



SpringHaven Counseling Center



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As Spring approaches, we are excited for what God has in store for SpringHaven, Woodside Rest, and Mother’s Hope. It is also a good time to reflect on our past and the history of the organization. In this newsletter, Jon Bohley highlights how SpringHaven was founded and what it means to be a professional Christian counseling agency. Jon is our Clinical Director and is committed to maintaining and cultivating the culture of the organization which was so important to those who were involved in forming SpringHaven. We are so grateful for the vision and commitment of the staff and board members who laid the groundwork for a Christ centered counseling organization and the ongoing commitment of our staff members who care deeply for those they serve.

We are also grateful for the prayer and financial support that the community has shown SpringHaven. In this newsletter, we will discuss several areas of need and how individuals and businesses can help us continue to offer hope and healing to those who are in need. We also have an employee spotlight for Janice Hershberger who has been with the organization from the beginning. In another article, we talk about our Marriage Intensive/Enrichment program which has been instrumental in saving and strengthening many marriages over the last several years. We have much to be thankful for and continue to be excited for the future as we strive to be faithful to what God has planned for us.

-Dave Stauffer, Executive Director

My Counseling Journey

“This is for you – not for your husband, just for you” said the kind woman who was putting an envelope into my hands. The giver, a woman in our church who had been a widow for many years, did not know that I was praying about the possibility of going back to school to get my counseling degree, but unsure where the money would come from. Inside the envelope was a check for \$500 – the amount I would need to take my first class at Ashland Theological Seminary. I saw this as confirmation from the Lord to go ahead and begin my studies there. I was in my mid- thirties, having been a school teacher and a stay at home mom for our three children. I had always enjoyed talking with people and had thought about being a counselor since I was a child, but the path to how to do that was not very clear in the 1960s and 1970s. But now there was a counseling program at Ashland Theological Seminary and it seemed doable. Several years before this, our family had several major losses. Within 6 months my brother-in-law died at age 39, my dad died, and our baby son died soon after birth. I learned about grieving, experienced a deeper sense of God’s comfort and also the importance of caring people. My desire to help people going through difficult times as a counselor, a counseling program within an hour’s drive and this gift all came together and I stepped out to begin the journey of becoming a licensed professional clinical counselor. Companions on my drive to the counseling classes which at that time were at Emerge Ministries in Akron were our director Dave Stauffer and fellow colleague Brian Gerber.



My first place of employment in 1992 was Crown Centre for Counseling, a Christian counseling center begun by Twila Zimmerly, also a member of the church I attended and located in our church basement at Crown Hill Mennonite Church where my husband Ernie was the pastor. Crown Centre eventually joined Cornerstone Psychological Affiliates and those organizations eventually became SpringHaven. When I look back on all that has transpired in these years and what SpringHaven has become I am filled with awe and gratitude. Only God could have brought all the people, circumstances, resources together. I am so grateful to be employed by a place that strives to treat both employees and clients with compassion and respect. We are encouraged to continue our growth spiritually and professionally. By this time I have been privileged to hear the stories of hundreds of people. On my way to work I pray for wisdom for listening to each client and on the way home I pray for each person I was with, putting them in God’s care. It is humbling work and deeply satisfying to be a part of SpringHaven Counseling.

~Janice Hershberger, LPCC

Inside this issue:

- SpringHaven Update
- History of SpringHaven
- You Can Help
- Janice Hershberger’s Counseling Journey

Galatians 5:14: For the whole law can be summed up in this one command: "Love your neighbor as yourself."

SpringHaven was created in 2007 by a group of people who saw a need for professional Christian counseling services. Their neighbors were their family and church members who struggled with mental health issues. People struggling with mental illness often experience so much shame, fear, and confusion. They don't know why they can't find peace. Praying more doesn't cure their depression. Confession and giving it to God doesn't alleviate their anxious thoughts or stop their addiction. Reading the bible more isn't helping them recover from their trauma. They want to turn to God, but the advice and disciplines that help so many, just doesn't help them. They feel like they are uniquely flawed. Worse than everyone else. Left with the knowledge of God's love, but feeling abandoned. Family and friends truly want to help but don't know how and experience much the same confusion and frustration.

Currently, about 20% of adults have some form of mental health condition and about half of all adults will have a mental health condition at some point in their lives. It was an issue that became undeniable.

SpringHaven's board began developing a vision for compassionate mental health counseling services. They knew that SpringHaven would need **a Board and mental health professionals who give out of God's abundance in their life.** *1 Corinthians 1:4: He comforts us in our trouble so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.* This endeavor knew that above anything else it must be built on people who were pursuing God in their own lives and that apart from people who are in relationship with the ultimate healer it could not be successful. As such, the Board and staff continue to understand and prioritize cultivating God's presence in their lives. The vision also included being **a Board and staff that are committed to their own personal, spiritual, and professional growth.** The staff at SpringHaven understand that their work is more than a job, it is also their ministry. We pursue spiritual development and professional excellence to better serve those in need.

This was the guiding vision of SpringHaven when it launched with 5 therapists in 2007. This is the guiding vision now after several expansions with 23 therapists, a medical staff, equine assisted counseling, and specialized programs for the Amish community. We understand that our growth is not by our own effort. We strive to be faithful to the mission God has laid on our hearts and allow God to continue to bless our ministry. Compassion is what compels us to grow. When people reach out for help the last thing they need is a 3 week wait for a therapist to be available. We strive to be responsive to the community need. We want to be available with compassionate and trained mental health professionals when the need is there. While compassion compels us to grow, community support is what has enabled us to grow. We are so blessed to be in an area with committed Christians who see value in professional Christian counseling services. When we no longer have space to add more therapists, the community has supported our building expansions. Our previous expansion in February 2021 created more space for our Amish programming and added 10 additional therapy offices with an unfinished 2nd floor. Those offices are now filled and the need continues to grow. Finishing the 2nd floor will enable us to add 10 additional offices to add more staff and continue to be responsive to the mental health needs of the community. Our vision remains the same and we are excited to see how God is working in our lives and the lives around us.

- *Jon Bohley*, Clinical Director



Our Marriage Intensive Experience began in 2018 to help meet the needs of struggling marriages. Couples are able to retreat from the distractions of life and spend a week focusing on reconnecting with each other. Couples choose to stay in either a luxury cabin at Sojourner's Lodge or an Amish cabin just a short walk from SpringHaven. While enjoying the peaceful countryside and charms of Holmes County, couples receive 16 hours of professional marriage counseling, personalized to meet their specific needs. If you or someone you love could benefit from a week of focused reconnection, contact Lois Nisley at (330) 359-6100 to schedule a Marriage Intensive Experience.

TESTIMONIAL

We are just finishing up our 4 day marriage intensive program today. We have no words on how to even start thanking Jon and SpringHaven!! Our marriage went from having no hope, being bitter at each other, literally not wanting to go on, to waking up this morning, excited to go home and start a new page! It's not been easy this week working through things that have happened in our marriage and even teen years, but we both knew it had to be done! Our kids will even benefit immensely from this week, just to be secure at home and to know dad and mom love each other! We will be working on removing all bitterness, anger, and strife out of our home, and replacing it with love, peace and a place of comfort for the kids! It won't be easy but with God's help and the things we learned this week, we know it is possible! Neither of us wanted to come this week and had lots of doubts creep in the week before, we know now it was Satan, trying one more time for our marriage to not move forward! So, thanks again Jon and SpringHaven.

- *Marriage intensive participant*

You Can Help



I want to take the opportunity to once again thank those individuals and organizations who have contributed financially to SpringHaven and Woodside Rest. Your generosity has helped us accomplish our mission of “Compassionately leading people toward wholeness”. We want to continue to respond to those in need and to the needs of the communities that we serve. I also want to share about the different needs that we currently have and explain how donated funds are used, including our compassion fund.

General Fund

SpringHaven has been successful in managing our resources well and maintaining a balanced budget for operations. Giving to the general fund helps support the overall mission of SpringHaven. This fund allows us to invest in new programs, keep costs low for our clients, and supports additional staff care and training. We are excited to be developing additional services for families who foster or adopt children, and this has been made possible with support for staff training.

Compassion Fund

Our compassion fund is used to assist individuals with their counseling fees who otherwise would not be able to afford to get help. Each year we set aside a percentage of our annual budget for our compassion fund. We are grateful for the donations given specifically for this fund which is added to the budgeted amount that we set aside. We use a sliding scale that is based on income and family size to determine the level of need. Donations received for this fund go directly to those who need it through a reduced fee for service.

Equine Fund

We are fortunate to be able to provide Equine Assisted Psychotherapy (EAP) at SpringHaven, currently with a herd of 6 horses. Our Equine services include individual therapy, group therapy for Woodside Rest and Mother’s Hope, Home school groups, summer camps, and group counseling in partnership with One-Eighty’s substance abuse groups. Funds given to the Equine program help offset the additional costs of caring for the horses.

Expansion of Services and Capital Campaign

We are so grateful that the building committee made the decision to add a second floor during the expansion in 2020/2021. This space was left unfinished with the anticipation that it would be needed in the future. As Jon mentioned in his article, our current offices are filled, and we will soon need additional office space. We are scheduled to begin construction on the second floor in December of this year. This will allow us to add ten more clinical offices, a waiting room, front desk and file room, restrooms, staff break room and a conference room. While the cost for this project is much less than it would have been if the second floor had not been built, it will require significant funds to complete. Expansion has largely happened at SpringHaven because of the generosity of individuals and businesses in our community. If you would like to contribute to this project, you can designate your donation for the second-floor project or simply to our capital campaign.

As many of you are aware, we have beautiful woods and property directly adjacent to our facilities. This parcel was purchased several years ago by two individuals in the community when it became available with the purpose of selling it to SpringHaven/Woodside Rest. We currently have access to the trails and beautiful pavilion in the woods and it is used by Woodside Rest and SpringHaven residents, clients, and staff. We believe it is a good time to purchase this property from the two individuals who have generously held it for us. Once again, we will need to rely on the generosity of the community to accomplish this. Funds for the purchase of this land can be designated as such or again to our capital campaign.

Future Project

Mother’s Hope serves women from the plain community who are struggling with post-partum depression. This is a unique and special program where the residents can bring their babies with them to maintain mother-infant bonding, while mom gets the help she needs. This program is currently in the house to the East of the SpringHaven and Woodside facilities. While the house has served the program well, it is not an ideal setting for this type of program. Woodside Rest/Mother’s Hope is exploring the possibility of building a new structure that would be built specifically for Mother’s Hope and give more space and privacy to residents and staff. We are in the planning process currently and will give updates as they become available.



SpringHaven

Counseling Center

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Mt. Eaton, OH 44659
330-359-6100
www.springhaven.us



Address Space

Your gifts help accomplish SpringHaven's mission...Compassionately leading people toward wholeness.

I want to support the mission!

SpringHaven Inc. Contribution Form

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State _____

Zip Code _____

Email _____

I want to support SpringHaven with a gift for:

\$ _____
Operations

\$ _____
Capital Campaign

\$ _____
Future Project

\$ _____
Equine Fund
(Horse Care/Facilities)

\$ _____
Compassion Fund
(Provides counseling services
for those who can't afford it)

Please make **check payable to SpringHaven**. Your gift is tax deductible and you will be sent a receipt.

Mail to: PO Box 265, Mt. Eaton, Ohio, 44659.