

Harvest Moon Farm-to-Table Dinner

Mark your calendar for a magical evening supporting mental health services for children and families! Delaware Guidance Services is hosting a farm-to-table dinner at SIW Vegetables farm barn in Chadds Ford, Pennsylvania, on September 7, 2017. This dining experience will take place on the evening after the Harvest Moon—when the full moon is nearest the autumnal equinox. Guests will enjoy local, sustainable agriculture while dining underneath a full, bright, yellow moon.

Owned by **H.G. Haskell III**, SIW Vegetables grows more than 30 different kinds of fruits and vegetables on about 60 acres of land. Known for its ripe tomatoes, SIW Vegetables also grows sweet corn, peppers, raspberries, asparagus, and more. SIW Vegetables is a busy operation with a yearly community supported agriculture program and farm markets in Hockessin, Winterthur, and on location at 4317 S. Creek Road in Chadds Ford.

Our featured chef for the evening will be **Tim Smith**, Executive Chef and Owner of Twelves Grill & Café, in West Grove, Pennsylvania. Tim has been in the restaurant industry since he was 14. He graduated from the Art Institute of Philadelphia in 2002 with his culinary degree and worked at a variety of restaurants including the Dilworthtown Inn, the Farmhouse Restaurant, and the Back Burner Restaurant.



He travels extensively, which he says "...contributes to my laid-back culinary style and brings a great deal of creativity into the kitchen." Tim owns Twelves Grill along with his wife, **Kristin** who also has an extensive background in the restaurant business and has worked for a variety of local establishments including Buckley's Tavern, the Chadds Ford Inn, and Simon Pearce.

Invitations will be mailed this summer. Sponsorships are also available. For more sponsorship information, contact Development Director, Lynn Biddle-Cloud at lbiddlecloud@delawareguidance.org



Providing Tools for Positive Change

MISSION

Delaware Guidance Services exists to provide quality therapeutic services to children, youth, and their families to increase their social, emotional, and behavioral wellness.

VISION

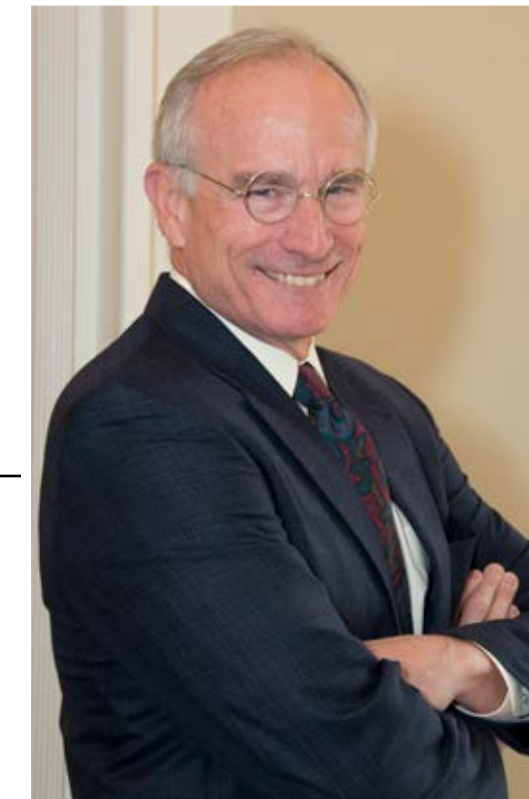
Resilient families nurturing children's well-being.



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Longtime Executive Director to Retire



BRUCE KELSEY
Executive Director
Delaware Guidance Services

After dedicating many years to providing help and hope to Delaware's most vulnerable children, youth, and their families, Delaware Guidance Services Executive Director, **Bruce Kelsey**, will retire at the end of June.

Bruce began his work at DGS as a clinician in 1976. He later transitioned to a supervisory position and then was named Executive Director in 1994. As Executive Director, Bruce used his clinical background combined with administrative and management expertise to strengthen and advance the organization's mission and vision. His leadership can be credited with expanding the treatment services available to children and families and the number of individuals impacted

by them. Bruce never misses a chance to extend a heartfelt thanks to the DGS staff and acknowledge the importance of their often difficult work.

"My 40 years with DGS has provided an amazing opportunity to serve the children and families in our community. This service has been incredibly fulfilling and has had such an impact on my life. It has been a pleasure to be part of such a caring, committed staff and I greatly appreciate their support and goodwill over the years."

Bruce will be missed.

Get Social



To get updates on DGS happenings as well as relevant community events, *like us* on Facebook at www.facebook.com/DelawareGuidance and follow us on Twitter @DEGuidance.

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Family-Based Mental Health Program

Delaware Guidance Services recently added a new intensive mental health service to its continuum of care. The **Family-Based Mental Health Services** program (FBMHS) removes barriers to care and provides the high-level support needed to successfully treat youth with the highest of needs and their families.

This treatment modality employs an innovative family systems model called the Eco-Systemic Structural Family Therapy Model. Clinicians work in Youth Empowerment Trauma Resiliency Teams to provide intensive, community and home-based interventions to a multi-cultural population of youth ages 8 to 18, their families, and/or significant support system members.

"The program provides care for children with the highest of needs. They're usually at risk for out-of-home placement such as a hospital, residential treatment center, or possibly a correctional facility," explained **Dr. Dalesa Martinez**, DGS Family-Based Program Coordinator.

Referrals for the program come from the Department of Prevention and Behavioral Health Services and those referred typically have very complex needs stemming from multiple traumas which present as suicidality, major depression, aggression, severe truancy, and other such serious conduct and behavioral disorders.

"We provide care whenever we need to," said Dalesa. "We're available 24 hours a day and seven days a week. We tie everything together for the same goal."

"Everything" includes behavioral health needs for the children, medication management, individual therapy, family therapy, school interventions, and possibly community interventions having to do with the courts, arrests, and/or socialization.

"The teams are very much a presence in everything that's going on," noted Dalesa. There are two master's-level clinicians on each team and each team has up to eight cases at a time.

"It's different from other programs for children who have a very high need for treatment in that the model takes a systemic approach. We aim to get all systems in place for a

family—school, church, neighborhood, and kinship network. We explore how to connect all of these to help the family to keep progressing after our work with them is done and as a resource in times of crisis," said Dalesa.

"During the initial assessment, we look at four pillars: attachment, co-caregiver alliance, executive functioning of parents, and emotional regulation. There are usually challenges in each of these, but one is typically more severe than the others."

From this point, the teams beginning working with the client and his/her family in their home or community during non-traditional hours and according to the needs and schedules of the families on their caseload.

Four stages of therapy:

1. Building therapeutic alliances, or connecting with the clients
2. Establishing a meaningful and relational focus; Instilling the idea that the client's behaviors are innately linked to his/her family functioning
3. Creating a key growth-promoting interpersonal experience, using the four pillars to help families understand that the crises that they experience are simply a pattern of behavior that the entire family experiences together, and then restructuring that pattern
4. Solidifying all of the behavioral changes so that when issues come up in the future, the family is able to manage them

"Eight months is the usual duration of the therapy," noted Dalesa. "Then the family or a client typically steps down to a lesser intense type of therapy."

In addition to providing treatment, clinicians working in the program attend training sessions twice a month at the Philadelphia Child and Family Institute. The training includes clinical aspects of care, supervisory aspects, and lectures. It's a three-year training program with booster sessions that extend after graduation from the program.

Now up and running in all three of Delaware's counties, the FBMHS program has great potential to change the trajectory of many young lives and families in Delaware.

Helping DGS is Easy and at No Cost to You

More than ever, we're all enjoying the convenience of shopping on-line to save us from the time-consuming hassle of running around to crowded stores and malls. Did you know that there's another great benefit to shopping on-line? You can help support DGS at no cost to you while shopping on-line during the holidays and all year long!

First, there's Amazon Smile. All you need to do is log on to <http://smile.amazon.com> and designate DGS. Then, start shopping! For eligible purchases, the AmazonSmile Foundation will donate 0.5% of the purchase price to DGS. You can use your existing Amazon.com account

including Amazon Prime. Your shopping cart, wish list, wedding or baby registry, and all other account settings will stay the same. Please bookmark the link or remember to go back to <http://smile.amazon.com> to support us each time you shop.

Another great way to easily generate support for DGS is through **GoodShop.com**. Log on and browse! You'll find more than 2,500 of your favorite stores and on-line retailers. When you designate DGS, Goodshop will donate a percentage of almost every purchase to the organization.

It's that easy! Thank you for your support!



Do More 24 on June 1!

Do More 24 is Delaware's community day of giving campaign! Organized by the United Way of Delaware, this on-line fundraiser goes live for just 24 hours beginning at 12:01 AM on Thursday, June 1, and ending at 11:59 PM.

Delaware Guidance Services is a proud participant in the Do More 24 Delaware campaign along with more than 200 other nonprofits that serve the state. Please consider this as an opportunity to support DGS as we continually strive to fulfill our mission to provide quality therapeutic services to children, youth, and their families to increase their social, emotional, and behavioral wellness. Among children, mental health issues are relatively common. Such issues affect one in five young people at any given time and an estimated two-thirds of all young people with mental health problems are not

receiving the help they need. DGS helps by treating more than 10,000 children and young people each year. To do so, however, we depend on a community that cares.

Here are some ways you can help DGS through the Do More 24 Delaware campaign:

1. Donate! On June 1 to DGS through the Health and Human Services category at www.DoMore24Delaware.org
2. Spread the word! Ask your friends and family to join you in creating positive change on June 1.
3. Follow us on social media at www.facebook.com/DelawareGuidance and www.twitter.com/DEGuidance
4. Attend Do More 24 Delaware kick-off events on June 1. Find out more at www.DoMore24Delaware.org

A Chance for Every Child

Not every childhood can be idyllic, but every child deserves a chance to become a healthy, happy, and productive adult.

Mental health problems in childhood and adolescence are common and strike a particularly hard blow for those who are also economically disadvantaged. Problems such as neglect, abuse, and trauma can linger for a lifetime.

Without early intervention, children experiencing these problems have a greatly reduced chance for a promising

future. Their schoolwork, relationships, and health are all likely to suffer.

DGS restores hope for such children and their families. However, there are many on our waiting list at any time.

Won't you please help us ensure that all young Delawareans have a chance for bright future? Make a contribution to the 2017 Annual Fund today. We couldn't do it without you and are deeply grateful for your support.



Join the DGS Team in the Highmark Walk

DGS is pleased to once again be a partner and beneficiary of the **Highmark Walk for a Healthy Community 5K**, Saturday, June 3, at Bellevue State Park in Wilmington. DGS is one of 23 non-profit organizations chosen to participate in this walk.

Please plan to join us! We are hoping to get as many walkers and teams on-board for this event as possible. All proceeds from our registrations and sponsorships go directly to DGS and will support the outpatient mental health counseling that DGS provides to at-risk children and youth. You can register to walk for DGS at www.walkforahealthycommunity.org/whc3/wilm/index.shtml or use the easy-to-find link from our homepage at www.delawareguidance.org

The event includes a 5K walk and a one mile fun walk. The course is comprised of patch gravel, nature trails, and a fitness track, and it is fully handicapped accessible. Participants are permitted to run the course although it is not a sanctioned event and will not be timed. There are also the options to be a virtual walker or a remote walker, so anyone anywhere can participate! Walkers who raise or donate \$30 or more will receive a t-shirt.



The walk will also feature fabulous entertainment including music, yoga, stretching, and other elements to warm up the crowd. There will be refreshments and an information area.

As usual, four-legged friends are also welcome to do the walk, too!

Please help us make the most of this opportunity so we can help more children realize brighter futures. Registration for the walk is open right up until the morning of the walk so you can even register in person that day at the DGS table.



www.delawareguidance.org