



family service

# QUARTERLY NEWSLETTER

SEPTEMBER- ISSUE #1

## Upcoming Events

★ 60 YEAR CELEBRATION LUNCHEON  
SEPTEMBER 26, 11AM

★ ANNUAL APPEAL LETTER  
EARLY NOVEMBER

★ GIVING TUESDAY  
DECEMBER 3



## 60 YEARS OF COMMUNITY AND MENTAL HEALTH SUPPORT!

BE PART OF OUR SPECIAL ANNIVERSARY LUNCH AS WE CELEBRATE SIX DECADES OF ADVOCATING FOR MENTAL HEALTH AND UPLIFTING OUR COMMUNITY. YOUR SUPPORT MEANS EVERYTHING!

CLICK THE LINK FOR MORE DETAILS: [FSWAUKESHA.ORG/EVENTS](https://fswaukesha.org/events)

## Let's talk about Mental Health!

### Improving mental health is a top priority in Waukesha County!

Mental health impacts our emotional, psychological, and social well-being and affects how we think, feel, behave and how we handle stress. These self-care habits help to maintain or improve mental wellbeing.

- Regular exercise or physical activity
- Spending time in nature
- Eating regular meals and healthy food
- Staying hydrated
- Sleeping 8 hours per day
- Engaging in enjoyable, relaxing activities
- Practicing kindness, generosity and open-mindedness
- Connecting with others
- Practicing mindfulness (focusing on the present moment)



# CONGRATUALTIONS AND WELCOME MELISSA!

“I have not had the pleasure of meeting all our community friends, partners and donors so I will take this opportunity to introduce myself. My name is Melissa Carini. I am a Licensed Professional Counselor and Certified Substance Abuse Counselor, employed by Family Service since 2018. I became Clinical Director in 2020, Interim Executive Director in 2023, and became the official Executive Director in June 2024. This is an amazing organization that I am honored to lead!



I want to thank all of you for supporting Family Service while also recognizing the great efforts of our agency’s team, who dedicate themselves daily to meeting the mental health needs of those who live and work in Waukesha and surrounding communities. With an identified youth mental health crisis in Waukesha County and adult mental health needs continuing to rise, Family Service’s historical mission, to provide quality, compassionate mental health care to all those we serve, remains our commitment today. Your continued support through donations, your help in promoting awareness of our programs, and your interest in remaining engaged with Family Service is more essential now than ever.”

Melissa Carini, LPC, CSAC  
Executive Director

## WAYS TO STAY CONNECTED!

Click here [FS Supporters and News](#) to explore our new FS Supporters and News webpage!

Support our mission with a gift from our Amazon Wishlist. [FS Amazon Wishlist](#)

Share your feedback to help us improve by completing the FS communication survey linked here. [FS Communication Survey](#)

Your contributions make a significant difference! Your financial support helps break down barriers and promote community mental wellbeing by ensuring vital mental health counseling is readily available, accessible and affordable to those in our community who need care.

## WHY YOUR SUPPORT MATTERS!

Donating to non-profits for mental health counseling is vital to ensure that services are available and accessible for those in need. Your contributions provide essential support that helps us break down barriers to care and improve mental wellbeing of those who struggle. Together, we are making a significant impact on our community's mental health. [Click to Donate to FS](#)

## 2024-2025 PARTNERSHIP SCHOOLS

- School District of Waukesha
- Oconomowoc Area School District
- Kettle Moraine School District



## TRAINING PROGRAM

Today's workforce shortages have negatively impacted nearly every aspect of mental health care in Wisconsin even while mental health concerns among adults and children have been on the rise. Since the agency's founding in 1964, Family Service has developed programs and services to meet unmet needs in our community. Family Service's Therapist Training Program is doing its part to build up the local mental health workforce to meet high levels of demand and ensure those with mental health diagnoses have access to the care they need. The Training Program provides purposeful training, supervision and practice experiences to prepare master level graduate students and post-graduate trainees with the skills they need to deliver culturally sensitive, ethical and high-quality mental health services using well-researched, evidence-based methods.

## ADDITIONAL STAFF TRAINING

In August, 10 members of our clinical team will participate in a four-day grant-funded training in Motivational Interviewing (MI), a strength-based, evidence-based approach that promotes client self-sufficiency, their power to make the changes they desire while guiding them through the change process, recognizing positive gains and providing encouragement. MI is known to improve compliance in treatment and strengthen clients' motivation to change attitudes and behavior.

## WELCOME TO OUR NEW TEAM MEMBERS

Licensed Therapists: Markeda Cain, LCSW; Amy Plum, LPC; Marissa Darlingh, LPC-IT

- Clinical Interns: Mariah Riese - Mt Mary; Jake Laske - Carroll University
- Jacki McMeans, Group Facilitator, Center for Prevention of Family Violence

Click here [Our FS Therapists](#) to access their bios.