

UNSUNG HEROES

Local center boosts emotional well-being

BY MARLENE ROBERTS
Special Correspondent

Name: Emily Rosen
Residence: Boca Raton
Birthplace: New York City

Family: Husband, Irwin; two sons, Chip and Jerry; two grandchildren

Career: Teacher, counselor, editor and instructor of Memories, Milestones and Memoirs: A Writing Workshop in Boca Raton.

Organization: Faulk Center for Counseling in Boca, a group whose mission is to promote emotional well-being through a



Emily Rosen

variety of free and low-cost programs. The center provides services to more than 1,000 clients each year.

Q: Why do you volunteer?

A: As a retired professional, I know that people in need can be helped to cope with life's inevitable challenges, and I believe that a stable, healthy, productive family and society needs mentally healthy citizens. Also, my volunteering validates for me the age-worn saying: Helping others makes me feel good.

Q: Why did you choose this organization?

A: Because of its high-quality, low-cost services, because it never turns anyone away because of money, because it's open to growth and innovation, and because of the caring people in

charge.

Q: Describe your volunteer role.

A: For the past 19 years, I have been the group leader within a variety of groups: with children, Alzheimer patients, counseling groups and support groups. I am also a member of its board of trustees.

Q: Why did the center change its name this year?

A: The Center for Group Counseling no longer reflected the expanded services we offer. We have individual counseling, parent and family counseling, anger management, psychological testing, themed support groups and more. Also, we are a premier training facility for students in the mental health disciplines. Our 40th anniversary seemed the appropriate time to highlight how we have changed, and it was an opportunity to honor our founder, Dr. Elizabeth Faulk, whose dream we kept alive.

Q: Did other changes accompany the name change?

A: We recently hired as CEO Vicki S. Katz, whose background is in development and fundraising. Also, Dr. Ken Stevenson was elected board president. Both are committed to expanding the organization, to increasing its outreach, while continuing to maintain the group's high quality of service.

Q: What challenges do you face?

A: There are still people who believe there is a stigma associated with getting help for emotional

problems, and we work to change that attitude.

Q: What have you accomplished?

A: Not a day passes when we don't hear from several of our clients: "You've saved my life," or "I don't know what I would have done without a place like yours to come to for help." And our student evaluations tell us constantly about the remarkable and diverse training they have received.

Q: What does your organization need?

A: More people to become aware of the Faulk Center's services and its value to the community, which in turn will generate more financial support for expanded programming. And we encourage people to visit our facility by attending our free first Wednesday student educational presentations on mental health issues. Specific information is on our website.

The Faulk Center for Counseling is at 22455 Boca Rio Road.

For more information, call 561-483-5300, visit www.faulkcenterforcounseling.org or email center@faulkcenterforcounseling.org.

If you know a Palm Beach County resident who deserves recognition for volunteer work, email the information to robertsbanet@gmail.com. Nominations should include volunteer's name, city of residence, a contact name and phone number, and a brief description of why this person deserves special recognition.