



Catholic Charities
Providing Help. Creating Hope. Serving All.
COUNSELING SERVICES

June 2025

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Dear Friends of Catholic Charities,

Our mission to serve the poor and vulnerable across the Archdiocese of Central and Southern Indiana is made possible through your steadfast support and generosity. Your commitment fills us with deep gratitude and renews our dedication to being the hands and feet of the Lord, reaching out to our neighbors in need.

Every day, we are humbled by the growing number of individuals and families who come to us for help—those facing job loss, soaring food costs, a lack of affordable housing, mental health struggles, or the challenges of aging while striving to remain active and independent. Their stories of hope, resilience, and perseverance inspire us and strengthen our resolve.

We are especially proud of the lives we've helped transform. One family, having struggled to reconcile and connect for years,

found safety and spiritual refuge in each other. A young mother with three children received care, dignity, and a sense of worth during an incredibly difficult time. Another woman, previously in a vulnerable situation, now lives a safe and stable life and has discovered renewed self-confidence.

These moments of transformation are only possible because of your support. We are truly grateful for your partnership in this sacred mission. Every gift—no matter the size—brings hope, healing, and compassion to those who need it most.

Thank you for being the strength behind Catholic Charities. As the need for our services continues to grow, we are honored to walk this path of service with you, bringing light to those in darkness.

With heartfelt gratitude,



David J. Bethuram

David J. Bethuram
Executive Director
Secretariat for Catholic Charities



Dennis Y. Craig

Dennis Craig
Clinical Director
Catholic Charities Bloomington

FROM SILENCE TO STRENGTH:



How Cathy is Healing, Growing, and Finding Her Voice Through Therapy

Cathy* is an 11-year-old who began services with CCB in the fall of 2023 after experiencing significant trauma. She was experiencing homicidal and suicidal ideation but was strongly resistant to talking about her feelings. Her significant anxiety was keeping her out of school and making it hard for her to enjoy time with her siblings and peers.

The use of play therapy, expressive therapy, and EMDR resourcing techniques, combined with Cathy's hard work, have helped her reach the point where she no longer experiences homicidal or suicidal ideation. She has made several good friends at school and has been enjoying her time there as well! Cathy is much more comfortable at home now and her symptoms have improved over the past several months.

Cathy has truly come out of her shell and not only talks about her feelings but encourages her siblings to do so as well. She continues to grow every session and is excited to share what she's been doing, including taking up the violin.

*Name Changed for Privacy

INVESTING IN HEALING:

Staff Expand Expertise in Play Therapy and EMDR

Recently, several CCB staff members participated in a two-day Play Therapy training workshop led by Heather Maritano, LCSW, RPT-S, of Inner Resources Training in Bloomington. Attendees included Bloomington-based therapists Savannah Hadley and Kirsten Chandler, along with colleagues from Catholic Charities Indianapolis—Abby Gratz, Hailey Rhodes, Heidi Smith, Catherine DuBois, and Marinette Colon-Laboy. Play Therapy is a proven intervention that helps children express emotions, process experiences, and develop coping skills in a developmentally appropriate way. This specialized approach aligns with Catholic Charities' mission to offer compassionate, effective mental health care to all in need.

Additionally, Savannah Hadley also recently completed the first phase of Eye Movement Desensitization and Reprocessing (EMDR) training through EMDR Consulting. She trained alongside former CCB Associate Director, Kara Baertsch, LMHC, and Andie Bernard, LPCC. EMDR is a powerful therapy designed to help individuals process trauma and distressing life experiences. Notably, all therapists at CCB have now completed EMDR training and are actively using it in their work with clients, further strengthening the agency's capacity to offer trauma-informed care.

These ongoing professional development efforts reflect Catholic Charities Bloomington's dedication to enhancing mental health services for children and families in our community.



JUNE IS PTSD AWARENESS MONTH:

Shedding Light on a Misunderstood Condition

June is PTSD Awareness Month—a time to raise awareness about Post-Traumatic Stress Disorder and support those who are living with its effects. At Catholic Charities Bloomington, we believe that understanding PTSD is the first step toward healing, compassion, and reducing stigma.

PTSD can affect anyone who has experienced or witnessed a traumatic event, such as abuse, violence, serious accidents, or natural disasters. While it is often associated with military veterans, PTSD is not limited to any one experience. Children, teens, and adults of all backgrounds can struggle with the lasting emotional and psychological effects of trauma.

Unfortunately, there are many misconceptions about PTSD. One common myth is that people with PTSD are “dangerous” or “unstable.” In reality, individuals with PTSD are more likely to isolate themselves or experience internal struggles like anxiety, depression, or intrusive memories—not act out in harmful ways. Another misconception is that PTSD only develops right after a traumatic event. In fact, symptoms may take weeks, months, or even years to appear.

Perhaps most damaging is the belief that people should just “get over it.” Trauma affects the brain in complex ways, and healing often requires time, support, and professional help.

At Catholic Charities Bloomington, our mental health counselors work with individuals of all ages to process trauma and develop healthy coping strategies. Through compassionate care and trauma-informed therapy, we walk alongside our clients as they move toward hope and healing.

This month, we encourage our community to learn more about PTSD, speak openly about mental health, and offer support to those who may be silently struggling. Together, we can break down stigma and create a more understanding and healing environment for all.



CCB RENEWS PARTNERSHIP WITH HOOSIER HILLS FOOD BANK



Catholic Charities Bloomington recognizes that struggles to meet basic needs can be a real source of stress and a barrier to improved mental health for our clients. To help clients meet these needs, CCB partners with a variety of community organizations, including the Hoosier Hills Food Bank (HHFB). As an HHFB member agency, CCB is able to offer a variety of snacks and take-home items to our clients who might be facing food insecurity. CCB Community Outreach Coordinator Emily Cook writes, "We try to stock a mix of pantry basics and grab-and-go snacks for our clients. Our youngest clients particularly appreciate the option to grab

a snack or juice box before their sessions, which can really help them focus and feel more comfortable." CCB is grateful for this community partnership and its benefits for our clients.



CCB THERAPISTS APPLY NEW SKILLS TO SERVE CLIENTS



Therapists at Catholic Charities Bloomington have completed training in play therapy, EMDR, and Internal Family Systems that have given them new skills and perspectives to support clients. CCB therapist Savannah Hadley shared some of the ways that this training has impacted her work:

“I have been using skills from our play therapy training to incorporate a wider range of directive play therapy activities into our sessions, including some art activities to help the kids express their feelings and create visual representations of safe and peaceful places. I’ve also been incorporating sensory activities like sand to support kids in mindfulness and processing.” This training, which was generously sponsored by Mental Health America of Monroe County, also helped therapists better recognize themes that kids might be processing through their play, giving them increased insight into what children might be thinking or feeling.

EMDR and Internal Family Systems (IFS) are both innovative therapeutic modalities that can help clients process and cope with the effects of trauma. Savannah shared that her training in these approaches, supported by generous gifts from CCB donors, has helped her provide clients with grounding techniques that support them in processing traumatic events. EMDR and IFS have been particularly helpful for clients who want to target core negative beliefs that they hold about themselves and to recognize certain behaviors as protective mechanisms they’ve developed in response to past trauma.



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Leave a Legacy

Have you considered how a planned gift to Catholic Charities can impact lives for years to come? Including Catholic Charities Bloomington in your will continues your ability to serve our mission of providing help and creating hope to those in need. To learn more about how you can plan a lasting gift through legacy planning, contact Jim Maslar at 317-236-1588 or jmaslar@archindy.org.

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