

# A COMMUNITY OF CARING

1287 Strongtown Road, Southbury, CT 06488  
Phone (203) 758-1441 - Fax (203) 758-1658  
www.southburymiddlebury-yfs.org

Fall 2008



## Mission Statement

Southbury-Middlebury Youth and Family Services is dedicated to assisting youth and families by providing preventative, educational, and direct counseling services to promote healthy individual development and strengthen family life.

## **DID YOU KNOW?**

- YFS is a State Licensed Psychiatric Outpatient Clinic.
- Fundraising accounts for 28% of the total budget.
- 69% of YFS paying clients have family incomes under \$40,000.
- 59% of YFS clients pay \$10 or less on a sliding scale fee.
- Actual cost per session is \$125.
- Last year YFS provided counseling to over 1,500 children and families.
- Any family residing in Southbury or Middlebury is eligible for YFS counseling services.

## **YFS is 25 Years Old!**

YFS is in its 25<sup>th</sup> year of providing counseling, preventative, and educational services to children and families in Southbury and Middlebury. YFS provides counseling and social work services to Region 15 school system and also accepts clients referred from sources outside the schools, including parents, self, doctors, courts and clergy. YFS counselors are noticing a steady increase in the number of youth involved with alcohol and drugs, as well as those feeling suicidal.

Last year, we helped 463 children to improve behavior, emotional, school and home life. YFS counselors assisted over 100 youth overcome depression. We intervened with 26 youth who had suicidal thoughts and 71 involved with alcohol and drugs. 135 kids and 39 parents with mental and/or physical diagnoses were better able to cope with, manage and succeed in daily life by working on behavior, social skills, stress, and anxiety. Great improvements were noted in children including: improved grades, decrease in anger and aggression, improved behavior at home and school, less anxiety, cutting (self-injury) behaviors ceased, improved social skills, alcohol/drug use stopped, improved attendance and focus.

To help children and families **now** rather than let problems escalate, leads to more successful family, school, and work life **and less expense to the community and taxpayers later**. Outplacement of students can range from \$60,000-100,000 per year, substance abuse costs our community money and lives. A current juvenile offender who embarks on a life of crime can cost between \$1.5-1.8 million (CT State Dept. of Corrections).

YFS works with families in financial need. These families are struggling with mental and physical illnesses, disabilities, unemployment, divorce, spousal abuse, incarceration of a spouse, and other traumatic events that impact the family and their financial stability. **Money from the towns and our own fundraising efforts allows YFS to offer counseling sessions on a sliding fee scale to those who cannot afford the cost of an office visit.** I ask for your help in enabling YFS to continue to maintain quality services for our community and Southbury and Middlebury families.

*Lisa Hanggi, Executive Director*

## Board of Directors

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## Administrative Staff:

Lisa Hanggi, M.S.  
Executive Director  
Lois Taylor  
Development Director  
Bunny Colburn  
Office Manager  
Sylvia Sheldon  
Office Assistant

## Clinical Staff

Julie Sowell,  
Clinical Director, LMFT  
Grace Gaynor, MS, CAC  
Denise Heimbrock, LCSW  
Kevin Keane, LPC, NCC  
Linda Keeler, LPC  
Donald Phelps, MA  
Melissa Hettenbach, MSW

## Office Hours

Monday—Thurs. 9am-8pm  
Friday 9 a.m.—5 p.m.  
Open Year round, except holidays.  
Counseling sessions by appointment.  
Payment methods:  
Some Health Insurances  
Sliding Fee Scale



## Pomperaug High School Health Fair May 2007

### Save your Shaw's and LaBonne's Receipts and raise money for YFS!

YFS is participating in the Shaw's Supermarket and LaBonnes Market Receipt Rewards Program.

Collect your register receipts from any Shaw's Supermarket or LaBonne's and mail or drop them off to the YFS office. **YFS will receive 1% of the total sales!**

*The YFS office is located at:*  
1287 Strongtown Rd. in the tan farmhouse located across the street from the Crowne Plaza Hotel. *Or you can mail your receipts to:* YFS, 1287 Strongtown Rd. Southbury, CT 06488

In May YFS sponsored its annual Health Fair for students and teachers at Pomperaug High School. Over 1,000 students and teachers attended. The students learned about the benefits of Karate with Leif Becker, owner of Southbury Karate, and the life or death decision to wear seatbelts taught by the CT State Police. They also had a quick yoga class taught by Susan Hyde-Wick from the Woodbury Yoga Center.



### Relax and Raise money for YFS!

Lisa Milo, Licensed Massage Therapist with Dembski Chiropractic and Rehabilitation in Southbury will be donating \$10 of each \$50 massage to Southbury-Middlebury Youth and Family Services during 2008. Lisa is a graduate of CT Center for Massage Therapy and is licensed in the State of Connecticut. She is Nationally Certified and a Professional Member of the American Massage Therapy Association.

Call Lisa to schedule your appointment and help YFS at the same time!  
(203) 267-3880 or (203) 228-8545

### Introducing our new Student Assistance Counselor - Grace Gaynor McCabe

Picture of grace

Grace comes to YFS with eight years of Student Assistance experience and over 20 years of experience in the mental health field. She has a Master's Degree in education and is a certified addition counselor. She is awaiting her Licensure in Alcohol and Drug Counseling. Grace will provide crisis intervention, alcohol/drug assessments, brief counseling and groups to students at Pomperaug High School where her office is located. Grace lives with her son and husband in Brookfield, Connecticut

### Wish List

- Flat Screen TV
- Gas Gift Cards
- Grocery Gift Cards

# A Tasteful Event



If you missed this year's "A Tasteful Event, then we think you should make a point of being there next year. Combine fabulous food delicacies served from 15 local restaurants and pair them with over 90 wines, throw in a little Jazz music with great raffle prizes and you have the perfect combination for a fun night out. Everyone was wowed by the cuisine and high quality wines. Examples of the type of food served included: Duck Confit prepared by the Center for Culinary Arts, white and dark chocolate specialty cakes and cookies served by Sweet Maria's, a Southwestern cactus gumbo with barbeque boneless pork loin, tri-color carrots and tomatillos in an ancho chili and chipotle pepper sauce served by Chef Red from BlackRock Tavern and Smoked Salmon Napoleon appetizers served by The Woodward House.

Over 350 attended and raised \$18,000 for YFS. We deeply appreciate the generosity of our sponsors: Stew Leonard Wines, Naugatuck Savings Bank, Timex, Southford Package Store, Chemtura, Crystal Rock Water, Naugatuck Savings and Loan, Comprehensive Health Care, Fairfield Connecticut Properties and Convention Enterprises. A very special thanks to our committee - Event Chairman, Jerry Reveron, Owner/Chef of the The Woodward House, Carol Anelli, Bunny Colburn, Lisa Hanggi, Kendra Hoyt, Mary Jane McClay, Francesca Sergi, Jeff Sheldon, Bonnie Wilson and Lois Taylor.

But the event's true success was due to the hard work, preparation and creative displays the restaurants came up with — not to mention the great food! Please patronize them for us. They are The Woodward House, Center for Culinary Arts, Black Rock Tavern, Heritage Hotel, Crowne Plaza, The Hills, Cuisine Cooking School with Jill Nicholson, LaCazuela Restaurant, 121 Restaurant @ OXC, Sweet Maria's, The Provender of New Morning, Lapalette Bakery, DePalmas and Jordans II.

**See you in September!**

## REMEMBER YFS IN YOUR WILL AND LEAVE A LEGACY

As a friend and supporter of YFS, you can make a lasting gift to the organization by remembering Southbury-Middlebury Youth and Family Services in your will. Donations to the Southbury-Middlebury Youth and Family Services Endowment Fund are permanent gifts to YFS. If you are interested in learning more about leaving a lasting gift to YFS contact Lois Taylor, Director of Development at (203) 758-1441 or your financial advisor. Below is a sample of wording that can be used:

I give, devise, and bequeath (\$ \_\_\_\_\_) and/or percent (\_\_\_\_%) of all of the rest, residue, and remainder of my property and estate, both real and personal, of whatsoever the same may be allocated, to Southbury-Middlebury Youth and Family Services of Southbury, Connecticut for its charitable purposes.



1287 Strongtown Road  
Southbury, Connecticut 06488

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Thank You to our  
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PLEASE HELP OUR KIDS!

Many of the people we serve cannot afford to pay for mental health services . All of the money we raise is put to work in our community. Many of our clients face very serious issues and some are as young as four years old. Please make your pledge/gift now. We will be kicking off our 2008-2009 phone-a-thon and letter campaign in early November. However, you don't have to wait until then to make a gift. Complete the form below and send it with your donation to YFS, 1287 Strongtown Road, Southbury, CT 06488

Amount of gift : \$1,000\_\_\_ \$500\_\_\_\$250\_\_\_ \$100\_\_\_\$25\_\_\_Other\_\_\_\_\_

Name:\_\_\_\_\_

Street:\_\_\_\_\_

City:\_\_\_\_\_State:\_\_\_\_\_Zip:\_\_\_\_\_

Phone number: Home:\_\_\_\_\_Work:\_\_\_\_\_

Email:\_\_\_\_\_

Credit Card: VISA\_\_\_\_\_ MASTERCARD\_\_\_\_\_ DISCOVER\_\_\_\_\_ AMEX\_\_\_\_\_

Credit Card Number:\_\_\_\_\_Exp. Date:\_\_\_\_\_

**THANK YOU FOR YOUR KINDNESS AND GENEROSITY!**