



Dear Friends of Catholic Charities,

Sometimes we owe it to one another to acknowledge pain, fear and sadness, and sit with that together for a while. This has been a time with all of those feelings and more, across all our communities. I want to assure you that our response as an agency that values dignity, humility, collaboration and excellence has been focused on the health and well-being of our colleagues, our volunteers and those we serve.

That spans the very real concerns around COVID-19 and the very deep wounds and undeniable responsibilities of race and justice. In this issue, I hope you will be energized to see how service has been bolstered and our future reimagined, and how technology, grants and donations have played major roles. We as members of the Catholic Charities family and our broader community have experienced so many feelings, but the greatest – the one that keeps all of us going – is hope. Thanks for letting that be just the start.

David J. Bethuram

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Executive Director

Secretariat for Catholic Charities

Catholic Charities Bloomington Wins Multiple Awards for Exemplary Mental Health Care

Catholic Charities Bloomington and several of its therapists were nominated for multiple awards at the Monroe County Mental Health Champions Awards presented by Mental Health America of Monroe County.

- The agency was recognized as the Outstanding Community Agency.
- Sky Adams was nominated for the Outstanding Mental Health Educator award.
- Emily Corturillo was nominated for the Outstanding Mental Health Provider award.
- Clinical Director, O’Connell Case was recognized as the Outstanding Mental Health Provider.
- Dr. Marsha McCarty, former clinical director of Catholic Charities Bloomington, was recognized with the Lifetime Achievement Award.

We are honored to be recognized and extremely proud to be part of the amazing mental health providers that make this community thrive!

Creating Love and Safety for Rosemary

Rosemary* was only 5 years old when her parents decided to divorce. Her parents had seemed happy, so it came as a surprise to everyone. The entire family was in turmoil and it was clear that the trauma of the divorce was taking a toll on Rosemary. That’s when Rosemary came to Catholic Charities Bloomington.



However, her parents were so angry at each other that they couldn’t even sit in a room together to discuss treatment options. They had to coordinate goals for Rosemary’s treatment through her therapist. Once her parents agreed to what

was possible, therapy began. When her in-person sessions moved to virtual due to the COVID-19 pandemic, something fascinating happened.

Rosemary shared about the transition between homes and ways of living (one a city home, one a country home) and how it made her feel like she was “in a tunnel” and a “time-warp.” Rosemary also expressed feeling unseen, lonely and guilty about loving the missing parent even though she was grateful her parents had “stopped yelling all the time.”

Through her Catholic Charities therapist, her parents were guided to the same message: “let Rosemary know that it’s okay to miss the other parent. Let her know that she won’t be in trouble for loving Mommy or Daddy.” This reassurance from both parents helped Rosemary tremendously. Rosemary understood that her longing for either parent when away from them was normal, and the gift of acceptance and support she received from her parents was immensely helpful to her well-being.

Rosemary continues to work with her Catholic Charities therapist and parents to deal with this transition and is making good progress. She knows that her mom and dad are both ready to hear her feelings and to let her know that she is loved and safe.

**names changed for privacy*



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Through Monday, November 30, when you use our special code at checkout Catholic Charities Bloomington will receive 5% of your pre-tax food and beverage purchase. This offer applies to both in-person and online orders. You can find a flyer on our website (ccbin.org) or use the code "CATHOLICBL" at online checkout. Be sure to enjoy a pizza or two and help support Catholic Charities Bloomington!

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