

22 STOCKTON STREET  
PRINCETON, NJ 08540  
609.924.0060



healing minds,  
strengthening hearts,  
enhancing lives...one at a time.

## Letter from the Executive Director

Spring 2016



As the trees on Stockton Street have blossomed this spring, I have found myself reflecting on seasonal changes, both outside my window and within Trinity Counseling Service.

The fall was a busy time for us as we embarked on a strategic planning process that will be completed this summer, setting in motion a 5 year plan for TCS. During the winter, we focused our energy internally, guided by our strategic planning committees. We made some important decisions, not least of which was to close down our psychiatric services and refocus our attention on our original mission - to provide exceptional counseling services to individuals and families struggling with mental health challenges. The decision to refer our clients receiving psychiatric treatment to other agencies and providers allows TCS to strengthen and expand counseling and prevention initiatives.

In February and March we were thrilled to welcome three new clinical staff members to our team. With our new clinical staff, TCS can offer our community more openings for counseling - including evening and weekend hours - as well as grow our team with well-trained, dedicated clinicians.

This year we also focused on how we can best serve our community at large. We grew existing partnerships and forged new ones - serving not only more people, but also collaborating with peers by partnering on initiatives that benefit our shared community. In January, we launched a formal partnership with the Stony Brook-Millstone Watershed to present our *Mindfulness in Nature* series. In addition to our mindfulness workshops, our second annual *Winter Speaker Series* was a great success. In partnership with Center for Supportive Schools, we welcomed more than 150 people for a screening and panel discussion of James Redford's *Paper Tigers*, providing an opportunity to examine elements of complex trauma and the effects of toxic stress. We also strengthened our partnerships with Urban Promise - Trenton, an afterschool program for urban youth, and a partnership with Lawrence Plaza, a retirement community in Lawrenceville.

All of these opportunities reflect a renewed commitment at Trinity Counseling Service to provide exceptional counseling services as well as relevant, evidenced-based health and wellness resources to our community. We are committed to supporting you as we have for nearly 50 years.

I hope to see you at one of our upcoming events, as I would love to thank you in person for your support of TCS. You can find me this summer at our Junior Board's *Summer Soiree* on June 24th ([www.tcsummersoiree.org](http://www.tcsummersoiree.org)) or at our fall benefit, the *Boots n' Buckles Ball* ([www.bootsnbucklesball.org](http://www.bootsnbucklesball.org)), on September 17th. Both events will be fun-filled ways to celebrate our commitment to TCS. And of course, please feel free to stop by 22 Stockton Street any time you are in the area. My team and I are here to meet and to talk with you about ways we can support you, and how we can contribute to the health and wellness of our town and neighboring communities.

Sincerely,

Whitney B. Ross, Ph. D.

THE TRINITY COUNSELING SERVICE JUNIOR BOARD PRESENTS

*The*  
**SUMMER SOIRÉE**

*A Taste of Hope*

**FRIDAY, JUNE 24 7-10 PM**

*at* **THE D&R GREENWAY**  
*Princeton, NEW JERSEY*

**TASTINGS OF FOOD, BREWS, & WINE**

TICKETS AVAILABLE @ [WWW.TCsummerSOIREE.ORG](http://WWW.TCsummerSOIREE.ORG)

## Mindfulness in Nature Launches with Tremendous Success



*Exploring the trails while learning mindfulness techniques from Dr. Boudette*

In January, TCS launched its first *Mindfulness In Nature* program at the Stony Brook - Millstone Watershed. Participants were led by Dr. Robin Boudette, a psychologist and certified Mindfulness Based Stress Reduction (MBSR) instructor, through a number of techniques for reducing everyday stress and anxiety and ways to bring oneself into the present moment. Two workshops, one in January and one in February, welcomed participants to the beautiful trails and fields of the Watershed to learn and practice mindfulness and walking meditation. The workshops were followed by a sold out 4 week series in April and May. To learn more about the benefits of mindfulness practice and to sign up for our next workshop, please visit [www.trinitycounseling.org/mindfulness](http://www.trinitycounseling.org/mindfulness)



*Mindful Moments! Workshop attendee takes a break from hiking to make a snow angel.*

**Did you know?**  
*The human mind can process 126 pieces of information every second. Mindfulness practice can help our brains stay present, focused, and calm - despite the overload.*

**Don't miss Mindfulness In Nature this summer!**

**Sunday, July 31st | 9:30-12:30pm**

*@ the Stony Brook Millstone Watershed*

**Register online:**

**[www.trinitycounseling.org/nature](http://www.trinitycounseling.org/nature)**

## TCS's Strategic Planning Process

In October, 2015, Trinity Counseling Service embarked on a year long strategic planning process to guide organizational decision making for the next five years. This process will ultimately result in a comprehensive strategic plan for the organization, focusing on five core areas: Clinical Services, Finance and Fundraising, Organizational Systems, Organizational Culture, and Community Outreach. The planning process kicked off with a two day retreat attended by many of the organization's stakeholders including community leaders from area public schools, Princeton Nursery School, area clinicians, TCS donors, Board members, and staff. Organizational consultant, Art Firestone, led the group through visioning and priority setting for TCS's future. A strategic planning leadership team is now completing the document, and a synopsis of the plan will be available to the public by September.

## The Stimpson Cup Nine & Dine



*Tournament winners Sam Woodworth, Tom Gates, Jack Hanington and Tom Cooper presenting the Stimpson Cup.*

On May 19th, golfers and friends of Trinity Counseling Service gathered at Bedens Brook Club for a beautiful afternoon of golf and a delicious evening barbecue on the patio. The golf tournament was chaired by TCS Board members Jack Hanington and Reid Murray. The tournament was won again this year by reigning champions Jack Hanington, Tom Gates, Tom Cooper, and Sam Woodworth.

The event raised more than \$10,000 to support Trinity Counseling Service's mental health services and programs. Many thanks to all who attended.

## Clinician's Corner



### Sports Psychology with Elizabeth "Scottie" King-Reeves, Ph. D.

Dr. King-Reeves came to TCS in 2015, with approximately 20 years experience. She is a graduate of Colby College and received her Ph.D. in counseling psychology from NYU. She has extensive training working with adolescents, college and graduate students. Dr. King-Reeves spent several years as a post-doctoral fellow and then staff clinician at University of Pennsylvania Counseling and Psychological Services, where she focused on triage assessment, eating disorders, sports psychology and other performance-related issues.

#### How did you become interested in sports psychology?

I played division one sports as an undergraduate in college, until I experienced a career-ending injury. The injury completely shifted the focus of my education. I had to rethink the direction of my life and that's when I began focusing on the psychology of athletes.

#### What would you say are some of the most important challenges athletes face as they pertain to mental health?

One of the greatest challenges an elite athlete faces is managing expectations. He/she also has to learn to manage the consequences of anything that affects athletic performance in a negative way. But athletes face the same issues other people struggle with. They, too, have to manage pressures from school, work, family, etc. Anyone can suffer from anxiety, stress, or depressed feelings.

#### What are some of the tools/techniques you discuss with your clients?

I encourage my clients to practice techniques rooted in Cognitive Behavioral Theory. I recommend interventions to help manage or balance thoughts and emotions, to promote attention and control. All the techniques used with athletes are transferrable to other populations. Exercise can be the first line of defense against depression and anxiety for anyone. But the most important thing is to take a more holistic approach to mental health. Good nutrition, appropriate amounts of sleep, balance in work and home life, can all be combined with exercise to relieve stress and to combat anxiety.

For more information about the clinicians at TCS, visit [www.trinitycounseling.org](http://www.trinitycounseling.org)

## Resilience, Love, & Loss: TCS's Outreach in the Community

TCS staff and interns facilitated workshops throughout the winter and spring for residents at Lawrence Plaza, a subsidized housing community for seniors in Lawrenceville. Workshop topics included those that focused on resilience, coping with loss, and shared experiences in the community. In addition, TCS facilitated a two-part workshop for high school and college-aged youth leaders at Urban Promise, an after school program in Trenton. The workshop promoted leadership training, ensemble building, and an opportunity to explore how community impacts our identity and well-being.

### The 2nd Annual Winter Speaker Series

On January 14, Steven Levine, MD, gave the first talk of this year's TCS *Winter Speaker Series* to a packed room. Dr. Levine discussed his work with treatment-resistant depression and the uses of ketamine as an alternative treatment modality. February's Speaker, Dr. Robin Boudette, presented on the impact that mindfulness practice can have on individuals suffering from stress and anxiety. Closing out the series, Rev. Paul Jeanes and Rabbi Adam Feldman presented on the intersection of mental health and spirituality. The Winter Speaker Series is made possible through the TCS Community Outreach, Prevention, and Enrichment (C.O.P.E.) Program which provides mental health initiatives to the community.



The TCS Junior Board is a dynamic group of students and young professionals in their 20s and 30s dedicated to mental health advocacy and volunteering their time, talents, and energy to raise critical support for Trinity Counseling Service.

You can find more information online at [www.trinitycounseling.org/juniorboard](http://www.trinitycounseling.org/juniorboard), which also has a link to the Junior Board Application.

## Why Trinity Counseling Service?

Each day, Trinity Counseling Service welcomes children, adults, and families into our building located at 22 Stockton Street. TCS strives to serve everyone in need of support, making available a variety of highly skilled therapists, regardless of a client's income. At the core of what we do is our belief that exceptional counseling services can change lives.

**But providing services comes at a cost.** Only half of those we serve each month have insurance that they can afford or choose to use, and 15% of our clients are living at or below the Federal Poverty Line. To continue to provide expert clinicians to every client that comes through our door, TCS must fundraise more than \$500,000 per year - just to meet the gap between what a client is able to pay and the actual cost of services.

The transformative work of Trinity Counseling Service depends on the generosity of individuals, organizations, and corporations that are dedicated to making mental health care available to those in our community.

There are many ways to support the life-changing work of Trinity Counseling Service. Many companies offer matching gift programs which can double or sometimes triple the gift you make to TCS. To assist our donors, we have launched a new webpage dedicated to corporate giving programs. See if your company will match your contributions at: [www.trinitycounseling.org/matching](http://www.trinitycounseling.org/matching)

In addition to matched gifts, planned gifts such as bequests can be tailored to your unique circumstances and provide long-term support to our organization, while saving you significant amounts in estate, gift, and income taxes. Naming Trinity Counseling Service as a beneficiary of your retirement plan assets, such as an IRA or life insurance policy, may also provide tax savings and help protect your assets.

To learn more about ways you can support TCS and ensure we are here for you and your loved ones now, and in the future, please contact Amanda Blount, Development Director, at 609-924-0060.



TRINITY COUNSELING SERVICE PRESENTS

# The Boots n' Buckles Ball

SEPTEMBER 17, 2016

WILD WEST ENTERTAINMENT  
LIVE AUCTION  
COUNTRY COOKING  
KICK UP YOUR HEELS MUSIC  
and of course... THE BULL.

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Invitation and Sponsorship Opportunities To Follow  
[www.bootsnbucklesball.org](http://www.bootsnbucklesball.org)

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