



## “You Gotta Nourish to Flourish”

### Join Us for a Showing of *Healing Voices*

LVF’s Trauma Informed Care Committee is pleased to present a showing of the feature length documentary, *Healing Voices*, on Wednesday, May 29 at 5:30 pm at The Life Sciences Building at Delaware Valley University. The event is free and light refreshments will be served. Reservations would be appreciated. For more information, please visit <https://www.lenapevf.org/wp-content/uploads/2019/02/Healing-Voices-Flyer-19.5.29.pdf>.

### TIC TIP

*From: Brittany Askelin (National Council Tip Contributor)*

I often think of my role in mental health to be closely connected to that of advocacy and then equality. However, that word should truly be replaced by equity. Equity is the idea that each person is unique in their strengths and challenges. This means the level of help we provide during their experience in our buildings or under our umbrella of services is going to be tailored to those unique circumstances, personality, history, diagnosis, etc. Doing this is vital for trauma informed care, as it normalizes for the client/peer and staff that everyone deserves individualized care because that is their human right.

## Creative Corner

*(submitted by a recipient of LVF services)*

### Shock Me Back to Life

Why do I dream in darkness?  
Why do I speak in silence?  
Why do I write through zombies and sad ghosts, who have lost their home?

Allow me to introduce the neurons in my brain  
who prey on dopamine and  
chew away on my hippocampus,  
humming in disarray.

If only my broken brain would awake from this murky slumber,  
open its eyes like a newborn baby,  
enthusiastic to start their new magical life.

I wish I could shock my heart back to vitality and  
kiss the atoms hiding deep inside my soul.  
Let them fly above this place, and land on a star  
that is dead, but okay.

Maybe we are meant to lose this game and accept the pain.

Wake me up from this nightmare and blow me a  
smile, containing calmness.  
Erase every shattered piece of shame.  
Strike me with electricity from a fairy  
who craves to hold me tight and wipe away my salty tears.  
Show me what I’ve always been waiting for-  
Hope.

I can be good, I can be whole.  
Just give me a chance to believe.

Color will return to my dreams,  
loud and proud sounds will pierce my voice,  
sun and love will reappear within my written words.

Just you wait.  
I am on my way.

### The Latest TIC News

LVF is excited to announce that Bucks County’s first and only Crisis Residential Center will be opening very soon!

**The Lodge at Lenape Valley Foundation**, located in Bristol, PA will offer compassionate, trauma-informed services to those in a behavioral health crisis as well as vital outpatient services to the community. For more information, please visit [www.thelodgeatlenape.com](http://www.thelodgeatlenape.com).

### LVF Trauma Informed Care Committee

**Chairperson** - Heather Coletta **Committee** - Philip Braun, Ph.D., Karine Bryan, Mary Jane Fletcher, Laura Foster, Donna Giordano, Rachel Jacobs, Suzanne Rhodeside, Kara Sharp, Michelle Taylor