

FALL NEWSLETTER

SpringHaven
Counseling Center



Woodside Rest

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INSIDE THIS ISSUE:

Making Marriages
Worthwhile Again

Our Life as a Butterfly

Medical Providers
Spotlight



*Building Compassion
in the Community*

FROM THE DIRECTORS

2019 has been a year of many stories at SpringHaven and Woodside Rest. The stories of folks coming to our organizations are ones of suffering and deep pain. They are also stories of great joy and healing. As a recent individual shared with staff, "Its just hard to see that I'm not alone, that other people are going through this as well...I just feel lost."

As we reflect back over this past year, we see a lot of be grateful for and know that recovery and healing are possible for folks struggling with mental illness. This last year, we've continued to see the growth in number of new folks scheduling a first-time assessment to begin counseling. In looking back over the past five years, we've seen double the number of these first-time appointments since 2014. The number of residents at Woodside Rest has increased in the past two years, where we are able to provide services to close to 14 residents on average.

We are also excited to see opportunities to serve the community in new ways. In the last two years, we've added a medical practice, school-based counseling, and marriage intensive program.

As we look to the future, we pray that God would continue to use our organizations to help those who are struggling. This fall, we began a campaign, called "Building Compassion in the Community." This project focuses on expanding our services to increase the number counseling offices to support the community and Woodside Rest. Please consider supporting the ministry of our organizations this fall-more information can be found on this campaign at the back of the newsletter. We value your prayers and support!

Mark Leinbach, *SpringHaven Director*

Dennis Keim, *Woodside Rest Director*



MAKING MARRIAGE WORTHWHILE AGAIN

The Marriage Intensive Experience healed wounds for a better partnership

When Junior and Mary Miller* rode their bikes together down SpringHaven's lane they looked like the definition of a perfect marriage. But inside, they wanted to be more connected.

Many years of work and worry had taken a toll on their marriage. "We didn't connect," said Mary. That's when SpringHaven's Marriage Intensive Experience was first suggested to the couple. At the time, they were being seen by counselors separately. Junior and Mary knew it was the "necessary step" as Junior put it, to improve their lives together.

The Marriage Intensive Experience spans five days and includes 16 hours of couples counseling, uniquely focused on the pair. Couples can stay in their cabin choice on the SpringHaven grounds. This allows the pair to leave their work and family lives at home so that they're better able to focus on their marriage for an extended amount of time.

"Once couples are removed from their stress and distractions, they find that they are better able to truly focus on their marriage," said Renee Bright. Bright is a Licensed Professional Clinical Counselor-Supervisor at SpringHaven since 2011.

Even after decades, there's still more to learn about each other. Most notably, Junior and Mary learned about empathy. Once they were able to recognize their partners' needs, they could better understand that person's feelings.

"It takes work," said Junior. And the first few days of the marriage intensive was filled with hard emotional work. But the key is to continue, he said.

And continue they did. As a result, Junior felt that a lot of the stress was gone. "[Marriage] is worthwhile," Mary said.

"Renee gave us the tools to work through our issues," Mary said. "I feel more confident and enjoy life more in general." The tools that they learned are even applicable to other relationships, she said.

Renee Bright has counseled over 30 couples since the intensive started. The Millers appreciated Bright's down to earth nature that put them at ease while working through their conflict.

Junior and Mary would recommend the Marriage Intensive Experience to anyone-- and in fact, they already have. Junior and Mary agree that all marriages have conflict. But to those who are really struggling, she said, "Definitely do it. [The Marriage Intensive] is worth it."

**Pseudonyms used to protect their privacy*



WOODSIDE REST CORNER | Our Life is a Butterfly

When we have depression and anxiety we are like a caterpillar. Then we walk around looking for a place to hide because we are scared. The caterpillar will then make a cocoon and stay inside for a few weeks. Like us, we find Woodside Rest and we make our own cocoon at Woodside Rest and we make a change in our life.

Soon the butterfly comes out and sees where he is...in a new bright world! But he's not sure what to expect. Like us we get help and change our life. And then we have a new life to experience. The butterfly's need to exercise their wings. So they can fly on their own. God will watch over them. Then we go home and exercise our new tools we learned. God will protect us!

-from former Woodside Rest resident



MEDICAL PROVIDERS SPOTLIGHT

Dr. Laura Barr - in her words



The medical practice at SpringHaven Counseling Center opened in March 2018 after about 6 months of preparation and planning. I practiced family medicine at an office in Millersburg from 2001-2016, but had to take some time away from practice to address some health issues that limit my physical function. When I was looking to return to practicing medicine, I connected with SpringHaven where we share a mutual goal of caring for the entire client-mind, body, and spirit. Having learned on my own health journey how these elements of us are all interconnected, I wanted to be able to bring that focus to the medical care I provide.

Many primary care practices are now turning to an integrated model of care where primary care and mental health care are housed in one facility. The benefit to the client is getting care in one place and not having to navigate different systems. Additionally, if a mental or physical health issue is left unaddressed, it can affect the work that is being done in therapy or with their medical issue. Integrated care models usually involve the primary care practice bringing in therapists/psychiatrists. We approach it from the opposite direction-bringing the medical practice to the existing mental health practice.

At SpringHaven, I am able to see people in a less rushed setting than a traditional medical office. Intake appointments typically take an hour and that time allows me to hear the patient's story and get a good understanding of what is bringing them to care. I am able to take their medical history, perform an exam, order any labs or tests that may be indicated, and request previous records. Then, together, we are able to develop a treatment plan that can meet their unique needs. I can prescribe any indicated medications (both for physical and mental health conditions). When indicated, I can refer internally to the therapists and psychiatry providers at SpringHaven or help them access additional providers and resources in the community. My roles at SpringHaven include: providing medical evaluations and care (including attending to the medical needs of those who participate in our residential counseling program at Woodside Rest), initiating treatment for mental health conditions, helping people understand and manage complex conditions (that often have a mind and a body component), assisting them with navigating the health care system, and serving as an advocate for them when necessary.



CHRISSY FRATENA, CLINICAL NURSE SPECIALIST

Chrissy received her Bachelor's of Science in nursing at Malone University and her Master's of Science in nursing at Kent State University. She is board certified as an advanced practice nurse in psychiatric nursing. In her nearly 20-year nursing career, she has cared for patients throughout inpatient, residential, and outpatient mental health settings. She currently provides medication management at SpringHaven and is also an instructor of nursing at Malone University. In 2017, her chapter on Integrative Care was published in a psychiatric nursing textbook. Her style is one that is patient-centered and considerate of the whole person. She cares for adult patients with a wide range of mental health concerns, such as depression, anxiety, OCD, bipolar disorder, schizophrenia/psychosis, trauma, substance use, and more. She is married with 2 children and enjoys running, spending time with family, and volunteering/fellowship in her church community.



SpringHaven
Counseling Center

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SPRINGHAVEN & WOODSIDE REST

“Building Compassion in the Community”

**Total Estimated
Cost of the
Campaign is
\$2.025 million.**

Includes:

- \$1.65 million for 3 story 60' x 100' building
- \$225,000 for 40' x 60' multi purpose building
- \$150,000 for last payment on Holcomb property

Expanded counseling space in Mt. Eaton

- Double the number of new clients compared with 2014
- Not enough space to add more counselors
- Added medical practice, school-based counseling, & marriage intensive program
- Woodside Rest program serving more residents. Need larger group space

Multipurpose building for Woodside Rest

- Average census increased from 9 to 13 residents since 2014
- Residents need more space for activities year-round
- Larger space for educational events and family meetings

Promissory note payment on recently acquired land

- Last payment on land due in December, 2019

**Please make check payable to SpringHaven.
Your gift is tax deductible and you will
be sent a receipt.**

Mail to PO Box 265, Mt. Eaton, Ohio 44659

