
NEMETH NEWS

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Phone: 614-849-8204 Fax: 844-272-9333

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Chelsey Abrams, BA: Office Manager and Intake Coordinator

**By Jodie Grafmiller M.S.Ed, LPCC-S
Outpatient Therapist and Clinical Supervisor**



At Nemeth Counseling and Consultation, we are privileged to work with a multitude of wonderful individuals that enrich our practice. One such individual is Chelsey Abrams. Chelsey came to Nemeth Counseling and Consultation in September of 2013 after graduating from the Ohio State University with her Bachelor of Arts in English. Initially, Chelsey was hired as an administrative assistant because she had such strong communication skills and is very detail-oriented, with the goal that she would help streamline the process and work of our administrative team. She quickly demonstrated a high level of aptitude for relationship building and organization, resulting in a promotion to Executive Assistant and Intake Manager in November 2013. She was also invited to join the Community Relations team, and she worked diligently to promote agency services and become involved in the community. In this new role with the community relations team, Chelsey has helped to orchestrate and participate in the Walk in her Shoes event, Old Hilliardfest, and The Great Debate, among many others.

Chelsey has demonstrated significant skills during her time at Nemeth, including her collaboration with the community, as well as welcoming new clients through

our intake process. Because she has excelled in these areas, she was promoted yet again to the position of Office manager in 2014. As office manager Chelsey supervises the front office team and oversees all aspects of administrative tasks. She works passionately to ensure clients' needs are met in a collaborative, caring, and respectful way, while still ensuring confidentiality. Staff members have identified Chelsey as a person who is fun and easygoing as a coworker. She brings a strong sense of teamwork and comradery to everything she does. In addition to her busy role with Nemeth Counseling, Chelsey began her graduate studies last fall at Ashland Theological Seminary and is working to obtain her Master's degree in Clinical Mental Health Counseling. She is scheduled to graduate in December of 2016. With her drive to help others, nurturing nature, and keen attention to detail, we are confident that she will experience great success in the mental health field.

Nemeth News: Inside the Issue

- 1. Profile: Chelsey Abrams**
- 2. Trending Now: Poverty & Mental Health**
- 3. In The Community**
- 3. The New Faces of Nemeth**

Trending Now: Poverty & Mental Health

By **Helka Gienapp, LPCC**
Outpatient Therapist

Poverty and financial hardship are, without a doubt, significant life stressors. These stressors not only affect one's ability to maintain basic needs such as shelter, proper nutrition, and access to healthcare, but the ability to manage feelings, thoughts, and behaviors related to depression and anxiety. Additionally, some members of our community already suffer from untreated mental health disorders which make successful employment more difficult for them. This dynamic creates a cycle: without money, basic needs go unmet, resulting in increased worry, agitation, and depression. These symptoms are made worse by inadequate access to healthcare and often contribute to difficulty maintaining employment.

Because physical, mental, and social health are interconnected, financial hardship can have negative impacts on all aspects of life.

Fortunately, there are organizations that assist with meeting the needs of those experiencing financial hardship. Our community offers homeless shelters, healthcare, outreach programs, food pantries, and financial aid to assist with utility payments.

In 2014 Nemeth Counseling staff and clients partnered with the Hilliard Rotary Club as well as the Hilliard YMCA to provide donations and support to the Hilliard Food Pantry. This year we will continue our efforts to collect donations for the Hilliard Food Pantry. Additionally, Nemeth Counseling is currently raising money for donations to the National Alliance on Mental Illness (NAMI), and we participated in the NAMI Walk in Columbus on June 28, 2015. NAMI's mission is to improve the quality of life and ensure dignity and respect for persons with serious mental illness, as well as offer support to their families and close friends. For additional information, go to www.namiohio.org.

At Nemeth Counseling, our therapists address the hardship of financial stressors and assist our clients in developing coping strategies and problem-solving skills to help them better manage their emotional wellbeing.

NEMETH IN THE COMMUNITY

CALENDAR OF EVENTS

OSU Job Fair

March 5, 2015

Hilliard Education Casino Night

March 7, 2015

Interact Club Event at Carraba's

March 14, 2015

Hilliard Darby Event: A mental health presentation by our CEO and Clinical Director

March 14, 2015

NAMI Walk Kickoff Luncheon

April 22, 2015

NAMI Walk

June 28, 2015

In the Community

By: **Milena Brumbaugh, LISW**
Outpatient Therapist and Community Relations Director

At Nemeth Counseling and Consultation, we strive to be a significant part of our community through the services we provide to our clients as well as through the contributions we make to central Ohio organizations. The larger we grow as a team and as a counseling center, the more involved we become in the community. During the past several years, staff members at Nemeth Counseling have participated in a variety of events, and we have a wonderful

community relations team that seeks out, plans for, and provides opportunities to attend them all.

As a community relations team, we seek to improve the mental health field and its resources by identifying events in the community to which we can contribute. When we are presented with an idea for an event, we ask ourselves if this event is a way we can give back to the community. Sometimes these ideas include attending educational events, participating in community festivals such as Old Hilliardfest, or being a part of events put on by other mental health institutions. We have also engaged in food drives to donate to the local Hilliard Food Pantry, and last summer we assisted with a VA event.

Working with other organizations and leaders throughout the community allows us to take our outreach even further. For example, we joined with the Hilliard Rotary Club to promote the food drives. Our CEO, Chris Nemeth, and our Clinical Director, Steve Guglielmi, recently provided valuable education about the impacts of depression and anxiety on adolescents in collaboration with Hilliard Darby High School in an effort to raise awareness. Constantly working to be a part of the bigger picture, the Nemeth Counseling Community Relations Team is always on the lookout for new and creative ways to interact with others locally, and to continue to improve the mental health field.

The New Faces of Nemeth



Priscilla White, LPC

Priscilla White, LPC began her career at Nemeth Counseling as a student intern in 2013. Her exceptional clinical skills and professional demeanor led her to excel in her position, and she now joins the company as a Part-Time Outpatient Therapist. Priscilla graduated from Wilberforce University with a degree in Organizational Management, and then went on to pursue her Master of Science in Education at the University of Dayton. She has worked in the helping profession for 35 years, and she is also ordained as a lay minister, serving the state by working in the homeless ministry, women's ministry, prison ministry, street ministry, and by teaching. Priscilla uses Cognitive Behavioral Therapy, Solution-Focused Therapy, Couples Therapy, Client-Centered Therapy, Motivational Interviewing, and Mindfulness to help clients who are seeking wholeness by aiding them in developing the skill sets needed to work through life's challenges.



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