

EXPRESSIONS

Maumee Valley Guidance Center Newsletter

MVGC Providing Services at NWO JDT & RC

Maumee Valley Guidance Center is excited to be providing services to the youth at the Northwest Ohio Juvenile Detention, Training, and Rehabilitation Center in Stryker. MVGC offers a variety of programming, including mental health treatment, substance abuse treatment, and prevention services. Karen VonDeylen, LISW-S, offers therapy services for the youth at the facility and also works with the courts to provide comprehensive assessments and treatment recommendations. She also provides mental health and anger management groups. Harley Shock, CDCA-pre, facilitates the Life Without Drugs program, helping youth understand substance abuse and addiction, increase their motivation to end their use, and learn skills to maintain sobriety. BJ Horner, OCPS provides prevention programming that educates the youth on mental health topics, builds protective factors, and addresses risk factors. These services are provided with funding through the Four County ADAMhs Board.

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Maumee Valley Guidance Center
1-800-569-3980
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SERVICES AT
NWOJDT&RC**

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Service locations:
Defiance: 211 Biede Avenue
Bryan: 910 E. Maple Street
Napoleon: 1325 Woodlawn Avenue
Wauseon: 222 Depot Street

MVGC Providing Services at NWO JDT & RC (continued)

Maumee Valley Guidance Center is proud to be able to offer these services and serving the youth in the facility. Our staff are passionate about working with youth and providing support and guidance. Here's what they have to say:



"I genuinely love working with the kids at JDC. They've been through a lot of life and still continue to shine. They're good kids who need guidance and I feel a real connection with them. They're hilarious and truly bring joy into the room with their big personalities."

Harley Shock, CDCA-pre

"I like being able to facilitate classes that many times the youth never think about being mental health related. I love to see when they are willing to be open and vulnerable and realize that they are able to make positive changes in their own lives."



BJ Horner, OCPS



"I really enjoy working with the youth and being able to provide support. I love helping them work through problems and build confidence and hope. I believe in the capabilities in each and every one of these kids."

Karen VonDeylen, LISW-S

STAFF ANNIVERSARIES

November:

Connie Planson (33)
Rachelle McDonald (18)
Anna Williams (8)
Kim Grimes (5)
Shannon Ries (5)
Karen Lause (5)

December:

Thelma Esterline (4)

January:

Janine Tonjes (5)
Michael Knox (4)
Kym Whitenburg (3)
Isaac Seagrave (1)

February:

Sherri Ward (10)
Michale Wilson (4)
Alysha Valdez (3)

March:

Elvia Ceballos (2)
Josie Reitzel (1)

April:

Betty Tingley (5)

Clubhouse Program: Full of Fun

Maumee Valley Guidance Center's Clubhouse program is designed to support the client's desire and goal to remain active in their natural community environment. Clubhouse is a supportive environment of staff and clients and is created to provide clients with daily living skills, wellness activities, and daily socialization opportunities.



With the Clubhouse program, clients have the opportunity to become more involved in their own treatment and advocate against the stigma of mental health. This year, our Clubhouse program has been very active engaging in various field trips as well as in-house activities. Clubhouse provides clients the ability to get out and around the community and build relationships with those who share a common bond. With additional funding from United Way of Williams County, our facilitators have been able to provide new activities and field trip destinations, a homemade lunch several times a month, opportunities to win BINGO prizes, and much more. Some of our fun trips have been visiting Ft. Wayne and Toledo Zoos, Sauder's Village, County Fairs, and Fall parties. The clients are also looking forward to visiting Four County Career Center to enjoy a "spa day" with the students in the cosmetology program, and celebrating the holidays with our upcoming annual Client Christmas party and a trip to Ft. Wayne to the Festival of Trees.



Help Support MVGC while you shop online this holiday season!

As you work through all your holiday wish lists, consider using AmazonSmile to make your purchases. AmazonSmile donates 0.5% of the price of your eligible purchases to the organization of your choice. Maumee Valley Guidance Center is one of the organizations you can help support just by shopping through AmazonSmile! For more information, go to smile.amazon.com.

Cyber Security

Did you know that October was National Cyber Security Month? Cybersecurity is the art of protecting networks, devices, and data from unlawful access or criminal use. Today, much of your personal information is stored either on your computer, smartphone, tablet, other smart devices or apps like Alexa, smart watches, etc. Knowing how to protect your digital devices is important not just for individuals, but for organizations, as well.

The purpose of cybersecurity is to maintain confidentiality, integrity, and availability of data.

- ▶ **Confidentiality:** Ensures the data is accessible by only those who need it—once you post information on the internet, it is there forever.
- ▶ **Integrity:** Ensures the data is accurate—corrupt data is of no value to those who need it.
- ▶ **Availability:** Ensures the data can be accessed by all those who need it, whenever they need it—fast and reliable connectivity makes computer systems operate more effectively



KNOW YOUR CYBER BASICS

For more information,
go to www.cisa.gov

- **Think Before You Click:** Recognize and Report Phishing: If a link looks a little off, think before you click. It could be an attempt to get sensitive information or install malware.
- **Update Your Software:** Don't delay – if you see a software update notification, act promptly. Better yet, turn on automatic updates.
- **Use Strong Passwords:** Use passwords that are long, unique, and randomly generated. Use password managers to generate and remember different, complex passwords for each of your accounts. A password manager will encrypt passwords securing them for you!
- **Enable Multi-Factor Authentication:** You need more than a password to protect your online accounts, and enabling MFA makes you significantly less likely to get hacked.

Information taken from the Cybersecurity & Infrastructure Security Agency website: www.cisa.gov

