Look What We’ve Been Up To!!

What has the TIC Planning Committee been up to for the last year? Well, we are very excited to report that members of the TIC Planning Committee have been hard at work throughout the year and are ending 2013 having achieved several goals as established by the committee earlier in the year.

Read on for 2013 Updates and Highlights!

April 2013 – Cindy Thiers, LVF’s TIC Clinical Representative, attended The National Council for Behavioral Health’s Conference held in Las Vegas, Nevada. Cindy met with other agency representatives from the National Council’s 2012 Learning Community to share the challenges and successes each agency experienced as they launched their respective organizational agenda for adoption of the principles of TIC.

May 2013 – To promote consumer and staff education, the TIC Planning Committee invited LVF staff and consumers to view the documentary, “Healing Neen”. Members of the planning committee stayed throughout the film to offer assistance to staff and consumers if needed, in recognition that watching the film may “trigger” personal traumatic memories. After the film, a brief audience discussion was held and participants were asked to complete a post-viewing survey. Of particular interest were the percentage results from participants responding to the survey question, “Have you or someone you know experienced trauma?” 81% answered YES!

June/July 2013 – Surveys distributed, OH MY!!!! A TIC Mobile Services Survey and a TIC Environmental Survey were distributed. The former is currently under revision and will be re-distributed to all LVF staff. The TIC Environmental Survey was distributed to consumers to gain their opinions about the aesthetics of LVF sites. Survey results are being assessed for further action.

July 2013 – TIC member Suzanne Rhodeside announced the completion and launch of the new LVF website to include a Trauma Informed Care Initiative link under the “Community News/Resources” tab. Suzanne will ensure all TIC-TALK newsletters are posted on the link as well as other TIC Planning Committee sponsored events.

August 2013 – LVF Outpatient and BHRS Departments collaborated with Tiffany Manners (OP, TIC member) and Julie Laing (BHRS) to offer consumers a ten week children’s group named, TARGET FREEDOM. The group offered children a practical skill-set to assist them with regulation of extreme emotional states, management of intrusive trauma memories in daily life, and restoration of their capacity for information processing.

September 2013 – TIC Clinical Representative Cindy Thiers facilitated a discussion with staff during LVF Grand Rounds about Trauma Informed Care practice, its components and effectiveness towards achievement of positive treatment outcomes.

October 2013 – TIC member Cindy Thiers in collaboration with TIC Planning Committee members and HR Executive Staff created a 15minute TIC informational segment for LVF’s New Hire Orientation training. This segment, facilitated by a TIC member, will introduce new hires to LVF’s TIC agenda. It includes a powerpoint presentation and the short video, “Empathy”. Feedback from new hires has been positive and curious.....”It’s great to be part of an organization that cares...” and “...what does the TIC Planning Committee do?”

Welcome New TIC Planning Committee Members

Dottie Kelly (Therapist) and Verdie Winters (Nurse Case Manager)

We encourage interested staff and consumers to contact Cindy Thiers at 267-893-5038 or cindy.theirs@lenapevf.org for further information.
Peer Specialists are people who have lived experience of either mental health challenges or co-occurring challenges. They become specialists by taking an intense two week course that fits the criteria for this type of training as required by OMHSAS. They learn to be active listeners, be in the moment and support peers by “being” with them and not doing for them. They are empathetic, discussing choices and recognizing that the peer is the expert on themselves. They use empowering Recovery language and “I” statements in validating whomever they are working with.

Peer specialist services at Lenape Valley Foundation are provided in two different ways. There are peer specialists embedded in programs, and peer specialists who take individual referrals and work independently with consumers. All of LVF’s peer specialists are certified, which means that they have met the Commonwealth’s criteria to provide these services. What makes these criteria so important is that a peer specialist must have a lived experience of mental illness. For a trauma-informed care perspective this speaks volumes. A CPS can truly understand and appreciate what a consumer has experienced and thereby be able to offer support and assistance as the individual moves along a path of recovery.

LVF has been providing this option to consumers for years, and with the addition of Donna Giordano as the new Director of Independent Peer Support Services, we plan to expand our ability to travel down a path to recovery with more consumers.

If you would like to learn more about Peer Specialists at Lenape Valley Foundation, please contact Donna Giordano at 267-893-5071 or donna.giordano@lenapevf.org.

If you have a poem, story, or artwork you would like to see in the Consumer Corner, please contact Janet Thompson at 215-345-7423 or janet.thompson@lenapevf.org.