

**Wilmington
CareNet Counseling**
An affiliate of
Wake Forest Baptist Health

Summer 2020 Issue

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CareNet Counseling Cares— Responding to the COVID-19 Crisis

While much of the world has slowed down or even stopped due to COVID-19, CareNet Counseling's mission of helping children, teens, adults, couples and families through professional, compassionate counseling has not slowed down. As COVID-19 became a reality in our region, CareNet Counseling jumped into action to meet the needs of current clients as well as new clients. Clear strategies were put in place to protect our clients and our staff and still be able to serve those who desperately need our help. Telehealth became the major vehicle in which CareNet offered services and we didn't miss a beat...we continue to serve both new and current clients via teletherapy.

We have experienced an increase in clients who are needing client-

aid funds to be able to afford the counseling they desperately need. In the first six months of 2020, we have already given back over \$27,000 in client-aid funds so that those who cannot afford the help they need will receive it. We are on track to give back over \$50,000 in client-aid funds for this year. As predicted due to the COVID-19 pandemic, mental health related issues such as suicide, domestic violence, child abuse, relational distress, anxiety, and depression are on the rise. During a crisis, the need for counseling increases throughout our communities and CareNet Counseling is grateful to be available to serve children, teens, adults, couples, and families.





— The Gift of Hope

A \$7,500 matching gift opportunity has been made possible by two dear friends of CareNet Counseling to help sustain our ministry through this crisis. CareNet Counseling has continued to help those who are hurting during the Coronavirus crisis and we are able to continue this ministry because of your generous partnership. So... \$100 becomes \$200; \$500 becomes \$1,000; and \$1,000 becomes \$2,000. If we receive donations that total \$7,500 by August 10th, we will receive the matching \$7,500 for a total of \$15,000. This wonderful opportunity to “double” your gift is available to us through August 10th. You may utilize the “Giving Envelope” included or donate through our website at WilmingtonCareNet.org.

Tips for Managing the Covid-19 Crisis—

Maintain positive routines: regular bedtimes, personal hygiene, exercise, healthy meals, rest, doing things you enjoy.

Minimize newsfeeds: get trusted news but reduce watching excessive news that creates fear, anxiety and/or low moods.

Substance Use: Avoid using alcohol & nonprescription drugs as way of dealing with fear, anxiety, boredom, & social isolation.

Social Media: Use to promote positive and hopeful stories.

Maintain your spiritual journey: Continue to practice your faith personally and with your spiritual community via online services.

Help Others: If you are able, offer support to others in your community who may need help.

For Parents: In times of stress, it is common for children to seek more of your attention. Maintain familiar routines as much as possible, or create new ones. Discuss Covid-19 with your children in an honest way, using age appropriate language. Support your children with at-home learning & make sure time is set aside for

play. Help your children to find positive ways to express feelings such as fear and sadness. Help children stay in contact with friends and family members. Make sure children have time away from screens every day and spend time doing off-line activities together such as singing, dancing, baking, or playing together.

Older Adults: Make regular contact with loved ones. Be sure to know how to get practical help if needed such as transportation, food delivery, medical care. Keep at least a month’s supply of regular medicines on hand. Ask for support if needed from family members, friends, or neighbors.

Mental Health: If you are being treated for a mental health condition, continue to meet with your counselor/physician via telehealth and continue to take prescribed medications. Keep in touch with people who care for you and who you can contact for support. Be aware that anxiety, depression, and other mental health issues may escalate during a crisis.

Our Mission Statement—

The mission of Wilmington CareNet Counseling Center is to renew lives by promoting psychological, emotional, and spiritual health through compassionate, professional, faith-integrated counseling provided to individuals, couples, and families throughout southeastern North Carolina.

Wilmington CareNet is a non-profit faith based ministry supported by the prayers and financial contributions of those individuals and organizations who are concerned for the psychological and emotional health of people in our community. Donations are used solely for the development and continuation of these vital services. Please use the pre-addressed envelope provided to enclose your gift or donate through our website at WilmingtonCareNet.org. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.

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Wilmington CareNet Counseling Center

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Currently serving Southeastern North Carolina through our College Road and satellite locations in Wilmington, Jacksonville, Shallotte and Bolivia.

Visit us on the web at WilmingtonCareNet.org