

# Samaritan Counseling Center May 2019 E-newsletter



## The 2019 Connie Steele Woman of Strength Award Get To Know Our 10 Nominees



### ***We Celebrate the Spirit of Connie***

Connie Steele was a Samaritan Counseling Center board member and senior counsel for Thrivent. She left a legacy of hope, love, persistence, confidence, generosity, and faith. The Connie Steele Woman of Strength Award award not only celebrates her life (9/24/47-3/7/09), but honors women who exemplify the same courageous strength every day. This year, **10 outstanding nominees** will be honored at our Thank You Luncheon on May 9. While reservations have closed for the luncheon, you can still support the **Silent Samaritan Campaign** with a contribution. The annual campaign raises money for our Samaritan Fund so low-income women can have access to life-changing counseling at Samaritan Counseling Center.

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**Resilient, Naturally**  
**Skills, Relationships, and Faith Help Us Bounce Back, Grow**  
*By Rosangela Berbert, Executive Director, Samaritan Counseling Center*



Resilience is a word we have started to hear more often in everyday conversation. That's good, because every person has to build resilience skills to navigate life. But what exactly is resilience, and how do we learn to be resilient?

**Resilience is the process of adapting well in the face of adversity, trauma, or tragedy. It means "bouncing back" from life's difficulties—and we all experience them!** Family relationships, financial distress, health crises, workplace dysfunction and even good things like a wedding, graduation, or a new job disrupt our well-being and require us to call on our resiliency. Without well-honed resiliency, [Read more](#)

**Don't Miss These Important Events**  
**Mark Your Calendar for May 30 and October 1**



**Creating Hope: Equipping Faith Communities for Substance Abuse Awareness, Prevention, and Recovery**  
**May 30, 2019**  
**8-11:45 a.m.**  
**Grand Meridian, Appleton**



**Ethics in Business Summit**  
**Oct. 1, 2019**  
**7:30-10:45 a.m.**  
**Bridgewood Resort & Convention Center, Neenah**

Advance the conversation around ethical best practices to shape a more vibrant community.

Leaders and members of faith communities are invited to learn what addiction is and how it impacts individuals, families, and society. Discover how pervasive addiction is in our local community and how that compares to the nation. Learn the community resources available to your congregation. Understand how to promote recovery-friendly faith communities, and brainstorm ways to promote awareness, acceptance, healing, and hope for addicts in our congregations. [Register and learn more.](#)

Keynote speaker [Susan Divers](#) will discuss moral leadership and trust in organizations. The interactive summit is for executives, HR professionals, legal professionals, elected officials, financial professionals, educators, and more, where they will explore with fellow leaders how to set the ethical tone from the top. Attendees will receive complimentary copies of two national research reports. Proceeds from this event underwrite access to mental health care, a critical community need. Registration is coming soon. Click [here](#) for event details.



## A Sip of Success

*"I was stuck in an unhealthy relationship for nine years and couldn't see it fully or wasn't able to accept it. My counselor developed a relationship of trust with me, incorporated elements of faith, used music, and taught me self-soothing techniques. I'm so thankful for her honesty and ability to gently push me so I could be living the fullness of life God intended for me. My life has been changed because of this excellent counseling!"*

--A Samaritan Counseling client

## Always an Advocate

### Samaritan Staff Advocates for Mental Wellness Funding at State Hearing



Samaritan's [Wellness Screen Program](#) Director Jen Parsons spoke in support of school-based mental health funding at the April 24 state legislature's Joint Finance Committee public hearing at UWGB. Samaritan Executive Director **Rosangela Berbert**, Development Director **Jane Frantz** and Board Member **State Rep. Mike Rohrkaste** were there

to support Jen and the call for a categorical line item for annual school-based mental health services in all Wisconsin schools.

# Thank You, 2018 Thrivent Choice Donors

Your decision to allocate your 2018 Thrivent Choice Dollars® to Samaritan Counseling Center resulted in a **\$1,868 donation** in support of our vital services. You are simply awesome.

## Let's Stay in Touch



**May is Mental Health Awareness Month**, and we have made much progress over the last several years to normalize mental health care. The success of our work in breaking the stigma of mental illness presents Samaritan with the exciting challenge to properly welcome and meet the needs of our ever-growing and changing clientele.

More than ever, we are called to be nimble and innovative to meet the mental health needs of our communities. We are increasing our staff, reevaluating our space, and expanding our capacity to offer the services that will help

improve the mental health of the people we serve. As we approach a half century of successful service to the community, Samaritan Counseling Center remains flexible, balanced—and resilient!

Thank you for your interest and investment in Samaritan. You are a hero to the clients and students who seek our care.

Sincerely,

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