



*Guiding individuals and families towards a meaningful and fulfilling life.*  
Summer 2013

## Substance Abuse Services Reach First Anniversary

“Addiction is not picky! It can and will affect any individual or family,” says Brenna Koedam, Substance Abuse Supervisor, Seasons. “Addiction is also treatable. It is a lifestyle related disease in which there is no cure, but with the proper treatment and recovery program, it can be treated.”



Brenna Koedam  
LMHC, IADC

That proper treatment and recovery program can be found at Seasons. This summer, Seasons’ Substance Abuse Services marked one year of serving clients since initial startup.

Reflecting on the first year, Koedam finds many rewards. “It’s been wonderful to provide options for patients in northwest Iowa who are seeking out substance abuse treatment.”



Sherri Huizenga  
CADC, LBSW

In addition, Koedam notes that the program has seen exceptional growth in its first year. Seasons’ substance abuse therapists saw over 200 patients for treatment in the last year. “We are currently three therapists strong, and we’re seeking out a possible two more positions.”

With the program’s vast progression have come both positive feedback and reports from evaluators. “We have developed a strong clinical program for patients to get well,” says Koedam.



Jessica Rouillard  
MA, IADC

Individuals seeking substance abuse treatment at Seasons work with counselors through a 12-step program. Substance abuse counselors work with each patient to develop individualized treatment plans to address specific needs. Patients participate in a variety of services, including individual, family, and group therapy sessions.

In the next year, Seasons is also looking to start prevention services, including educational classes and the required 12-hour class for persons with OWI or zero tolerance charges.

A strong advocate for early treatment, Koedam notes that the progression of addiction is rapid. “Seasons treats not only those who have developed the disease of addiction, but those who are showing signs and symptoms of abuse to addiction progression.”

Continually seeking to provide the best integrated treatment services in the region, Koedam has high aspirations for the future. “I continue to look forward to serving our region to help individuals and families who struggle with addiction find a place where they can be treated with respect and dignity as they develop recovery programs.” ✖

## Inaugural Fundraiser Raises Nearly \$19,000

Two television personalities shared the stage at Seasons’ first fundraising event on May 2.

Travel Channel’s Andrew Zimmern headlined the event, and KCAU-TV’s evening news anchor, Jenna Rehstrom, emceed.

Zimmern shared his personal story of addiction and recovery, while noting how behavioral health services can impact an individual’s life.

Zimmern emphasized the power of Seasons’ mission, stating that he believes the most powerful thing people can do is reach out a helping hand to individuals to help make their lives “whole again.”

He also cooked a variety of ‘bizarre’ foods and shared them with audience members.

Revenue from the evening’s activities totaled just under \$19,000. Seasons will use the funds to expand services in the region.

“We are so pleased with the turnout in the number of attendees and funds raised for our first event,” says Candace Van Marel, Event Coordinator, Seasons. “Thank you to all who made the evening possible and enjoyable.” ✖



## Seasons' Leadership Team

Kim Scorza  
Executive Director

Dan Ries  
Director of Finance and Human Resources

Aaron McHone  
Director of Operations

Jason Low  
Director of Information Technology

Jean Drey  
Director of Program Development

Stephanie Patten  
Director of Project Development

Greetings from Seasons Center for Behavioral Health! We have many exciting things happening at our agency right now. We finished our first fundraiser with Andrew Zimmern in May. It was a fun-filled evening with nearly 250 people in attendance. Because of the evening's success, we have already booked another television celebrity for a Summer 2014 event. Be sure to keep checking our website in the next several months to find out who is coming!

Seasons' employees are hard at work in preparing for our new Regional Children's Center, slated to open in 2015. A fundraising campaign will kick off this fall so the renovations to our new building can begin in 2014. The architectural firm of Cannon Moss Brygger Architects was selected to lead the design and construction phase. In preparation for the Regional Children's Center, four Seasons employees will be traveling to Oklahoma to spend two days learning about an award winning children's center that recently opened. A short trip to Chicago is also planned for two employees to learn about programming for the prevention of child abuse and neglect. Prevention is one area Seasons will be spending considerable time focusing on in the next several months, in addition to broadening our treatment services.

As many already know, behavioral health is an important aspect in everyone's life. It has the power to influence families, classroom settings, workplaces, and communities. We recognize that investing in behavioral health is investing in a community's economic, education, and health and human service systems. We're committed to empowering individuals to become active, contributing members to the greater community - and you can help. We'd greatly appreciate your consideration of impacting behavioral health in our region through charitable contribution or volunteering. Donating your time or financial resources can make a difference in the lives of the children, individuals, and families in our communities. Thank you for your consideration!

Have a wonderful remainder to your summer!

Sincerely,



Kim Scorza  
Executive Director, Seasons

Consider making a charitable contribution to Seasons to aid us in our mission of guiding individuals and families towards a meaningful and fulfilling life. Learn more at [seasonscenter.org/makeadonation](http://seasonscenter.org/makeadonation)

## Seasons Purchases Building in Sheldon

In a continual effort to improve access to services and more efficiently meet increasing needs, Seasons purchased a building in Sheldon in early June.

The new Sheldon facility, located at 604 Park Street, will provide designated space for individual and group therapy and counseling, play therapy, and Parent-Child Interactive Therapy (PCIT).

"We are very much looking forward to utilizing the new space to its full potential," says Kim Scorza, Executive Director, Seasons. "On behalf of Seasons' clients, employees, and Board of Directors, we would like to thank Barry and Karen Sterk for working with us in purchasing this building, as well as their donation to Seasons. It is through their generosity that many more people can be served in a professional setting close to home."

The building will receive both indoor and outdoor renovations prior to staff transitioning into the space this fall. ✕



## Psychiatric Dept. Strives for Patient Wellness

A longstanding branch of behavioral health services, the psychiatric department continues to be a well-rounded, thoroughly utilized aspect of services at Seasons.

With a team of six providers and four nurses, Seasons' medical director, Dr. M. Christine Segreto, says the department remains very busy.

"Our psychiatric providers work with patients of all ages as they provide comprehensive psychiatric evaluations and diagnosis," says Aaron McHone, Director of Operations, Seasons.

After a diagnosis is defined, individual, evidence-based psychopharmacological treatment is established for the patient.

Psychiatric services are provided at several Seasons office locations, as well as various clinics, nursing homes, and residential care facilities in northwest Iowa.

Seasons is also the exclusive provider of inpatient psychiatric services at the Spencer Municipal Hospital. The 16-bed acute psychiatric unit allows Seasons' providers to see patients 365 days a year.

"Seeing patients each day of the year allows our providers to relieve patient symptoms so they can continue on their journey to wellness in their communities and homes," says McHone. ✕

## Trauma-Informed Care

In the fall of 2012, we began our journey to be more trauma-informed. Recognizing that children can be traumatized for a variety of reasons, we are committed to reducing the impact trauma can have on the life of a child and his or her family.

Below you will find a review of trauma-informed care happenings:

- Trevor Boon, a 2013 Dordt College graduate, joined our team as a psychometrician in May. Trevor assists with psychological testing and scoring.



"We are so excited to welcome Trevor to Seasons!" -Dr. Natalie Sandbulte, Psychologist, Seasons

- Our first Regional Training for Trauma-Informed Care was a success, despite the wind and snow that prevailed in April. Seasons' staff members presented on the evidence-based practices that will be implemented through the use of grant funds.

"Excellent! Great to meet staff from Seasons, network with other professionals, and learn new material." -Regional Training Attendee

- Our programs and services are expanding through trainings in evidence-based practices. Our new therapists and counselors were trained in Parent-Child Interactive Therapy (PCIT) and Lifespan Integration (LI). Sixteen members of our staff were also trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in May.



"Through TF-CBT, my clients have been able to systematically work toward a healthier understanding and acceptance of their experiences." -Stephanie Beckley, Therapist, Seasons

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Donating to Seasons

## Advisory Board Will Aid with Strategic Plan Initiatives

With strategic planning goals in mind, Seasons is excited to welcome and begin working with a regional advisory board. Five individuals from northwest Iowa have agreed to sit on the board.

The board will focus on fund development and public relations efforts throughout Seasons' region. Implementation of Seasons' strategic plan, including the development of a Regional Children's Center, will also be a primary focus for the board.

"I'm looking forward to working with the individuals who have agreed to sit on the advisory board. I'm excited to use their gifts and talents to aid us in our mission of guiding individuals and families towards a meaningful and fulfilling life," says Kim Scorza, Executive Director, Seasons.

The full Seasons Advisory Board will be made up of nine individuals from northwest Iowa, four of whom Seasons is working to secure in the near future.✦

*our vision*

## Best in the Midwest in Behavioral Health

## Speaker will Emphasize Strength in Trial

The son of a beloved coach, educator and community man will share his story of perseverance through darkness in Spencer this fall.

Aaron Thomas, son of the late Ed Thomas, will share his family's journey following his father's untimely death.

Ed Thomas, a renowned football coach for Aplington-Parkersburg High School, was tragically shot by one of his former football players in June of 2009. The shooting followed a deadly EF5 tornado that struck Parkersburg, Iowa, just months earlier.

Aaron Thomas leaned on the values his father taught him and his football players in an effort to overcome the tragedy of his father's death.

Aaron Thomas will speak at Spencer High School at 1:30 p.m. on Wednesday, October 2. He will also speak at 7:00 that evening at the Clay County Regional Events Center. Both events are free to the public.

The Thomas Family was the recipient of the 2010 Arthur Ashe Courage Award, presented at ESPN's ESPY Awards.

Sponsors for the speaking engagements include Seasons, the Spencer Community Schools Foundation, the Clay County Regional Events Center, and First Congregational Church through a generous donation from the Dvergsten Grant.✦



## Advisory Board Members

Shelli Overman  
Rock Rapids, Iowa

Brea Schmidt  
Spencer, Iowa

Bruce Tamisiea  
Spirit Lake, Iowa

Steve Grell  
Spencer, Iowa

Lisa Wells  
Arnolds Park, Iowa

*our values*  
innovation  
impact  
influence