

you'll never walk alone

July 2015



**From  
the  
Director**

Sarah  
Lewakowski

When someone from our community comes to TCM for counseling, the first thing that occurs is an intake session. This is a time to get to know the person and what they are struggling with in order to make the best referral possible to one of our 29 therapists.

Over the past 10 years, I have met some of the most remarkable people during these intake sessions. Many, I will never forget. Sometimes they are heartbreaking, but there is always hope. Meeting the amazing people of our community reminds me to....

- never make assumptions about someone. You never know what they are experiencing.
- value every person's own unique story.
- listen.
- care. Truly care.
- not be judgmental.
- be in awe of the strength of our neighbors.
- not give up on TCM's commitment to never turn anyone away.
- be so appreciative of the people in our community that support TCM.



**SPOTLIGHT**

**Welcome  
Julie Honeycutt, MMFT, NCC, LMHC, LPC  
Who Has Joined Our  
Therapist Panel**

Julie Honeycutt is a National Board Certified Counselor. She received her Masters in Marriage and Family Therapy from the Reformed Theological Seminary in Jackson, MS. As a certified Internal Family Systems (IFS) therapist with seminary training, Julie offers a unique perspective in using IFS with faith-based clients and organizations.

Julie has a passion for making spiritual formation relevant to daily life issues such as family stressors, anxiety, shame, and major life transitions. As a former personal trainer, the inter-relatedness of spirit, mind, and body is foundational in her approach to helping. In addition to her private practice, Julie also has a part-time on-line practice.

Julie presents at national conferences throughout the country and to general audiences speaking on the topics such as "Integrating Christian Spirituality/Theology with the Internal Family Systems Model," "The Paradox of the Inner Critic: Self-forgiveness & Shame," and "Balancing Spirit, Mind, and Body."

**SPECIAL NOTE:**  
A HUGE THANK YOU to the Spring Lake Rotary for a grant of \$1,500 to go towards TCM's School Outreach Program!!!



**Upcoming Events**  
**SAVE THE DATE**  
TCM Counseling  
**Golf Outing**  
Monday,  
Sept. 14, 2015  
Teams & Sponsors NEEDED!  
Cost:  
\$125 Individual  
\$500 Team of 4  
Includes:  
Continental Breakfast  
18 Holes of Golf  
2 Carts per Foursome  
19th Hole BBQ  
\$10K Hole-in-One Prize  
Spring Lake Country Club  
616-842-9160  
or www.tcmcounseling.org  
for information and registration



# You'll never

## Meet TCM Panel Therapist, Dr. Allen Winebarger

Allen Winebarger, Ph. D (Dr. Al) did his undergraduate work at the University of Washington. He earned both his masters degree and Ph.D. from the University of Oregon. He did his field placement work at Andrew's Air Force Base in Washington D.C.

Dr. Al was a professor at GVSU when Dan Qualls, former director of TCM, first approached him about being on a TCM panel of therapists. Dan was in the process of converting staff therapists into a panel, each having an individual practice to whom TCM would refer

clients. Dr. Al was excited about the managed care model Dan proposed.

Dr. Al has, over the years, watched TCM grow and become more and more efficient with its panel of providers. Dr. Al believes TCM, under the guidance of its director, Sarah Lewakowski, has kept the healthy parts of the managed care system and eliminated the unhealthy parts. He would like to see the State of Michigan either replicate the TCM model or give funding to places like TCM.

The TCM model has a copay system based on what a person can afford, and TCM's mission is not hindered by the pressures produced by profit margins

etc. TCM, as it exists today, is able to serve many more patients for every dollar spent than any other similar agency because the director has streamlined overhead and indirect costs and truly maximizes the impact of mental health care dollars.



Allen Winebarger,  
PhD, LCP

Finally, on a personal note, Dr. Al is married and has three children. In his spare time, he enjoys hunting for old things and repurposing them.

## Mental Health Facts About Our Troops

- Depression and post-traumatic stress disorder (PTSD) are the most common mental health problems faced by returning troops.
- The most common symptoms of PTSD include: difficulty concentrating, lack of interest/apathy, feelings of detachment, loss of appetite, hypervigilance, exaggerated startle response, and sleep disturbances.
- Post-traumatic stress disorder is diagnosed after several weeks of continued symptoms.
- About 11 to 20% of veterans of the Iraq and Afghanistan wars (Operation Iraqi Freedom and Operation Enduring Freedom) have been diagnosed with PTSD.
- 30% of soldiers develop mental problems within 3 to 4 months of being home.
- 55% of women and 38% of men report being victim to sexual harassment while serving in the military.
- Because there are more men than women in the military, more than half of all veterans experiencing military sexual trauma (MST) are men.
- An estimated 20% of returning Iraq and Afghanistan veterans turn to heavy drinking or drugs once they return to the US.
- In 2010, an average of 22 veterans committed suicide every day. The group with the highest number of suicides was men ages 50 to 59.

## Client Quote

*"I'm glad I went to TCM Counseling because I used to feel like I could never get away from stress, but now I find myself able to relax."* ~Evan

To make a donation to TCM Counseling, please visit our website at [www.tcmcounseling.org](http://www.tcmcounseling.org)

Donate



## TCM Board of Directors

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*It is the mission of TCM Counseling to provide an opportunity for all people in the Tri-Cities to access professional counseling to meet the spiritual, psychological and emotional needs of our community.*

## Tri-Cities Ministries is grateful for the support of the following churches:

- |                          |                                |                             |                     |
|--------------------------|--------------------------------|-----------------------------|---------------------|
| All Shores Wesleyan      | The Gateway Church             | Spring Lake Presbyterian    | Trinity Reformed    |
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