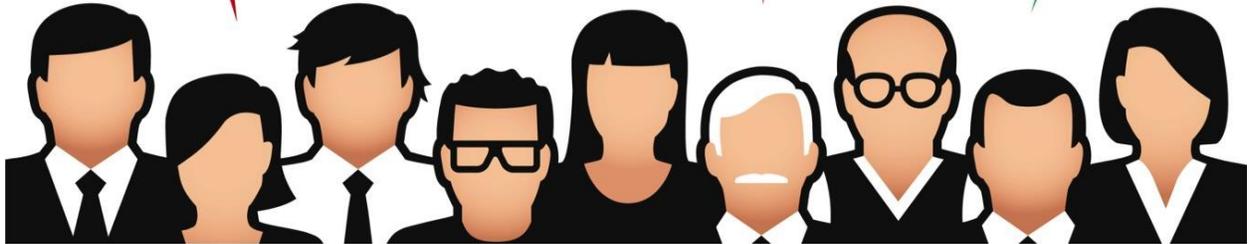


# Volunteer Voice



**With Lauren Debick, APR**

Director, Public Relations and Communications  
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*Connect and learn more about our Volunteer [here](#).*



## Children's Home Society: Mid-Florida Community Counseling



I was not familiar with the Children's Home Society of Florida prior to my involvement with the United Way of Marion County but the more I learn about this organization, the more grateful I am for this resource located here in Marion County for families in need. The Children's Home Society of Florida has been caring for children since 1902. They are the largest and oldest statewide nonprofit organization in Florida dedicated to helping children and families. This organization prides itself on providing hope, safety, and a home.

The Children's Home Society of Florida program being funded by the United Way of Marion County is the Mid-Florida Community Counseling/ Clinical Counseling. The Mid-Florida Community Counseling is making a difference to our community by providing counseling sessions for Marion County Residents in need of therapeutic counseling services, with no health insurance, and experiencing financial hardship (income at or below 200% of the federal poverty limit).

[Potential benefits of therapeutic counseling](#) include, improved communication and interpersonal skills, increased confidence, higher levels of self-acceptance and self-esteem, better stress management skills, and relief from depression or other mental health conditions. However, financial obstacles sometime deter people from getting the treatment they need and with [mental and behavior illness numbers on the rise in Florida](#), programs like the Mid-Florida Community Counseling offered by the Children's Home Society of Florida is needed now more than ever.

The Mid-Florida Community Counseling is a new program and services three new clients in home, school and tele-health by providing individual and family counseling.



**The anticipated outcomes from the Mid-Florida Community Counseling program include:**

- Improve the emotional wellbeing of our clients while maintaining a Trauma Focused approach.
- Increasing parents' abilities to develop positive relationships with their children.
- Improving family stability and self-sufficiency
- Promoting behavioral appropriate interventions for professionals working with children in schools and daycares/aftercare programs.
- Provide trainings in the community around mental health care for others.

“I am worthy as a person.”

KL was a recent recipient of the services offered by the Mid-Florida Community Counseling program.

KL was feeling sad and anxious every day, all day and with a new baby, the anxiety was overwhelming. Post-partum depression hurts emotionally and physically. Left untreated, it can be a dangerous diagnosis. Unable to afford mental health care she felt herself sinking lower into her own sea of despair until. She had no insurance options available and felt like giving up. Thanks to funding from the United Way, KL was able to get the help she needed. A seemingly small gesture last week sent a message to her counselor that she is making big strides. She polished her nails! Something she had not done in over a year. It's the small things that mean big victories for women who suffer from anxiety and major depressive disorders. The smallest gesture can mean the biggest success story.



With more than 3,000 children and families served each year by the Mid-Florida Community Counseling program, eligible individuals in Marion County have a great resource they can turn to. Thank you for your continued support to the United Way which makes funding for programs like this possible. To learn more about Children's Home Society of Florida, visit [CHSFL.org](https://www.chsfl.org).