



new foundation center

Formerly known as WilPower

Work – It Works!

Supported Employment/Individual Placement & Supports (SE/IPS) is a clinical intervention that has been consistently shown in research studies to assist people to get and keep their jobs. It is based on the belief that every person with a disability is capable of working competitively in the community if the right kind of job and work environment can be found. Studies show that 7 of 10 people with disabilities say they would like to have a job. Research shows 6 of 10 can work at a job if they are provided the right types of services and supports.



Employment Specialists (left) Kate Nolan and Kaitlin Levine

SE/IPS uses a zero exclusion principle. People who want to participate can, regardless of the level of their symptoms. SE/IPS is embedded in the treatment teams and is coordinated with the caseworker, psychiatrist, family and other supports. Competitive employment in the community with at least minimum wage is the goal. Benefit planning and counseling is an essential part of the employment decision-making process. The state benefit planner meets one-to-one with members to discuss their unique benefit status and the implications of earned income. Job searching in areas the person chooses starts right away, and follow-along supports are continuous.

How It Works

Do you have mental illness? Do you want to work? You're eligible!

The SE/IPS worker helps arrange DRS sponsorship* if it isn't in place. They set meetings with the treatment team and other supports for clients to discuss benefit counseling and their job preferences. An employment profile is created and the job search begins, based on a written plan—clients decide if they'll disclose health conditions or not. The SE/IPS worker helps explain the implications of the decision.

Networking is key to identifying job leads and involves getting the word out widely. The SE/IPS worker helps people to identify the leads, contact employers and prepare for interviews.

When people are hired, the SE/IPS worker coaches them on "first day worries", transportation, dressing for work, schedules and employment benefits. Over time, the worker counsels on wages, benefits, disclosure of mental illness, accommodations and support, social factors and money management. If a person must leave a job, the worker helps them through the process and discusses the next employment direction.

Job Leads are Critical

Job development is the process of facilitating employer decisions to hire people with disabilities by understanding employers' needs as well as clients' preferences, abilities and skills. SE/IPS workers meet weekly to discuss the employers they'll call to meet anew and those with whom they are building relationships. Sixty percent of their time is spent out of the agency developing and maintaining these relationships in the event that a client is a good match for an open position.



Sue's Story

Hello spring! We don't mind leaving winter behind; but there was no hibernation at New Foundation Center. State budget cuts eliminated important services here, among them work crews, lunch, and many social activities, including our beloved summer camp. Donors rallied and resurrected the ever popular event and thanks to them, members hiked, star gazed, sang and relaxed at Camp Timber-Lee in November – better late than never!

Another donor-supported project is the renovation of our Morton Grove house. Next steps are to secure work permits and screen contractor bids (send me your contractor suggestions!). When finished, all residents will have private bedrooms and we will cross this strategic plan objective off the list.

The March strategic planning retreat was fruitful and we are on schedule to adopt the new plan in late May. Thank you all that attended or submitted input. The board of directors accomplished two major objectives this past year by establishing an endowment with Chicago Community Trust and completing its review of agency policies. The board stands ready to lead through what will likely be significantly diminished state funding support during the coming years.

We continue to face challenges and creatively devise ways to meet them. Your support gives us the strength and means to do so.

On to spring!

Donor Spotlight – Carol Towne

“We were pioneers.”

So said Carol Towne, a WillPower founder and longtime board member. “We had children with serious mental illness and needed places for our loved ones to live. Each of us found our way to NAMI, the National Alliance on Mental Illness, and over time, the idea to start an agency was born. We dreamed of houses, and Kay Katz and I worked closely together- we were a great team. We wouldn't give up.”



Founder and Former Board Member—Carol Towne

Others joined them and momentum grew. The League of Women Voters published a white paper stating the need for supportive housing in Illinois. New Trier Township helped by acknowledging the lack of supportive housing locally and next, the state Division of Mental Health gave grant money to establish a program. According to Carol, “Things fell into place.”

We talked with Carol on a snowy winter day in the Wilmette home where she's lived for over 50 years. Towne Flowers was owned and operated by Carol's husband Jim. Carol's children graduated from Wilmette schools and the family attended Wilmette Congregational Church- another early supporter of our program. She reminisced about Clarice Stetter from the League of Women Voters, Gerry Lipton, another mother, the Petersons and Mort Posner, a “real character” and driving force for their efforts. When the group incorporated and engaged Thresholds to help them, Jay Forman made the dream a reality by hiring staff and starting services.

Now that 24 years have passed since she worked to start the agency, we asked Carol what she is happiest about. “I'm happy we have some housing, even though we don't have enough.” What is Carol's advice to families today? “Don't give up.”

Carol and her fellow advocates are an inspiration proving we are never too old, and it is never too late to try to change a bad situation.

A Member's Story

Working and Liking It

Paula was one of the first people to use Individual Placement and Support (IPS) services at New Foundation Center to find a job. When her hours at the toy store where she'd worked for five years were cut to just a few per week, Paula decided to look for something else.

Although she wasn't sure what kind of job she wanted, Paula, who successfully manages mental illness, knew she wanted to find something meaningful. "I've always wanted to help people with similar situations as mine but I didn't know what exactly that was," Paula stated.



Peer Support Specialist—Paula Linn

Kate Nolan, New Foundation Center employment specialist, met with Paula to learn her interests and skills and together they began the job search. They developed a plan – Paula would search job possibilities and Kate would send her leads too. They evaluated the plan as needed and discussed whether to include retail openings. "I thought if that's all I can find I would consider it but I really wanted to try something else," said Paula.

In time Kate heard about openings for peer recovery counselors at a nearby mental health agency. She passed the lead to Paula and encouraged her to apply. "My first thought was, what if I actually got this job! I'm not sure what they do," said Paula. But Kate assured her that if she got the interview she could find out more and decide if it was right for her. Kate helped Paul to write a resume and cover letter and suggested she drop it off at the job site so she could see where it was located.

Time passed with no response and Paula began to feel discouraged. Kate e-mailed her resume and cover letter just to be sure it was received and the agency responded asking to schedule an interview in a week.

Now the focus shifted to practicing for the interview. Kate helped Paula identify her strengths and qualifications, pointing out her experience volunteering in the community and working with NAMI. The interview was scheduled for 8:00AM and Paula was very nervous. "I'm not really a morning person," she noted. The interview with two staff members lasted an hour. Paula fielded questions about her experience, personality and flexibility. Over the next several weeks she had two more interviews for the peer specialist position.

In the meantime, Paula continued her job search and with Kate's support and encouragement, stayed positive and focused. After five weeks Paula was offered the mental health center position! Before accepting, she asked some questions of her own. Chief among them was the salary and how it would affect her benefits. After learning if and how her salary would affect her benefits, Paula happily accepted the offer.

Paula has worked as a peer support specialist since February 1st. Her responsibilities include driving clients to appointments, assisting with medication monitoring, and helping people obtain ID's. Paula and Kate meet weekly to check in on how things are going.

"Paula is very qualified for this job but it's still new and we talk about managing stress and anxiety so she doesn't feel overwhelmed," states Kate. Paula loves her new job, and her co-workers. She is learning a lot about the work and also about herself as she adds, "I am now a morning person."

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SE/IPS worker Kaitlin Levine adds "Many employers have preconceived notions and are hesitant to work with people with mental illness so we help them by addressing their concerns which are often the same as with any new hire."

"The program works! Our members are obtaining jobs... at hardware stores, social service agencies, park districts, food service, movie theaters, delivery companies and home care agencies," adds employment specialist Kate Nolan. "And they are benefiting from having a job they really want and the support they need to keep it."

*DRS is the Division of Rehabilitation Services, of the Illinois Department of Human Services

Endowment Campaign Underway!

The New Foundation Center board has established an endowment fund and launched a campaign to grow it. The fund is one of the strategies upheld by the board to bolster the agency's long term financial strength and counteract ongoing government funding cutbacks.

Challenging Times

"Given the trends in government budgeting, the challenge for us is to develop a more stable and reliable source of funding," said Don Hanigan, Board President. An endowment provides financial security by producing income no matter the economy. It also gives donors an opportunity to make a gift that will have a lasting impact on New Foundation Center's mission.

The campaign focus is on major gifts and bequests naming New Foundation Center as a beneficiary.

Simple Statement—Lasting Impact

Naming New Foundation Center in your will is as simple as inserting a statement like "I give, devise, and bequeath to New Foundation Center, Inc., Northfield, IL the sum of [\$___], for general purpose." A charitable gift can be designated in the body of a will or as an amendment (codicil) to one that has already been made. A codicil eliminates the need to rewrite your will.

If you have named New Foundation Center in your will – thank you. If are considering it and would like information contact Mary Gallagher at mgallagher@newfoundationcenter.org or (847)501-2879. Your planned gift will have a lasting impact on our mission and members.

Open Studio Project Event— Members' Art Steals the Show!

Music, wine, beautiful art, jewelry and great company all added up to a festive evening at the Open Studio Project in Evanston last November where New Foundation Center artists showed their original work. Family members and friends attended and purchased the art, enjoyed music by the Choir and Drumming group and sampled hors d'oeuvres.

The show ran through December and included over 100 pieces contributed by 41 artists. Gail Fried, MAT, art therapist, oversees the Expressive Arts Program and curated the show. "This was our largest exhibit ever and we are so fortunate to have a great venue like the Open Studio Project to showcase our members' beautiful work ," noted Gail.



Margo stands beside her handmade jewelry



A sample of the artwork on exhibit



Margo stands beside her handmade jewelry

A Spring Event—

Don't Miss Agatha Christie's "A Murder Is Announced" At The Attic Playhouse—Highwood

Get out your magnifying glass to search for clues when "A Murder is Announced" on Sunday May 1st at The Attic Playhouse in Highwood. The play by Agatha Christie features all the usual suspects performed by the wonderful ensemble cast. A wine and cheese reception will begin at 2:00PM followed by a 3:00PM performance. Tickets are \$75 per person.

To reserve your tickets contact mgallagher@newfoundationcenter.org (847) 501-2879 or purchase on-line at www.newfoundationcenter.org.



Mark Your Calendar

Member Appreciation Day \ \ Friday April 8th \ \ 10:00AM – 3:00PM

A day we celebrate our members' achievements toward reaching their recovery goals. The location this year is Biagio's Banquet Hall in Chicago.

Town Hall Meeting \ \ Wednesday April 27th

Quarterly meeting convened by New Foundation Center's Member Council to review policies, plan events and hear comments from fellow members, staff and community participants. The meeting is held in the clubhouse at 444 W. Frontage Rd at 10:00AM. All are invited.

NAMI—CCNS Gala \ \ Saturday April 30th \ \ 6:30PM \ \ Sunset Ridge Country Club

"Recovery – Making the Pieces Fit" is the theme for NAMI Cook County North Suburban's benefit featuring noted author and speaker Dr. Fred Frese. For tickets go to the NAMI-CCNS website www.namiccns.org or contact Helene Rhodes at (847) 716-2252.

Spring Theater Event at the Attic Playhouse

See article above

Mental Health Rally \ \ Thursday May 12th

Join us for this annual road trip to Springfield where members and staff meet with their state legislators to tell them what they need and ask for their support. The bus leaves early and returns late. It is an educational and rewarding experience. Please let us know if you plan to attend.

Expressive Arts Festival \ \ Friday June 10th \ \ 11:00AM – 3:00PM

New Foundation Center artists display their work at this annual festival that includes entertainment, food and a group sing-a-long led by the New Foundation Center choir and drumming group. More information to follow.

Camp Days

By Naomi Nordine

The van ride is just long enough to feel like we've gone somewhere; getting out of our home state helps, too. Despite the fact that we're only two hours away we all know as we bump down the drive that we've entered a different world. The pace is slower here, and that's the best part. Who we are makes a subtle shift too because out here we aren't staff and members focused on recovery from mental illness. We're just a bunch of people about to share an adventure.

I take that back, because maybe we're not focused on recovery at Camp Timberlee, but we are working on it. Here more than ever we are working on it every minute of the day. I'm talking about the power of recreation, the power of getting together in an unusual location, off our beaten path, to just have fun together. It makes everyone feel, for lack of a better word, normal. Out here no one has to be a person with mental illness, they can just be a person, and that is the most healing thing of all.

Staff and members, we're in this together learning and discovering hidden talents, new skills, how to test our boundaries to see that we are capable of more than we thought possible. Even if it's just two steps up a climbing wall, or building the tiniest campfire known to man, or pushing past the panic to get on a horse for the first time, only to realize that you love riding. It can be conquering your qualms about holding snakes, finding out that you knew more than you thought about wilderness survival, that you can play one wicked game of foosball, or shoot an arrow and hit a bull's-eye.

The first night campfire turns into a sing along complete with Christmas carols. The second night brings the hypoallergenic hayride, with no hay. The days are packed with all sorts of things from archery to nature walks, to animal encounters and the ever popular leather shop. We get to see a controlled burn the camp staff are doing in the forest. We get to stamp our names into bracelets, learn that to boa constrictors we are just "warm trees" way too big to eat, thus useless to squeeze. We learn that we can survive for three hours without shelter, three days without water, three weeks without food.

The weather is perfect even though it's November. The sun shines, it's dry, and just cold enough to be stimulating. A brisk chill in the air makes you want to walk in the woods at a good clip and then enjoy all the more getting back to the warm lodge to sit by the fire place, or put on your PJ's to enjoy a cup of hot cocoa.

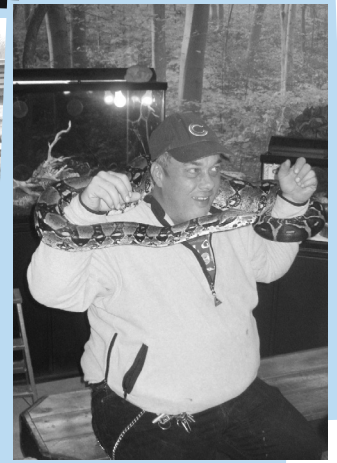
The food is good and it's nice just moseying down to the dining room at our appointed times. Some of the sweetest moments are spent killing time between scheduled activities and meals. Endless board games, long circular conversations—reminiscing deep into the night about memories shared. Many of these folks go way back, and the history they share make them seem, to an outsider, like one big family. One with plenty of struggles and conflicts, but a strong undercurrent of love, too. A family of deep affection and care for one another's well-being.

We campers love this experience so much and are so grateful for it, that on the coldest day (the last, as luck would have it) we stand for what seems like hours in the windy parking lot making a video to thank our donors who made this possible. A windfall we thought we wouldn't get this year, better late than never. From the bottom of our hearts, thank you. It was immeasurably healthful and fun, and we can't wait to do it all again next year.

Jake prepares to climb the wall



staff and members are ready to hit the trails



Randy gets all wrapped up with a boa

Annual Gala Will Be Magical!

The 2011 Annual Benefit committee is already busy working on plans for the fall event scheduled for Sunday, September 11 at the Highland Park, Country Club. The theme "It's Magic!" will delight and entertain guests with magicians, card readings, and a wide array of magical prizes on the silent auction.

"Right now with funding being what it is we thought we need a little magic and hope the theme will entice people to buy tickets and join us for an evening filled with fun and surprises", noted Bette Budnik, board member.

A save the date announcement will be sent in July and invitations in August. Corporate sponsorships are available with benefits to showcase your business and complimentary tickets for your guests. For information contact Mary Gallagher at 847-501-2879 or mgallagher@newfoundationcenter.org.



(left) Linda Goldstein and Bette Budnik plan the Fall Benefit

New Tax Law Update

Jim Morrow

The 2010 tax law extension allows individuals 70 ½ and older to make qualified distributions of up to \$100,000 from an IRA directly to a qualified charity in 2011. Qualified charitable distributions from IRA's made to qualified charities count toward any Minimum Required Distribution (MRD), an important point. Otherwise, MRD's are taxable at higher regular income tax rates.

Good information when considering a donation to the New Foundation Center Endowment Fund.

Wish List

- **Apartment size refrigerator for the clubhouse**
- **Netbooks**
- **Freezer**
- **Blinds or curtains for offices**
- **Items for members moving into their own apartments - vacuums, pots and pans, sitting chairs, lamps, televisions, linens, couches**

All donations are appreciated especially those that are new, almost new and in good working shape. To arrange a donation drop off contact Beth Dvorak at (847) 386-3070.



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