

Trauma Informed Recovery Oriented Community of Care Newsletter

Summer Edition 2016



A Legacy of Hope and Success!

Paradigm Shift Needed: Batdorf on Creating a Trauma Informed Community of Care



Tim Batdorf with Community of Care Consultant Landa Harrison

Tim Batdorf, *MS, LICDC, ICADC, SAP*, is the Executive Director of Three C Counseling. Tim has extensive experience in the substance abuse field, ranging from adolescent specific to adult specific training and experiences. When he first began considering opening a counseling agency, his purpose was to change the way treatment was being conducted. This led Tim to create a more individualized approach through providing one-on-one substance abuse counseling as the main component to treatment.

Tim began planning Three C Counseling in 2008. We currently offer outpatient substance abuse treatment, outpatient mental health treatment, in home services, and community assessments with law enforcement. Three C is expecting to open a male residential substance abuse facility before 2017.

When asked what he feels it will take for Richland County to become a TICC, Tim stated it will take more than the current agencies involved to cause a paradigm shift. Instilling the same care in the school systems, veteran's offices, healthcare offices, and other area agencies will help reduce the chance of retraumatization. We need to provide awareness of outside support systems such as anti-violence services, immigrant/refugee services, LGBTQ services, veteran services, and other services to meet community needs. Connecting people to resources and support is one way to reduce the effects of trauma. Training community agencies in providing welcoming and safe care, as well as understanding how our actions can unknowingly impact others.

Three C is preparing for TICC by training staff to be more cognizant of the effects of trauma, responding to trauma, and being mindful of our personal backgrounds and actions. Additionally, we are developing relationships with outside community agencies to better support community members in order to close service gaps. We are also working to ensure that Three C is a psychologically safe workplace through valuing staff wellbeing and utilizing respectful communication. We work to hold all individuals accountable while treating them with compassion and dignity.

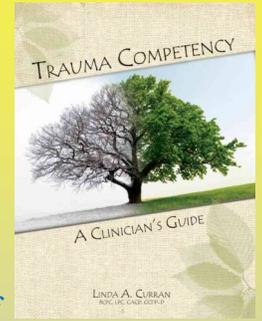
Lauren Garwood, LPC, CDCA, Program Director

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<http://www.threecounseling.com/default.aspx>

Recommending Readings on Trauma and Recovery

Trauma Competency: A Clinician's Guide by Linda A.I Curran is an excellent resource for service providers working with people who have experienced trauma. Psychoeducational materials on brain structure and neurochemical interaction provide a scientific understanding for what happens during a stress response. Screening tools, informational handouts, and therapeutic worksheets are provided for a wide range of topics including self-harm, affect regulation, dissociation, and suicide assessment. Interactive exercises to build coping techniques and enhance therapeutic processing can be duplicated directly from the book. In addition, the author provides a plethora of online resources for screening tools, activities, and therapeutic modalities useful for working with consumers who have experienced trauma. These resources combined with excellent educational materials make this a frequently used publication for clinicians working with survivors of trauma.



Review submitted by:
Rhianna Mattix, MSW, LSW, CTP
School Liaison
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Trauma Informed Tips for Back to School

1. Youth respond well to expected and consistent routines. Both parents and children should have a schedule which includes relaxation and reflection of the day which ends the day with a youth feeling safe and heard. Always end the day with a chance to say what went well each day.
2. Increase parent verbal and physical displays of support and encouragement when youth head into a new grade or school. Inform a child's school teacher if your youth has anxiety which may need additional encouragement throughout the school day. A simple way to send a message to your child when your not with them is to put an encouraging note in their lunch or backpack.
3. Work to quickly resolve any conflict which may erupt at or over school. Many times a youth may take a comment or situation personally when no offense was meant.
4. Give simple and realist answers to a youth's questions about school and world happenings. Especially when discussing traumatic world events, it is important to give brief and accurate information. Make sure to clarify any distorted messages and misconceptions.
5. Provide a safe place for a youth to talk about their day. Even if a youth turns down the opportunity to talk some days, if you have a special place (such as at the dinner table or at bedtime) continue to make the offer to talk.

Building a TIROCC

As we enter the summer months we hope to use the beautiful weather and pleasant temperatures to energize our partners to continue to move this process into some tangible products. We have now established and met with two advisory committees. The first committee is made up of direct referral sources. The second is made up of family members, people in recovery and indirect referral sources. These advisory committees will be instrumental in providing feedback regarding the visible results of implementing the Trauma Informed Recovery Oriented Community of Care. The TIROCC Project is only successful if it impacts the community as a whole and creates a positive and measurable difference in people's lives.



The two advisory committees will be working diligently with the TIROCC Steering Committee and the Richland County Mental Health and Recovery Services Board of Directors to establish a 5-Year behavioral health, system-wide, strategic plan. Our goal is to rollout this strategic plan to the community by November or December of 2016. This will be a guiding document that will significantly anchor the TIROCC project as we move forward. I have been involved with the development of strategic plans in the past, which were full of elaborate goals and well worded objectives. They unfortunately sat on a shelf, were looked at and updated every year or so and then re-written when they expired. We want to develop a living document with measurable data points that will help us identify, in real time, areas that need attention to significantly sculpt our system as we move into the future. Hang on for the ride!

Joe Trolan, MA, LPCC-S, LICDC-CS
Executive Director, RCMHRSB

Accessing the Untouchables: The Touch Points to Change

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*"As a follow-up to April's Community of Care presentation with Dr. Sandra Bloom and Landa C. Harrison, LPC the Article "Accessing the Untouchables: Using SELF in Treatment Planning" has been reprinted with the authors' permission. SELF is a tool from the Sanctuary Model and one that is widely used throughout the world as a stand alone tool when installing and sustaining trauma informed communities. The Community of Care has fully embraced the S.E.L.F. treatment planning and problem solving framework as one of the many tools supported and embraced by trauma professionals world wide."
Landa Harrison*

Effective treatment of Post-Traumatic Stress Disorder (PTSD) requires helping the trauma survivor find ways of acknowledging the role of past trauma in shaping his or her present experience and creating a vision for the future. Without a roadmap, this seemingly simple task may confound both therapist and client for years, prolonging symptoms and eluding wellbeing. The practice of the S.E.L.F. framework, a pillar of the Sanctuary Model®, as an organizing structure for therapeutic intervention creates a compass for therapists and clients to follow as well as paraprofessionals and family members supporting the client's trauma recovery.

The Sanctuary Model is a blueprint for clinical and organizational change that focuses on building a trauma informed environment through establishment of values, language, theory and practice across an entire organization. A trauma informed environment can only be achieved when a community promotes, above all, the critical and recurrent tasks of safety and recovery (Herman, 1992; Janet, 1976). Sanctuary identifies trauma as a continuum of adversity on which occurrences may be discrete, on-going, and/or cumulative and that includes both tangible and intangible experiences of adversity, such as racism and poverty. Effectively supporting individuals with PTSD means helping them access past events and the emotions that accompany them that are often considered untouchable. It means offering a language that captures both the simplicity and complexity of traumatic experience and turns the untouchable to accessible.

S.E.L.F., an acronym that stands for Safety, Emotions, Loss and Future, is a vital tool for accessing those untouchable events and feelings. S.E.L.F. offers a language for describing challenges and planning interventions. Simply put, the S.E.L.F. framework levels the playing field by moving away from mental health jargon and toward the transformative power of change. Designed to foster clarity through a concise and flexible frame, S.E.L.F. is non-linear in nature and focuses trauma survivors on a restorative perspective of hope and belief that a person can imagine a brighter, sustainable future. The idea is pure and organic: utilize an accessible language that eliminates the complex theoretical dogmas of trauma and recovery while empowering people to talk about their ability to heal and recover from their traumatic events. S.E.L.F. offers a sense of hope, which otherwise seems inaccessible, by promoting skill building and mastery in the framework's four components: safety, emotions, loss and future.

These natural touch points offer guideposts to explore and resolve grief in a safe, participatory and emotionally contained manner.

The S.E.L.F. Touch Points

The S.E.L.F. framework is comprised of four key concepts, or touch points, that relate to the healing and recovery from trauma. They are:

Safety. How do you stay physically, psychologically, emotionally and morally safe?

Emotions. How do you manage the different emotions that you will feel? How do you support someone who is struggling with anger, sadness, the kinds of symptoms that emerge after exposure to trauma? How do you not let those take you over?

Loss. How do you deal with the loss of function, the loss of friends, and the inevitable loss that you feel when you choose one path over another? How do you manage the process of discomfort around on-going of self-discovery and evolution?

Future. How do you envision the future when victims of trauma are likely to have a foreshortened sense of future? How do you create a new definition of feeling safe? How do you imagine the ability to trust?

Promoting Recovery through S.E.L.F. Treatment of trauma survivors is messy. Survivors often have difficulty recognizing and expressing their feelings, lose their positive and loving feelings toward other people or report feeling disconnected in their relationships and friendships. Additionally, individuals may not be interested in activities they once enjoyed; they may not readily remember parts of the traumatic event or even be able to talk about what has happened and how they feel. Shifting these barriers to memory and feeling is critical for recovery, and these shifts only happen through relationship. Unfortunately, the healing journey begins with an unwanted conflict: relationship is at the core of healing from traumatic experience while relational damage is likely at the core of the individual's problems. (Bloom, Harrison, Yanosy, 2012). By attending to the need for safety, building skills for managing emotions, grieving the losses created by the trauma and creating a vision for a different future, those who are in a therapeutic, caring or supporting role to the survivor can partner with each other and the survivor to build the bonds of healing relationships.

Accessing the Touch Points of S.E.L.F.

Utilizing the S.E.L.F. framework establishes a collaborative structure for creating agreed upon expectations, boundaries and action plans that promote meaningful change. Given the intricate nature and turbulent effects of trauma on the survivor, PTSD intervention and treatment must come from the conviction that people are not "sick" but instead, they are injured (Bloom, 1997). In making this paradigm shift, service providers, family and friends are able to create space to value and respect an individual's experience, thus allowing him or her to be in control as he or she learns what it means to truly understand the impact of the trauma.

Because S.E.L.F. is a non-linear framework, using it effectively requires willingness to rearrange its order. Often, it makes sense to start with future (where we hope to be) and work backwards from there, considering concerns and possible interventions related to safety, emotions and loss. For instance, it may be hard for a survivor to invest in skill building around emotion management if he or she does not have a sense of future. Sometimes loss is the most reasonable starting point for trauma work. Unsafe behaviors are frightening, so eliminating those often becomes the paramount goal for those working with a survivor. These efforts may prove futile if unaddressed and unresolved grief is driving those unsafe behaviors. Equally important is the knowledge that S.E.L.F. recovery work does not happen in stages that are completed, but may require weaving in and out of the four touch points continually revisiting them in new ways over the course of healing.

Upcoming Events:

September 1st thru September 30th

Catalyst Life Services will have Helpline available 24 hours a day 7 days a week for questions/concerns regarding substance use and mental health recovery. Call 419-522-HELP (4357).

September 1st thru September 30th

Three C Counseling provides AoD assessments 24 hours a day, 7 days a week, 365 days a year. all 419-961-3098 if it is after business hours. Appointments are available on a walk-in basis Monday-Friday 8am to 3pm. You can also call 419-522-5015 to schedule an appointment.

September 1st thru September 30th

Catalyst Life Services will have various events which will be held to help individuals focus on recovery. These events include art projects for clients, 12 step programming, and staff trainings. For more information call Catalyst Life Services at 419-756-1717 or go to <http://www.catalystlifeservices.org/>.

September 1st thru September 30th

Catalyst Life Services is now offering a Warmline for Richland County residents. The Warm Line provides supportive, confidential telephone services for persons feeling overwhelmed or just needing to talk. The Warm Line is a friendly telephone support line operated by trained call specialists who offer non-judgmental support and actively listen to callers' concerns. No treatment recommendations are given, however referral to community resources are provided. "When you need someone to talk to" call (419) 522-4357. Hours are 3:00 PM to 11:00 PM seven days a week.

September 1st

9:30 a.m. The Richland County Commissioners will present a proclamation to the Richland County Mental Health and Recovery Services Board proclaiming September as Recovery Month in Richland County.

September 1st

12:30 p.m. The Richland County Mental Health and Recovery Services Board in collaboration with Richland County NAMI and OSU-Mansfield will host the Suicide Awareness, Remembrance & Prevention Event at Founders Auditorium on the OSU campus in Mansfield. The event will offer a panel of professionals who work in prevention, mental health, advocacy, the Coroners office and in clinical services. The event is free and open to the public. There will be an activity the day of the event that offers individuals an opportunity to share how their lives have been touched by suicide. There will be free t-shirts given out at the event.

September 2nd

Dick Beardsley, a record breaking marathoner whom has overcome drug addiction will be speaking to drug and alcohol treatment groups at (New Beginnings residents, intensive outpatient participants, and AOD program groups) at lunchtime. Having someone of Dick's caliber to help inspire Catalyst clients will be a wonderful opportunity as he advocates incorporating wellness and exercise into the recovery process.

September 2nd

6:00 p.m. - 8:00 p.m. Catalyst Life Services, NECIC Temp2Higher, Next Generation Films, In, Richland County Foundation and Richland County Mental Health & Recovery Services Board are co-sponsoring the Spherion Mid-Ohio 13ER Pre-Race Dinner with guest Speaker Dick Beardsley. The dinner will focus on how to 'Stay the Course' on the road to recovery after addiction. Tickets for the event can be purchased by calling 419-774-6710. The dinner will be held at the Holiday Inn & Suites at 116 Park Ave W. Mansfield.

September 3rd

The Spherion Mid-Ohio 13ER Run for unity. Race for prevention. For more information go to www.midohio13er.com

September 8th

Richland County NAMI will host it's Family To Family Education Program. Classes are every Thursday for 12 weeks. Classes will be held at the Mental Health and Recovery Services Board. To register call NAMI at 419-522-6264.

September 14th

6:00 p.m. - 8:00 p.m. The Richland County Alternative Center will be providing a Family Education Program for families of persons with substance abuse. Information will include latest research information regarding addiction, support systems available in the community for the family and information on how to reduce secondary reinforcement to the addition. Park in the parking near the sheriff's office or the lower parking lot. Entrance is at the upper parking lot. Signs will be posted to direct attendees to the conference room. For further information contact Susan Lehr, LICDC-CS, LSW, Clinical Supervisor by calling 419-612-3291.

September 26th 10:00 a.m. until 12:00 p.m.

Healing Hearts Counseling Center will be hosting a program, "Creating a New Message", featuring Tracy Plouck, Director OhioMHAS, Dr. James Sturmi, Board Certified Addictionologist, and Ms. Rebecca Price (community member who suffered recent loss of parents to heroin overdose). The program will be held at 680 Park Ave. W., Mansfield, Ohio, 44906, Monday, September 26th. Please RSVP to Anita at 419-528-5993. Seating is limited (Max. 2 per org.)

September 26th through September 30th

Richland County NAMI will host Crisis Intervention Training. The training is designed to educate Emergency Responders and Police Officer how to work with individuals who have a mental health diagnosis and their families.

September 29th

11:00 a.m. the Richland County Mental Health & Recovery Services Board will host the groundbreaking for its new Transitional Age Youth Apartment building which will be located at 285 Grandview Avenue in Mansfield Ohio. Dignitaries will be present to help the Board celebrate the groundbreaking. For further information contact Sherry Branham at 419-774-5811.

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.

Three C Counseling

Richland County Job & Family Services- Adult Protective Services

Richland County Juvenile Court

Richland County Mental Health & Recovery Services Board

CACY (Community Action for Capable Youth)

Catalyst Life Services

Family Life Counseling & Psychiatric Services

NAMI (Richland County National Alliance on Mental Illness)

UMADAOP

For more information, please contact:

Richland County Mental Health & Recovery Services Board

Phone: 419-774-5811

www.richlandmentalhealth.com