

**A N N U A L  
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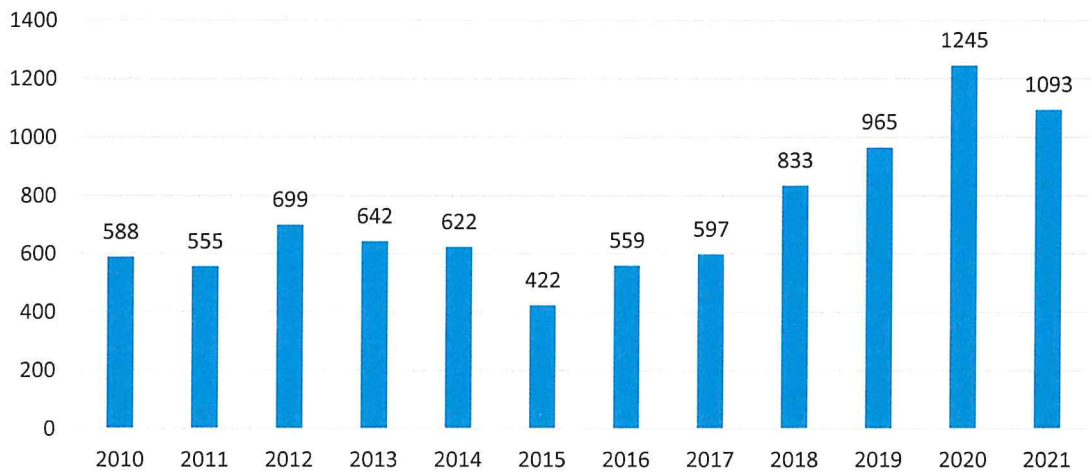
**BLOOMINGDALE TOWNSHIP  
YOUTH SERVICE BUREAU**

**MICHAEL D. HOVDE, JR.,  
SUPERVISOR**

### Counseling Hours

2010	588
2011	555
2012	699
2013	642
2014	622
2015	422
2016	559
2017	597
2018	833
2019	965
2020	1245
2021	1093

### Counseling Hours per Year



**BLOOMINGDALE TOWNSHIP YOUTH SERVICE BUREAU**

**ANNUAL REPORT**

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**BLOOMINGDALE TOWNSHIP**

**YOUTH SERVICE BUREAU**

**STAFF**

Ray Wanders, Administrator

Dawn Arimura, Clinical Supervisor/Family Therapist

Chelsea Geiseke, Family Therapist

Toni Gary, Family Therapist

## BLOOMINGDALE TOWNSHIP

### YOUTH SERVICE BUREAU

#### PURPOSE

The purpose of the Bloomingdale Township Youth Service Bureau shall be to provide a comprehensive program of human resources to meet the unique needs of our youth and their families. Efforts will be made to identify the needs and problems of young people and when appropriate, their family systems. These problems will be brought to the attention of the community by sharing resources and skills in an effort to resolve these problems.

The Bureau may provide direct services to assist young people and their families in working through their problems, and also may involve young people in a wide range of activities that will enable them to seek out their own identity and community.

## FISCAL YEAR SUMMARY

The Bloomingdale Township Youth Service Bureau remains committed to making family and youth services available to the residents of Bloomingdale. We have entered our 50<sup>th</sup> year of service to the community.

We are living in interesting times. We are learning and teaching coping skills daily. The future for children today is focused on the continuing concerns about healthcare, financial security, and violence. The Youth Service Bureau is a community-based agency that routinely delivers the kind of resource proven to be effective in helping children and their families move toward finding workable solutions. Covid-19 brought many challenges to our clients. Food insecurity and dependable internet became the focus for low-income families and students. Staff expanded into assisting food pantries, food delivery to senior citizens, and connecting families to emergency financial assistance. We will be adaptable as we go forward to meet the challenges of mental health needs for the community.

The Youth Bureau Service staff participates in professional development and community outreach programs throughout the year. Many of the seminars and conferences are continuing education necessary for Illinois Department Financial and Professional Regulation licensing. Please refer to pages 8-9 for the complete list.

Covid-19 interrupted participation in community-sponsored events held during the year. Events that were maintained included: Bloomingdale Character Counts Coalition (virtual), Red Ribbon Week, the Association of Illinois Township Committees on Youth (virtual), Township Officials of Illinois (virtual), and the DuPage Juvenile Officers Association (virtual.)

The 2020-2021 Annual Report was the joint effort by Karen Kramer, Chelsea Gieseke and Dawn Arimura. The staff of the Youth Service Bureau has reviewed the past fiscal year and respectfully submits the following Annual Report.

BTYSB SERVICES FOR 2020-2021  
Counseling

The Family Counseling Program is designed to offer parents and their children an opportunity to engage in a process by which problems are discussed in a constructive and effective way. On-line and hybrid schooling presented a new set of challenges for parents. Coaching parents to use incentives, natural and logical consequences (failing a class) and tracking homework on-line are tools that are taught to parents and guardians.

The Family Counseling Program stands ready to work constructively with families on issues that are becoming part of our social fabric. The expansion of counseling services to the underserved 18-25-year-old population assists them with the launch into adulthood. Young adults account for 52% of the current clients. Grandparents bringing up grandchildren represent 4% of the families seeking counseling. The Family Counseling Program is designed to help create a dialogue by which all family members are educated, problem issues are clarified, and solutions are defined.

Helping youth with school-related problems is another service provided by the Family Counseling Program. Here, parents and their children discuss with counseling staff anything from ways to improve study habits or personalizing special education packets to enrolling in low-income internet connection programs. The families are referred to the township from a variety of sources. School and local police departments refer 69% of the clients to the Family Counseling Program.

Working cooperatively with various community groups, such as the police, schools, food pantries and community mental health agencies allows the Family Counseling Program to deliver more concise and timely assistance to youth and their families.

## PRESENTING PROBLEMS AND REFERRAL SOURCES

The primary presenting problems for Counseling Services during 2020-2021 were the following:

Divorce Issues	Aggression & violence
Use/Sale of Drugs	Self-concept/Self Esteem
Peer Relationships	Sexual Issues
Family conflict	Depression
School Problems (academic & behavioral)	Grieving
Terminal Illness	Addiction
Anxiety	Parental Abuse
Self-Mutilation	Religious Conflict
	Addiction

The listing below is representative of referral sources during the course of the year. Youth Service Bureau clients consisted of 35% males and 65% females. Police and school accounted for 69% of total referrals. Friends and former clients referred 25% of clients.

Americana Elementary School	Lake Park High School –East
Bloomington Police Department	Lake Park High School – West
Carol Stream Police Department	Marquardt Middle School
Cloverdale Elementary School	Medinah Intermediate School
Former client/friend	Medinah Middle School
Department of Children and Family Services	Medinah Primary School
DuJardin Elementary School	Roselle Middle School
Dupage County Health Department	Roselle Police Department
Erikson Elementary School	Self
Greenbrook Middle School	Schaumburg Township
Glenbard North High School	Springwood Middle School
Glendale Heights Police Dept.	Streamwood Behavioral Health Center
Glenside Middle School	Waterbury Elementary School
Jay Stream Middle School	Western Trails Elementary
Hanover Park Police Department	Westfield Middle School

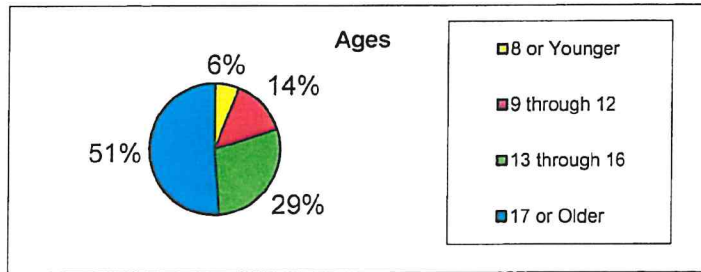


**SUMMARY OF CLIENTS SERVED BY PROGRAM**

**COUNSELING**

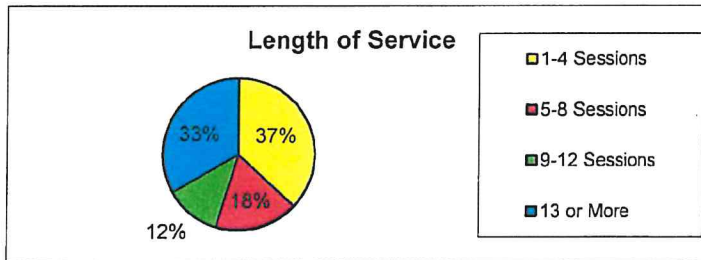
**CLIENTS SERVED  
BY AGE**

8 or Younger	5
9 through 12	12
13 through 16	24
17 or Older	43



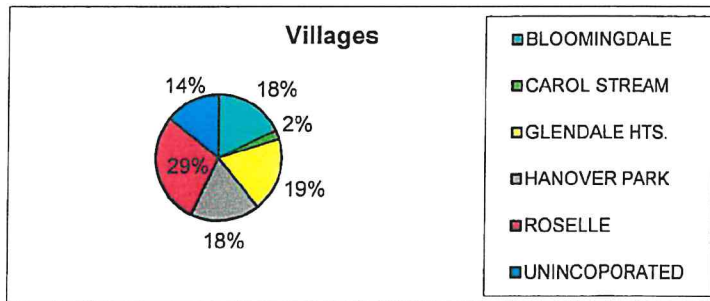
**CLIENTS SERVED  
BY LENGTH OF SERVICE**

1-4 Sessions	31
5-8 Sessions	15
9-12 Sessions	10
13 or More	28



**CLIENTS SERVED  
BY VILLAGE**

BLOOMINGDALE	15
CAROL STREAM	2
GLENDALE HTS.	16
HANOVER PARK	15
ROSELLE	24
UNINCOPORATED	12



## CLIENT'S THOUGHTS AND REFLECTIONS

Chelsea has provided stability and guidance.

She provides reassurance and helpful tips to reach your goals.

Dawn is extremely knowledgeable and has a great way to help steer an individual in the right directions.

She calmed my insecurities and assured me that others often feel the same.

Dawn is excellent at her job and could be a great mentor for others in the field.

Avoid burn out!

Her gentle directions and guidance were greatly appreciated.

Chelsea has been able to encourage us to positively move forward while giving guidance as issues come up.

I wished I could take her with me.

I could feel more confidence as I conveyed how I was feeling to others.

She can also advise you of books to reference.

I learned how to breathe.

Dawn assured me I was on the right path and could always reach back to her if needed.

She taught me about a balanced life.

She showed me how to be more understanding and less angry.

Sometimes you just need someone "stable and skilled" to reassure you that everything is going to be ok and sometimes we need to take a good look at ourselves and make sure we are ok before we exhaust all our energy into taking care of everyone else.

You can't keep giving (as a parent) without refueling yourself.

## SEMINARS AND CONFERENCES

Association of Illinois township Committees on Youth (AITCOY)  
April 23, 2020; June 25, 2020; July 23, 2020; September 24, 2020; October 22, 2020;  
January 28, 2021; February 25, 2021; March 16, 2021; Audit; March 25, 2021.

High School social Workers of West Suburbs (HSSWWS)  
May 1, 2020; October 16, 2020; December 4, 2020; February 19, 2021.

Rewire the Anxious Brain: Neuroscience-informed Treatment of Anxiety, Panic, and Worry  
PESI: Hannah Smith  
May 6, 2020

Bloomingtondale Character Counts Coalition  
July 2, 2020; August 5, 2020; October 7, 2020; November 4, 2020.

Diversity Dialogue: Moving from Cultural Competency to Cultural Humility  
Warren Township Youth Services: Freedom Nguyen and Valerie Walker  
July 16, 2020

An Introduction to Character Counts  
Character Counts: Robert D and Billie Ray Center and Drake University  
Quarter Business Meeting, Hanover Township  
August 6, 2020 & August 13, 2020

Department of Child and Family Services (DCFS) Mandated Reporter Training  
AITCOY Sponsored  
August 27, 2020

Under Pressure: Managing Stress, Anxiety, and Parenting Under Covid-19  
Glenbard Parent Series: Dr. Lisa Damour  
September 16, 2020

School Based Mental Health Round Table  
Riveredge Hospital and Cicero School District 99: Kelsy Hooper  
September 22, 2020

Bloomingtondale Mental Health Board  
September 23, 2020 & October 7, 2020

The Impact of Trauma and Neglect on the Developing Child”  
DeKalb County Youth Service Bureau: Bruce Perry, MD. PhD  
October 13, 2020 & November 4, 2020

Implicit Bias Towards Juveniles  
DuPage Juvenile Officers Association: Lt. Jim Glennon  
October 21, 2020

Township Officials of Illinois (TOI)  
November 16, 2020 & November 17, 2020

Actively Engaging Students During a Pandemic: Responding to School Refusal, Anxiety &  
Avoidant Behaviors  
Warren Township Youth Services: Jacqueline Rhew  
December 11, 2020

Bloomington Children's Network  
Dr. Brenda Huber, Rush Psychiatry and Behavioral Sciences  
January 8, 2021; January 22, 2021; February 12, 2021; February 26, 2021; March 12,  
2021; March 26, 2021

DuPage Juvenile Officers Association  
February 24, 2021

How to Engage Youth in Virtual Programming  
Association of Illinois Township Committees on Youth  
February 25, 2021

How to Raise an Adult  
Glenbard Parent Series: Julie Lythcott-Haims  
March 16, 2021

Itasca Park District  
Covid-19 Vaccination Clinic  
March 23, 2021 & April 13, 2021

MEMBERSHIPS

American Counseling Association (ACA)

Association of Illinois Township Committees on Youth (A.I.T.C.O.Y.)

Bloomington CHARACTER COUNTS! Coalition

DuPage County Juvenile Officers Association (DJOA)

State of Illinois — Department of Professional Regulation