

## News for Immediate Release

### **COLEMAN RECEIVES \$10,000 GRANT TO HELP AT-RISK TEENS**

#### *Mental health problems affect one in five young people each year*

**KENT, Ohio (March 22, 2007)** – The Coleman Foundation received a \$10,100 grant from Chase/JPMorgan Bank. The grant was given to help high school students who are “at risk” for suffering mental health or substance abuse problems. In addition to traditional counseling, a Coleman case management specialist will provide life skills training to the students.

“Juggling the demands of their academic studies with social and extracurricular activities can be very stressful for students. It can be even more challenging for young people who are also struggling with mental health and addiction issues.” Said Bruce Kottler, Director of Child and Adolescent Services at Coleman, “We want to help and encourage these students to develop the skills they need to successfully complete high school. We also want them to be able to find employment or take vocational training or enter college after they graduate. Whatever is right for each individual.”

The life skills education and training will take nine to twelve months and will include:

- Time management to help the student complete high school
- Personal finances will cover managing credit cards, opening and balancing a checking account and paying bills on time
- Applying to take college entrance exams
- Applying to vocational schools or colleges
- Writing a resume plus job search and interviewing skills.

For some students from families with limited household incomes, the Coleman Foundation will provide financial assistance for college entrance exam and college application fees.

Mental health problems can affect anyone, including children and young adults. Some of the more common behavioral health illnesses include: depression, anxiety, bipolar disorder,

attention-deficit disorder and substance abuse. Coleman Professional Services offers counseling and treatment to help adolescents cope with these problems. Life skill training and support will be offered to students ages 15 to 18 who have shown to be at risk of having a behavioral health problem. Parents, physicians and teachers can recommend a student for participation to their school guidance counselor. Students must demonstrate an interest in receiving assistance and be actively enrolled in high school in one of the eleven public school districts in Portage County.

The mission of Coleman Professional Services is to improve mental health and emotional wellness efficiently, effectively and in a manner responsive to our clients' needs. Coleman Professional Services is a nationally recognized not-for-profit provider of behavioral health and rehabilitation programs that improve the lives of children and families throughout Portage and five other counties in Ohio.

For more information about the Coleman Professional Services life skills training contact: Bruce Kottler at: 330-673-1347.

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