

I am Coleman

A quarterly publication of

COLEMAN
Professional Services

A Note from Nelson

During the summer months, many Americans find themselves wishing “summer vacation” was a little more vacation and a little less chaos. In this newsletter, you’ll learn more about what’s being called the “sandwich generation,” those with both children and parents in their care simultaneously.

With school out, the dynamics of a family living with multiple generations under one roof can become even more strained than normal. Each family member from child, to caregiver, to older adult has special needs that must be met to stay happy and healthy. The variety of services at Coleman are available for that exact reason – to improve the lives of all of our neighbors.

Community members are welcome to learn more about Coleman and its many services and programs by attending our Ambassador Breakfast Series. The breakfasts are held monthly in our five county locations. To join us, please call Carrie at (330) 676-6844.

At Coleman, we try to ensure our own employees are able to balance the demands of work and home life with success. We recently graduated the first class from our new Leadership Academy Class, a nine-month program that educates employees in areas of management and leadership issues to help them be successful leaders at Coleman and in the community in which they live.

All Coleman employees, “sandwiched” or not, recently were able to bring their entire family to the employee picnic to celebrate and share their successes this past year during an eventful afternoon together. When our employees feel good about their work and themselves, they are able to do an even better of job of providing care to their neighbors in need.

Nelson

Nelson W. Burns
President and Chief Executive Officer
Coleman Professional Services



Maintaining Family Balance

Managing the challenges of multiple generations under one roof

They’re called the “sandwich” generation: adults with children and aging parents at home. Summertime and having kids home more often can add to the challenge of maintaining some sense of family balance within these multi-generation households.

However, when armed with knowledge, families can enjoy balance, stability and maybe even a little summer vacation.

According to Coleman Adult Day Services, 80 percent of the elderly in Portage County reportedly live with a family member – usually a grown son or daughter. In households where the primary caregiver also has children in the home, the senior family member may enjoy the family closeness. However, some may not be used to the energy and active lifestyles of younger people.

Sometimes the aging parent will have personality changes when life with young children in the home becomes busier than normal, such as during summer break. The “sandwiched” caregiver often finds themselves needing to balance the entertainment needs of the child with the emotional needs of the older adult.


Coleman Behavioral Health’s child and adolescent psychologists often observe among children in this situation that they have a wonderful bond with the grandparent living in the

home. The child is often much more impacted by the illness or death of a grandparent than children whose grandparent lived far away.

Parents may find that children occasionally exhibit jealousy, irritability and anger in this kind of situation. When kids have a hard time dealing with the emotional strain of these relationships, it’s wise to seek treatment from a child psychologist such as those at Coleman Behavioral Health in Portage County.

Situations entailing multiple generation homes usually have two issues in common: time and money. Families with those issues should prepare a realistic schedule and budget that is honest and acceptable to everybody.

The strain of these relationships is without a doubt falling on the shoulders of the caregivers. The “sandwiched” caregiver needs support and breathing room to navigate the stresses of maintaining family balance.

Resources like Coleman Adult Day Services, which allow elder relatives to have time with peers as well as the caregivers time alone or with their children, have proved a very successful arrangement for these types of families. Caregivers struggling to maintain balance can also get help coping with inter-generational issues from Coleman Behavioral Health family counseling or through employee assistance programs that may be offered through Coleman Wellness Solutions. Coleman’s support can help maintain the balance. 

What's New?

Meeting the neighbors

Coleman Behavioral Health and Consultation Services in Trumbull County recently met with thirty members of the community during their first Ambassador Breakfast, a long-standing Coleman tradition in Portage County. The guests represented social service organizations, The City of Warren, court systems, hospitals, Veterans Services, Older Adults and other partners in the community. Those interested in learning more about Coleman services available in Trumbull County may attend the next Ambassador Breakfast on October 4. Please call (330) 394-8831 for details.



Seniors take-on technology

Through the generosity of Coleman board member Lynn Dupuy, Coleman Adult Day Services has a new computer dedicated for customers' use. This is the first opportunity for many of the Adult Day customers to experiment with technology and the Internet, so staff has been assisting the eager users as they access information on their favorite topics, play games and listen to music. Coleman Adult Day Services provides therapeutic, stimulating and educational activities for seniors and disabled adults.

Right at Home right around the corner

Coleman Foundation's 19th annual Right at Home benefit is fast approaching. The community-favorite event, featuring a local art auction and great food, will be held at the Barrington Estates residence of Ken and Gerry Sexton in Aurora on Saturday, September 8 from 6:00-9:00 p.m. For information on Right at Home, presented by The Burbick Foundation, please contact Connie at (330) 676-6832.

24/7 Crisis Help: 877-796-3555

My Life in a "Sandwich"

How I take it slice by slice

I used to think that dealing with my diagnosis of anxiety and depression would be the most challenging obstacle in my life. In 1984, upon receiving my diagnosis, I started to come to Coleman to receive counseling to help me feel better and overcome the problems that come along with a life full of depression and anxiety.

My case manager was wonderful, and really helped me move forward from the rut I was stuck in. But, not until recently did I realize just how important the people I met at Coleman really are to me. Now in my forties, I'm what my case manager calls part of the "sandwich generation." At first, I thought she was saying I ate too much, but then she explained that it means I am at the age when I have to take care of my child and my parents at the same time and I'm sandwiched in the middle. This is definitely the hardest thing I've ever had to do.

My son is in his twenties and has a full-time job, but still lives with me. My parents are both in their sixties, but are in pretty poor health. Mom and dad have their own place with a yard and pets, but they can't take care of their house or even drive.

In between caring for my own apartment and son, taking care of my parents' home and pets, and driving them to the grocery store and doctor's appointments, I work a part-time job to make ends meet.



Before, I felt like I had to do everything and no one was there to help me. And even though I really needed my weekly meetings with my case manager at Coleman to keep everything in balance, sometimes I even had to skip them because I was so overwhelmed with chores and work.

Because I get so busy, there were many times that my schedule interfered with my job and I faced unemployment. My case manager told me that I would be a good fit for Coleman's employment services. So, now I also have a job coach

who helps me keep my job, learn how to be more successful at work and even take care of the little things that I have to do.

Sometimes, I really need his advice on doing better at my job, but I'm the most thankful that he is there to help me schedule appointments, fill out forms and even talk to my boss when my schedule gets crazy.

Between the help I receive from my case manager and my job coach, I'm able to take my responsibilities day by day. I've learned to be happy that I have family in my life and that I am healthy enough to help them when they need me. I feel secure in my job and happy at home – those are feelings that I never thought I'd have, and without Coleman, I'm not sure if I'd be at that place today. ☺

Based on a true story of a Coleman Employment Services and Coleman Behavioral Health customer.

The Facts

- Coleman Professional Services provides services in five Ohio counties.
- Coleman helped nearly 900 children improve their lives in 2006 alone.
- Depression affects seniors at a rate 37% higher than the general population.
- "Sandwiched" individuals often receive treatment for anxiety, stress, grief counseling and family therapy services at Coleman.
- Four child psychologists, three child counselors and 19 family therapists are available for children and families in Coleman's offices.



Local Boys & Girls Club Members Have Caught the Shutterbug

National photography program implemented with Coleman Foundation gift

Residents of Portage County may be caught on camera this summer. No, the paparazzi have not come to town, but members of the Boys & Girls Club of Portage County will be practicing their photography skills for a national competition.

Through a \$1,000 gift from Coleman Foundation, The Boys & Girls Club of Portage County is implementing their ImageMakers Photography Program. The local program is a part of the Boys & Girls Clubs of America ImageMakers National Photography Program. Club members ages 5-18 will be encouraged to learn black-and-white, color and digital process photography. The national program has been established with flexibility, so that any affiliate club in America will be able to participate without having a darkroom for photo development.

Dani Robbins, executive director of the Portage County club, said the Boys & Girls Club is very excited about the opportunity to purchase cameras for the program through the Coleman Foundation gift. "We have been trying to get more sophisticated technology into our club for a while. Our kids will now be able to get a wide variety of exposure to various photography programs and have a wonderful time learning."

The new ImageMakers program is comprised of the following components:


- A photography programming resource guide full of fun, creative activity ideas for three skill levels.



- An annual photography contest that provides local, regional and national recognition.

Each component of the ImageMakers program embraces four different modalities for approaching photography, specifically: photography is a way of seeing, expressing, documenting and storytelling.

"We pride ourselves at the Boys & Girls Club on three main principles: education, exposure and experience, and this generous gift from the Coleman Foundation will give the kids all three," Robbins said. "We are quite thankful for this opportunity, and the kids are ecstatic about the program."

Coleman Foundation is a philanthropic organization designed to support children, families and older adults facing 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. 

Childhood ADHD can be Managed with Medication

Early treatment reduces effects that can continue into adulthood

Media attention to ADHD, or Attention Deficit Hyperactivity Disorder, has raised awareness of the condition, but may leave questions about recognizing and treating the disorder.

K. Scott Pacer, M.D., a child and adolescent psychiatrist and Children's Medical Director at Coleman Behavioral Health, tells parents that children should display at least six out of nine inattentive symptoms and nine hyperactive-impulsive symptoms recognized by professionals before being evaluated for ADHD.


Behaviors include difficulties paying attention to tasks, following instructions, organizing tasks, and being easily distracted.

Over six months, the child should have six or more criteria, and the behaviors should be present in more than one setting like school or home. Parents should also see evidence that it's causing impairment in the child's social, academic or occupational functioning.

Once a child is diagnosed, therapy or medication may be recommended. According to Dr. Pacer, medical treatments are highly recommended, safe and effective for children when used properly.

"You want to treat the ADHD," he said. "By treating ADHD at younger ages you will avoid drug and alcohol abuse, have less trouble with the law, less teenage pregnancies and lessen the likelihood the child will have some type of accident."

Whether or not parents decide to medicate their children diagnosed with ADHD, they should know that it can continue into adulthood.

"Some do get better with age, but it's the inattentiveness that can be very hampering for high school students and adults," he said. Early treatment is key to helping ADHD children to become successful adults. 

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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's foundation and four enterprise companies produce more than 40 percent of the company's funding for its award-winning programs.

COLEMAN™ Professional Services

Corporate division of the organization.
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

Programs

COLEMAN™ Behavioral Health

Provides mental health and rehabilitation services in Portage, Trumbull, Medina and Stark Counties.
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www.coleman-access.com or 877-796-3555

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