

Fall 2009

## NEWS BRIEFS

■ **Kathy Ritchey, Ph.D.**, joined Dublin Counseling Center as the Clinical Director in August. Dr. Ritchey returned to DCC from her private practice to resume the position that she held previously from 1992 - 1999. We are thrilled to have Dr. Ritchey back as the Clinical Director during this time of growth in services. Look for more on Kathy in an upcoming issue of Careline.

■ **Kim Eberst**, Outreach Coordinator, is spearheading the effort for our Thanksgiving and Holiday Help efforts. Anyone wishing to donate time, energy, or holiday gifts to help families in need whom we serve, please contact Kim at [keberst@dublincounseling-center.org](mailto:keberst@dublincounseling-center.org). "I have found that among its other benefits, giving liberates the soul of the giver." Maya Angelou

■ **Crai Hodges** – A special thanks to Crai Hodges, a YPA student from Dublin Scioto H.S. who was with DCC this fall. Crai was a joy to have in our midst. She is professional, contentious, organized and has great people skills! She has a bright future ahead of her! Thanks Crai!

### DID YOU KNOW?

■ Dublin Counseling Center received a 3 year accreditation from CARF International [Commission on Accreditation of Rehabilitation Facilities] in October. The two day process involved a thorough review of operational standards and procedures. CARF is an international, independent, nonprofit accreditor of human service providers in the area of behavioral health & rehabilitation. The goal of the evaluation process is to promote the quality, value, and optimal outcomes of services through a process that centers on enhancing the lives of persons served. Surveyors consulted with leadership volunteers and staff members and interviewed people who utilize our services. Dublin Counseling Center is very proud of this award – as it symbolizes our commitment to quality and conformance to the standards, policies, and procedures of CARF.

■ The First Annual DCC Invitational – Driving for Wellness – took place on September 28, 2009 at the Country Club at Muirfield Village. The inaugural event attracted 23 foursomes that along with Honorary Chairperson, Craig Krenzler, helped to raise \$4500.00 for DCC. This money will go directly to fund services for those who are unable to afford them. THANK YOU to everyone who helped to make this event a success – especially our volunteers & sponsors.



**DUBLIN  
COUNSELING  
CENTER**

299 Cramer Creek Ct., Dublin, OH 43017  
[www.dublincounselingcenter.org](http://www.dublincounselingcenter.org)  
614-889-5722

DCC is a provider agency of the ADAMH network

## Partners in Health and Wellness

By David E. Axner, DCC Board Member

The Dublin City School District is committed to providing our students with the best possible learning environment. One of the key elements of their experience depends upon their teachers.

In order to protect this very valuable asset, we have developed a wellness program designed to maximize the health of our staff.

The district's wellness program for our employees, titled Because We Care, was developed about three years ago. This program, designed to enhance the physical well-being of our employees, is consistent with the Dublin Counseling Center's mission of promoting the mental health of our community members.

Counseling center clients seek assistance for a variety of problems represented by stress and anxiety, depression, drug/alcohol issues, grief and loss, relationship/marital problems and family issues. These mental health issues may also manifest themselves physically if left untreated, thus requiring a multi-layered approach to the overall health of an individual.

In Dublin City Schools, we are pleased to report Because We Care has been a success. More than 1,200 of the district's 1,600 employees recently participated in an online biometric screening and online health risk assessment.

Because We Care offers health screen-

ings, health education materials, resources, and a series of valuable programs and initiatives to help employees lower their risk of disease and improve their overall health and well-being.

To promote healthy living, we will be offering an annual health fair, fitness and food demonstrations, and some exciting and fun incentive programs.

We are hopeful the end result will be healthier, happier, and more productive employees. We could also potentially see some reduced insurance costs if the program continues to succeed.

The wellness program has five key goals:

- Help employees identify personal health risks
- Encourage personal responsibility for health and wellness
- Provide motivation and support to help employees make healthy choices
- Control health care costs through disease prevention
- Improve overall employee morale and well-being

By continuing to work together on all aspects of an individual's health, the Dublin Counseling Center and Dublin City Schools will be able to positively impact the health of our community.

David E. Axner, Ed.D  
Superintendent

## First Annual DCC Charity Golf Outing a Success

We wish to thank the following supporters, sponsors & contributors to our DCC Invitational – Driving for Wellness. Thanks to you our inaugural event was a success!



The  
**DCC Invitational**  
Driving for Wellness

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## Message from the Director Julie Erwin Rinaldi, M.Ed.

Thank you all for the warm welcome I have received since starting my new position at the Dublin Counseling Center in late August. The Board of Trustees, Service Board and agency staff have not missed a beat. To say that we all had to hit the ground running is an understatement! This is a time of action. During this unprecedented time in our history resulting from the economic downturn, the community expects strong and steady leadership and a thoughtful response from all. It is our responsibility to minimize

the challenges that the individuals and families in need of accessing our care face. Their needs are at the forefront of all of the decisions we make.

To that end, our Board of Trustees voted to ensure that all of the proceeds from our inaugural "Driving for Wellness" golf fundraiser held on September 28, 2009 are used to support direct care for persons that would have been impacted by the state budget cuts. The Center has also entered into new partnerships with other community-based agencies to ensure that through our collective efforts more children, adults and their families can receive the care they seek. Our community "safety net" has been tattered, but we have a long history of figuring out creative ways in which to keep the net secure.

Current highlights of our initiatives include:

- The Red Flags Depression Awareness Curriculum was implemented this fall in all of the Dublin City Schools Middle Schools. The program targets all of the 7th and 8th graders, parents and school personnel and focuses on depression awareness and suicide prevention. Suicide is the 2nd leading cause of death for persons aged 18-25. This program is a partnership with the Dublin City Schools and the National Alliance on Mental Illness (NAMI).
- Provided support to an increased number of families through our "At a Loss" support group which is a resource for families who have experienced the death of a child. This group was founded by a community volunteer.
- Trauma-focused treatment for children, adolescents and adults who have experienced a traumatic event in their life will continue to be a focus. Traumatic events could include child abuse and/or neglect, military conflict or witnessing or experiencing domestic violence.
- "Project Reunify" is a community based treatment team that is focusing on the untreated mental health and trauma needs of biological parents who are in the process of reunifying with their children who are currently in the foster care system.

As the winter months approach, we will continue to find ways to cast the net to members of our community in need. We are indeed grateful for your continued support of these efforts.

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## Self-Care for the Holidays

DCC is offering two group sessions to support individuals who need an extra boost to get them through the holiday season. The group will be held on the following dates and times:

- Thursday, December 10th 6:30-8:00 p.m. DCC Conference Room
- Monday, December 14th 12:30-2:00 p.m. DCC Conference Room

Please contact 889-5722 to sign-up for the group.

## Dublin Counseling Center

The Dublin Counseling Center is a private, not-for-profit organization founded by community residents in 1978. The Center provides a wide range of mental health and drug/alcohol outpatient services for all age groups including older adults, young children, adolescents, men, women and families.

Clients come with a variety of problems represented by stress and anxiety, depression, drug/alcohol issues, grief and loss, relationship/ marital problems and family issues.

The Dublin Counseling Center is accredited by the Ohio Department of Alcohol and Drug Addiction Services, CARF and the Ohio Department of Mental Health.

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**The mission of the Dublin Counseling Center is to enhance the quality of life for those who seek our services through our partnership with the Dublin community and through the development, implementation, and provision of quality mental health and drug and alcohol services.**