



SOLUTIONS

A quarterly publication of Samaritan Counseling Center of the Capital Region

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www.samaritancounselingcenter.org

Fall 2006

*You're invited to our
4th Annual
Fall Breakfast!*

*Wednesday, October 18th,
8:00 AM - 9:15 AM
First Reformed Church,
224 N. Ballston Avenue
Scotia*

Join us for breakfast and ...

- *Learn about exciting Samaritan Counseling Center programs*
- *Learn how Silent Samaritan donations are used*
- *Find out how you can be helpful to Samaritan Counseling Center and your community.*

*Our Fund-raising Goal
this year is \$30,000*

If you would like to help, please bring a list of ten people and/or businesses that might be interested in donating to the Silent Samaritan Fund. We provide envelopes, Samaritan brochures, and a letter describing Samaritan services that we ask you to personalize with a note and your signature.

*Complete the RSVP card inside
and send it to:
Samaritan Counseling Center
220 N. Ballston Ave.
Scotia, NY 12302
by October 6th*

Invest in Kids

Project PASS expands to Three Schools


If you were to invest in a program that could change the course of history, where would you start? Why not consider investing in children who are most at risk for a bleak or uncertain future? Research is clear – most children who drop out of school are obstructed from the start. Their employment options will be limited, and their self-esteem hampered. An investment in the lives of these students could make a significant difference in the rest of the community.

Understanding this reality prompted the Samaritan Counseling Center to create **Project PASS** in May of 2003. Initially funded by United Way, the First Reformed Church of Schenectady and the Schenectady Foundation, **Project PASS** began at Draper Middle School. We originally targeted middle school students who were at risk of academic failure. Our pilot program began with 24 students. We provided therapy and parenting training, remedying existing behavioral problems while strengthening the family and reducing stress.

Using research on the best treatment strategies for working with parents, students and schools, we expanded the program. We obtained an office in Draper, and assembled a group of therapists on the **Project PASS** team. Other students and families were seen in the Samaritan Center offices. The initial results were encouraging. In our first year, we found that more than 70% percent of the students in our program were able to graduate to the next grade level.

Based on this encouraging feedback, the **Project PASS** team, under the leadership

of Patty Gillen, LCSW, has decided to further develop its offerings. This fall we will continue our presence in the Draper Middle School, have an office in the Mont Pleasant Middle School, and a new office in the Bradt Elementary School. We will now include much younger students in **Project PASS**. Studies show that crime, delinquency, and unemployment can be countered with early intervention, by cutting the root of the problem before it grows. By including family, teachers and the community, **Project PASS** provides psychological and social benefits. By decreasing the need for services later, it also provides economic benefits.

The demand for these much needed services outpaces our financial support. Often the students served in this program come from families without financial means. **Project PASS** currently receives more requests for services than we can financially provide. There are additional schools that we would like to have offices in. Your donation can make a huge difference in the lives of children who need it most. In fact, your donation might even change history – one life at a time. 

Effective Parenting Group Beginning this Fall

Samaritan Counseling Center, Scotia.
Cost is \$55 per person per session
Contact Patty Gillen, LCSW
(518) 374-3278 x408

For more information about Group Therapy or any of our Programs and Services visit our website!
www.samaritancounselingcenter.org

Invest In Hope And Healing For Trauma Survivors

Trauma results from many causes. Proven tragedies, war, and severe physical or sexual abuse are traumas that leave deep scars. If not treated, these experiences can result in PTSD (post traumatic stress disorder). The symptoms of this disorder are varied. They include flashbacks, nightmares, depression and anxiety, dissociation and psychological numbing, to name a few. What the symptoms do not adequately describe however, is the way trauma can impair a person's basic ability to function. The ability to parent or even to attach to one's children is impacted by trauma. Trauma affects one's concentration and ability to study. It can also severely impact work performance. Thus, the cost to the community is significant.

Treatment is often long-term, but is rarely fully covered by managed insurance plans. As a result, this project needs ongoing funding. Additionally, trauma survivors are often underemployed and struggling, and in need of financial assistance to help them function.

One of the first projects of the Samaritan Counseling Center was **Project Recovery**. Seed money from the First Reformed Church of Schenectady and ongoing United Way funding has allowed this project to develop and move forward. **Project Recovery** initially focused on adult survivors of sexual abuse, providing long-term individual and group treatment. We have also conducted several workshops and retreats for those recovering from sexual trauma.

The demand for treatment has steadily increased. Last year, we expanded to treating adolescents who have been sexually abused. In the coming year, the program will address a variety of types of traumas, including veterans and their families coming back from the wars in the Middle East.

Trauma survivors are in need of both hope and healing, not to mention a safe therapeutic environment where they can work through their experience of psychological injury. Under the leadership of Patty Gillen, LCSW, a team of dedicated trauma specialists work carefully to provide the

conditions conducive for recovery. Patty Gillen has also completed specialized training in **EMDR** (Eye Movement Desensitization and Reprocessing), a treatment designed to alleviate the distress associated with trauma. EMDR has been empirically studied and found to be a highly effective form of therapy.

Your investment in this program can bring significant healing. The good news is that this healing spreads from one generation to the next. Research suggests that one of the single biggest obstacles to healthy attachment and good parenting is unresolved trauma in one of the parents. Therefore, by investing in this program, you are also investing in the lives of the next generation. 🌍

Invest In Hope For Marriage (The Relationship Institute)

Relationship problems are often accompanied by depression and anxiety. In fact, statistics show that most of the sick days used in corporations are related to marriage or family problems. The couple that battles into the wee hours of the morning will often be too depressed to show up to work the next day. And if they do, they will obviously not be functioning at a very high level. Very few things can trigger as deep a depression as marital discord. Feeling unloved, misunderstood or alone can bring on significant feelings of depression sometimes triggering deep unresolved feelings of pain from childhood.

The statistics on marriage are common knowledge: 50% of all first marriages fail. And for those who try a second time, the statistics get worse. In fact, each new attempt at marriage has decreased probability for success. As sobering as this data is, these statistics do not give a full account of the cost to society. Some of the research of Judith Wallerstein examines the longitudinal problems of kids from divorced families. Children in Wallerstein's study had lingering fears about their ability to commit to relationships and this had an adverse effect on their own marriages. While not all divorces result in this type of problem for kids, the stress can still be significant.

The Relationship Institute (on the web at www.therelationshipinstitute.net) is committed to providing intensive couple

Breakfast for Saratoga Clergy

Tuesday, October 3rd
8:30 - 10:00 AM
United Methodist Church
175 5th Ave, Saratoga Springs

- Rev. David C. Olsen, PhD will lead a workshop on "Clergy Burnout" based on his book, *When Helping Starts to Hurt*.
- Informational session about exciting developments of Samaritan Counseling Center programs in Saratoga County.
- Please call Samaritan Counseling Center at (518) 374-3514 to RSVP by September. 25th.

therapy. We help couples find satisfaction in their current relationships, restore marriages whenever possible, and work with remarried couples. Effective couple's therapy can intervene in the escalating interactions that can destroy marriage, and equip couples with the tools they need to find deeper levels of intimacy and the ability to resolve conflict more effectively.

... most of the sick days used in corporations are related to marriage or family problems ...

Another goal of the **Relationship Institute** is wellness and prevention. Staff members have developed a number of workshops designed to help couples build satisfactory relationships, targeting the issues that create marital dissatisfaction. Our recent workshop, **The Tipping Point: Getting Couples Back in Balance** is one such example.

Given the tragic state of marriage in our culture, it is astonishing that almost all HMOs and insurance companies do not cover marital therapy. Unfortunately, as a result, too many couples are kept from getting the help that they need by their inability to afford it. A financial investment in helping couples create meaningful relationships will have a long term benefit to the community in many ways. **Your investment in marriage could help cover the cost of a workshop, or help underwrite the cost of marital therapy.** It will enable couples to not just survive but to thrive in their marriages. A quality marriage will also benefit the couple's children, therefore making your gift one that shapes several generations. 🌍

New Office in Loudonville

Jenness Clairmont, LCSW, LMFT

Samaritan Counseling Center is very excited to begin serving the Loudonville Presbyterian Church and surrounding community. We have recently celebrated our 20th anniversary providing psychotherapeutic services to individuals, families and couples. With nine other sites in the Capital Region, moving into the Latham/Colonie area has been a long-term goal, and we are thrilled that it is finally taking off!

Working closely with Rev. Elaine Woroby, the pastor at Loudonville Presbyterian, and the gracious board members of the church, we have been able to establish a covenant relationship with their congregation. This makes Loudonville Presbyterian the nineteenth in area churches that has

chosen to partner with us. They have also offered a beautiful office from which we will provide services.

As Albany County Site Director and sole practitioner in this new office, I will continue my clinical work, specializing in serving clients suffering from depression, anxiety, stress associated with life changes, self-esteem, trauma and bereavement. In my work with families and couples, I plan to further develop my expertise in systems-oriented psychotherapy.

As a Licensed Clinical Social Worker and a Marriage and Family Therapist, I look forward to the opportunity to expand the ministry of the Samaritan Counseling Center in this new region. As an administrative staff member and coordinator of public

relations, it had become increasingly apparent that a facility in the Latham/Colonie area would fill the service gap between our sites in Saratoga County, Scotia and downtown Albany. On a personal note, I also grew up in the Colonie community. I am looking forward to giving back to a place in which I feel a strong sense of belonging and see new opportunities for growth.

On September 24th, we will officially kick-off the beginning of what we hope will be a long-lasting relationship with the Loudonville Presbyterian Church. David Olsen will be preaching to the congregation that Sunday. At that time, we will also do a brief overview of our clinical services and workshops. 🌐

4th Annual Fall Breakfast Response Card

Name(s): _____
Address: _____
Telephone: _____

Number attending: _____

If you would like to help, please bring a list of ten people and/or businesses that might be interested in donating to the Silent Samaritan Fund. We provide envelopes, Samaritan brochures, and a letter describing Samaritan services that we ask you to personalize with a note and your signature.

Contact the Center at (518) 374-3514 for more information

Silent Samaritan Donation

Name(s): _____
Address: _____
Telephone: _____

Enclosed is my tax-deductible donation of
 \$100 \$200 \$500 \$1000 Other _____

Please charge my credit card: Visa MasterCard

Card Number: _____ Exp. Date: _____

Signature: _____

Designate my donation to

- Project PASS Project Recovery Relationship Institute
 Wherever it will do the greatest good

- My donation is eligible for GE Matching Funds.
(Remember to register your donation online at www.gefoundation.com)

Please make checks payable to Samaritan Counseling Center
and mail to 220 N. Ballston Ave., Scotia, NY 12302

You can also send your donation via secure server at our website!
www.samaritancounselingcenter.org

Staff Updates



Pamela Ennis will be relocating to New Jersey this Fall. Her husband, Rev. Mark Ennis has accepted a position at Clinton Avenue Reformed Church in Bergenfield.



Doug Stephens has left our center and accepted a position as the Executive Director in the Adirondack Samaritan Counseling Center in Hudson Falls, NY.



Andrew Chestnut, MSW, MBA, has joined the staff as a resident.

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Invitation to our 4th Annual Fall Breakfast Inside!
Fall 2006:
Silent Samaritans Invest
in Hope and Healing

Samaritan Counseling Center
of the Capital Region
220 N. Ballston Ave., Scotia, NY 12302



SAMARITAN COUNSELING CENTER

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Address Change? Duplicate Mailings?

If your address has changed or if you receive more than one copy of our newsletter, please alert our office at (518) 374-3514 so that we can streamline our database. Thank you!

Solutions is published by Samaritan Counseling Center of the Capital Region, 220 North Ballston Ave., Scotia, NY 12302, (518) 374-3514, fax: (518) 374-9193, online at www.samaritancounselingcenter.org.

Samaritan Services: Individual, Couples, Family & Group Therapy, Educational Workshops, Professional/Organizational Consultation.

Office Locations: Schenectady/Scotia, Albany, Rensselaer, Clifton Park, Jonesville, Ballston Spa, Wilton. Please call the Scotia office at (518) 374-3514 to schedule an appointment. Financial statements for Samaritan Counseling Center of the Capital Region are available upon request through the New York State Attorney General's office.