



# CHAPS

*Hope & Healing  
Through Creative Counseling*

## Reflections of Hope, Spring 2010

### **A Story: How Hope is Restored**

Sara, a young lady at the age of 15, has been in counseling on and off for four years. At the age of 12 her parents started to see a change. She wasn't as happy and cheerful as she had been. Those familiar smiles and laughs were gone. Her peer group began to change. Her grades went from A's and B's to D's and F's. And she just didn't seem to care about anything anymore. Then . . . her mother saw cuts on her wrists. Frightening marks of "self-harm," as it's called. It's also about feelings of hopelessness. Yes, kids can feel it. In fact, the nature of adolescent brain development makes them easily susceptible to such feelings. So they started counseling but Sara wouldn't talk. What good is counseling if the kid won't talk to the counselor? Frankly, "being counseled" wasn't feeling too good for Sara either. In time, it finally happened: Sara took 250 Advil and went to bed.



**Ann Dake  
Executive Director**

No one really did anything wrong. It's just a tough situation. She was admitted to the hospital. This sort of thing happens to good families and good parents. Sara's parents were good parents. The counselor was a good counselor. And her eight-year-old sister, Beth, is a good sister, though now she is afraid Sara is going to die. Beth tries to sleep in her sister's bedroom every night, so she can be with her. Of late, she has begun to act out at school and at home. Sometimes loving someone brings much pain when the one loved is in terrible pain. The counselor is waiting for Sara to be ready to talk. The hospital put her on anti-depression medication. She has to wait three months to see a psychiatrist in the event her medicine doesn't work. In three days, Sara will be discharged from the hospital. Her life, literally, hangs in the balance.

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This is a typical situation that we see at CHAPS. Families who have been in the system for a long time, have tried everything and nothing has helped. At CHAPS, we are able to schedule families to get in right away, and services can begin almost immediately. Within the first couple of sessions, the youth we see become comfortable with their counselor. Why? Not because our counselors are better than the kind of counselor described in the above story. But because our counselor's first step was walking with Sara on real ground, outdoors (research tells us that connecting with nature is very good for adolescent emotional well-being), among big, beautiful horses, until one of the horses "chooses" her. That's right. It actually happens. It's the first step of our "equine-assisted therapy" process. And guess what else? Communication is underway without any talking. Yes, non-verbal cues, as they are called, that are rich with lots of information about the child's feelings, fears, hurts, and – best of all – strengths, possibilities, and potential. This begins the road of self-discovery, self-awareness, healing and hope; and eventually the talking does begin. But now, there's much more to talk about than how bad she feels and why. It works!!

Help us make it work for more youth. Please help today by sending your donation to us at  
N5367 Mayflower Road, Shiocton, WI 54170.



## Reflections of Hope



**CHAPS is a non-profit organization, governed by Christian values, dedicated to the strength, health, and well-being of those who live in our community.**

**Our mission is to serve children and families dealing with emotional or behavioral difficulties through the use of equine-assisted activities.**

**We empower those we serve to achieve ongoing productivity and success within their home, at school, at work, and in the community.**

### Angie Flannery, MSE, LPC



Angie received her Bachelor's Degree in Social Work from the University of Wisconsin-Milwaukee in 1990. She is a certified social worker in the State of Wisconsin as well as a Licensed Professional Counselor, receiving her Master's Degree in Community Counseling in 2007 from the University of Wisconsin-Oshkosh.

Angie has worked and volunteered in a variety of settings over the past 20 years providing extensive experience with families and children, parenting, mental health issues, and sexual abuse victims. In addition to her work with adoption, Angie is a child and family therapist providing outpatient counseling and In Home family counseling. Angie has also served on the executive board of the Wisconsin Counseling Association for the past 5 years.

In her free time, Angie enjoys spending time with her husband and 3 children, gardening, reading, and volunteering with her church, her children's school, and with the Red Cross Disaster Assessment Team.

### Abby

Abby is a bouncing, babbling ball of fur tucked into a small package; she is a miniature horse. Abby loves to run and run and run. CHAPS staff is not convinced that Abby realizes she is so small, she acts so big! Abby is not intimidated by anyone or anything and does not care to be looked down upon because of her size. If Abby wants to get her way she will persist; she doesn't take to anyone standing in her way. Abby uses her gift of persistence to teach people and she is very good at it. Abby loves being a teacher and working at CHAPS; she also loves having her hair braided.



## Reflections of Hope

### Fall Frolic Fundraiser a Success!

The 5th Annual CHAPS Fall Frolic was another big success! In spite of the unseasonably cold weather, this year's event was the best ever and everyone had a good time. A few highlights from the day included:

- Rhia the Painting/Trick Horse and Derrick Dupler
- Demonstrations by Ann Dake, Executive Director of CHAPS
- Pony & hay rides, pumpkin & face painting, petting zoo, rodeo games, raffles and much more.

Whether you made a donation, were a volunteer or attended the frolic, we cannot express how grateful we are that you have chosen to be part of our growing success. Thank you for helping to make a difference in our community. The 2009 Fall Frolic had gross proceeds of over \$33,000 before expenses. These proceeds will go directly to off-set costs for services provided by CHAPS for families unable to pay.

The success of the Fall Frolic is greatly due to all of our volunteers. Planning for the October event begins in January, with volunteer committees handling all areas of the planning. The final days before the event are filled with final details—like setting up the tents. We rely heavily on the help of volunteers for this. Mark Lemerond, owner of Elite Tent Rental in Green Bay donates tents, tables, chairs and his time to help set up the tents. A big “thank you” also goes out to the Shiocton Fire Department for their assistance in setting up the tents.

Mark your calendar for this year's big event—Saturday, October 9, 2010. If you would like to help in any way, please contact the CHAPS office at 986-3003.



## Dear Friends of CHAPS

The past year has been an economic strain on many in our area, including the CHAPS organization. Individual contributions are down while demand for services is up. As a result, CHAPS is projected to experience a shortfall in 2010 of approximately \$35,000.

Unfortunately, the rate of suicide and suicide attempts in our community is currently extremely high. CHAPS does not turn away any family, regardless of ability to pay. We are proud that even with this increased need, we are one of the few agencies in the area that does not have a three to six month waiting list for services. We hope to continue to achieve this high level of service to our clients.

The CHAPS program continues to be extremely successful and we are looking to improve future sustainability. One of the keys to our future growth is our Capital Campaign. The campaign is well underway and is being led by Bob and Pat Endries. After completion of this expansion project, CHAPS will have the capacity to serve more clients, bill insurance companies and upgrade the property to allow for additional group sessions and community education seminars. Please donate today to help us reach our goal of raising \$400,000 by July 31, 2010. Contributions of any size make a difference. Thank you for your continued support.

With appreciation,  
Ann Dake MSW

Executive Director

Please send donations to:

CHAPS  
N5367 Mayflower Rd  
Shiocton, WI 54170

## Did You Know That . . .

- **your \$10 gift** would be used for a brush for a horse and is a step forward that our youth expresses peacefully to our horses.
- **your \$20 gift** would allow our youth to lead a horse with a new halter and lead rope.
- **your \$30 gift** would be used for a helmet for a child to find freedom with a horse.
- **your \$100 gift** would be used for one session for our youth to make one more step to help succeed in their community.
- **your \$200 gift** would help the youth get two sessions.
- **your \$500 gift** would feed our horses for one month so they can continue to help counsel our youth.
- **your \$1,000 gift** would keep our horses healthy for a year, with routine veterinary care.
- **your \$1,000 gift** would help keep our horses feet healthy for a year.
- **your \$5,000 gift** would help a HOPE Lives youth for one year to see them succeed with confidence and to achieve on going productivity and success within their home, at school, at work and in the community.

**All it takes is one person.....every gift of any size is valued.**

### CHAPS Staff

**Executive Director:** Ann Dake  
**Program Coordinator/Counselor:** Jax Anderson  
**Special Gifts Coordinator/Counselor:** Michele Glime  
**Counselor:** Adin Crandall  
**Counselor:** Angie Flannery  
**Counselor:** Brian Lefebber  
**Administrative Assistant:** Tammy Van Eperen  
**Volunteer Coordinator:** Bea Weyers  
**Facility Management:** Tricia Werner  
**Equine Specialist:** Stacy Heuer

**To volunteer at CHAPS Contact:**

**Bea Weyers**  
**Volunteer Coordinator**  
920-986-3003 or 920-209-7633  
chapsacademy@yahoo.com

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