

Connections



These Are Uncertain Times

Millions of people live with daily uncertainty. Children who have been removed from their homes are never sure when, if ever, they will be reunited with their parents. People with life threatening physical illnesses are uncertain if they will live through the month or through the year. People with mental illness and/or substance abuse are not sure if they can improve their health in these areas and, when they do improve, they worry that they can maintain the improvement.

As our country, and much of the world, have slipped into an economic recession, many more millions around the globe are uncertain if they will retain employment, if they can meet their financial obligations, including paying for their children's educations, or if they will have enough income to live in retirement.

Living with day-to-day uncertainty is highly stressful and, for many people, the result can be irritability, sadness, depression, and anxiety. Managing one's way through any uncertainty is never easy. Focusing one's thinking on living life one day at a time and looking for a reason to be hopeful helps. Also, identifying action steps can help ease anxiety and



May we celebrate this season by helping others through volunteering or donations.

lift a person's mood. Eventually there is acceptance and adaptation to the new reality that is thrust upon a person. It may help to contact a person or persons who can talk through the feelings around the uncertainty, or can help reduce the uncertainty, itself. People who are scared often overlook solutions that can help their situa-

tions, or don't connect with people who can help them.

Central Clinic's programs help thousands of children, parents, and adults each year with the struggles they are experiencing and the uncertainties they face. The staff of the Clinic is constantly improving lives through providing mental health,

substance abuse, and social services. All of these services have measurable outcomes and are based on best practices.

Clinic staff help in many ways. Some of the services include: diagnostic evaluations, counseling, prevention and education, learning disability evaluations, medication management, case management, connecting clients with other community resources, and coordinating resources in inner city schools.

While our staff make a difference in the lives of thousands of people, there is always more work to be done. Consider volunteering your time to tutor a child who has no one at home to help with homework (see page 2 in this issue, *You Can Volunteer to Help Children*)! In addition to time, please consider helping with financial donations. Such donations are the lifeline of our agency and enable us to extend our reach to helping more children and adults. To learn more about volunteering and donations, check our web site: www.centralclinic.org, or call Lisa Hart at 558-9006.

Walter S. Smitson, Ph.D.
Central Clinic President and CEO

De'Shyra Excels in the CincyAfterSchool Program



(Top) Kid's Café; (Middle) Reading class; (Bottom) Homework time

De'Shyra is one student who is excelling in the CincyAfterSchool Program at Taylor Academy, which is managed by Central Clinic. In this program students get homework help and tutoring and they participate in a variety of programs with a focus on art, theater, recreation, technology, science, and even dance. A new addition to the program this year is Kid's Café. The FreeStore Foodbank has partnered with the after-school program to provide nutritious and delicious dinners to the students in the program every night.

De'Shyra is in the 2nd grade. She and her 5th grade sister, Diamond, have

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both been a part of the after-school program for the last two years. The girls used to attend another school and when they began looking for a new school their father wanted one with an after-school program, because he works until the early evening. He is happy that his girls can take part in the CincyAfterSchool program

at Taylor where he knows they are getting help with their homework and are able to be a part of the other special programs.

De'Shyra attends the after-school program Monday - Thursday and participates in a variety of activities. When asked what her favorite part of the after-school program is, De'Shyra replied, "I love to go

outside, and I like exercising with my friends. I really like taking the sign language classes the best!" She was also excited to report that she received a perfect score on her spelling test last week! Ms. Pamela Jones Sims, an after-school group leader, said that she worked very hard on her spelling words during the homework time and she believes the extra focus on homework really helped her to succeed.

This additional help for our students is really making a difference! De'Shyra is just one example of a student who is benefitting from this great program.

You Can Volunteer to Help Children

Central Clinic with its many programs is here to help people live productive and fulfilling lives, whether it is people with mental illness and/or substance abuse, or children and families who need an extra boost to help them become successful. We have many opportunities available for you to volunteer for an hour or so, or to make a commitment over several months.

The Ethel M. Taylor Academy has some school-based options for you to help make a difference in the lives of children. You can take advantage of any of the following opportunities:

Tutors/Mentors

Taylor Academy is always looking for in-school or after-school volunteers to tutor and mentor the students. We serve

Pre-K thru 8th grade and we are located in the Millvale Neighborhood. Tutors can volunteer any time between 7:45am-6:00pm. Tutoring will usually focus on reading and math.

Uniforms

Taylor Academy is a uniform school. Uniform donations can include: Khaki, blue or black pants/shorts, and white or light/dark blue collared shirts. We are ALWAYS in need of uniforms in all youth and adult sizes!

Adopt-a-Class

This is a program in which businesses, churches, or groups can volunteer to "adopt" a classroom for the school year. The adopter has a letter exchange and

hosts a holiday party and spring outing with the students. Some adopters even come in and tutor their students.

Special Interests

If you have a special interest such as art, music, or some other hobby and would like to share that with the students of Taylor please let us know! We have a CincyAfterSchool program that runs Mon-Thurs from 2:15-6pm and it is great to expose our students to a variety of programs. You could volunteer for a one time program or create something that is ongoing.

These children need and appreciate your help, but you may find that you, yourself, will reap bountiful benefits

If you would like to know more about the volunteer opportunities in the CincyAfterSchool program... Please contact Annie Bogenschutz at 513-363-3644 or bogensa@cpsboe.k12.oh.us

from giving your time, talent, and money to such a worthwhile and effective program.

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YCI Receives Mayerson Foundation Grant

Congratulations to Kate Merrilees, Director of The Young Child Institute (YCI), and all of the YCI staff. The Trustees of the Manuel D. and Rhoda Mayerson Foundation have awarded a grant of \$7,000 to YCI of Central Clinic for the Childreach Occupational Therapy Program. According to Jeff Seibert, the Foundation's Grants Officer, "Along with our previous grant of \$10,000 earlier this year in honor of the Clinic's anniversary, this contribution further demonstrates the Foundation's belief in the importance of the work you are doing."

The grant will be used to fund the specialized occupational therapy services which have been a critical part of YCI's array of services for children 3-5 years of age whose behavior puts them at risk for disenrollment from their childcare setting.

Description of Project

The Childreach Program has served pre-school children, their parents and teachers since 1994 with funding from Ohio Department of Mental Health, the Hamilton County Mental Health and Recovery Services Board, and The United Way. The Childreach Project is the only early childhood project in Hamilton County using an evidenced based model and integrating specialized occupational therapy services in its service delivery. The Childreach program manager and consultants are recognized and sought out as experts in the field of early childhood mental health. The Occupational Therapists who provide these services to children are also nationally recognized leaders in the field.

The program provides assessment, intervention, consultation and training to children and infants to age five, their parents and teachers. A critical piece of the assessment and intervention plan has been the provision of

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specialized services to a subset of these identified children. These specialized Occupational Therapy services are known as Sensory Integration Therapy. When children present with behaviors which suggest a possible underlying sensory problem they are referred for assessment to a specially trained Occupational Therapist. The goal of the Childreach Program is to optimize the social/emotional development of at-risk children through increasing the protective factors which contribute to the child's success at home, in school, and in society.

When these services were first introduced as part of the Childreach project, 35% of children assessed were identified through their teachers as having sensory processing difficulties. That percentage increased to 92% at the end of the funded year, indicating that teachers have become educated and more proficient in identification of children with this problem and are referring them for services.

Keep up the good work, Childreach staff. You are providing a vital and relevant service to a population that is often overlooked in society.

Central Clinic: Vision, Mission and Values

OUR VISION

To be a leader in providing and advocating for accessibility, best practices and outcome-driven behavioral health services for consumers and their families.

OUR MISSION

To provide culturally sensitive and outcome-driven Mental Health, Substance Abuse, Forensic, and Prevention Services to children, adults, and families. Central Clinic accomplishes this by making services accessible, individualized, effective, consumer oriented, and recovery/resiliency based.

OUR VALUES

- We value our staff and the individual contributions it makes.
- We honor and respect the breadth of cultural diversity, values and ideas of our staff, clients and community partners.
- We treat our staff and clients with dignity and respect.
- We believe that recovery is possible.
- We value giving clients reasons to hope for recovery.
- We value making resources available to clients to assist in their recovery.
- We understand and promote the active participation of clients in their plan for improving their lives.
- We value the dignity and rights of the clients and families we serve.
- We value the right of privacy of our clients.
- We value and actively seek community/systems collaboration to improve the quality of life in our community.
- We are committed to using outcome data to drive management decisions in our programs.



If you have any questions or would like information about any of the programs and services at Central Clinic, please call 513-558-5823. www.centralclinic.org

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