



GLAD House
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Date: May 31, 2017
Time: 4:30 PM
Location: GLAD House
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RSVP by: May 24
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"Creating art expands a child's ability to interact with the world around them... Art provides a new set of skills for self-expression and communication"
- Mary Ann F. Kohl

Art Gallery: YOU'RE INVITED!

Have you ever wanted to learn more about what GLAD House does for the children of our community, and how you can be involved? Join us for an evening of fine art, drinks, and light refreshments—we'd LOVE to meet you!

The end of the school year is an exciting time at GLAD House. Throughout the year, our kids have overcome many obstacles, and have learned so much about themselves and how to live their lives in a fulfilling and drug-free way. To express this, they have created beautiful art that celebrates all of their achievements!

Join us at the Third Annual Art Gallery, where you will be able to see the kids' marvelous creations and meet the wonderful staff, Board of Directors, and volunteers who help make what we do possible. If you want to become more involved, you can personally speak with our board about engaging with our community. If you are a donor, we would LOVE for you to come by so that we can thank you for all you do! See you there!

SPRING FORWARD

April | 2017

Improving the lives of children and their families by breaking the cycle of addiction

A Day At GLAD House

GLAD House offers a comprehensive variety of services to children of addicted parents—prevention education, therapy, treatment groups, and fun activities—to help them build up their own lives. But what does this look like for our kids every day? Meet Mila!

Pictured: Worry Monster

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Mila is 6 years old, and has been coming to GLAD House for 3 months. Her mother has struggled with heroin addiction for years, and enrolled Mila at GLAD House after she began to get help for herself in therapy.

After school each day, Mila is picked up by a Ride Right Transportation van and is taken to GLAD House. At the door, she is greeted with a warm smile by Ms. Leanece, who helps her pick out a healthy snack.

Today, Mila's group is practicing calming down steps. Mila's favorite technique is belly breathing—that's where you place your hand on your belly, take a deep breath that fills your entire belly (not just your chest!), and then slowly let all the air out. Next, Ms. Taira shows Mila's group how to make a Worry Monster! Whenever Mila feels stressed about something she can't control, she can write it down on a piece of paper and the worry monster will gobble it up.

Since it's Tuesday, Mila has individual therapy with Ms. Crys. This is her favorite time of the week, because in Ms. Crys' room she gets to paint pictures while she talks about her family and her school.

Now it's getting pretty late in the day, so it's time for recess outside on the playground—Mila LOVES this time, because she isn't able to play outside at home because her neighborhood is too dangerous.

After recess Mila comes back inside with the rest of her friends, and they eat dinner together before getting back on the vans to go home. Mila can't wait to come back tomorrow—tomorrow is music day!

What do Our Kids Say about GLAD House?

"I've got so many friends here! That's why it's called GLAD House, because everyone is glad!"

"At GLAD House I learned to be safe, be friendly and fair, and be respectful."

"I was at school and was about to punch this dude and I used self talk to not do it."

"I love GLAD House because it's safe here!"

"A girl at recess is always messing with me and she pushed me on the playground, and I wanted to hit her back but instead I used self talk and belly breaths and told her to stop instead."

"I learned that empathy in action is compassion."

"On my first day I was happy when I came here. When we went to dinner I felt excited and when I met everyone. I felt happy when I met the van driver."

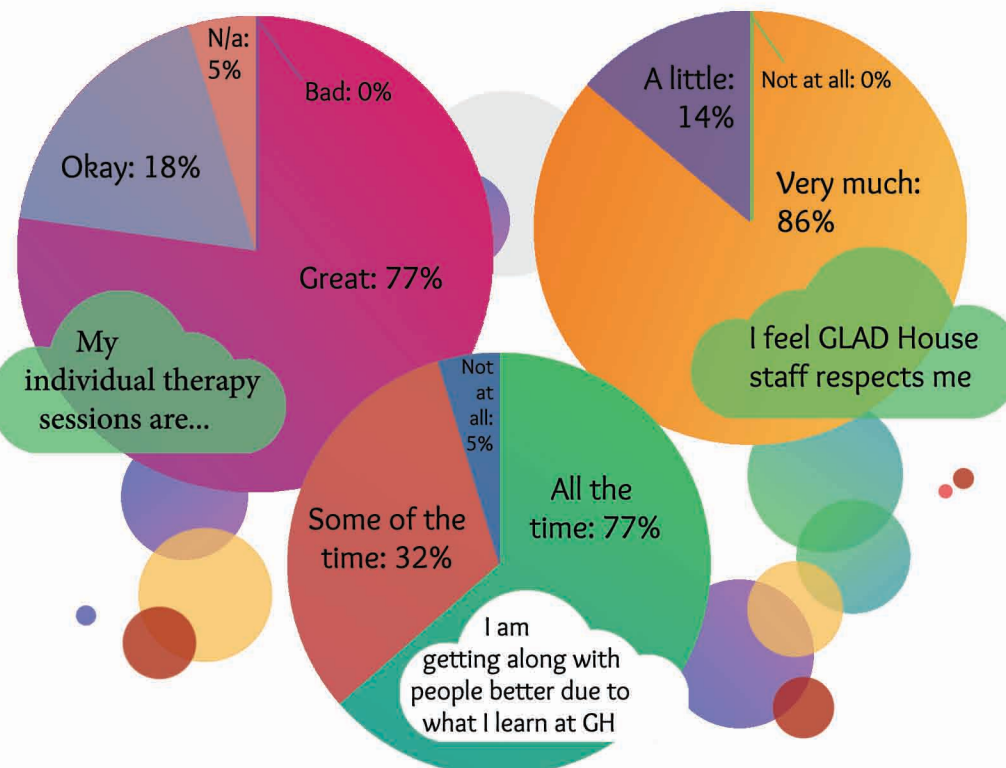


Children of addicted parents "have been neglected and many of them have been abused...but they still are children." - Dr. Beatrice Lampkin, GLAD House Founder

Client Satisfaction Survey: Putting our Kids First

At GLAD House, we place our kids' needs before everything else. Our vision for GLAD House is to offer a safe place, a stable environment away from an often tumultuous family home, where kids can come to gain the tools they need to build brighter futures for themselves.

And just as importantly, GLAD House is a place where our kids can be kids! So in our pursuit of excellence, who better to tell us how we're doing than our kids themselves! Annually, GLAD House staff offers a "client satisfaction survey" to our kids, and the results are in!



THANK YOU to all of our wonderful donors and volunteers for making this possible!

Meet the Staff: Derek Stegner

I'm Derek, and I am the new therapist at GLAD House! My educational background includes degrees in psychology and philosophy, and graduate degrees in school counseling and clinical mental health.

I like working with children and adolescents because it is very rewarding to help them find their place in the world.

That is something that I struggled with myself as a kid. As a counselor in the school setting I found that I couldn't give the time I wanted to my students, so I began working in the community mental health agency setting and obtained my LPC license.

For a couple years I did individual and group work with clients ranging from early childhood to the elderly, but I always knew that I wanted to get back to working more exclusively with kids. GLAD House has given me this opportunity, and I look forward to bringing my knowledge and experience to helping everyone here. For the future, I am hoping to bring my extensive experience with groups and Dialectical Behavior Therapy to help the agency continue to grow.



DID YOU KNOW?

100% of children who attend GLAD House's Mon—Thurs Champs Program say they feel **safe** at GLAD House

Many of our children do not have the opportunity to play outside their homes, because their neighborhoods are unsafe due to crime or gun violence. GLAD House offers a safe place where our kids can simply be kids. Our building is located next to Owl's Nest Park, a lovely park with a playground, swingset, field, and basketball court.

Every day that weather permits, our kids have the opportunity to play in the park before dinner.

Practical Skills for Better Futures

In the Champs Program, our kids have the opportunity to learn a variety of skills through evidence-based curriculum. Outside of GLAD House, many of our kids do not have the opportunity or environment to learn these skills.

Problem Solving Steps

1. **Say the problem**, to describe clearly the issue they are experiencing without placing blame on others.
2. **Think of solutions**, to encourage the children to think about all their options. We tell them the negative choices usually come first due to their intense emotions, so it is important to think through all of their options.
3. **Explore consequences**, to teach the children to manage their impulses and think about possible outcomes to the solutions they may choose.
4. **Pick the best solution**, to challenge the children to choose the solution that will help them meet their needs appropriately without negative consequences.

Empathy

Empathy is an important building block to most of the skills we teach. It encourages the children to respect the feelings of others and to try and understand someone else's perspective. We encourage the children to think about how they may feel if they were standing in their peer's shoes. We ask the children to look at a peer's face and body for clues to how they are feeling to help them understand how to respond.