



Jewish Family & Children's Service

Connections

Your Donor Newsletter



Diane Palacios, MS, LPC, LISAC
Clinical Co-Director
JFCS Michael R. Zent
Healthcare Center

De-Stigmatizing Mental Illness

Fall 2018 | Volume 10 | Issue 2



JFCS Behavioral Health Directors and Co-Directors

Meeting Mental Health Needs

JFCS Healthcare Centers Identify Risks, Combat Crises

The recent high-profile suicides of Anthony Bourdain and Kate Spade put a spotlight on mental health in the U.S. At JFCS, we know that 1 in 5 adults has a mental health condition. This means that more than 40 million Americans, and more than 1 million Arizonans, are directly impacted.

In addition, rates of youth with depression are on the rise. An estimated 3.1 million adolescents ages 12 to 17 in the U.S. had at least one major depressive episode, according to 2016 data from the Substance Abuse and Mental Health Services Administration.



Mary Jo Whitfield, VP of Integrated Health
Jewish Family & Children's Service

Identifying those at-risk

JFCS' four healthcare centers are often ground zero for patients who may be experiencing mental health conditions: Patients like 17-year-old Jane*, a foster-care patient at the JFCS Michael R. Zent (MRZ) Healthcare Center. During a routine primary care office visit, she shared that she had been having suicidal thoughts and, according to her guardian, even had a history of suicide attempts.

"Statistics show people often feel more comfortable speaking to their primary care physician about mental health issues than seeing a behavioral health specialist, which is often due to the stigma of mental health," said Diane Palacios, MS, LPC, LISAC, Clinical Co-Director at the JFCS MRZ Healthcare Center. "That's why the integrated model of healthcare – with primary care and behavioral health services accessible under one roof – is helping our patients get the access to care they so desperately need."

While at JFCS, Jane experienced significant emotional stress and was having trouble breathing. She was able to visit JFCS' sensory integration room, where a weighted teddy bear helped regulate her emotions. With a JFCS therapist and her guardian, she developed a safety plan that outlined warning signs, coping strategies and people she can reach out to for help.

A detailed treatment plan was also developed for Jane's one-on-one behavioral health counseling. As a minor in Arizona's foster-care system, past childhood trauma was a part of Jane's life, and JFCS therapists helped her work through those issues on an ongoing basis.

Reaching vulnerable populations

Even though access to insurance and treatment has increased with recent healthcare reform initiatives, the majority of Americans still lack access to care. Many people simply put off their concerns because they are too busy or, in the case of some JFCS patients, lack reliable transportation. Despite robust efforts on mental health education, there is still a stigma associated with mental healthcare and reaching out to others for help.

“Once we are able to educate our patients about the prevalence of mental health issues within our community, they realize they are far from alone,” said Doug Summers, Co-Director of Behavioral Health at the JFCS Glendale Healthcare Center.

A lack of access to care is often compounded in patients with risk factors, such as a history of trauma, substance abuse or other medical conditions.

“JFCS has a long-standing history of utilizing the most effective programs and strategies for helping members of our community cope with and address their mental health issues,” Summers said. “We focus on a ‘whole health’ approach to care and assess for risks, including food insecurities and barriers to employment and stable housing, all of which can contribute to a person’s level of stress and crisis.”

Serving older adults

JFCS also provides important mental health services to the older adult community. “Since our inception, we’ve offered counseling and case management services to older adults throughout Maricopa County. And for those who are unable to visit a clinic, the services can be delivered in the home,” said Kathy Rood, LAC, Jewish Social Services Manager. “JFCS’ integrated healthcare centers, which address both physical and mental health concerns, have been greatly beneficial to our older adult patients since physical health complications often impact their ability to deal with mental health crises.”

Preventative wellness programs like Creative Aging and Memory Café foster socialization and healthy communication and have demonstrated a positive impact on the mental health of older adult participants. The JFCS Center for Senior Enrichment offers regular exercise classes, discussion groups, speaker presentations and painting classes, which also assist in improving the mental health of seniors.

Guided by a Jewish value system that cares about all humanity, JFCS helps the most vulnerable members of our community receive the care they need regardless of race, gender, age, ethnicity, religion or income. As one of the largest social service agencies in the state, nearly 5,000 individuals annually receive behavioral case management services from JFCS. We know that mental healthcare is not a “one-size-fits-all” solution, and our bilingual team of therapists, clinicians, psychiatrists and nurse practitioners are there to design effective counseling and treatment plans to best meet the needs of each patient we serve.

*Client name has been changed to protect patient’s privacy.



Meet Casanova

For Wendy Brishke, LMSW, a child clinician at the JFCS Glendale Healthcare Center, her therapy dog, Casanova, plays an active role in helping children facing mental health and trauma issues.

“We serve a high percentage of Arizona’s foster youth, many of whom are dealing with abandonment issues, physical abuse, sexual abuse and more,” Brishke said. “Sometimes it’s easier for the kids to talk to Casanova and share their problems. He is often the calming presence they need.”

Casanova, a 7-year-old Golden Retriever certified by Therapy Dogs International, started working with Brishke at JFCS in January 2017 after research studies demonstrated that animal-assisted therapy benefits youth who have experienced trauma by impacting cortisol levels in the brain.

“To my knowledge, we are among the first mental health agencies in the state to use animal-assisted therapy,” Brishke said. “Casanova is basically an extension of me as the clinician. He’s another tool that I can use to break down barriers with the children I support.”



Making an Impact

At JFCS, your Arizona Charitable Tax Credit donation can make an impact in numerous ways. Your donation of \$400 (individual) or \$800 (married filing jointly) will help pay for items like:



Appropriate clothing for interviews and internships for youth



Emergency dental care for a child who has been abused or neglected



Bus passes for parents and/or foster children needing transportation to access services



Education testing fees for completion of GED, online high school or other certification programs



School application fees for victims of domestic violence pursuing higher education



Workshops to stop substance abuse and family violence



A year's worth of school uniforms for children in need

Take Your Credit

Choose Where Your Tax Dollars Go Help JFCS Give Hope to Those in Need

Tax credits reduce your taxes dollar-for-dollar as a credit (not a deduction). One of the easiest ways you can support JFCS while also securing a tax credit is through the Arizona Charitable Tax Credit. Your donation of up to \$400 for individuals and \$800 for couples filing jointly ends up costing you NOTHING because it will be applied as a credit on your state tax return.

Moreover, in the same year, you may take advantage of multiple charitable tax credits, including the Arizona Charitable Tax Credit for Qualifying Organizations, Public School Tax Credit, Private School Tuition Organizations, Qualifying Foster Care Charitable Organizations Credit, and the Military Family Relief Fund.

If you are interested in making a donation or if you have questions about the Arizona Charitable Tax Credit, please contact Scott Sheldon, JFCS Annual Campaign Manager, at (602) 567-8327.

Donations may be mailed to:

**ATTN: Arizona Charitable Tax Credit
Jewish Family & Children's Service
4747 N. 7th Street, Ste. 100
Phoenix, AZ 85014**

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Fostering Community Connections



Real World Job Development Internship at Social Spin Opens Doors for At-Risk Youth

Sometimes all it takes is just one pivotal connection to change the course of your life forever. For Real World Job Development participant Hanan, 20, her internship at Social Spin under the direction of founder Christy Moore, MSW, has sparked a passion for civic engagement and social capital.

Hanan grew up in Arizona's foster-care system. At 18, she gave birth to a daughter and quickly learned the difficulties associated with parenting and providing for herself and her child.

"I want my daughter and I to have a stable life. Growing up, a lot of aspects of my life were taken away. I don't want that for my daughter," Hanan said. "My internship has opened up a world of possibilities for my future. In addition to psychology, I'm thinking about careers in law, political science or social work. It's also made me see how much can be accomplished when people come together."

Through her involvement with Real World Job Development at JFCS, Hanan has been attending Gateway Community College while pursuing an associate's degree in psychology and gaining employment skills via her internship, various workshops and one-on-one case management. JFCS Youth Development Coordinator Julie Jupp believed Hanan would be a good fit with Social Spin due to her interest in psychology and goal to provide a better

life for herself and her 2-year-old daughter. Social Spin is an innovative laundromat and dry cleaning business that aims to disrupt the industry by operating as a vibrant social hub that celebrates arts, culture and community and connects its customers to important community resources.

"We think the laundromat and dry cleaning industry can do better," Moore said. "We want to connect neighbors to neighbors and provide vital resources like voter registration, information on affordable childcare or workforce development, opportunities for important conversations and fun as well." Moore has made it a priority to partner with programs like Real World Job Development to employ interns who need to develop important work skills so they can enter the job market full time in the future.

"Since its inception, our Real World Job Development program has assisted many foster youth with job skills resulting in gainful employment," said Gina Harper, director of Real World Job Development at JFCS. "Hanan's story is just one of many success stories we've been privileged to be a part of, and we are grateful to partners like Social Spin for giving at-risk youth a chance to shine."

Congrats Grads!



Congrats to the 19 Real World Job Development graduates – the largest class to date – who received their secondary or post-secondary diplomas over the summer. These foster youth rose above their circumstances, overcame barriers and achieved their educational goals.

For more information on the JFCS Real World Job Development program, contact Gina Harper at (602) 279-0084 or Gina.Harper@jfcsaz.org.



Adam Brooks pictured with his wife, Cindy, and children. Photo Cred: Jewish Community Foundation.

Donor Spotlight: Adam Brooks

Adam Brooks Creates JFCS Professional Leadership Development Program

For Adam M. Brooks, CFP®, co-founder and managing partner of Scottsdale-based ABLE Financial Group, his knowledge of JFCS began after being asked to sponsor a table at the annual JFCS Brighter Tomorrow Luncheon several years ago.

“I was always impressed by JFCS and all that they do for our community,” Brooks said. “That led to my company becoming a financial supporter of the annual Brighter Tomorrow Luncheon, and also of the capital campaign for JFCS’ Michael R. Zent Healthcare Center.”

Last year however, Brooks decided he wanted to get more involved with JFCS. And that’s when his idea for the JFCS Professional Leadership Development Program was born.

Modeled after leadership programs like Greater Phoenix Leadership and Scottsdale Leadership, the idea is to select a small group of professionals who are interested in learning about the wide array of services that JFCS offers. The first year is spent getting exposure to JFCS programs. In year two of the program, the professionals leverage their knowledge to tackle a service project that benefits JFCS.

“I feel we have an obligation to help those members of our community who aren’t able to help themselves, and that’s exactly the role that JFCS fills in our community,” Brooks said. “I also knew that when I approached JFCS with this idea, I wanted to be able to look back and say, ‘I made an impact on this organization.’”

The inaugural cohort of diverse professionals selected for the JFCS Professional Leadership Development Program began meeting last year, and they are moving into the second year – the service project portion – over the next nine months.

“We are learning as we go and are committed to implementing sustainable service projects that benefit JFCS,” Brooks said. “The great thing about this leadership program is that we’ve been able to see firsthand how remarkable of an organization JFCS is, and it has really validated my feelings about the impressive work the agency is doing.”

He added, “The Professional Leadership Development Program has been a team effort all around. The participants in the program have been amazing to work with and JFCS’ leadership has been so supportive to make this program a reality. I can’t wait to see what our group implements and the impact we can make.”

To apply to be a participant of the JFCS Professional Leadership Development Program, please complete the volunteer application on JFCS’ website, www.jfcsaz.org/volunteer.



Inaugural Class of the JFCS Professional Leadership Dev. Program

- » Adrian Betts
- » Debbie Blyn
- » Adam M. Brooks, CFP®
- » Greg Cohen
- » Susan Cordier
- » Rachel Locke, CPA
- » Denise McClain
- » Bailey Tocco, CPA
- » Jim Weisman



Filling Critical Needs

Jewish Career Services connects recently unemployed or underemployed individuals with professional help

Last year, 59-year-old George* and his wife, Paula*, experienced a major life hurdle when George lost his job with a local healthcare company. Paula is a local small business owner, but her income has always been unpredictable and the family mostly relied on George's earnings to support them.

After facing some initial challenges with his job search, a friend referred George to Jewish Career Services at JFCS. The program, funded by the Jewish Community Foundation through a grant from the Carmella and Michael Blank Family Philanthropic Fund and the Carmella and Michael Blank Jewish Career Services Endowment, offers career services for the recently unemployed and underemployed. Since its inception in 2011, the program has served nearly 400 individuals.

"JFCS Jewish Career Services assists clients in the following areas: In addition to each client having a professional resume, coaching sessions will include: 1) understanding of the job search process and how it works; 2) developing appropriate networking skills; 3) creating answers to interview questions that result in an offer; and 4) how to negotiate salary," said Kathy Rood, JFCS Jewish Social Services Manager. "This program meets the specific needs of each individual to maximize success."

George was able to fine-tune his resume and practice interviewing skills and techniques. His experience was so positive that his wife, Paula, decided she should also try to look for a full-time position, so she also reached out to the Career Services team for help.

"We were so impressed with Jewish Career Services and the care and compassion demonstrated by the people we worked with," Paula said. "They were there for us in our time of need and helped build our skills and confidence to secure employment."

For George and Paula, Jewish Career Services was exactly what they needed. Earlier this year, George found a job in the healthcare industry that he is enjoying and Paula's small business has been busier.

Although Paula ultimately did not seek new employment, the skills she learned gave her a new found energy and passion for her business. "This is such an important program that JFCS offers, and we are so grateful that we found it."

*Names have been changed to protect client privacy.



LET US
HELP



Kathy Rood, LAC,
JFCS Jewish Social Services
Manager

Jewish Career Services

For more info on Jewish Career Services or other Jewish Social Services programs at JFCS, contact Kathy Rood at (602) 452-4627 or Kathy.Rood@jfcsaz.org.

JFCS News

Mitzvah Hub Connects Volunteers to Organizations

Finding worthy volunteer projects in the Jewish community and beyond will be a lot easier for bar and bat mitzvah students and students needing to complete community service requirements thanks to the fall launch of Mitzvah Hub, a partnership between JFCS and the Jewish Federation of Greater Phoenix. The idea began with local mom Jennifer Schwarz, who has had three children perform their mitzvah projects, and discovered that the Valley's Jewish community lacked a central place to learn about and connect with mitzvah project opportunities.

The Jewish Federation approached JFCS to partner with them in creating a centralized listing of volunteer opportunities in the Phoenix area. After much research, it was decided that the best fit would be to make it a web-based platform where nonprofits and volunteers could easily access currently available volunteer opportunities.

"The Mitzvah Hub will provide project information supporting Jewish needs both locally and around the world, as well as Jewish organizations, irrespective of the religion of their beneficiaries, which are consistent with Jewish values," said Jody Goldman, JFCS volunteer coordinator. "In addition to mitzvah projects, we hope this resource will help any member of our community who might be looking for ways to give back." The portal will launch this fall with information from approximately two dozen organizations that have volunteer opportunities, including JFCS. For more information on Mitzvah Hub, visit www.jfcsaz.org/volunteer.

JFCS Upcoming Events



Brighter Tomorrow Luncheon

Friday, February 1, 2019, 11:45 am - 1:30 pm
Arizona Biltmore Resort, 2400 E. Missouri Ave., Phoenix



It's a Wrap

Thursday, December 6, 2018, 11:30 am - 1:30 pm
Ina Levine Jewish Community Campus, 12701 N. Scottsdale Rd., Scottsdale



Strategic partner of the Jewish Federation of Greater Phoenix



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