

FEATURES AND HIGHLIGHTS

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YOU CAN FIND “MOM POWER” at the Corner

When her son Braydon was six months old, Renee came to the Corner to join our Mom Power program. Mom Power is a 10-week mental health program for mothers of young children who may be working through depression or other mental health issues. Mom Power helps them find support, gain coping skills, and strengthen their relationships with their children.

When Braydon was born, he had to spend his first month in intensive care, and when Renee brought him home **she felt very anxious about his well-being**. She was afraid, feeling he was very fragile and didn't always know how to soothe him. The bonding they both needed was not happening and Renee began to feel depressed.

Renee wanted to go to the doctor for help, but didn't think she could afford it. Then she heard about the Corner. **Thanks to donors like you, the Corner is able to provide services for young people regardless of their ability to pay.** Renee joined Mom Power in 2017 and also started getting medical check-ups for herself.

“In Mom Power, parents learn the importance of having a secure relationship with their child, and they learn skills to manage the mental health symptoms or other life stressors that might be getting in the way of that relationship,” explains **Nicole Bongers**,

social worker and Mom Power Coordinator for the Corner.

“Moms also bring their children to each session, so they receive personalized coaching from Corner staff and gain tools to help them think about the needs that are driving their child's behavior and ways to bond with their child. **The goal is to help build secure, trusting, and loving bonds between the parents and their children.**”

As Renee and Braydon developed that all-important mother and child connection, Renee began to feel better. Braydon is nearly two now, and he's thriving. “I felt so isolated and so scared about caring for Braydon,” explains Renee. “Now I've made new friends through the Corner, and I'm taking better care of myself – and Braydon. **He knows I'll always be here for him.**”

Mom Power is just one example of Corner programs supported by donors like you. All costs, from our mental health specialists and trained child care staff to food, groceries and baby supplies for the moms rely on donations from friends like you. For more information, contact Paula Brown, Development Director at pbrown@cornerhealth.org.

DEAR CORNER SUPPORTER



Welcome to Your Corner Newsletter, our way of sharing with you all the ways your support is making young people in our community healthier.

You know the Corner provides comprehensive physical and mental health care services to youth who are at the most critical time of their development – ages 12 to 25. Their bodies are changing, their brains are still growing, and yet they are becoming more independent and **likely to neglect their health, even ignore signs of poor health.** For youth who are experiencing more extreme challenges such as homelessness, pregnancy, or the process of discovering their gender identity, the challenges to good health can multiply.

Your first issue of Your Corner Newsletter is focused on two life-changing health concerns for youth and young adults: pregnancy and depression. Each on its own is monumental, but together can cause serious negative impact on mothers and their children's development. **Because of you, the Corner is here for them.**

Many of our services are supported by insurance – many are not. Some of our youth have insurance – many do not. That's where YOU come in! Your support allows the dedicated staff here at the Corner to do whatever is needed to help all our youth. As you will see in this issue, for some that also means helping their children.

To you, we say thanks for putting youth on a path to good lifetime health! We hope you enjoy your newsletter and welcome your feedback on what you would like to see in our next issue. Please email Paula Brown, Development Director, at pbrown@cornerhealth.org with your suggestions.

Happy Reading!

Versell Smith, Jr., Executive Director
vsmith@cornerhealth.org



HOW YOU CAN HELP TODAY

You can help our young people build the right habits and attitudes they need to live healthy, long lives. Your gift will help us reduce the 9-year difference in life span expectancies between the east side of Washtenaw County and the west side.

- **Make your gift online** at cornerhealth.org to support our Turning the Corner Campaign
- Your gift of **appreciated stock** this year may offer you tax benefits*
- You may make your gift from your **retirement account** for more tax benefits*
- **Organize a new coat or pajama drive in time for winter!** We need items from size 0 to XXXL (new items only, please)
- Remember the Corner on **Giving Tuesday November 27th** – www.cornerhealth.org

** Be sure to check with your financial planner*

For more information, contact Paula Brown, CFRE, Development Director at 734-714-2251 or pbrown@cornerhealth.org

Your gift today gives our youth
a healthier tomorrow!

www.cornerhealth.org



Your Support at Work

MANAGING DEPRESSION DURING PREGNANCY

Can you imagine facing a pregnancy, birth and motherhood when you're young, have inadequate resources, and struggling on your own? How do you begin to prepare?

“79% of pregnant young women who come to the Corner are showing moderate to high stress and depression risks on intake. They are often uncomfortable talking about their mental health since there is a lot of misunderstanding and even stigma around depression,” says **Kate Share, MS, Coordinator for the Corner's Maternal Infant Health Services.**

Share and her team of social workers and nurses take time to educate our patients. “There are many causes of depression – it might run in her family, or generate from recent stress or childhood trauma. Of course, there's also the hormone changes that come with being pregnant and after birth that can overwhelm a young mother-to-be.”

The Corner's Sweet Pea program is an approved Maternal Infant Health Program (MIHP) provider. MIHP is Michigan's largest, evidence-based program for Medicaid eligible pregnant women and infants. MIHP providers promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development with a long-term goal to reduce maternal and infant morbidity and mortality.

“When you come to the Corner for your pregnancy, you will receive a thorough physical checkup and a mental health screening to check for conditions like depression. As an expectant mother, you may not realize that depression can make it harder to take care of yourself, work, get to prenatal care appointments or take care of other children,” says Share. “Depression could make you more likely to self-medicate with drugs or alcohol or engage in other risky health behaviors during the pregnancy.”

For some patients, self-care and mindfulness techniques and exercise can improve symptoms. For others, the Corner provides treatment options such as therapy and psychiatric care.

“We provide education about getting ready for baby and breastfeeding. Breastfeeding has tremendous benefits for both the baby and the mother, physically and emotionally,” explains Share. “The Corner also offers programs that provide support after the baby is born to help the mom create a healthy relationship with her baby.”

Your support makes this funding go even further and helps the mother-to-be with accessing health insurance, transportation for check-ups and programs, referrals for housing, whatever is needed to help her prepare for motherhood. **“We find out what is happening in the mother's life to help her have a healthy and, hopefully, joyful delivery,”** says Share.

Share and her husband, **Dr. David Share**, have been working at the Corner since the early 1980s. “David is the founding medical director at the Corner, and I came along a few years later. We have continued to work there throughout our marriage and the birth of our children. We love the young people who come in each day, and the dedication of the staff toward our patients. **We wouldn't be anywhere else!”**



CELEBRATE THE CORNER September 30th

Friends of the Corner gathered at Bona Sera in Ypsilanti for a celebration of the Corner's year of service to Washtenaw County youth. Executive Director Versell Smith, Jr. talked about the Turning the Corner fundraising campaign to provide additional support for our patients as we create strategies to manage reductions in health care funding. The evening ended with a spoken word performance by Corner client and current board member, Zeaira Chestang.



1) Kappa League President Richard King with youth members Lawrence Smith and Jayden Williams present the proceeds of their car wash for the Corner to Versell Smith, Jr.; 2) Neil Cole-Filipiak and Mari Hsu; 3) Zeaira Chestang; 4) Corner founding members Mark Chestang, Nancy Margolis and Dr. David Share with Versell Smith, Jr.; 5) John and Marlene Barr with Jean Nelson



2018 Gifts in Tribute *Thank you for thinking of the Corner for these special recognitions.*

IN HONOR

Tavi Alexander, Katherine Gold

Jack Billi, Robert F. Whitman

Ellen Clement, Gray and Leah Reynolds

Cathie Dries, Ellen Offen

Kenneth G. Marek II, Amy Mohr

Lisa Oca, MD, Lani and Brad Fauvre

David Share, MD, Rochelle Ingrisan; Andrea Jensen (in recognition of your dedication to healthcare in every possible way that it can be improved); **Jessica Kaufman; Greta Krapohl** (thank you for your great leadership

and vision to improve the lives of patients in Michigan); **Jeanne and James Montie; Helen and Daniel Morgan; Geoffrey Barnes; Nirav Shah; Myron Hepner**

Josephine Sidney, Naomi Chesler and Dan Sidney; Ariel Kaufman and Michael Kissick; Emily and Ankur Desai

Versell Smith, Jr., Ann S. and Thomas J. Schriber

Jennifer and Ira Strumwasser, Peggy and Randy Holtzman

Brian Tell, Robert E. and Julie Touchberry

University of Michigan Family Medicine, Barbara Reed

IN MEMORY

Joan Chesler, Mark Chesler; Jim Crowfoot; Mary Z. and Kent Johnson; Nancie and Don Loppnow; Myrna and Newell Miller; Carole A. Rycus

Nadine Hieber, Leon Hieber

Elizabeth Kaufman, Ariel Kaufman and Michael Kissick

Peter C. Mosshart, Betty Mosshart

Paola Valsania, Robert Holkeboer

We apologize for any errors or omissions. Please contact Paula Brown at 734-714-2251 or pbrown@cornerhealth.org.

THE CORNER HEALTH CENTER INTRODUCES THE



Fountain of YOUTH Society

The Fountain of YOUTH Society recognizes and honors those of you who have included the Corner Health Center in your will or estate plans.

Your legacy gift will create a fountain of support to help our youth grow into healthy adults. Your gift assures youth will continue to have access to quality, confidential health care at the Corner for years to come. You will help future generations of young people grow into healthy adults.

Notifying the Corner of your gift now allows us to celebrate your generosity with you today. You may request special arrangements for your gift to honor or remember a loved one, or arrange a naming opportunity (special conditions apply). You will be recognized in our publications for your commitment and you will receive invitations to special Corner functions. You may also request to have your gift remain anonymous.

To notify us of your intentions, or if you have questions, please contact Paula Brown, CFRE, in the Corner Development office at 734-714-2251 or pbrown@cornerhealth.org. It is not required that you provide a dollar value to your gift in order to join the Fountain of YOUTH Society.



The Corner Health Center Board of Directors 2018-2019

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David Share, MD, *Founding Medical Director*

**In Memoriam*

MISSION:

Our mission is to provide judgement-free, high-quality, affordable health services to young people aged 12 through 25.

YOUR CORNER UPDATES

- ▶ Long time Corner supporter and volunteer **Jean Nelson** will be recognized as our Distinguished Volunteer at the 2018 National Philanthropy Day Dinner on November.
- ▶ The Corner is being recognized in November with the **Trailblazer Award** from the School-Community Health Alliance of Michigan.
- ▶ **Washtenaw Health Plan** has awarded \$35,000 to the Corner for mental health services.
- ▶ **Michigan Council for Arts and Cultural Affairs (MCACA)** is supporting the Corner Theatre Troupe again for 2019 with a grant of \$22,500.
- ▶ **The Turning the Corner Campaign** has raised over \$80,000 for patient support from individual donors over the past six months.



Help bring quality children's books to the families we serve!

Delta Kappa Gamma-Ypsilanti Beta Chapter is organizing an online book fair for **Usborne Books & More** to benefit families of the Corner. Usborne will provide 50% of sales back to the Corner in books. Usborne Books & More (UBAM) creates books that are “better than good,” that draw kids to books like magnets. (Members of DKG are big fans!) Order now for your loved ones for gifts or just for fun, and you will put high-quality, engaging books in the hands of our youth. **The sale is on now** - visit the Corner website at www.cornerhealth.org.



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