

Samarita News



Spiritually Integrated Care at Samaritan



BY: HANNAH KEESLER, MS, LPC/CLINICAL SERVICES DIRECTOR

In the realm of mental health treatment, acknowledging and addressing the spiritual dimension is becoming increasingly recognized as integral to holistic well-being. At Samaritan, we understand that spirituality plays a profound role in many people's lives, influencing their values, beliefs, and coping mechanisms. Samaritan was founded on the belief that mental health is not solely about the mind and body but also encompasses the spirit. This approach emphasizes collaboration with clients to incorporate their spiritual beliefs and practices into their treatment plans thus cultivating a sense of wholeness.

Spiritually integrated care involves incorporating the spiritual dimension of our clients while providing evidence-based therapeutic interventions. At Samaritan, we strive to create a safe and supportive environment where clients feel comfortable discussing their spiritual beliefs and experiences. This allows us to tailor treatment plans that honor their unique spiritual journeys while addressing their mental health concerns. The specific strategies we utilize will be dependent on the needs of the individual. Our team of therapists will draw on multiple treatment approaches to ensure it will resonate with the individual or family we are serving.

In conclusion, spirituality is a source of strength, comfort, and meaning in difficult times. By integrating spirituality into the therapeutic process, clients can draw upon their spiritual resources to navigate challenges and foster resilience. This can lead to greater emotional well-being and a deeper sense of purpose and fulfillment in life. Additionally, spiritually integrated care promotes cultural humility and sensitivity in mental health practice. It recognizes that spirituality is deeply intertwined with culture and identity, and that everyone's spiritual beliefs and practices are unique.

IS SPIRITUALLY INTEGRATED CARE PART OF EVERY SAMARITAN CLIENT'S TREATMENT?

Our services encompass a wide variety of spiritual paths that assist clients with their treatment goals. All clients we serve at Samaritan decide if spirituality is a focal point of their care and to what degree. Our team respects that decision and strives to ensure every client we work with is a collaborative partner in the treatment strategies used.

Building Your Coping Toolbox: May is Mental Health Month

Everyone goes through periods of hardship and stress, and it's important to take care of yourself and have tools on standby to use when times get tough. A coping toolbox is a collection of skills, techniques, items, and other suggestions that you can turn to as soon as you start to feel anxious or distressed. No one thing works for everyone, and it may take some trial and error, but building a coping toolbox is a great way to be prepared. Creating your toolbox can be as simple as writing a list (on your phone or on paper) of what helps you.

Need some ideas? We've got you covered with five ideas to start building your toolbox:

- 1. Consider things that boost your mood.** Read the story of someone you admire. Watch a funny YouTube video. Play with an animal. Repeat affirmations that speak to you like "I believe in myself" or "Fear doesn't control me. I am safe." Saying an affirmation or statement with positive and personal meaning can bring calm.
- 2. Address your basic needs.** When was the last time you ate? Had a glass of water? Took a nap? Taking care of yourself in the most basic ways can be a great coping skill.
- 3. Practice some acts of kindness.** Serving others might help you reframe. Do something nice for someone you know. Help a stranger. Volunteer your time. Problem Solving.
- 4. Find a relaxation exercise that works for you.** Whether it is going for a walk, playing with a fidget toy, or following a guided meditation on YouTube, these exercises can help relax your muscles and lower your heart rate.
- 5. Ask for Help.** You don't need to cope alone! Text a friend. Call a family member. Ask someone to just sit with you.

Volunteer Needed: Are you crafty?

Samaritan is in need of a volunteer who's comfortable with an exacto knife and has great attention to detail. The artwork decking our halls needs to be reframed to remove ripples in the prints. This volunteer project will take about 40 hours. If you're available and interested in helping, please email [Jane.Frantz](mailto:Jane.Frantz@Samaritan.org).

May Samaritan Anniversaries

Samantha Espitia Cardoza
(1 year)

Megan Burdick-Grade
(25 years)



05.16.24

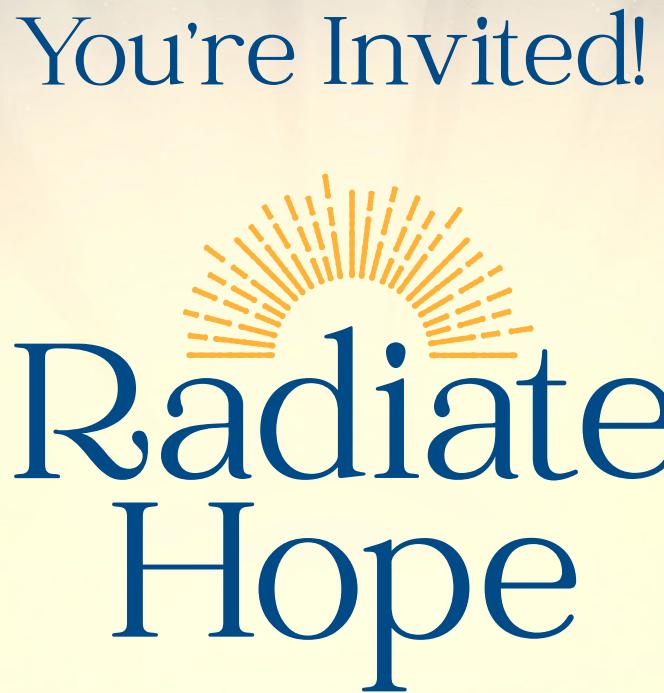
BE SEEN IN GREEN

Samaritan staff will be wearing green on
May 16th (Mental Health Action Day).
Will you join us!

What He/She/They Said

A recent Samaritan client shared why their experience at Samaritan is different than previous providers. "After only receiving mental healthcare/counseling through my main healthcare system, I've been blown away at the thorough and personalized care I've received at Samaritan. I finally feel like a person and not just a number. And that goals and progress revolve around my well-being instead of trying to help my counselor with business metrics."

You're Invited!



Radiate Hope

AN EVENING TO SUPPORT
THE SAMARITAN FUND

Wednesday, May 22nd, 2024
5 p.m. to 8 p.m.
Whistler's Knoll Winery

W9595 County Rd JJ, Hortonville, WI 54944
Tickets \$75 each

Thanks to our Presenting Partner



WHAT TO EXPECT AT RADIATE HOPE:

- Attire: Casual. Whistler's Knoll is a beautiful outdoor venue (with heaters for the cooler evenings)
- Entertainment: live music from local recording artist David Paul Martin
- Delicious appetizers from Mara's Brazilian Cuisine and dessert from Whisk and Arrow
- Stories of impact from staff and a former Samaritan client
- A special moment to remember those who are still struggling with mental health.

READY FOR RESTAURANT ROULETTE?

We're introducing a fun game for foodies with help from restaurants in our area that have generously donated gift cards. For \$20 a spin on our Restaurant Roulette Wheel, you are guaranteed to win a gift card ranging in value from 25 to 100 dollars! The participating restaurants are plentiful, including Carmella's in Appleton, Beckett's in Oshkosh, and Weathervane in Menasha!

CAN'T ATTEND? YOU CAN STILL SUPPORT RADIATE HOPE

You don't need to be present on May 22nd to Radiate Hope with us. Our silent auction will be available for online bidding beginning on May 15th. You don't need to be present at the event to bid or win an auction and all proceeds from the auction will go straight to the Samaritan Fund. There's something for everyone in the auction this year from a Barbie Bonanza package featuring a huge doll house to a custom built and painted Little Library to match your home. You'll find auction details on our website www.samaritanfoxvalley.com/radiatehope.

You can also choose to support the Samaritan Fund directly using this QR code. Your generous gift will help ensure people in our community receive the mental health care they desperately need, regardless of their insurance status or ability to pay. Thank you for joining us as we Radiate Hope together.



Meet the Board: Treasurer Amy Henselin



In addition to the staff at Samaritan, our committed board members give their time and talents to help ensure our organization is well positioned to be a service to our community. We are thankful and proud of our board and want to introduce you to those who serve!

Amy Henselin is the audit practice leader for Grant Thornton's Wisconsin offices and is based in Appleton. She has two

decades of experience in accounting and auditing within the manufacturing, health care, and non-profit sectors and holds an accounting and finance business degree from University of Wisconsin Oshkosh. Amy was drawn to Samaritan because of the stressors she sees as a result of the pandemic. Amy's sisters (who are teachers), her own children's concerns, and her experiences in the community impacted her decision to actively support Samaritan as a board member. Amy and her husband Steve have two school-age daughters. As a family, they love to travel, follow the girls' activities, and spend time with extended family, many of whom live nearby.

Featured Investor



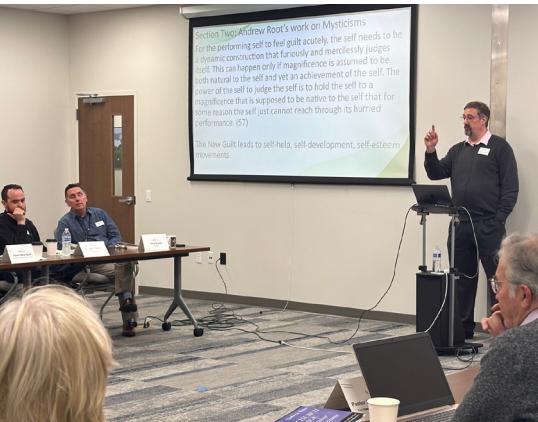
Samaritan is thankful for a recent \$5,000 gift from the Richard M. Schulze Family Foundation to support Project Open Door and the Samaritan Fund. These funds help provide mental health care to youth and adults respectively, regardless of insurance status or ability to pay. Dick Schulze is the founder of Best Buy and established a foundation to give back to organizations around the United States. To make a greater impact in local communities, RMSFF partners with Power of 100- Women Who Care giving circles to help identify organizations in need of support. Since Samaritan was awarded a grant from the Fox Cities Power of 100 giving circle last fall, we qualified for these additional funds.



**Scan to
donate**

or visit our website
to donate at:
[samaritanfoxvalley.com/
support-us](http://samaritanfoxvalley.com/support-us)

Creating Hope 2024



Many thanks to the 25 people who joined the Creating Hope conversation led by Rev. Dr. Kevin Mundell on April 18th. The group represented over a dozen congregations leaning into the current challenges facing our culture and how the Christian church can respond. This conversation will continue on May 9th with a roundtable lunch at Samaritan. Interested in attending? Email [Stephanie Homburg](mailto:Stephanie.Homburg@samaritanfoxvalley.com).