



# Lenape Valley Foundation

## Trauma Informed Care-TALK

Volume 4

### Trauma Informed Care Planning Committee Updates

#### Interactive Corner

On September 14<sup>th</sup>, This American Life with Ira Glass aired an interview with Paul Tough, the author of *How Kids Succeed*. Tough asserts that tenacity, resilience, and impulse control are just as (if not more) important than IQ. Read or listen to the interview at <http://www.thisamericanlife.org/radio-archives/episode/474/back-to-school> and then head to <http://www.surveymonkey.com/s/VVB3YBS> and complete a quick quiz about the interview. If you get the quiz right you get a prize!

During our August and September meetings, members of the TIC Planning Committee screened and discussed the documentary, *Healing Neen*. The committee screened a condensed version of the film at the October meeting and began to discuss the appropriateness for the LVF consumer and staff viewing during an LVF-TIC Open House event. Members were also asked to discuss and identify short and long term goals they felt 1) would advance LVF's organizational goal to become trauma informed and 2) could be accomplished in the next three months. The Funding, Holistic, and Staff Health and Wellness groups are on hold. The goals for the other groups are listed below.

#### Community Outreach

**Short Term Goals-** Have a presence at the Oct. 17<sup>th</sup> Suicide Prevention Conference to inform attendees of LVF's TIC initiative and offer TIC informational materials. Creation of a designated space within the LVF lobby for consumer access to all things related to TIC.

**Long Term Goal-** Redesign the LVF Website to include a TIC Section and written in trauma informed care language throughout.

#### Staff Education and Training

**Short Term Goal-** Introduction of TIC to new staff during new hire orientation.

**Long Term Goal-** TIC trainings for all LVF staff.

#### Peer/Consumer Driven Care

**Short Term Goal-** Establish a LVF Consumer Advisory Board.

**Long Term Goal-** Increase LVF's utilization of consumers via a Consumer Advisory Board

#### Physical Safety/Aesthetics

**Short Term Goal-** Develop and distribute surveys for all LVF sites and for mobile services.

**Long-Term Goal-** Partner with Safety Committee for on-going walk-throughs of LVF sites.



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### What does Trauma Informed Care Language SOUND like?

At the heart of becoming a Trauma Informed Care organization is our willingness to recognize issues of safety as an essential element to the recovery of persons impacted by trauma. As we move from asking clients, “What’s wrong with you?” to “What has happened to you”, we begin to foster an environment that is based upon mutual respect and dignity. Speaking in neutral, non-judgmental language will increase one’s personal sense of safety, inclusive to all who work and receive services at Lenape Valley Foundation. Trauma Sensitive language is:

- Non-directive
- Non-judgmental
- Respectful
- Inclusive
- Non-suggestive
- Use of open ended questions
- Non-avoidant
- Never shaming
- Never humiliating
- Non-intrusive

Non-trauma sensitive statements we should avoid as written by Gerry Vassar, President/CEO, [Lakeside Educational Network](#):

- *Oh, I don't think you should feel that way. You should be thankful for all that didn't happen; why do you always focus on the negative anyway?*
- *You're making this all about you instead of the person who was actually hurt.*
- *If you don't get a handle on your feelings, you're going to lose all your friends.*
- *You'll never succeed in life if you don't change these behaviors.*
- *You must be getting something out of behaving this way.*
- *I am sure [if you tried a little harder](#), you could get better control over yourself.*
- *This has gone on long enough. If you don't stop talking about this, I won't be spending much time with you.*
- *I think most people would have resolved this by now. Clearly you aren't motivated enough to make the changes you need to make and move on with your life.*
- *Come on, I'm sure if you just give this a little time, you'll feel better. After all, [time heals all wounds](#).*
- *I had an old friend who had the same thing happen to him and after a few sessions of therapy, he saw things in a whole different way and is back to his old self. You don't need more than one or two therapy sessions to fix what's wrong with you.*



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### What Story Do You Have to Tell

My mind's a bit fuzzy, regarding my childhood. I remember being examined by the pediatrician, when I was a kid....sometime before the age of 10. I can remember being touched around my pelvic area. I became uncomfortable. I'm not sure if my Mom is in the room or not. Why won't she help me? Doesn't she care? I have flashbacks around that day. Every time I want to scream, but the voice inside my head orders me not to. I'm 33 now, and that voice controls what I say and what I do. When I sleep, my mind/thoughts are racing. I dream of either being raped, punished or a combination of the two. My family doesn't believe me. More abuse has happened to me than what I've written about. I'm too afraid or untrusting of my therapist to talk about it, but at least my boyfriend believes me. Someone has to.

- As told by a LVF consumer

We want to hear **YOUR** story. If you have something you would like to share with the LVF community please email it to [krisanna.ghadiri@lenapevf.org](mailto:krisanna.ghadiri@lenapevf.org).

### Education and Resources

Wow, there is so much information out there about Trauma Informed Care! Here is a small sampling of websites for your thoughtful perusal. A good place to start...our very own National Council website- [http://www.thenationalcouncil.org/cs/trauma\\_informed\\_care\\_home](http://www.thenationalcouncil.org/cs/trauma_informed_care_home) .

- [www.istss.org](http://www.istss.org)
- [www.internationalbrain.org](http://www.internationalbrain.org)
- [www.sanctuaryweb.org](http://www.sanctuaryweb.org)
- [www.estss.org](http://www.estss.org)
- [www.nctsnets.org](http://www.nctsnets.org)
- [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)
- [www.dartcenter.org](http://www.dartcenter.org)
- [www.giftfromwithin.org](http://www.giftfromwithin.org)
- [www.ptsd-alliance.org](http://www.ptsd-alliance.org)