



## JFCS Counseling expands to meet community needs

Our reality is staggering, just like these statistics for the 31,100 Jewish households in greater Portland:

**18%**

are facing mental  
or emotional  
health problems

**34%**

need  
mental health  
treatment

The pandemic had a  
disproportionate impact on  
**young adults' mental health**

*Statistics courtesy of the Jewish Community Study provided by the Jewish Federation of Greater Portland and Brandeis University Cohen Center for Modern Jewish Studies.*

JFCS has been aware of the reality and now has the numbers to back it up. In response, JFCS' Counseling—now in an updated, brightly lit office space—has been expanding its mental-health services and, as always, decreasing barriers financial, geographic and cultural to receive them.

- Clinicians see clients one day a week in a dedicated office at the Eastside Jewish Commons and at Maayan Torah Day School of Portland

### MEETING YOU WHERE YOU ARE

#### 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
- Staff training and development

To contact JFCS' Counseling, visit [www.jfcs-portland.org/contact-counseling/](http://www.jfcs-portland.org/contact-counseling/)

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# FROM OUR LEADERSHIP

Dear Friends,

What does the word “supervision” mean to you? Perhaps your mind conjures a preschool teacher supervising their young charges on a playground? Or an administrator keeping middle schoolers from sticking gum beneath the bleachers?

**At JFCS, “supervision” has an entirely different meaning:**

JFCS’ Counseling program recently received a generous, nearly **\$270,000 grant from the Oregon Health Authority (OHA)** to provide “supervision” for clinicians. This ultimately means **leveling the playing field in access to mental-health care.**

How does it work?

- JFCS clinicians, who are licensed clinical social workers, supervise colleagues – including peers outside our agency – working toward receiving their LCSW...
- ...to **break down barriers** that reduce access to mental-health care among underserved groups throughout greater Portland.

If you – or you believe a loved one – could benefit from mental-health services, please be in touch. We look forward to answering your call or email.

Warmly,



Bill Treuhaft  
Board President



Susan Greenberg  
Executive Director

## “Counseling expands...” *continued from p. 1*

- JFCS accepts a variety of insurance plans and Medicare
- Sliding-scale options based on income are readily available
- Therapists sensitively approach clients’ background and needs (please see p. 3 for clinicians’ areas of expertise)
- JFCS is partnering with PDX Hillel, whose students expressed immediate need for mental-health support following the Oct. 7, 2023, Hamas terror attacks on Israel

**JFCS’ Counseling program provides compassionate, person-centered, trauma-informed mental-health services to adults, children, teens, couples and families facing life’s challenges. Our priority is to provide support based on trust, empathy and understanding to ensure that our clients feel safe, empowered and able to make progress toward their goals.**

# MEET OUR COUNSELING TEAM



**Douglass Ruth, LCSW**  
**Clinical Director**

**SPECIALTIES:** Cognitive Behavioral Therapy

(CBT), and Solution Focused Therapy (SFBT)

In collaboration with his clients, Doug helps them: identify and tap into their core values and goals; gain a deeper understanding of their motivations and symptoms; and engage in reflection and behavior change.



**Missy Fry, LCSW**  
**Lead Aging and Adult Services Clinician**

**SPECIALTIES:** Grief processing, transitions due to aging

Missy supports clients through the challenges and joys of the aging process, including the various transitions that occur during this phase of life and available services available to older adults.



**Zoe Muller, MSW, CSWA**  
**Intake Manager + Child and Family Therapist**

**SPECIALTIES:** Families and children, providing support in English, Russian, and Hebrew

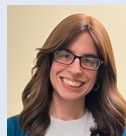
Zoe assists children and their parents – using behavior and talk therapy and directive and non-directive approaches – focusing on childhood development and behavior support.



**Chaviva Greenberg, MSW, CSWA**  
**Child and Family Therapist**

**SPECIALTIES:** Behavioral and mental health, including for those with disabilities

Chaviva helps parents manage anxiety via reducing accommodation behaviors. She supports youth with social-skills training and CBT for acceptance-based interventions around pain management.



**Sima Borsuk, MSW, CSWA**  
**Aging and Adult Services Clinician**

**SPECIALTIES:** Older adults, including Holocaust Survivors and others who have experienced trauma

Sima's focus on a person-centered trauma-informed (PCTI) approach helps clients manage aging-related challenges, and she brings a vast network of necessary services to which to connect those in need.



**Nicole Walters**  
**Aging and Adult Services MSW Intern**

**SPECIALTIES:** Older adults

Nicole, with extensive knowledge of the healthcare system, is uniquely equipped to understand the challenges that clients may face in this area. She is an excellent resource for clients and other providers.

**For more info about our clinicians, visit [www.jfcs-portland.org/about-us/staff-directory/](http://www.jfcs-portland.org/about-us/staff-directory/). Unsure how to start receiving mental-health support from JFCS? See p. 4 for next steps.**

# How to see a JFCS therapist

Welcome to JFCS' Counseling program! Here are a few easy steps to follow to receive mental-health support:

1. Contact Intake Manager Zoe Muller by:
  - » calling (503) 226-7079, ext. 100; or
  - » sending an email to [counseling@jfcs-portland.org](mailto:counseling@jfcs-portland.org); or
  - » filling out our online intake form at [www.jfcs-portland.org/contact-counseling/](http://www.jfcs-portland.org/contact-counseling/)
2. Zoe will help determine the best clinician with whom to meet
3. Please contact the selected therapist to schedule an initial visit

*We look forward to meeting and working with you!*

## JFCS Support Groups

Join our ongoing, drop-in groups

### 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 dates and Zoom link, visit: [www.jfcs-portland.org/services/counseling/calendar](http://www.jfcs-portland.org/services/counseling/calendar)

### Grief Connection

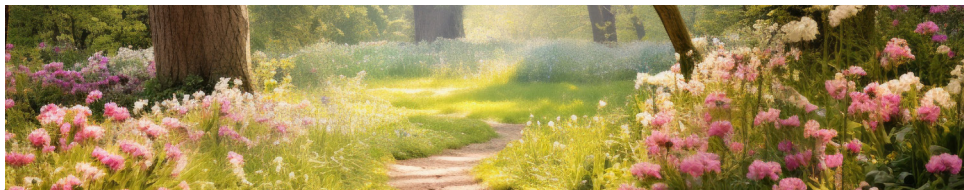
Join us for our monthly drop-in group for grief support and processing. No registration required. This group meets the first Friday of every month from 10am-11am on Zoom.

**Next meeting: Friday, April 5 at 10am.** For more information and the Zoom link, visit [www.jfcs-portland.org/grief-connection](http://www.jfcs-portland.org/grief-connection)

**For the full calendar of upcoming group sessions, visit:**  
**[www.jfcs-portland.org/services/counseling/calendar](http://www.jfcs-portland.org/services/counseling/calendar)**



JFCS wishes Rabbi Barry Cohen a *nesiya tova* (good/safe travel) to his new home in Houston, where he will serve its JFS. As Community Chaplain of the Jewish Federation of Greater Portland, Rabbi Barry helped co-facilitate many groups, primarily interacting with and supporting older adult clients through grief. "It was a pleasure to co-facilitate 'Walking Beside You' with Missy Fry, LCSW, and 'Cancer Support Group' with Rabbi Mel Young. Collaboratively, we shared strategies to pursue health and healing," he said.



Jewish Family & Child Service presents

## *Walking Beside You*

A GRIEF PROCESSING GROUP

**Thursdays, March 28 – May 16, 2024**

**10:30 am - 11:45 am at Congregation Neveh Shalom**

Grief affects every part of our lives and can be a lonely road to travel.

**We invite you to join us for an 8-week grief processing group for adults.**

In our sessions, we will have the opportunity to share our own experiences with grief, connect with others, and learn strategies for moving through loss.

For more information or to register, visit [www.jfcs-portland.org/walking-beside-you](http://www.jfcs-portland.org/walking-beside-you)

### IN MEMORIAM:

## Janet Menashe (z'l)



With great sadness, JFCS said goodbye to Janet Menashe, z'l, a long-time and only recently retired staff member. She died on Sunday, January 21, leaving behind daughter Erika and husband Jerry.

Janet worked for JFCS as a tireless disabilities advocate, joining our staff in 2015, serving the community until 2022. Janet continued to keep in touch with former clients – and them with her – after her retirement. She found her way into this work primarily because of Erika, about whom Janet once shared with a colleague, “I love my daughter so much, and she’s my passion to do this work.”

Janet never said no to a client, providing them with crucial counsel on complex topics like Social Security benefits, as well as driving them to and from events and appointments; running errands for them; and taking calls at all hours, to offer support and sometimes just a supportive ear.

We at JFCS are so fortunate to have worked with her and called her a friend. We miss her and know the community does, too.



# Hanukkah Art Party



On the eve of the final night of Hanukkah, about 70 Holocaust Survivor clients of JFCS and their family members, caregivers and volunteers from the community came together. Hosted at the Portland Kollel, the party included beautiful food (latkes were on the menu, of course), an art project with acrylic paints, a sing-along and well-timed warmth as the outdoor temperature dropped. While JFCS Case Manager Alla Piatski translated from English into Russian, Community Chaplain Rabbi Barry Cohen related the Hanukkah story from the Books of the Maccabees to today's heightened tensions during the ongoing war between Israel and Hamas. JFCS thanks Congregation Neveh Shalom's students who created take-home Shabbat kits for the Survivors.

*This program was made possible by a grant from the Conference on Jewish Material Claims Against Germany.*



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SAVE  
THE  
DATE

A NIGHT OF HOPE



*a night with Heart*

Thursday, May 9, 2024  
at Sentinel hotel

Join us for a hope-filled evening of giving and celebrating  
from the heart as we honor JFCS' clients and you.

Tickets go on sale April 1<sup>st</sup>

For more information and sponsorship opportunities,  
visit [www.jfcs-portland.org/night-of-hope](http://www.jfcs-portland.org/night-of-hope)  
or scan the QR code to the right.



## THANK YOU TO OUR GENEROUS SPONSORS

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as of 3-13-24