

Courier

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www.concern4kids.org



“The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering” - *Ben Okri*

Thoughts from the President/CEO

As we continue to Spring forward into 2022, I am constantly reminded that while we are still in the midst of the COVID-19 pandemic, we have truly overcome! The pandemic changed life as we know it, both on a global and individual level. At the end of 2021, I took time to reflect on the year. What a year it was. Now, several months into 2022, I am still reminded that we have ALL been impacted and continued to impacted by this pandemic. When will it end?

I don't need to cite all the articles for you to know that the overall mental health of the country is NOT GOOD, to put it lightly. COVID has essentially exacerbated ALL the things we were already struggling with and created new struggles for all, but we have and can OVERCOME.

“You will come across obstacles in life – fair and unfair. And you will discover, time and time again, that what matters most is not what these obstacles are but how we see them, how we react to them, and whether we keep our composure. You will learn that this reaction determines how successful we will be in overcoming – or possibly thriving because of – them.” ~ Ryan Holiday

While it's somewhat taboo to say, COVID has brought MANY positive changes and improvements. It's pushed the envelope forward related to what we think we are capable of doing, both individually and a country as a whole. We are all capable of so much more than we could ever imagine. Two years ago, could you have imagined your morning commute being to your home office, ordering most of your groceries online, connecting with friends via zoom, having virtual birthday parties, or even simply enjoying the quiet life that the pandemic might have brought. We have all learned to adapt and overcome in our lives especially the past two years. I truly believe the way we responded

(continued on page 3)

Page 2
CONCERN Annual Report
Has A New Look

Page 4
Behavioral Health
Services

Page 6
Youthful
Achievements


Hope. Opportunity. Change.

CONCERN's Annual Report Has a New Look

Read all about the FY 2020-2021 Accomplishments

Highlights: Footprints of Hope

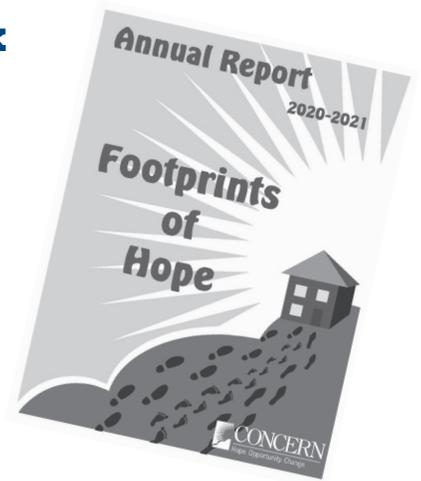
CONCERN served
5,446 clients

CTUB
served 68
boys

Glad to come to a
place where they care
and can help me
develop coping skills.

My parenting classes
went well and I got
my children back I
couldn't be happier

95% of children
had access to
mental health
services within
60 days of
placement



Thank you to our 2020-2021 donors. We could not have overcome without you!

Visit www.concern4kids.org/news to view the exciting new look!

Berks County Billboard

CONCERN is actively recruiting foster families by placing ads in three billboard throughout Berks County. Watch for them as you are out and about!

Give the gift of love!

For information on becoming a foster or adoptive parent contact: www.concern4kids.org

CONCERN
Hope. Opportunity. Change.

The billboard features a black and white photograph of a young child wearing a winter hat and scarf, smiling with arms outstretched in a snowy field. The text is overlaid on the image.



Mary Beth Hughes to Retire

After 43 years with CONCERN, in a myriad of positions including Caseworker, Supervisor, Director of Adoption Services, Regional

Director, and Associate Director (now Vice President), I have decided to move toward retirement effective July 2022. I hope my professional path demonstrates how much the agency values tenure and how long I've lasted in a sometimes-tough field, that comes with many rewarding experiences (Gordon calls me the Tom Brady of child welfare). It takes time, knowledge, and experience to professionally grow and develop into leadership positions, and it never stops. As Jim Gardner on Action News recently quoted when he announced his retirement, *"I am still trying to get it right."* I look forward to the transition with fresh eyes and optimism. Thank you to our staff for their contributions, their beliefs in our mission, and their incredibly hard work making sure CONCERN's services to children, youth, adults, and families, regardless of their role and responsibilities, are exemplary.

A special thanks to our foster and adoptive families for their tireless work helping children to heal, learn, grow and achieve permanency. CONCERN is so fortunate for their courage in entering the child welfare field with its many challenges and for their dedication to our children, youth, and families.

I am most grateful for the lessons I have learned from our children and youth who demonstrate such resiliency, energy, and stamina in their journey toward reuniting with their families or another permanent situation. I love this quote by novelist Paulo Coelho, *"A child can teach you three things: To be happy for no reason, to always be curious, and to fight tirelessly for something."*

I will miss you all and trust that you will continue to carry out CONCERN's mission for many years to come.



Thoughts from the President/ CEO

(continued from page 1)

to the pandemic at CONCERN is a reflection of the dedication and commitment from our staff.

Gordon H. May, MSW

I've been so fortunate my entire life to be surrounded by good people! All of the staff at CONCERN never cease to amaze me, the work they do, their passion, and the overall goodness of their hearts. We have an amazing group of good people at CONCERN. It's these good people that help us all get through tough times together and come out better on the other side because of it. We have and we will continue to Overcome!

I encourage all of you, to continue to lean on one another and be stronger together! Look at all the good, all the struggle, and the triumphs and realize how much you've overcome and what you've done. You're nothing short of amazing for persevering in this world we live in today. Buddha said it, in its simplest form, "No matter how hard the past, you can always begin again." Thank you for continuing to make 2022 better for the children, youth, and families that we serve.

Behavioral Health

CONCERN is a Trauma- Informed Agency, but what does that mean? What does it mean to take a trauma-informed approach?

A trauma-informed approach begins with understanding the physical, social, and emotional impact of trauma on the individual, as well as on the professionals who help them.. Recognizing how trauma affects all individuals involved with the program, organization, or system, including its own workforce.

Trauma-informed care seeks to:

- Realize the widespread impact of trauma and understand paths for recovery;
- Recognize the signs and symptoms of trauma in patients, families, and staff;
- Integrate knowledge about trauma into policies, procedures, and practices; and
- Actively avoid re-traumatization.

The trauma-informed approach is guided four assumptions, known as the “Four R’s”: Realization about trauma and how it can affect people and groups, recognizing the signs of trauma, having a system which can respond to trauma, and resisting re-traumatization. An important aspect of Trauma- Informed care is for staff to take care of themselves so that they can treat others effectively.

Dr. Elizabeth Coyle will be presenting “Looking Back and Moving Forward: Trauma-Informed Strategies to Support Youth and Families” at the Spring Education Series on June 2, 2022. This training will be held at Bloomsburg University and via zoom. We hope you will join us!

Bloomsburg University
400 East Second Street
Kehr Union Multipurpose Room 345A
Bloomsburg, PA 17815

For more information or to register contact Jane Zettlemoyer at jzettlemoyer@concern4kids.org or by calling 610-215-9569.

Registration fee is \$35 for the conference either in person or virtual with an additional fee of \$10 if you require CEUs.

**2021 CONCERN
Education Series**

presents



**Looking Back, Moving Forward:
Trauma-Informed Strategies
to Support Youth and Families
Navigating a “New Normal”**

Thursday, June 2, 2022
9:00 am – 3:00 pm
(Registration begins at 8:30 am)

Bloomsburg University
Bloomsburg, PA 17815



Compliance is Everybody's Concern

CONCERN staff have spent the past year preparing for the Council on Accreditation's (COA) visit. COA will be visiting sites, reviewing files, and talking to staff & clients throughout the week of April 25, 2022. COA provides accreditation for non-profit and for-profit organizations that provide human and social services. Going through the accreditation process has provided CONCERN an opportunity to evaluate our practices and documentation, make them better, and offer evidence-based best practices to better support our clients and community. COA emphasizes that it takes the whole organization- every employee, in all positions- to work together and carry out our mission, and it is this mission- to bring hope, offer opportunity, and inspire change that encourages each one of us to keep striving for improvement



Preparing for COA accreditation requires thorough self assessment that includes examining what we do, evaluating our practices, determining how they already align with COA standards and then documenting what we already do, then determining how to incorporate COA standards and practices. Any changes must be shared with staff so that any needed changes are implemented into our daily work. When we are fully accredited, it means CONCERN and our programs meet all the most important industry standards, follow best practices, and provide quality services. Accreditation and best practices are important not only to the clients we serve, but to our oversight agencies, donors, funders, and community partners.

Spring Bingo Scheduled

Don't Miss CONCERN's Bingo

featuring items from
thirty-one & *Designer Purses*
benefits children in CONCERN's care

Thursday, April 21, 2022
6:30 PM

Fleetwood Grange Hall - Route 662, Fleetwood

\$25 Admission
Seating is limited

Admission includes:

Admission • 20 Bingo Games • Door Prize • Hot Dog and Soda
Prizes for Special Games will be designer purses

Additional refreshments, special games and raffle tickets will be available for purchase at bingo

To purchase tickets contact Jane Zettlemoyer
at **(610) 215-9569**


Hope. Opportunity. Change.
www.concern4kids.org

Enclosed is my gift to CONCERN



in the amount of: \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

e-mail _____

Please charge to my credit card: MasterCard VISA

Cardholder signature (required) _____ 3 Digit Code _____

Card number _____ Exp. date (month/year) _____

Visit www.concern4kids.org for secure online donations.

Contributions are tax deductible to the fullest extent of the law.

Please mail coupon to: CONCERN • Development & Marketing Dept.
One West Main Street • Fleetwood, PA 19522

The official registration and financial information of CONCERN - Professional Services for Children, Youth, and Families may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, (800) 732-0999. Registration does not imply endorsement.

A copy of the current financial statement of CONCERN - Professional Services for Children, Youth, and Families is available by writing One West Main Street, Fleetwood, PA 19522 or by calling (610) 944-0445. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis, MD 21401, (410) 974-5534.



Taking Care of Ourselves

We have overcome, but we still need to take care of ourselves, so we can take care of others. To prevent burnout, remember to:

1. Take time off and disconnect
2. Schedule breaks
3. Engage in your favorite hobby and/or find a new hobby
4. Prioritize your work
5. Schedule time to think and/or learn a new work skill
6. Utilize the Employee Assistance Program (EAP)
7. Think about your successes and gratitude each day
8. Spend time in community and work on building support system (coworkers, clients, community members)
9. Find something that makes you smile and/or laugh each day
10. If you need help, don't be afraid to ask.



Youthful Achievements

sharing our children's successes

Malaysia, 3, is a very pleasant and fun toddler. She enjoys visitors in the home. She is surpassing the developmental expectations that were placed on her. She is making tremendous progress in most developmental areas and is talking more each day. She is just a ray of sunlight.

Faith, 5, **Abel**, 2, and **Leland**, 3, went to Kalahari Resort with their foster parents in February, 2022.

Nova, 3, with the help of his nurse, made Christmas ornaments for all of his teachers and nurses to give out as Christmas presents.

Tyler, 10, went to a day camp over the Christmas holiday at Body Zone. He had a great time swimming, ice skating, playing games and making new friends.

Miguel, 10, is participating in Cub Scouts with his foster father and foster brother. He is learning new skills and earning badges.

Ember, 1, loves to read books with her foster family.

Sophia, 11, went to Chicago over the Christmas vacation with her foster family. She toured Chicago and rode the trolley.

Sean, 4, loves going to preschool/day care and has made many friends there.

Kimberly, 5 months, is learning to sit up and hold her bottle.

Lee, 18, received all As and Bs on his report card this quarter.



It is Time to Walk for a Healthy Community

Lace up your walking shoes and enjoy a Saturday morning walking with friends and family while supporting CONCERN and our mission.

June 4, 2022 • Walk begins @ 9 AM Registration opens at 7:45 AM

DeSales University 2755 Station Ave, Center Valley, PA 18034

Any participant who raises \$50 will be entered into a drawing for a gift card. Each additional \$50 = additional chances. Anyone who raises \$30 or more and registers on the website will receive a t-shirt on event day.

To register or to donate visit <http://hcf.convio.net/concern4kids>.

Walk for your Health. Walk with Your Friends and Family. Walk for a Good Cause. Walk and Raise Money for CONCERN. Share with family, friends, community members and your social media influencers.

WALK WITH CONCERN FOR A HEALTHY COMMUNITY



April 21, 2022 - CONCERN Spring Bingo will be held at the Fleetwood Grange at 6:30 PM and will feature trendy purses, totes, and accessories from Thirty-One and special games will feature designer purses. Admission of \$25 includes twenty games of bingo, a hot dog, beverage, and door prize. Contact Jane Zettlemoyer at 610-215-9569 or visit <https://www.concern4kids.org/events-1/31-and-designer-bag-bingo> for tickets.

June 2, 2022 - The CONCERN Education Series will take place at Bloomsburg University and also have a virtual option. The topic of this year's training is "Looking Back, Moving Forward: Trauma-Informed Strategies to Support Youth and Families Navigating a "New Normal." Contact Jane Zettlemoyer at 610-215-9569 or visit <https://www.concern4kids.org/events-1/education-series-looking-back-moving-forward-trauma-informed-strategies-to-support-youth-and-families> for registration information.

June 4, 2022 - The Annual Highmark Walk for a Healthy Community will be held DeSales University in Center Valley, PA,

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Start shopping @ www.concern4kids.org and click on the Amazon Logo or sign up directly at www.smileamazon.com. Amazon Smile is a free service that supports CONCERN by donating 0.5% of your purchases at no additional cost to you.



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Mission Statement

CONCERN brings hope,
offers opportunity,
and inspires change.

Vision Statement

To encourage growth and
promote positive healthy
lives!

Board of Directors

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advisory, non-voting capacity)

CONCERN Service Sites

Foster Care/Adoption Services/

Community Based Services

Greater Berks Regional Office
Fleetwood • (610) 944-0445

Lehigh Valley Regional Office
Bethlehem • (610) 691-8401

Northeast Regional Office
Wilkes Barre • (570) 800-2332

Southeast Regional Office
Willow Grove • (800) 562-1427

Susquehanna Valley Regional Office
Lewisburg • (570) 523-1297
Wellsboro • (570) 724-7142
Towanda • (570) 268-3073

Maryland Regional Office
Lanham • (301) 429-2370

Behavioral Health Services

Eastern Region
Bethlehem • (610)691-8401
Easton • (484) 497-9699
Fleetwood • (610) 944-0445
Lehigh Valley • (570) 386-2990
Wyomissing • (610) 371-8035

North Central Region
Lewisburg • (570) 523-1297
Mansfield • (570) 662-7600
Towanda • (570) 268-3073
Wellsboro • (570) 724-7142

Residential Services

Treatment Units for Boys
Coatesville Campus • (610) 384-8733

Gordon H. May, MSW, President/CEO

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Your comments and suggestions are always welcome by mail, phone,
fax or e-mail addressed to the Development & Marketing Department at our Corporate Office: One West Main
Street • Fleetwood, PA 19522 • (610) 944-0445 • FAX (610) 944-8834 • fundraising@concern4kids.org



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Fleetwood PA 19522
www.concern4kids.org

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Wellness Initiative Begins

CONCERN started a Wellness Initiative in January. Committee members are: Kassie Irwin, Tricia Reedy Jones, Matt Abrams, Suzanne Holmgren, Tyeshia Clark and Pam Berg.

Wellness Committee Mission and Goals:

Mission:

The mission of the CONCERN Wellness Committee is to strive to educate employees through intentional programming and educational resources that encourage health, wholeness, and care for every employee.

Goals:

1. To encourage physical, mental and social wellbeing.
2. To support each individuals growth toward a healthier lifestyle.
3. To promote a sustainable work/life balance.
4. To foster an engaging community centered around health and wellness.
5. To encourage employee feedback on future wellness program activities