



# Christian Counseling Ministries

of Western New York, Inc.

Compassionate Care to Guide Your Healing Journey

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### Did you know?

#### 1 Chronicles 22:3-4

David also provided great quantities of iron for nails for the doors of the gates and for clamps, as well as bronze in quantities beyond weighing, and cedar timbers without number, for the Sidonians and Tyrians brought great quantities of cedar to David.

*Did you know that a healthy adult has about three grams of iron in their blood, enough that, if it were pulled out and melted down, it could form a nail up to 3 inches long?*

## From the Executive Director's Desk



2022. A season of change. With the retirement of Dr. Timothy Chambers and his wife Cheryl, after 38 years founding

and leading Christian Counseling Ministries of Western New York, Inc. (CCM), they headed to their new permanent home to be with family in California. I found myself sitting at my desk in prayer, seeking God's direction. New year, new call on my life. As the new executive director my decisions would impact, not only the staff but every person who comes for counseling. What I know is God loves His children, those whom He created, breathed life into, and desperately chases down relentlessly to be in relationship with. My quiet time was filled with His desire to save, to heal, to bring hope, and to bless.

**Proving to be continually faithful, the vision for CCM began to unfold. Renewed life began to circulate and excitement arose in all of us. New year, new beginning!**

CCM has had a facelift. A new logo which still includes the cross

honoring our beliefs and history, new brochures, new website, new social media, the updating of Google maps with pictures, updated Guide to Services and more initially consumed our time. I continued to recall the story of Peter getting out of the boat, walking on water when Jesus said "Come" (Matthew 14:29). God had confirmed in many ways that I was to 'come' to CCM so I knew as long as I keep my eyes on Jesus my life verse will continue to hold true, "For nothing will be impossible with God." (Luke 1:37)

We have made internal changes from staff responsibilities, counselor requirements, physical building needs, etc. One of the biggest changes was the conversion of staff structure from all part time counseling staff to a core of full time staff including a clinical director, licensed social worker focusing on children and adolescents, licensed marriage and family counselor, and a licensed mental health counselor. In addition, we still have some part time counseling staff to ensure we can meet the need of someone desiring counseling without needing to wait for an appointment.

We also moved our southtowns location from Orchard Park, NY

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## Did you know?

### Genesis 1:21

So, God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good.

*Did you know a group of porcupines is called a prickle?*

### Proverbs 18:22

He who finds a wife finds a good thing and obtains favor from the LORD.

*Did you know the longest wedding veil was the same length as 63.5 football fields (22,843 feet and 2.11 inches)? This Guinness World Record title is held by a woman from Cyprus, who was married in 2018.*

### Exodus 18:25

Moses chose able men out of all Israel and made them heads over the people, chiefs of thousands, of hundreds, of fifties, and of tens.

*Did you know that no number before 1,000 (when spelled), contains the letter "A"?*

## Awareness Corner

- Approximately 1 in 5 Americans experience mental health issues in their life
- Generalized Anxiety Disorder is the #1 mental health diagnosis in America

## From the Executive Director's Desk (continued from cover)

to Hamburg, NY. Despite closing one location God's faithfulness continued with this new opportunity. Developing new community and church relationships continue. I know God continues to orchestrate divine appointments and meetings and it is so exciting to join Him on this journey! Keeping with one of CCM's original goals, to work with our community churches, I have been reigniting established relationships and meeting new Brothers and Sisters in Christ who work diligently to serve our communities.

Another change we are making opens the door to fulfill part of our vision and future vision, the conversion to an electronic record system. This major shift provides the platform to expand possibilities for client resources and provide services to all of Western New York. A pastor who is very dear to me said, "How big is the Father's heart?" Our larger goal is to eventually provide services to all of Western New York just like it states in our name. I believe God's heart is that big, to help the wounded and those who are hurting.

I am so grateful for those who have come alongside CCM in financial support, joining us on this journey, as we provide professional counseling while integrating Biblical Truth.

Staying consistent with last year, 88% of our clients cannot afford the market rate for the professional counseling CCM provides. As a not-for-profit charitable organization CCM relies on community financial support to offset our charitable services. With the generous support of our donors we have been able to make a positive impact in the lives of those we serve.

The Bible is filled with stories and promises of God's faithfulness as a way maker and I have the faith to believe He is the Waymaker for CCM, to bring hope and healing, to educate and equip, to serve with compassion and love, and to honor Him for choosing us at CCM by humbly joining in His marvelous work here on earth.

Blessings,

Yvonne Banks



Christian Counseling Ministries of WNY exists to provide professional counseling that integrates Biblical principles to guide your journey in healing wounds from the past, resolving conflicts in the present, and achieving fullness of life.

**Donate to CCM today to continue our good work!**

## Client Testimony

### Chris and Leigh

We grew up in Christian homes, attended Christian University, and were active in our church, so when we got married, we thought our shared faith would keep us from having all the usual marriage struggles. However, we found that we were not good at communicating, we dealt with conflict differently (or not at all), and we struggled to parent our three very different children in God-honoring ways. We needed help!

Over the years, as issues arose, we sought and found help through counseling at CCM. We found it to be a safe place to process the challenges we were facing.



We learned communication skills and put them into practice. We learned conflict resolution strategies and put them into practice. We learned helpful parenting methods and put them into practice. In some cases, we found that we were on the right track and needed encouragement to stay the course. In other cases, we needed to learn new skills or try something different.

Counseling wasn't comfortable! It took the most tender, painful feelings of fear and inadequacy and exposed them - intentionally. You couldn't lie to yourself in a counseling session; well, you could, but that would get exposed, too.

Chris came on his own most recently a few years ago. Looking around the waiting room, it was familiar. We had found help there before, so he went there again. He knew it was the right place to be, but this time around, he was alone and that felt different, even more uncomfortable.

We were struggling, and in these sessions, he started to see it wasn't all his wife's fault. He needed help, too; he needed to change. He needed to be a leader in his family, but he still didn't know how. He had been coming every week; listening, being challenged, trying to implement new ideas, and connecting the disconnect in his mind, but it all felt awkward and uncomfortable. Why was everything so uncomfortable? His wife wasn't changing. She still blamed him for the problems in their marriage, and family, and even their church. How was he supposed to fix THAT?

A weekend event poster in CCM's waiting room caught his eye "Great Marriages Don't Just Happen". Thoughts like, I'm a leader at work and at church, but not at home and there's a disconnect between how I want to be and how I actually am arose. He started to see that if he wanted to lead well, he would need to start leading. We attended the marriage conference.

Through the counseling and attending that advertised weekend marriage event, three years later we have both left our jobs to work full-time together in ministry. We praise God for Chris' decision to take the hard, brave, uncomfortable step to ask for help! In God's hands, uncomfortable can lead to "immeasurably more than all we ask or imagine." (Ephesians 3:20)

We are thankful for the work CCM does and highly recommend it to others as a place to receive biblically-based counseling in WNY.

“God had confirmed in many ways that I was to ‘come’ to CCM so I knew as long as I keep my eyes on Jesus my life verse will continue to hold true, “For nothing will be impossible with God.”(Luke 1:37)”

- Yvonne Banks, CCM Executive Director

## VOLUNTEER OPPORTUNITIES

We are currently looking for individuals to volunteer their time to help CCM with:

- Property grounds - 4 seasons
- Handyman services
- Interior cleaning support
- Professional skilled painter services

If you are interested in volunteering or would like to learn more about ways you can get involved, please call us at 716.632.3200

### Main Office

9070 Main Street | Clarence, NY 14031

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## Children and Adolescent Mental Health Today

At CCM, we support many children, youth, and their parents through mental health struggles. We utilize a variety of therapeutic treatment modalities individually and/or through family counseling. Many parents have also received the tools they need to best support their children. With the increased stressors that our children are facing today, support can bring refreshing hope.

Over 2.5 million youth in the US are experiencing severe depression and over 60% of these youth with Major Depression do NOT receive any mental health treatment. During the COVID-19 pandemic, the prevalence of depression and anxiety symptoms had doubled, compared with pre-pandemic estimates, with about 1 in 4 youth experiencing clinically elevated depression symptoms and about 1 in 5 youth experiencing clinically elevated anxiety symptoms.

The most frequent mental health issues diagnosed in children are anxiety disorders, behavior disorders, mood disorders, and substance use disorders. Children in fatherless homes are at a dramatically greater risk for drug and alcohol abuse and more likely to be poor, drop out of school, and suffer from health and emotional problems. Only about 1/2 of youth with current mental health disorders receive any specialty treatment. Unfortunately, childhood depression tends to continue into adulthood if left untreated.

A child was brought to CCM by her parents for exhibiting harmful, angry outbursts and anxious behaviors at home. Her parents felt at a loss of how to best support her and manage her symptoms. Through counseling at CCM and consistent parenting support, she was able to learn the coping skills she needed to manage her emotions, better use her words to describe her needs, and increase her sense of well-being and self-esteem. Her parents were also provided with many tools, resources, and with consultation support to improve their parenting skills and overall well-being.

.. In Mark 10:14,16 "...He (Jesus) said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these... 16 And he took the children in his arms, placed his hands on them and blessed them." Children are a gift and a blessing and CCM understands how precious each one is in God's eyes no matter what their struggle.

