

Non-Profit Org. U.S. Postage PAID Permit #375 Lansing, MI

Our Holiday Toy Drive runs from

Monday, November 19- Friday,

Visit www.highfields.org/events for

Special thanks to our sponsor:

December 14th. Toys will be

involved in our counseling and

a list of drop-off locations.

support programs.

wrapped and delivered to families



Winter 2019

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You can help make the holidays brighter!

I took toys to a single mom and her two children ages 11 and 9. They had a tiny tree in the corner with ornaments made by the children over the years. There were no gifts. As I handed mom the gifts she gave them to her children. I explained that she could wrap them and open them on Christmas. She stated, "this is our christmas right now because you are here and have made this a special time for my children!

A Highfields' Counselor shares how the Toy Drive made a difference to her client.

Our mission is to provide opportunities to children, youth and families to become more responsible for their own lives and to strengthen their relationships with others.

raising his 9-yearold daughter on his own. On top of all

that he's taking care of himself and his

First Steps

personality."

sobriety.

Steven is a recovering alcoholic. He's been in trouble in the past for

Steven has a classic "caretaker

He takes care of his mother and his

uncle who have special needs as their

in-home healthcare worker. He is

his drinking and he's in the process of dealing with it. Part of that process is attending programs to help him during his recovery. That's how he became involved in the Families Together Building

Solutions Program "I was sober, but it with Highfields' was fresh and I still Counselor, Ken Carpenter. had urges."

Steven (left) and Highfields' Counselor, Ken Carpenter

The Caretaker

Thanks to your support, Steven found strengths that he didn't know existed.

"When I first met

Ken, I was sober, but it was fresh and I still had urges," said Steven. "I was lucky enough to have his Continued on next page

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The Caretaker (continued)

support. He's made a great impact on me."

Doing the Work

Steven and Ken would talk for hours about a variety of things – like Steven's past relationships, his daughter's well-being, and how he plans to stay sober. Ken would counsel Steven on how to take proactive steps

toward becoming independent, like maintaining a family budget, creating an

emergency savings account, applying for jobs, and

exploring housing options.

"At first it made me mad when Ken told me to do something, because I wanted him to do it with me," said Steven. "But it gave me strength and it made me feel better to actually do it on my own."

Ken agrees, "Steven is finding all these new strengths within him. It's encouraging to see."

Road to Recovery

Steven is handling his recovery by finding positive outlets. He attends meetings and volunteers for recovery programs to occupy his time so he isn't tempted to make bad choices.

His favorite outlet is going to the local board game store with his daughter. They get dressed up and

> spend quality time together playing games, laughing and having fun. He is empowered by his daughter to stay on the

right path. She gave him a Super Mario character coin that he carries as a reminder to be strong for her.

Steven recently went through the steps to get his driver's license back. He is excited to drive his daughter to game nights instead of having to ride the bus.

"I'm so much happier now," said Steven. "Thanks to Ken and Highfields, I am more confident than ever." BF

What is your legacy?

"It made me feel

better to actually

do it on my own."

You can help Highfields change lives and strengthen communities for future generations. Consider including Highfields in your will or estate plan so the issues you care about and the values you cherish will long be remembered.

We offer different options so you can choose what is best for you. Please contact Bev McGill at 517-628-2287 x332 or bmcgill@highfields.org for more information.



Growing Up

Thanks to Highfields' supportive staff, Marcelo is becoming a man.

Not 13 Anymore

Marcelo was first put on probation when he was 13 years old. He wasn't getting along with his parents and began acting out, running away from home, and causing trouble.

For the past 5 months, Marcelo, now 16 years old has been in Highfields' **Residential Treatment** Program. The program helps stabilize young men who have been referred through the court system.

Mutual Support Group

At Highfields, Marcelo learned how to change his mindset and think about consequences.

He credits this new outlook to the caring staff and peers he can open up to in Mutual Support Group. The group meets weekly, and staff initiates discussions about past

behaviors and ways to approach things differently.

"I used to get mad very easily and I would argue, or run away from tough situations," he said. "Now I'm able to stay calm and process things before I act."

Repairing Relationships

Marcelo is repairing his relationship with his parents. He makes frequent phone calls and has visited home a few weekends.

"I'm definitely getting along better with my parents," he said. "We put our problems behind us. Now we actually talk instead of arguing."

Marcelo's family spent the day at Michigan's Adventure together as part of Highfields' Making Memories program.

"It was the first time we hung out together as a family in a long time," said Marcelo. "We all got along and it was a fun day."



Marcelo and his family at Michigan's Adventure

Marcelo wants to go into the armed forces after he graduates and study juvenile justice.

"I messed up a lot and it wasn't worth it," he said. "I'm ready to change." BF

Highfields services

Highfields is a nonprofit human services organization providing opportunities to children, youth and families through home-based counseling programs, a residential treatment facility, and educational services

Highfields provides 17 different programs in 13 counties and serves about 8,000 individuals every year

Our Mission

To provide opportunities to children, youth and families to become more responsible for their own lives and to strengthen their relationships with others.

To create bright futures for children, their families and communities

Our Locations

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Howell Office 204 S. Highlander Way, Suite 3 Howell, MI 48843 (517) 262-0874

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Website

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