



## Success Story

Molly\* came to Catholic Charities Bloomington (CCB) seeking help adjusting to her parents' divorce. Her parents were now living in different states. She struggled being away from her mother during an extended visit with her father. Molly had trouble sleeping without her mother being there and began struggling with school as well. This put tension on Molly's relationship with her mother and the anxiety was intruding on their closeness. Molly's mom contacted CCB to help Molly gain more confidence, grow in her independence, and improve their connection.

From the beginning, Molly's therapist could tell that the love and care they demonstrated to each other was strong. With her therapist's support, Molly embarked on a play therapy journey. Even when COVID-19 came, Molly continued play therapy via telehealth. **Through play therapy, Molly was able to process her experience of being away from her mother and identify emotions (like anxiety) and where she was feeling the emotions in her body.**

After a few months of therapy, Molly had an extended visit with her father and was able to enjoy it. She still missed her mother but showed improvement in her school performance and self-confidence. **One year after starting play therapy, Molly is no longer having trouble with sleeping. She is more**

**independent. Molly is going to visit her father this summer and, instead of dreading being away from her mother, is excited for all the adventures that await.**

*\*Name changed to protect privacy*

**The demand for our counseling services has tripled since October.**

## Virtual Event Recap

On May 12, CCB held our Annual Benefit virtually in honor of Mental Health Awareness month. The program included stories of hope and healing from clients and therapists. Clinical Director, O'Connell Case, provided an update on how CCB adapted to meet the needs of clients during the pandemic and what the program is looking forward to in the coming years. **Thanks to the generosity of sponsors and donors, over \$10,000 was raised to provide mental health services for those most in need.** You can find a recording of the event on the Catholic Charities Bloomington Facebook page or on our website.



## Therapist Spotlight



We are pleased to highlight Associate Clinical Director and CCB therapist, Mike Stribling, LCSW. Mike has a Masters in Social Work as well as a Bachelor of Science in Education from Indiana University. He was born in Columbus, IN and currently considers Bloomington to be his hometown. He has also lived in New Albany, IN, Boulder, CO, Flagstaff, AZ and Seattle, WA.

Mike enjoys working with people across the lifespan, including children, adolescents and adults. **He strives to have a positive impact on the world in every minute of each day. He supports people with encouraging and hopeful interactions that uplift their spirits giving them the feelings of confidence and self-love they can use to move forward in their lives.** Mike tries to "do good and be good."

Mike's biggest personal focus is his dog, Mello, and cat, Gracie, who have been with him for the last ten years. He is a musician, singer, and songwriter, and has played guitar for thirty years. He benefits from the combination of long walks and hikes while connecting to the natural world around. To make an appointment with Mike, call CCB at (812) 332-1262.

## Foster Care, Kinship Care & Adoptive Families Summit Recap

On April 15, CCB hosted our first-ever virtual summit. It was created in response to a strong desire to fill the gaps in services and provide support for foster care, kinship care and adoptive families (twelve percent of the children who are clients at CCB are from one of these families). The Summit convened community stakeholders to discuss available services, share resources and identify unmet needs. **About 30 stakeholders identified opportunities for growth, such as awareness of foster families and their needs, increased access to information regarding foster families' legal rights and local resources that support them, and increased understanding of these children's emotional needs.** Attendees remain connected via a forum that offers follow up emails and surveys. The plan is to identify ways to collaborate to address and meet unmet needs in Monroe County. For more information, contact the Parent and Child Development Coordinator at CCB: (812) 332-1262.



Catholic Charities  
803 N. Monroe Street • Bloomington, IN 47404

Non Profit Org.  
U.S. Postage  
**PAID**  
Terre Haute, IN  
Permit No. 86



Community Partner



*Working to Reduce Poverty in America.*



ARCHDIOCESE OF INDIANAPOLIS

*The Church in Central and Southern Indiana*

## Dear Friends of Catholic Charities,

The year 2020 was a uniquely trying time for the poor. Our mission to serve those who are most vulnerable and have few resources and options became an incredible challenge during the pandemic. But, as is often the case, the challenge was also an incredible opportunity to discover how, with Christ’s grace, our service can triumph over anything.

The accompanying articles in this newsletter demonstrate that as our neighbors’ need for assistance grew, so, too, did charitable giving by the faithful in our archdiocese. We began serving people who have never had to ask for assistance before. Previously, they may have been Catholic Charities donors or volunteers, but the economic impact of the pandemic hit them hard, and they too needed help. Generous donors – like you - responded to the need. We partnered with community providers to help reduce barriers, provide therapy in new ways to individuals, couples and families, and provide mental health for the uninsured.

There is still a hard road ahead. But God’s grace to assist those in need will enable us to respond. **We have been tremendously challenged this past year yet greatly rewarded with the resources to help others. I extend my gratitude to our staff and agency council, our clients, and people of goodwill who enabled Catholic Charities to offer hope and support to help transform the lives of those who are suffering.**

God bless you for your faithful witness to help the least of our brothers and sisters.

Sincerely,

**David J. Bethuram**  
Executive Director  
Secretariat for Catholic Charities



**O'Connell Case**  
Clinical Director  
Catholic Charities Bloomington

