

Trauma Informed Recovery Oriented Community of Care Newsletter

Winter Edition 2015



A Legacy of Hope and Success!

A Change is Occurring

Richland County is working to evolve the evidence based model of Recovery Oriented System of Care to a Trauma Informed Recovery Oriented Community of Care. The purpose of this change is to empower all residents of Richland County to become partners in creating and improved community.

What is Community of Care?

Community Care involves implementing a Trauma-Informed Care (TIC) approach in area agencies. TIC provides a new perspective where those providing the support shift from asking "What is wrong with you?" to "What has happened to you?"

TIC creates an environment of mutual respect and support to all members of the community. It uses a collaborative approach with the consumer leading the service and the provider supporting the consumer.

TIC focuses on individual strengths and skill building. This approach also focuses on the service provider through promoting self-care and reducing the impact of trauma.

Who is Guiding the Change

Landa C. Harrison is a Licensed Professional Counselor and educator carrying over 25 years of experience working with children, adolescents and families in the education and mental health systems. Twenty of these years have been spent as a trainer, supervisor and administrator in various child-serving systems including a number of non-profit behavioral health programs, residential treatment facilities, a large public school district and two psychiatric day treatment programs.

Currently, Landa is the Director of Design and Development at the ANDRUS Sanctuary Institute, located in Yonkers, NY. In this role, Ms. Harrison specializes in the development and execution of community partnerships incorporating innovative, human centered design adaptations of the Sanctuary Model to infuse trauma informed care across an array of human service organizations in the United States and abroad. Landa is also responsible for the supervision and professional development of Sanctuary faculty members and is a frequent keynote speaker on the topic of Trauma Informed Care.

In addition to her role at the ANDRUS Sanctuary Institute, Ms. Harrison is the President of L. Harrison Associates, Inc, a modest private therapy and consulting practice in Pittsburgh, Pennsylvania. Ms. Harrison specializes in the practice of trauma interventions and community application through consultation with businesses, human service professionals and social service organizations throughout the region and abroad.

Since beginning her career as an educator and transitioning through the educational and mental health fields into administration, Ms. Harrison has taken a more macro role in the human services field to address the impact of trauma in our world. She has learned many invaluable lessons from each child, family and individual with whom she has had the opportunity to engage and work with, crediting them all for her success.

Trauma Defined

According to SAMHSA trauma is similar to a rock hitting the water's surface. The impact first creates the largest wave, which is followed by ever-expanding, but less intense, ripples. Likewise, the influence of a given trauma can be broad and affects many people outside the actual incident. The Community Care Project will be able to assist all community members through better practices and interactions.

The Impact of Trauma



Why TIROSC?

Joe Trolan Executive Director of RCMHRBS says TI-ROCC (Trauma Informed, Recovery Oriented Community of Care) which has come to be known as the Community of Care Project is a partnership between the Richland County Mental Health and Recovery Services Board, Catalyst Life Services, Community Action for Capable Youth (CACY), Family Life Counseling and Psychiatric Services, Mansfield Urban Minority Alcohol and Drug Abuse Out Reach Program (UMADAOP), The National Alliance on Mental Illness (NAMI) of Richland County, Richland County Common Pleas Court: Juvenile Division, Richland County Job and Family Services: Adult Protective Services Division and Three C Counseling. The ultimate goal of this effort is to transform the larger system, by staying focused on recovery and acknowledging trauma in both the community that we serve as well as within the individuals who work within the system. We will look to measure an increasing level of satisfaction in the interactions with these organizations. We also anticipate seeing a higher rate of satisfactorily accomplishing personal goals and objectives by community members and a decrease in staff dissatisfaction and turn over as a result of addressing secondary trauma.

Collaboration Among Community Partner Organizations

Joe Trolan, Executive Director, of the Richland County Mental Health and Recovery Services Board has been part of the State Planning Group for *Recovery is Beautiful: A Blueprint for Ohio's Community Mental Health and Addiction System*. This five year plan is designed to provide a framework for moving our system toward a Recovery Oriented System of Care (ROSC).

Trolan evaluated the impact that could be made on the Richland County Mental Health and Addiction System and came up with the idea of adding a Trauma Informed component to the ROSC initiative. His belief was by combining these two approaches we will strengthen our local system and provide a comprehensive level of care here in Richland County. Meetings were set, partners were engaged and we have now embarked on a plan to have a system of care that is trauma informed and recovery focused. This has now become known as Phase I of the Community of Care Project. Implementation of this project is in full swing and has grown to include discussion of a Phase II. Trolan envisions Phase II encompassing a broader range of community partners extending beyond the Behavioral Health System.

How can you impact the change?

The belief is that every person in the community can impact change. Almost everyone, at some point in their life, has experience trauma. This initiative encourages everyone to become more aware of how their traumas impact their behavior and to work to improve their own well being. The belief is we can become a healthier community by seeking help and healing.



Upcoming Events:

11/17/15 NAMI Site Visit

4/26/16 Dr. Sandra Bloom Sanctuary Model of Care Training

The Community of Care Network:

The network includes the following organizations that are working collaboratively to provide assistance, support and advocacy for the Richland County community.

CACY (Community Action for Capable Youth) - Alcohol, tobacco, and drug prevention services, 419-774-5683, www.cacyohio.org

Catalyst Life Services - Mental health & drug and alcohol treatment services, 419-756-1717, www.catalystlifeservices.org

Family Life Counseling & Psychiatric Services - Mental health & drug and alcohol treatment services, 419-774-9969, www.flcps.com

NAMI (Richland County National Alliance on Mental Illness) - Mental health support, education and advocacy for consumers and their families, 419-522-NAMI(6264), www.NAMI.org

UMADAOP - Alcohol and drug addiction treatment and prevention and programming for individuals returning from incarceration or probation, 419-525-3525, www.mansfieldumadaops.com

Three C Counseling - Drug and alcohol treatment services, 419-522-5015, www.threecounseling.com

Richland County Job & Family Services Adult Protective Services, 419-774-5400, www.rcjfs.net

Richland County Juvenile Court, 419-774-5578

Richland County Mental Health & Recovery Services Board, 419-774-5811, www.richlandmentalhealth.com

**For more information, please contact:
Richland County Mental Health & Recovery Services Board
Phone: 419-774-5811 www.richlandmentalhealth.com**