

# Turning a New Leaf

## Back to School Can Trigger Anxiety in Children by Angie Valente, Ph.D.



As another school year begins, some children return to the classroom with a variety of fears. Some of these fears include: talking in front of class, meeting new friends, large group gatherings, attending school, children who bully, and their academic and athletic performance. While it may be typical for most children to have some hesitancy about these situations, other children may experi-

ence fears and anxieties beyond what is considered adaptive for their age.

Children who experience that degree of fear or anxiety may have an anxiety disorder. Anxiety symptoms are often difficult to detect, due to their "invisible" nature and as a result are not easily recognized by parents, teachers or even peers. Many children who experience anxiety disorders suffer silently. It may not become apparent that a child has an anxiety issue until an area of their life has become severely affected, such as poor school attendance, grades, problems with peers, clinical depression, substance abuse and even

suicidal thoughts, behaviors.

Early detection and intervention is very important. Some symptoms of anxiety in children include chronic worry about everyday events such as school, physical symptoms such as stomachaches, headaches or pain not explained by a medical cause; difficulty and distress when being separated from parents, panic attacks, which include sweating, chest pain or dizziness when confronted with a fearful event; obsessive or repeated thoughts and behaviors, and avoidance of feared situations.

Furthermore, children who have experienced a traumatic event such as a natu-

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### What to look for if you suspect your child suffers anxiety -

- **Chronic worry about everyday events.**
- **Physical symptoms (stomachaches, headaches, pain) not explained by a medical cause.**
- **Difficulty, distress when separated from parents.**
- **Panic Attacks.**
- **Obsessive behaviors.**
- **Avoidance of feared situations.**

## To Better Serve: New Leaf Resources Collaborates with Chicago Christian Counseling Center

As leaders of our ministries, we frequently encounter the perception that New Leaf Resources and Chicago Christian Counseling Center are "competitors." This makes both of us uneasy because we want to think of ourselves as "collaborators." An online dictionary defines "collaboration" as follows: "To work together on a common enterprise or project." It can be modified slightly: "To work together on a common enterprise or project for the good of

those served."

To better serve our clients and also our communities, the boards of New Leaf Resources and Chicago Christian Counseling Center have each appointed members to a task force to discuss the possibility of collaboration between the two agencies. This task force is comprised of Dr. Marty Doot, Rev. Gerrit Veenstra, George VandeWerken, Terry Top and Bruce Frens. In examining these possibilities, both boards are seeking to determine the best

way to be good stewards of the resources that God has provided in terms of facilities, abilities, staff and needs of each ministry.

Initially, we are examining the possibility of sharing the use of an office space in an area where both agencies are currently functioning on a part-time basis. We are also exploring the feasibility of opening a new counseling site using the gifts of both of our staffs. Another possible area of collaboration would be billing, collections and insurance negotia-

tions. We might even be able to share staff resources in areas like promotion, development and business management. Sometime early next year we are hoping to do a joint staff training event where a speaker will be brought in to train staffs of both ministries in a particular area of counseling.

Through all of this, we, along with our two boards, want to see God receive

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## Our Mission

New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.

## Back to School Triggers Anxiety...

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ral disaster, accident or child abuse may have difficulty with repeated imagining of the events. It may become evident in play or drawings, nightmares, avoiding reminders of the event and exaggerated startle response. Sleep and concentration problems are also common with anxiety disorders.

There is hope for children who have anxiety issues. Effective interventions have been developed that assist children who experience anxiety by giving them coping skills. Parents assist children in their recovery by encouraging development

of coping skills and changing their own pattern of how they respond to their child's anxiety. Treatment can be very successful when a child and parent are motivated. In some cases, psychotropic medication may be recommended.

New Leaf Resources offers a variety of approaches to assist families who have children with anxiety issues. Psychotherapy focuses on helping children gain coping skills such as relaxation, changing thinking patterns, and facing their fears. Computerized therapy may also be available to help children depending on their age. Art, sand and play

therapy are also offered to assist children in expressing their specific fears or working through traumatic situations. Family therapy may be recommended to all family members to help the child cope and learn different ways of relating.

This fall, an **Anxiety Group** run by Angie Valente, Ph. D., will be offered in the **Crown Point office** which will assist children ages 7-12 learn coping skills in a fun cooperative atmosphere using well researched curriculum. If your child is struggling with anxiety, do not hesitate to contact us for information on how we can be a resource of healing for you!

## Who is Barnabas Foundation?

For over 30 years, Barnabas Foundation in Tinley Park has been advancing God's kingdom by providing quality planned giving and estate planning services. Their goal is to help caring Christians strengthen support for the ministries of several hundred member organizations including New Leaf Resources.

### How do they work with donors?

They are committed to the principles of Christian Stewardship.

They help Christians accomplish their individual and family estate planning goals. This means that income needs and requirements are considered in each plan. Attorneys who are knowledgeable in charitable giving benefits as well

as estate plans, facilitate the process.

They assume complete confidentiality in the planning process. You can feel secure in providing them with necessary information to develop an estate plan because the planning is objective and independent, and all information is confidential. Financial details and family situations are not disclosed to any organization.

They do not sell or encourage any particular financial or investment products.

Their planning services are provided to individuals free of charge and with no obligation, thanks to the annual contributions made by the foundation's 200 Christian member organizations.

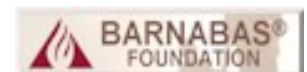
They do not ask for any gifts. No gifts to Barnabas Foundation are either solicited or encouraged.

### Barnabas offers:

- Clear and easy-to-understand planning information.
- Answers to your specific questions about wills, trusts and estate taxes.
- Estate planning visits. Estate planning expertise.
- Computer calculations for charitable gifts.
- Competent local Christian attorney referral choices.

For more information about Barnabas Foundation, call toll-free 888-448-3040.

Adapted from Barnabas Foundation



## A Reason to Celebrate - Becky's Story

Former client "Becky," recently shared her experience at New Leaf Resources in hopes of reaching others who are hurting.

"God led me to New Leaf through two friends who had been helped there. It is normal to be anxious about

making the initial call and as soon as I talked to the person that assigned me to a therapist, I felt tremendous peace. Everyone who works there cares deeply about others and you will know that immediately. Going through therapy creates

necessary pain to reach the ultimate healing needed to find joy again. God used New Leaf to help me find myself again, the Bible to assure me of His love for me and a fresh start for the future. Praise God!"



**"God used New Leaf to help me find myself again, the Bible to assure me of His love for me and a fresh start for the future. Praise God!"**

- Becky,  
a former client

## What's "New" at New Leaf Resources...

This summer brought some staff changes to New Leaf Resources with the retirement of therapist **Hets DeRose**, and graduation of student intern **Kathy DeVries**. **Sheila Boender** has also left NLR to open a private practice and start a family.

All three were devoted to their clients and worked with the utmost integrity and professionalism. Hets and Sheila were instrumental in the development of the play therapy program, the recent grant for play therapy toys and working with the local Christian school system. We wish them all the best in their future endeavors.

Welcome back former intern therapist **Leah Travis**. Leah will be assuming a part-time administrative role vacated by **Linda Boender**, who is cutting back on her hours to two evenings a week. Leah will be in the office on Wednesdays and Fridays, while **Linnea Baker** will work Monday, Tuesday and Thursday. Leah is currently working towards her Mas-

ter's Degree in Marriage and Family Therapy and expects to graduate in December. She and her husband Justin live in Portage.

**Terri Kasper** has joined the staff as Development Director, a newly created position at New Leaf. She will be responsible for marketing, public relations and fundraising for the organization. As the economy continues to weaken, giving in general is down as is the number of individuals seeking services. Terri's goal is to cultivate new donors, while creating awareness of our organization in the community.

"I've been told that New Leaf Resources is the best kept secret in the community, said Kasper. "We need to let the 'cat out of the bag' and tell the community we are here to help, regardless of a client's ability to pay."

With Terri's help, the NLR's website has been updated with a fresh new look, she's created the organization's quarterly newsletter and is

working closely with the Development Committee on fundraising and marketing.

Terri and her husband, Jim, live in Munster, with their three daughters, Mackenzie, Madeline and Kelsie.

## To Better Serve...

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glory and thanks for these two agencies that provide over 16,000 counseling sessions to individuals and families each year. God has richly blessed New Leaf Resources and Chicago Christian Counseling Center and we ask you to pray for God's continued blessing on each ministry, and on the efforts put forth to develop more collaboration with one other.

Terry Top,  
Executive Director  
New Leaf Resources

Bruce Frens,  
Executive Director  
Chicago Christian  
Counseling Center

## Looking for an easy way to help?



Here's some ideas!

- **Pray** for New Leaf Resources.
- Use **GoodSearch.com** & **GoodShop.com** - this search engine donates a .01 per search & up to 37% of every purchase to New Leaf Resources.
- Be a **Corporate Sponsor** - for CARE Conventions, Annual Banquet
- **Volunteer** to help with - **Mailings:** 5 - 6 times per year, label, stuff envelopes. **Gardening:** On a regular basis, help maintain the landscaping at the Lansing Office.

See more ideas on-line at  
[www.newleafresources.org](http://www.newleafresources.org)

## Save a tree

Would you prefer to get this publication via e-mail? Please let us know by sending us your e-mail address to [terri@newleafresources.org](mailto:terri@newleafresources.org).



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### New Leaf Resources is...

A **professional mental health agency** which provides counseling services to individuals, families, couples, children, churches, schools and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support and coaching.

### New Website is On-line

Learn more about New Leaf Resources and the services offered by visiting our website at [www.newleafresources.org](http://www.newleafresources.org). Check it out! Bookmark it as a favorite and share it with your friends and family. Through a company called Faithwebsites, we've created an easy to navigate site, which can be managed in-house. There are helpful links to other websites, frequently asked questions about counseling and a secure way to make donations. If we can be of help to anyone in your circle of friends and family, please contact us. Think of us as a resource for anyone who might need counseling from a Christian perspective.

### Save the Date...

**Annual Celebration  
BANQUET  
Friday, May 1, 2009  
DoubleTree Hotel  
in Alsip**

Enjoy delicious food, fellowship with friends and celebrate the many success stories at New Leaf!

Sponsorship opportunities are available. Call Terri Kasper for more information.