



Monthly Newsletter | Transforming Lives



IN THIS ISSUE:

- Agency Updates / Employment Opportunities - 1
- New Employees / Staff Birthdays - 2
- ICU Winner - 2
- EOM / Anniversaries - 3
- Spotlight Month - 4 & 5
- RVCP Happenings - 6

AGENCY UPDATES & EMPLOYMENT OPPORTUNITIES



TRAINING OPPORTUNITIES:

- Monday & Tuesday (10/14 & 10/15) 9AM-5PM - Core Correctional Practices
- Thursday 10/17 8:30AM-12:30PM - Motivational Interviewing
- Thursday 10/17 1PM-5PM - Trauma Informed Care
- Friday 10/18 8:30AM-5PM - RVCP Need to Know

CURRENT OPENINGS:

- Residential Services - Program Support Specialists
- Maintenance - Maintenance Technician 1
- Food Services - Food Service Worker
- Harpers Place- Case Manager; Behavioral Health Technician

Apply at: <https://www.rvcp.org/employment>
RVCP, Inc. is an Equal Opportunity Employer

WELCOME TO THE TEAM

Meet Our Newest Additions



RYAN PLENDER
CBHC INTERN



EMERSON BUCHANAN
FED CASE MANAGER



KENYA GARRET
FT AM PSS



EUGENE
ANDERSON
FT NOC PSS



ANNA DRESSLER
HP CASE
MANAGER



GREGORY
O'BRIEN
FT AM PSS



RENE REA
FT NOC PSS



October Birthdays

Jemisha Banks 10/5
Tina Olson 10/10
Kenya Garrett 10/14
Emerson Buchanan 10/15
Robert Haase 10/18

Stefanie Hernandez 10/23
Julie Bass 10/25
Blas Guzman 10/26
Lucas Du Foe 10/27
Jason Schrader 10/28
Elise Barkman 10/31



ICU WINNERS SEPTEMBER

Don't forget to submit your ICU
Suggestions each month!

**" May your birthday be
the start of a year
filled with good luck,
good health and much
happiness."**

EMPLOYEE OF THE MONTH

SEPTEMBER 2024



"Brandy is always ready to take on any task no matter how big or small it may be. She shows up to work daily with a positive attitude and loves to joke around, laugh, and have fun. She has a great understanding of her job requirements and is always willing to pick up extra hours and help out and train as needed.

Brandy has demonstrated real leadership in the kitchen during her time at RVCP, going above and beyond while the kitchen supervisor was on leave. Brandy leads by example and has provided constant coverage and flexibility while the kitchen has been short staffed. A ships crew is not judged during calm storms a crew is judged by how well they perform in rough waters. The crew has performed excellent during these rough waters with Brandy stepping up to the helm. Brandy, you are the definition of a Rock Valley Rock Star, and we are glad to have you as part of the team here!"

BRANDY YOU'RE A **RockSTAR**

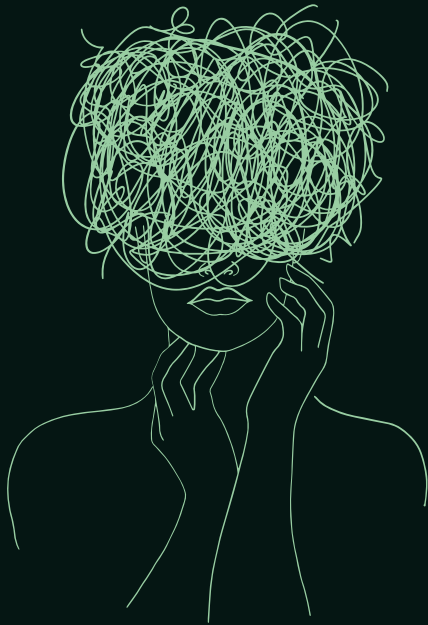
ANNIVERSARIES

Mary Cheeney • 14 years
Cortney Bloyer • 8 years
Claudia Marshall • 5 years
Audera Burriss • 2 years
Michael Braun • 2 years
Amanda Ruiz • 2 years
Bailey Turner • 1 year
Jazmine Overstreet • 1 year

**"Hard work, loyalty and diligence make
the best employees."**

UNDERSTANDING DEPRESSION: NATIONAL DEPRESSION EDUCATION & AWARENESS MONTH

Raising Awareness, Promoting Education, and Supporting Mental Health



October is National Depression Education and Awareness Month, a dedicated time to increase understanding of depression and encourage conversations about mental health. Depression is one of the most common mental health conditions, affecting millions of people across the country, including the individuals we serve at Rock Valley Community Programs.

Education is key to breaking the stigma and misconceptions that often surround depression. By promoting awareness, we can encourage individuals to recognize the signs of depression—whether in themselves or others—and take steps toward getting help. Early intervention and support are crucial for recovery and overall well-being.

If you or someone you know is struggling with depression, remember that help is available. The **988 Suicide & Crisis Lifeline** offers confidential, 24/7 support for anyone in need.

SIGNS OF DEPRESSION

- Loss of interest
- Feeling hopeless
- Constant fatigue
- Irritability
- Anxiousness
- Appetite Fluctuation
- Frequent Crying
- Extreme Sadness
- Unable to complete daily tasks

10 Self-Care Tips for Coping with Depression

1. Daily Exercise
2. Adopt a Balanced Diet
3. Prioritize Sleep
4. Stay Connected
5. Practice Mindfulness
6. Establish a Routine
7. Get Creative
8. Limit Social Media Use
9. Spend Time in Nature
10. Seek Professional Help



OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH

Standing Together Against Abuse and Supporting Survivors

October is Domestic Violence Awareness Month, a time to recognize the prevalence of domestic violence and take action to support survivors. Domestic violence affects millions of individuals every year, impacting people of all genders, ages, and backgrounds. It is not limited to physical abuse but can include emotional, psychological, and financial control as well.

At RVCP, we stand together to raise awareness, foster understanding, and provide resources to those in need. Domestic violence thrives in silence, and by starting conversations, supporting survivors, and educating our community, we can begin to break the cycle of abuse.

Recognize the warning signs. These may include:

- Controlling behavior, such as isolating someone from family or friends.
- Verbal abuse or constant criticism.
- Physical violence or threats of harm.
- Monitoring of social media or finances.

If you or someone you know is experiencing domestic violence, resources are available. It's important to know you are not alone, and help is within reach. By spreading awareness this month, we can promote safe environments and support pathways to recovery for survivors. Let's continue the fight against domestic violence by creating a compassionate, informed community.



Local Domestic Violence Resources in Rock County:

1. YWCA Rock County Domestic Violence Program

- **Services:** Offers emergency shelter, advocacy, safety planning, and support groups for victims of domestic violence. The YWCA also provides community outreach and education.
- **24/7 Crisis Hotline:** (608) 752-2583
- **Website:** <https://www.ywcarockcounty.org>

2. Family Services of Southern Wisconsin and Northern Illinois

- **Services:** Provides counseling, advocacy, and support for victims of domestic violence and sexual assault. Their programs also include prevention education and outreach services.
- **Phone:** (608) 365-1244
- **Website:** <https://www.familyservices1.org>

3. National Domestic Violence Hotline

- **Services:** 24/7 confidential support via phone or online chat for those experiencing domestic violence. Provides resources and referrals based on location.
- **Phone:** 1-800-799-SAFE (7233)
- **Website:** <https://www.thehotline.org>

RVCP HAPPENINGS

The Voice Chronicles: RVCP Updates



2024
October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 9:30 Pastor Sodomeyer	7	8	9 7:00pm BINGO	10	11	12
13	14	15	16	17 11:30 Associated Bank	18	19
20 Pastor Sodomeyer	21	22	23 7:00pm BINGO	24 11:30 Associated Bank	25	26
27	28	29	30	31 Halloween Movie Night 		