



PAL Support Group Started at Catholic Charities



Laura and Paula

By Laura Jackson LCSW, LICDC

Everyone has been hearing about heroin. A recent newspaper article identified Northern Kentucky as "heroin ground zero," describing our region as "...the state's epicenter for heroin, straining legal and medical systems and bringing deadly consequences that are starting to spill out to the rest of the state." Heroin is cheap, potent, and readily available, contributing to its popularity among persons with opiate addiction.

Heroin is affecting families in Northern Kentucky without regard for status, income, family composition, race, faith, or location. The University of Kentucky Center on Drug and Alcohol Research has estimated that alcohol and other drug abuse costs the Commonwealth more than \$6

billion annually. This estimate takes into consideration crime, medical costs, workplace accidents, lost wages due to substances, auto accidents, and other costs borne by society. It is very likely that you know a person struggling with heroin, or know a family affected by heroin.

As Catholics, it is important to acknowledge that we are aware of the problem, accept that it is happening in our own communities and parishes, and take an active stance in offering support and education. The Catholic Church has been doing so, and in 1949, started The National Catholic Council on Addictions (NCCA), an organization that promotes hope, healing and reconciliation to those suffering from the disease of addiction and the impact of addiction on family, society and Church. NCCA is endorsed and its work is encouraged by the United States Conference of Catholic Bishops (USCCB).

At Catholic Charities in Covington, we continue to offer substance abuse treatment and support. We offer Substance Use Evaluations, prevention services in two high schools, an option for walk-in services, and we just started a new group to help educate and support Parents of Addicted Loved Ones, or PAL. PAL is a national support group that meets weekly to educate, support and help families with issues arising from loving someone with an addiction. The group is free of charge, and family members are welcome to come at any time and stay as long as they need. The message we are spreading at Catholic Charities, and as Christians, is that we are all children of God.

Pope Francis says, "The Church, in fidelity to Jesus' command to go out to all those places where people suffer, thirst, hunger and are imprisoned, does not abandon those who have fallen into the trap of drug addiction, but goes out to meet them with creative love," he added. "She takes them by the hand, thanks to the efforts of countless workers and volunteers, and helps them to rediscover their dignity and to revive those inner strengths, those personal talents, which drug use had buried but can never obliterate, since every man and woman is created in the image and likeness of God."

PAL Support Group

Wednesdays,
6:30–8:00pm

No Charge

Catholic Charities
3629 Church Street
Latonia, KY 41015

For more information
contact Client Care at
859.581.8974
covingtoncharities.org

A Letter from the Executive Director



Dear Friends,

A Call to Action!

"The time has come for the Church to take up the joyful call to mercy once more." (Pope Francis, *Misericordiae Vultus*)

Even though the pace of life tends to slow down in the "lazy days of summer," we continue to serve all our brothers and sisters who seek our help. So on any given day, there is a waiting line outside Parish Kitchen, we have new residents at St. Joseph Apartments with special needs who were homeless, we regularly visit inmates at the local jails, and there is a steady stream of individuals and families waiting in our lobby for an individual, family or group session. These are some of the ways that Catholic Charities offers the corporal works of mercy throughout the year. This is exactly what Pope Francis is asking all of us to consider in *Misericordiae Vultus*, the Pope's proclamation of the Holy Year of Mercy, as we anticipate the Jubilee Year of Mercy beginning at Advent this year.

"...Wherever the Church is present, the mercy of the Father must be evident. In our parishes, communities, associations and movements, in a word, wherever there are Christians, everyone should find an oasis of mercy." (Pope Francis, *Misericordiae Vultus*)

Catholic Charities clearly embraces the call to offer an "oasis of mercy." So in addition to the many ways we already offer mercy to those we serve, we recognize that we are called to action when we see other needs. One of the needs that has caught our attention in the news media recently is the heroin epidemic in our area. Heroin is affecting families in Northern Kentucky and throughout the Diocese of Covington without regard to status, income, family composition, race, faith, or location. As Catholics, it is important that we acknowledge the problem in our own communities and parishes and take an active stance in offering support and education. We are not equipped to offer in-patient or intensive outpatient treatment to addicts, but we are well positioned to serve affected families.

As a result, we just started a new support group in July to help educate and support Parents of Addicted Loved Ones, or PAL. PAL is a national network of support groups that meet weekly to educate, support and help families with issues arising from loving someone with an addiction. The group is free of charge, and family members are welcome to come at any time, and stay as long as they need. The message we hope to spread at Catholic Charities is that we are all children of God, and that we offer an oasis of mercy to all who seek our help.

To you, our partners, I thank you for your partnership with us. Your acts of kindness, charity and mercy allow us to touch many lives, especially the lives of the poor and oppressed. By sharing your time, talents and treasures with us, we have the opportunity to bless those we serve. Not only are we a blessing to those we serve, but as St. Francis of Assisi says in his famous prayer, "it is in giving that we receive." So by offering mercy, we receive mercy. Blessed are the merciful, for they will be shown mercy.

Please pray for us that we can continue to be an oasis of mercy in our Diocese. I pray that God will continue to bless you and those you love.

Your partner in Christ,

Alan Pickett
Executive Director

News and Events



Save the Date!

7th Annual Northern Kentucky Knights of Columbus Golf Classic to benefit Catholic Charities' LifeLine Fund. This fund was established to provide financial assistance to young women experiencing an unplanned pregnancy. The Golf Classic will be held on **Saturday, August 29** at Twin Oaks Golf and Plantation Club. Tee off begins at 8:00am. Cost is \$90 per golfer which includes 18 holes with cart, breakfast, lunch, dinner, beer and soft drinks.

To make your reservation, contact Denis Elix at (859) 442-0292 or Carl Biery at (859) 781-5054.

Realizing the American Dream Class

Realizing the American Dream is a Neighborworks curriculum that teaches first-time home buyers how to buy a home. Homeownership strengthens communities because homeowners literally have an investment in where they live.

Realizing the American Dream consists of a free one-day group class. The class is designed to help potential home buyers learn about the mortgage loan process, how to find the right house, how to budget and use credit, loan closing, foreclosure prevention, basic home maintenance, and avoiding predatory lending.

Upcoming Class Schedule:

One Day Class, 9am-5pm, Lunch provided

Saturday, September 12

Saturday, October 3

Saturday, November 7

Saturday, December 12

Registration required by contacting Client Care at (859) 581-8974.



Program Updates

Congratulations to Our Graduates

Our annual St. Joseph summer event celebrated residents' many successes over the past year, including a special recognition of our program's first ever high school graduates.

Emily graduated from Lloyd High School and will be attending Gateway Community and Technical College to study for a degree in graphic design.

Congrats to our graduates!

(Pictured right) Brandy Medaugh, Catholic Charities Staff and Emily



24/7 Dads Class

David Phillips, our jail ministry coordinator, is presenting a parenting class for fathers who are on probation or parole. The curriculum, 24/7 Dad, is presented in twelve weekly two-hour sessions. Participation is voluntary, but participants may be awarded 90 days credit towards their sentence for successfully completing the program.

There is extensive research that shows that the father-child relationship is often damaged when parents are involved with the criminal justice system. We know this anecdotally from the fathers we work with in our parenting program, who often say that their fathers were only intermittently involved in their childhoods because they were in and out of jail. A significant percentage of them also say that they were physically abused by their father when he was home. Programs like 24/7 Dad were designed with the hope that they will help to reduce the likelihood that participants will abuse their children.

Research from the National Fatherhood Initiative shows that long term outcomes are poor for children whose fathers are, or have been, incarcerated. They have lower levels of education than the general population, and are at higher risk of becoming involved with the criminal justice system. We hope that this program will help participants to understand their vital role in their children's lives, and to develop the confidence and the skills they need to establish and strengthen, or re-establish and build, these relationships.



Pregnancy Counseling and Adoption Services

Our faith sustains and supports us during our trials and brings blessings into our lives. Faith and prayer lead people in difficult situations toward solutions and toward those who can assist them. The pregnancy counseling and adoption staff at Catholic Charities work with couples experiencing the pain of infertility, as well as women and their families who are facing the challenge of an untimely pregnancy.



At Catholic Charities, we assist pregnant women and their families to assess their strengths, challenges, fears, concerns and support systems to ensure that everyone carefully considers what will be best for their baby. The staff of the pregnancy counseling and adoption programs have Master's degrees in Counseling or Social Work, and have a combined 72 years of experience working in the field of pregnancy counseling and adoption. Pregnant clients of all faiths, and their families, are offered professional counseling free of charge. Women experiencing an untimely pregnancy may feel fear, inadequacy and frustration about their future. They may worry about job, school, income, medical care or their ability to be a good parent. Through counseling, and parenting education, as well as referrals for resources, many women learn they are able to parent their child. They are encouraged to continue counseling and join our parenting education classes as they undertake this new role.

There are many circumstances that cause a woman to feel she cannot adequately take care of her child. For example, a woman who is struggling with substance abuse may worry that she will be unable to provide stability for child, or a woman may be parenting two or more children and find she is pregnant. She knows she cannot adequately care for an additional child. By choosing adoption these women are able to provide their baby with the life they think is best, in a stable, loving family.

Making an adoption plan is very difficult. A mother's love and concern for her child is never ending. Knowing that adoptive parents will be respectful and reverent concerning the woman who gave their life to their child is very important to birthmothers. We teach prospective adoptive parents about adoption from the point of view of all who are affected so they will have the skills needed to be excellent parents. We also provide counsel, support and coaching throughout the entire process. Since 1948, we have placed approximately 1450 children with loving adoptive families.

Catholic Charities seeks to serve the whole person, for a lifetime. With this in mind, our adoption program includes post adoption counseling. We serve as a resource for birth parents, adoptive parents, adopted persons and their families facing identity issues, birth family questions, and other concerns experienced by those whose lives are touched by adoption. Services include: individual counseling, family counseling, and family education. Our goal is to journey with these individuals and families so they experience the support and insights they need to be successful.

For more information, contact Monica Kuhlman at (859) 581-8974 ext. 125, mkuhlman@covingtoncharities.org or Angel Stumler (859) 581-8974 ext. 114, astumler@covingtoncharities.org



“We invite all in need to walk through our front door of hope.”



The Fight Against Human Trafficking

Catholic Charities in Louisville is a national leader in services to refugees and other immigrants. They also are active in the fight against human trafficking, the exploitation of a person for the purposes of forced labor or commercial sex, regardless of citizenship or nationality. Each year about 17,500 individuals are brought into the United States and held against their will as victims of human trafficking. U.S. citizens also fall victim to this crime at an alarming rate.

Catholic Charities in Louisville recently received a Federal grant to combat human trafficking throughout Kentucky, and has hired a human trafficking case manager, **Lisa Ramstetter**, who will work in our office at Catholic Charities in Covington and will cover the Northern Kentucky region. Lisa grew up in Madeira, OH, and graduated from UC with a degree in International Affairs and Political Science. Before coming to Catholic Charities, Lisa volunteered with Destiny Rescue, an organization that works to end the sexual exploitation of children in countries such as Thailand and Cambodia. Lisa will provide services for local victims of human trafficking, and offer support and assistance to agencies that work with them. In addition she will provide education and training to local agencies and the wider community on issues related to human trafficking. We are very happy to have Lisa with us, and plan to use her expertise on this very difficult issue in our work for the Covington diocese.

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Sign up to receive our monthly newsletter
at covingtoncharities.org/email-newsletter



This newsletter is published three times a year in spring, summer and winter for friends of Catholic Charities. Catholic Charities provides adoption services, housing support, therapeutic counseling, parenting services, pregnancy counseling, substance abuse treatment, jail ministry and prisoner reentry services, youth development services, client care, and volunteer support.

Like us! facebook.com/covingtoncharities

Volunteer of the Season: Summer

Catholic Charities is pleased to announce that **Judy DeMarco** is our Volunteer of Summer 2015. Judy has been an active volunteer for four years beginning with Record Retention in 2012, followed by joining our Volunteer Team, and most recently, chairing our newly formed Craft Team earlier this year. Her sales, marketing, and artistic skills bring much needed talent to our Craft Team as we prepare for the annual St. Henry High School Craft Show held each October. She raised the bar in presentation of craft items and coined a favorite phrase for our Craft Team - "we DO have standards". Judy also shares her artistic talent in Food Tray Design at our annual CaSSba fundraiser held each August. We are blessed to have Judy as one of our many wonderful volunteers. She is certainly a treasured gift to Catholic Charities.



See enclosed flyer to order tickets
or visit covingtoncharities.org

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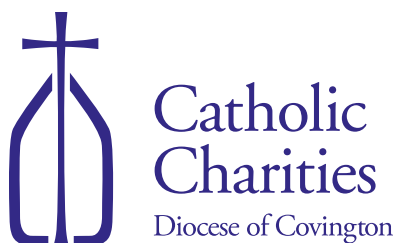
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All participants must enroll or re-enroll each year. Contact Vicky Bauerle (859)581-8974 Ext. 116 for Kroger Reward Card questions. Thanks for supporting Catholic Charities every time you shop at Kroger!



Extend a Hand. Change a Life.

3629 Church Street
Latonia, KY 41015
859.581.8974 · 866.440.9612
www.CovingtonCharities.org
www.facebook.com/CovingtonCharities

Our Mission:

“*To promote healing,
restore hope and affirm
human potential through
services that empower,
voices that speak for justice;
and, partnerships that
strengthen communities.***”**

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