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FALL 2008

A Letter from the New Executive Director
Diane Block, LCSW

I am pleased to be the new Executive Director at Haven Youth and Family Services. This position is a wonderful opportunity for me to serve such a vibrant, dedicated community that recognizes the challenges teens and their families face in this ever changing world.

A little about my background...

I am originally from Milwaukee, Wisconsin and spent my undergraduate years at U.W. Madison where I earned a B.S. in Behavioral Disabilities. Shortly after completing my degree, I taught children with social and emotional struggles in the San Francisco area as well as in Evanston. I then received my Masters in Social Work from Loyola University of Chicago in 1989 and enjoyed 15 years as a school social worker in Gurnee, Palatine and Round Lake working with both elementary and high school students.

During my career as a school social worker, I enjoyed many years servicing youth and their families by connecting them with the resources necessary to enhance both their academic performance as well as their social and emotional growth. I served a wide range of students from different economic and cultural backgrounds. In doing so, I worked with youth helping them learn appropriate ways to resolve conflicts and intervened in crisis situations as necessary. I also established a drop in program that gave parents an opportunity to talk with one another about issues relevant to the current stage of their child's development.

Currently, my husband Brad and I reside in Riverwoods. We have two children, Steven who is an assistant U.S. attorney in Chicago and Alissa, a pediatrician in Vernon Hills. We are also the proud grandparents of a beautiful 22-month-old toddler, Lily.

I am delighted to be a part of this organization. I look forward to working with families and the community toward Haven's goal of assisting children in achieving a healthy transition to young adulthood.

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"I look forward to working with families and the community toward Haven's goal of assisting children in achieving a healthy transition to young adulthood."

This Newsletter Sponsored By:
BENNETT BROTHERS, INC

Healthy Coping Skills to Reduce Stress

Healthy people practice coping skills everyday. This prepares them for times when they feel overwhelmed. Here are some ideas of how to reduce some of the stress in your life:

- Exercise, sleep and eat well**
- Avoid excess caffeine intake**
- Practice relaxation techniques**
- Take a break from stressful situations**
- Listen to music**
- Draw , read or journal**
- Do something that you enjoy**
- Don't over-book your schedule**
- Be a good example of time management**
- Stay positive**
- Spend time with friends**
- Decrease negative self-talk**

Haven is.....

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

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 Leaves are Changing...

Some of the New and Exciting Happenings at Haven

Haven DVD

Haven has a new DVD now available on our website. We would like to thank

Paul Holtz of

Class on Demand, Inc. for generously donating his time and creating the DVD. For more information about Paul Holtz or his services please call 847-843-9939 or visit them on the web at www.classondemand.com



Haven Staff

Executive Director

Diane Block, LCSW

Assistant Director/Social Worker

Amy O'Leary, LCSW

Communications Director/Social Worker

Bonnie Ryan, MSW

High School Outreach

Lauren Cuchna & Heather Steward

Middle School Outreach

Andy Robins

New Faces at Haven

Diane Block, LCSW has assumed the role of the new Executive Director of Haven. For more information about Diane, see page 1.



Bonnie Ryan, MSW recently finished her Masters in Social Work at Loyola University in Chicago. She began her work at Haven as an intern and is excited to begin her new position as the Communications Director as well as social worker at the agency.

Andy Robins is the new Middle School Outreach Worker. After graduating from Illinois State University, Andy spent two years working for AmeriCorps where he ran a service learning program for teens. Andy then moved back to Illinois where he became the Director of Score! Educational Center. Andy looks forward to his new position working with students at Washburne doing both outreach and after school programs for junior high kids.



Giacomino D'Egidio is a Senior at New Trier High School. He works as the staff assistant after school at Haven. He began at Haven through his work as a volunteer last spring. Jack is also a member of Haven's Youth Board. He plans to go to college next year to study music.

New Trier Township Prevention Council

Haven announces its membership in the New Trier Township Prevention Council. The group consists of representatives from local agencies, organizations and schools as well as legislators, law enforcement officials, and parents from the township. NTTPC's mission is "to create an environment that promotes healthy choices and healthy behaviors among New Trier Township youth." Currently, the Council is working on an ordinance to prevent teen tobacco use throughout the township. If you would like more information about the New Trier Township Prevention Council please contact Megan DeCarlo (847) 492-1778 or nttpc2@gmail.com.

Back to School Appeal

The new school year has begun and students are getting back into the swing of things. Back to school stress can be overwhelming but Haven is always here to help.

One of the main goals of our outreach workers is to help teens access the resources they need to ensure a smooth transition and deal with the stress that comes along with the new school year. That is why, at this time of year, Haven appeals to the community for your support.

Haven is a non-profit agency and all of our services are FREE OF CHARGE. It is with your help 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 donor form on page 3.

We are 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 young people with the normal developmental hurdles of adolescence.

Thank you for your support!

WORD SEARCH

- | | |
|--------------|---------------|
| <u>Down</u> | <u>Across</u> |
| Confidential | Fun |
| Free | Haven |
| Lunchroom | Help |
| New Trier | Hope |
| Trust | Outreach |
| School | Teach |
| Youth | Team |

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
<input type="checkbox"/> \$1000	<input type="checkbox"/> \$500	<input type="checkbox"/> \$250	<input type="checkbox"/> \$100	<input type="checkbox"/> \$75	<input type="checkbox"/> \$_____

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.

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Youth Job Training

Youth job training programs have become increasingly important as the job market has changed. In addition, New Trier students face roadblocks that extend far beyond the current economic situation.

With over 4,000 students at New Trier alone, job competition is an ongoing problem. For the few who succeed in landing a job, knowing how to maintain their job and balance a busy schedule can be an arduous task.

Because of the challenges students face, Haven has created a job training program to help ease the process. Haven's employment program participants have an

opportunity to learn how to job search, gain real work experience, learn important job skills and earn a paycheck independently. The program will emphasize important career enhancing tools such as interviewing skills, positive communication, goal setting, conflict resolution, leadership skills and responsibility.

With the help of local businesses and community service agencies, Haven hopes to help kids reach their personal goals and gain self-confidence. If you are interested in more information about Haven's employment program, please contact Lauren Cuchna at 847-446-5606.

