



May: Mental Health Awareness Month and Supervised Visitation Month!

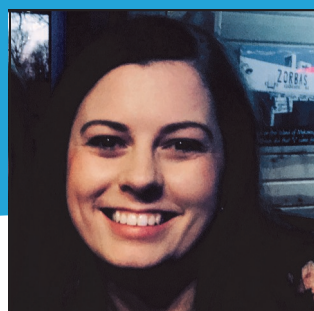
May was a big month for recognizing two topics of key importance to LCRC. It was **Mental Health** Awareness Month AND **Supervised Visitation** Awareness Month! While the month was devoted to highlighting these topics, their importance must not wane the other 11 months. **Mental health** is essential to everyone's overall health and well-being. Bringing the issue of the tribulation of mental illness to the forefront will embolden individuals and their loved one(s) to seek the help they need. When there are concerns for a child's safety or well-being, **supervised visitations** ensure that a child is able to maintain contact with parents in a safe environment. The orange ribbon signifies safety, bringing awareness to the many children and families in need of this service.

“Fostering safety, hope, and healing through advocacy, intervention, and education.”

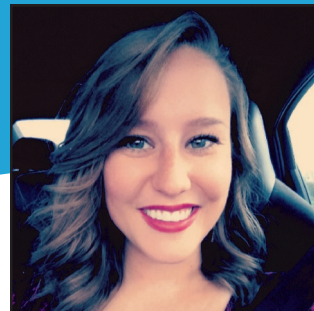
In this edition:



Positive Connections
Kayla Keena, Director



Mental Health Program
Courtney Van Den Bussche-Doll
M.S., LPCC



Mental Health Program
Abby Tang
M.S., future LPCC



29th Annual Banquet Recap
Friday, March 22nd

Donate online



Check out our website:
www.lakescrisis.com

 Find us on
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Mental Health

Through our mental health program, we are able to provide violence and trauma-focused mental health services to individuals who come to LCRC through our advocacy program, shelter program, parenting time center or through referrals from our community. By providing a comprehensive continuum of mental health services, we aspire to help adults and children who have experienced violence and trauma lead healthier lives with improved mental health.



LCRC provides individual therapy to children, adolescents, and adults with a wide range of mental health concerns along with trauma-based therapy on an individual and group basis. Contact

Courtney Van Den Bussche-Doll, M.S., LPCC at
218-847-8572 or courtneyd@lakescrisis.com.

Positive Connections



LCRC provides time and space to cultivate positive parent-child relationships in a family-friendly environment, through **Positive Connections** Parenting Time Center. We offer a casual, home-like setting for families to interact with each other, providing activities, crafts and toys for all ages. Our goal is to help families have the opportunity to strengthen the very important bond that they have; allowing all to nurture and care for each other.

Mission

To provide a positive, healthy and neutral environment where children and their parents can be assured that the supervised parenting time or exchange will be conflict free.

Positive Connections helps prevent children from being “caught in the middle,” while strengthening the relationship between children and each parent.

For information, contact
Kayla at 218-847-7343 or
kaylak@lakescrisis.com.



Get to know LCRC *Staff*

Kayla Keena, Positive Connections Director

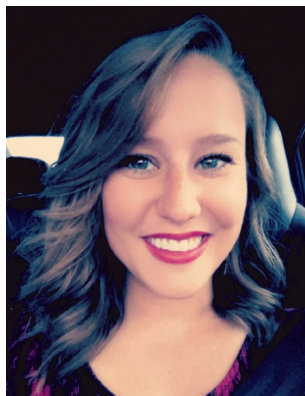
Kayla Keena attended the University of Minnesota, Morris where she received her Bachelor of Arts in Human Services. In her senior year she completed an internship with LCRC, learning about advocacy and supervised visitation services, as well as how to best serve clients who have experienced crises and trauma. After graduation, she began employment with LCRC as a shelter advocate and a visitation facilitator. As an evening shelter advocate she assisted residents with every day needs and completed data entry. As a visitation facilitator she supervised parents with their children that have been removed from the home while transcribing the interactions taking place; making sure time together is physically and emotionally safe. In 2013 she moved to Parent Coaching with Positive Connections (PC), and eventually into the Program Director position in 2015. As PC Director Kayla is responsible for working closely with social workers, parents/foster parents, completing visitation schedules, managing 5-8 staff, and submitting monthly invoices. Kayla chose this line of work because she believes every child is resilient, deserves peace and a chance to thrive, and that programs like PC can provide a healing environment for families.



Outside of work Kayla enjoys playing clarinet in community band, spending time with family, watching TV dramas, hunting, and fishing.

Abigail Tang, M.S., Clinical Trainee, working towards LPCC Clinical Mental Health Counselor

Abigail Tang attended Minnesota State University Moorhead where she received her Bachelor of Arts Degree in Communications Studies. She then continued her education at Moorhead and received her Master of Science Degree in Clinical Mental Health Counseling. Abigail also has obtained a Certificate in American Sign Language Studies from Minnesota State Community and Technical College. During her Graduate program, Abigail finished her internship at LCRC in Detroit Lakes, MN, providing individual and group therapeutic services to children and adults who have experienced various types of trauma, including domestic violence and sexual assault. Upon graduation, Abigail continued her time at LCRC in her role as a counselor for women and children of Mary's Place (Domestic Violence Shelter), and community-based men, women and children.



Recreationally, Abigail enjoys spending time with her family, socializing with friends, spending time with her two miniature dachshunds, soaking up the sun on the lake, and in the winter months, snowboarding.

Courtney Van Den Bussche-Doll, M.S., LPCC, Licensed Professional Clinical Counselor

Courtney Van Den Bussche-Doll attended the University of Jamestown where she received her Bachelor of Arts Degree in Psychology. She continued her education at Minnesota State University Moorhead and obtained her Master of Science Degree in Clinical Mental Health Counseling. While in her graduate program, Courtney completed her internship at Lakes Crisis & Resource Center (LCRC) in Detroit Lakes, MN, providing individual and group therapeutic services to children and adults who have experienced various types of trauma, including domestic violence and sexual assault. After graduation, she worked as a CTSS school-based therapist seeing clients from ages 5-18 and an outpatient therapist providing individual therapy to children, adolescents and adults with a wide range of mental health concerns. Returning to LCRC in October 2018, Courtney continues to provide trauma-based therapy on an individual and group basis. She has a strong interest in working with individuals with trauma histories and/or substance use concerns. Courtney is trained in Eye Movement Desensitization and Reprocessing (EMDR).



In her spare time, she enjoys being outdoors, spending time with friends and family, being around animals and watching softball, baseball, or hockey.



KINSHIP CLUB: Exciting stuff happening!

Our increasingly growing Kinship Program is adding a new dimension! Kinship has partnered with Becker County 4-H to create **KINSHIP CLUB!** This provides access to monthly 4-H events our Kinship mentees typically wouldn't have access to. These activities include field trips, crafts, STEM activities, and outdoor fun!

Did you know that youth who have a mentor are...

- 55% more likely to enroll in college
- 78% more likely to volunteer regularly in their community
- 130% more likely to hold leadership positions in adulthood
- 52% less likely to skip school
- 46% less likely to use illegal drugs
- 81% more likely to participate in extra-curricular activities



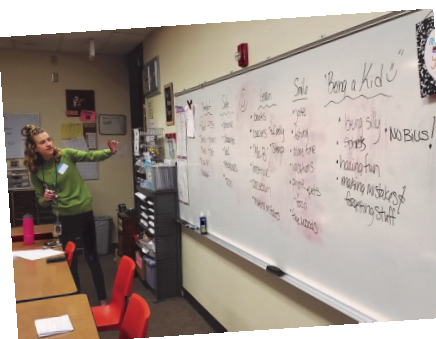
LCRC offers a way to add a fulfilling dimension to all participants' lives through its Kinship program. If you are interested call Stephanie at **218-847-8572** or email her at **stephanieb@lakescrisis.com**.

Recent *Events*

Sexual Assault Response Team (SART) Event

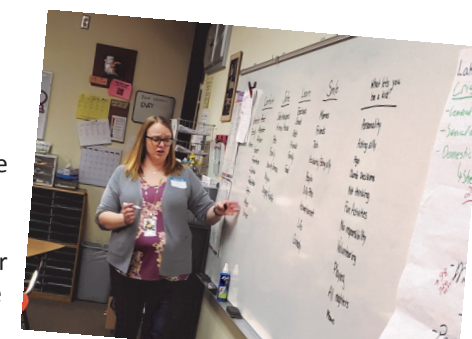
LCRC is a member of the recently formed Becker County Sexual Assault Response Team (SART), which also includes representatives from the County Attorney's office, local law enforcement, Essentia Health, and other local social services agencies. The goal of SART is to "ensure the integrity and quality of the criminal justice process while meeting the needs of the victims and holding offenders accountable."

The SART sponsored its first event, the public viewing of the award-winning documentary film, "Roll Red Roll" in April (<https://rollredrollfilm.com>). Viscerally affected by the film, attendees were engaged in thoughtful discussions surrounding sexual assault during these social-media driven times.



6th Grade Charity Day

LCRC was part of DL School's 6th Grade Charity Day. Through 20-minute presentations throughout the day, we were able to impart an understanding of the young people we serve by having the students think about their own world, i.e. what gives them comfort, helps them feel safe, helps them learn in school. Rachel M. and Stephanie Baker "taught" the kids that by understanding others, we can be of better help to those in need.



LCRC's 29th Annual Banquet & Auction

Our major fundraiser of the year was held in March. As always, the night was an astounding success with over 225 LCRC supporters attending. The night was filled with exciting games, a suspenseful silent auction, and rousing live auction, culminating into a fun time for all in attendance. We raised over \$60,000! This speaks to the remarkable generosity of this community! The support shown at this event [and throughout the year] allows us to help people of all ages who are victims of crime, sexual assault, or domestic violence, along with continuing programs and services that nurture parents, children, and family members.



SAVE THE DATE:
Celebrating Support & Empowerment at LCRC Open House
Thursday August 8th 2:00 pm – 7:00 pm

**UPCOMING
EVENTS**

KINSHIP & 4H-KINSHIP ACTIVITIES

June 6, 6:00-8:00 pm: 4H Kinship Club, Floating Fish Challenge/Gyotaku Fish Painting
June 11, 5:00 pm: Kinship Father's Day Leather Keychain Making Event
June 13, 7:00-8:00 pm: 1st Quarterly Mentor Training- ACEs and Working with Kids in Trauma
June 21, 6:00 pm: Kinship Cooking Class at The Nest, Perham MN
July 18, 6:00-8:00 pm: 4H Kinship Club, Farm Tour and Animal Meet and Greet
Aug 7-10: 4H Kinship Club at the Fair

BREAK THE SILENCE TOURS

Come see how we put our mission, "fostering safety, hope, and healing through advocacy, intervention, and education," to work helping those who are most in need.

Please RSVP to DelRae at 218-847-8572 or delraec@lakescrisis.com.

Tuesdays 11:00 - 12:00 noon:
June 11, July 9, Aug 13, Sept 10
Morning Tours: Available upon request OR we can accommodate a group's schedule

