



## new foundation center

*Formerly known as WilPower*

### A Member's Road to Stability

Steven has fit a lot of life into his 49 years. He graduated from the University of Wisconsin with a bachelor's in Political Science and went on to get his Master's degree. He lived for three years in Israel and learned to speak Hebrew. He held a variety of jobs and really enjoyed working as a limousine driver. Steven also enjoyed buying things—nice clothes, good food, and entertainment. During his time abroad he struggled with bouts of anxiety followed by depression but Steven still managed to keep his life together and continued working. In time his spending grew out of control and he could not pay his bills or keep a steady job. His mother encouraged him to seek help and in 1996 he saw a psychiatrist. Steven was diagnosed with depression and was prescribed medication.

He started feeling better and resumed working. He lived at the YMCA but still spent beyond his means and experienced a lot of anxiety. Finally in 2001 Steven had what he calls a “breakdown.” He could no longer manage the severe anxiety, control the spending and at this time he weighed close to 400 pounds! Steven was hospitalized briefly prescribed new medications but he continued to struggle daily just to survive.

Finally, in 2005 Steven became homeless living in his car. His father helped him find new resources that would address all his problems – anxiety, depression, compulsive spending and addiction. He moved into a group home managed by Housing Options in Evanston. From there he went to the ARC – a social service organization in Chicago that offers transitional housing where he stayed 5 months. Steven was diagnosed with diabetes and lost his job because he was unable to stay awake and unfit to drive.

His medication was changed again—but he still had problems with compulsive spending and now he was out of work. His case workers at the ARC helped him get a LINK card and apply for Medicaid benefits. They also learned of an apartment opening through New Foundation Center's scattered-site housing program and recommended Steven for the slot.

That's when Steven met Nelson case manager with New Foundation Center's residential program. “Steven had been in and out of at least seven different housing placements by the time we saw him,” said Nelson Patnett, Steven's case manager.

Nelson along with the residential team helped Steven get his finances together and settle in to his new apartment. “I told him you won't get well living in your car, but you also need to learn how to budget and pay your bills,” added Nelson. Steven had three rules to follow:

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Steven and New Foundation Center team member, Nelson Patnett



## Sue's Story

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” *Albert Schweitzer*

The New Foundation Center community had a hard fall and winter. We kept up, but with great effort.

Every member of our agency is deeply respected and regarded and several developed serious medical conditions last year. These challenged our confidence, but ignited our creativity and deepened our compassion.

Every position in our agency is critical and several were held vacant for months. This strained the people who picked up the work, but let some shine and strengthened the team.

Our donors each faced their own winters, but they made New Foundation Center part of their giving.

We are excited about our new team structure and increased work in the community; the private bedrooms we are building in the group residences; and other possibilities on the horizon. Sadly, we bid adieu to Lydia Lillenheim who passed away in March. She was an amazing woman and fierce advocate who served on our board of directors from 1992-2006.

My sincere thanks go to our members, staff, interns and the directors for your good work and dedication. Our collective thanks go to you great friends and family, good neighbors, businesses and advocates for your patience and support. Thank you for sparking our flame!

## Making the Right Connections

As the first person that people talk to when they call, Allison Culver takes her role as New Foundation Center's intake coordinator very seriously. Allison answers about 30 calls per week from a wide variety of people. She talks to families looking for services for a loved one, to doctors and hospitals wanting information, and to individuals seeking services, especially housing.

The most important part of her job is to listen. “I try to be empathetic because so many people feel that we are their last hope and they don't know what else to do. They are really struggling.” Allison takes the caller's information and uses that to determine if there is a fit for New Foundation Center's services. Some programs have a waiting list because of budget cuts and staffing shortages. Allison adds, “Even if we can't help them now, I try to give them encouragement and hope.”

Allison previously worked as a case manager in the psychiatric rehabilitation program where she learned about community resources that she now recommends to many of her callers. Allison plans to do some marketing for New Foundation Center contacting organizations and clubs to inform them about our mission and services.

Allison believes the new Community Support Team (CST) model that is being implemented will allow for more openings so that more individuals seeking services can be helped. “I am excited about the change—it gives members access to all services and helps them to focus on reaching their goals,” notes Allison.



Intake Co-ordinator Allison Culver

## Meet—John H. Harmon, Jr.

### Long Standing Friend of New Foundation Center Celebrates 100th Birthday

**John H. Harmon Jr.** (as the Chicago Sun–Times wrote a few years ago) “has seen it all” in his century of life. Born in a house on Park Avenue in Highland Park, Ill., on Jan. 14, 1910, he entered a universe where the auto wasn’t common, where world wars were unimaginable, where an American’s life expectancy was half a century.

He was married for longer than that, and has had two children, four grandchildren, seven great-grandchildren, parents, a stepmother and two sisters whom he dearly loved, as well as a wide array of cousins, nieces and nephews. He has enjoyed one career of 31 years in the oil industry and another of 55 years in the securities industry. He has had thousands of friends and business associates. And he hasn’t retired from work yet.

John first became involved with New Foundation Center in 2000 when a family member was diagnosed with a mental illness. He attended the Family Support Group meetings held monthly to provide families information about mental illness and to inform about how New Foundation Center works with people trying to recover.

John has remained a solid supporter since then. He contributes on many levels—as a donor, an active participant in events and an advocate introducing friends and colleagues to New Foundation Center’s mission. As a role model for our board and families John was one of the first to include New Foundation Center in his estate planning creating a lasting legacy of his commitment.

We wish John the best on his 100th birthday celebration and many more to come!



John H. Harmon, Jr.

## A Member’s Road to Stability (continued from page 1)

first, pay your bills on time; second, take your medications as prescribed; third, use the services of New Foundation Center’s psychiatrist. Steven followed the rules.

Now Steven is managing his life well. He has been working regularly and paying his bills. He feels New Foundation Center’s team helped him because they are very interventionist in their approach. “They really know me and help me see problems before they start. That is why I don’t have a computer because I know I’m too compulsive to have one,” adds Steven.

When asked what the turning point was for Steven, Nelson responded, “When I met him he was unkempt, angry, and feeling worthless. No one wanted to be around Steven. But I saw a gentleman inside and that’s who I tried to reach.”

After 18 months Steven is not just “rent compliant” but has enough saved for 2 months in advance. He takes his medicine as prescribed and sees his doctor regularly. What does the future hold? “I see Steven living on his own and finishing a book he started writing many years ago,” says Nelson.

What does Steven think? “Maybe I will write that book – but not for a while. I am getting used to the stability for now,” he states.

## Endowment Update:

### Preparing for Uncertain Times

At New Foundation Center's January board of directors meeting two representatives from Chicago's Executive Service Corps gave a presentation about how to start an endowment fund. In their presentation Robert E. Vanden Busch and James A. Brandt stated that about 75-80% of all endowment gifts come from bequests and that the most likely candidates are those that have supported New Foundation Center year after year. They also indicated that before creating an endowment organizations need the policies and structure in place to provide for it.

New Foundation Center has many of the key elements needed to create an endowment fund. These include having a minimum 10 year history, consistent donors age 55 years and older and donors who have named New Foundation Center in their estate plans or will.

Given the current economic state it would seem an unlikely time for such an undertaking. However, according to Tony Martinghetti in an article published in Guidestar's November newsletter "In the midst of our recession there's greater interest in gifts from estate plans, as donors have less disposable income to donate right now."

In an effort to create a sustainable stream of revenue that will get us through uncertain times, we continue to explore the feasibility of an endowment fund. We welcome feedback from our donors and friends on this subject. Send your thoughts to Sue Shimon [sshimon@newfoundationcenter.org](mailto:sshimon@newfoundationcenter.org) or Mary Gallagher [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org).

## Members Organize First Official Dance-Off

As part of the Valentine's Day activities New Foundation Center members under the direction of Curt S. organized the first official dance-off. Members signed up in advance, selected their music and practiced their moves. The dance-off featured three couples and two solo performances.

Judges rated the dancers on their originality and skill. First place went to Melanie W. who showed some smooth moves dancing to a hip-hop number. Second place went to Curt S. who danced to a rock and hop tune. Other participants danced lindy and swing!

The dance off was a big hit at the annual party that also featured board games, and Valentine sweets!



Curt (left), dance off organizer, and Melanie, dance off 1st place winner, enjoy a dance together



New Foundation Center members Laura and Sherman rock to the tunes

## Community Support Teams – CST

### Helping Members' Reach Goals

Community Support Team is a recovery and resiliency oriented rehabilitation model that is community and team based. This model is intended to enable members achieve and maintain their recovery goals. The Community Support Team addresses the whole person including educational, vocational, residential, mental health, co-occurring disorders, financial, social and other support needs. Interventions take place primarily in natural settings and are delivered face to face with members and their family/significant others.

New Foundation Center is implementing the CST model and members will soon be working with their teams. Each team has a team leader, an employment specialist, a psychiatric rehabilitation worker and a housing specialist. The CST approach was developed for individuals with mental illness, substance abuse disorders, or who have complex and chronic medical conditions. It focuses on assisting members to develop optimal and appropriate community living skills, and to set and attain defined recovery/resilience goals. Community Support Teams follow the guidelines that incorporate evidence-based practice interventions which New Foundation Center has been implementing.

According to Beth Dvorak, New Foundation Center program director, "The focus with the CST model is on the team not a caseload. Members are not assigned a case worker but a team. Services are better because everyone works together and members have access to all the services on the team."

The goal of the Community Team Support is to:

- reduce presenting psychiatric or substance abuse symptoms and promote symptom stability,
- restore the member's community living and interpersonal skills,
- provide first responder intervention to diffuse current crisis, and
- ensure linkage to community services and resources.

The Community Support Teams at New Foundation Center are enthused about implementing this model that will increase members' opportunities to recover and have quality lives.

## New Foundation Center Spring Event

### Features Laughs and Good Company

The Attic Playhouse in Highwood was the setting for New Foundation Center's third annual Spring Event held on Sunday March 14. The show "It Runs in the Family", a rollicking, roller coaster of laughs and mistaken identity was sold out. Over 50 New Foundation Center friends and families attended the performance that was preceded by an hour long reception with hors d'oeuvres and refreshments.

The event raised a little over \$5,000 to support New Foundation Center's programs and services. "This is our third year doing a spring theatre event and it is a consistent crowd pleaser every time," noted Bette Budnik, New Foundation Center Events Chair.

If you would like more information about New Foundation Center's events committee contact Mary Gallagher [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org). or (847) 501-2879.



Events committee members (from left) Martha Stutzman, Linda Goldstein, Henry Budnik, Bette Budnik (behind), Mary Gallagher

## Friends and Families

### Kick-Off Letter Writing Campaign

The March meeting of New Foundation Center's family support group focused on writing letters to raise awareness about the need for mental health funding. Letters were sent to state legislators, community leaders, educators and the media. Because of the current state budget crisis family members requested this meeting to tell their state representatives about how funding cuts will impact social services, especially for people with mental illness.

The meeting held on March 22 was co-led by New Foundation Center staff member Wendy Trafny and family member and advocate Lois Sorkin. They assisted attendees with drafting original letters telling personal stories intended to raise the recipient's awareness of the complex and urgent issues facing families and individuals struggling with mental illness.

According to Lois Sorkin, "This project isn't about the quantity of letters or casting a vote. We want to do that, certainly, but we want the people who receive the letter to learn some things." Lois points out that people with mental illness are articulate, intelligent individuals not numbers or stereotypes. And she adds, "As family members we are well qualified to describe and help people understand the reality of living with mental illness."

The letter writing campaign will continue as the state legislature considers a budget that includes deep cuts in social services. If you are interested in writing a letter and want to see sample letters developed at the meeting please contact Mary Gallagher at [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org). To find out who your state representatives are go to [www.ilga.gov](http://www.ilga.gov).

Also to keep up to date on the state budget and how you can make a difference go to [www.ABetterIllinois.com](http://www.ABetterIllinois.com). or search them on Facebook.



Patti Kondor (left) and Lois Sorkin—both parents of and advocates for people with mental illness—meet to organize letter writing campaign.

## Save the Date:

### **Mental Health Education and Rally Day—Springfield and Chicago**

Wednesday May 5th, 2010

### **Expressive Arts Fair—This Spring**

Date and time to follow

### **Annual Benefit—A Harvest of Hope**

Saturday September 11th, 2010

# New Foundation Center Annual Benefit

**Saturday September 11th, 2010**

“A Harvest of Hope” is the theme for this year’s Annual Benefit to support New Foundation Center’s programs and services. The event will be held at the Highland Park Country Club and will feature a cornucopia of prizes on the Silent Auction, entertainment and festive decorations. The theme of hope was selected to communicate how New Foundations Center offers hope for recovery and stability for so many who use our services.

“In these times difficult economic times we don’t hear much that sounds hopeful—but we are hopeful that the future will be brighter for our members and our organization,” notes Bette Budnik, committee member.

The event features an open-bar reception followed by a sit down dinner. Silent auction items include trips, get-away weekends, fashion jewelry, golf outings, original artwork and much more. Save the date cards will be mailed in mid June. Sponsorships are available or if you wish to make a donation contact Mary Gallagher at [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org) or (847) 501-2879.

## 2009 Annual Report

### View It On-Line

The 2009 New Foundation Center Annual Report can be viewed on our website at [www.newfoundationcenter.org](http://www.newfoundationcenter.org) just click on “about us” tab. This year’s report is short and to the point and posting on the website helps save both money and trees. We are proud of our achievements this past year and deeply grateful to our donors who helped make them possible.

Because we want to increase on-line communications to our families, funders and friends we ask you to send your e-mail address to [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org). We also have a Facebook fan page. If you search New Foundation Center on Facebook you will find us. Please post a comment and let us know your thoughts and suggestions.

## Wish List

To make a donation of items call Mary Gallagher (847) 501-2879 or e-mail [mgallagher@newfoundationcenter.org](mailto:mgallagher@newfoundationcenter.org). Our current needs include:

- **DVD players**
- **2-drawer file cabinets**
- **Lap Tops—PC’s**
- **New bed mattresses**
- **CTA cards**
- **Small appliances—microwaves, toasters, vacuum cleaners**
- **Flat screen computer monitors**
- **Heavy duty paper shredder**

We would be grateful for any of these items. Thank you.



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