



# SAMARITAN counseling center

*Helping People Find Their Way*

## Samaritan Counseling Center Newsletter

South Bend, Indiana

September/October 2011

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## **Did I Hear That Right? The Rabbi is *where* doing *what*?**

**Rabbi Steven M. Leapman  
MS, LMHC, LCAC**

"For God was in that place yet he knew it not!" Haven't we all been in Patriarch Jacob's tenuous "place?" We journey across seasons of change and growth yet ultimately discernment ushers in surety. And so an ordained rabbi finds himself blessed with the opportunity to join a very impressive clinical practice, dedicated to the unity of faith and mental wellness. Life takes us where faith leads. In this case, a rabbi who is a licensed mental health and clinical addictions counselor, will begin a new time of service at Samaritan Counseling Center (SCC), with offices in Christ The King Lutheran Church and Clay Methodist Church.

I first became aware of Samaritan Counseling Center and the Samaritan Institute while serving a local Reform Jewish synagogue; I was invited to join the board of an agency long dedicated to a principle I find obvious and staunchly compelling; the intersection of faith and mental health is a path worthily-traveled. I was told by the man who invited me to be on Samaritan Center's board, "We are based on Judeo-Christian principles and we need the Judeo!" We

## Thank You Sponsors!

We are incredibly grateful for the support of these individuals and groups who have given gifts, totaling over \$24,000, this calendar year.

[Check out our donors.](#)

## Annual Report

The annual report is now available on our website. Click here

<http://www.sccsb.org/annual-report/> If need be, a printed version of the report can be made available for you upon request. Simply call the Center at 574-277-0274.

## Special Offer

Have you been to one of our Lunch & Learn informational sessions before? Did you receive a Free Admission card?

If so, contact us at [register@samaritan-counseling.org](mailto:register@samaritan-counseling.org) to learn about our Lunch & Learn Series discount code before registering online!

laughed and acknowledged the humor and truth that it is the sharing of our beliefs, the celebration of our heritages, that may disclose our common humanity and those lessons for a soul's greatest clarity. The "personal" is surely the domain of the pastoral, one well ministered to by trained mental health professionals.

Years ago, I accepted an offer to serve on the SCC board; my rabbinate has been characterized by an emphasis on pastoral counseling and interfaith relations for I served in congregations military and civilian, as well as hospital-related trauma settings. Later, after completing graduate school at IU South Bend and serving in community mental health, I now accept an offer to contribute what Judaism and faith offer modern psychology and counseling. Our circumstances need not be at odds with our convictions and as we heal hurts long-standing or wounds quite recent, we do not merely reclaim a coveted calm. We are graced to inherit all our richest legacies bequeath. In a spirit of gratitude and enthusiasm, I am delighted and eager to continue my rabbinate as a staff therapist at Samaritan Counseling Center.

## Clergy Care and Challenge Groups

**The Rev. Jeffrey L. Hawkins**  
**Clergy and Congregation Care Director**

The Samaritan Center recognizes the need for ongoing care for today's busy leaders. We understand how demanding ministry can be. In response to this need, we are offering

opportunities for pastoral leaders who seek both nurture and challenge in their work. We welcome as participants all who are empowered by their faith communities and traditions to teach and lead others.

Navigating the deep joys and real sorrows, the enthusiasms and burdens, the satisfactions and bewilderments of the pastoral life is difficult to do alone. Many clergy are finding that it requires more than "clergy support" -- whether from families, friends, colleagues, congregations or judicatories. To remain effective and healthy, clergy collegial groups that meet regularly for care and challenge can be, as one participant noted, a "godsend."

The clergy continuing education ministry of HOPE CSA and the Samaritan Counseling Center-South Bend have teamed up to provide a number of opportunities beginning this Fall. Below is the schedule for Fall 2011. For more information, please visit our SCC website to register at <http://www.sccsb.org/clergy-register/> or email Jeff at [jeff@samaritan-counseling.org](mailto:jeff@samaritan-counseling.org)

The following groups meet September to May. The course fee is \$360.

**In Northeast Indiana**

- o Second TUESDAY 1:30pm-4:30pm
- o Fourth TUESDAY 9am-12pm
- o Fourth TUESDAY 1:30-4:30pm

**In South Bend, Indiana**

- o Second THURSDAY 9am-12:30pm
- o Second THURSDAY 12:30-3:30pm
- o Fourth FRIDAY 12:30-3:30pm

**In Plymouth, Indiana**

- o Second TUESDAY 8:30am-11:30am

The on Farm HOPE CSA Groups have the following schedule, meeting 9 am to 4 pm on a small family farm in North Manchester. Course fee is \$720.

- o Third MONDAYS
- o Third THURSDAYS
- o Third FRIDAYS

## **September Awareness: Drug and Alcohol Dependency**

Smoking, excessive drinking, and using various kinds of recreational drugs, such as heroin, meth, and prescription pills, can not only ruin your health but also long-lasting relationships with those you love. If addicted, you can no longer stop on your own; it has become a psychological and physical dependence on specific drugs that you can no longer treat yourself.

### **WHAT YOU CAN DO:**

- Give yourself permission to seek help.
- Realize that asking for help is a sign of strength, not weakness.
- Begin to find your inner motivation for change.

For more information, please contact the Samaritan Center at 574-277-0274.

## Upcoming Educational Programs

Our annual Lunch and Learn Series has finally arrived! Come join us for one, two, or all six of our informational and inspiring talks on varying topics given by our staff therapists.

### **RESERVATIONS REQUIRED ONE WEEK BEFORE THE EVENT**

Reserve online at [www.samaritanlunchlearn.eventbrite.com](http://www.samaritanlunchlearn.eventbrite.com) for \$5+\$1.26 service fee  
Call (574)277-0274 with your credit card handy for \$5 or pay \$8 at the door  
Discount card holders kindly call prior to event

#### September Events:

***Shall We Retire?*** Leaving the work force represents one of the most significant of all life changes. Repurposing the next phase of life can be exciting! With initiative and a pro-active plan, the shift in family dynamics can be successful and meaningful. Come join Karen Zeck MA, LMHC, Staff Therapist on **September 13 from 12noon to 1PM** to learn more on this interesting topic and bring a lunch; we will provide drinks, dessert, and a great discussion.

***Living With Addictions: Watch out for what you're "-ing!"*** What it means when "addiction" is present in your life. If Ecclesiastes was right and there is a time and place for everything, what is "addiction" doing in my space? What changes move addiction along or keep it right at home? Come join Rabbi Steven Leapman MHL, MS, LMHC, LCAC, Staff Therapist on **September 27 from 12noon to 1PM** as he addresses this topic and bring a lunch; we will provide drinks, dessert, and a great discussion.

#### October Events:

***Ask the Doctor*** What have you always wondered or wanted to know about "mental illness?" How can you tell if someone is clinically depressed or simply has "the blues?" What is the best way to suggest professional mental health services to a friend or member of your congregation? What is the difference between a psychologist and a psychiatrist? How can I help? Please recognize that Dr. Preston is a clinical psychologist, not a mental doctor, and therefore questions regarding medications cannot be answered. Bring other questions and a sack lunch to this informal question and answer session. So come join Dr. Auna Preston PhD, HSPP, Psychologist on **October 4 from 12noon to 1PM** as she answers your questions and bring a lunch. We will provide drinks, dessert, and a great discussion.

***Assertiveness: Speaking the Truth In Love*** Learn the difference between passive, aggressive, passive-aggressive and assertive behaviors as well as methods to determine

when and how to best be assertive. Non-verbal communication and proper use of "I statements" are also discussed in the lecture/practice format. Come join Marie A. Blunt M.Min, Executive Director on **October 20 from 12noon to 1PM** and bring a lunch; we will provide drinks, dessert, and a great discussion.

For more information, please see our event website at [www.samaritanlunchlearn.eventbrite.com](http://www.samaritanlunchlearn.eventbrite.com). We look forward to seeing you there!

## Clergy Care and Challenge Group Training

The Center is now offering training to equip facilitators to lead a Clergy Care and Challenge group. Students will engage the concepts of Bowen theory and the experience of natural systems in order to grow in the confidence that it is "who you are" in the group-and how you make your own journey of care and challenge-that makes the more effective difference than "what you do" as a group leader. Four sessions will be held from 6pm Sunday through noon Tuesday:

- October 2-4, 2011
- November 27-29, 2011
- February 5-7, 2012
- April 29-May 1, 2012

The class is limited to eight persons and the course fee is \$2,200 (\$2,500 after Sept 15). Enroll by sending contact information and the \$600 enrollment fee to the Samaritan Center, 17195 Cleveland Road, South Bend, IN 46635. For more information:

[Jeff@Samaritan-counseling.org](mailto:Jeff@Samaritan-counseling.org)

## Equipment Sought

The Samaritan Center is looking to match technology to our needs and is seeking to add the following equipment to our offices.

Our needs are small and can be filled by older equipment being retired or replaced with newer equipment. Please contact the Samaritan Center if you have access to, or know someone who has any of the following available:

### Server

Dell 2950 Server (qty-1) or equivalent 64-bit virtualization capable server (no specific RAM or storage requirements)

### Firewall

Sonicwall TZ210 (qty-1) or equivalent with SSL VPN capabilities,  
Sonicwall TZ200 or TZ100 (qty-3) or equivalent small office firewall  
8 to 24 port Ethernet switch (any make), 1-Gigabit port speed required.

Thank you!

## Nominations Sought

Nominations are currently being sought for organizations who promote a healthy work/life balance for their employees. If you know of such an organization, kindly consider nominating them to receive a Samaritan Award. Organizations must be located in Saint Joseph County and employ at least 10 people.

<http://www.sccsb.org/nomination/>

## Featured Therapist

**Rabbi Steven M. Leapman**  
**MHL, MS, LMHC, LCAC**  
**Staff Therapist**

Steven M. Leapman was ordained at Hebrew Union College-Jewish Institute of Religion in Cincinnati, Ohio in 1991. He received his Masters in Education (Counseling) from Indiana University South Bend in 2008. His undergraduate and graduate degrees in Literature are from The American University in Washington, DC (1981 and 1984). He served as a U.S. Navy / USMC chaplain from 1993 - 2000. While at Memorial Hospital in South Bend from 2005 - 2008 he provided general pastoral and trauma care ministry.

Steve is licensed by the State of Indiana as a Mental Health Counselor and Clinical Addictions Counselor. He has experience counseling adults and adolescents both individually and in group settings. His treatment interests include addictions, grief and bereavement, family issues, and spiritual formation. He is interested in interfaith relations and veterans concerns.

## Our Mission

To help people manage the stress and hurt in their lives through counseling and education based on our Judeo-Christian heritage.

