

Youth Shelter News

May 2001

Volume 6, Issue 2

"Creating a Nurturing Environment for Youth and Families to Realize their Potential."



From the Desk of the Executive Director

It seems like yesterday that the staff and residents of the Shelter were counting down the days to spring and now spring is quickly turning into summer. School has let out for the summer. There are many changes that come with the changes in the seasons and even the Shelter is subject to these changes.

For the Shelter staff the most noticeable change is the presence of the residents in the Shelter during the day. The majority of youth continue in their schooling, but now that school is out for the summer we have the opportunity to reconnect with the youth we serve. It is a time that we all look forward to.

The residents also feel this change. They are all happy to be out of school for the summer, but they are also happy to escape the routine of study hours, homework, and days spent in school. Instead, our youth residents maintain a strict schedule, but it is a schedule that focuses equally on recreational and educational activities as well as community service projects to help the youth spend their time in positive and meaningful ways while they are in the Shelter. There certainly is a lot for our residents to do!

Sprintime is also the traditional time for our staff to come together for our annual retreat. Every year at this time we gather the entire staff together for a day of training, teambuilding exercises, or other activities as determined by the staff. This year we have been very fortunate to have a stable and high quality staff and so this year we focused on getting to know each other and team building.

In order to facilitate the learning process, the staff spent a half day at IUS playing our own version of the reality TV show "The Mole." Not only did staff learn more about each other, but it helped everyone examine their own personal strengths and weaknesses. Although it seemed more like a game than a learning experience, staff will be able to utilize what they learned in their day to day activities, regardless of their position in the Shelter. Everyone had a lot of fun and it was a great day of learning.

Our current staff of dedicated, enthusiastic and caring individuals will be a great asset to the youth and families this summer. Plans are underway for many activities and projects. We

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A Sincere Thank You!

We'd like to thank the following people for their generous contributions:

ACBL

Mr. & Mrs. Dale Bagshaw

Center for Lay Ministries

Community Kitchen

Cub Scouts Pack #49

Dr. Steve Faith

Falls Cities Optimist Club

First Christian Church

Carolyn Gowan

Haven House

Belinda Justice

KY Harvest

Budd Kendall

Skip Leonard

Mr. Lempkins

Loaves & Fishes

Mr. & Mrs. Marshall

Metro United Way

Tony Newell

JoAnn Robbins

Sacred Heart Boy Scouts
#89

St. Augustine

St. Paul's Episcopal Church

Tri Kappa

Gaelyn Todaro

Mr. & Mrs. Unruh

Walgreens

Wall Street United Methodist

Thank you for your support!

Wish List

The following items are needed by the Youth Shelter:

- Crock Pot
- Combs and Brushes
- Unisex Deodorant
- Kitchen Towels
- Kitchen Utensils
- Gas Grill
- Small Appliances
- Paper Products
- Pots/Pans
- Baking Sheets
- Plastic Glasses
- Tupperware
- Canned/Packaged Food
- Laundry Detergent
- Brooms/Mops
- Underwear/Bras
- Bath Towels
- Washcloths
- Cleaning Supplies
- Polaroid 600 Film
- Arts and Crafts Items
- Winter Clothing for Boys and Girls 11-17
- Laundry Baskets
- Twin mattress covers



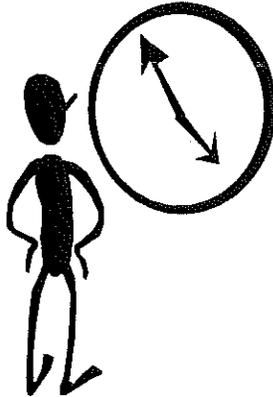
Independent Living Begins

The Shelter is proud to announce that we have re-contracted with the state to provide Independent Living Skills to youth in our community and to the surrounding communities.

Youth in Clark and Floyd counties between the ages of 16-21 can attend classroom lesson. Youth in the surrounding counties can take advantage of in-home instruction tailored to meet the needs of each individual youth. Both programs are offered free of charge to the participants..

If you know a youth between the ages of 16 and 21 who will soon be, please call Venus Bailey at the Shelter at 284-5229.

Time Flies When You're Having Fun...



Congratulations to the following on their recent anniversaries:

Merlyn Schleicher (7 years)
Lucy Leason (7 years)
Shara Wilson (2 years)

Thanks for all that you do for the children and youth of our community!

Executive Director Continued...

(Continued from page 1)

look forward to joining our youth and families this summer as we strive to help youth and families realize their potential .

If you would like to assist the Shelter in providing a safe and protected environment for our youth this summer, please give us a call...we can always use your help!

Sincerely,


Laura Fleming-Balmer,
Executive Director

Eating Disorders: Kids Dying to be Thin

This column is usually dedicated to an issue concerning youth, the prevalence of the problem, symptoms or solutions. This month I decided to write on eating disorders. In my research for this article, however, I inadvertently ran across what I consider to be the most informative and touching web site I have ever visited. A virtual treasure trove of information, www.something-fishy.org contains both clinical and lay information on bulimia, anorexia, and other eating disorders. I could not possibly relay the extent or depth of information contained in this site in one short column and so I will highlight this amazing web site and hope that you will go there and experience its powerful message.

The site provides extensive information about eating disorders, but what really captured my attention was the "In Loving Memory" page. This page contains row after row, literally hundreds, of flickering candles. Each candle has a name typed underneath. Click on the name and it shows a tribute to that person, who has lost his or her life to an eating disorder, written by someone who knew and loved that person. There is a tribute to Andrea Smeltzer who died at age 19 after a 13 month battle with bulimia. There is a tribute to Lauren Ann Zingshimer who died at age 17; weighing 68 pounds. There is a tribute to Julie who lost her 10 year battle with an eating disorder...at age 17. There are tributes to mothers, sisters, brothers and friends. Some are quite simple. Others are long and detailed. Each is heartbreaking.

Each tribute is a story and each story is a lesson. Each death details the complexity of the disease and the entirety with which it can grab a hold of a person's life. Some tributes detail lives ended by malnutrition. Other tributes detail stories and lives ended by strokes, heart attacks, cancer, kidney failure, diabetes, liver failure, pancreatitis, gastric rupture and suicide. Eating disorders can effect anyone. They effect men, women, the young and the old. Some suffer long battles and others are taken quickly by the disease. Each tribute and each story reveals the true nature and effect of eating disorders and the devastation that they can cause for those who have an eating disorder, and the family and friends who love them. The site is also full of educational materials and referrals. It details the signs and symptoms of eating disorders, provides information on what to do if someone you know has an eating disorder, details the associated dangers, provides referral information and offers online support to sufferers and family members. I hope that everyone reading this newsletter will visit this site and get a true understanding of this devastating disease. Please visit this site at www.something-fishy.org.

Goin' to the Chapel

Congratulations to Youth Worker
Patrice Dryden
on her recent nuptials!
Patrice and Jeff Brandstetter
were married on May 10th in Gatlinburg, TN.
Congratulations and best wishes to you both as you begin
your life together!



Clark County Youth Coalition
P.O. Box 142
Jeffersonville, IN 47131
Re: Clark County Youth Shelter & Family
Services



Any youth or youth's family member with a problem is encouraged to contact the Clark County Youth Shelter and Family Services at 284-5229.

The Clark County Youth Shelter is a member of:

- Clark Co. Step Ahead Council
- Clark Co. Youth Coalition
- IARCCA
- Metro United Way of Clark County
- Floyd Co. Youth Coalition
- Indiana Youth Services Association
- Southern Indiana Providers Alliance
- National Network of Runaway and Youth Services
- Prevent Child Abuse, Floyd/Clark Council

"Children have never been very good at listening to their elders, but they have never failed to imitate them."

J. Baldwin

I want to give a troubled young person a chance by becoming a friend of the Clark County Youth Shelter and Family Services with my tax deductible

contribution of:

____\$10

____\$25

____\$50

____\$100

____\$200

____Other