

OFS STATS

From January through July, Ozaukee Family Services touched the lives of **4,092** local residents:

1,895 children and parents learned about **Internet Safety** and **Cyberbullying**.

1,196 children participated in one or more of the **34** prevention programs addressing child abuse, eating disorders, safety and personal boundaries.

211 parents participated in at least one parenting program including: play groups, **Spirited Child** and **The Incredible Years**.

134 children and **107** parents received **429** home visits from a **Parents as Teachers** educator.

94 parents attended **Beyond Divorce Class** to learn co-parenting techniques.

73 individuals received **636** hours of affordable counseling. In addition, **9** adolescents attended a ten-week **Girls Group** program.

96 individuals received assistance and support through the **CST (Coordinated Services Team)** program

96 children and **68** parents have participated in the **Family Steps** program

38 children and **17** parents received support through the **RAINBOWS** program.

58 seniors received **643** instances of help including rides, chores and visits.

181 people are actively volunteering for OFS.

These OFS programs promote strong & healthy families that make Ozaukee County a great place to live, work and play.



Improving lives to help individuals and families succeed

News

FALL 2017



JOE OCHALEK VOLUNTEER & DONOR

While working as a manufacturing cost accountant, Joe Ochalek did a lot of international travel. Since retiring, he has traveled back to Europe many times especially to Brussels, Paris and London. When he would share stories about his travel, it peaked the interest of family and friends and many of them expressed a desire to visit those cities. So now he goes back almost every year and enjoys taking different people with him - his kids, grandkids, nieces and friends. He is an unofficial tour guide for many of his travel companions and enjoys seeing their excitement and wonder as they explore places and cultures that are new to them. These trips allow Joe to visit former co-workers and old friends in addition to new friends that he has made by visiting and staying at the same spots throughout the years.

Joe started volunteering for OFS in 1994 the same year he retired. According to Joe, after his retirement he realized he wasn't doing anything for anyone but himself so he looked for ways to get involved and help others. That led him to Ozaukee Family Services and Big Brothers/Big Sisters. At Big Brothers, he was matched with a "little brother" who was 11 years old and being raised by a single mom. Joe loved spending time with his little brother and enjoyed watching him grow up and mature.

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Initially Joe was a little skeptical of becoming a volunteer driver. Although he had free time he had some windows of time that he was unavailable – mostly time that he devoted to babysitting and driving his grandkids around. However, Joe soon realized that being a driver for OFS was very flexible and he could just volunteer during the hours he was available. "I am never required to say yes to a request so I am still able to drop off or pick up my grandson from wherever he needs to be."

As to why he volunteers, Joe says, "I just feel that everyone that can help should help in whatever way they can. It took me a while to realize it, but it is what I feel we are all on earth to do – to help one another. It really is the Golden Rule." In addition to the flexibility of being a volunteer driver, Joe enjoys the nice people he meets. "I have one regular gal I drive every Thursday but have driven many other people too. I love the wonderful conversations we have. Eventually most of them will ask me if I get paid to drive them or get reimbursed for my gas. They are surprised when I tell them that I don't. But I have the time and I can spare a few extra dollars for gas. They think it is wonderful and it is their appreciation that is my pay."

And appreciate him they do! When asked to share her thoughts on Joe, the woman that Joe drives on Thursdays shared, "He is such a nice man. He's so humble! He drove me somewhere else but even stopped at Piggly Wiggly for me. He pulled right up to the door, got out of the car and helped me into the store. He tells me about his family and things he likes. I can't say enough good things about him. I keep thanking him for being so nice."

"Just try it once, provide one ride and if you don't like it you don't have to do it again. Or make one donation of a gift card or cash and see how it makes you feel. It really is easy to help; even at my age and I'm 86"

– Joe Ochalek

Maribeth Penno, OFS Senior Services Coordinator, also appreciates Joe and his willingness to help. "He drives one elderly client almost every week and he will provide a ride for anyone else if it fits into his schedule. I also appreciate the friendly greeting I usually get when I call him, 'This is Joe. Tell me where to go.'"

In addition to driving, Joe supports OFS and our clients by supplying a number of grocery gift cards each month for us to distribute to families in need. "I learned about some OFS families (clients) that were struggling financially and thought I have a couple of extra dollars, this is an easy way to help. Sometimes we make the mistake of judging people or wonder how a person got themselves into a situation or blame them for being in a certain circumstance. To me it doesn't matter how they got there. If that is where they are, then let's start from today and help them from that point."

Katie Baud, OFS Family Steps Coordinator, has distributed these grocery gift cards to a number of families. She is grateful to be able to give them out as she sees firsthand how hard these families work and how tight their budgets are. She often hears comments like, "this couldn't have come at a more perfect time" or "this will allow me to use a little of my grocery budget for unexpected expenses." The recipients are so appreciative and often get choked up as they explain what it will allow them to do. One of the families, a couple with a young daughter with special needs, had virtually no food in their house and only one roll of toilet paper and needed to make it for four more days until their next paycheck. The mom choked up and cried when receiving the grocery gift card explaining how it would allow her to buy food and essentials to get them through the week.

Joe has advice for anyone thinking about supporting OFS or volunteering: "Just try it once, provide one ride and if you don't like it you don't have to do it again. Or make one donation of a gift card or cash and see how it makes you feel. It really is easy to help; even at my age and I'm 86."

We appreciate Joe and all our volunteers. We are in need of more drivers! If you would like to learn more, give us a call at 376-7774.

OFS PREVENTION PROGRAMS MAKE A DIFFERENCE

OFS Prevention Specialists give presentations to students of various ages in schools throughout the county. Information is presented on a variety of topics including: Protective Behaviors, Internet Safety, Cyberbullying and Eating Disorders. Many of these presentations are done in conjunction with local law enforcement and an officer will often co-present the material with an OFS staff member.

The Protective Behaviors program is designed to help kids know the difference between good touches and bad touches and how to stop behaviors that make them feel uncomfortable. These presentations are given to Kindergarten, 3rd and 5th grade students. The material is presented in an age appropriate format and utilizes written material as well as a video titled "It's Your Body: You're in Charge". The children learn that it is never their fault if someone does touch them inappropriately and that nothing is so awful that they can't talk to someone about it. They also learn to say no, tell a trusted adult and keep telling until they find someone who can help and that it is ok to tell even when they are told not to. In addition, older kids also hear fictionalized stories of young victims of sexual abuse. They learn that sometimes people close to them can hurt them, that they are in charge of their body and that their body belongs only to them. It is stressed that the abuse is always the perpetrator's fault and never the victims and that it is extremely important for them to tell someone if this happens to them.

We recently received the letter shown here from a local detective that demonstrates the importance and effectiveness of these Protective Behavior Presentations.

VOLUNTEERS ARE THE HEART OF OUR AGENCY!



Rainbows Facilitators – Are you caring, compassionate, and a good listener? Facilitators assist children as they adjust to a death or divorce in their family. Rainbows is a 12-week peer support program that meets twice a month on Tuesday evenings beginning October 24. Training will be provided.

Driver – We need more volunteers willing to give a local senior an occasional ride to medical appointments, the grocery store or the pharmacy. Flexible – help when it is convenient for you. By providing just one ride a month you can help a local senior citizen remain living in their own home.

Childcare – Have fun supervising kids while their parents attend one of our workshops. Without our volunteers, some of the parents would be unable to attend. Volunteers needed on select week day mornings and evenings.

Group projects - Looking for a volunteer opportunity for a group (e.g. Scouts, youth group, church group, etc.)? Contact our Volunteer Coordinator for projects that can be done right here in Ozaukee County.

Willing to share your professional skills? Consider joining our Auxiliary (meets once a month during the day) or Advisory Board (meets early morning twice a year).



Ozaukee County Sheriff's Office

Jim Johnson, Sheriff

1201 S Spring St • PO Box 245

Port Washington, WI 53074-0245

262-284-7172 (Local) • 262-284-8490 (Fax)

www.co.ozaukee.wi.us/sheriff



May 25, 2017

To Whom It May Concern,

Recently Ozaukee Family Services Prevention Educator Ruba AlSaman and myself conducted a Sexual Abuse Presentation at a school located in Ozaukee County. At the end of the presentation a child asked, "was it ever too late to report sexual abuse?" The class was informed it was best to report immediately; however, it was never too late.

After the presentation the school guidance counselor and myself met with this child. The child disclosed physical and sexual abuse that occurred a couple of years prior at a daycare.

Because of the Sexual Abuse Presentation provided by Prevention Educator AlSaman and myself this child came forward with her story. As a result, this child was able to open up about a painful and traumatic experience. Her family was updated and she was able to start receiving the help and support she needed. I believe had it not been for the Sexual Abuse Prevention Presentation this child would have not shared her story and gotten the help she needed.

Sincerely,

Detective Amy Steger
Ozaukee County Sheriff's Department
astege@co.ozaukee.wi.us
1201 S Spring Street
Port Washington, WI 53074
262-268-7714
Fax: 262-284-8490

CST (COORDINATED SERVICES TEAM)

CST is focused on helping families whose children struggle with significant and serious behavioral and/or mental health issues. It is a community-based team process that assists families by promoting collaboration among their service providers. The goal of the program is to keep families together, improve communication and avoid out-of-home placement for children. It is family-centered and uses a strength-based approach. A family team coordinator from Ozaukee Family Services works with each family and puts together a team to support the family.



OFS currently has 26 families involved in the CST program. This year we had a unique situation in that two of the referrals were families that had a language barrier that added to the challenges they faced. Each CST family and team is different but here are examples of how the program has worked to improve the lives of these two local families:

The first family, a couple with a 7-year-old boy, moved to the area several years ago. Neither the Mom nor the son spoke English. All three members of the family were seeing a counselor. When the child, Bobby (not his real name), first began attending school, he had a hard time sitting still and was extremely frustrated because of the language barrier which lead to many behavioral outbursts. Bobby was referred daily to the office for behavioral incidences during the first quarter. Bobby's mom also felt the frustration of the language barrier and felt like she had a hard time advocating for his best interest because of it.

The CST family coordinator put together a team that included school staff, a county worker, the child's counselor and an interpreter. The team met approximately every three weeks at school. They got Bobby working with the ELL (English Language Learning) teaching staff and he very quickly learned English. Bobby has shown significant behavioral and academic progress over the past year and has nearly caught up to his grade level. Thanks to generous donors, OFS was able to help the family financially over the summer by providing funds for Bobby to attend summer school classes so he could continue to work on his English, both reading and writing. In addition, Mom has started taking English classes.

At the end of the school year, the school staff expressed how impressed they were with Bobby's progress. He had not been referred to the office for behavioral issues at all during the fourth quarter. In addition to his progress at school, CST helped the family become more immersed in the community. They recently joined the YMCA where Bobby enjoys interacting with other kids his age, swimming and playing basketball. Bobby's counselor also shared her thoughts on the program, "My experience with CST is that it brings together the important people in a child's life and establishes a support system and communication that cannot be duplicated in any other way. I've seen great changes and cooperation happen as a result of the work of CST."

In another family, the child, Luke (again not his real name) was referred to the program by the school Guidance Counselor. Luke was 10 years old and displaying aggressive behaviors at school both to peers as well as school staff. Luke lives with his parents, his sibling and two cousins. Luke's parents do not speak English and had a hard time trusting people outside of the family. The CST family coordinator formed a team comprising of the Guidance Counselor, Luke's classroom teacher, his parents and an interpreter. The team met at school every 3 to 4 weeks. The team identified early on that Luke could benefit from some counseling. The family coordinator helped identify community and counseling resources and found a bilingual counselor for him. Luke began seeing the counselor weekly and joined a "leadership group" at school, which met during his lunch hour. In addition, Luke was matched with a high school mentor. Luke met with this mentor twice a week. They worked on homework but also did fun things together including working on woodworking projects. Luke's mentor was able to join the team at many of their meetings.

At the last meeting of the school-year, the team reviewed the progress Luke has made noting the drastic decrease in his aggressive behaviors. Luke has decided to join football this coming year. OFS helped with the cost of football cleats and he qualified for a scholarship to cover the cost of joining the team. Luke recognizes how helpful the program has been. He has expressed that he would like to continue in the program as he feels he could use the support while transitioning to middle school.

The CST program is a perfect example of our mission in action – improving lives to help individuals and families succeed.

THANK YOU FOR MAKING A DIFFERENCE!

In many of our programs (CST, counseling, Family Steps) part of the treatment plan often encourages an individual or family to become involved in positive, healthy and social activities. However, sometimes the cost of necessary equipment or supplies, or the activity fee itself, makes it impossible for them to do so. Your assistance has allowed us to help several families in the past several months by providing funds for:

- YMCA membership for three families
- Football cleats
- Grocery gift cards
- Summer School fees
- Sport fees
- A lawn mower
- Summer activity books for kids
- Backpacks and school supplies for 43 kids
- Bay Beach Amusement Park tickets



Your generous donations allow us to not only offer our programs, but also allows us to provide this extra assistance.

CST (Coordinated Services Team) - A community-based team process that assists families by promoting collaboration among their service providers. CST is focused on helping families whose children struggle with significant and serious behavioral issues and/or mental illness.

Counseling - Confidential counseling for children, adolescents, adults, seniors, individuals, couples and families. Counselors specialize in issues relating to relationships, communication, conflict resolution, mild depression, grief and adjustment issues, parenting issues, stress management and more.

Family Steps – Works with families to identify areas in need of intervention and helps develop an effective treatment plan to help resolve ongoing issues. Services include behavior modification, parenting skills enhancement, family therapy and helping families effectively utilize community resources.

If you would like to make a donation, send a check to: Ozaukee Family Services, 885 Badger Circle, Grafton, WI 52024

OR if you prefer to use a credit card visit www.OzaukeeFamilyServices.org/donations

Ozaukee Family Services is a 501(c) (3) nonprofit agency. Gifts to OFS are tax deductible to the extent permitted by the law.



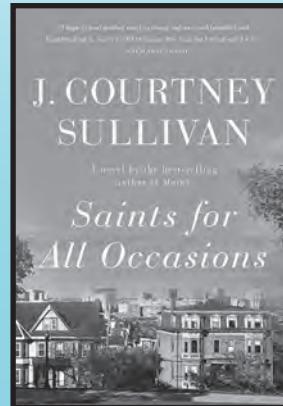
FALL 2017

CALENDAR OF PROGRAMS & EVENTS

OFS ANNUAL FALL FUNDRAISER LUNCHEON

Tuesday, November 7th
10:00 Registration
Program with Luncheon to follow
The Watermark at Shully's
146 Green Bay Rd, Thiensville
\$60 per person — includes
autographed copy of the book

**Author J. Courtney Sullivan
will speak about her new book
*Saints for All Occasions***



Visit www.OzaukeeFamilyServices.org or call or email OFS for more information and reservations.

ONGOING PROGRAMS

PLAY GROUP – Meets the 2nd Monday and 4th Friday of the month (through December 22), 9:30 - 10:30 am. Please note: Play Group will NOT meet on Friday, November 24.

An open and interactive group for parents and their children age 0-4 using books and activity stations centered around themes. Come and play with your child while interacting with other parents in our safe and fun playroom! Enjoy different toys, gain ideas to try at home, make new friends or bring friends to share in the fun! Space is limited. Please call ahead to reserve a spot! Facilitated by Parents as Teachers staff.

BEYOND DIVORCE - Learn how to help your children cope during this transition, how to deal more effectively with the problems that often result from divorce and get advice on how to co-parent so that everyone in your family can maintain healthy relationships. This class fulfills the course requirement of 4 hours of co-parenting education for divorcing parents in Ozaukee County. Registration is required. Classes are scheduled for Saturday mornings. There is a \$50 fee for class and materials.

COUNSELING - Confidential & affordable counseling for individuals, couples, families, children, adolescents, adults and seniors. Sliding fee scale based on income, ensuring availability to anyone in need.

PARENTS AS TEACHERS (PAT) PROGRAM - For children birth to 5 years old. Personalized home visits help parents become their child's first and most influential teacher. PAT educators share information on the latest research and provide ideas and activities for stimulating a child's development to coincide with opportunities for learning. FREE.

WORKSHOPS & EVENTS – ALL CLASSES ARE FREE OF CHARGE!

SPACE IS LIMITED AND SOME CLASSES FILL QUICKLY. CALL TO REGISTER FOR ALL WORKSHOPS. INCLUDE CHILD'S NAME AND DOB AT TIME OF REGISTRATION. LIMITED CHILDCARE MAY BE AVAILABLE FOR SOME CLASSES - ADVANCE REGISTRATION REQUIRED.

THE INCREDIBLE YEARS

Wednesdays, October 4 – November 15, 6:00 - 8:00 pm

This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Katie Baud, MSW, OFS Counselor and Family Steps Coordinator and Melissa Wellenstein, BSW, MS, LPC, OFS Counselor.

MORE FREE WORKSHOPS & EVENTS!

DADS AT PLAY

Thursday, October 12, 6:30 - 8:00 pm

Did you ever think about how important playing with your child is? Learn fun ways to build your relationship and engage with your child through games and other age appropriate activities that support your child's social, emotional, physical and cognitive development. Facilitated by Parents as Teachers staff and Tom Hayes, OFS Board Member.



RAINBOWS

Every other Tuesday, October 24 – March 20, 6:30 – 7:30 pm

Rainbows is a program for children and adolescents (K-12) who are dealing with major family changes such as divorce or death. The 12-week program seeks to provide a "rainbow" after the storm in a child's life. Its goals are to help participants understand and express their feelings, to build a stronger sense of self-esteem, and to direct their energy toward a healthy acceptance of the changes that have taken place. Facilitated by Haley Pfeuffer, BSW, Rainbows Coordinator at Ozaukee Family Services.

GUYS GROUP

Thursdays, October 26 – December 21, 6:00 - 7:00 pm

GUYS GROUP is an 8-week mentorship group for guys 13-17. This group is designed to give guys the tools to develop social and emotional well-being. This is an exciting opportunity for guys to make connections with peers and positive male role models in the community while learning essential coping skills to manage daily stressors. Facilitated by Ozaukee Family Services staff members.

LOST IN CYBERSPACE: EFFECTIVE PARENTING IN A DIGITAL WORLD

Wednesday, November 8, 6:00 - 7:30 pm

How can we, as parents, possibly keep up with the ever-changing world of technology and keep our children safe? Can we have control over their devices? What is Snapchat and how does it work? Facilitated by Ruba Al'Saman, Prevention Education Coordinator at Ozaukee Family Services.

LITERACY FOR LITTLE ONES

Tuesday, November 14, 6:30 – 8:00 pm

You are your child's first teacher. Come and learn how reading books, telling stories, singing songs and chatting about what you read can help infants, toddlers and preschoolers develop language and pre-reading skills. Research shows that these skills will improve success as a lifelong reader and learner. Facilitated by guest speaker and Parents as Teachers staff.

LET'S PLAY TO LEARN – LETTERS & LITERACY

Wednesday, November 29, 10:00 - 11:00 am

Learn ways to stimulate your 2- 4 year old's learning and creativity in this play-based parent and child workshop. Facilitated by Parents as Teachers staff.

HEARTFELT THANKS TO OUR CORPORATE PARTNERS



For more information on OFS programs and events, please visit our website OzaukeeFamilyServices.org or call us at 262.376.7774.





Improving lives to help
individuals and families succeed
262.376.7774

885 Badger Circle
Grafton, WI 53024-9436

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ADDRESS SERVICE REQUESTED

Thank You!

If you would like to make a donation, simply drop off your contribution at the OFS office or call us to schedule a pick-up. We will provide you with a receipt for tax purposes.

GIFT CARDS - Target, Walmart, Kohl's, Home Depot, grocery stores, gas stations - for us to pass on to those in need.

INCREDIBLE YEARS - Items for door prizes for parents who commit to coming to class for 7 weeks: laundry detergent/fabric softener, diapers, dish soap, soap/body wash, lotions, shampoo/conditioner, toothbrushes, paper towels, toilet paper and wipes.

RAINYDAYS - Snacks (individually packaged items such as fruit snacks, cheese & crackers, granola bars, cookies, etc. - expiration date should be 1/31/18 or beyond); small gifts that children in the program can choose as a holiday gift for their parents (especially needed are gifts for dads).

PARENTS AS TEACHERS - bubble wrap, clear glue/school glue, glue sticks, foam shaving cream, stickers, laminating sheets (letter size X 14", or larger), paper towels, corn starch, Play-Doh® (regular size), butcher paper or packing paper (rolls), poster board (11" pouches), 1" or 1½" binders, paper towels, cereal boxes, ziploc bags (sandwich and gallon size), plastic table cloths (rectangle), tape, Clorox wipes, commmeal, balloons, plain white paper plates

CST (COORDINATED SERVICES TEAM) - items to be used as incentives/rewards: gift cards in small amounts for movers/thefters, household cleaning products (lysol wipes, sprays, etc), gas cards, gift cards for grocery or department stores, WE energiees gift cards (1½" binders, Avery address labels #5160, Desktop computer (Windows 10), post-it notes (all sizes), printer paper, new three-ring binders, laptop computer (Windows 10), Desktop computer (Windows 10), post-it notes (all sizes), printer paper, new three-ring binders, Avery address labels #5160, Office Max gift card to purchase ink cartridges, or call us to schedule a pick-up. We will provide you with a receipt for tax purposes.

IN-KIND DONATIONS - AmazonSmile is a simple and automatic way for you to support OFS at no cost to you. When you shop at smile.amazon.com, you'll find the exact same items and prices as on Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to OFS. You simply go to smile.amazon.com it is a parallel website, your password, shopping cart, order history, wish lists, registrations and other account settings are all the same. On your first visit to AmazonSmile (smile.amazon.com), just select Ozaukee Family Services and receive donations from smile.amazon.com before you begin shopping. The site will remember your selection and then all future eligible purchases you make at smile.amazon.com will result in a donation to OFS.

AMAZONSMILE - AmazonSmile is a simple and automatic way for you to support OFS at no cost to you. When you shop at smile.amazon.com, you'll find the exact same items and prices as on Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to OFS. You simply go to smile.amazon.com it is a parallel website, your password, shopping cart, order history, wish lists, registrations and other account settings are all the same. On your first visit to AmazonSmile (smile.amazon.com), just select Ozaukee Family Services and receive donations from smile.amazon.com before you begin shopping. The site will remember your selection and then all future eligible purchases you make at smile.amazon.com will result in a donation to OFS.