

Helping Hands of Hamilton Centers



A Publication of Hamilton Centers Youth Service Bureau, Inc.

Volume 11, Issue 1 – Winter 2008

Calendar

FEBRUARY 8, 2008

“That 70’s Prom”
Noblesville Mayor’s Ball

MARCH 27, 2008

Hamilton Centers Annual Meeting

MARCH 29, 2008

“Battle of the Bands”
at the 4-H Grounds

APRIL 2, 2008

Open House for the new
Pregnant & Parenting Teens Program
3:30 – 7:00 p.m.
1340 Clinton Street, Noblesville

APRIL 24, 2008

Hamilton Centers Auxiliary
Luncheon & Auction

JUNE 14, 2008

Hamilton Centers Safe Place and
Host Homes Fundraiser

SEPTEMBER 25, 2008

“Shaken Not Stirred” Martini Party

Please see our website, www.hcysb.org for progress on our Clinton Street remodeling and our new program for “Pregnant and Parenting Teens”.



MAKING A DIFFERENCE

Cory Andrews is a 15 year old high school freshman who had consistently been in conflict with other students at school and was currently on probation. He was referred by his probation officer to the Anger Management Group at Hamilton Centers Youth Service Bureau, Inc. When Cory started the group it was obvious he did not want to be there. He sat at the corner of the table and did not interact with other participants, speaking only when directly asked a question.

The group meets for one hour once a week and participants attend for eight weeks. Group members participate in discussions, complete worksheets and do experiential activities. Topic areas covered include identifying anger, normalizing anger, consequences of anger, identifying anger triggers, assertive, aggressive and passive thoughts and actions, problem solving, ways to safely release/express anger and dealing with others’ anger.

Cory gradually became an active participant in the group, commenting several times “I never thought of it that way.” His responses became very appropriate and as he gained insight into his own behavior he was able to model for others in the group. Cory

attended all eight sessions of the group, for a perfect attendance record.

At Cory’s last session the group was reviewing “I” statements. Cory shared an example of his use of the technique. He stated he had been called to the principal’s office because of an incident with another student. When the principal asked Cory about it Cory had used an “I” statement describing his feelings about what the other student had done

“Cory had used an “I” statement describing his feelings about what the other student had done and his reasons for it.”

and his reasons for it. Cory stated the principal had looked at him and asked “Is this the same Cory Andrews?” Cory explained the principal explored the situation with the other student and then suggested Cory go on to lunch, saying he liked this Cory a lot better than the one he

usually saw. Cory stated in the past he often received detentions for his behavior.

Cory’s score on his post-test for the group was 11 out of 12, a significant improvement over his pre-test score of 5 out of 12. As Cory left the last meeting his comment was “I learned a lot.” On his feedback form Cory’s answer to the question “How could we improve the anger management group?” was “Do what your (sic) doing. I changed.”



Patrick

Nine year old Patrick says none of the kids in his class like him and they all think he's stupid. Patrick's father calls him stupid, so he assumes that the kids at school think the same. Patrick's parents are divorced and he's expressed not wanting to visit his dad.

Patrick and his mom came to counseling so he could learn to understand his feelings about all of these things and learn different skills for responding to his experiences. Patrick is an intelligent boy who has begun to share more of what he is thinking as his trust in the counselor increases. Mom states it has been hard for her to listen to him, but she is learning new things too. This process has provided Mom with ideas of things she can do to support Patrick better. Patrick and his mom attend counseling with

Marli Howell, Director of Programs and Clinical Services at Hamilton Centers Youth Service Bureau, Inc. Marli is a Licensed Clinical Social Worker and has worked with families for over twenty years. Marli's experience includes school social work, home-based counseling, leading groups for both adults and children, and teaching parenting classes.

For more information on individual and family counseling and the Anger Management Group at HCYSB please contact Marli at 773-6342.



*Marli Howell
Director of Programs
and Clinical Services*

WELCOME

**John Buis,
Geoffrey Odle,
Michelle Slayman,
and Betty Vandivier
to the
HAMILTON CENTERS
YOUTH SERVICE BUREAU'S
Board of Directors.**

Thank you to our last Quarter's Sponsors:

Adesa-Employee Outreach
Committee

Allstate Foundation

Antreasian Design

Kyle & Rebecca Applegate

Daniel & Patricia Bacon

Barry & Elizabeth Chapman

Cicero Kiwanis Club

Crown Liquors

In memory of

Albert H. DeHart

Betty DeHart

Duke Energy

Robert & Leann Faust

Fishers United Methodist Church,
Mission Committee

JoAnne M. Gaydos, DDS,
MSD, LLC

Hamilton Centers Auxiliary

Hamilton County Health

Department

Mr. & Mrs. Irving Health

In honor of her nephews

Noreen Halligan

Holy Spirit Parish at Geist,
Men's Club

In honor of their children

George & Marli Howell

We're here if you need us.



Sponsors continued

Jonathan P. Hunt

Nyla Johnson

Paul & Jeannie Kamiak

Michelle Kerr

In honor of her children: Alan,

Chris & Brittany

Sonia Leerkamp

Legacy Fund, a CICF Affiliate

Paul & Margaret Lips

In memory of Ali Cook

Leeann Cook Murray

Gary & Joan Nickander

Noblesville Daily Times

Noblesville Wellness &

Chiropractic Centers

Gregory O'Conner

Our Lady of Grace Catholic

Church

Bill & Donnie Orr

William & Rhonda Redman

John & Joyce Reynolds

Jamie Rogers

Donna Skeens

Slattery and Holman, PC

Hilary Spalding

Michael & Kelly Spaulding

St. Mark's United Methodist

Church

St. Michael's Episcopal Church

Chad Watson

Shirley Ward

White River Sertoma Club

Robert & Jean Wildman

Bob & Jane Wildman

In honor of Mr. & Mrs.

William Wildman

Bob & Jane Wildman

*There is still time to donate
to our 2007 Annual Appeal*



Hamilton Centers Youth Service Bureau, Inc., provides invaluable programs for at-risk youth and families of Hamilton and surrounding counties.

_____ Yes! I believe my donation can make a difference in a young person's life.

_____ Yes! My employer has a matching gifts program.

Please accept my tax-deductible gift of:

___ \$1000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ Other

Name _____

Address _____

City _____ State _____ Zip _____



Helping Hands of Hamilton Centers

Hamilton Centers Youth Service Bureau, Inc.
294 South Ninth Street
Noblesville, Indiana 46060
(317) 773-6342

Non-profit Org.
U. S. Postage
PAID
Noblesville, IN
Permit # 440

Helping Hands of Hamilton Centers



Hamilton Centers Youth Service Bureau, Inc. provides programs to meet the physical, social, emotional, educational and self-discovery needs of troubled and at risk youth and families of Hamilton and surrounding counties.

Mission Statement



Thank You to Our Sponsors

Patrick

Making a Difference

In this issue