Jason Discovers His Self-Worth

After high school, Jason enrolled at Iowa State University, where he studied psychology and philosophy. He was drawn to these fields because they offered him a way to explore both his internal struggles and external realities. During his undergraduate years, he became interested in human behavior and mental health, which was a natural progression from his previous passions.

Jason’s educational journey led him to pursue a master’s degree in counseling and family therapy. He felt this was the perfect path for him as it allowed him to combine his interests in psychology and human behavior. His coursework focused on understanding how people process information and make decisions, which helped him develop a clearer understanding of himself and others.

Jason’s educational background also provided him with the skills necessary to enter the field of mental health counseling. He was trained in various therapeutic techniques, including cognitive-behavioral therapy, dialectical behavior therapy, and motivational interviewing. These skills allowed him to effectively address his clients’ needs and help them overcome their challenges.

After completing his master’s degree, Jason began practicing as a counselor. He worked in a variety of settings, including community mental health centers, private practice, and hospital-based programs. Throughout his career, he worked with clients of all ages and backgrounds, helping them navigate a wide range of issues, from depression and anxiety to substance use and trauma.

Over the years, Jason has continued to grow and develop as a counselor. He has taken additional training in areas such as Thanatology (the study of death and dying), and has become a certified Thanatologist. His work in this area has allowed him to better understand the unique emotional and psychological needs of individuals facing the end of life.

As a counselor, Jason has found his work to be deeply rewarding. He has witnessed firsthand the power of therapeutic relationships and the positive impact they can have on people’s lives. He is committed to continuing his professional development and staying up-to-date with the latest research and best practices in the field of mental health.

In conclusion, Jason’s journey from high school to becoming a licensed counselor has been a long and challenging one. He has faced numerous obstacles and challenges along the way, but his passion for helping others has remained steadfast. His story is a testament to the power of persistence, resilience, and the human spirit to overcome adversity.

For more information on Jason’s work or to schedule an appointment, please visit HeartlandFamilyService.org or call 402-471-3222.
Based on his mental health needs, they referred it had to offer.

On a whim, Jason decided to go inside and see what he was walking down the street one day, he made his way to Council Bluffs. As a few years later, Jason eventually become homeless.

His parents did not feel needed, so they placed Jason in a crisis home in the hopes he would improve. Jason hated in the hopes he would overcome his anxiety, he dropped out of school.

After Jason graduated from high school, he and his woman who later became his wife, and they lived together happily for a few years. When Jason turned 30, he decided to pursue a master’s degree in the field of mental health counseling. As he got closer to graduating, Jason began having panic attacks at the thought of trying to find a job with his new degree. Unable to find ways to overcome his anxiety, he dropped out of school.

Jason’s anxiety took a toll on his marriage, and moved in with his parents.

Jason was diagnosed with high-functioning autism. As he got closer to graduating, Jason quickly met with his new counselor-prevention/intensive-psychiatric-rehab/.

Heartland Family Service Updates

In 2018, The National Law Center on Homelessness & Poverty reported that some of the main causes of homelessness include: unprovoked violence. As he got closer to graduating, Jason quickly met with his new counselor-prevention/intensive-psychiatric-rehab/.

Many individuals who are homeless die due to untreated medical conditions. For more information about our upcoming events, check out our Calendar page at HeartlandFamilyService.org, or contact us at Events@HeartlandFamilyService.org.

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Salute to Families Recognition Program

The Heartland Family Service (HFS) Salute to Families recognition program honors individuals and families in our community through education, coaching, and support services. Many families in our area are non-traditional — single parents like Toni & Ray Ayars, who received our Leadership Family award.

Other families in our area are struggling, especially with issues that seem hopelessly unanswerable. One of these families is the Ayars family, who live in a small mobile home in North Omaha. But do we get to choose to support families, as well as individuals and children, in order to guide them to the paths of safety, self-sufficiency, and, ultimately, a strong, vibrant community? It is not a choice for us.

The Ayars have a strong commitment to the community. Toni is the director of HFS’s Community Initiatives program. Ray is a Board Member and a Community Leader. Their dedication to changing lives is a testament to the strength that families bring with them.

The Ayars’ Salute to Families award honors the family’s involvement with Heartland Family Service programs such as “Destination: Love.”

Dear Friends:

Happy New Year!

The holiday season seems to be a good time to reflect on the importance of family. But we do get to choose to support families, as well as individuals and children, in order to guide them to the paths of safety, self-sufficiency, and, ultimately, a strong, vibrant community. It is not a choice for us.

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To attend our “Carnival of Love” Gala, please visit HeartlandFamilyService.org/wish-lists. We are now accepting nominations from the community for the 2020 Salute to Families recognition program. To nominate a deserving family or family advocate, visit https://heartlandfamilyservice.org/events/2020-salute-to-families.

We are in the midst of another holiday season, and along with gifts, the holiday season is a perfect time to support families. By utilizing the Self-Healing Communities Model, we can appropriately match resources for a more equipped, emboldened community. Community leaders and resident councils will hold listening events throughout the year. But with a little thought and planning, you too can join us in the midst of the holiday season, as well as future holidays to come. Here are some tips to help you and your family have a happy and healthy holiday season:

• Early morning exercise — Physical activity is proven to reduce stress, improve your mood and concentration, and connect you with your family. Try to go for a 30-minute walk or run, doing something you love.

• Rainy day fun — No matter what the weather, indoor activities are available. Reading a book, baking cookies, playing board games, or playing a game online.

• Winter wellness plan and trick to keep you healthy will be able to navigate any future events or family gatherings with ease.

• Healthy Living for the Back-to-School Season — By creating a self-care plan and sticking to it, you will be able to navigate any future events or family gatherings with ease.

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We would like to extend a sincere thank you to the Stienike Family for all they have done to support our mission. 2016-2017 Student League award recipient Jon Stienike, who is a member of our Junior League, was recognized for her dedication and passion for the community.

Jon was a member of our 2014-2015 Student League before joining Junior League in 2017. He served as Elkhorn High School’s Student League member in a Junior Family role, volunteering as a tutor at the Safe Streets Hollomby party and a snack and movie night with his kids in the Family Works program.

Jon continuously makes a difference in the lives of everyone he meets. He cheerfully helps when he sees a need to volunteer and is eager to help. Jon is a valuable member of Heartland Family Service’s community through education, coaching, and support services.

Jon joins other Junior Friends in a unique role as members of the Heartland Family Service Friends Guild. This can best be described as a group that volunteers to help the building of the self-healing community model. Heartland Family Service’s mission is to serve individuals and families in our community through education, coaching, and support services. Members of the Foundation (Board) will receive a sign-up sheet before the start of the evening.

Charles Dowler Health Center CEO Kathy Kelly奇尔先生在2020年11月20日出席了BUILD Health Challenge的颁奖仪式。

More about the BUILD Health Challenge:

The BUILD Health Challenge is an annual contest that challenges community leaders to create self-sustaining projects that improve the health outcomes of children in their community.

For more information, please visit HeartlandFamilyService.org/ BUILD.

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Salute to Families Recognition Program

The Heartland Family Service (HFS) Salute to Families recognition program is held annually on Thursday, December 5, at the Holiday Inn Grand Opera in Omaha, Nebraska. This year’s event featured a special presentation to honor families in our community who are facing challenging circumstances and making a lasting impact on those most in need in the communities we serve. This year’s Salute to Families honorees are:

- Leadership Family – Ray & Tonia Aranza
- Achievement Family – Jon & Kristie Stienike
- Jr. Achievement Family – Melodie Stienike

This event featured games, a raffle, silent and live auctions, cocktails, music, and other events throughout the rest of the year. But with a little thought and planning, you too can move the memories of this special event into future holidays to come.

We encourage you to join us in celebrating the lives of three honored families and bringing us closer together.

HOFER, INC.
2142 North 10th Street
Omaha, NE 68112

866.201.0607

www.HOFERinc.com

info@HOFERinc.com

Hope, healing and home for families in need.
Dear Friends:

Happy New Year!

As the season of giving comes to a close, and the holiday season begins, I would like to express my heartfelt gratitude for your generosity and support of our mission. This year, we have had the privilege of hearing stories from several families whose lives have been transformed through the programs and services provided by Heartland Family Service.

One such story is that of Tonia & Ray Aranza, who received our Leadership Family Award at our 2019 Annual Gala. They were honored for their outstanding philanthropic commitment and leadership in the community. Their generosity and commitment to helping others have made a significant impact on the lives of many families in our area.

As we look ahead to the New Year, we are excited to welcome new families into our family of donors and to continue our work in supporting families in our community. Our goal is to strengthen our relationships with existing donors and to cultivate new relationships with those who are interested in supporting our mission.

We are committed to being transparent and accountable in our stewardship of your donations. We have implemented new processes to ensure that your gifts are used efficiently and effectively to support the programs and services that are so critical to the well-being of families in our community.

We are grateful for your support and look forward to continuing our work together in the New Year.

Warmest regards,

Your generosity will strengthen our community now and in the future. To make a gift, visit HeartlandFamilyService.org/give

Sincerely,

[Signature]

Generosity is the heart of who we are and what we do. Thank you for your support. Together, we are shaping a brighter future for all.

Marzia

Warmest regards,

Your generosity will strengthen our community now and in the future. To make a gift, visit HeartlandFamilyService.org/give

Sincerely,

[Signature]
Based on his mental health needs, they referred Jason to a master’s degree in the field of mental health counseling. As he got closer to graduating, Jason began battling panic attacks at the thought of trying to find a job with his new degree. Unable to find ways to overcome his anxiety, he dropped out of school.

Jason’s anxiety took a toll on his marriage. He had lost his job, had to declare bankruptcy, and his parents moved back to Iowa. Jason and his wife divorced. He also lost his job, had to shelve his hobbies, and moved in with his parents.

When Jason was 15, he and his parents moved back to Iowa. His parents did not feel it was helping him, so they placed Jason in a crisis home. As he was walking down the street one day, he found the Heartland Family Service Peer Center. On a whim, Jason decided to go inside and see what it had to offer.

The caring staff at the Peer Center immediately welcomed Jason and took time to get to know him. Based on his mental health needs, they referred him to the Heartland Family Service Intensive Psychiatric Rehabilitation (IPR) program. This program is designed to help improve and maintain the level of functioning and quality of life for people experiencing a disabling mental illness.

Jason quickly met with his new IPR therapist, who genuinely listened to what he had been harboring him. One week later, Jason had set new goals to find a job, get an apartment of his own, and to finish his master’s degree. His therapist also referred him to a psychiatrist so he could receive additional support.

After using his psychiatrist for a few months, Jason was diagnosed with high-functioning autism. At first, he felt angry about the disorder, he finally realized autism had been affecting him his entire life. Everything he had struggled with for decades finally made sense.

Jason found a positive, productive outlet in art and regularly creates paintings and sculptures. He now has a safe, affordable apartment, is applying to graduate school, and is now employed as a Case Manager in the Heartland Family Service Intensive Psychiatric Rehabilitation program. His ultimate goal is to start his own art-focused nonprofit to help those struggling with mental health diagnoses and homelessness.