



619 River St. Suite F, Belleville WI 53508 Office: (608) 424-9100 Fax: (608)-424-9099
1-888-IHWORKS (449-6757) foundations11@verizon.net Foundationscc.com

How lucky we are to have known someone who was so hard to say goodbye to

June 2007
Volume 3, Issue

Awhile back Jen Schudlach and I had a young girl and her family in In-Home therapy; she had been through a number of foster placements prior to arriving with this family which was a pre-adoptive placement for her. Naturally one of the things she had to work on was closure for her past relationships so she could be open to attaching to her new “forever family”. During one session we had her make three lists; one of people from her past who she had to say goodbye to, another of people from her past who stayed and the final list was of new people who have come into her life. We all discussed how throughout life people will come and go and the important part was to understand how to let go and still be open to the new people who would fill the void of those who have left.

I was reminded of that session when Jen announced she would be moving back to Iowa and her last day would be May 18th. Her husband got a great job offer and she accepted a position as an In-Home provider and supervisor; they also bought their first house. While we were happy for her, of course, this meant that we all would have to be saying goodbye to her and we would have to try to find someone who could fill her position.

To give you a little history; Jen actually started as Cristie’s Intensive In-Home Secondary Team Member back before Foundations was founded. She was also the first Foundations’ employee; again serving as a Secondary Team Member for Cristie until September 2006 after which she became the Secondary Team Member for Julia Smith. Jen has been a huge asset to our agency. She has helped with public relations, training new staff and in general just being ready to pitch in wherever and whenever she was needed. Jen took a big risk in joining a brand new agency and stuck with us through all the learning experiences of the last three years.

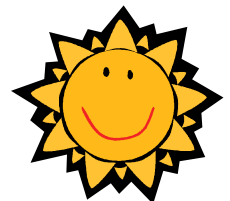


Even though we knew this was coming, it didn’t make it any easier to say goodbye. Over the last month there has been a lot of laughter and tears as we looked back over the stories of the last four years. We wondered about how past clients were doing, shared our success stories and laughed about things that you only would see on the road; like the day we drove past the bike with a push lawn-mower mounted in place of a front tire (a real “riding lawnmower”). That one got us laughing so hard we had to drive around the block twice! We talked about what we do well as an agency and how we could improve. It was interesting to watch everyone go through the stages of grief from sadness to acceptance.

It was during the time when we were thinking that we could never survive without Jen and wondering how on earth were we ever going to find anyone who could fill her position that I got to thinking about that therapy session so long ago and realized that while we could not “replace” Jen, we would soon be starting a new relationship with the person we choose to fill her position. In fact, there will not only be Jen’s replacement that has come into our lives, but there are *several* new faces joining Foundations.

Therefore it is with excitement that we extend best wishes to Jen and introduce to you to all the new staff we are welcoming to Foundations: Wendy Eames, Shawn Froh, Kerry Taniguchi, Megan Theile and Jason Artz.

Inside this issue:	
New Faces of Foundations	2
Fetal Alcohol Syndrome	3
Visit our Website	4



The New Faces at Foundations

Jason Artz will start with Foundations on June 4th. He was our intern from UW-Platteville from Sept-May. He graduated with his Master's in Counselor Education on May 12th, 2007. He will be working with Michelle Zettle-Bruegger in the counties of Lafayette, Grant, Iowa, and Crawford.



Wendy Eames graduated from UW Platteville with her Masters in Counselor Education in 2004. Her area of study in school was eating disorders and GLBT issues. She has done In-Home therapy since 2004 with LSS. She also helped coordinate their runaway program. Wendy will be serving families in Richland and Sauk counties with Sarah Olson.



Shawn Froh graduated from Viterbo University in Lacrosse with her Bachelors in Sociology in 1998. She completed her Social Work courses at Upper Iowa University in 2005. She has experience doing In-Home counseling in Waushara County since 2001. Shawn will be working with Kerry in Dane, Dodge and Columbia counties.



Edgewood Family Therapy Art Therapy is a board



and Family therapist. She has day treatment experience and has been providing In-Home since 2004 at Family Service. Kerry is now teamed with Shawn Froh to serve the counties of Columbia, Dodge and

Kerry Taniguchi graduated from Edgewood in 2002 with her Masters in Marriage and Family and in 2004 she graduated with her Masters in Marriage and Family from Mount Mary College in Milwaukee. She is a certified Art Therapist and a licensed Marriage and Family therapist. She has day treatment experience and has been providing In-Home since 2004 at Family Service. Kerry is now teamed with Shawn Froh to serve the counties of Columbia, Dodge and

Megan Thiele graduated from Northern Illinois University with her Master's in Marriage in Family. Her area of study was eating disorders and obesity. She will be serving families with Julia Smith in Green, Jefferson and Dane counties.



Erin Brunton is our new intern from Edgewood. She is studying for her Master's Degree in Marriage and Family Therapy. She will be with us until May of 2008. She will be working alongside Tera for 20 hours a week.



Helping Children with Fetal Alcohol Syndrome (FAS)/Fetal Alcohol Effects (FAE)

Fetal alcohol exposure is the number one leading cause of mental retardation. Unlike other causes of mental retardation, FAS is entirely preventable. Roughly 16% of pregnant women drink enough during pregnancy to be at risk for bearing a child with some negative effects from alcohol exposure. There is no safe amount of alcohol that a pregnant mother can consume. Remember, a child does not need to have FAS to suffer negative effects from prenatal alcohol exposure. There is no cure for FAS or FAE; however behavioral interventions can help the child develop to their full potential.

Children with FAS have distinct facial features as markers making them easy to diagnose. FAE children may not have the facial characteristics but still have pronounced behavioral difficulties which often leads them to be misdiagnosed.

Some general traits of FAS/FAE children are:

Infants: Tend to be irritable, show sensory defensiveness, have difficulty feeding and sleeping. They are slow to develop and may be late in meeting most developmental milestones.

Pre/Grade school: Often misdiagnosed as having ADHD or Reactive Attachment Disorder; may be seen as purposefully disobedient; they may be lethargic or hyperactive, have trouble learning right from wrong, show poor social skills, weak boundaries, and exhibit poor impulse and anger control.

Middle/High school: They often fall into a negative peer group just so they can “fit in”; tend to be either a victim or trouble maker. They are quite verbal so they appear to understand when actually they don’t. They display a poor ability to generalize information from one area of life to another. So they may get that a neat bedroom makes it easier to find things, but they will not understand that a neat locker will also yield the same results. As teens they are at greater risk for depression, suicide and drug or alcohol abuse.

Parenting an FAS/FAE child can be frustrating. They may do chores and follow the rules for days or even weeks and then suddenly backslide, forgetting how to accomplish chores and exhibiting extreme anger and mood swings. These children are not purposefully trying to misbehave, remember they are suffering from brain damage and they can’t help the way they function nor will they “grow out” of their processing problems.

Some helpful Interventions and Parenting Tips:

* Use a parenting style that encourages **positive behavior**, acknowledges **strengths** and focuses on rewards. They need to be held accountable, but you want to help the child feel successful and competent. Focusing on consequences and negative feedback will only erode the child’s self-esteem further.

*Keep things concrete, **consistent** & predictable.

*Keep communication **short & simple**.

* Use behavior and task charts with **visual cues**.

* Have a **safe physical release** for anger

All interventions may work for awhile then appear to stop working. Continue to be consistent and follow through. Their non-compliance is most likely due to their memory failure due to the FAS/FAE.

References: Reaching Out to Children With FAS/FAE; A Handbook for Teachers,Counselors,and Parents Who Work with Children Affected by Fetal Alcohol Syndrome & Fetal Alcohol Effects, by Diane Davis.Fetal Alcohol Syndrome, by Amy Nevitt.

Foundations Counseling Center, LLC

Helping to Create emotionally
healthy individuals and families.

619 River Street Belleville, WI 53508

Phone: 608-424-9100 Fax: 608-424-9099

1-888-IHWORKS (449-6757)

Foundations11@Verizon.net

Foundationscc.com

www.Foundationscc.com

What you can find on our website:

@ Foundations Service Menu

@ Staff Bios

@ Map of Service Area

@ Contact Numbers

@ Download a Service Request Form