



L to R: Laura Cohen, Douglass Ruth, Missy Fry

## Myra's story: *A client shares her experience*

Jewish Family & Child Service has helped me in so many ways, including (if not especially) during this coronavirus pandemic. JFCS started a weekly Community Connection group on Zoom soon after the lockdown started. Every week, the participants get a chance to talk about what is on their minds. The fantastic staff members, Douglass Ruth and Missy Fry, who run the meetings often suggest a relevant topic for discussion. The group is open to anyone who wants to attend;

*continued on p. 2*

## WE ARE HERE FOR YOU

JFCS provides services to clients on a sliding scale, to those who have Medicare, and to those who pay out-of-pocket.

### OUR COUNSELING SERVICES INCLUDE:

- ◆ Psychotherapy for adults
- ◆ Specialized geriatric psychotherapy
- ◆ Behavior management therapy for children
- ◆ Short-term solution-focused therapy
- ◆ Processing and support groups
- ◆ Parenting strategy seminars
- ◆ Staff training and development



# Letter from our President

Dear friends,

Welcome to JFCS' newsletter dedicated to our Counseling program. Short and informative, here you will read and learn about

- our clinicians, including our newest addition: Laura Cohen, LCSW, child and family therapist
- person-centered trauma-informed (PCTI) care
- what *meeting you where you are* really means
- one of our clients, Myra

In these pages, I learned just how many types of counseling services we offer. It's because of this depth of staff and breadth of knowledge that JFCS is poised to become greater Portland's go-to mental-health services agency.

Read on and I'm sure you'll agree.

Warmly,



Larry Holzman  
Board President



## "Myra's story" continued from p. 1

newcomers are always welcome, and especially since I live alone, I have really appreciated JFCS offering this program.

At the pandemic's height, JFCS launched Friendly Callers. While it no longer is an active program as needs have shifted, at the time I was so glad I called the agency to get connected to a volunteer. JFCS matched me with a wonderful "friendly caller" who still calls me every week for a brief shmooze. I also want to highlight Caitlin DeBoer, who was so very helpful to me. I appreciate so much that she called me several times over the past year to check up on me. She also brought me a few boxes of food, which I deeply appreciated.

I will be eternally grateful for the kindness and emotional support I have received and still get from JFCS staff, especially during this seemingly never-ending pandemic. JFCS is definitely an important part of my Jewish life.

- Myra

# Meet our Counseling Team!

## **Douglass Ruth, LCSW, CCTP** **Clinical Director**



A Duke University grad with a master's from Smith College School of

Social Work, Doug has been with JFCS since 2010 and provides individual, couples and group counseling in addition to supervisory responsibilities. Passionate about providing person-centered, trauma-informed (PCTI) care to his clients, Doug might be equally passionate about his playful dog Balto.

## **Laura Cohen, LCSW, ACSW** **Child and Family Therapist**



In addition to her 30 years' experience and Hebrew fluency, Laura leans heavily

on Jewish values in her PCTI and strengths-based therapeutic work. Get to know our newest clinician, on page 4.

## **Missy Fry, LCSW, CAGCS** **Behavioral Health Social Worker**



Missy earned her master's from Portland State University's School of Social Work

in 2016 and specializes in grief therapy and working with older adults. She also holds a graduate certificate in Gerontology from PSU. Her clinical focus is PCTI and a strengths-based approach to therapy (while also proud to be a natural redhead).

## **Dinah Gilburd, LCSW** **Mental Health Educator**



Dinah collaborates with JFCS to provide educational workshops and trainings to

families whose children have mental-health challenges. She gained significant experience and expertise while at Boston-based Massachusetts General Hospital, Community HealthCare Center, as a supervisor and provider in the Behavioral Counseling Unit.

# The “C” in JFCS is now firmly in place

Jewish Family & Child Service now has a full-time child and family therapist on its Counseling team.

“Laura Cohen’s position represents the fulfillment of one of JFCS’ main goals from our strategic planning process that began in 2019,” Larry Holzman, board president, says. “A child and family therapist provides a crucial tool for JFCS that enables us to provide critical services to an underserved population – especially during and after the pandemic.”

Originally from Chicago, Laura, a licensed clinical social worker, comes to JFCS with more than 30 years’ clinical and administrative experience, including at a Jewish day school in Houston, Jewish Family Services in Cincinnati and Cascadia Behavioral Healthcare here in Portland.

**“My goal at JFCS is to help kids and their families enhance their natural strengths and address those barriers that pop up along the journey toward individual and family health and well-being,” Laura says. She adds her work always will have a “Jewish bent” to it.**

She says, “My practice tends to involve all of the relevant systems that influence, impact and help change a young person’s challenging behavior – with the child in the center and concentric circles of systems around them – family, peers, neighbors, school, community.”

## Missy Fry wins Rogoway Award



Congratulations to Missy Fry, behavioral health social worker, who is the 2022 recipient of the Laurie Rogoway Outstanding Jewish Professional Award, which recognizes a current Jewish communal professional in greater Portland. With JFCS for 11 years, Missy is the first therapist to win this award in its eight-year history.

# Meeting you where you are

What does this phrase really mean? At JFCS, it means our clinicians work with clients in the physical space that works best for them and also in their most comfortable emotional space.

**“Meeting a person where they are is a value enshrined in the social workers’ code of ethics,” Missy Fry, LCSW, CAGCS, behavioral health social worker, says. “It has to do with a person’s right to self-determination that we always honor.”**

It also has to do with person-centered, trauma-informed (PCTI) care that is the core of JFCS’ Counseling.

JFCS’ downtown Portland offices again are open to clients, and we also now see clients at the Eastside Jewish Commons (EJC). Visits are by appointment-only. When warranted, our social workers will meet a client at their home. Telehealth is here to stay, and we meet clients online should they prefer that to public places as the pandemic continues.

To ensure tech is not a barrier to services, we help clients log in, say, to Zoom, or provide tutorials on iPads and other devices so remote therapy is within reach.



JFCS’ clinicians don’t tell people how to live their lives. Rather, “We sit with them and ask them what their goals are. It’s not what they want; it’s where they are,” Douglass Ruth, LCSW, CCTP, clinical director, says.

Laura Cohen, LCSW, ACSW, child and family therapist, notes how powerful it is for a client simply to feel heard. She practices at both JFCS’ downtown Portland and EJC offices.

Providing the client a choice of where to meet is core to JFCS’ person-centered, trauma-informed approach.

JFCS’ social workers have a combined 50 years’ experience in their field and have expertise in children, teens, couples, adults of all ages, those with disabilities and people who have a history of trauma. They know they cannot provide direct services to all who may seek them at JFCS; we provide a robust referral service.

**Says Laura: “The power of therapy is being present with that person and in that moment.”**



# JFCS is the community's go-to agency for mental health services

There are two key reasons for this: our very experienced licensed clinical social workers and their expertise; and financial support JFCS receives from our generous donors and from grants.

One recently received two-year grant is a game-changer. The Jewish Federations of North America awarded JFCS a significant sum to provide a bevy of mental-health services – and educational opportunities – for clients of all ages, always through the lens of person-centered, trauma-informed (PCTI) care.

Douglass Ruth, LCSW, CCTP, clinical director, explains this grant allows JFCS to connect with more clients and in more ways than ever before.



Now, in addition to one-on-one psychotherapy, JFCS offers Mental Health Spotlight.

The Mental Health Spotlight provides pertinent information about mental health or mental health adjacent topics that are timely and of interest to the community and are offered through various modalities - groups, workshops or presentations. Our *Walking Beside You* grief-processing group and *Cancer Support Group* are two examples.

Mental Health Spotlight's goal is community outreach and providing pertinent information about topics our clinicians are tuned in to through their client work.

"This is a shift from JFCS over the past couple years," says Doug, adding he now hears from clients more frequently than ever before, "I can always come here."

## What is PCTI care?



PCTI stands for "person-centered, trauma-informed." This important counseling methodology has six guiding principles:

1. Safety
2. Trustworthiness & transparency
3. Peer support
4. Collaboration & mutuality
5. Empowerment & choice
6. Cultural, historical & gender issues

# JFCS' ONGOING EVENTS

## Weekly Community Zoom

Join us for our weekly community group open to the entire community and moderated by our clinical director. This group meets on Zoom **every Friday at 10am** and allows participants to share their struggles and anxieties around living through a pandemic and its impact on our daily lives. Not a psychotherapy group, this is a space to chat, to laugh, to listen, to vent and to learn from those around you in a Zoom setting. Visit [www.jfcs-portland.org](http://www.jfcs-portland.org) for the Zoom link.

## Grief Connection group

Grief affects every part of our lives and can be a lonely road to travel. Join us for our monthly grief-processing group for adults. This group meets on Zoom **the first Friday of every month at 10 am**. In our virtual sessions, we will have the opportunity to share our own experiences with grief, connect with others, and learn strategies for moving through loss. Contact [MissyFry@jfcs-portland.org](mailto:MissyFry@jfcs-portland.org) for more information or visit [www.jfcs-portland.org/grief-connection](http://www.jfcs-portland.org/grief-connection).

## Cancer Support Group

Community is important. Cancer is lonely. Jewish Family & Child Service has combined these two truths to create this support group open to anyone with a cancer diagnosis. The group meets on Zoom **the second Wednesday of every month at 11 am**. Visit [www.jfcs-portland.org](http://www.jfcs-portland.org) to learn more or to register.

## Share your JFCS story!

JFCS is celebrating its 75th year and we're seeking stories about how we've helped you, a friend, or loved one over the years. If you'd like to participate, email Jenn at [jdirectorknudsens@jfcs-portland.org](mailto:jdirectorknudsens@jfcs-portland.org).

**75**  
YEARS

**Stability & Hope**  
*Then. Now. Always.*

**JFCS' mission is to improve the quality of life and self-sufficiency of the Jewish and broader communities throughout the Portland metro area in accordance with Jewish values.**



**JFCS**  
*Jewish Family & Child Service*

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