



Newsletter

April 2024

Executive Director Update



With the recent remodeling and expansion of our mental health program space, it brought to mind all the hands that made this happen. We are so blessed by the support we get from our donors, volunteers, and community collaborators. We make sure that we recognize all their efforts in supporting us. The people we don't thank enough are our employees. We literally can't help our community members without them.

Our employees are indispensable assets, driving mission fulfillment, innovation, stakeholder engagement, and organizational stability. Their dedication, passion, and commitment are essential for advancing our impact and making a positive difference to those we serve. Here are a few examples of their impact:

1. **Mission fulfillment:** Our employees play a vital role in executing the organization's mission, whether through direct service provision, program management, fundraising, or advocacy efforts.
2. **Expertise and skills:** Our employees bring specialized knowledge in areas such as program development, finance, marketing, communications, and administration, which are essential for effectively delivering services, managing resources, and achieving organizational goals.
3. **Innovation and creativity:** Our employees contribute fresh ideas, innovative solutions, and creative approaches to addressing complex social issues. Their diverse perspectives and collaborative efforts lead to new strategies, programs, and initiatives that enhance our and relevance in the community.
4. **Stakeholder engagement:** Our employees serve as ambassadors for the organization, building relationships with stakeholders such as donors, volunteers, clients, partner organizations, and the broader community. Their interactions and communication efforts help cultivate support, trust, and engagement with the organization's mission and activities.
5. **Sustainability and growth:** Our employees play a critical role in ensuring the long-term sustainability and growth of non-profit organizations. **Thank you all!**



Our Mission:

Church Health Services, Inc. is a faith-based healthcare organization offering medical, dental and mental health care clinics for low income children and adults. We partner with local congregations through our Parish Nurse Program to help them become centers for health and healing.

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CHS in the Community



Orphan Grain Train

You may wonder what we do with all of the durable medical equipment, supplies, and personal care items we receive in donation. This photo illustrates what we do with some of the supplies. 130 boxes were donated to the Orphan Grain Train, a Christian volunteer network that ships donated food, clothing, medical and other needed items to people all over the world this week. We got our cardio in bringing the boxes up from our

basement! Supplies that we receive and are not going to be able to use, we donate to a number of other organizations so they don't go to waste.



Bob shares, **April is National Alcohol Awareness Month.** Here's a quick assessment using the acronym

C.A.G.E.

- Have you been told or thought about **C**utting back your drinking?
- Do you get **A**nnoyed when others talk to you about your drinking habits?
- Do you feel **G**uilty about your drinking habits?
- Do you need an **E**ye opener some mornings?

If you answered yes to any of these questions you should seek help for your alcohol drinking habit. Alcohol even though it is a legal substance, if you are over 21 years old, is as addictive as any narcotic available. Do not try to hide your addiction. Get help to end it.

Signs of Drinking Too Much:

SAMHSA

- You drink more or longer than you intended
- You try to cut down or stop drinking, but are not able to
- You need to drink more than you once did, to get the effect you want
- You continue to drink even though it makes you feel depressed or anxious - or adds to another health problem
- Loved ones or trusted friends have made comments about your drinking
- You spend a lot of time drinking or thinking about alcohol
- You find that drinking interferes with daily activities, family, friends, or work
- Or maybe...
 - You have had legal problems due to drinking
 - You have experienced symptoms of withdrawal when you don't drink (such as shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

HELP IS AVAILABLE

APRIL

ALCOHOL AWARENESS MONTH

[samhsa.gov/find-help/atod/alcohol](https://www.samhsa.gov/find-help/atod/alcohol)

It is National Organ Donor Month. Important information for your family to know is your wishes if you are not able to speak for yourself or you do not have a designation on your driver's license or an Advance Directive. See www.organdonor.gov for more information. If you do not have an Advance Directive now would also be a good time to take care of that.

To receive a copy of our newsletter, email: info@churchclinic.org. or call: (920) 887-1766, option 5.

Community Support

Kiwanis Donation



Dirk Langfoss, Beaver Dam Noon Kiwanis Club member delivered a donation from the Kiwanis to Thea. The club's proceeds from their annual fundraisers get donated to support a number of area organizations that provide services and programs to children.

We are happy to be one of the recipients ! The money we receive is used to provide low income children with dental and mental health services.

Rep. Grothman

We make every effort to meet with our elected officials on all levels regularly. This allows us to have conversations with them all to bring them up to date on issues we are experiencing, needs of our patients and clients and always a general update of our activities. We were happy to have that opportunity recently with Rep. Grothman.



Ongoing communication is so important for all!



Knights of Columbus Fish Fry

The Waupun Knights of Columbus group has provided tasty Lenten Fish Frys for many years. This year we were again happy to be chosen as

one of the beneficiaries . Thea and Rick were on hand to share our information with people attending and of course to enjoy a great meal!



Partnership/Collaboration

We are partnering with Empower Recovery Services to help provide community members working through substance abuse recovery with therapy options and medication assisted treatment. You will see their mobile unit at our location regularly.



High School Visitors



We were excited to give this group of high school students a tour and overview of our services this past month. They

were surprised at how many services we offer and were very impressed with our new look!

Staff



We continued with the next in a series of staff development meetings this past week. We reviewed privacy and confidentiality requirements for our clinic and confidentiality expectations of our staff. This is always an important annual review and update for us.



Erv led us through a number of activities and exercises to keep us engaged and attentive. Thank you to Ervin Munro for facilitating this conversation. His expertise and very interactive ways of teaching are always appreciated!

Welcome Michelle!

We are excited to have Michelle Solheim join our staff! She shares, "I am a Certified Substance Abuse Counselor and an Independent Clinical Supervisor, with experience working with criminal justice and underserved adult populations. Trained in cognitive behavioral therapy (CBT), Motivational Interviewing and Trauma Informed Care. I am deeply dedicated to the meaningful, rewarding, and challenging journey of recovery, walking side-by-side with clients to gain and maintain sobriety and working with clients toward the goal of rebuilding lives that have been damaged by addiction. I am also committed to educating families and the community about addiction and recovery.



Beaver Dam Unified School District students recently showcased their interview prowess at the Mock Interviews event hosted by

Mary Helgemoe's Personal Finance class! This was made possible with help from a number of community volunteers! We are proud to say that one of our staff, Karen Gibbs was able to help students sharpen their interviewing skills!

We had a great time being part of **Watertown's Multilingual Family Night**. The Watertown Library Community room was the place to be! Many Dodge and Jefferson County area agencies, businesses, and organizations were there to provide activities, information, snacks and more.

A shout out of thanks to Tekla who provided much needed Spanish speaking skills as Mary and Bev are not so fluent in Spanish.



CHURCH HEALTH SERVICES, INC.

NOW OFFERING AODA TREATMENT SERVICES

- Individual Therapy
- Group Therapy
- Family Therapy
- Continuing Care/Relapse Prevention
- Medication Management
- Addiction Education

* Daytime and Evening Groups Available

