



Highfields, Inc.
5123 Old Plank Rd.
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40TH ANNIVERSARY GOLF OUTING

NEW DATE!

**August
10th, 2020
At Forest
Akers West**



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please visit:

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BRIGHT FUTURES

Summer 2020
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*You can help Highfields change lives and
strengthen communities for future generations!*



There's so much that needs to be done *right now*, but it's so important to think about the future. Planned gifts make sure Highfields has the funds to take care of basics, to weather tough times, or to respond to the needs of children and families for decades to come.



Claudia Remenar, Drake Society Member

Including "Highfields, Inc" Tax ID: 38-6099698 as a beneficiary on your will, trust, insurance policy or retirement plan helps provide lasting gifts for children and families in our communities. For more information, please contact Laura Jurasek at: (517) 628-2287 x373 or ljurasek@highfields.org.



Robin (left) and her Highfields counselor, Theresa Wilson

Reuniting a Family

Thanks to you, Robin has her children back.

"The worst mistake..."

One mistake can cost more than just a slap on the wrist. For Robin, her one mistake with drugs resulted in her two kids being removed from her home.

"It was the worst mistake I have ever made," said Robin. "I felt like I hit rock bottom."

Robin recognized that she violated her kid's safety by her actions, but knew it was too late.

Both her son, Jonathan (17), and daughter, Mikayla (14), were placed in their grandparent's care.

After two months of counseling and education, Robin was able to bring Jonathan back home with her. However, Mikayla was more of a challenge.

During the ordeal, Mikayla overdosed on painkillers and was placed in a juvenile facility.

"I needed help getting my voice heard."

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Reuniting a Family (continued)

“Getting Jonathan back gave me the confidence to fight harder for Mikayla,” said Robin. “But I still needed help getting my voice heard in the court system to help my daughter.”

Robin struggled with Mikayla’s case manager when it came to getting her the proper care. From Robin’s past mistake with drugs, she wasn’t respected enough to make decisions for her daughter.

Seeking Help

Thankfully, Highfields’ Families Together Building Solutions Counselor, Theresa Wilson, stepped in to help Robin communicate her and Mikayla’s needs to reunite their family.

Robin participated in rehabilitation and educational programs to become a more responsible parent. Theresa helped her create plans for a safe and happy home life for her and

her children.

“Robin has been a huge advocate for her children,” said Theresa. “She has constantly remained open and honest with her case managers, Highfields, and especially, her children.”

Starting a New Life

After Mikayla was moved to a local facility closer to her mom, Robin was able visit her more often and build a better relationship with her. They learned

how to communicate their emotions more effectively and maintain a more positive attitude toward situations.

Now, Mikayla is home with Robin and Jonathan where they’re working on a fresh start for a better future.

“Highfields was amazing,” said Robin. “It felt like someone was finally listening to me and my kids needs during the difficult process.”



“It felt like someone was finally listening.”



Highfields’ Tips for Staying Healthy

Advice from clinician Connor Jewell

Highfields’ Home-Based Clinician, Connor Jewell, has embraced the mission of helping youth and families overcome challenges and seek positive futures.

Connor, like many others, has had to change his daily routine due to COVID-19, but he has some advice for families on how to stay healthy and positive during this time.

Highfields (HF): How do you stay positive during the pandemic?

Connor: I stay positive by identifying goals I want to accomplish each day, and I treat each day like something important is scheduled. My advice is: take the opportunity to do something you don’t typically have the chance to do! Cook a fancy meal, finish a project around the house, or master a new game with your family.

HF: What are some healthy daily routines?

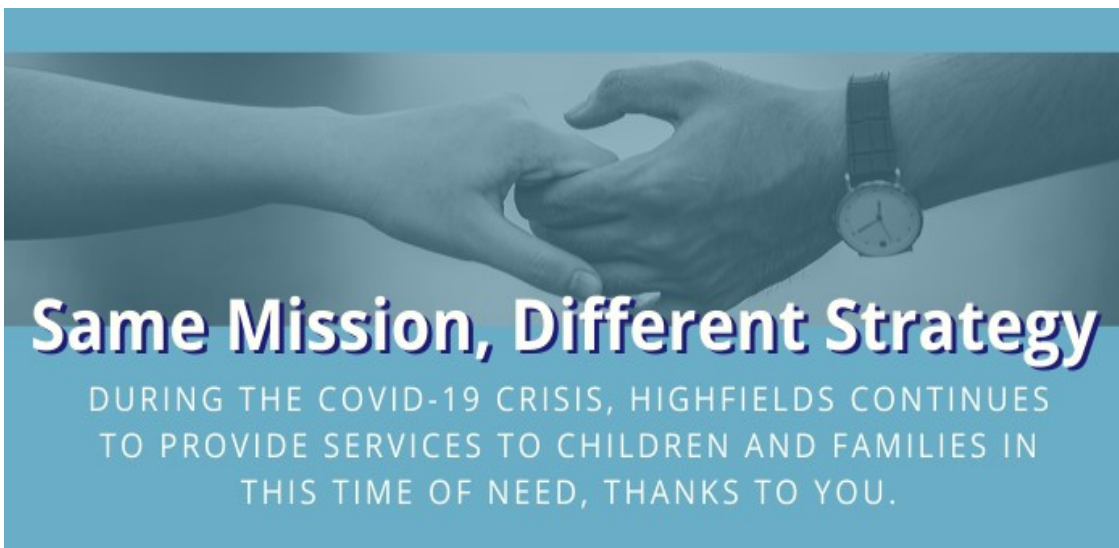
Connor: Keep a regular sleep schedule, exercise at least 30 minutes, cook healthy meals, and do something that you look forward to every day!

HF: Do you have any advice to avoid symptoms of “quarantine fatigue?”

Connor: Start by setting an alarm and getting ready to face the day. Find a way to be social, especially if you are living without anyone you can get support from.

HF: How are Highfields clinicians, like you, continuing to help clients?

Connor: This is a stressful time for many clients, so the ability to engage clients in teletherapy is a huge boost for them! By using teletherapy, we can still safely support parents and children during times of crisis. **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 7,000 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.

Our Vision

To create bright futures for children, their families and communities.

Our Locations

Onondaga Campus
5123 Old Plank Rd.
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Howell Office
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Howell, MI 48843
(517) 262-0874

Hillsdale Office
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Hillsdale, MI 29242
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