

NORTH HOMES CHILDREN AND FAMILY SERVICES

SPRING 2019 NEWSLETTER



NEW DULUTH LOCATION & MAYORAL PROCLAMATION

Fresh, new space on Superior Street to offer mental health services

On Thursday, May 9th North Homes proudly opened our new office location in downtown Duluth, right on Superior Street. The open house event hosted a celebratory blend of North Homes staff, community members and stakeholders, as well as clients. The space came to life as people filled each conference room and office with conversation and laughter.

North Homes first opened its Duluth office in 2011 in the Medical Arts building downtown after seeing an increased referral of clients living in the Duluth area to our Grand Rapids office. We originally chose the downtown location to be visible and accessible to clients. As our lease came to an end in 2018, we explored a number of options and ultimately felt that it was best for our agency and clients to remain in the heart of Duluth. It was exciting to have the option to stay in the Medical Arts building, while moving to an even more accessible and visible space, right on street level. Both Mayor Emily Larson and the Duluth Chamber of Commerce commended the decision North Homes made to remain downtown and be a visible resource in the community.

During her Proclamation, Mayor Larson shared about the continued need for mental health services, especially for youth, and excitedly proclaimed May 9th as Children's Mental Health Day in the City of Duluth.

Story continued on inside page



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*We commend
your persevering
spirit [and] your
commitment to
our community.”*

-Duluth Chamber of Commerce

Proclamation continued from cover page

All were smiles as North Homes staff, members of the Duluth Chamber of Commerce, and Mayor Larson participated in the ribbon cutting ceremony in front of the new space.

North Homes appreciates all who were able to attend the event, and the gracious support we received from the Duluth Chamber of Commerce, Mayoral office, and community members.

The North Homes' Duluth office provides outpatient therapy, foster care and adoptive services, Safe Harbor support services, school-based CTSS programming, and Adult Rehabilitative Mental Health Services (ARMHS). For questions or more information on services, please call 218-733-3000.

"THEY KNOW ME WHEN I WALK IN"

Regina - an ARMHS client - shares her story to help inspire others to receive help when in need

Regina has been a client of North Homes since being referred for Adult Case Management in May 2013. At this time in her life, Regina was a single mother of three small children, unemployed, rent-burdened, and had no driver's license.

Looking back, Regina recalls being "kind of a wreck" emotionally and remembers that she was struggling with basic living skills. Through these last few years of hard work and strong support, Regina has been able to move beyond many of these barriers and challenges she had in her life.

With the help of her North Homes ARMHS worker, Regina was able to learn more about self-care, focusing on herself, and how to better handle anxiety. Regina attributes much of her success to her support team over the years, and how North Homes' staff are a "good hub of resources".

Since first accessing services, Regina has now had her driver's license reinstated, is working full-time at a job she loves, and is currently in the process of buying a 4-bedroom home for herself and her children.

Regina shares that her experiences at North Homes has made her a "...more positive person and am more hopeful." She enjoys being able to get in for appointments at times that are convenient for her, and that "[front desk staff] know me when I walk in, I don't even have to say my name. People here know me, and they seem to be more personal and understanding."

Regina's story is a shining example of what hard work, determination, and a good support system can accomplish. North Homes is grateful to have the privilege to work alongside Regina and share in her strength.

Thank you, Regina, for your trust and confidence in North Homes staff and services. We are honored to be a part of your incredible journey.



Above: Waiting room of new Duluth office location

LADC INTERNS SHINE

Bemidji State University interns hosted in Grand Rapids and Bemidji learn about SU services

Aleah Egenes and Haylee Smith joined the North Homes' team as Substance Use Disorder Program interns in January 2019. Both students attend Bemidji State University, and will be completing their Bachelor's of Social Work with Licensed Alcohol and Drug Certification (LADC) by August 2019.

When asked what has been the biggest take-away so far during their internship, both interns highlighted how the experience has helped to bridge classroom knowledge to the skills they will need to be successful in the field. As Haylee explains, "What you learn in school is nothing compared to all the things you learn you are working with clients...[it] can't be taught in a classroom setting." An internship is about having an opportunity to try, experiment and, as Aleah shares, confirm that "...this is the field I want to work in."

Both Aleah and Haylee could not say enough about how much they "love" and "super appreciate" their amazing supervisors. Supervision is shared among three North Homes' LADC professionals - Amanda Rohloff, Charly VansGrinsven, and Cody Coyer. This team is well known in Beltrami and Itasca Counties, where we primarily offer SU services - and are so appreciative that our LADC interns have the opportunity to shadow and work alongside these caring, smart, compassionate, and bold professionals!

SHOUT OUT TO ALL OF OUR NH INTERNS!

We appreciate the incredible work all of our interns do to support our agency and further our mission of providing a community-based continuum of quality care to children and families in need. Having interns choose North Homes to complete their placements are critical to continuing to build and grow our agency. We are so grateful to be able to have interns placed across our continuum of care, and cannot thank all of our interns enough for their hard work and dedication!

North Homes offers a variety of internship opportunities across our continuum of care, and at a range of degree levels. Limited placements are available in Bemidji, Grand Rapids, and Deer River locations. To learn more about available internship opportunities, please call 218-301-3017.



Above: Aleah Egenes and Haylee Smith

*Below: Cody Coyer, Haylee, Aleah, and Amanda Rohloff.
(Charly VansGrinsven not pictured)*



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I have enjoyed all of the learning opportunities... North Homes has been a wonderful internship site."

-Aleah Egenes, LADC Intern

FORMAL LUNCHEON

Cottage youth "get fancy and have fun" at a first annual formal luncheon

North Homes staff alongside ISD 318 teachers at the Cottage hosted the first annual Formal Spring Luncheon for youth residents at the Cottage.

While Cottage staff and teachers had supported similar events in the past, they had not held something quite like this before. Staff and the youth residents were motivated to do something special, and have the opportunity to celebrate and "get fancy and have fun", as shared by one of the Cottage residents.

The Spring Luncheon focused on strengthening etiquette skills and appropriate conversations in a more formal or professional setting. As youth enjoyed a home-cooked, five course meal served by Cottage staff and teachers, they practiced introducing themselves and asking networking questions.

Over thirty dresses, along with other formal clothes, were donated for the event. "It was so cool... We had all these dresses to pick from. It was like going shopping," shared one of the youth. The youth had a lot of fun dressing up. Staff and teachers helped youth tie ties, style hair, and ultimately sit tall with confidence.

Staff are already excited to host the event next year, and are looking forward to a new annual tradition!



Left: Staff setting the table and getting ready for event

Right: Youth dressed to impress



“

*It was so cool...
We had all these
dresses to pick
from. It was like I
was going
shopping.”*

- Cottage Youth at Spring Formal Luncheon



NORTH HOMES
Children and Family Services

www.northhomesinc.org

Grand Rapids 218-327-3000 * Bemidji 218-751-0282 * Duluth 218-733-3000

Providing a community-based continuum of quality care to children and families