

Treating anxiety, stress and depression

Remember your high school years? The good old days, right?

No matter what decade in which your high school days occurred they were the best. Or were they really? Many will say "yes!" Recollections of high school bring back the memories of milestones and rites of passage. But could this be a case of selective memory, keeping only the "good parts" version of the past?

Let's be honest, there were definitely times that were less than ideal. Most teenagers encounter stress, anxiety, questions and feelings of isolation along with all the other emotions and circumstances that come with growing up. How we learned to handle and deal with all the emotions, changes and experiences of the teenage years, influenced our mental health then and impacts us as adults.

Think for a moment about your high school experience. Now add on the pace of the world today, how everything is amplified, the infinite choices, competing messages and enormous expectations; oh, and a pandemic. It is understandable that many of our teens are struggling. Here's what COBYS is doing to help.



In a 2021 Pennsylvania Youth Survey of 6th-12th graders, 38.5% of students in Lancaster County reported feeling sad or depressed MOST days in the past 12 months.

What can be done, to help teens deal with anxiety and stress?



**blues
program**

One option is found in the evidence-based small-group class called the Blues Program. Teens learn tools to help them identify and cope with stressful and anxious situations in six hours of sessions. This internationally acclaimed well-being program is for ages 13-19. It teaches emotional resilience, and reduces low mood and anxious thoughts.

Most importantly teens learn that they are not alone in feeling the way they do, and start talking about it.

Teens learn to identify negative thoughts and practice new ways of thinking that are more realistic and positive.

continued on page 7

"I liked being able to bounce ideas off of each other. That helped me learn about new ways of coping and dealing with different triggers and stressors in my life."

– Blues Program participant

What is being done by COBYS Counseling

COBYS is acutely aware of the issues kids face today. We especially see it in the children in our care who come from hard places.

But these issues appear in children and youth from all walks of life and backgrounds. People, including teens, are more stressed and anxious. Fortunately, the stigma associated with getting mental health help is beginning to wane. Society is finally accepting that mental health is as important as physical health.

COBYS Counseling department addresses these issues daily. An increased number of requests for services, especially for anxiety, which is a symptom of trauma, means that wait times may be as high as six months for services. However, children in COBYS care and adults associated with them who are recommended for counselling are fast-tracked to receive services quickly – in weeks rather than months.

At COBYS, many of the ten on-staff therapists are certified in trauma-focused cognitive behavior therapy, and each have a specific area of care in which they specialize. The researched-based approach, including EMDR (Eye Movement Desensitization and Reprocessing), is a very focused and effective treatment. According to Therapist and Counseling Supervisor, Amy Wittmaier, "This program has been extremely beneficial in working through trauma for children, but

continued on page 7

Mission Statement

Motivated by Christian faith, COBYS Family Services educates, supports and empowers children and adults to reach their full potential.

Board of Directors

Mark Anderson, President
 Ken Craul, Secretary
 Kelli Barber Scott Moyer
 Kathy Focht Donna Parcell
 Kay Kulp Merv Wampler

Administrative Staff

Mark Cunningham, Executive Director
 Cynthia Umberger, Director of Business Operations
 Anne Stokes, Director of Development
 Abby Keiser, Director of Family Life Services
 Mary Sourber, Director of Placement Services
 Jen McDowell, Adoption Supervisor
 Holly Hardin, Assistant Director of Family Life Education
 Barb Paynter, Family Life Education Supervisor
 Sharon Kingsley, Resource Home Supervisor
 Courtney Beiler, Foster Care Supervisor
 Amy Wittmaier, Counseling Supervisor
 Ruby Nolt, Krista Rankin, Permanency Unit Supervisors
 Tim Strawser, HR and Business Manager
 Bethany Kauffman-Raub, HR and Office Supervisor
 Doug May, Communications & Development Manager

Fostering Hope is the quarterly newsletter of COBYS Family Services, a Christian family service agency, affiliated with the Atlantic Northeast District of the Church of the Brethren.

COBYS Family Services

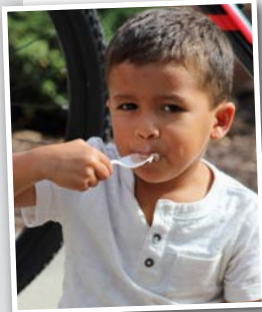
1417 Oregon Road
 Leola, PA 17540
 717-656-6580 • 800-452-6517
 Fax: 717-656-3056
 www.cobys.org

I scream, you scream, we all scream for, well, you know...

As the planning for the Bike & Hike (Sunday, September 11, see pages 3-6 for more information) has gotten underway, I was reminiscing with the Development Team about the early days of the event.

I told them that ice cream has always been a big part of the day. Years ago, we served homemade ice cream. Former executive director Glen Faus and I would go to Sporting Hill (just west of Manheim) the Saturday prior to the event. We would go to the home of a gentleman (his name has long been gone from my memory) who had large ice cream turners and we would make ice cream all morning.

I spent most of my time listening and tasting. Glen and the other gentleman spent most of their time talking and tasting. We then would take the ice cream to the Lititz Church of the Brethren and put it in the freezer to firm up for the Bike & Hike. The tasty treat would then bring joy to our Bike & Hike attendees who, through their generosity of financial resources, made sure COBYS could keep serving our kids and families.



While our methods of ice cream creation have modernized, we are leaving it to the fine folks at Fox Meadows Creamery this year, the spirit of teamwork, of pitching in to get done what is needed, has not changed. This is true for the Bike & Hike and for the services we provide to our kids and families.

Our staff, from across the organization, come together to make sure our clients are well cared for. A foster youth is seen by a COBYS therapist within weeks not months, to ensure their mental health needs are addressed. Our expertise in family life education programming is leveraged to provide enhanced and specialized training to our resource parents who willingly care for children with increasingly complex needs. Caseworkers and supervisors who cover various court hearings for one another, even exchanging closed-toed shoes on short notice to meet court dress code requirements. Making sure staff are not alone in the evenings when facilitating child-parent visits.

The list could go on and on. COBYS is a team, and we could not do what we do without our other team members, all of you who join with us at Bike & Hike and throughout the year. Together we are making life-impacting differences in the lives of those we serve. The ice cream is just a bonus.

Mark Cunningham, Executive Director

COBYS Kids Closet Needs

Each foster child coming into care receives a backpack filled with toys, games, personal care items, a Bible, and more. In addition, we visit our closet for special occasions and items to meet emergency needs. Our Kids Closet is for children served by our foster care, adoption, and permanency programs.

To make an item donation, please contact Janice Burkhart at jburkhart@cobys.org or monetary donation designated to COBYS Care Fund.



Sunday, September 11, 2022

Lititz Church of the Brethren
 300 West Orange Street, Lititz

3-mile Walk
 10/25-mile Bicycle Ride
 65-mile Motorcycle Ride

This Year, A Bigger & Better







Mission & Ministries

Motivated by Christian faith, COBYS Family Services educates, supports and empowers children and adults to reach their full potential.

For more than 40 years COBYS has been carrying out this mission by providing safe and loving homes for children through foster care and adoption services; helping children and adults overcome challenges through counseling; and leading family life education programs teaching skills and principles to parents, teens and children so families can become all that God intended them to be.

Whether you walk, ride a bike or motorcycle, sponsor or donate, your partnership during the COBYS Bike & Hike helps make a positive difference in the lives of kids and families entrusted to our care.

Learn more about our work at www.cobys.org.



Event Sponsors





What to enjoy at the Bike & Hike

For our 26th Bike & Hike, we continue the time honored and appreciated bicycle and motorcycle rides and the walk through beautiful Lititz, PA. But to sweeten the event we've decided to kick up the ice cream social with a bigger and better **Incredible Ice Cream Celebration!** Come see and taste the delicious changes.

Join us on the day September 11, 2022

From traditional group starts throughout the afternoon, to the **Incredible Ice Cream Celebration**, we'll gather to support and celebrate the ministries of COBYS.

Schedule for the day:

Motorcycles (65-mile ride):

Registration..... 12:30 p.m.
Ride begins 1:30 p.m.

Bicycle Riders and Walkers:

Registration begins 1:30 p.m.

Bicycle (25 mile):

25-mile ride begins 2:00 p.m.

Bicycle (10 mile) and Walkers:

10-mile ride & Walk begin 2:30 p.m.

Incredible Ice Cream Celebration:

When participants begin to return around 3:15 p.m.



Kick us off with a head start

COBYS Bike & Hike Kickstart

- Start the Bike & Hike off on the right foot by contributing toward the goal of raising \$25,000 before September 11.
- The Kickstart sets the foundation for our biggest fundraiser, getting you motivated to participate and excited to give.
- In the weeks before Bike & Hike, be sure to check out videos of Executive Director Mark Cunningham and COBYS staff sharing the recipe for great ice cream and expert, compassionate care for kids and families.
- Stay tuned to email, Facebook and Instagram for the videos and donate to the **COBYS Kickstart!**
- Choose **COBYS Kickstart** on the donation form (paper and online) to designate your donation.



Registration and the starts of the rides and walk will take place in the front of the church (along Orange Street).

New and improved ice cream bar with delicious Fox Meadows vanilla and/or chocolate ice cream and your choice of more toppings!

Ice cream will be served in the pavilion in the back.



How It Works

1. READY – Register:

- Pre-Register online (or by mail) with your \$30 minimum donation or sponsorship.
- \$5 early bird discount if you register before September 4.
- Registration is also available at the event on September 11.
- All donations \$20 and up will receive tax acknowledgment.

Thank you gifts for all fundraisers

2. SET – Gather Sponsorships:

- Expand your circle of giving – invite others to support you and COBYS.
- Create a fundraising page online.
- Collect donations – credit card online or by check.
- Submit sponsorship information and monies to COBYS at the Bike & Hike or mail to: 1417 Oregon Rd., Leola, PA 17540

Top Three fundraisers get Grand Prizes

3. GO – Enjoy your walk or ride:

- We look forward to seeing you September 11 at Lititz Church of the Brethren.

For more details or to register/donate online visit cobys.org/bike-and-hike.

If you have any questions please contact Steve Nichols at steven@cobys.org.

2022 Bike & Hike Sponsor Sheet

Your Name _____ Phone _____

Address _____ Email _____

Circle One: Walk Bicycle Motorcycle

	Sponsor's Name	Sponsor's Complete Mailing Address	E-Mail Address	Phone No.	\$ Pledge	Pay Type	Received?
1	Example: Joe Biker	1234 5th Ave., Lancaster, PA 17608	joebiker9876@aol.com	717-555-5555	\$500	Cash/Check	Yes/No
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

Please provide complete information for all sponsors so we can collect pledges and send acknowledgments. Photocopy this form for additional sheets or print more from www.cobys.org/bike-and-hike. A spreadsheet version is available online or create your own fundraising page online.

Totals	Raised	Submitted

2022 Bike & Hike Pre-Registration Form

To pre-register, please complete this form and mail it with a check payable to: **COBYS Family Services, 1417 Oregon Road, Leola, PA 17540.** Or register at www.cobys.org/bike-and-hike. You may deduct \$5 per person if you pre-register by September 4, 2022. Additional donations are also welcomed!

Each participant: \$30 minimum donation/sponsorship.
Family registration: \$100 minimum donation/sponsorships (for families of more than three individuals).

Number of Participants _____ Dollar Amount _____

Walker(s) Total \$ _____

Bicyclist(s) Total \$ _____

Motorcyclist(s) Total \$ _____

Plus additional donation/ Total \$ _____

Less \$5/person pre-reg. discount..... Total \$ _____

Total

Name(s): _____

Address: _____

Phone No: _____ E-mail: _____

Incredible Ice Cream Celebration

A bigger and better ice cream bar!

What's better than ice cream? More ice cream and more toppings! COBYS is piling on when it comes to ice cream at the Bike & Hike this year. We introduce the new and improved **Incredible Ice Cream Celebration**. Create a delicious dairy dessert made with Fox Meadows vanilla and/or chocolate ice cream and your choice of toppings. What a great way to celebrate you and COBYS!



Fostering hope

Look for our staff in the yellow shirts and say hello. Have a question about the care we provide? Ask us. We are passionate about what we do and sharing the services we provide!



Wanted, families with:

- Compassion
- Acceptance
- A heart for kids
- A servant spirit
- Generous hearts
- Open arms
- Love
- God's call to serve



Bike & Hike 2022 will be held rain or shine. Registration fees are non-refundable.

Event Sponsors



Gold Sponsors



Silver Sponsors



Supporting Sponsors: Centric Bank, Garcia Garman & Shea, PC, Young & Young, Accuwrite Print + Promo, Thomas Erb & Sons

Special Thanks to Our Sponsors for their generous funding in support of the mission of COBYS and our ministries. We encourage all participants to contact and patronize these businesses for products, service and solutions. **Missed out on sponsoring this year? Contact Anne Stokes at 717-656-6580 or anne@cobys.org for information on business support opportunities for next year's events.**

Blues Program *continued from page 1*

"What I liked best about coming to group was knowing that there were other people like me out there."

– Blues Program participant

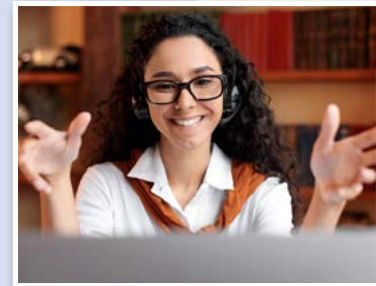
In each session the group focuses on ways to increase their involvement in pleasant activities and makes plans to incorporate these into their daily life.

Meeting either in-person or online, the group additionally explores a variety of coping strategies for true negative events and develops response plans for future life stressors. This course is proven to reduce symptoms of depression, prevent onset of major depression, and decrease substance use.

Students, parents and therapists all see noted positive changes in the teens who complete the program, and nearly all participants would recommend the course to others who are experiencing anxiety and stress. That goes a long way in dealing with today's demanding world.

"The Blues Program has been very helpful for my son. It has helped him to be able to identify the things in his life that cause him anxiety and taught him ways to think more positively so that he can rise above them."

– Parent of a Blues Program participant



Counseling *continued from page 1*

also the elements are effective in helping adults." COBYS has an excellent system of matching a client's evaluation with the best suited therapist, contributing to positive outcomes. Complimenting evidence-based, trauma focused therapy at COBYS is a faith-based approach to providing care which is appreciated and embraced by many clients.

"This program has been extremely beneficial in working through trauma for children, but also the elements are effective in helping adults."

– Amy Wittmaier, COBYS Counseling Supervisor

Since individual therapy is in high demand, group programs are often a good bridge to, or supplement of individualized care. COBYS facilitates many such programs that give participants tools to cope with challenges. For example, a child working on socialization skills with a therapist can put those skills into practice in a group program setting, while parents can learn how to parent appropriately based on the unique needs of their child. Courses include Seeking Safety, Cooperative Parenting and Divorce, Incredible Years Autism and Language Delays Program, Kinship Support and the Blues Program for teens.

COBYS is proud to provide both individual and group care, rising to meet the ever increasing need for services. Whether our clients are teenagers managing the stress of high school or adults weighed down by personal or world events, support is available.

COBYS Development Team

There are so many aspects of COBYS that make our ministries special. The care provided to each individual with dignity and love is at the top of the list. We are thankful to all our partners and their donated dollars for helping our expert staff deliver this care to our children, parents and families. Connecting you, our COBYS family, to the stories and needs of these ministries is also a team effort. We recently welcomed Steve Nichols to the Development team in the newly created position of donor relations manager. Anne Stokes, director of development, and Steve will work together to serve our amazing donors and continue to strengthen our financial resources. Doing so means we can fulfill our mission and exemplify Christ's love for each of us.

Ever have a question about a ministry of ours or how your gift is making an impact? Are you considering an automatic, monthly gift or wondering what support opportunity is best for you?

Give us a call or send us an email, we are excited to talk with you. And make sure you say hello when you see our smiling faces at the Bike & Hike in September. We know that when the amazing generosity of the community is harnessed, incredible things can happen for our kids and families. Visit cobys.org/support-us for all the contact information.

Follow us on Facebook and Instagram @COBYS_familyservices for ministry highlights.



Director of Development Anne Stokes and Donor Relations Manager Steve Nichols.



COBYS Family Services
1417 Oregon Road
Leola, PA 17540

Non-Profit
U.S. Post Office
PAID
Permit No. 52
Lancaster, PA

Address Service Requested



Become our fan on
Facebook and Instagram

A Look Inside
Treating Anxiety, Stress and Depression..... 1, 7
Message from Mark 2
COBYS Bike & Hike invitation 3-6
Meet the Development Team..... 7
Bike & Hike – Invitation notice ... 8

Join Us Saturday, Oct. 8



7 am Registration
8 am Start "Chip Timing"
5K Race
1 Mile Fun Run/Walk
9 am Kids' Dash

Proceeds benefit COBYS, Landis Homes and Friendship Community

At Oregon Dairy - more details to come

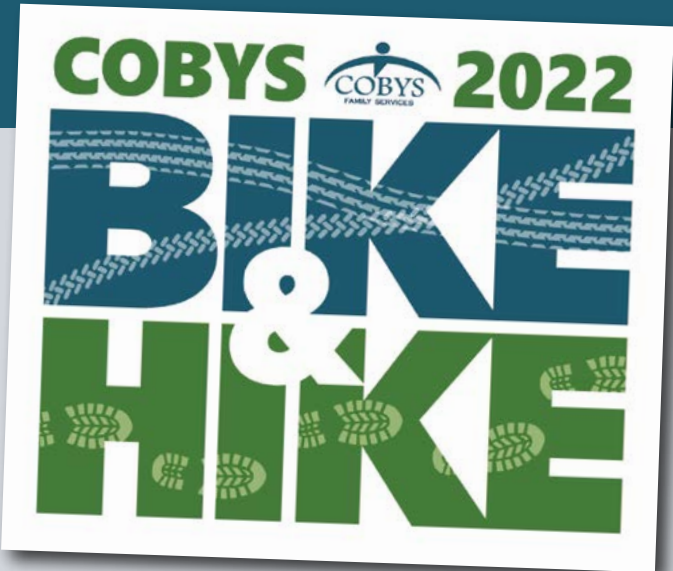


Invitation Inside

Three-mile walk

10 & 25-mile bicycle rides

65-mile Dutch Country motorcycle ride



Sunday, September 11, 2022
Lititz Church of the Brethren

Bigger & Better:

