



WITH IKRON, I CAN!



Volume 13, Issue 1
May 15, 2011

A Non-Profit Agency serving
the Tri-State Area

MISSION STATEMENT

The mission of IKRON is to assist youth and adults who use IKRON's services to build self-confidence, attain greater self-sufficiency, lead more meaningful and fulfilling lives and to obtain and maintain satisfying employment.

IKRON CORPORATION
2347 Vine Street, Cincinnati, OH-45219
www.ikron.org

Phone: (513)-621-1117
Fax: (513)-621-2350
ikron@ikron.org

IMPACT at IKRON

Recently, IKRON completed renovations to its Top Floor Handicapped Accessibility project with support from IMPACT 100, the Spalding Foundation, the City of Cincinnati, the IKRON Board of Trustees and Friends of IKRON. Due to space limitation over the past years, IKRON has faced challenges in meeting the increased demand for services. However, with the generous support we received, IKRON's

third floor renovations have expanded programming to include additional counseling, employment, and

repairing the flat and tile roofs of the building to prevent further leakage, replacing the windows and installing new carpeting.

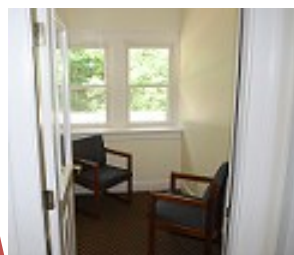
We would like to thank our supporters for making an impact in our community by helping IKRON create a space where our trainees can receive the services they

need to achieve greater independence! During this past fiscal year, referrals for services increased over 30% to 1,022 individuals!

Many Thanks To Our Project Donors:

- IMPACT 100 - \$111,000
- City of Cincinnati - \$70,000
- Spalding Foundation - \$25,000
- IKRON Board of Trustees and
Friends of IKRON - \$8,000

vocational services. The extensive process included making the top floor barrier free and handicap accessible via elevator access,



The City of Cincinnati and IKRON Help Area Youth

The City of Cincinnati supports IKRON's efforts in the prevention of violence and substance abuse among youth in the Cincinnati area. The IKRON program provides classroom instruction on strategies to overcome violence and manage violent or addictive behaviors. IKRON has successfully provided this program to the community, with support from the City of Cincinnati, for nearly

four years using national evidenced-based best practices. The program activities include assessment, individual and group counseling, prevention and education classes, violence reduction, conflict resolution, career development, leadership/decision-making activities, and long term follow along supports. Over 40 at risk transitional age youth within the city limits are served yearly. Emphasis is placed

on active participation, accomplishments, and self-respect. Various strategies are integrated to meet the youth's goals and are available in a family oriented, caring environment that increases the likelihood of greater change, and for many - a life saved. During this past year, over 80% showed reduction in violent behavior. 73% reduced negative peer pressure. 50% completing the program obtained employment.

Much Thanks to Supporters for IKRON's Recent Grant Awards!

Duke Energy

This past fiscal year, Duke Energy awarded IKRON with a technology matching grant, contributing \$7,500 to a \$15,000 grant to enhance IKRON's phone services. IKRON's Board of Trustees and Friends of IKRON contributed the \$7,500 match! Our thanks and appreciation to Duke Energy, Board members and Friends of IKRON!

Western Southern Life Insurance Company

Western Southern contributed \$5,000 to support IKRON in offering additional vocational services to transitional age youth seeking employment! This award will assist us in reducing our group sizes and eliminating a portion of our waiting list for services. Thank You!

General Electric Community Services Fund

IKRON was recently awarded \$3,000 from the General Electric Fund to assist more youth in achieving their goals of self-sufficiency, education, and employment! Thank you GE!

IKRON and THE HEALTH RESOURCE CENTER, A "Safety Net" For Those In Need

IKRON and the Health Resource Center (HRC), a nurse-managed health clinic, have furthered collaborations this past fiscal year by exploring additional ways to decrease administrative costs, improve efficiencies, and gain additional resources to better help the underserved population in Hamilton County. For years the two agencies have worked together to provide a county 'safety-net' to those individuals with severe mental illness that fall through the cracks by not receiv-

ing the services they desperately need. Many of these individuals cannot or choose not to participate in services from the larger area mental health agencies. IKRON and HRC have provided clinical, vocational, employment, assessment, and medication, and medical services to the underserved for a combined 60 years! Recently HRC has moved into the IKRON building for the two agencies to continue and strengthen the collaboration. The following are many ways the agen-

cies have come together: combined fiscal services, reduced administrative overhead, participated in a combined CARF audit, and combined many policies and procedures. To date the two agencies, through the collaboration, have saved over \$100,000! This savings has enhanced the agencies' ability to continue to provide quality services in an environment that promotes wellness and growth for the underserved in need of support.

Career Quest - Helping Youth Succeed!

Career Quest, a division of IKRON, provides career services to middle and high school youth. Services include: career counseling and exploration, education and career planning, assessment, and college and job matching. Our goal is to help young adults find their professional path through identifying aptitudes/interests, and providing professional assistance in preparing and applying for college and/or a future career. In our efforts of creating a

most beneficial experience for students, we have expanded our collaboration to high school counselors in the Cincinnati area and local Universities. Each year Career Quest honors the top three high school counselors in the tri-state region. The awards are endorsed and sponsored in part by Cincinnati State, the University of Cincinnati, and Xavier University. The selection team consists of representatives from the local colleges/universities, and counselors from Cincinnati

Public Schools, Indian Hill High School, Cincinnati Hills Christian Academy, Kings High School, etc. This year's award winners were: Carol Jones of Cincinnati Hills Christian Academy; Amanda Leszczuk from Mariemont High School; and Jenny Barker of Harrison High School. If you would like to learn more about our programs and how your child can benefit from our career counseling services, contact Melissa Harmeling at (513)621-1117.



ASPIRE TO EXCELLENCE!

We are proud to announce that IKRON'S programs were recently awarded a CARF three year accreditation! The agency was highly acclaimed for the quality of services, evidence based programs, dedicated staff and excellent integration of services! Learn more about our CARF accredited programs and feel free to thank staff for their commitment and hard work !

BECOME A FRIEND OF IKRON!

The Friends of IKRON are a group of people who support the mission/goals of IKRON through financial contributions and/or volunteer services. Friends make it possible for IKRON to continue providing the kind of services that strengthen individuals, their families and our community.

All donations go to support events and programs that fight the stigma of mental illness and help to support more individuals. Contact **Lisa Schneider** at 621-1117 to become a Friend!

BECOME A VOLUNTEER!

- Provide literacy assistance!
- Assist with class instruction!
- Assist the clerical staff!
- Be a mentor for youth!

Community Service Hours are available! Call us today!

With IKRON, You Can...

Participate in various services geared to help you lead a more meaningful life:

- ◆ **Learn** in the Transitional Youth and Adult Vocational/Educational Programs
- ◆ **Prepare for College** with Career Counseling Services through Career Quest
- ◆ **Obtain Training** through individualized instruction in MS Office, Data Entry, Medical Billing, Foodservices, Landscaping, Maintenance, or Human Services
- ◆ **Work** by participating in Best Practices Supported Employment Services
- ◆ **Be Drug Free** with support through the Substance Abuse Program, Relapse Prevention Services and evidence based Cognitive Behavioral Curriculum
- ◆ **Talk about Feelings** in the Counseling Groups for depression, poor thinking, anger management, or men and women's issues
- ◆ **Live a Healthy Life** by participating in one of the many health and fitness programs at Mighty Vine Wellness Club
- ◆ **Receive 24-Hour Support** with the WARMLINE, a peer support phone service
- ◆ **Engage Your Talents** at the Recovery Center, peer driven education, vocation, support, and community involvement activities and services.

SUCCEED!

Quiet, reserved, anxious, worried and sad...that's how LaTonya was described when she first came to IKRON asking for help with "a job... any job". One had to have genuine care to be able to notice that behind an apparent fragile, unconfident person, there was a very determined, strong woman, who accepted the strikes of life with no complaints, and no anger or hatred. A single mother of 2, with an immediate need to provide for her family, LaTonya did not have time for herself. She applied for help from IKRON. Once there, LaTonya began working on her depression and lack of confidence in

counseling, while working on her employment skills in the supported employment group. Her commitment and determination transpired through her regular attendance and participation, eagerness to learn, and willingness to help others. Soon she began providing support for other members, helping them get acclimated to the group and "taking them under her wings". Little did she know when she began IKRON, that by allowing herself to receive support and guidance, soon she would improve and become someone that others in the program would look to as a role model. Shortly after, the entire community would have a

chance to enjoy her beauty from inside-out, a caregiver not only for her children but for so many others. Since then, a few months have passed and LaTonya is confident, no longer sad or anxious. And today, even more people have a chance to enjoy her many gifts: LaTonya is happily working as a bus driver for First Student. She transports students K through 8th grade, to and from school, and makes sure that everyone makes it safely to their destination. Once again, she is a role model: this time for children in our community, instilling safety, determination and a peace of mind to all people she comes in contact with.

IKRON Corporation

With IKRON I Can...

2347 Vine Street
Cincinnati, OH-45219

Phone: 513-621-1117
Fax: 513-621-2347
E-mail: ikron@ikron.org

IKRON Services Funded in Part
By the Hamilton County Mental
Health and Recovery Services
Board, Ohio Rehabilitation
Services Commission, City of
Cincinnati, and the U.S. Federal
Probation Department.



IKRON's 2011 Spring Graduation Ceremony

