

AUDREY (Reckelhoff) FLECK

Using her Gifts:

Audrey Fleck Helps Another Person with their Problems

Graduate: Class of 1995 Occupation: Social Worker By Meredith Ruxer, Spring 2010

Walking into the Teen Wellness Center, a girl needs serious help. Her peers make her do inappropriate actions that she does not want to do. They continue to make her say and do these unethical actions to stay in their group; otherwise, she will no longer exist as one of their friends. Becoming stressed, she can no longer listen to her peers and their demands anymore.

Audrey Fleck, the school counselor at Forest Park, will help her with these problems. Assisting teens to meet their full potential in becoming self sufficient and physically and emotionally healthy allows her to use her gifts.

Attending Forest Park High School as a student, Audrey enrolled herself in many extracurricular activities. She participated in girl's basketball, volleyball, tennis, and the dance team. Academic activities that she participated in include spell bowl, academic bowl, student council, and various other clubs. Graduating from Forest Park High School in 1995, Audrey went off to college to Indiana University. Audrey says, "When I attended Indiana University, I felt very prepared academically because of the foundation Forest Park provided me." While at Indiana University, Audrey had the opportunity to work as a counselor for a year with at-risk freshmen. Audrey said, "This job increased my awareness of the struggles and obstacles that others face in their daily lives and the need for support and intervention." Obtaining this opportunity helped her confirm her decision that social work was the profession for her. When graduating from Indiana University, she received her bachelor of arts degree in psychology and a minor in sociology and Spanish. From there, Audrey traveled to Washington University in St. Louis, Missouri, to continue her studies. Volunteering on the National Suicide Hotline increased her interest in getting involved in suicide prevention. Audrey also worked with at-risk students in an after-school program in the inner city schools of St. Louis. Graduating from Washington University, she received her masters for social work specializing in children and family.

Now that Audrey has finished her schooling, she works for TRI-CAP in Jasper, Indiana. As the supervisor of all the Teen Wellness Centers in Dubois County, she oversees the staff and data collection, and works as a liaison with the Indiana State Department of Health. This year, Audrey received the opportunity to serve on a committee with the Indiana State Department of Health that wrote Indiana's goals for

teen suicide prevention for the next five years. However, she considers counseling students in the Teen Wellness Centers at Northeast Dubois High School and Forest Park Junior/Senior High School her primary responsibility. Ranging from minor issues such as peer problems or stress, to more severe ones such as suicidal thoughts, rape, or abuse, Audrey can help with them all. She also provides classroom presentations to the students about a suicide prevention program. Because of Audrey's main goal to prevent teen suicide, she organizes the annual Suicide Prevention Walk in Dubois County.

Audrey now resides in Ferdinand, Indiana, with her husband, Bruce Fleck, and three children, Grace, Grant, and Reid. When she has time off from working and helping others, she loves spending time with her children and family. Some of her favorite outdoor activities include camping and going to the park with her family. Becoming successful and happy with her life, Audrey has a few words to enlighten others. "Never stop learning. Take advantage of the opportunities where your ideas and thinking are most challenged. Expose yourself to diverse opportunities and people. Stretch your comfort zone a little: this is where you will grow the most!"