

The Guidance Center

Trauma-Informed Care Day

MISSION STATEMENT

To Build and Maintain a Trauma-Informed System of Care

AWARENESS through screening, education, and training

RESPECT by providing culturally competent, person-centered, family-centered treatment

CARE to staff and clients that meets high standards of quality through evidenced-based practices, quality improvement practices, staff and client participation in evaluation and policy-setting procedures, and a feeling of safety in all environments

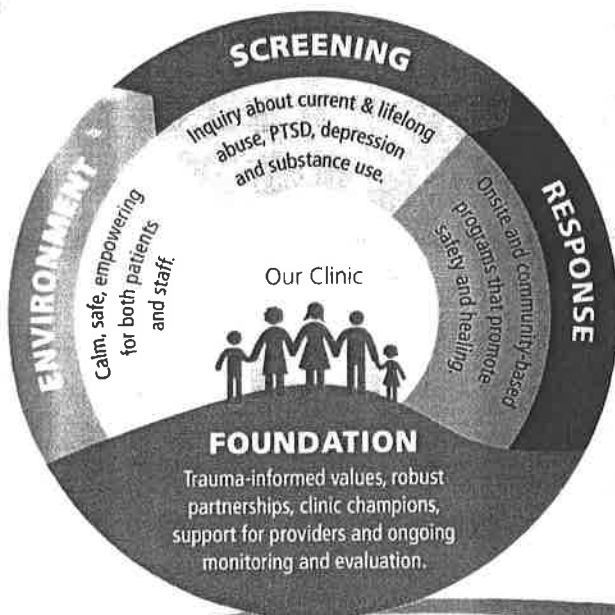
EXEMPLARY EMPLOYEES, EXEMPLARY AGENCY!



The Guidance Center was recently recognized as having achieved **EXEMPLARY** status by **BHARP**, the organization responsible for coordinating and evaluating trauma-informed care efforts of mental health agencies

throughout 23 rural counties in Pennsylvania. The process of achieving exemplary status has been challenging but would not have been possible without the efforts of our compassionate and dedicated staff. We all share responsibility for this honor and each and every employee deserves recognition for his or her commitment to providing the best care for our clients.

Thank you - You're the BEST!



MILESTONES

Congratulations to the following staff members who will be recognized in 2018 for employment milestones:

5 years: Kim Stollsteimer, Keith Anderson, John Snyder, Katie Bange, Mary McCormack, Katie Mackey, Lisa Peterson, Angela Seal, Warrie Dickinson, Claudette Haner, Brittanie Rounsville, AnnaLisa Ryding

10 years: Sandra Schooley, Sally Ginkel, Seth Bloomquist

20 years: Stony Greenberg, Lee Stewart, Bob Sirc

25 years: Lori Mague

30 years: Johnna McCullough, Marcia Fowler

45 years: Dr. Bazzoui

May 17, 2018

ARE YOU PRACTICING GOOD SELF-CARE?

An essential part of being able to provide quality care to others is the ability to practice good self-care. Too often we put the needs of others ahead of our own and this can lead to fatigue, irritability, feelings of resentment, and dissatisfaction with our jobs. We call this *burnout*. In our busy society, it can seem difficult, if not impossible, to find the time to care for ourselves but it's essential that we do so. Practicing consistent self-care can help reduce stress and lead to an improved sense of satisfaction both at work and in our personal lives.

There are lots of ways to help you reduce stress and prevent burnout. Engage in activities that relieve stress and make you feel happy and fulfilled. Make time for relaxation every day. Use your PTO to truly take time off instead of using it to take care of others or fulfil obligations. Set boundaries for yourself and others; it's okay to say "no" when you are already stretched too thin. Utilize your supervisor and colleagues for both professional and personal support. Working in mental health can be very stressful but we cannot give our best to our clients unless we give our best to ourselves first.

KEEP CALM
THERE'S
AN APP
FOR THAT

Try the Provider Resilience app, available for iPhones and Android devices.



The Four R's of TIC

1

Realize

All people at all levels have a basic **realization** about trauma, and how it can affect individuals, families, and communities.

2

Recognize

People within organizations are able to **recognize** the signs and symptoms of trauma.

3

Respond

Programs, organizations and communities **respond** by practicing a trauma-informed approach.

4

Resist Re-Traumatization

Organizational practices may compound trauma unintentionally, trauma informed organizations avoid this **re-traumatization**.

CLEAR THE AIR SMOKE FREE CAMPUS

Breathe easier - The Guidance Center campus will soon be going completely smoke-free. The new policy will be taking effect soon so let's start preparing our clients for the change.

Got a  Suggestion?

We'd love your feedback! You can speak to your supervisor, your TIC Committee Dept. Rep or email cchahal@guidancecenter.net