

Presents



# The Haven Insider



2010

## ASK HAVEN

Haven is grateful for the opportunity to contribute to the Winnetka Talk through our monthly Ask Haven article written by staff. Below is a recent article

*Dear Haven,*

*I am a parent of two high school students. With school back in session, my teenagers' lives are once again filled with homework, sports, and activities. Not only do they express to me how stressed out they feel, but I have noticed that they appear more tired and moody than they were over the summer. I have always encouraged them to get enough sleep and complete assignments ahead of time, but they don't always listen and continue to complain about stress. Sometimes I can't even pin point what exactly is causing them to feel this way. Do you have any suggestions for parents of stressed-out teens?*

Dear Parent,

Everyday, in every community, teens are appearing more stressed out. Although some adults feel that teens have no idea what "real stress" is like, such as paying bills, facing troublesome career issues, or making difficult life decisions, teens certainly have their own struggles to contend with. According to some psychologists, the teenage years are more stressful than any other time in a person's life. Adolescents can become overloaded as they struggle with physical changes, negative self image, emotional and social changes, rigorous academics, and a demand for excellence in athletic performance. Furthermore, today's teens are impacted by their parent's concerns about employment and financial security. The pressure to do well academically so students can attend some of the best colleges is paired with the fear of not being able to afford to go even if they are accepted.

When inadequately managed, this stress can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use. Parents must help their teenagers learn to handle stress! They are not always equipped with the coping skills necessary to address the highly stressful situations in which they find themselves. Parents need to listen to their children and pay attention to any increase in fatigue, headaches, stomachaches, irritability, anger, or depression. It is important for parents to model appropriate stress management skills.

Teens benefit from seeing parents utilize such techniques as following a healthy eating plan, engaging in relaxation exercises, listening to music, or participating in a sport for enjoyment. By doing so, adolescents learn that a balanced lifestyle can be achieved even when faced with daily dilemmas.

Parents can offer their child coping skills such as breaking a large task into smaller, more manageable tasks. Setting goals and then attaining that small goal makes a teen feel more accomplished. Parents might also suggest teens practice challenging their negative thoughts about themselves by using alternative neutral or positive thoughts. An example would be to help an adolescent transform a statement such as "my life will never get better" into "I may feel helpless now but my life will probably get better if I work at it and get some help." Everyone has their own way of coping with stress. It is important to remember that something as small as taking deep breaths and thinking positively can go a long way.

If your teen shows signs of being overly stressed, a consultation with a mental health professional or a school social worker may be helpful. There are many more techniques that adolescents can learn to address stress that will enable them to emerge from the challenging teen years into capable and confident young adults. We hope this school year proves to be a positive experience for you and your children.

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*"The teenage years are more stressful than any other time in a person's life"*

# Happening at Haven



## JAM SESSION THURSDAYS

April 15, April 29,  
May 13, May 27

Calling all teen musicians! Come make music at Haven with other local youth from 5:00-6:30. Admission is free. Pizza will be provided.

## NEW STAFF : JACKIE GRZYMALA

As Haven's Middle School Outreach Worker, Jackie provides informal counseling and support services to 7<sup>th</sup> and 8<sup>th</sup> grade students at Washburne Middle School. On a daily basis, Jackie works with youth providing outreach during school hours as well as in after school programs. Jackie serves as a mentor and role model for students and provides an opportunity for them to interact with a trusting non-judgmental adult in a casual setting.

Jackie is a graduate of DePaul University and worked for two years as an 8<sup>th</sup> grade social studies teacher. During that time, she became intrigued by the topic of child development and the relationship between academic progress and attending to a child's social-emotional growth. As an outreach worker, Jackie develops opportunities for students to do activities and projects that are fun and at the same time helpful in building emotional resilience and skills. Haven is excited to have Jackie as a staff member and is certain she will bring new and exciting meaning to the outreach work at Washburne.



Pictured from left to right: Heather Steward, High School Outreach Worker and Jackie Grzymala Middle School Outreach Worker

The Haven Youth Board continues to grow and serve, with over 25 high school students meeting weekly to promote Haven's mission, learn leadership skills and serve their community. This school year the board has made tremendous strides. Last fall, the board raised \$200 for the Wilmette Crop Walk that aids in the fight against hunger. In addition, the group collected over 20 large bags of clothing for the Chicago Veterans Association. The board also teamed up with Haven Outreach Workers to present to all New Trier High School freshmen, raising awareness around Haven services and mental health. Most recently, the teens and the Wilmette Warming House hosted a benefit concert that raised funds for both organizations. Looking into the spring, the teens hope to collect food for the New Trier Township Food Pantry. Building from last years experience, the board will also be volunteering to help train Special Olympics athletes in Chicago alongside students from the Social Service Club at NTHS. Any teen interested in joining the Haven Youth Board should contact Lauren at 847-251-6630.

## SAVE THE DATE HAVEN YOUTH & FAMILY SERVICES



## HOME RUN FOR HAVEN

11th Annual Spring Benefit

**Saturday, April 17th, 2010**

**Sunset Ridge Country Club in Northfield**

*Please join us for dinner,*

*dancing, auctions and much more!*

**For tickets visit [www.havenforyouth.org](http://www.havenforyouth.org)**

## Erika's Lighthouse Video Contest



Shine a light on teen depression, your video camera light that is! Are you someone who enjoys making short films and movies in your free time? Then Erika's Lighthouse is looking for you! Erika's Lighthouse, A Beacon of Hope for Adolescent Depression, will be holding its first annual video contest for teens and young adults ages 12-20. The contest is looking for videos that exemplify the Erika's Lighthouse message to *Get Depression Out of the Dark* in 30 seconds or less. All videos must be original and submitted by mail or drop off to the Erika's Lighthouse office by **April 23<sup>rd</sup>, 2010**. Prizes will be awarded to the top three contestants. First prize is **\$250**, second prize is **\$150**, and third prize is **\$100**. Winners will be announced at noon on May 6<sup>th</sup>, *National Children's Mental Health Awareness Day*, on the Erika's Lighthouse website. To download the video contest application and guidelines go to: [www.erikaslighthouse.org](http://www.erikaslighthouse.org). All questions regarding the video contest can be directed to Heather Steward, *Erika's Lighthouse Teen Coordinator* at 847-251-6630 x201 or [heather@havenforyouth.org](mailto:heather@havenforyouth.org). **Erika's Lighthouse** 560 Green Bay Rd. Suite 402 Winnetka, IL 60093

## Young Adult Board

Haven's Young Adult Board is off and running. Since August of 2009, this group of 21-35 year old community minded young adults have held two successful fundraising events. The first event was held last November at Sopo Lounge and raised nearly \$1,000. We are also thrilled to announce that during the second event this February, the group was able to raise nearly \$2,500 for Haven with over 100 people in attendance! All of the fundraising efforts will go towards continuing Haven's free programming for youth. For more information please e-mail [havenforyouth@gmail.com](mailto:havenforyouth@gmail.com).



## Appeal to the Community

With today's economy, Haven is having more and more difficulty raising the funds needed to carry out its important mission. With the help of the community, Haven has been able to ensure that someone is ALWAYS there. Haven is available 24 hours a day for crisis and family intervention. Please consider filling out the form below and becoming a sponsor to help Haven provide important services to youth and their families.

**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.
- Outreach services that reach hundreds of area adolescents.
- Assistance and counseling to young people dealing with the everyday hurdles of adolescence.

Yes, I want to become a **Friend of Haven!** Enclosed is my donation 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: \_\_\_\_\_

E-mail: \_\_\_\_\_

I am enclosing my company's matching gift form

**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)**

**Thank you for your support**



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## ***HAVEN ADDRESSES TEENAGE STRESS***

This school year has provided an opportunity for Haven to bring new programs to area schools, including a stress group for 6th Graders at Sunset Ridge School in Northfield as part of the health curriculum. These "stress-busting" sessions address issues that young adolescents confront on a daily basis, including encountering difficult social situations, pressure to perform academically and athletically, and dealing with the physical changes rapidly occurring during the early teen years. By learning the basics about stress and its connection to the brain and body, students learned how stress can make them feel "off balance." Activities and techniques were presented in the groups that taught students appropriate ways to relax so they can feel more in control of their emotions and enjoy the teenage years! Some of the activities included playing games, interacting in groups, making stress balls, and participating in visualization exercises that can be used to calm themselves when faced with a stressful event.

This summer, Haven will be offering a "stress busters" group at Haven for 8th Graders who are preparing for the challenging transition into high school. More information will be available this spring. If you are interested in having your child included please call Haven at 847-251-6630.

Haven is.....

Confidential

Free

Helpful

Fun

Comfortable

Hope

Informal Counseling

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.

