

CATHOLIC CHARITIES SPRING 2015 NEWSLETTER

Serving the Whole Person



Quentin Henley, LCSW, has provided counseling services to Catholic Charities' clients since 1999.

Bob and Jane* were in the midst of a devastating marital crisis. He had been unfaithful; she was overwhelmed and distraught. But thanks to a referral from their parish priest, they found help and hope at Catholic Charities' St. Joachim Counseling Services.

With Quentin Henley, Catholic Charities' licensed clinical social worker (LCSW), and counseling volunteers, the couple confronted the causes of their problems, and learned tools to better communicate, to reconnect and identify ways to keep their marriage safe.

People like Bob and Jane are seen every day, referred by their parish or church, other community health providers or other services within Catholic Charities. Counseling is provided

at Catholic Charities' main campus and includes treatment for a variety of mental health needs including:

- Problems of mood anxiety, depression, grief/loss/trauma
- Relationship issues marital crisis, troubled marriage, or those between a parent & child
- Adjustment with problems of mood because of life events (job, moves, economic, situational stress, etc.)

- Long-term problems of functioning
- Problem solving, life skills' deficits

With Quentin Henley's leadership, a licensed professional counselor and two social work graduate student interns, along with two parttime office assistants, make up the rest of the counseling team.



- Individual Therapy
- Marital /Family Therapy
- Parent & Child
- Grief and Loss
- Post-Abortion Counseling
- Problem Solving/Life Skills
- Pre-Marita
- Marriage Enrichment & Growth
- Spanish Language Services

Appointment Line: 918.508.7135

Catholic Charities' interpreters assist with communication for Spanish-speaking clients. Last year, 179 clients were provided 989 hours of direct service, which is offered on a sliding scale fee.

About 79 percent of those who seek counseling identify as Catholic, although fewer belong to a parish, Henley says. The services have helped people from 33 different parishes in the diocese and include Bartlesville, Bristow, Henryetta, Muskogee, Stillwater, Tahlequah and greater Tulsa.

"We have people with a lot of challenges in their lives," Henley says, "and emotional challenges aren't always as visible as food, shelter and finances, but it certainly takes a toll on their lives."

Practically speaking, our counseling services remove the added stress of what could be unaffordable help for many, he says, but "equal to that is understanding and valuing their faith in terms of looking at and understanding their problems and understanding "the whole person, their emotional mental spiritual self."

* Bob and Jane are composites of real clients who benefit from CCT services

Cooking Up Compassion celebrates 10 years!



Devin Levine, CEC, and Dcn. Kevin Sartorius, Catholic Charities Executive Director, celebrate the 10th anniversary of Cooking Up Compassion with co-chairs, David and Laurie Perkins, and Bishop Edward J. Slattery.

Sarah Boone and Jimmy Ellis perform stunts as our University of Notre Dame vs. University of Texas football package is auctioned.





Fr. Matt Gerlach,
Dcn. Kevin Tulipana, and
Fr. Stuart Crevcoure sing
"Where Charity and
Love Prevail" as an
introduction to our
special presentation.

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Chef Devin Levine, along with 15 chefs from around Tulsa, serve appetizers to more than 880 quests in attendance.





Dcn. Kevin Sartorius tells the beautiful story of Lun, a Burmese refugee, and her journey through migration to America, pregnancy and adoption. Her story showed guests just how many people and programs touch the lives of those we help – from refugee services and counseling to women's health and adoption. Khylee and Adam Forgety, with their baby boy, Elijah, were able to join us at the event! The Forgetys adopted Elijah with the help of Catholic Charities!



Carrie Jarboe celebrates winning a gorgeous diamond cross necklace from Vincent Anthony Jewelers during our auction's first "Live Surprise!".

cooking up compassion

Save the Date

Saturday, February 6, 2016

ATHOLIC CHARITIS

Beth Jensen

CAPACIC CHARMES.

Barb Collier



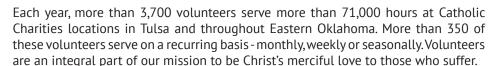
Denise Towsley (with her husband, Kent)

Are you interested in volunteering at Catholic Charities?

Contact Volunteer Resources at 918.508.7125 or go to cctulsa.org/volunteer for information and a volunteer application.

Volunteer Spotlight: Volunteer Resources





Organizing these volunteers is not a one-person job. John O'Neill, Coordinator of Volunteer Resources, has three outstanding volunteers helping him with the many tasks required to manage such a large volunteer force.

Beth Jensen attends weekly to the task of processing and entering each volunteer into our database. **Barb Collier**, in addition to being a long-time volunteer at St. Elizabeth Lodge, manages interviews, tours and volunteer orientation sessions on a weekly basis. **Denise Towsley**, a seven-year volunteer, contributes to these tasks in the volunteer office, serves on the Cooking Up Compassion planning committee, and has been instrumental in planning our annual Volunteer Appreciation events.

"Without the support of the Volunteer Resources volunteers, Catholic Charities could not serve the more than 60,000 clients we do each year, "O'Neill said. "By interviewing, screening, processing, orienting and placing hundreds of volunteers each year, Barb, Beth and Denise keep each and every program well supplied with qualified and energized volunteers. We could not be where we are without these three superstars!"

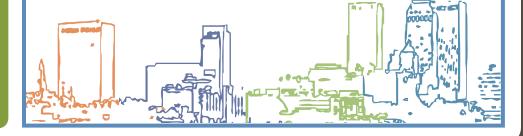
RESCUE YOUR LOST INCOME PLANNING FOR LONG-TERM CARE

Since 2008, interest rates have remained well below 1%. In order to acquire higher income, investors are feeling forced into risking their life's savings by investing in the stock market. This has increased expenses for investors, even though the market has returned to near record levels. Please join us to learn about strategies that will address increasing income and protecting and preserving your resources.

Tuesday, April 21 • 8am-9:30am
OR Thursday, April 23 • 5:30pm-7pm
Schusterman Learning Center Building, Room 145
OU Tulsa • 4502 East 41st Street • Tulsa, OK

If you'd like to attend, contact Tish Stuart, CFRE, Director of Mission Advancement for Catholic Charities, 918.508.7116, or tstuart@cctulsa.org. Reservations requested by Thursday, April 16th.

This free seminar is provided by The Advancement Group in cooperation with the Tulsa Community Foundation. No products or services are being sold.





P.O. Box 580460 Tulsa, OK 74158-0460 Non-Profit Organization **US Postage Paid** Permit No. 2187 Tulsa, OK





WE STILL NEED YOUR ANNUAL APPEAL GIFT TO MEET OUR GOAL FOR 2015!

CATHOLIC CHARITIES' 13 PROGRAMS OPERATE ALMOST ENTIRELY ON DONATIONS FROM PEOPLE LIKE YOU.

MAKE A DONATION ONLINE AT CCTULSA.ORG OR USE THE ENCLOSED ENVELOPE.

WE APPRECIATE YOUR SUPPORT OF THOSE IN NEED!

Emergency Assistance Hot Lunches Healing After Abortion Immigration Services Maternity Residence Migration & Refugee Services Pregnancy Services Transitional Housing for Single Mothers Adoption Counseling Dental Services Eastern Education Oklahoma Outreach **Emergency** Assistance Hot Lunches Healing After Abortion Immigration Services Maternity Residence Migration & Refugee Services Pregnancy Services Transitional Housing for Single Mothers Adoption Counseling Dental Services Eastern Oklahoma Outreach Education Emergency Assistance Hot Lunches Healing After Abortion Immigration Services Maternity Residence

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