:30 PM.



Single Moms Group

A support group for moms of infants to pre-adolescents designed to help participants diminish stress, manage multiple demands, and provide effective parenting. Pre-registration is required. Fee is \$5 per group session. Free childcare is provided. Meets the 2nd & 4th Wednesdays of each month from 6:30-8:00 PM.

Family-Based Treatment Facilitates Eating Disorder Recovery



Did you know that at least 30 million Americans will suffer from an eating disorder at some point in their lives (NEDA, 2014)?

Eating disorders are treatable, and full recovery is possible. There is strong

evidence that participation from parents and caregivers is fundamental to a successful recovery. TriCity Family Services now offers outpatient, family-centered care for children, teens, and young adults struggling with eating disorders. Our Family-Based Treatment for Eating Disorders Program (FBT) recognizes parents and caregivers as the best resource for their child's recovery.

"When we began at TriCity Family Services, my child was consumed by her eating disorder. She had alienated her friends and those that loved her. Now, she has restored weight. She is happier each day, is fun to be around again, and has a sense of humor. I will never forget how helpful TCFS and our FBT therapist were to me and my family."

Launched in July of 2013, the FBT program has served over 20 clients and their families. Our specialized FBT therapists have been trained through the University of Chicago.

There are three distinct phases involved in treatment:

Phase I – Weight Restoration: The therapist assists the family in the re-feeding of their son or daughter. When the child's physical health has been restored, the family can move on to Phase II.

Phase II – Returning Control Over Eating Back to the Client: Families are encouraged to help their child take more control over eating. Other family relationship issues, or concerns that the family has had to postpone, can now be brought forward and addressed in therapy.

Phase III – Establishing a Healthy Identity: When the child has demonstrated that they can maintain a healthy weight, treatment shifts to the impact that the eating disorder has had on the child's ability to form a healthy identity.

The FBT approach is ideal for children who have been struggling with an eating disorder for less than three years, and who do not require hospitalization. It is a team approach that includes all family members, the TCFS therapist, the child's physician, and any other individuals the family wishes to include. Studies have shown that two-thirds of clients are fully recovered at the end of the FBT process, and 75-90% have maintained a healthy weight at their five-year follow-up.

For more information about the FBT program, please call Laura Poss, Clinical Director, at (630) 232-1070.

Prevention and Early Intervention Workshops

Smart Choices Kindergarten-5th Grade

A child-and-parent workshop covering topics such as calming down when angry, needs vs. wants, understanding points of view, and responding to teasing. Pre-registration is required; \$90 per family. Grades K-2: 6 sessions, Saturdays, Oct. 25 - Dec. 6*, 10:15-11:15 AM. Grades 3-5: 4 sessions, Saturdays, Nov. 8 - Dec. 6*, 8:30-10:00 AM (*No meetings on Nov. 29)

Smart Choices Middle School/High School

A 4-session family workshop for youth and their parents covering topics such as conflict styles of aggression, avoidance, and communication, calming techniques, and plans for responding to particular anger triggers. Pre-registration is required; \$90 per family. With school approval, this may also be used as an alternative to suspension. Dates and times vary.

Chick Chat by HGNA - for all girls in 4th, 5th, and 6th grades

A retreat day designed to help girls form stronger relationships, make healthy decisions, and develop their own unique sense of self. Pre-registration is required. Anticipated fee is \$35 per girl. The program will be held on Saturday, March 7, 2015 from 8:30-3:30 at Geneva Middle School South.

Teen Girls' Retreats for girls ages 14-17

Each retreat weekend is designed to increase participants' abilities to engage in values-based positive behaviors when experiencing challenging thoughts and emotions. Pre-registration is required. No fee. \$25 refundable deposit. Friday, Nov. 14 (after school) to Sunday, Nov. 16. Transportation to Covenant Harbor Retreat Center in Lake Geneva, WI is provided.

Bridges Divorce Adjustment Workshop for children ages 7-11

A workshop to help children cope with issues of their parents' separation and/or divorce. Fee is \$50 for one child or \$75 for two or more children from the same family. 5th meeting includes parent(s). Mondays, 3:15-4:45 PM, Oct. 6, 20, 27, & Nov. 3, 10 (special time: 6:00-7:30 PM), and Nov. 17.



Making a Difference

Please Consider Adopting a Family for Christmas

The Friends of TriCity Family Services are again leading the Christmas Adopt-a-Family program for our client families in need. For many families we serve, it is a year-round struggle to provide for their loved ones.

Last year, the program made the holidays better and brighter for over 70 families, and every year the number of families who sign up for this program increases.

Sponsors who adopt a family will receive the genders and ages of all family members. We ask that you put together a basket complete with non-perishable food, seasonal items, and gifts for the family.



Joanne Spitz prepares presents for distribution to area families.

We are so grateful to our sponsors for their generosity and support of this special holiday program.

If you would like to help in another way, please consider donating gift cards from grocery stores. Any amount is appreciated.

To sign up to sponsor a family, please email Mary Kay Dowling at mkdowling@tricityfamilyservices.org, or call 630-232-1070.

“I was very surprised to be offered assistance with gifts and food for the holidays. To be honest, I didn’t know what to expect. When I picked up the gifts I was overwhelmed. I don’t feel that I can express well enough how much brighter you made our holiday. I don’t know the last time I was given a gift personally, and I can tell you that the children have never seen so many gifts under the tree during my single parenting.

I want you to know that your kindness will not be forgotten and that your donations went to a family that is doing the very best that we can, and has every intention of “giving back” to people in need.

From the bottom of my heart...Thank you!”



Volunteer Spotlight



Jason Schneider Board President

Jason Schneider, a personal injury lawyer with John J. Malm & Associates in Naperville, has been leading the TriCity Family Services Board since July.

Jason grew up in Batavia, and has always been interested in the field of mental health. When he was looking for a way to give back to his community, his mother, a long-time supporter of TCFS, knew exactly where to send him.

Jason joined the board in 2012, and quickly became involved with the Resource Development Committee. Jason’s leadership skills and ability to remain calm under pressure made him a clear choice for the Executive Board.

Jason’s term as Board President comes at a time when the agency is preparing for the challenges ahead – capacity building, further development of the FBT program, and the changing landscape of health care. His experiences across many areas of mental health, and his passion for the TCFS mission, are exactly what the agency needs when planning for the years ahead.

Jason shared, “Ensuring that mental health treatment is available is vital to the well-being of our community. As board members, we support the agency and work towards meeting our goal of making quality mental health services accessible to families and individuals at all income levels.”

Making a Difference

Endowment Challenge – Double the Impact of Your Gift!

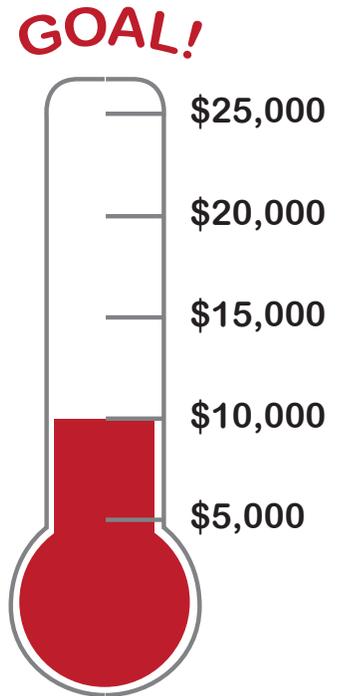
American psychologist and philosopher William James once said, “The great use of life is to spend it for something that outlasts it.”

Did you know that you can have an impact on community mental health in perpetuity?

Our Endowment Fund, established in 1998 through the Community Foundation of the Fox River Valley, helps to ensure a stable source of funding for future capital or program-related needs.

If you have ever considered making a lasting gift to TriCity Family Services, now is the time. The Community Foundation of the Fox River Valley has selected TCFS for its Endowment Challenge. Every dollar we raise, up to \$25,000, will be matched by the Foundation between now and December 31, 2016. This additional \$50,000 will raise the fund’s total value to over \$500,000, and increase the amount available for distribution to over \$70,000.

To date, \$10,000 has been raised toward our \$25,000 goal. If you would like to take advantage of this opportunity, and double the impact of your gift, please contact Courtney Laverty, Development Manager, at (630) 232-1070 ext. 141, or claverty@tricityfamilyservices.org.



Corporate Partners in Caring

The Corporate Partners in Caring program is a great option for companies that want to invest in their community, make just one gift per year, and receive year-long recognition.

This annual commitment directly benefits TriCity Family Services’ programs and the clients we serve. In return, our Corporate Partners receive many benefits including:

- Making an impact in their local communities
- Supporting programs that benefit people across all life stages, from childhood through retirement
- Year-long visibility and recognition at TriCity Family Services’ major special events
- Year-long visibility and recognition on the TCFS website and in agency publications
- Complimentary wellness presentations for their employees

There are several levels of participation within the Corporate Partners in Caring program:

\$25,000 ... Champion	\$5,000..... Pacesetter
\$10,000.... Leader	\$2,500..... Supporter
\$7,500..... Innovator	\$1,000..... Friend

We’d like to thank the following organizations for supporting TCFS as Corporate Partners:

Leaders:	Comcast, Exelon Generation
Innovator:	BMO Harris Bank
Pacesetter:	FONA International
Supporters:	AHC Advisors, Inc.; Creekwood Associates; Dickens, Mason, Kissell DDS, Ltd.; Fox Valley Orthopedic Institute; St. Charles Bank & Trust
Friends:	Dayspring Pediatric Dentistry; Geneva Eye Clinic; Gerald Nissan Subaru; K. Hollis Jewelers; Dr. Charles Kallstrom, DDS; Midwest Dental Implantology



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Remember TCFS When Shopping This Holiday Season!

When you shop at AmazonSmile, Amazon will donate 0.5% of the price of your eligible purchases to TriCity Family Services. AmazonSmile is the same Amazon you know – same products, same prices, same service.

Simply start at the TCFS webpage (www.tricityfamilyservices.org), find the AmazonSmile logo at the bottom of our homepage, and click the "Get Started" button.

Thank you for remembering TCFS this holiday season!



SNOWFLAKE SHUFFLE 5K Run/Walk

Saturday, Dec. 6th at 9 a.m.

(Registration begins at 7 a.m)

Holiday-inspired event

Santa Claus in attendance

Refreshments • Awards

All proceeds benefit
TriCity Family Services

USATF certified



Race begins at the Mill Creek Clubhouse & Subdivision, Geneva
630-232-1070 | tricityfamilyservices.org