



#### The IMPACT | FALL 2024 | VOL. 39 | NO. 2

#### OUR MISSION

Wedgwood Christian Services extends God's love to youth, adults, and families through professional counseling and educational services.

- From the President's Desk Dr. Daniel Gowdy, President/CEO
- Truth or Dare? Rebecca Kelm, Residential Home Supervisor
- Too Much Freedom, Too Soon Maranda Johnson, Aftercare Supervisor
- Photo Round Up
- 08 Staying On Top of Your Mental Health Asha Upakrwoth, Outpatient Therapist
- An Unimaginable Journey Nick Bayer, Outpatient Clinical Supervisor
- Learning Through Play Dr. Candice Lake Director of Wedgwood's Autism Center
- Walking With Them Brooke Jevicks, VP of Advancement
- Here for a Reason Dan McKean, Advancement Officer
- 13 Gifts in Memory
- Save the Date: State of the Child
- The LOVED Experience
- Wedgwood's Charity Golf Classic
- Wedgwood's Anniversary Celebration











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INTEGRITY · COMPASSION · EXCELLENCE · DIVERSITY

#### OUR VISION

We envision our community transformed and equipped to reach its full potential by the distinctively Christian, professionally excellent, financially sustainable behavioral health services we provide.



"...I am making a way in the wilderness and streams in the wasteland.." // ISAIAH 43:19E

The kids who arrive at Wedgwood, have already walked that wilderness — where it's lonely, isolated, L hopeless, and exposed. Our staff meet them with life-giving nourishment for the body and soul through compassionate and expert care.

At Wedgwood, we recognize their past and understand that most of them have gone through multiple out-of-home placements before coming to Wedgwood. Many have experienced abuse, trafficking, and drugs prior to being pulled from their home. It's not uncommon for the outside world to see these kids skip school, lie and act defiant, and believe they need to be punished for those behaviors.

Here at Wedgwood, we understand their behavior is a symptom of their trauma.

Their trauma shaped how their brain developed. It changes how they view, develop, and maintain relationships.

That's why they may...

- act out in a variety of ways because they've been hurt too many times before.
- cut class because they don't feel seen, cared for, or valued.
- self-harm to prick the numb feelings they're conditioned to.
- sabotage relationships to stay in control and avoid getting hurt again.

What they're doing, is trying to cope with the difficult hand they were dealt.

Instead of punishing those behaviors, our therapists and staff give kids the structure they crave, the boundaries they need, and the compassion to help them feel valued.

#### "Be curious, not judgemental." // TED LASSO

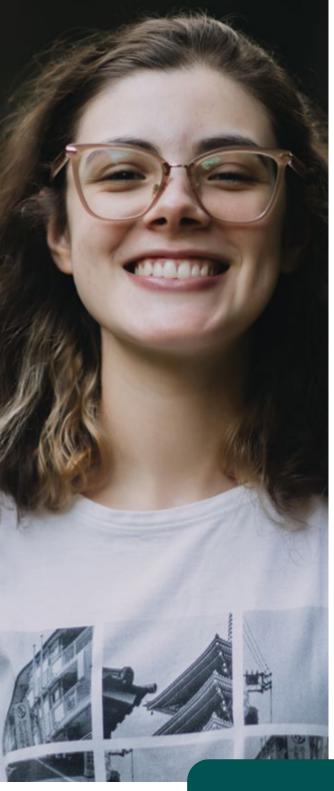
That's how we treat the kids who come to Wedgwood. We ask questions before jumping to conclusions, try to understand their journey, where they've been, what they've been through, and help them cope with their pain so they can move forward.

In other words, as you'll read throughout this issue, we walk in their shoes without judgement.



God Bless,

DR. DANIEL T. GOWDY, Ep.D | President/CEO



# TRUTHOR DARE?

That's a question I frequently ask the kids at Boelkins, a residential, mental health stabilization program for kids 12-16 years old.

Some of the kids in our program are in the foster care system, others are sent to us from the juvenile justice system, but all of them have been through abuse, trauma, and neglect.

To a stranger they might seem abrasive or guarded, because they're scared, but as you get to know them, you see how lovable they are, and how hopeful and optimistic they feel for the future.

When they come to me with a problem, I'll ask them, "Do you want 'Truth'", where I listen honestly and empathetically, "or do you want 'Dare'?" where I challenge them.

They almost always want to be challenged... to think positively, to have hope, and to believe in themselves.

Despite the horrific experiences and pain they experienced early in life, these kids are incredibly optimistic and hopeful for their future. They usually choose 'Dare', which tells me they have the resiliency to overcome their past.

Working at Wedgwood isn't just a job for me, it's a passion. I get energized by thinking about what we can do to help the kids we serve, and create a brighter future for them.

And so, I would ask you the same question I ask the kids... "Do you want truth or do you want dare?"

If, like our kids, you are brave enough to choose dare, I would dare you to imagine what would happen if a program like this didn't exist and our kids would be stuck in a broken home or the juvenile justice system.

I would dare you to come spend time with our kids, to better understand what they go through on a daily basis. How their hope and resiliency is inspiring and contagious.

And I would dare you to give of your prayer, time, and resources to help our kids be who they were created to be.

**REBECCA KELM** | Residential Home Supervisor

CONSIDER THIS — a 16 year old is discharged from Wedgwood, but doesn't have family to return to. The system expects him to live on his own, go to school, find a job, maintain it, run his household and cover his bills. At 16!

That's where I step in with Wedgwood's Aftercare program.

Before we started this program three years ago, a resident might have received an occasional phone call in the 30 days after leaving a residential program like Wedgwood. There was little communication and necessary therapies would frequently stop.

In our short time, we've become a bridge for our youth to help them acclimate to life in the community and been able to increase ongoing support from 30 days to 6 months. In fact, we've had so much success with our Aftercare program the state just doubled that support time so we can have up to a full year to help kids succeed. While we also support residents who are discharged to a family, those who step into an independent living situation typically need the most assistance.

When a Wedgwood resident is slated for discharge, we meet with their therapists to determine what supports they'll need in the community. Once they leave, we visit each kid once a week

for the first month, and taper down after that. It doesn't matter if the teen is discharged to Detroit or Marquette, we visit to make sure they have a safe, clean environment, they can grocery shop, are able to build a resume, and we help with whatever they might need.

While we're stepping up our contacts with kids living independently, we're also developing a new program called Audere to serve as a step-down from residential. With this program, kids can learn more independent living skills, and have more supervision in an independent setting than ever before. This will help them access the mental health, counseling, and other support they need, when they need it.

I've seen many tears of appreciation from these kids over the years, and the best I can do is support them when they need it. Considering what these kids have been through, I'm amazed every day at their resilience and grateful to be able to play a small part in their success.

TOO MUCH FREEDOM
TOO SOON

## VOLUNTEER OPPORTUNITIES

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Interested or have another idea? Contact Marah Bowser mbowser@wedgwood.org 616.831.5620

MARANDA JOHNSON | Aftercare Program Supervisor



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WEDGWOOD CHRISTIAN SERVICES





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Helpful, hopeful, and approachable conversations about mental health in our community!



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NATIONAL DAY OF PRAYER WALK



One of the most rewarding experiences of our outpatient counseling office is the impact we can make every day on the families in our community.

We frequently work with children who are struggling with anxiety or depression, or in more complex cases who are victims of abuse or sex trafficking. However, with the increased awareness around mental health, we also see adults who are looking to improve their well-being. In some cases, we might learn someone had childhood trauma they never properly dealt with, but instead had built up a resiliency.

We've also seen an increase in relationship issues in recent years. A parent might sign up a child for services, but as we begin our work, we realize that it's really a family issue to improve communication and relationships in the home.

It's incredibly rewarding to see clients who are doing better as a result of our time together, and I credit mental health awareness for raising the conversation about the importance of well-being both physical and mental.

It's easy to feel the weight of a busy day impact our feelings and emotions, so here are three things any of us can do to ground ourselves and improve our mental health:

TALK IT OUT

We are not meant to do life alone. It is okay and healthy to talk to a trusted individual about your mental health or what emotions or thoughts you are experiencing.

9 GET MOVING

It has been scientifically proven that exercise and movement have been linked to a positive increase in mood. Regular exercise and movement can improve anxiety and depression symptoms due to the hormones that are released during exercise.

7 BOPY S(ANNING Sometimes we may feel "dow

Sometimes we may feel "down" or "low energy" due to not eating enough or not eating nutrient dense food that day. It is important to think about if your basic needs are being met when you are experiencing a sudden change in mood.

Counseling & Psychiatry Services for children, teens, adults, & families: www.wedgwood.org/counseling or (616) 924-7294



Hear more from Asha on the podcast https://bit.ly/CBC-Asha The adolescents we see in our outpatient mental health and Substance Use Disorder program are abusing marijuana or alcohol. Most of them come to us through the courts, and are referred to us because they violated their probation by failing a drug test.

We have a lot of programs in place to help these kids, but the single most important thing they need is to have a parent figure who loves them, unconditionally. For many of the kids we serve, that's something they've never experienced.

Most of them have been in the foster care system, have a history of abuse and violence, and some started using drugs with their parents.

While some might be living at home, the parent typically struggles with their own issues, and isn't able to act as an adequate, supporting, and loving role model. Others might be living with an aunt or uncle who don't necessarily want them there, they are just the last person to agree to have them. These kids aren't wanted in their homes and they feel it. Without that love and support, they go out and look for acceptance elsewhere.

The most important thing we can do is reserve judgement. They're not in this situation because they want to be, but

because drugs and alcohol are the only way they know to deal with what they're going through. They're self-medicating, because it's the only way they can calm their anxiety, their anger issues, or whatever else they're dealing with.

Our job is to help them realize the benefits of quitting. We ask them questions that might help them identify their own motivations for changing their behavior. 'How has smoking affected your life?' 'Was it worth it?' Our goal is to help them find an internal motivation so they're not improving or doing better because we tell them to in the moment, but because they want to.

And when they relapse? We realize it's a part of recovery.

We don't expect them to get clean on their first try, but we hope they try again. When they do, we want them to remember our team, some of the

techniques and coping mechanisms we taught them, and, for the short time they were with us, that someone truly cared about them.  $\[ \]$ 

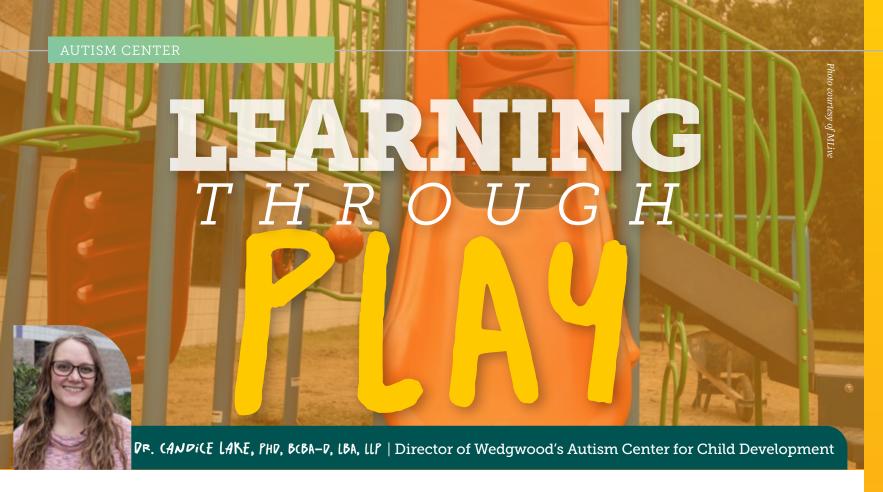
Hear more from Nick on the podcast

some of the ere with us,

Nick BAYER, LMSW, CAAPC-PP | Outpatient Clinical Supervisor

For more about Substance Use Therapy for teens & adults: www.wedgwood.org/substance-use or (616) 924-7294





Wedgwood's Autism Center for Child Development (ACCD) serves kids ages 2-12 who have autism spectrum disorders. That means they might struggle with social interactions like playing with their peers, communication, as well as elements of daily living like getting dressed and personal hygiene. A simple task like going to school or the doctor's office brings with it minefields of overstimulation and perceived dangers, making these seemingly typical tasks infinitely more difficult.

The same is true for going to a neighborhood playground. Kids with autism spectrum disorders are prone to running away from a caregiver and not recognizing the dangers around them. They might play in a public road or be drawn towards water.

This fall, Wedgwood's ACCD received a new playground built specifically for the kids we serve, complete with safety precautions so they can play on their own. This playground gives them the freedom to play safely, and helps our therapists with therapeutic tasks as well. We can use elements of the playground as motivators, to practice social interactions with their peers, and learn how to work together.

When we unveiled the new playground, the kids couldn't believe it. They yelled, "SWINGS!" and "I love this!" as they ran out to the playground. Another kid told a team member to, "make sure you tell Candee I really like this. This is the funnest!" In the short time we've had this playground in place, we have already witnessed kids using the skills they've learned to work together to get the merry-go-round to spin. For children who struggle to connect with peers and express their wants and needs - this is truly a moment worth celebrating!

We are so grateful to all of our donors, volunteers and the Wedgwood Advancement team – especially Kori Thompson, who led the charge to make this new playground a reality.

"In the letter of the letter o

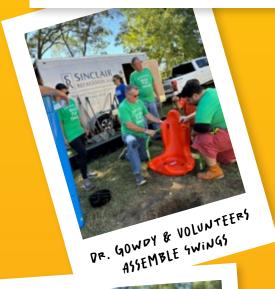
Hear more about ACCD on the podcast

Thank you on behalf of our team and all the kids we serve!

Learn more about our fun and life-changing services at Wedgwood's Autism Center for Child Development: www.wedgwood.org/autismcenter or (616) 965-3492



COMMUNITY VOLUNTEERS READY TO BUILD A PLAYGROUND





## THANK YOU



()LMCU





Steekcase Foundation



DAVE GORMAN (VP OF YOUTH DEVELOPMENT)

DR. CANDICE LAKE (DIRECTOR OF ACCD)

DR. DAN GOWDY (PRESIDENT/CEO)



# WALKING WITH THEM

The recently asked current residents what it felt like to walk in their shoes. Here are some things they had to say:

Hopeless, but still trying to find a way out to get better.

Chaos, but it would also be happy. It would be a rollercoaster of

#### Heavy & Depressing

Imagine walking in the shoes of a child in Wedgwood's care. For many, this journey began with unimaginable loss being removed from their home due to neglect and abuse, then several failed placements. These children have been through trauma that no child should ever have to experience, leaving them vulnerable, scared, untrusting, and uncertain if they are worthy of love.

At Wedgwood, these children are met with love and support. Our residential care programs provide them with a safe place to be heard and heal, find stability and routine, and discover hope. With the help of our professional and compassionate staff, these kids receive counseling, health care, educational support, and the essential tools to rebuild their lives. And, of course, they learn that they are worthy of love and capable of a bright and successful future.

I invite you to step into their shoes and prayerfully consider how you can make a difference in the lives of the 60+ kids who are currently with us. Your support will help provide the important resources and consistent care that helps them heal. Every dollar you give brings them closer to a life where they are thriving versus surviving, showing them that despite their past, there are people who care about their future.

You can give one the greatest gifts of all – the gift for a healthier, brighter tomorrow full of love and opportunity.

We also recently asked residents what makes them feel loved and gives them hope, I want to leave you with a few of their responses, because your support has made these answers possible:

people around me that care, myself & people who help me succeed in life.

KNOWING THAT THERE ARE PEOPLE THAT UNDERSTAND MY SITUATION AND ARE HERE TO HELP ME

it means that in life sometimes there is going to be hard times but in the end there are people to make it better.



**BROOKE JEVICKS** | VP of Advancement

Make a gift: www.wedgwood.org/give or Text GIVE to (616) 942-2392

# PEASONT

"Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." // MATTHEW 19:14

Tdon't spend a lot of time in our autism or residential facilities but every Lime I do, my heart is touched by the children. These brief visits give me a glimpse of what it must be like to walk in their shoes. Recently, we asked the children to tell us what they would like to let us know about their journey. As you might guess, their responses are jarring. They speak of hopelessness, homelessness, bullying, pain, suffering, abuse, depression, chaos, and trauma. One of the responses really struck me. The teen author wrote, "None of us are here for no reason." It may not be perfect grammar, but it is a powerful statement.

*Think about it.* These are not bad children – they belong to Christ. They are here for good reasons. They have experienced unimaginable physical, emotional, and behavioral challenges that they are ill-equipped to understand or deal with.

"Christ has no body now but yours, no hands, no feet on earth but yours..." // TERESA OF AVILA

"None of us are here for no reason." They are here for a reason, and we are here for a reason. We are the ones that Christ calls to "Let the little children come to me." You and I are stewards of the time, treasures, and talents that we have been blessed with to build God's Kingdom and when it comes to children, no sacrifice is too great. It is our sacred command to help them find healing and extend an invitation for them to discover Christ's love. In fact, the Kingdom of Heaven belongs to them.

What purpose does God have for you? Do you have the skills to join the Wedgwood team? Are you an individual or businesses with talents/services to share? Can you give from the blessings God has given you to support Wedgwood through an annual gift; a legacy gift through your estate plan; or make an impact gift that will support growing needs like transitional housing for clients needing stability and support as they leave Wedgwood?

I am here to help you prayerfully consider supporting this life-changing ministry to children, teens, and families. They are the reason we are here.

PAN MCKEAN, M.DiV, CFRE | Advancement Officer

Connect with Dan: dmckean@wedgwood.org or (616) 831-5623

## Gifts in Memory

Gifts in Memory are placed in the Wedgwood Living Memorial Fund which is a part of the Wedgwood Foundation. This is a permanent fund — the earnings are used for the care of the people who rely on Wedgwood for many years to come

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www.wedgwood.org

Panel Discussion with Community Experts & Local Teens. Focused-Breakout Sessions. Keynote Speaker

#### WEDGWOOD CHRISTIAN SERVICES

# State OF Child

MONDAY, MARCH 10, 2025





KEYNOTE SPEAKER:

On. Angela Phannis

The Science of Hope

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The LOVED Experience gives community members the opportunity to experience what extending God's love at Wedgwood looks and feels like! This special version of our on-campus youth ministry, LOVED, allows supporters to sit in the seats, experience the joy, and understand the impact this incredible program has. It includes everything from the same red carpet kids are welcomed on, to exciting games, opportunities to be cheered for and to cheer for others, as well as a relevant message from Chaplains about God's life-changing love. It's a unique way to see firsthand how lives are being transformed at Wedgwood! 🕌

SPECIAL THANKS TO

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Chuck & Christine

Land & Jim & Debra Nagel in honor of Doug & Lois Nagel



MISSED OUR 2024 LOVED EXPERIENCE? STAY TUNED FOR 2025 DETAILS SOON!





Wedgwood's 39th Annual Charity Golf Classic was a fantastic day for 18 holes (or 9 holes!) at the beautiful Egypt Valley Country Club. With over 440 golfers, we raised \$236,000 to support Wedgwood's critical, life-changing mental and behavioral health services for kids and families across West Michigan. We're grateful for each sponsor, golfer, and volunteer who joined us to Golf for the Good of the children, teens, adults, and families that rely on Wedgwood's grace-filled care! www.wedgwood.org/golf





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SAVE THE DATE MONDAY, JUNE 2, 2025

Sponsorship Opportunities opening soon!

















SEE MORE PHOTOS: https://bit.ly/64Celebrate-Photos

"I felt like that light inside But the amazing thing ignited again, and that's what happened when I came to Wedgwood..."



The Doug & Lois Nagel Leadership Award presented to Maranda for her dedication.



Ashley Ward, has a powerful story to tell. Keep an eye out this fall for more about how her hope was reignited through Wedgwood.

vedgwood.org/share-your-light



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