



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

Meet Martin

Martin felt ashamed and embarrassed about seeking mental-health support. But he also knew how important it was.

“I have an overwhelming feeling of being stuck,” he once shared with his JFCS clinician. “Every day I feel distressed and anxious but I don’t really know why I feel this way.”

Through counseling sessions, Martin, 34, came to recognize that his own negative self-talk was keeping him from moving forward. He found it overwhelming to work toward personal goals, like feeling confident about making important decisions.

“I kept worrying that every step I’d take would end in something worse than failure,” Martin said.

Over time, his clinician has helped him identify certain patterns of thought and behaviors holding him back, as well as fresh perspective-taking.

Martin now speaks – and acts – with new confidence. He says, **“I can trust myself more now and make life-affirming decisions. I know my mind and body are telling me what I need to make the best decisions I can.”**

MEETING YOU WHERE YOU ARE

JFCS offers counseling services that focus on wellness and the development of coping strategies via a strengths-based approach for a variety of mental health issues.

OUR COUNSELING SERVICES INCLUDE:

- Psychotherapy for adults across the lifespan
- Specialized geriatric psychotherapy
- Counseling for children, teens and families
- Short-term solution-focused therapy
- Processing and support groups
- Supportive Parenting for Anxious Childhood Emotions (SPACE)
- Staff training and development

Letter from our President

Dear friends,


I am so excited about the growth of JFCS' Counseling program. Much of it is thanks to community partnerships that you'll read about here, in this newsletter dedicated to how JFCS' clinicians care for and support the mental health of our growing clientele, ages 5 to older adults.

You'll also learn about:

- who picks up the phone when someone calls seeking support
- Counseling's educational and social events open to the community

This is my last newsletter as JFCS' Board President. I am so proud of Counseling's expansion on my watch, and I invite you to continue your crucial support as it grows. Thank you.

Warmly,



Larry Holzman
Board President



Partnerships power Counseling

"Partnerships are what make us a social-services organization," says Douglass Ruth, LCSW, clinical director of Jewish Family & Child Service.

He and JFCS Counseling program colleagues Laura Cohen, LCSW, ACSW, child and family therapist, and Missy Fry, LCSW, CAGCS, aging & adult services clinician, engage local and national partners to expand JFCS' reach and strengthen community for clients seeking mental-health support.

"Creating partnerships is at the core of building community," Laura says. "We can do that so much better when in the community, with our community partners."

Case in point: Missy and Doug see clients in JFCS' downtown Portland offices and at **Schnitzer Properties**, which manages four nearby subsidized-housing buildings with hundreds of residents.

Missy explains that these buildings' residents include older adults and people with disabilities, Jews and non-Jews, and non-native English speakers. Most desire to

seek mental-health support and strengthen their communities.

"This work is mission-driven, especially for Jewish residents," Missy says. Many have felt isolated from the larger Jewish community, and the groups she and Doug run offer connection to fellow residents, an opportunity to chase away isolation and a vehicle to additional services JFCS and other organizations provide.

Missy and Doug also lead educational and social events at the **Mittleman Jewish Community Center**, where local experts and clients meet up to teach and learn, respectively, in a communal setting.



During the school day, Laura engages with some of JFCS' youngest clients on the campuses of **Portland Jewish Academy** and **Maayan Torah Day School**. PJA Principal Merrill Hendin, says, "Working with Laura has been a game-changer



for the families and students she works with. PJA and JFCS hope to build on this important relationship in more ways to support PJA families."

In addition to Laura's JFCS office, she also meets clients, ages 7 to 19, at the **Eastside Jewish Commons**.

EJC Executive Director Howie Bierbaum says, "Laura's presence on Portland's east side makes it possible for many families to find the support they need closer to where they live, work or play. **We're grateful to JFCS for helping us strengthen our community.**"

Laura says, "We are showing up in community, building community and then through our partnerships, we continue to build." Just like the communal refrain upon the completion of each book of Torah: *Hazak, hazak, v'nitzhazek*: Be strong, be strong, and let us strengthen one another.

“Hello, how can we help you?”

JFCS’ intake manager, Zoe Muller, MSW, is way more than a friendly “hello” on the other end of a phone call or email response. She often is a client’s – or potential client’s – first point of contact when they get in touch seeking services and support.

“I strive to always remember that a person who calls is a person in need,” Zoe says. She assesses and evaluates callers’ requests and helps guide them to the right resource, be it to one of JFCS’ four programs – Holocaust Survivor Services, Disability Support Services, Community Support Services, or Counseling – or to an outside agency for optimal care coordination.

“I therefore listen and then listen some more,” Zoe says.

“We all need to be seen and to have our needs validated.”

As one client recently shared with Zoe, “Thank you for being so willing to assist a fragile stranger with something so fundamental and private. You have been kind and supportive and I’ll never forget your humanity.”

Contact Zoe at 503.226.7079x111 or at zmuller@jfcs-portland.org.

Zoe Muller, MSW



Zoe Muller, MSW, JFCS’ Intake Manager, is fluent in three languages. Born in St. Petersburg, Russia, she moved to Israel as a child and spent a lot of time in the United States, settling here permanently in 2011.

Zoe attended Hebrew University in Jerusalem for her bachelor’s and master’s degrees. She received two bachelor’s degrees, one in English Literature and Russian Studies, and the second in social work. Professionally, she has worked with a variety of clients, including children, adolescents and their families, people with mental and/or intellectual disabilities, and older adults and their families.

JFCS Support Groups

Join our ongoing, drop-in groups

Grief Connection

Join us for our monthly drop-in grief-processing group for adults. No registration required. This group meets the first Friday of every month from 10am-11am on Zoom.

Next meeting: July 7 at 10am. For more information and the Zoom link, visit www.jfcs-portland.org/grief-connection

Cancer Support Group

Community is important. Cancer is lonely. JFCS has combined these two truths to create this support group open to anyone with a cancer diagnosis. No registration required. This group meets the 2nd Wednesday of every month from 11am-12pm.

Next meeting: July 12 at 11am. For more information and the Zoom link, visit www.jfcs-portland.org/cancer-support

Community Connection

Join JFCS for weekly conversations on Zoom. It is a space for anyone in the community to connect with others and share what’s on their mind. This group meets many Fridays at 10am. No registration required.

For specific dates and Zoom link, visit www.jfcs-portland.org/services/counseling/calendar

For the full calendar of upcoming group sessions, visit:
www.jfcs-portland.org/services/counseling/calendar

*JFCS is grateful to its national **partners** that ensure support for much of the agency’s work in the community. They include the Jewish Federations of North America’s (JFNA) Center for Holocaust Survivor Care and Institute on Aging and Trauma, The Sephardic Foundation on Aging, the Network of Jewish Human Service Agencies and BeWell. Additional local partners include Jewish Federation of Greater Portland, synagogues, Cedar Sinai Park, Portland Area Jewish Educators (PAJE) and PDX Hillel.*

JFCS' Counseling program is growing... and hiring!

➔ Licensed Clinical Social Worker (LCSW)

The primary role of this dynamic position is to provide clinical services to adults across the lifespan within the diverse communities JFCS serves. The Licensed Clinical Social Worker provides mental health services to individuals with a variety of behavioral health needs. Services will be offered utilizing a hybrid model, with in-office, in-community and telehealth services.

➔ Mental Health Clinician (MSW) Youth and Young Adults

The primary role of this dynamic position is to provide clinical services to youth and young adults within the diverse communities JFCS serves. The (MSW) Mental Health Clinician provides mental health services to individuals with a variety of behavioral health needs. Services will be offered utilizing a hybrid model, with in-office, in-community and telehealth services.

For full job descriptions and how to apply, visit
www.jfcs-portland.org/about-us/employment/

JFCS' COMMITMENT TO DIVERSITY, EQUITY, INCLUSION AND ACCESSIBILITY (DEIA)

JFCS is an Equal Opportunity Employer that values and is strengthened by a diverse workplace. We welcome and serve members of the Jewish community and individuals of all faiths and backgrounds. We believe in and uphold our Jewish values through the lenses of equity and justice as reflected in our engagement with clients, hiring practices, volunteers, and staff. Our intention is to welcome and honor people of every race, nationality, ethnicity, socio-economic status, gender, gender expression, sexual orientation, disability, size, age, and the intersectionality of these identities. For further information about our commitment to DEIA, visit www.jfcs-portland.org/deia.



CELEBRATING GENERATIONS *What a night!*



Thanks to you, *Celebrating Generations* was very fun and a tremendous success!

- 240 people dressed in festive attire toasted *I'chaim!* to JFCS for its 75th year
- China Forbes of Pink Martini raised Castaway's roof
- JFCS surpassed its event fundraising goal, thanks to Larry Holzman's presenting sponsorship, all our event sponsors and those who gave generously at *Celebrating Generations* on May 18th.

Visit jfcs-portland.org for more photos from the evening



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75
YEARS

Stability & Hope
Then. Now. Always.



1221 SW Yamhill, Suite 301, Portland, Oregon 97205
503.226.7079 • info@jfcs-portland.org