Maureen Kelly, our skilled, respected, and beloved executive director, has announced her decision to step down in March 2018. In 25 years’ leadership, Maureen brought the agency out of the dark and into the light—literally.

Maureen joined the agency when its office comprised a few small rooms in the basement of the Diocesan Center at 65 E. Huron, with the support of St. James Cathedral. Today CCC occupies a bright full 3rd floor suite of offices in the Garland building in the Loop and has satellites in Evanston and Hyde Park. More important than the physical surroundings has been Maureen’s drive and dedication that encouraged the staff and board of directors to make the agency’s services available to more clients. Maureen has developed effective clinical and administrative staffs that mirror her commitment and concern. The board of directors has known always that Maureen and her staff capably conduct the day-to-day work and management of CCC. This has enabled the board to concentrate its efforts in fund-raising and community-awareness activities. We know that this compassionate and competent staff will support the agency and its clients in the transition to a new executive director.

We, as a board of directors, take our role in hiring the next executive director very seriously. After months of planning and discussion with various stakeholders, we are almost ready to launch our search. Information regarding the search and job description will be posted to our website in the coming weeks.

You—and the entire extended family of Cathedral—have sustained our work, thanks to your generosity, enthusiasm, leadership and involvement. We hope you will join us in thanking Maureen at our annual benefit on October 20th (see page 5 for details), and continue your support in the years ahead.

In Gratitude,

Cathedral Counseling Center
Board of Directors

Nancy Nichols, President
Paul Kobasa, Vice President
Nancy Kimble, Treasurer
Claire Reed, Secretary
Gaurava Agarwal, MD
Alison Barrington
PJ Fiedler
Christine Fisher
David Fording
The Rev. Kevin Goodman
Aaron Kleinman
Derek Neathery
Stephan Roberts
Joanne Worden

See page 5 for details.
From The Director

A GREAT, LONG RUN

Dear Friends,

At our February professional development workshop, Dr. Pauline Boss spoke about “Ambiguous Loss,” defined as a loss we can’t make sense of in the usual ways, like the loss of a loved one due to a natural disaster or to dementia. One current example, for some, is the loss of the country we felt we knew with a government that was predictable and understandable to one that is now often chaotic and unkind. Another example comes with my decision to step down in early 2018, as I celebrate my 25th anniversary. I am facing the loss of a community and work that I love, but continue to feel that this is the right decision. As I tell clients, the fact that it hurts does not mean it’s the wrong choice.

For 43 years now, Cathedral Counseling Center has been a steady, reliable, professional resource. I am confident that this agency will continue to hold firm to its mission of providing high quality, affordable mental health services and professional development. Our core values and commitment will endure. I am so grateful to have had the chance to lead this extraordinary organization for a quarter of a century, and trust that the strong, seasoned leadership team, working with a new executive director and our wonderful board, will keep moving forward in ways that will make me proud.

I vividly remember my interviews for this position in 1993—it doesn’t seem so long ago. But when I reflect on all the growth and change since then, it feels like a great, long run: we have grown steadily, from 4 dark offices in the lower level of the old Diocesan Center to our current main facility with 30+ offices on a floor of the Garland Building downtown. During those years we have served thousands of people in individual, couple, group and psychiatric treatment, through our advanced training and educational programs, and in many other ways have worked hard to meet the pressing need for good mental health care in our community.

You will hear this again and again over the next year: thank you for all your votes of confidence and support over the last 25 years. I look forward to celebrating the next phase of Cathedral’s life with you.

Sincerely,

Maureen R. Kelly, LCSW
Executive Director

"Thank you for your votes of confidence and support over the last 25 years. I look forward to celebrating the next phase of Cathedral’s life with you.”

—MAUREEN KELLY
Light In The Darkness

HEYRMAN SEES CAUSE FOR HOPE IN SPRINGFIELD AND BEYOND

On May 11th, in recognition of Mental Health Month, Mark Heyman of the University of Chicago Law School shared promising news about the treatment of the mentally ill in the criminal justice system. It was a timely follow up to our 2016 event with Cook County Sheriff Tom Dart.

Mr. Heyman stated that mass incarceration is seen by a growing number of Republicans and Democrats as an expensive policy failure which disproportionately impacts people with mental illness who commit non-violent crimes, including drug use. The United States locks up more people than any other country in the world, largely due its drug policies. Bipartisan support for criminal justice reform is increasing as the true cost—in dollars and humanity—of treating the mentally ill in prisons is better understood.

In Illinois, Governor Bruce Rauner has pledged to reduce the prison population by 25% by 2025, and has convened a bipartisan commission to address this goal. There are efforts on state and local levels to divert the mentally ill from prisons to treatment centers.

Mr. Heyman also spoke about how the health care reform bill passed in May by the U.S. House of Representatives would affect the mentally ill if approved as law. We learned that treatment for mental illness would no longer be required under the proposed law. Fortunately, Illinois’s mental health coverage laws are more robust than other states, so residents may not be as negatively impacted.

Cathedral greatly appreciated Mr. Heyman’s insights, and will invite him to contribute to a future community-wide update. Cathedral also thanks our event sponsor Barnes & Thornburg LLP for its support.

Enduring Change

The last six months have been an endurance test of our ability to remain hopeful and resilient in the face of great change. For many of our clients, the national political climate has raised new fears, or increased symptoms associated with anxiety and depression. Clients also have a range of concerns about their health insurance. Although attorney Mark Heyman shed some light in his recent presentation (story left), part of our work is helping people live with uncertainty.

For 43 years we’ve helped clients through personal and national tragedies, and celebrated big achievements and everyday successes. Our offices offer a safe haven and professional therapists ready to help vulnerable people reconcile the past, navigate the present and manage fears for the future—these are constant themes in our work.

Thank you for supporting us, as we help our clients respond to change of all kinds.
**Improv Success!**

HILARIOUS FUNDRAISER EVENT WOWS AGAIN!

Nearly 200 Cathedral fans came together for our annual benefit event on Thursday, September 29, 2016. In addition to an inspirational and witty program of improv designed to illuminate our mission, guests enjoyed yummy hors d’oeuvres, homemade sweets lovingly made by our clinicians, wine, beer, and our signature cocktail (created just for the event), the “Freudian Sip.” Cathedral friends tried their luck in the raffle and silent auction, and showed their support in the paddle raise. All told, more than $46,000 was raised in support of our programs to provide affordable and high quality mental health services to the underserved in the Chicago area. Many thanks to all who supported.

For more pictures of Here & Now, please visit: [http://www.cathedralcounseling.org/events/here-now/](http://www.cathedralcounseling.org/events/here-now/)

**THANKS TO THE GENEROUS SPONSORS OF THIS EVENT:**

- Revel Global Events
- William Blair
- Barnes Thornburg LLP
- The Very Rev. M.E. and Mrs. Katie Eccles
- Nancy and Dale Nichols
- The Eley Family
- iO Theater Chicago
- The Allegro Center LLC
- Episcopal Diocese of Chicago
- David and Julia Fording
- Wellsprings Health Associates

**The Very Rev. M.E. Eccles (center in penguin hat), with Katie Eccles (third from right) and guests.**

**Elaine Cotey, Leigh Stewart, Mark Kimble, Board Treasurer Nancy Kimble, Paul Cotey.**

**Board members David Fording, Kevin Goodman, and Derek Neathery.**

**Board member Gaurava Agarwal and therapist Beatriz Ledesma.**

**Board Secretary Claire Reed and parents David and Eugenia Reed.**

**Michael Cleavenger, ECCS, and the Very Rev. Dominic Barrington, St. James Cathedral.**
After nearly 25 years of leadership at Cathedral, Executive Director Maureen Kelly has announced that she will step down in early 2018. She has made an indelible impact on our past, present and future, and we want to make sure she is properly fêted! Please join us as we celebrate her achievements and help us make history in her honor by raising $75,000 to support our mental health services for the underserved.

Fall Fête will feature some of Maureen’s favorite things: live music, poetry, and travel, to name a few. And it wouldn’t be a Cathedral party without plenty of good food and drink—heavy appetizers and food stations from presenting sponsor, Limelight Catering & The Revel Group, and a full bar. Visit cathedralcounseling.org/fallfete to learn more and to register.

EARLY BIRD TICKETS NOW AVAILABLE www.cathedralcounseling.org/fallfete

To sponsor or donate auction items for the event, contact Kristin Schmidt, Director of Development, at kschmidt@cathedralcounseling.org.
Professional Development Workshop Series

2017–2018 TRANSITIONS IN CLINICAL WORK

This year’s Professional Development Series addresses the theme of change and how we manage and respond to it. In a year of societal upheaval, and as we age, negotiating transitions can be very challenging. Our workshops will look closely at change as a result of loss, aging and growing self-awareness.

On September 22nd, we will feature Dennis McCaughan, PhD, in a workshop, “Never the Same River Twice: The Melancholy of Change.” Change is understood as a constant in life, but we are often unwilling to acknowledge its obvious effects and, most importantly, the emotional responses that may leave us, at best, ambivalent. We will consider melancholy, often a response to change, along with the role of nostalgia in everyday life. We will reflect on the possible implications of our therapeutic attitude in relation to these existential concerns.

In January, Executive Director Maureen Kelly, LCSW, will address “The Use of Memoir in Treatment.” A good memoir can break open our concepts of memory and identity, expand our power to reflect on the past, and help us find the words to do so. This workshop will explore the development of memoir over the last 30 years, and propose ways of using it to help clients find language and develop insights. We will also discuss a number of particular memoirs that resonate with clients struggling with histories of trauma, addiction, and loss.

SAVE THESE DATES

Never the Same River Twice: The Melancholy of Change
with Dennis McCaughan, PhD
September 22, 2017
9:00 a.m.–12:15 p.m.

The Use of Memoir in Treatment
with Maureen R. Kelly, LCSW
January 26, 2018
9:00 a.m.–12:15 p.m.

For more information on our speakers and the series, visit cathedralcounseling.org/workshops or contact Nina Riccardi, Director of Professional Development at 312-252-9500 x146.

Staff and Board News

WELCOME!

BOARD
Joanne Worden, Right Management

THERAPISTS
Meg Coyne, LCSW
Todd Junkins, LCSW
Eric Lanzl, LCSW
Colleen O’Brien, LCPC

FELLOWS
Holly Carr, LSW

PSYCHIATRY
Keely Elgethun, MD

OPERATIONS
Jessica York

CONGRATULATIONS!

PROMOTIONS
Katherine Carrane, LCSW, Assistant Clinical Director, Programs
Sara Forsythe-Menna, LCSW, Assistant Clinical Director, Administration

PROMOTIONS (CONTINUED)
Kim Hassenfeld, LCSW, Intake Coordinator
Diane Hermanek, LCSW, Fellows Program Coordinator

ANNIVERSARIES
Bruce Aaron, LCSW on his 10th
Nina Riccardi, LCSW on her 15th
Susan Melsky, LCSW on her 25th
Carol Connell, LCSW on her 35th
Growing Group Therapy Program

CATHEDRAL EXPANDS PROGRAM OFFERINGS

Studies and clinical trials have shown that group therapy can be as or more effective as individual therapy in treating some of the most common mental health disorders. Groups can help reduce stigma, isolation, and feelings of alienation as members work together and support one another. Cathedral has invested in its group practice and is actively growing the program.

Women’s Relational Group
The Growth-in-Connection Group is well into its 20-week run addressing decisions about careers, relationships and life changes of women in their 20s, 30s and 40s. Therapists Ann Friesema and Kim Hassenfeld are emphasizing women’s mutual support, assertive communication and learning from each other. Hassenfeld said the group is “working on connecting with each other around issues of anxiety, negative self-talk and setting boundaries.” A new ongoing group for women will launch in August.

LGBTQ Adults Group
Therapist Annie Avery is leading a group for LGBTQ adults. In an atmosphere of support and confidentiality, members are encouraged to explore social concerns and relationships, self-esteem, coping with stigma and prejudice, and other issues related to living a healthy and satisfying life. “Members are asked to make a three-month commitment to gain all the group has to offer, learning from and with each other,” Avery said. The group is open to new members.

DBT Groups
The ongoing Dialectical Behavior Therapy (DBT) group program, teaches cognitive behavioral skills balanced with the practice of mindfulness. Four modules, each with 8 weekly group sessions, cover mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. “It’s a combination of a class and group therapy in that a sense of community and closeness is created, but there is a structure and curriculum to each module,” said Suzanne McClure, one of the therapists involved in the group.

More group therapy options will be announced in the coming months. For more information about any of Cathedral’s group offerings, visit www.cathedralcounseling.org/groups, or contact Intake at (312) 252-9500 x130.

Photos taken at recent staff retreat.
“See Paris First”  
by M. Truman Cooper

Suppose that what you fear could be trapped, and held in Paris. Then you would have the courage to go everywhere in the world. All the directions of the compass open to you, except the degrees east or west of true north that lead to Paris. Still, you wouldn’t dare put your toes smack dab on the city limit line. You’re not really willing to stand on a mountainside miles away and watch the Paris lights come up at night. Just to be on the safe side you decide to stay completely out of France. But then danger seems too close even to those boundaries, and you feel the timid part of you covering the whole globe again. You need the kind of friend who learns your secret and says, “See Paris first.”

“You need the kind of friend who learns your secret and says, ‘See Paris first.’”  
–POET M. TRUMAN COOPER

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