



# Expressions

*Maumee Valley Guidance Center*

Connie Planson, President & CEO

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## NEW PROGRAMS AT MVGC

### Home-Based Therapy Program

Home-Based Therapy is a structured, strength-based, collaborative, therapeutic relationship between a clinical team and a youth/adult and his/her family for the purpose of treating the client's behavioral health needs. Home-Based Therapy works to enhance the family's present capacity to understand the client's needs and to support changes that promote healthy functioning where the client lives, learns, works and plays. Interventions draw on client and family strengths, astute clinical judgment, evidence-based practices, and creative change agents to assist a family in moving toward their preferred vision for their child. Interventions are a collaborative effort to set objectives that build incrementally one upon another to effect change. Successful interventions help children and adults attain developmental, behavioral, relational, and emotional competencies that are the basis for a youth to succeed in family, school, and community life. The therapist will be able to meet with the client at their home, school, and in the community to work on mental health symptoms and behavior. The therapist can meet with the youth at the school for an hour and talk with school personnel and then later in the week meet with the entire family at the home.

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### Prevention Programs

MVGC has been awarded the prevention programming for FY19 from the Four County ADAMhs Board. The focus will be on mental health prevention with schools, youth and the community. The evidence based programs will be SIGNS OF SUICIDE (S.O.S.), INCREDIBLE YEARS (early childhood prevention) and MENTAL HEALTH FIRST AID FOR ADULTS AND YOUTH. MVGC has a long history of providing prevention services and we are pleased to expand this services.

# Bryan office location moving



MVGC is pleased to announce that our offices will be moving into a new building located at 910 East Maple Street in Bryan. We were located at the prior location for 23 plus years and have slowly outgrew that building. This move will allow us to continue to provide a comprehensive range of mental health services and to begin expanding services to the community.

The Four County Alcohol, Drug Addiction and Mental Health Board was able to assist us with a grant to purchase the building. We are very thankful for the assistance that Les McCaslin, CEO at the Board, was able to provide us. In addition, The Ohio Department of Mental Health and Addiction Services awarded a grant to help with the project.

An open house is being planned for this summer, and the community will be invited to view the new facility.



MAKE A DIFFERENCE...Amazon Smile is a simply and easy way to support Maumee Valley Guidance Center every time you shop. With every purchase, you are contributing to the beneficial services that continue to greatly impact various individuals that we serve in the Four County area.

Just visit [smile.amazon.com](https://smile.amazon.com). Sign into your account and select the Maumee Valley Guidance Center as your charitable organization by typing in the search bar at the bottom of the page.

## Staff Anniversaries



### July

Leslie Taylor Dawn Miller  
James Wilson Misty Gomez  
Taylor Hueston

### September

Jennifer Hoeffel Lauri Whiteford  
Amy Young

### November

Connie Planson Karen Lause  
Anna Williams Rudy Sierra  
Kim Grimes Shannon Ries  
Rachelle McDonald

### August

David Brown Jasmine Torbet  
Rebecca Elkins

### October

Eva Valle

### December

Pam Miller Cassandra McConn  
Jerrold Gray

Feeling gratitude and not  
expressing it is like  
wrapping a present  
and not giving it.

-William Arthur Ward

## United Way—Day of Caring



In April, Maumee Valley Guidance Center was chosen to participate in the United Way of Defiance County's Day of Caring. According to the United Way, Day of Caring "is a community-wide effort to showcase volunteerism on a larger scale, and to demonstrate what people working together for the community's good can accomplish." Two volunteers from First Federal Bank were kind enough to paint the front door in our Defiance office, as well as starting the painting process in one of our offices. We not only appreciate the volunteers for their hard work, but also the United Way of Defiance County for their continued support.

## Katelyn Boldon— Psychiatric Nurse Practitioner



Kate Boldon, CNP, attended Ohio State University for her first undergraduate degree. She dove straight into research for childhood mood disorders (LAMS- Longitudinal assessment of manic symptoms in children) as well as social psychology research. During this time, she also worked as an Applied Behavioral Analysis Therapist for children with Autism.

After graduating with her Bachelors in Psychology, Kate started an accelerated Nurse Practitioner program with the Psychiatry across the life-span specialty. At this time, Kate worked as a psychiatric RN in inpatient psychiatry for children. After Kate graduated with her Masters in Psychiatric Nursing, she began her career immediately as Psychiatric NP working with all ages. It did not take time to narrow her specialty to pediatric psychiatry due to her experience with and love for working with children and adolescents.

During her spare time, Kate keeps up with the latest psychiatric research by being a member of the American Psychiatric Nurses Association, enjoys working with the Miryante Orphanage in Uganda, strength training, reiki healing and exploring new alternative medicine techniques. Kate is very excited to be joining the Maumee Health Behavioral Health team.

## Donations

**Ken's Furniture**  
**VFW Of Wauseon**  
**Napoleon Spring Works**

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

## *Maumee Valley Guidance Center*

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[www.maumeevalleyguidancecenter.org](http://www.maumeevalleyguidancecenter.org)

Enhancing the Quality of Life for  
Those We Serve



### **Mission Statement**

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



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