

The Leaves are Changing...

Some of the New and Exciting Happenings at Haven

FALL 2009



BACK TO SCHOOL APPEAL

Haven is reaching out to the community for help. Haven is a non-profit agency and all of our services are FREE OF CHARGE. It is with your generosity that we can continue our programming and activities within the schools and the community. Please consider donating to our Back to School appeal by sending in the enclosed donor form.

ASK HAVEN

Haven has been given the opportunity to run a monthly column in the Winnetka Talk answering questions that parents and teens have about issues surrounding mental health. Please feel free to send us any questions that you may have and we will try to answer all of your questions in our *Ask Haven* column. It is our hope that *Ask Haven* will become a part of every local Pioneer Press within the near future.

BACK TO SCHOOL BOWLING & BOCCE



On September 11th, 2009, Haven held it's first ever **Back to School Bowling and Bocce** event at Pinstripes in Northbrook. More than 70 Haven friends and families of all ages were in attendance. The night included bowling, bocce, food, a silent auction, a raffle and prizes. The event raised over \$6,500. Haven donated 10% of the proceeds to **The Families of Freedom**

Scholarship Fund® which benefits financially needy children, spouses, and domestic partners of 9/11 victims. To learn more about this fund visit www.familiesoffreedom.org. We would like to thank our generous sponsors for making this event possible! Thank you to our Patriot sponsor Slavin & Slavin and our Star sponsor Wendella Sightseeing Company. We would also like to thank our lane sponsors American Charter Bank, A. Robert Taylor Financial Advisory Services, Benvenuti & Stein, Berger Schatz, Cervantes and Cioffi, LLP, The de Loys Family, Duxler Tire in Wilmette, Howard Waitzman, CPA, PC, Law Offices of Bradford E. Block, Ned Pucci, Novack and Macey LLP, The Randall Family, Sherry Molitor Real Estate and Kutchins, Robbins & Diamond, Ltd.

HAVEN HAS MOVED

Our new address is **825 Green Bay Rd**, Ste 200 in Wilmette
NEW PHONE 847-251-6630 **NEW FAX** 847-251-6134.
Haven will be holding our 2nd Annual Open House on Tuesday, November 3rd from 4-7pm. Please come by to see our new space and mingle with other community members.

YOUNG ADULT BOARD

Haven's Young Adult Board is a new group comprised of young professional, community minded adults from 21-35 years old. The purpose of the Young Adult Board is to create public awareness of Haven's mission, foster a spirit of volunteerism, learn skills necessary to serve in voluntary leadership roles with non-profit organizations and participate in occasional fundraising events that enable Haven to continue its work within the North Shore community.

The Young Adult Board will meet approximately four times a year and members will have an opportunity to meet peers, network with one another and socialize with others in the Chicago area. These get-togethers will be informal and mostly held in the city at local eateries, etc. To learn more please call Bonnie at 847.251.6630 or visit havenforyouth.org

YOUTH BOARD

The Youth Board is off to a great start. Meetings are on Wednesdays from 5pm-6pm. All high school students are welcome! For more information contact Lauren at 847.251.6630 or lauren.haven@gmail.com

JUNIOR HIGH BOARD

The Junior High Board is the newest addition to Haven. It is an excellent opportunity for junior high students to meet other kids while participating in various team building and fundraising activities. In addition, the board members will be representing Haven in their various Junior High Schools. If you would like learn more about the Haven Junior High Board, please join us at our first meeting on October 13th at 5:30 pm! If you have any questions please contact Julie at 847.251.6630 or julie@havenforyouth.org. We look forward to meeting some of you in a few weeks!



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Haven's Mission:

Haven Youth and Family Services helps youth and their families in crisis. By offering specialized programs focused on prevention, intervention, and private counseling services, Haven collaborates with schools and other community agencies to counsel youth and to identify and prevent crises.

The following is a letter from a former Haven client to her mother.

Dear Mom,

There were many factors that brought me to Haven's doors, ones that seemed shocking from the outside perspective. How about I tell your story with Haven first, since you were so much a part of me during those times when I needed support most. You were a mother with a seventeen year old daughter who was smiley, a good student, with friends, and seemingly easy going

life. You had provided her with everything she had ever needed. You loved her so much, that when you started to see her strength break, the same strength you had raised her to have, you started to break as well.

You found yourself at Haven the first time when your daughter had issues with a severely depressed friend - a girl who seemingly had everything handed to her, but was still so poor in spirit, life seemed unbearable. Why did your daughter start missing school, sleeping through the entire day, then waking up with the same smile, and a confused face when asked why? Where was this invisible weight coming from, that was pushing your daughter into darkness, complete hibernation from a world that she used to breeze through but now could not even face?

She stopped going to school. Absent 55 days in the second semester. What, you asked with your hands in the air, what was it that she needed? You visited psychiatrists who said that your daughter's mind was malfunctioning. In desperate need of lithium, antidepressants - both. You visited doctors who said that her body was malfunctioning, sent to the hospital for sleep studies with wires and machines. But your daughter refused. Something deep in her eyes showed that this was not the answer. Maybe this physical world was not the actual deficiency, although it was showing up in a physical way. But what did she need?

This is when Haven gave its most important gift. Haven was where your daughter was not just a symptom, but a whole human being. Haven was where your daughter's spirit was understood, listened to, and respected as truth. She was living in a world where competition and proof of superiority were more important than the path of knowledge. She was living in a world that had chosen outer beauty as the main quality of human worth. She was living in a world of sickness. She was living in a world where image was more important than reality. She was living in a world where people do what they know is wrong but still continue to do it, even if it means complete destruction of soul. She had sucked in the poison from all corners. She was living in a world of lies, and she was dying because she could not face her own truth.

Haven saw your daughter's hand grasping towards self-understanding. Haven saw what both you and your daughter were too close to see. Haven gave you both a place to cut through the clouds of problems and see what the real problem was. You and your daughter just had to be strong enough to see the truth that was causing the suffering in front of you.

It wasn't easy, Mom. But look where we both are now. I am studying all over the world, looking for the truth that exists in this planet, while still searching for the truth that exists in myself. You have helped organize this benefit because you know what it is like to see your child suffer.

We both know that there are many kids out there who are searching for their own truth, ones who are suffering within their families but do not have the courage to face what might be found. We both know there are kids out there who cannot afford to seek the help that they need. People are searching for the reassurance that their own self-experience is not only valid, but also real. People are looking for a place where they can be their true selves, even if it may be scary to see what that true self actually looks like.

You and I have both looked in the mirror, and we have found that in our reflection, we can recognize ourselves in any parent, child, sibling, friend, teacher, neighbor, acquaintance, or stranger who has found themselves suffering and feeling alone.

Today, I thank Haven for giving me the place to know what I value in life, for helping me see my own truth, and for continuing to serve people who are in need of the same love and support that helped bring me where I am today. Love, Molly

