

# I am Coleman

A quarterly publication of

 **COLEMAN**  
Professional Services

## A Note from Nelson

Looking back over 32 years and the many endeavors of Coleman Professional Services, I find that one undertaking 22 years ago has proven to be one of the most significant. The development of Coleman Foundation to support behavioral health and rehabilitation in Northeast Ohio has benefited thousands of individuals and families in their time of need.

Coleman Foundation is a philanthropic organization that is designed to financially support children, families and older adults with mental health and rehabilitation challenges. The Foundation supports Coleman Professional Services and other organizations that provide excellence in advocacy, leadership and education in mental health and rehabilitation services.

Through financial assistance from Coleman Foundation, Coleman Professional Services has been able to remain financially viable and serve more children and adults in need of services throughout our regional footprint.

As the Foundation undertakes its current campaign, called "Touching Lives Changing Destinies," I couldn't be more thankful for the generous donations that are being contributed to help Coleman grow its quality and quantity of services in the multiple counties in which we serve.

Gifts that support Adult Day Services, Suicide Prevention, Walter Capling Apartments and Center of Excellence for Children are imperative to help us not only grow, but continue serving individuals and families in need. These are the areas of focus for the campaign, as their benefit to our community is invaluable.

As you learn more about each endowment in this newsletter, I ask that you consider how any gift you can make will significantly affect lives of those in need. The comprehensive needs of our community can be staggering, but their stories of recovery are immeasurable and uplifting. As always, thank you for helping Coleman improve the lives of people we serve.

*Nelson*

Nelson W. Burns  
President and Chief Executive Officer

View full campaign details at [www.coleman-foundation.com](http://www.coleman-foundation.com)



  
TOUCHING LIVES CHANGING DESTINIES  
*Perpetuating a legacy of caring*

## Touching Lives, Changing Destinies

*How your help is making a difference*

When we step back and think about the immense scale of the needs of our society, it can make us feel like a small ant trying to move a mountain. But as we peel away the layers and look closely at the work being done in our own communities to better the lives of individuals and families – there is much for which we can be proud.

Coleman Professional Services has always worked toward the mission, "improving lives of individuals, families and businesses in Northeast Ohio." Though it might sound vague or simple, improving lives actually entails a huge variety of services, employees, educational opportunities, outreach programs and financial contributions. Truly tipping the scales to invoke real change and real improvement for people is a huge task.

It is when we seek the personal stories of those who've been affected by the services at Coleman, that we can really see how the provision of quality behavioral health and rehabilitation services does in fact improve lives.


When the adult child of a senior citizen in Ravenna attending Coleman Adult Day Services tells us that not only do they feel relief and security knowing their parent is well cared for, but that their parent comes home each

evening smiling and happy – then we know we're touching lives.

When a case manager receives a tearfully grateful call from the parent of a teenager in Canton who was saved from a suicide attempt through their assistance on the 24-hour crisis hotline at Coleman Access Services – then we know we are changing destinies.

As supporters of Coleman Professional Services, you can feel good knowing that each penny of a gift, whether five dollars or 500,000 dollars, is being used efficiently and effectively as Coleman continues growing and improving its many programs that are touching lives and changing destinies.

Coleman Foundation's campaign, which has a total goal of \$5 million by 2015, is broken down into multiple areas of funding for projects which can have the most immediate and recognizable impact on our neighbors in need. Now more than ever, Coleman Professional Services must rely on private giving to support the mountain of needs in our regional footprint alone.

Please view the Touching Lives Changing Destinies campaign video to learn more about the campaign and to hear the stories of families whose lives have improved because of their connection to Coleman by visiting [www.coleman-foundation.com/39.htm](http://www.coleman-foundation.com/39.htm). Your support is truly moving mountains in Northeast Ohio. 

[www.coleman-professional.com](http://www.coleman-professional.com)

# What's New?

## *Crossroads houses homeless Trumbull County women*

Coleman Professional Services has recently taken over the operation for Crossroads, a supportive housing residence for previously homeless women who have a mental health and/or substance abuse disorder in Trumbull County. Crossroads houses 12 women in a dorm style setting. Residents are living independently with assistance from case management, employment services and specific on-site monitoring provided on a daily basis. Groups focused on women's issues are provided on site weekly. The women share chores and have a weekly house meeting, as they individually work toward recovery and independence.

## *J.O.B.S. event in Stark County helps dress for success*

The second annual J.O.B.S. (Jump on Board for Success) fundraiser in Stark County will be held Thursday, Nov. 4, 2010 at the Joseph Saxton Gallery of Photography in Canton. J.O.B.S. focuses on recovery through employment for individuals with mental illness or behavioral issues. Funds from this benefit will be used to pay for clothing and shoes for job interviews, transportation vouchers, and other items which will assist Coleman Employment Services' clients in finding meaningful and sustainable employment. To learn more about the fundraiser, call Paulla Gates at 330-438-2400.

## *Mediation Services has successful first year*

Coleman Mediation Services is rapidly approaching its first anniversary in the Coleman family of services. It has been a busy, productive year in Stark County. CMS provided 354 truancy and behavior mediations. The mediators work with the students, schools and families to help improve students' opportunity for educational success. Diversion interventions between parents and child have been requested by the domestic relations court with the goal of keeping kids out of the juvenile justice system. Nearly 730 foreclosure mediations have taken place between banks, lenders and property owners. The State of Ohio Office of Criminal Justice Services has provided a grant to work with prosecutors in three cities (Alliance, Canton and Massillon) to provide citizens with alternatives to prosecution. In the coming year, Teresa Cusma, Director of Coleman Mediation Services hopes to grow the workplace dispute resolution program and to expand all of Coleman Mediation's services to Coleman's full regional footprint - Summit, Stark, Portage and Trumbull counties.

24/7 Crisis Help: 877-796-3555

# Having a Home Has Made Me Whole Again," *I am Coleman*

It has now been 13 years since the night that the police found me wandering the streets, barely dressed in the middle of winter. I had recently divorced and things weren't going well for me. While I felt myself slipping into a rough state of mind, I had no idea how bad it would be. When I finally came back to reality, I had been in the hospital for almost two weeks since the cops had picked me up. I didn't even know what had happened.

I learned then that I suffer from severe depression and the recent events in my life had triggered a terrible mental state that I didn't even realize. I had hoped that my stay in the hospital was enough to get me better and back on track, but sadly that wasn't the case.

Severe depression took hold of my life for years. I found myself in and out of the hospital, in and out of apartments and in and out of jobs. After years of this downward spiral, I finally got connected to a case manager at Coleman in Kent. But by this time, I was already living and sleeping anywhere I could find, sometimes in a shelter.


Right away when I started at Coleman, I knew this time could be different. My first case manager became like an angel for me. She helped drive me places, get me to appointments, make sure I could get my meds and even became like a true friend. She found out about my living

situation right around the time that the Walter Capling Apartments were being built. I think she could really tell that I was down on my last luck and at my wits end when she suggested to me that she would help me apply for an apartment once they were completed.

When I learned that I was accepted and was going to have a home, I felt like the weight of the world had been lifted from my shoulders. At that time I had been homeless for a year, I didn't know where I would go next.

If people could see the difference between me now and in the past, it's unbelievable how I've changed. Before this

apartment, I could barely put a sentence together; I was a total basket case. Once I had a home, I could finally get myself on track to recovery. Now I take online classes and I will transfer to Kent State soon. I'm able to see and enjoy my two sons again, and I've made such great friends with the people who live in the apartments with me.

We're like a little community that keeps an eye on each other and makes sure everyone is doing okay. This home has saved my life, and I can't tell you how much it means to me that people gave their own money to help build a home for people like me. I'm changed forever by it and so thankful. 

*The true story of a Walter Capling Apartments resident, a Coleman Residential Services facility.*



Walter Capling Apartments

**\$900,000 GOAL**

## The Facts

### Children's Behavioral Health Needs are Growing Rapidly

- Coleman served 20% more child clients this year than last year.
- Children in need of behavioral health counseling almost always struggle more academically and socially. Counseling helps implement plans to assist these problems.
- Studies show that at least one in five children and adolescents have a mental health disorder.
- Recovery based practices are imperative for children, as those left untreated will experience worsened conditions as they age.

The Center of Excellence for Children is the future home of children's services in Portage County for Coleman. A facility just for children is an important best practice in treating them effectively.

Learn more about the center at  
[www.coleman-foundation.com/31.htm](http://www.coleman-foundation.com/31.htm).

Center of Excellence for Children

**\$750,000 GOAL**





# Helping Adults by Day

Dementia and diminishing cognitive or physical capabilities can lead otherwise healthy and capable adults to become more dependent on their loved ones. Fortunately, there's a place where adults who experience this lifestyle change can find care and comfort without moving into a facility. Coleman Adult Day Services is designed to improve the quality of life of medically fragile seniors and adults with disabilities who require a high level of supervision and care, but can still benefit from receiving services in a group setting.

Participants receive medical model care from a professionally trained and dedicated staff that provides day-time supervision, health-related services and support within an inviting and safe environment. Participants take part in a variety of daily activities that are planned to promote physical and emotional well-being and provide opportunities to meet new friends and socialize.

Coleman's professional nursing staff develops a plan of care that is unique to each participant's needs. Ongoing nursing services include monitoring and oversight of health status, vital signs and medications. Nurses also arrange physician ordered therapy services such as physical, speech and occupational therapy.

Adult Day Services has facilities in Ravenna and Aurora and gives family members peace of mind in knowing their loved one is receiving appropriate care and companionship while maintaining independence and dignity. Family members are able to take advantage of the time to attend to personal needs or simply rest and relax while their loved ones are at Adult Day Services.

It costs approximately \$75 per person per day to provide these much-needed services to participants. On any given day, anywhere from \$25 to \$40 of those daily costs are not reimbursed to Adult Day Services. Gifts to the Adult Day Services Endowment Fund ensure that this valuable service is affordable for families. To learn more, visit [www.coleman-adultday.com](http://www.coleman-adultday.com).

Adult Day Services Endowment  
**\$750,000 GOAL**

Suicide Prevention Endowment  
**\$750,000 GOAL**

## Preventing Suicide One Call at a Time

*Coleman Access Services operates a 24-hour call line to mitigate emergencies*

Nearly 1,000 suicides will occur on college campuses this year, a clear indicator that suicide is becoming increasingly common among college students. Suicide is the second leading cause of death among college students and the third leading cause of death among youth and young adults ages 15 – 24 years old. Untreated depression and mental illness is the leading factor.

The connection between suicide and depression is evident in the numerous studies conducted on the subject. Estimates indicate that 90 percent of those who die by suicide have an existing mental illness or are abusing a substance at the time of death. Feelings of hopelessness, anxiety and lack of control over one's life are large contributors to suicide. This applies to people of all ages, not just youth.

When the warning signs for suicide are spotted, people in Portage, Summit, Stark and Trumbull Counties can call Coleman Access Services on a 24/7 call line to get helpful advice from a trained professional or help handling a crisis situation.

In just one year in Portage County, 21 percent of the total number of coroner cases

was attributed to suicide. Organizations like Coleman, in partnership with the Margaret Clark Morgan Foundation, area mental health boards, some Northeast Ohio colleges and universities and others, are helping to decrease this number by providing needed resources to youth and young adults and creating behavioral health alliances to benefit citizens of all ages.

Coleman is also taking proactive measures to decrease the rate of suicide-related deaths in its region. In 2004, Coleman established the Suicide Prevention Endowment Fund to ensure funding to train staff members who are available 24 hours a day to assist individuals in preventing suicide.

Coleman's Suicide Prevention services cover all bases – ranging from education, myth busting, counseling and saving lives. Gifts to the Suicide Prevention Endowment Fund help to ensure that Coleman's first responders to crisis phone calls are prepared to save lives.

Suicide is preventable and the endowment fund makes sure Coleman can continue to save lives. Information on Coleman Access is available at [www.coleman-access.com](http://www.coleman-access.com).

## Coleman Professional Services Board of Trustees

*Thank you for your dedication and service!*

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# A World of Opportunity

*Coleman Professional Services is a nationally recognized not-for-profit provider of behavioral health and rehabilitation programs that improve the lives of individuals, families and businesses in Northeast Ohio. The company relies on an enterprise business model to diversify its funding. Coleman Foundation and three enterprise companies produce more than 25 percent of the company's funding for its award-winning programs.*


 **COLEMAN™**  
*Professional Services*  
Corporate division of the organization.  
[www.coleman-professional.com](http://www.coleman-professional.com)

 **COLEMAN™**  
*Foundation*  
A philanthropic organization designed to raise money in support of behavioral health and rehabilitation services.  
[www.coleman-foundation.com](http://www.coleman-foundation.com)

## Programs


 **COLEMAN™**  
*Behavioral Health*  
Provides mental health and rehabilitation services in Portage, Trumbull, Summit and Stark Counties.  
[www.coleman-bh.com](http://www.coleman-bh.com)

 **COLEMAN™**  
*Access Services*  
Provides 24/7 crisis help and access to behavioral health services and professionals.  
[www.coleman-access.com](http://www.coleman-access.com) or 877-796-3555

 **COLEMAN™**  
*Adult Day Services*  
Provides individualized daytime care for adults.  
[www.coleman-adultday.com](http://www.coleman-adultday.com)

 **COLEMAN™**  
*Employment Services*  
Offers vocational and employment services to individuals and companies.  
[www.coleman-employment.com](http://www.coleman-employment.com)

 **COLEMAN™**  
*Mediation Services*  
Provides conflict resolution for individuals, families, businesses and organizations.  
[www.coleman-mediation.com](http://www.coleman-mediation.com)

 **COLEMAN™**  
*Residential Services*  
Provides housing for the disabled and assistance in community apartment planning and support.  
[www.coleman-residential.com](http://www.coleman-residential.com)

## Enterprises

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*CONSULTATION SERVICES™*  
Assists mental health boards, businesses and nonprofit agencies in growth and development.  
[www.coleman-consultation.com](http://www.coleman-consultation.com)

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Provides companies and organizations with document management, including data processing, storage and imaging services.  
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**Accreditation and Licenses**  
CARF, the Commission on Accreditation  
of Rehabilitation Facilities  
Ohio Department of Mental Health  
Ohio Department of Health  
In association with Portage, Stark  
and Trumbull County Mental Health Boards

**In This Issue**  
How a Home Saved My Life  
Preventing Suicide One  
Call at a Time  
The Facts About Children's  
Mental Illness

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