

Turning a New Leaf

Volume 1, Issue 4

- Promoting healthy relationships and personal growth from a Christian perspective -

Summer 2009

When Kids Have Both Ends Burning - by Angie Valente, Licensed Psychologist



You notice that your child has come home from school for the past few weeks in a very different mode than usual. As she comes in the door, you ask her to clean the dishes in the sink and start homework. She snaps back at you in a strong voice, and then proceeds to throw her books on the floor.

You, surprised at this outburst, perceive it as a challenge to your authority; raise your tone of voice, and demand that she complete her chores and homework. At this point your child "loses it," begins to cry and runs to her room. You think to yourself that she must be pre-hormonal, ignore the display, and remind her that she must practice her piano after homework, and then be ready to leave the house by 6 pm for her softball game. The crying does not stop, and you start to wonder what else you can do.

What is described above can be a fairly common occurrence in families in

which children and teenagers can become burned out. Today's youth are blessed to be able to be exposed to a wide variety of activities; however this exposure can come at a price if taken to the extreme.

Just like adults, youth can also experience stress and burnout symptoms including moodiness, lethargy, excessive whining, a loss of the fun of an activity, and a feeling as if you have to "drag" their feet to do things.

Depressive and anxiety symptoms can even become present if the issue is not attended to. These problems can begin to impact other areas of life including school grades, performance in sports and recreational activities, and more subtly, family relationships. Parents can also experience the same burnout symptoms as they run from activity to activity.

Wellness professionals have become more concerned in recent decades about this phenomena, as college admissions criteria become more stringent, competition with peers increases, as well as a push by parents for their kids to be the "best."

It is not uncommon for youth nowadays to be lost in a schedule rather than be enjoying their youth in play or engaging in time with

others that fosters growth of relationships.

Parents can relieve this cycle by becoming familiar with the symptoms of burnout described above. They can also plan specific times for family interaction and activities. Scheduling downtime for youth is also important. This could also entail cutting back on activities that the youth may even want to do.

This would be a good opportunity to teach youth about the importance of stress management and working with them to develop techniques to relieve stress such as deep breathing, meditation, and visualization. Helping youth to learn that "we are not what we do" can assist them in developing a healthy perspective on their view of themselves and enhance their self-esteem.

One way kids can deal with burnout is by talking and sharing with other kids about their experiences. There will be a new group starting this fall for kids ages 7-12. Kids can share how to cope, learn new social skills and strategies and connect with each other.

If you are interested, call the New Leaf Resources at (708) 895-7310 and ask to be put on our "Kids Group" list.

Are Your Kids Experiencing Burn-out?

Symptoms can include:

- Moodiness
- Lethargy
- Excessive whining
- Loss of interest in activity
- School grades beginning to drop
- Performance in activity slips
- Family relationships strained
- Depression or Anxiety

Resources for parents:

www.columbusparent.com

www.hyper-parenting.com

See more at
www.newleafresources.org

Coming Soon...



a "Kids Group" for children ages 7 - 12 in the Crown Point office led by Dr. Angie Valente.

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Our Mission

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

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

Welcome Nicole Dosie-Brown to the office support staff. A resident of Richton Park, Nicole will be handling insurance benefits, scheduling and answering the phones. Most recently Nicole was on staff at Aunt Martha's. In her spare time, Nicole enjoys reading, exercising and is involved with several church activities. Nicole and her husband Darren have been married for 9 years and are proud parents of five-year-old Chane.

Guest Speakers Available

Need a speaker for your next group or church function? New Leaf Resources' therapists are available to address groups of any size and age from youth to senior citizens. Whether its for a MOPS group, business organization or youth gathering, New Leaf can address a variety of topics including:

- Addictions/Substance Abuse
- Blended families
- Bullying
- Caregiver Stress
- Cutting and Self-injury

- Depression and Anxiety
- Disaster & Mental Health
- Divorce recovery
- Forgiveness
- Geriatric Depression
- Grieving During Holidays
- Marital issues
- Managing Stress
- Parenting
- Time Management

For more information or to schedule a speaker for your next event, call the office at (708) 895-7310.

Barnabas Foundation Stewards Fund

The Barnabas Foundation Stewards Fund (donor-advised fund) is one of the best ways to maximize and simplify charitable giving.

The Stewards Fund allows individuals to make one gift to Barnabas Foundation and then recommend distributions to their favorite charities at a later date. This gives an immediate tax benefit, yet still allows time to recommend charities the donor would like to support.

You can establish a Stewards Fund account by contributing a number of different types of assets. There is no set-up fee for this account and, depending on the asset contribute, you may gain other tax benefits as well. The Barnabas Foundation Stewards Fund helps you streamline your charitable giving while providing various tax advantages.

Here is how it works...

Step 1 - Establish your account

Call Barnabas Foundation to set up your account over the phone. For on-line grants, please provide password. Mail back the signed Stewards Fund agreement. No set-up fees for this service.

Step 2 - Fund your account

After establishing your account, you must make an initial contribution of \$10,000 or more in cash, securities or other types of assets. You receive an immediate tax deduction.

Step 3 - You may recommend how to invest your funds

For accounts over \$50,000 you may recommend allocating your account across our four different Investment Funds. Accounts under \$50,000 are invested in our Cash Equivalent Fund.

Step 4 - Recommend grants (distributions) to your favorite charities

Use on-line Grant Recommendations or fax/mail your Grant Recommendation form. Do this when you are ready to provide support to a charity.

Step 5 - Leave the paperwork to them

Barnabas will prepare and send checks for your approved grants/distributions. Statements are sent for each month you have activity in your account. Your Year-End statement summarizes all your charitable activity in one convenient report.

For more information on Stewards Funds, contact a representative at:

Barnabas Foundation
18601 North Creek Drive
Suite B

Tinley Park, IL 60477
(708) 532-3444

info@barnabasfoundation.com

Fostering Confidence Makes All the Difference

A former client recently shared how her experience at New Leaf Resources has helped her manage a variety of new life experiences, including graduating from college and landing an internship.

"...You helped foster within me the confidence to do such things and you threw me in some of the first situations I was not 100% comfortable with, but I went for it and that success was a big part of the foundation of other things I have done. You trusted in me and

my abilities even when I didn't and that helped bring me to another level. That still helps me in situations where I am not comfortable---and those are the good situations--the learning ones.

Thank you..."



CARE 360° Sponsorship Opportunities

With advancement of social media and availability of mobile phones creating even more peer pressure for "tweenagers," the need for Christ-centered prevention programs focused on self-care and caring for others continues to remain strong.

For the past 15 years, New Leaf Resources has coordi-

nated CARE Conventions, newly renamed CARE 360°, a day-long event for middle schools students focusing on remaining drug-free, caring for themselves and others, and living Christ-honoring lives.

With the help of high school volunteers, the students hear from motivational speakers, engage in small group dis-

ussion and learn through fun skits and songs.

To defray costs and keep the program affordable for families, New Leaf is looking for businesses and organizations who would help sponsor the program. If you are interested in partnering with New Leaf's CARE 360°, please contact Terri Kasper at (708) 895-7310.

"You trusted in me and my abilities even when I didn't and that helped bring me to another level. That still helps me in situations where I am not comfortable."

**- a former
New Leaf client**



Looking for an easy way to help? Here's some ideas!

1. **Pray** for the work at New Leaf Resources.
2. Use **GoodSearch.com & GoodShop.com** - this search engine donates a .01 per search & up to 37% of every purchase to New Leaf Resources.
3. Host a **Fundraiser** for New Leaf Resources - from garage sales to golf outings to penny wars, you, your organization or school could partner with us.
4. Be a **Corporate Sponsor** - for CARE 360° or the Celebration Banquet.
5. **Volunteer** to help with

Mailings: 3 - 4 times per year, label, stuff envelopes. **Grant Writing & Research:** provide assistance with inquiries and proposal writing.

6. **Spread the word** - tell a friend, your pastor, your club members about New Leaf Resources

7. **Matching Gifts?** Does your company match your charitable contributions— you could double your giving to New Leaf.

For more ideas or information, please call Terri Kasper at (708) 895-7310 or email terri@newleafresources.org.

Become a "Fan" of New Leaf Resources

Are you a friend of Facebook®? Then check out New Leaf Resources page on the social networking site and become a "fan."

Find interesting articles, links to helpful websites and important resources. There are photos from recent CARE Conventions and the Spring Celebration Banquet featuring comedian John Brayan.

You can get there from a link on our website at 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.



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New Leaf “Wish List”

Sometimes, a need arises in our organization which was not included in the annual budget. Listed at the right are a variety of items which would be of great benefit to the ministry:

- TV with VCR/DVD
- Postage stamps for mailings
- Instrumental Music CD's
- New phone system for Lansing office
- Computers for therapists
- New roof for Lansing office
- Parking Lot resurfacing for Lansing office

Contact Terri Kasper at (708) 895-7310 for more information.

Special Thanks to...

- Munster CRC for use of their parsonage for counseling.
- Our faithful donors who continually give to support the Marty Doot Client Assistance Fund!
- The staff at Great Lakes Bank for helping with the quarterly newsletter mailing!
- Volunteers: Shari Krajewski and John & Lois Stob—we are grateful for your time!
- Dedicated Board & Staff!

Not on Our Mailing List?

Sign up today to receive New Leaf Resources quarterly Newsletter—helpful information, informative articles and stories of hope and healing. Call (708) 895-7310 or email your request to info@newleafresources.org.



 **new leaf resources**
hope. help. healing.

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.