

TRAUMA MATTERS

Volume 2, Issue 4

Spring 2004

A publication produced by The CT Women's Consortium and the CT Department of Mental Health and Addiction Services in support of the CT Trauma Initiative.

INSIDE THIS ISSUE:

<i>Training Recap</i>	1
<i>Capitol Region Mental Health Trauma Groups</i>	2
<i>Project Reward Receives Grant for Trauma Services</i>	2
<i>It's Time A Poem by Jason Martin</i>	3
<i>Miscellaneous Notes</i>	4

Carol Huckaby, Editor

Editorial Board DMHAS

Barbara Geller
Judy Ford
Valerie Leal

CT Women's Consortium
Cinda Cash
Carol Huckaby
Gloria Epps

Articles Needed

Articles in this newsletter were submitted by individuals who have had training in one of the three trauma models approved by DMHAS. If you would like to submit an article about your agency's trauma groups, training efforts or other trauma related topics contact Carol Huckaby at: 203-498-4184 Ext. 25 or e-mail her at chuckaby@womensconsortium.org. Anyone interested in becoming involved in the Editorial Board should also contact Carol Huckaby.

2003-2004 TRAINING RECAP

The Connecticut Women's Consortium (CWC) with funding from Department of Mental Health and Addiction Services (DMHAS) sponsored several trainings in trauma and gender specific programming for staff from state and non-profit agencies from November 2003 through April 2004. The purpose of the trainings is to improve behavioral health care services throughout the state.

TRAINING RECAP

- Psychological Consequences of Childhood and Adult Trauma for Women presented by Ellen Nasper, PhD focused on a review of trauma and PTSD symptoms and how to work with women who have mental health and or substance abuse issues as a result of trauma in their lives. The training was offered three times during the year and a total of 175 participants attended.
- Gender Specific Training for Direct Service Staff Introduction to Programming for Women presented by Alyssa Benedict, MPH focused on gender specific issues for women and provided participants with a basic introduction to psychosocial development, effective interventions for women and their pathways into the system. The training was offered in November 2003 and January 2004 and had a total of 83 participants.
- Trauma Trainings were a repeat of prior trauma trainings in the three models approved by DMHAS. Two days of training were offered for each trauma model in February and March. They were followed up with half day consultations in April, May, and June. A total of 236 participants were trained.
 - TREM (Trauma Recovery and Empowerment Model) presented by Lori Beyer from Community Connections in Washington, DC had a total of 87 participants.
 - TARGET (Trauma Adaptive Recovery Group Education Therapy) presented by Julian Ford, PhD; Eileen Russo, MA; and Karen Mahoney, MA had a total of 71 participants.
 - Seeking Safety presented by Kay Smith, LCSW had a total of 78 participants.
- Special Topics in Trauma—Several training sessions were held for individuals who had prior trauma training and covered topics such as male trauma, female trauma, trauma training for case managers and outreach workers; adolescent trauma and complex PTSD. A total of 79 participants attended these trainings and there are 37 registrants signed up for the final session on men's trauma in June.

As part of an ongoing effort to assist women and their families living in poverty, the Women's Consortium collected 200 pounds of food from workshop participants which was then donated to the CT Food Bank. CWC also donated 68 items of food to the Christian Community Action Agency for it's Anti-Hunger Challenge Drive. Each food item donated was matched with \$1 contribution by the Alan Shaw Feinstein Foundation. Goals for fiscal year 2004-2005 are to offer trainings that enhance the ability of mental health and substance abuse providers to deliver services to clients that are trauma and gender focused, recovery oriented, and culturally accepting and sensitive to the needs of all clients.

Getting into Trauma Matters

- You can access an electronic version of the "Trauma Matters" Newsletter at www.traumamatters.org; www.dmhas.state.ct.us; or www.womensconsortium.org
- Do you want to be placed on our mailing list or is there an event or topic you would like covered in this newsletter? Please call "Trauma Matters" Editor Carol Huckaby at 203.498.4184, x25 or e-mail her at chuckaby@womensconsortium.org.

CAPITOL REGION MENTAL HEALTH TRAUMA GROUPS

I work at Capitol Region Mental Health Services and have been running the 26 week TARGET group here with the chronic clients for several years. I also coordinate the Trauma Program for the agency. I had been asked to help out the Young Adult Services department and run a 9 session TARGET group with YAS staff in attendance to learn the model. The clients were young men and women aged 18-22 who have severe trauma histories and have aged out of DCF. Some were not only victims of abuse, but perpetrators of sexual abuse as well. We decided to try to have a coed group both because there was some thought that these young people already knew each other from previous institutions and programs and also because we felt that they shared many common issues.

Despite the horrific trauma histories that these young folks brought with them, I found that they responded really well to the program. My group experience was very different from prior groups I have done with a more chronic adult population. The young people were more verbal and seemed less cognitively impaired. They were able to understand the principles of the FREEDOM skills more quickly. They also seemed to enjoy the Lifeline exercises in a different way in that they were very creative and needed much less staff prompting and assistance in expressing themselves. Many group members took notebooks home and worked on artwork and poetry on their own between groups. Although in the first couple of groups the coed nature of the group was challenged, all the group members seemed to gain some respect for the other sex's viewpoint and see the universality of the effects of trauma. In the first few groups we were strict in our setting limits on disrespectful behavior and traumatizing the group with too much information about past events.

Attendance in this group was excellent. The clients and their clinicians reported that clients were verbalizing use of skills in their sessions and in their interactions with one another. I enjoyed this group very much—the participants were so youthful and energetic. When planning our graduation ceremony, they decided to do the “express yourself” activity where members could share an important thought in whatever creative medium they desired. We had singing, poetry and artwork while eating sweets and snacks. One group member led a brief group activity in making certificates for “special” accomplishments of other group members. It was a really positive experience and I feel that the TARGET curriculum works well with this age group. For more information please contact Nancy Kasimer @ 860-297-0834.

Submitted by Nancy Kasimer, LCSW
Capitol Region Mental Health, Inc.

PROJECT REWARD RECEIVES GRANT FOR TRAUMA SERVICES

Family and Children's Agency's Project REWARD, a substance-abuse treatment program for women in Norwalk, began to offer the TARGET model of trauma recovery treatment to clients in the partial hospital program July 2, 2003. Brochures and advertising for the program were made possible by a generous grant from United Way of Norwalk/Wilton. Clinical staff had attended the 3-day TARGET training presented by Dr. Julian Ford the previous year, testing the participant manual with clients soon after and making some revisions. The trauma treatment group, scheduled as second of three groups every Tuesday, quickly became an important tool facilitating work with basic issues underlying substance abuse. The training was critical to the staff's professionalism and comfort in leading this new group.

Since beginning to offer the TARGET model, all clients during evaluation have been asked a standardized multi-item question regarding life history of traumas followed by a question to elicit the presence of PTSD symptoms. The data revealed that 100 percent of the partial hospital clients have experienced one or more traumas; most report one or more of the PTSD-defining symptoms while some are discovered to qualify for the clinical diagnosis.

The majority of clients respond positively to the group in which they can safely disclose events and feelings which have so gravely impacted their lives. At the same time they receive validation for experiences which family members and friends have often denied (if they know about them at all.) While TARGET's focus is on skill building instead of detailed rehearsal of specific traumas, the very fact that trauma is the subject of this group enables clients to bring to the surface those aspects of the trauma which they are comfortable presenting. The conversation is then related directly to an appropriate TARGET skill to draw the clients away from the painful memory to the present moment in which they can exercise a degree of control using a newly-acquired skill. For more information about Project REWARD, please contact Liz Massey @ 203-831-6301

Submitted by Elizabeth T. Massey, MSW
Project Reward—Family & Children's Agency

In The Spotlight

IT'S TIME

It's time to get in to get on with it.
There's no point in standing still any longer.
The clock keeps on ticking and heaven help you if you're late.
This is no time to be wasting time on stuff you haven't got time for.

It's time...time to get a life.
It's time...time to make your dreams come true.
It's time...time enough to begin again.
It's time...don't waste it on regrets.
It's time!

Everything you want is just around the corner.
Reach out and grab hold, don't you let it go.
Stopwatch moments, in between the tick and the tock.
This is no time to take the time to think about what you want to do.

It's time...time to get a life.
It's time...time to make your dreams come true.
It's time...time enough to begin again.
It's time...don't waste it on regrets.
It's time!

Don't keep yourself on a shelf; don't let life live only in photographs.
Don't live in the past and don't let the regrets pile up.
And don't forget that this life is all there is.

It's time...time to get a life.
It's time...time to make your dreams come true.
It's time...time enough to begin again.
It's time...don't waste it on regrets.
It's time!

Make your own rules and make your own choices.
It's your life, all yours and no one else's.
Take the time to forgive yourself and let the past go.
Let the world in, and always remember that you've got the time!
Choose to laugh, choose to cry, you've got the right.

It's never too late; because the only watch that's holding you back is the one in your head.

It's time...time to get a life.
It's time...time to make your dreams come true.
It's time...time enough to begin again.
It's time...don't waste it on regrets.
It's time!

by Jason K. Martin 07-30-03

Consortium E-Notes

ABOUT THE POET

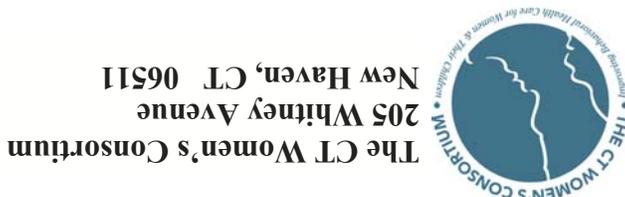
The CT Women’s Consortium produces a bi-monthly electronic newsletter that provides timely information to providers and consumers on issues relevant to women and children with a focus on health and behavioral health topics. To view the current issue of E-Notes, as well as previous issues, visit the Consortium Website at www.womensconsortium.org. If you are interested in subscribing to E-Notes, email your name, title, agency name and email address to Marijane Carey at mcarey@womensconsortium.org. Once that information is submitted you will be added to the subscriber list.

I interviewed Jason (author of the poem on page three) at Capitol Region Mental Health in Hartford, CT in late March of this year. During our interview, Jason was very open and spoke candidly about his life experiences and what has helped him in recovery. He copes with daily stressors and problems by maintaining a consistent routine of eating well, getting 8 hours of sleep and not taking drugs or other mind altering substances. He stated, *“In my case the routine is I do my chores every day, I clean my apartment, I always do my dishes and clean anything that needs to be cleaned; rugs floor etc.”* In addition to maintaining a routine, other coping mechanisms he uses are reading, listening to music, drawing, painting and playing musical instruments like the piano, French horn, guitar and violin. His poetry themes change with his moods and allow him to express feelings openly and relieve some of the tensions and anxieties in his life.

Carol Huckaby, Editor

Request for Feedback

We are in the process of inviting new people to serve on the Trauma Matters Newsletter editorial board. As this group begins planning next year’s newsletters, we feel that input from you, the target audience, would be helpful in guiding the content of future issues. Inserted in this newsletter is a brief survey. Please take a few minutes to answer the questions and return the completed form by July 16 to the Consortium by faxing it to 203 498-4189 or snail mailing it to: Marijane Carey, CT Women’s Consortium, 205 Whitney Avenue, New Haven, CT 06511. Your input will help to ensure that the Newsletter is meeting your needs.



Trauma Matters Newsletter Reader Survey
Supplement to the Spring 2004 Issue of the Newsletter

Please return completed survey by July 16 to the Consortium by either faxing it to 203 498-4189 or mailing it to: Marijane Carey, CT Women's Consortium, 205 Whitney Ave., New Haven, CT 06511.

1. Do you read the Newsletter?

All the time Occasionally Never

Additional comment: _____

2. Do you share the Newsletter with others?

Always Occasionally Never

Additional comment: _____

3. What do you find the most helpful and informative?

4. What is the least helpful or informative?

5. Check off topics that are of interest to you. (Check all that apply.)

- Articles describing successful trauma programs
 Information on trauma services targeted to a specific population such as children, minorities and those with physical disabilities
 Information on tools and other trauma related resources
 Information on other programs and services for clients, such as transportation and housing resources
 Legislative information that may affect the provision of trauma services
 Other areas of interest - describe _____

6. Are you interested in writing an article(s) for the Newsletter?

Yes No

If yes, contact Carol Huckaby at 203 498-4184 ext. 25 or by email at chuckaby@womensconsortium.org.

7. Please add any additional comments or suggestions.

Name (optional) _____

Agency: (optional) _____

Thank you.