



# Youth & Family COUNSELING

*Serving individuals of all ages since 1962*

Fall 2005



**Peggy Becker**

## Letter from the President

The major goals of any board of directors of an organization are to assist the staff and raise funds. We hope our staff finds the Board helpful in all ways – we definitely try hard. As far as raising funds, this board far exceeds many I have worked with in the past, and these are difficult times for fund raising.

We have a new, different and exciting fundraiser coming up in October – Casino Night! No matter which way the chips fall, Youth & Family Counseling will be the winner. And odds are you'll have great fun, so I'd like to encourage all of you to come out and lend your support. You will see more about this event elsewhere in this newsletter.

We know how much our fundraising activities actually affect those who need the most help in Lake County and, as Don, our Executive Director states in his column, the working poor are the ones who are in great need right now. Our fund raising gives them the opportunity to access the help they need when they need it most.

We ask that while you are assisting us at Youth & Family Counseling, you encourage your friends, co-workers, neighbors and family to help also. Every little or big bit counts and is much appreciated.

– Peggy Becker

## Profiles in Counseling

### Lynn Moosman's Travels Bring Her to YFC

Lynn received her undergraduate degree in child psychology from Michigan State University and went on to teach in the U.S. and abroad for several years. She continued her formal education at Webster University in Leiden, The Netherlands, where she earned a master's degree in business while teaching English as a Second Language. Upon returning to the U.S., Lynn spent several years working in the human resources department for a large corporation in Minneapolis. After one more family-related move, she returned to school to pursue her lifelong dream of studying psychology at the graduate level. While working toward her degree, she began her practicum experience at Youth & Family Counseling in 1999. After earning her master's degree in counseling psychology and becoming licensed in the State of Illinois, she was invited to stay on at YFC and has been here ever since.



**Lynn Moosman**

In addition to individual therapy with clients, one of Lynn's great

loves at Youth & Family Counseling is the Sib Support Group. The Sibling Support Group, now in its eighth year, is a mixed group of boys and girls, ages 11-13, all of whom are from families within which one or more of their siblings is a special needs child - a sibling whose illness has had significant

implications on their lives, and whose physical or mental disability causes unique and profound stress on the family system. The group provides a nonthreatening supportive environment where kids connect with others who

share similar problems and have an opportunity to work through the social and emotional stressors of having a special needs sibling.

The group meets every Monday night from 5:00 - 6:15 p.m. Viccino's Pizza in Libertyville has been donating a pizza to the group every night for over three years. The kids love this part! Lynn runs the Sib Support Group with co-leader Sharon Fisch-Reichler.

*The Sib Support Group is sponsored in part by The SEDOL Foundation of Lake County.*

Please check us out on the Web at  
<http://www.yfc-libertyville.com>



Don McDevitt

Letter from the Executive Director

Writing this brief article for the newsletter always prompts me to reflect about important issues that affect us all. Last issue I talked about the healing dimensions of psychotherapy and the role of listening to another person's suffering.

In this issue, I want to build on this by reflecting on the need for funding to support our work. Youth & Family Counseling has always reached out to marginalized groups to provide support and parent education. We have been especially successful impacting the growing Hispanic population in Lake County, and we are proud of those accomplishments.

But our success also represents our challenge. The clients that are becoming increasingly difficult to raise money to help are the so-called "working poor," the group we spend much of our resources to serve. Just who are these people? They are individuals and families that are hard working but employed in low wage jobs. Rent often takes up the vast majority of their paychecks. Or, they have been downsized, lost a job and health insurance, are struggling with medical bills, confronting the life-threatening illness of a loved one, or struggling with their own depression or other mental health issue. They could be your neighbors.

We need more than ever to support this group of our local community. Without the necessary mental health services an individual or family will face more loss and rejection. They need the support and guidance of a professional counselor so they can resume living creatively, so they can see and pursue available options.

As I said in the last issue, Freud thought the goal of psychotherapy is to love and work. That is what we do with these individuals and families. We help them to love and work in our community. We need your support more than ever to continue to accomplish our goals. Thank you.

— Don McDevitt

# AJ Program Expands, Gets New Director

## Kosmach Joins YFC Staff



Katie Kosmach

Katie Kosmach has joined YFC as the director of Aprendiendo Jugando. She also serves as a therapist for children, adolescents, adults and families. Katie is

improving her fluency in Spanish with the goal of someday holding counseling sessions in Spanish. "That's what drew me to the AJ program," she said.

After spending the 2004-05 school year as an intern at Youth & Family Counseling while completing her graduate work, Katie Kosmach was convinced she wanted to join the staff.

Katie, a resident of Grayslake, began at YFC as an intern in September 2004 while working toward her master's degree in social work from Loyola University. "Through school I had the opportunity to learn about the agency and I wanted to do an internship here," she said.

Her experience at YFC made her want to join the growing list of therapists who have joined the staff after serving as interns. "I enjoy the camaraderie here," said Katie. "Everyone wants to help everyone else with their careers, as opposed to a more competitive environment. I can go to anyone in the office for support following an intense session. That's something I felt right away."

## YFC Therapists Get Their Start as Interns

Of the 14 therapists who currently work at YFC, seven came to YFC as interns through Loyola University's Masters in Social Work program or Northwestern University's Counseling/Psychology program. In addition to Katie Kosmach, other former interns currently employed with Youth & Family Counseling are:

- |                       |                 |
|-----------------------|-----------------|
| Sarah Christian       | Lynn Moosman    |
| Sharon Fisch-Reichler | Anne Rossen     |
| Gary Friend           | Carol Saldinger |

Aprendiendo Jugando (Learning While Playing) is a weekly after-school program that offers games, sports and crafts to help Spanish-speaking children learn English and enhance their social skills. As director, Katie is responsible for recruiting and training volunteers, providing a healthy snack and coordinating the weekly activities. The program typically consists of 40 minutes of gym time followed by an hour-long academic or recreational activity.

Previously, AJ was open only to first-through fourth-graders. This year for the first time it will be open to fifth-graders as well.

"We're trying to expand their knowledge of American games and culture," said Katie. "The kids learn from each other. They have closer interaction with others who are just like them. A lot of kids go home alone and this gives them a safe place to go one afternoon a week. One of the mothers said she wished they had AJ every day."

### • • • Programs • • •

**The Counseling Program** offers individual, couple and family counseling for a variety of issues, including depression, anxiety, relationship problems and abuse. Fees are based on a sliding scale, and no one is refused service because of inability to pay.

Group therapy programs include:

**Sib Support Group**, for children who have a sibling with special needs;

**Kids Who Care**, for children living in families struggling with chronic or life-threatening illness;

**Passages**, an experiential journal therapy group for women in different life stages and circumstances.

**Women's Connection**, for low-income women experiencing multiple life stressors.

**Aprendiendo Jugando** is an after-school learning enrichment program for poor, at-risk Hispanic children in grades 1-5 at Hawthorn Elementary School in Vernon Hills.

**The Employee Assistance Program** helps businesses offer counseling and referral resources.

For more information about any of these programs, **please call (847) 367-5991**.

## YFC Welcomes New Board Member

### Lisa Wilson joins the Youth & Family Counseling Board of Directors.

Lisa Wilson is Vice President of Human Resources at Baxter Credit Union and a resident of Hawthorne Woods. Lisa's decision to serve on the board was an outgrowth of her company's commitment to community



Lisa Wilson

Youth & Family Counseling was a natural fit," said Lisa.

service. "The company I work for — BCU — we look for ways we can participate in the community.

## ATTENTION ALL SHOPPERS!

YFC is participating in Westfield Works Wonders at Hawthorn Mall in Vernon Hills. On Sunday, November 13, the mall will offer a special evening (6-9 p.m.) featuring exclusive discounts, complimentary refreshments, grand prizes, complimentary gift wrapping, entertainment and much more. Tickets are \$10 (\$7 goes directly to YFC) and can be purchased at the mall or by contacting Janelle at 847.367.5991 ext. 22 (Janelle.moravek@yfc-libertyville.com).

## Directorship Committee Update

The Directorship Committee continues to focus on its primary objective: matching the ongoing needs of the board with prospective candidates we can identify from our existing network of relationships. Elsewhere in this issue are the stories of two new board members, Lisa Wilson and Randi Heimert, whose stories illustrate how this process has created a "win-win" situation for everyone.

This committee has done a very good job over the past two years in recruiting people with specific skills and interests who have significantly improved the effectiveness of the board. Thanks to those who have served on the Directorship Committee as well as those new board members who have allowed us to implement this new process of introduction and orientation into YFC. It's working!

## Do-Good Dons and Munificent Molls

### Gangster Gamblers Benefit YFC

With a sly wink and a knowing nod to Lake County's gangster past, the Youth & Family Counseling fall fundraiser will be run by the mob, the outfit, you know, the syndicate, baby.

Join us at the "Lucky Forge Casino" (otherwise known as the Forge Club in Vernon Hills) Friday, Oct. 21, at 7 p.m. for an evening of tops cards and charmed dice.

Place your bets while dining on gangland hors d'oeuvres. Tap your fingers to the cool sounds of pianist Stu Stoinski. We could tell what's up for grabs in the Speakeasy Silent Auction (but then we'd have to kill you), and odds are good for a jackpot in the Grand Getaway Raffle.

This is your chance to become a "Made Member" of the "Organization" – be a volunteer dealer or sponsor a gaming table. The price for this night of underworld entertainment and a chance for a private audience with The Don? Just \$100 per person, with a special Godfather package: \$975 for a gang of 10. Gaming table sponsorship: \$250.

Proceeds will benefit the clients of YFC Lake County. For more information on sponsoring a table, volunteering or to place a reservation, please contact Janelle Miller-Moravek at (847) 367-5991, ext. 22. It's an offer of fun you can't refuse!



## Wanted! Computers

YFC is seeking computers (Windows 2000 or higher) in order to complete its network installation.

If you are interested in making a donation, please contact Janelle at 847.367.5991 ext. 22

(janelle.moravek@yfc-libertyville.com).



## Youth & Family Counseling

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A private not-for-profit organization.  
MEMBER UNITED WAY OF LAKE COUNTY



### Mission Statement

Youth & Family Counseling is a private not-for-profit social service agency providing counseling, therapy and education services to individuals and families who live and/or work in Lake County, to maintain and enhance their emotional and psychological well-being regardless of ability to pay.

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## A Fair Day on the Fairway Mike Godwin Memorial Golf Outing a Shining Success



**A full line-up of carts**

The sun was shining brightly on June 20 at the annual Mike Godwin Memorial Golf Outing. For the first time ever, YFC had a sold-out field, so the start looked like the Indy 500 for golf carts. Participants also had lots of help and encouragement from an enthusiastic group of volunteers.



**Diane Mazza and Carol Piccolo  
at the Christmas Tree Hole**

Diane Mazza and Carol Piccolo chaired the successful event, but the credit for success truly goes to the participants and our loyal YFC supporters: Joe Mazza at Bannockburn Travel Management, Harris Bank, Baxter Credit Union and Caremark. The proceeds totaled nearly \$55,000. On June 20, the sun really did shine on YFC and all those the agency helps. Thanks to all who made it possible!

### 2005 Godwin Award Presented

State Representative Mark Beaubien and his wife, Dee, were recipients of this year's Michael E. Godwin Award for Community Service, recognizing their philanthropic giving to residents of Lake County. Mark and Dee have been leaders in helping promote social services to underserved populations for years. The list of agencies they have supported includes Youth & Family Counseling, Mano a Mano Family Resource Center, The Open Door, and many more. Mary Godwin and golf outing co-chairs Carol Piccolo and Diane Mazza presented the award. Congratulations, Mark & Dee!