



**Benchmark
Family Services**
Therapeutic Foster Care



"Autumn is a second spring when every leaf is a flower."

– Albert Camus

We hope your Summer has been enjoyable so far, and that you have been able to spend some quality time with your friends and family! We appreciate all of the hard work that our foster parents and staff are doing in order to make our mission work.

September is also Self-Improvement Month. We encourage you all to continue doing small things every month to help improve yourself. If you don't know where to start, no worries! We have included some helpful tips for you!

Mark Your Calendar!

Virtual Training

Our virtual training sessions are live webinars and count toward your face-to-face hours for the year. We have compiled all virtual training sessions into one calendar, so [click here](#) to easily find and sign up for the courses that are most convenient for you!

September Virtual Training

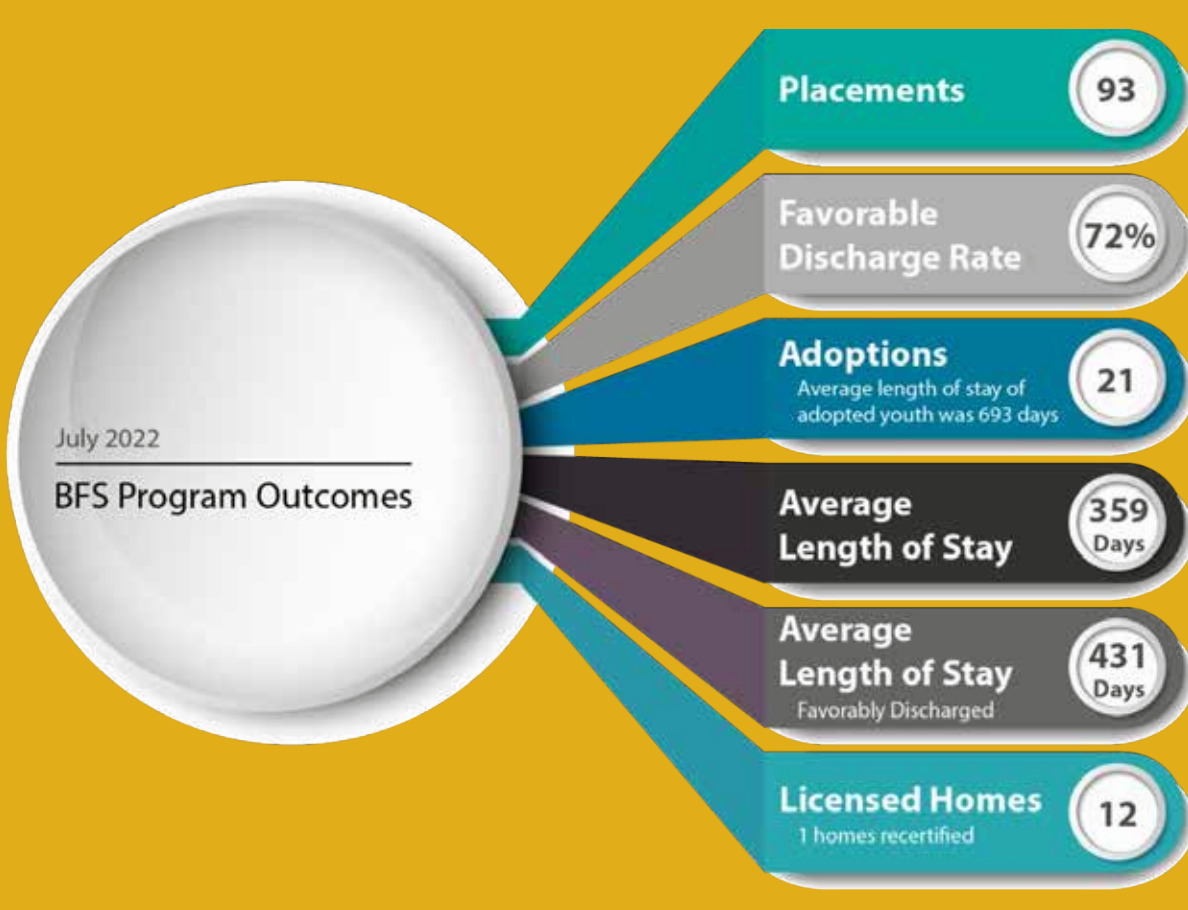
9/17: Self Care for Foster Parents
9/26: Appropriate Discipline



Don't miss out on any of your office's upcoming training sessions or events! Just click the link below to go to our website and find your local office!

[View
Calendar](#)

Program Outcomes



Refer a Friend!



Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

Self-Improvement

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We believe that making improvements to yourself is the key to being there for others in your life. Not only does self-improvement help you perform your best by taking steps to improve yourself, but your overall wellbeing will also be enhanced. People who make self-improvement a priority tend to have higher self-esteem and are also more resilient.

Here are eight self-improvement activities you can do any chance you get:



- Set goals for yourself**
 - Setting goals will help you organize the things you want to achieve. You can do this by simply creating a list, or you can have some fun with it and make a vision board using pictures from magazines or the internet.
- Surround yourself with people who want to see you do well**
 - Someone once said you are the sum of the people you spend the most time with. Ask yourself if the people you are spending time with want the best for you and your life. They should align with who you want to be.
- Evaluate what isn't working and eliminate those habits**
 - Insanity is doing the same thing repeatedly and expecting a different result. Instead, take the time to evaluate what isn't working and make the necessary improvements.
- Learn a new activity or skill**
 - This is a chance to step outside your comfort zone and do something you have always wanted to do. Progress is better than perfection. People are learning new skills on the internet, for free, all of the time! NO EXCUSES!
- Eat healthily and hydrate daily**
 - We are made up mostly of water. We also are what we eat, so it is essential to treat your body like a temple. Feed yourself nourishing items to make sure you have the energy to accomplish all of your goals.
- Have compassion for yourself and others**
 - Compassion is a huge factor in how you perceive life's occurrences. To learn how to have compassion for yourself and others, Family Builders offers a compassion class to help individuals learn how to cope with life's obstacles.
- Clean your space regularly**
 - Your physical space is a reflection of your mental health. Clearing the clutter in your space helps to clear the clutter in your mind.
- Get active**
 - Not only is getting active good for your physical wellbeing, but it is also good for relieving stress. So get active by going for a walk or dancing to your favorite songs.

Employee of the Month

Kentucky: Rachel Mouser,
TSS Supervisor/ Tx Director,
Bowling Green Office

Rachel works in our Bowling Green Office. Rachel has been employed with Benchmark for 3 years and is currently the TSS Supervisor and Treatment Director for the Bowling Green office. Rachel exceeds all expectations for her normal job duties and goes above and beyond to assist others. From completing visits to transporting youth during a crisis, Rachel is every day willing to help and often helps other offices as well. She comes in with a smile on her face ready to provide quality service to our kids, foster parents, and DCBS. Rachel deserves to be the employee of the month because she is the definition of our Benchmark culture!

Indiana: Allison Straub,
Home Compliance Specialist,
Indianapolis Office

Allison, from our Indianapolis office, had her 2 year anniversary this summer. Allison embodies the 4 core values of Benchmark through her attention to detail, individualism, positive attitude, and productivity. Allison has made herself an invaluable team member to the Indy office and always makes time to assist others. She brightens the office atmosphere through her encouragement and support of others. Thank you Allison!

