

# NEWSST&ND

ADULT & CHILD HEALTH



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# LETTERS FROM LEADERSHIP

May is **National Foster Care Month**, which is a time to acknowledge the families we serve and the staff who have dedicated themselves and their work to our mission. We want to take this month to thank our foster parents, family members, volunteers, and staff for everything they do throughout the year. Foster care is a field that is constantly changing and evolving to meet the needs of children and families. It is important to note that there are approximately 424,000 children in the foster care system across the country and the median age of those children is only 6 ½ years old. In Indiana, there are more than 13,000 children in the foster care system but only approximately 6,200 licensed foster parents. The demand for therapeutic foster care services continues to be great and we work diligently to meet those needs.



Julie Stewart,  
Director of Child Welfare Services

We are always welcoming new foster parents. The requirements to become a licensed foster family through A&C include being over 21 years old, passing a criminal background check, demonstrating financial stability, owning or renting your own home, completion of pre-service training (A&C provides), First Aid certification, personal reference, successful home visit checks, and completing foster family assessments and required forms. Throughout the process, A&C staff are ready to help. If you know someone interested in becoming a foster parent, please contact our team and we will be happy to meet with them.

Thank you to all of our foster families and staff. The work you do is invaluable in the lives of youth in need.



Lauran Canady  
Director of Clinic-  
Based Services

Every year, millions of Americans face the reality of living with a mental illness. At A&C, our clients trust our staff to walk alongside them in their mental health journeys every day. May is **National Mental Health Awareness Month**, a national movement to raise awareness about living with mental illness. The stigma around mental health and treatment has long existed and still endures with people hesitant to seek help or talk about their struggles. This month, we want to highlight all that our staff does to break the stigma, reduce barriers, and improve the quality of lives for the people who come to us for help.

What are some ways that you can observe mental health awareness month? We have some ideas:

1. Take care of yourself and your loved ones. Remember to fill your own cup. Self-care goes a long way and the work you do depends on you caring for yourself.
2. Talk about mental health. The more you talk about mental health, the more normalized it becomes. Speak up on your knowledge and advocate for the work we do.
3. Thank your coworkers. When you see someone going above and beyond for our clients, acknowledge them. Let their Team Leader know. We are as strong as our team as a whole.
4. Wear **GREEN** on Fridays in May! We are inviting all staff (regardless of your location—that includes those working from home) to wear green on Fridays and send in photos to [cporter@adultandchild.org](mailto:cporter@adultandchild.org). We want to share your enthusiasm for mental health awareness and acknowledge all you do.

To our staff, thank you. Our work goes beyond the month of May and those of us at A&C are deeply familiar with the continued needs for mental health services in central Indiana. The work you do changes lives and I hope you take a moment to be proud of yourself, your team, and A&C. Together, we're making a difference.

# F **OSTER CARE MONTH**

Services Spotlight on...

## **THERAPEUTIC FOSTER CARE & LICENSING TEAM**

In honor of Foster Care Month, the Training Center is bringing us TWO informational videos for our Services Spotlight!



Join Matt Gilliam, Specialist Trainer with the training team, as he chats with members of the Licensing Team and Therapeutic Foster Care Team.

**Click below to watch!**

**LICENSING**

**TFC**

Stay tuned for next month's video on the Home Based Team!

**ADULT & CHILD**  
Foster Care

**REFER A FRIEND,  
EARN \$**

Earn up to \$750 for referring a family that successfully completes the licensing process and accepts a placement for 30 days! Contact Lynn at [lfarmer@adultandchild.org](mailto:lfarmer@adultandchild.org) to refer or get more information.

**PLAY | LEARN | SEARCH | MINGLE | SNACK | CHAT | EXPLORE**

Join TFC staff for a **scavenger hunt**, **refreshments**, and the opportunity to **learn more** about how to become a foster parent or support local foster families! Refreshments provided.

**SATURDAY, MAY 14 | 9AM - 12 PM**

**GARFIELD PARK  
PLAYGROUND SHELTER**

**2505 CONSERVATORY DR. INDIANAPOLIS, IN 46203**





MENTAL  
HEALTH  
MOMENT:

# KINDNESS

Studies have found that acts of kindness are linked to increased feelings of well-being. Helping others can also improve our support networks and

encourage us to be more active. This, in turn, can improve our self-esteem. There is also some evidence to suggest that when we help others, it can promote changes in the brain that are linked with happiness.

Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections. There is some evidence that being aware of our own acts of kindness, as well as the things that we are grateful for can increase feelings of happiness, optimism and self-satisfaction.

Acts of kindness have the potential to make the world a happier place. An act of kindness can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves- contributing to a more positive community.

The benefits of helping others can last long after the act itself, both for those offering acts of kindness, and those who benefit from the act. This, in turn, can improve our self-esteem.



## RANDOM ACTS OF KINDNESS

- Call a friend that you haven't spoken to for a while
- Send/give flowers to a stranger
- Offer to pick up groceries or cook for your sick or elderly neighbor
- Send someone a handwritten note
- Tell someone WHY you are proud of them
- Tell someone WHY you are thankful for them
- Send a motivational text to a friend
- Give praise to your colleague
- Send an inspirational quote to your boss or supervisor
- Put a surprise note or drawing on someone's desk
- Contact someone you haven't seen in a while and arrange to meet face to face
- Engage in conversation with a shop assistant when paying your bill
- Reach out to spend time with someone who is experiencing loneliness
- Allow a stranger to get over in traffic
- Make and send a care package to someone who needs it
- Get to know the new staff member
- Lend your ear to your colleague who is having a bad day
- Let someone jump the queue at the supermarket
- Ask someone how they are doing, and really listen to their answer
- Have lunch in the common work area instead of eating at your desk
- Smile and say hello to people you may pass every day, but have never spoken to before

Thank you to Charlotte Graves for this month's Mental Health Moment!  
<https://www.mentalhealth.org.uk/blog/random-acts-kindness>



# KEEPING UP WITH A&C

Working in an organization with a diverse and expansive array of locations, teams, and service lines has many advantages— it's why we're so great at serving our community! Our staff are busy in clinics, offices, schools, in the community, and even at home. Here's what you may have missed on other teams while you were doing your part to change lives.



## EASTER SPRINGS UP AT 8404

Check out this festive decor from the School Based & Foster Care/ Licensing Teams!



## PINWHEELS FOR PREVENTION

Child Welfare gathered early in May to put blue pinwheels out at several A&C locations for Child Abuse Prevention month.



## COMMUNITY DAY

Staff represented A&C at the Community Day Event at CAFE on April 23, put on by Easterseals Crossroads. At this event, 330 lunches were provided, 180 food boxes were distributed, and countless books, giveaways and crafts were enjoyed by over 120 families in attendance.



# MORE KEEPING UP WITH A&C



## A&C TAKES BACK THE NIGHT

Alannah Rosenbalm, Kyra Davis, Stacie Flood and Aja Bridgewater participated in the 2022 Johnson County Take Back the Night Event.



"It was a great evening full of hope and empowerment for survivors of sexual assault. We were happy to support our community and all survivors of violence!" - Aja Bridgewater



## CAREER DAY

Skills Development Specialist Mattie Jones invited Cmdr. Ida Williams, first black woman in IMPD to graduate from the FBI National Academy, to speak to the clients at Valle Vista.

## JMHF GALA

A&C sponsored & attended the 6th Annual Johnson Memorial Hospital Foundation Gala. Proceeds from this event will help improve access for behavioral healthcare services in Johnson County.



A&C was nominated to "flush out" violence - a promotion to fundraise and bring awareness to a worthy cause. This fun challenge is organized by ASSIST Indiana to bring awareness and advocacy to victims of sexual assault in Johnson County.



## FLUSHING OUT VIOLENCE

# THE POWER OF ART

A&C youth clients joined staff at our Garfield Park location on April 8 to create pour paintings. Made possible by the **Teen Pregnancy Prevention Grant - Optimally Changing the Map through the Indiana Department of Health**, these collaborative works of art will be displayed in the building to brighten up our clinic spaces. Eighteen youth created art and over 50 total youth, clients, clinic staff and A&C youth development staff participated in this event.



The artists created the paintings using a variety of techniques, including pouring, splattering, dripping, and blowing on the paint with straws. They then worked together to come up with a name for their work of art.



Eighteen youth created art and over 50 total youth, clients, clinic staff and A&C youth development staff participated in this event.



# CONGRATULATIONS & KUDOS

## CONGRATS TO THIS QUARTER'S AMPY RECIPIENTS:



Abigail Wainman  
*Stand Out*



Lindsay Alexander  
*Better Together*



Amy Teverbaugh  
*Customer Whisperer*



Kimberly Brand  
*Extra Mile*



Misti Hedden  
*Extra Mile*



Whitney Frieson  
*Customer Whisperer*



Shelby Stone  
*Extra Mile*



Michele Miller  
*Extra Mile*



Ben Newell  
*Cool, Calm & Collected*



Tiera Moseley  
*Stand Out*



Rachel Bower  
*Extra Mile*



Laurie Komlanc  
*Extra Mile*



Brittaney Kozlovic  
*Extra Mile*



Pat Flaherty  
*Better Together*



Alix Rowles  
*Relationship Builder*



Grace Foster  
*Better Together*



Carrie Gibbons  
*Master Yoda*



Stacey Nugent  
*Extra Mile*



Justin Cunniff  
*Resilience*



Tiffanie Barnes  
*Resilience*



Hannah Birkett  
*Heart and Soul*



Rachael Ference  
*Better Together*



Beth Smith  
*Extra Mile*



## KUDOS

to **Tanya Paschal, Amanda Alvis, Stacey Nugent & Dustin Hughbanks**, who received this recognition from the Street Outreach Animal Response Initiative:



"Misty and her mom were experiencing homelessness and living in their vehicle until it was taken. The wonderful folks with Adult & Child Health helped mom get shelter, and connected her to housing services, where she got approved for an apartment - BUT it could be up to a month or more for the process to be formalized and family able to move in.

Someone with the program was kind enough to foster Misty while we made room, so her mom could get safe shelter, and Misty could avoid surrender to shelter. THANK YOU! We often see this team go above and beyond when it makes the best sense, and we are super fans of each service provider, caseworker, and outreach leads we meet from A&C. They do great work.

The team at Adult and Child beautifully staffed this case with us to figure out the best possible scenario for Mom and Misty, and we are so very appreciative for the holistic attention to services we get from members of their team."

# Golden Sunglasses



The Golden Sunglasses is an award for Team Leaders, nominated by Team Leaders. A Team Leader can be nominated when they are spotted doing something amazing.

## CONGRATULATIONS to the recent winners:

Anders Kilmark

Kara Murdock

Beth Lubbe

Alannah Rosenbalm

Arielle Zerger

Sara Drake



Siobhan Nelson



Lindsay Alexander



Ben Newell



Elle Jones

## NEWS & UPDATES

### UPCOMING LUNCH & LEARNS

Held on the second Wednesday of each month from 12 to 1 PM:

May - Behavioral Activation

June - Acceptance & Commitment Therapy in Practice

July - DBT for Adolescents

If you have an idea for a topic or would like to present, please reach out to **Dr. Dynlacht** or **Dr. Hutchins**.

## COUNTDOWN TO PRIDE 2022

### INDY PRIDE FESTIVAL '22



The 2022 Indy Pride Parade and Festival will be held on Saturday, June 11! A&C will have a community resource table and will march in the parade. More information on how to volunteer with A&C will be sent soon.

Did you order a **Pride T-shirt**? Stay tuned for shirt distribution information later this month!

## WE WANT TO HEAR FROM YOU!

Our people are what make A&C great. Let's get to know each other! Share your announcements, shout outs, stories, and more. We want to celebrate your accomplishments, graduations, engagements, marriages, new babies, new pets, old pets— **the sky is the limit!** If you have something fun to share, we want to hear it. Maybe you found a four leaf clover or saw something that made you smile. Share that sunshine! Send your news & photos to [cporter@adultandchild.org](mailto:cporter@adultandchild.org).