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## Welcome to a New Executive Director



SpringHaven would like to welcome Mark Leinbach, LISW-S as the new Executive Director. He replaced LaVina Miller Weaver beginning January, 2014.

Mark has worked in the field of mental health and substance abuse for 13 years. He graduated from the University of Southern Indiana with a Master of Social Work degree. Prior to being named the new Executive Director he served as the Clinical Director for the Woodside Rest program. Mark brings with him a commitment to serving the mental health needs of the community. As Executive Director, Mark will oversee a staff that includes Clinical Professionals and Office Staff. Mark is married and has two young sons. He and his family live in Holmes County.

"It truly is a blessing to be asked to fill this role at SpringHaven. When someone first walks through the front doors of our office, I hope they experience a sense of hope and healing. We hear from folks that this place is unique in that it offers peace and restfulness that is such an important part of the healing process. We have such a wonderful staff that show compassion and professionalism in their

call to help others.

I hope to continue the mission of 'Compassionately leading people to wholeness' into the future as we walk with those individuals and families struggling with mental health issues. We seek to live out Christ's message of service to others as we listen to what the needs of the community are. I hope to meet and make contact with many of you who have been supporters of SpringHaven and the Woodside Rest program. We are here because of your support.

Spring brings new life outside. As we look to the future and what new growth and change may look like at SpringHaven, we want to remember what has lead us to this point; a steadfast commitment to what our founders originally dreamed of almost 10 years ago as they met to talk about the mental health needs in the community. They dreamed of a place that was committed to being responsive, individual/family centered, and saw mental health counseling through a faith-centered lens that mirrored their own religious and cultural beliefs. Six years after the doors of SpringHaven opened, we continue with this mission and I hope you will walk with me in this calling."

## SpringHaven North Moving to New Location

The Crown Hill Mennonite Church in Rittman has been the home of SpringHaven's north office. As the need for counseling services have grown, the need for additional space has become apparent. The Fountain, close to the current office location and owned by the Zimmerly fami-

ly, has agreed to negotiate a partial buy/donation of the building and grounds to SpringHaven in the fall of 2014. Remodeling could begin as early as fall of this year. The space will include several counseling offices, group counseling room, reception and waiting room areas

and land for the peaceful environment that makes SpringHaven ideal for counseling.

For more information on supporting the move, please call the office at 330-359-6100.



## New Addition Complete



There is a new addition to the counseling office in Mt. Eaton. This 2,000 square foot addition can accommodate the growing need for the Woodside Rest program. Woodside Rest is a facility on the SpringHaven main property that allows members of the Plain community to stay and participate in SpringHaven group and

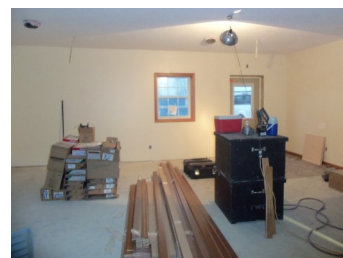
individual therapy. Group therapy includes equine assisted psychotherapy along with regular twice per day group counseling. Individual therapy includes professional counseling, psychologist and psychiatrist involvement.

The addition provides individual therapy rooms, group therapy space, family meeting room, staff offices, and a reception and waiting area. Also, it accommodates a more

private experience that is tailored to the needs of those who are involved in the Woodside Rest program.

The new addition opened it's doors on January 29nd of this year and is currently in use.

Woodside Rest can house up to 15 members of the community and is staffed around the clock by Amish staff and volunteers.



“Although the world is full of suffering, it is also full of the overcoming of it.”  
-Helen Keller

## Equine Assisted Psychotherapy

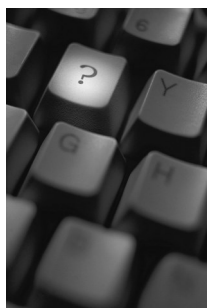
Many people ask, “Why use horses?” Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) use horses as a therapy tool because they have an amazing ability to provide immediate feedback. The horse's reaction to the client mirrors what happens in the

client's relationships. This information helps the client realize how their behavior impacts their relationships with themselves and others. Once the relationship patterns are recognized, healthy relationship skills can be learned. EAP & EAL can teach powerful lessons about

communication styles, group dynamics and leadership. This is particularly useful for groups as well. For more information about SpringHaven's Equine Program and services offered please call 330-359-6100 or at [www.springhaven.us](http://www.springhaven.us).

## New Website: [www.springhaven.us](http://www.springhaven.us)

SpringHaven is pleased to announce the new website available at [www.springhaven.us](http://www.springhaven.us). This is the same web address as the last website, however, this is a more current and easy to navigate site. Some new features include:



- ◆ Calendar of events
- ◆ Current SpringHaven news
- ◆ Description of services
- ◆ Equine services information
  - ◆ Helpful resources
  - ◆ Much More



Home page picture on the web site



## Monthly Topic Events

The Monthly Topics are held free of charge at the Mt. Eaton SpringHaven office. These are presented by professional counselors and special guests and all are welcome to attend. Start time is 6:30 pm and they are generally over by 8:00 pm.



May 12th  
**Ethan Steiner, PCC**

OCD,  
Obsessive-Compulsive  
Disorder

June 9th  
**Renee Bright, PC**

*Communication Tools*  
Having the right tools

July 14th  
**Dr. Penelope Frese**  
Special Guest  
*Coping with Mental  
Illness in the Family*

August 11th  
**Andy Hall, PCC-S**

*Attachment Wounds  
in the  
Marriage & Family*

September 8th  
**Dr. June Phelps,**  
Psychologist

*Can't Sleep*  
A behavioral approach to  
treating insomnia

October 13th  
**Jon Bohley,**  
PCC-S  
*Understanding  
And Managing Anger*

## Danville Office Opens



Counselor Janice Hershberger, PCC-S, has recently started offering counseling services in Danville, OH. The office is housed in The Sanctuary building located at 304 South Market St in Dan-

ville. Currently, the office is open every other Wednesday from 8:00 am-4:00 pm. Appointments can be made by calling the main office at 330-359-6100.

Janice has been working as a clinical counselor in a variety of mental health settings

since her graduation from Ashland Theological Seminary with a MA in Pastoral Counseling in 1992. She has been with SpringHaven since 2007.



“All healing is  
first a healing of  
the heart.”  
- Carl Townsend



2013 SpringHaven 5K

## Horsepower 5K Run/Walk Update

SpringHaven Counseling Center held their first 5K event to raise funds for the Equine Assisted psychotherapy program on Sept. 14th, 2013. This event drew 92 participants, 16 volunteers and helped raise more than \$4,800 for the program. Sponsors for the event included Weaver Leather, Mennonite Mutual Insurance, Lehman's Hardware, Pomerene Hospital, RoadID, The Amish Door, and Sojourner's Suites and Log Cabins. The event took place at the SpringHaven office located at 15550 Durstine Rd. The beautiful countryside made this route a unique running and walking experience for all. Winners of the event were; men- Andrew Kuhns with a time of 19:35, women- Julie Baird with a time of 23:09. SpringHaven would like to thank all who donated their time and financial support to raise awareness of Equine Assisted psychotherapy.

The 2014 race will be held on Saturday, Sept. 13th. Sponsorship opportunities for local businesses are available. For registration or more information, see insert or call the office at 330-359-6100.



PO Box 265  
Mt. Eaton, OH 44659

Phone: 330-359-6100

**www.springhaven.us**

*COMPASSIONATELY LEADING PEOPLE TOWARD WHOLENESS*

Address Space

**You Can Help**



**Dr. June Phelps, left**

**SpringHaven Inc. Contribution Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

One time gift of \$ \_\_\_\_\_

Other \_\_\_\_\_

Please make check payable to SpringHaven. Your gift is tax deductible and you will be sent a receipt. Your gift may be mailed to  
PO Box 265, Mt. Eaton, Ohio, 44659.

SpringHaven provides a place of rest and serenity, essential to healing and wellness. Our mission is compassionately leading people toward wholeness. You can help that mission become a reality for someone right here in your local area.

Please consider a gift to help defray operational costs as we work toward the accomplishment of our mission...  
Compassionately leading people toward wholeness