

# Lenape Valley Foundation

## Trauma Informed Care-TALK

Volume 5

### Movie Screening: Healing Neen

The LVF Trauma Informed Care Planning Committee invites all staff to the viewing of "Healing Neen" to be held in the large meeting room on May 1, 2013 from 11-12 pm.

Healing Neen follows the amazing recovery of Tonier 'Neen' Cain from a lifetime of abuse and drug addiction to a career as a nationally-known speaker and educator on the devastation of trauma and the hope of recovery. For 19 nightmarish years, she lived on the streets, racking up 66 criminal convictions, until finally treatment for her trauma offered her a way out and up. Her story points to the consequences of untreated trauma to individuals and society at-large, including mental health problems, addiction, homelessness and incarceration. Please contact Krisanna Ghadiri or Cindy Thiers with any questions.



### National Council Update

In 2012, Lenape Valley Foundation was selected by the National Council for Community Behavioral Health Care for participation in a National Council Learning Community. For the past year, Lenape Valley Foundation has worked with the National Council Consultant Group, receiving consultation and resource assistance to implement principles characteristic of a Trauma Informed Care Organization. Cindy Thiers attended the National Council's Trauma Informed Care summit on Saturday April 5, 2013 in Las Vegas. Cindy gave a brief presentation on what Lenape Valley Foundation has accomplished, struggled with, and continues to work on with regards to trauma informed care. The Trauma Informed Care leaders from the National Council were impressed with all the work Lenape Valley Foundation has done to date! We are now part of the TIC Alumni and will continue to be on the email list serve.

### Trauma and Its Effects by Michele G. Wampole

Trauma of every kind is devastating. I have been in mental health treatment for 32 years. It has not been until the last eight years that I have talked about and started dealing with the effects of abuse. I never thought it bothered me or had an impact- I was in denial. The emotional, physical, psychological damage has been extensive.

When no one believes you or does not understand, it leaves you feeling alone, lonely, and isolated. Frustration and anger also enter into it. If you suffer from any kind of abuse it is very important to talk about it with someone who is qualified. I have found my treatment team very important to me. And when they can't be there, God is there for me. He gets me through the toughest times.

In closing I would like to say that having people by your side is very important. My road to recovery has been a long one. Using coping skills is essential. Please don't wait like I did to start recovering and don't do it alone. It is just too painful.