

NEWSLETTER

Spring 2024 issue

Meet Kerri Shaw

Kerri serves on both our prevention and clinical teams at RCYS. Through our prevention services, Kerri Shaw teaches Dialectical Behavioral Therapy (DBT) skills as an elective to 6th graders at Sequoyah Middle School.

“It is my goal to create critical thinkers in the classroom.”

Also a licensed professional counselor (LPC-C), Kerri serves on the clinical team at RCYS by working with families and married couples. “I have seen marriages be repaired,” she says. “Counseling married couples is sacred work.”



WHAT TEEN ISSUES DOES DBT TARGET?

- impulsive behavior
- low self-confidence
- academic pressures
- social behavior

“DBT helped me understand my feelings in ways I never thought I could. It taught me how to deal with hard situations.” -student

“I learned how to communicate better with my mom and dad - student

WHAT IS DBT?

Dialectical Behavioral Therapy skills are coping strategies designed to teach stress management. The goal is to help youth develop their own toolboxes of effective approaches to notice their emotions and solve problems. DBT also helps students develop/maintain important family, peer, school relationships, and enhances their lives. Our team currently teaches DBT skills in several local public schools.



Counseling Success Story

A while back I was working with a teenage girl struggling with some chronic health issues. Over the course of about a year, this client implemented multiple positive changes into her daily lifestyle, cultivated new friendships, discovered a solution to her feeling of isolation, and began a focused pursuit of a personal interest through additional education courses. **By the end of our time working together, this client felt an increase in confidence and felt comfortable telling me she was ready to end therapy because she was doing well on her own.** This young person showed such motivation and determination to do the necessary work outside of sessions to encourage lasting change. -Amber Frailey, RCYS LPC



"Not only have the counseling services helped our daughter, but our whole family has benefited from it. I tell everyone that therapy is so good for all ages." -Abby



a sweet soiree

On February 3rd, RCYS hosted our inaugural Sweet Soiree fundraiser. The evening was a huge success. We were able to share the heart behind RCYS to a sold out room full of attentive guests. It was a space filled with positive energy and attention toward the wellbeing of the youth in our community. Thank you again to the attendees and our sponsors who made the night possible!

