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560 Green Bay Road, Suite 10, Winnetka, IL 60093  
 Phone: (847) 446-5606 (24 hours) Fax: (847) 446-5612

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[www.havenforyouth.org](http://www.havenforyouth.org)

**What the Kids Had to Say**

We asked the question and the kids responded

**What is your top choice for college?**

- DePauw University
- Carthage College
- University of Missouri
- Northwestern Illinois
- University of Wisconsin
- University of Illinois
- Colgate University
- University of Iowa
- Syracuse University
- University of Kansas
- Miami University of Ohio

Haven is.....

- Confidential
- Free
- Fun
- Helpful
- Informal Counseling
- 24-7
- Comfortable
- Safe
- Hope

**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 crisis.

*For More Information please visit our website*

[www.havenforyouth.org](http://www.havenforyouth.org)



WINTER 2008

*The Haven Insider*

**Making the Cut**  
 By Jessica Lillie

Each year in the U.S. more than 2 million high school students will apply to colleges around the country. Getting into the right college has become more and more of a national obsession among teens and their parents, making the process all the more stressful. The standard is no different on the North Shore. At New Trier High School, 98% of the graduating class will enroll in college with 95% attending a four-year bachelor program.



Now is the time when students are getting their acceptance letters and deciding on which school to attend or perhaps dealing with the rejection from their top choice university. Now is not only a tough time for teens, but also for their parents. How do you prepare your teen for college? Can they ever be truly ready? Will you, as a parent, ever be ready to let them go? Are they making the right choice? The questions can be daunting.

A study done for New Trier High School by The University of Chicago Survey Lab found that students felt that the major purpose of New Trier is to prepare them for college. Haven's Outreach Team has spent the past few months developing a workshop for New Trier Seniors to answer these

sorts of questions. What they learned through their experience is informative and can be very helpful for both parents and teens.

Most teens worry about the change of leaving home, leaving their friends and being on their own for the first time. While this experience is exciting, it is also terrifying. The best thing a parent can do is make sure their teen is prepared for anything that might come their way. First, teens should know that getting into your first choice school is not the end all be all. Every school has different programs that could cater to each student. It is recommended by college admissions officers that students apply to about five or six schools with a

few true safety schools and a few reach schools. This way you don't put too much pressure on one school. Keeping your options open can be helpful.

After choosing a school, the next big step is getting your teen to the school. Packing and leaving is stressful for both parents and teens. No list will ever make you feel prepared to leave your teen on the front steps of the dorm. Making sure they know what do to can help ease the anxiety. According to health education experts at Columbia University, one of the biggest challenges for parents is letting go when their kids first leave home. According to these experts, talking to your kids about the challenges of college life before they actually face them is the best thing to do. Do not be afraid to talk about financials, drugs, alcohol, depression, sex, general health and safety with your teen. The more they know, the easier it will be to let them go.

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**Haven's Outreach Team Offers advice :**

- Contact your roommate before you move in
- Get to know your RA
- Don't jump into a sorority or fraternity. If at all possible wait until second semester.
- Don't panic if you don't meet people right away. Every freshman is in the same boat that you are when it comes to making friends.
- Get a map of your campus before you start classes.
- Take care of your health, don't hesitate to go the university clinic.
- Take advantage of the school organized activities week
- GOTO CLASS!!!

## On the Inside.... From Criminology to Outreach Worker

By: Lauren Cuchna

I walked into my professor's office one day to discuss declaring a major and getting my enrollment papers signed for next semester. I kept repeating myself, "I want to help people suffering from crime." I figured the best way to help victims of crime is to understand criminal behavior. While finishing up my last year at Kansas studying Criminology, I took a juvenile delinquency class that discussed behavioral disorders, punishment of juveniles, parental responsibility, psychopathology and alternative resolutions to deter delinquency. I fell in love with the classes offered at Kansas for Criminology and Juvenile Delinquency.

After grad school, I began searching for a career. While on my search I began to read about different programs that offered teens an alternative to destructive pathways. To me it seemed like the perfect solution. What was better than preventing the behavior that I had spent years trying to

understand? That is when I found Haven, an agency geared towards helping teens through crisis big or small. It is a place that can help teens feel like they have some where to turn. I was excited to become a part of an organization that offered support to youths and their families. After my first interview at Haven, I was ecstatic about the program and the outreach position. I could not stop talking about the responsibilities to my friends and family. They would keep telling me not to "put all my eggs in one basket" in case I did not get the position. During my second round of interviews with the students, I was extremely nervous because I knew this is what I wanted to do with my education and my life. Once I got the job, I could not wait to start.

Working at Haven has allowed me to connect with youth on a regular basis. It has been fun working with the staff and the Youth Board. Recently Heather and I have been teaching small sessions in the student advisories that we think are im-

portant. We entitled these sessions for seniors "Things to Know Before College." We are also involved with the Peer Helpers a New Trier Club that worked on freshman outreach, blood drive, and health/mental wellness. I am looking forward to working with Youth Board members on their senior projects and increasing their involvement in social services. My position at Haven fulfills my desire to help youths and their families and allows me to continue to learn about people and their lifestyles.



Lauren Cuchna, left, with Haven Youth Board

"Working at Haven has allowed me to connect with youth on a regular basis"

### ASK AMY

Clinical Director Amy O'Leary, MSW, answers your questions

**Q: Ever since getting denied from Brown University my son has stopped caring about school. What should I do?**

A. If your son is upset that he did not get into Brown, the best thing to do is reassure him that there are plenty of top schools nationwide that he can apply too. Even though Brown was his number one school of choice continue to discuss other options that will suite his college expectations. It is also good to take a few long weekends to visit other schools similar to Brown to keep your son's mind opened to other possibilities. This also creates a good avenue for family bonding and communication. Another suggestion is to have friends of the family talk to them about their college experiences at school. If he continues to feel down remind that if he works hard at another college there is always the possibility to transfer to Brown. Overall, keep the communication lines open with your son and talk honestly about other options.

Please Contact Amy at amy13oleary@hotmail.com with questions for upcoming issues.

We're seeking new friends and contributors like you to help us continue providing the following services:

- 24-hour crisis intervention to young people who are at risk for abuse, running away or family breakdown.
- Our outreach program that reaches hundreds of area adolescents and strives to assist these young people with the normal developmental hurdles of adolescence.

Thank you for your support!

Yes, I want to become a **Friend of Haven Youth Services!**  
Enclosed is my contribution to help Haven help our children.

Patron    Benefactor    Sponsor    Contributor    Donor    Other

\$1000     \$500     \$250     \$100     \$75     \$\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone (day): \_\_\_\_\_ (evening): \_\_\_\_\_

My contribution is made: In honor of/in memory of: \_\_\_\_\_

Please Notify: \_\_\_\_\_

Address: \_\_\_\_\_

I am enclosing my company's matching gift form so that my donation can be multiplied by my employer.

Please make your checks payable to Haven.

Your contribution is tax deductible to the full extent of the law.

To donate online please visit our new website

[www.havenforyouth.org](http://www.havenforyouth.org)

## Haven's Annual Appeal

At the end of each year Haven appeals to the community for one of its biggest campaigns. Haven's annual appeal stressed the need for adults to help the teens in our community. Our teens face high stress situations and difficult decisions everyday, and some do not know where to turn.

With the help of the community, Haven has been able to ensure that we WILL be there. Haven is available 24 hours a day for crisis and family intervention. Our staff provides many teens and their families with the help they need. This year alone, the agency raised over 30 thousand dollars. These donations came

from area businesses and generous community members. We thank them all for the overwhelming generosity. But the campaign is not over and we still need your help. Please consider becoming a sponsor to help Haven continue our important mission.

"With the help of the community, Haven has been able to ensure that we WILL be there."

## 2nd Annual Benefit Concert!!

It was a long night of music and fun at the Kenilworth Club for many area teens. The concert was held on December 13<sup>th</sup> at 6pm and lasted to nearly midnight. Over 100 teens enjoyed the sounds of five area bands; *Truman and His Trophy*, *Lili*, *Chimera Twilight*, *The Elation*, and *The Sea Monsters*.

Two other bands that played have national exposure; *Flowers for Dorian* were featured on MTV and *Dr. Manhattan* has recently been on a national tour and are currently signed by Vagrant Records.

This year's Benefit Concert was sponsored in part by Wendella Sightseeing in Chicago and was organized by

Haven's Youth Board. Haven's staff and Youth Board are happy to say that the agency raised over one thousand dollars. While this amount may seem small compared to other agency fundraisers, we are happy to spread the word about Haven and enjoyed the opportunity to give area teens a fun Friday night!

