



www.RealSolutionsToday.org

14 Health Services Drive
DeKalb, Illinois 60115
Ph: 815.758.8616



Family Service Agency
Real Solutions. Today.



Main Office:

14 Health Services Drive

DeKalb, Illinois 60115

Ph: 815.758.8616

Fx: 815.758.7569

Website: www.RealSolutionsToday.org

Email: info@RealSolutionsToday.org

Senior Services Center: Satellite

330 Grove Street

DeKalb, Illinois 60115

Ph: 815.758.4718

Fx: 815.758.6219

Counseling Office: Satellite

1406 Suydam Road

Sandwich, Illinois 60548

Ph: 815.786.7079

Business Hours:

Monday – Thursday

8:30 a.m. to 8:00 p.m.

Friday 8:30 a.m. to 5:00 p.m.

TABLE OF CONTENTS

| | |
|----------------|--|
| 1 - 2 | About Family Service Agency |
| 3 | Board of Directors |
| 4 | Agency Guild Agency Foundation |
| 5 - 6 | Big Brothers/ Big Sisters |
| 7 - 10 | Center For Counseling |
| 11 - 12 | Children's Advocacy Center |
| 13 - 14 | Senior Services Center |
| 15 - 16 | Special Events to Benefit Family Service Agency |



Family Service Agency
Real Solutions. Today.



About Family Service Agency

Family Service Agency was born out of the concern and efforts of many individuals who represented the DeKalb County community. After more than 8 years of planning, the first organizational meeting of the Family Service Agency Board of Directors was held on January 1, 1956. An Executive Director (Edward Freeman) and a stenographer were hired, and on February 1, 1956 counseling services were first provided to the community of DeKalb County. At that time, Family Service Agency was located at 128 ½ North 3rd Street in DeKalb.

In 1964, the Agency moved to more spacious surroundings at 153 ½ North 3rd Street in DeKalb. By 1974 ground was broken for the current facility near the corner of Sycamore and Bethany Roads in DeKalb. The official dedication and open house of the new facility was held on February 1, 1976. The facility expanded to its current size in 1991 after a successful two-year fundraising campaign.



Family Service Agency has become the premier social service agency in DeKalb County and assists nearly 4,000 families, individuals and children each year. Family Service Agency is able to provide real solutions today with specialized services through 5 unique departments:

- Big Brothers Big Sisters**
- Center For Counseling**
- Child Life & Family Education**
- Children's Advocacy Center**
- Senior Services Center**

Looking to the future, Family Service Agency will continue to need your help to provide professional services to our community. Family Service Agency is dependent upon the generosity of so many people who contribute through volunteer time or financial support.

**To find out how you can help, call us first at
815.758.8616 or email**

info@RealSolutionsToday.org



Family Service Agency

Board of Directors

Family Service Agency is governed by a Board of Directors who donate their time to furthering the mission and goals of the Agency. They set the strategy and direction of Family Service Agency. The Board members serve 3-year terms and can serve a maximum of 2 terms.





Family Service Agency Guild

The Family Service Agency Guild is a volunteer organization of over 100 members. The members operate The Country Store, a thrift store at 659 E. Lincoln Highway in DeKalb. A variety of items are for sale at the a reasonable price. The collection of items includes articles for the home, gifts, decorations, and clothing. In addition, the members are available for specific assignments at the Agency. The profits from The Country Store are given to Family Service Agency. The Store is open Monday, Wednesday, Thursday and Friday. You can reach the Country Store at **815.756.2378**.

Family Service Agency Foundation

The Family Service Agency Foundation is a separate corporation, governed by a Board of Directors comprised of local community members, committed to furthering the purposes of the Agency. The Foundation oversees the Family Service Agency endowment and the Big Brothers Big Sisters endowment that were established to provide a perpetual basis of income to support the work of the Agency.

Big Brothers Big Sisters

For over 100 years, Big Brothers Big Sisters has defined the meaning and refined the value of youth mentoring. The Big Brothers Big Sisters professionals use their one-to-one mentoring system to match one child and one adult, paving the way for magical moments with life-changing impacts.

Research shows that Little Brothers and Little Sisters do better in school, avoid drugs and alcohol, and feel better about themselves. These heartfelt relationships not only change kids' lives, but also have a positive ripple effect that directly contributes to stronger schools, better communities and brighter futures.

School aged children living in DeKalb County, who will benefit from having a positive role model, are eligible for Big Brothers Big Sisters. The parent, child and volunteer must:

- **Agree to the service;**
- **Agree to stay in the program for at least one year, and;**
- **Agree that the child and volunteer will be available a consistent amount of time to meet each week.**

For Community Match program information and to learn about the application process, the parent may contact Big Brothers Big Sisters. For the School Based program, the parent should contact the child's school to request a referral to the program.

Once a child has been accepted into one of the Big Brothers Big Sisters programs, the staff will search for the right Big Brother or Big Sister and the child will go onto the ready-to-be-matched, Waiting Littles list. In the School Based Mentoring program the child and parent will be contacted as soon as a Big volunteer is suitable for a match.

While on the Community Based Waiting Littles list and depending on the age of the child, he/she will belong to the Fun Bunch (ages 5-12) or Club 13 (ages 13-18) and will be invited to various Waiting Littles activities. The Big Brothers Big Sisters department often partners with community service organizations/groups, clubs, fraternities/sororities or church groups as sponsors so these activities are free to the children. If your organization or group would like to sponsor an activity, please contact Big Brothers Big Sisters at **815.758.8616**.

Big Brothers Big Sisters is able to offer quality programs at no cost to the volunteer or to the families because of funding through private contributions, donations, foundations, United Way agencies and fundraisers such as Bowl For Kids' Sake. All supporters help bring a positive role model to children who need and want one.



Center for Counseling

The Center for Counseling staff is a diverse group of experienced, degreed and licensed professionals including counselors, social workers, marriage and family therapists and play therapists.

Counseling professionals engage in a team effort with clients to gain relief from issues troubling the client, create meaningful change and work toward personal growth. The counseling process might include aiding in understanding and overcoming difficult life events or stressors, building skills, clarifying life goals, accessing information and/or connecting with resources.

Counseling services are offered to children, adolescents and adults, as well as to families, couples and groups. Various emotional concerns can be addressed including:

Stress

Depression

Anxiety

Divorce

Grief and loss

Abuse

Life transitions

Issues of aging

Chronic illness

Body image

Physical disabilities

ADD and ADHD

Medical social work

Gay, lesbian, bisexual and trans gender issues

Deafness

Trauma

Parenting



Counselors work with all age groups around a broad range of issues and help the individual, couple or family work toward managing the area of concern. This might include help with coping, learning new ways to manage or relate and working toward managing the area of concern.

**Counseling appointments are available:
Monday – Saturday.**

**Call us first for more information or
to schedule an appointment.**

**We will bill your primary insurance provider
for you. For those without insurance, please
inquire about our scholarships.**

More on Center for Counseling

Group Counseling:

Groups can offer the opportunity to engage with others who have similar areas of concern or interest toward coping, understanding or personal growth. Groups are offered periodically on a range of topics including coping with divorce for adults or children, communication or shyness.

Divorce Mediation:

Helps divorcing couples “uncouple”, develop new ways of relating to each other as parents and cooperate in the shared goals of raising the children. Mediators serve as an impartial third party who can guide couples through the entire decision-making process of divorce or help with a specific area where agreement has been difficult. By helping couples mutually agree on the details of the divorce, mediators can help couples begin their new lives on positive terms, both individually and as a redefined family.

Child Custody Evaluations:

When parents are unable to resolve visitation and custody issues, the court can appoint a child custody evaluator to make recommendations to the court. The custody evaluator will interview the family members individually and as a family unit; and will speak with teachers, therapists, day-care providers, physicians and other sources. A report is then prepared for the court, laying out guidelines for a comprehensive custody and visitation plan.

Kids First:

A court required education program for divorcing parents that encourages ways to peacefully co-parent as the family copes with the many changes a divorce brings. There is an emphasis on understanding and coping with the needs of parents and children during a divorce. This 3-hour program is offered at convenient times each month.



Child Life & Family Education

Family Life Educators plan, design, implement and evaluate family education curriculum, resources, programs and events. The objective of Family Life Educators is to enrich and improve the quality of individual and family life. Family Life Educators emphasize the processes that help people develop into healthy adults, that help people work together in close relationships and that help people bring out the best in others. Family Life Educators use many methods and innumerable settings to provide valuable training to people who want to be more effective family members.

Children's Advocacy Center

Children's Advocacy Center provides sensitive and caring services for children who have experienced sexual or severe physical abuse. The mission of the Children's Advocacy Center is to promote and support a coordinated response to child abuse in DeKalb County. When a report of child sexual or severe physical abuse is made to the Department of Children and Family Services (DCFS) or to a DeKalb County law enforcement agency, then the Children's Advocacy Center is notified.

A multidisciplinary team including professionals from law enforcement, DCFS, State's Attorney's Office and treatment services work together in a coordinated response to the situation. These caring professionals recognize the hurt of abuse and have dedicated themselves to providing help and protection to our community's children. The CAC offers a friendly, safe environment for child victims or witnesses to be interviewed. Appointments are scheduled by police or DCFS. If you have any questions prior to your appointment, please contact the person that made the appointment for you.



The Children's Advocacy Center brings together the multidisciplinary team to provide the following services:

Forensic Interviews

A neutral, child-friendly space is provided where child victims can be interviewed by a specially trained forensic interviewer.

Assessment and Crisis Intervention

Assessment services for child victims and their non-offending family members are offered. Emergency needs are explored, and children and their families can receive crisis intervention services.

Counseling and Referral Services

The Children's Advocacy Center partners with the Center for Counseling to provide services to children and families. At least six counseling sessions are available free of charge and referrals can be made for medical, social services and other mental needs.

Case Coordination

Coordination assists child victims and their families in understanding the role each team member plays in responding to the case, links the team and the family during the investigation and facilitates case review of the multidisciplinary team.

Court Advocacy

The Children's Advocacy Center staff is available to attend court hearings, keeps the family informed of court dates and court activity, and assist the State's Attorney's Office in preparing children and families for court testimony.

Training

Training assists team members with education necessary to develop special skills needed in responding to child abuse investigations.

Community Awareness and Education

Community awareness and education regarding child abuse issues, including prevention, are available.

Senior Services Center

The Senior Services Center provides health promotion, education programs, social/recreational activities, mentoring and in-home support services.

Assisted Living Program

The Assisted Living program provides home based support services to seniors and adults with disabilities throughout DeKalb County. These valuable services are designed to assist older adults with the tasks of daily living necessary to maintaining their independence. Services are provided on a sliding fee scale and are tailored to meet the needs of each individual.

Senior Peer Mentoring Program

The Senior Peer Mentoring program is a service in which volunteers, age 55 and above, provide in-home support to older adults who are facing issues of loneliness, isolation, anxiety, personal loss and depression. All volunteers participate in a training



program that includes detailed information on a range of issues unique to the aging population. Once training is complete volunteers begin meeting with their clients in the client's home. These meetings occur weekly at a time convenient for both parties and typically last an hour or two.

The following activities at the Senior Services Center are designed to promote friendship and socialization and to reduce isolation:

Seminars on Health and Wellness

Pinochle and Bridge, (Beginning/Advanced)

Needle Workers

Basic Computer and Internet Training

Care Givers Network

Discussion Groups

Bowling

Book Groups

Day Trips

Blood Pressure Checks

Rules of the Road Training

Veterans' Affairs Administration

Social Security Administration

Holiday Parties

Birthday Celebrations

Daily Lunch by VAC

Caregivers Network:

For anyone involved with the care of an elderly person at home, in a hospital or long-term care facility, the focus of this group is to offer a sense of shared experience and support, including new ideas and strategies, suggestions for coping and discussion about what helps. This FREE group is open to anyone. Caregivers Network is funded by the Northwestern Illinois Area Agency on Aging (NIAAA).

Special Events to Benefit Family Service Agency

Bowl For Kids' Sake

Bowl For Kids' Sake is a long time community event that provides the majority of funding for the Big Brothers Big Sisters program. Mentors provide guidance to at-risk children through Big Brothers Big Sisters and funds go directly toward matching children with caring Big Brother and Big Sister volunteers. Currently more than 150 children in DeKalb County receive services through a program that works!

Bowl For Kids' Sake takes place in February and March. Community members who form their own teams and raise money are the heart and soul of Bowl For Kids' Sake. Call first to find out how you can help with Bowl For Kids' Sake by being on the Campaign Cabinet, being a Corporate Sponsor or Lane Sponsor, or becoming a Team Captain.

50 Men Who Cook

50 Men Who Cook has quickly become one of the premier events in DeKalb County. Fifty (or more) prominent men from the community show off their culinary skills to benefit Family Service Agency. The fun filled evening includes the tasting of all dishes, raffles and a cash bar. The prestigious Golden Spoon is awarded to the best dish in each category as voted on by those in attendance. Volunteers are always needed as well as Corporate Sponsors, supply donors and cooks.

Ways to Help

Family Service Agency depends on people just like you to provide continued support. Individuals, families, small businesses and large corporations all play a valuable role in helping us to provide vital services to DeKalb County. Here are just a few ways you can help Family Service Agency:

- 01. Donate a raffle prize for a Family Service Agency fundraiser**
- 02. Become a senior peer mentor at the Senior Services Center**
- 03. Volunteer time to the Assisted Living program**
- 04. Volunteer to work on a fundraising committee, such as Bowl For Kids' Sake**
- 05. Donate gently used clothing and household items to The Country Store**
- 06. Make a cash contribution to the Agency. Designate the donation to a specific department or leave it undesignated to be used for capital improvements or general operating expenses**
- 07. Become a sponsor of a Family Service Agency fundraiser**
- 08. Volunteer to become a Big Brother or Big Sister**
- 09. Recommend Family Service Agency to family and friends**
- 10. Support the Family Service Agency Foundation**

The opportunities are endless! Donate online today. Visit our website for more information and find out how you can make a difference in the lives of others.