



# HEALTHY



Winter 2008

An occasional newsletter from Crossroads: Success stories and more...

## Mentor Chamber to Honor Crossroads with “2008 Organization of the Year Award”

The Mentor Area Chamber of Commerce recently announced that Crossroads is the winner of its “2008 Organization of the Year Award.”

Marie Pucak, Chamber Executive Director, made a surprise visit to Crossroads headquarters on Jan. 25 to present a banner to Crossroads Board Chair Debra Chormann and Chief Executive Officer Wayne Lindstrom.

“It was a complete surprise,” Dr. Lindstrom said. “We are extremely proud to be honored by the Mentor Area Chamber of Commerce. Everyone at Crossroads

contributed to our receiving this recognition through their hard work and dedication to helping children.”

Crossroads will be honored at the Mentor Area Chamber of Commerce 2008 Awards Banquet on Wednesday, March 12 at Holiday Inn Express Hotel & Suites LaMalfa, 5783 Heisley Road, Mentor. The event starts at 5:30 p.m. with dinner at 6:15.

Tickets are \$40 per person and are available by calling (440) 255-1616. Those attending in support of Crossroads are eligible for a \$5 discount. Reservations must be made by March 3.



### Crossroads

Making a Brighter, Happier and Healthier World for Children

8445 Munson Road  
Mentor, Ohio 44060  
(440) 255-1700

Para información en Español llame:  
(440) 205-2444

[www.crossroads-lake.org](http://www.crossroads-lake.org)



The Mentor Area Chamber of Commerce surprised Crossroads with its “2008 Organization of the Year Award.” On hand for the award ceremony were (l-r) Crossroads Board Chair Debra Chormann, Chief Executive Officer Wayne Lindstrom and Marie Pucak, Chamber Executive Director.



## SAVE THE DATES! Special Events 2008

- May 9** “Musically Speaking” workshop by *Maureen McGovern*
- May 10** Crossroads Carousel Cabaret featuring *Maureen McGovern*
- May 16** Crossroads Conference on Childhood Trauma featuring *Dr. Daniel Siegel*
- August 11** 4th Annual Crossroads Charity Golf Outing at *Quail Hollow*

For more information,  
call (440) 255-1700

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## Learning Skills Helps Family Turn the Corner

When eight-year old Don came to Crossroads, his family was fed up with his rudeness, defiance and out-of-control behavior. They had difficulty handling him. To help Don, Crossroads had to help his family.

Don, his mother and his grandmother spent about 18 months working to improve his behavior. "It was a wonderful experience," remarks Don's mother. "Crossroads made a huge difference in all three of our lives."

When Don first came to Crossroads, he underwent a battery of assessments to determine the root cause of his problem. Testing showed a bright boy lacking in consistent discipline. His bad behavior had been tolerated by a mother and grandmother who both doted on him. Crossroads counselor Lyle Morris quickly determined that to help Don, he had to involve the authority figures in his life – his mother and grandmother.

Morris employed concepts from two Crossroads group counseling programs: *Love and Logic* (effective parenting), and *Waging Peace* (anger management). The emphasis was on communication and responsibility on the part of both the child and the adults who care for him.

"Eventually, he sucked it up and took responsibility for his actions," Morris explained. Likewise for his mother and grandmother, who learned how to effectively discipline an unruly child. Morris credits all three for making Don a success story. "They put in the lion's share of the work," he explained.

Don has "graduated" from Crossroads. His regular visits are over, and his behavior at home has improved dramatically.

"Don is now eleven years old," says his mother. "He has his ups and downs, but things are definitely getting better. He relies a lot on what he learned at Crossroads."

*Note: Names have been changed to protect client privacy.*

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## Crossroads Receives Nationwide Insurance's "Thank You" Grant

Nationwide Insurance has selected Crossroads as a recipient of a Thank You Grant, a company-sponsored award presented to nonprofit organizations that support Nationwide associates. Only one agency from across the country is selected each quarter to receive this \$2,500 award.

Crossroads was nominated by Dawn Krebs, a Nationwide employee who became involved with Crossroads in 2002 when she and her husband fostered a 3-year old special needs child. Austin had been abused and neglected as an infant causing him to experience emotional and behavioral problems.

"I do not think my family would have survived our journey with Austin without the services and training Crossroads has provided us and continues to provide my family," wrote Dawn on her grant application form. "The treatment team has always believed in Austin and provided my family with love, empathy and hope for the future."

Dawn and her husband adopted Austin in February 2002. Though the family still relies on Crossroads for respite, counseling and psychiatric services, their son has made incredible progress.

Crossroads Counselor Margie Barbera has been involved with the

Krebs family from the start. "I felt honored by this award. As much as Dawn has given credit to Crossroads, really it is her, her husband and her son that did all the work," says Margie.

A "surprise" celebration complete with cake was held at the Nationwide Office where Dawn works. On Krebs' behalf, Nationwide presented a \$2,500 check to Crossroads. "It felt great to give something back to the people who helped us," says Dawn.

"When Austin first came to us, he felt isolated," remarks Barbera. "Now he has developed a close and loving relationship with both his parents."

Now, *that* is a reason to celebrate!

## Mom and Son Thrive Together

“Having a 5-year old with depression was overwhelming,” remembers Jan whose son Thomas was referred to Crossroads by his pediatrician. “From our very first visit to Crossroads, we felt welcomed,” continues Jan. “It is not your typical healthcare atmosphere – much more family-friendly.”

“When I first met Thomas, he was suffering from stress due to some medical issues affecting his mother. He couldn’t concentrate because he was internalizing a lot of worry,” states Lyle Morris, a Crossroads counselor.

Listening to what both Jan and Thomas had to say set the stage for success. Morris immediately recognized that they were both intelligent, cooperative and were able to accept coaching and redirection in their lives. Most of all, Jan and Thomas loved each other and wanted to help each other. Together they developed an Individual Service Plan, which outlined their goals.

Thomas knew that he wanted to “think before getting into trouble” and “focus better.” Morris coached him toward this goal by modeling social skills and ways to deal with frustrations and failure. “I listened and coached him so that he could understand the options he has for controlling anger and impulsivity.”

One of Jan’s best experiences at Crossroads took place in the *Love and Logic Parenting Group*, where she learned skills that allowed her to be loving, yet able to provide logical, consistent discipline.

Jan and Thomas took advantage of many resources from Crossroads: play therapy, social skills groups, crisis manage-

ment, clinical assessments, in-home support, Attention-Deficit Hyperactivity Disorder (ADHD) coping and thriving program, and *Waging Peace* education for anger management.

“Today, Thomas is a happy kid,” remarks Morris. “He’s more self-confident in how he can recognize a situation, make choices and cope in a healthy way.”

Jan agrees, “Crossroads is a good part of our life. They helped us both.”

*Note: Names have been changed to protect client privacy.*



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# LIVE HEALTHY



Winter 2008



## Presenting Maureen McGovern!



### 2008 Crossroads **CAROUSEL** Cabaret

Recording artist and actress  
Maureen McGovern will present a  
cabaret-style performance as a fundraiser  
for Crossroads.

Crossroads Carousel Cabaret Featuring Maureen

McGovern will be held on **Saturday, May 10** at the Renaissance Quail Hollow Resort in Concord. Ms. McGovern's signature song is "The Morning After," the theme from the film "The Poseidon Adventure." In a career spanning 35 years, she has performed on Broadway, in movies, on television and with top musical groups across the country. This will be her first visit to Lake County.

Ms. McGovern has recorded more than 25 albums, including songwriter tributes to George Gershwin, Harold Arlen, Richard Rodgers and Alan & Marilyn Bergman. She received her second Grammy nomination in 1999 for her CD, *The Pleasure of His Company*.

Maureen is featured singing a Brazilian jazz version of "This Is Just The Day" on the Grammy winning, "Best Musical Recording for Children" CD/DVD, *Songs from the Neighborhood: The Music of Mister Rogers*.

Ticket prices and other details for the Crossroads Carousel Cabaret Featuring Maureen McGovern are available at [www.crossroads-lake.org](http://www.crossroads-lake.org) or by calling (440) 255-1700.

# SAVE THE DAY...

## Be part of the Excitement!

## Crossroads 2008 Calendar of Special Events!

**Please join us** for professional development with nationally renowned speakers, an evening with Maureen McGovern, and a day of fun on a championship golf course.

**Make a difference** in the lives of emotionally disturbed children and adolescents in Lake County.

**For more information:** visit [www.crossroads-lake.org](http://www.crossroads-lake.org) or contact us at 440-255-1700

## NEED HELP?

Call Crossroads at (440) 255-1700.

Hours: 9 am - 9 pm Mon - Thurs;

9 am - 5 pm Fri; Sat - appointment only.

Emergency mental health services are available 24 hours a day, 7 days a week

by calling the Lake County Crisis Hotline:

**(440) 953-8255**



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Early Head Start

