

## WHAT IS TIC?

"TIC", or Trauma Informed Care, is building trust, establishing safety, and empowerment. It is the recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. This includes a belief in resilience and in the ability of individuals to heal and promote recovery from trauma. Our organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic. Being trauma informed means we recognize that every person's experience is unique and requires an individualized approach."

-Janet Daniels, Trauma Informed Care Coordinator

## MEET OUR NEW THERAPIST

Dori is our newest therapist and works in the Hopper house. The Hopper house serves girls ages 11-18. She has her Masters in Counseling Psychology and has been working in this field since 1993. She previously worked at the Children's Home from 2001 to 2007. Dori is excited to work at NCH because of the trauma informed care movement and to work with likeminded people. She wanted to continue to work with kids in residential treatment in order to help them heal the huge holes in their hearts that were created from their traumatic life experiences. As a therapist, one of the goals is to teach residents how to regulate their emotions without losing control. Dori explains that these kids haven't had an opportunity to learn how to cope/manage with stressors (trauma) that they have experienced and all of NCH staff members are teaching them skills, including being mindful, handling the word "no", and even just learning how to be a friend. In a typical day Dori will lead group therapy sessions, meet with treatment teams, attend trainings & train others, and do one on one sessions with the girls. Dori sees many areas in which the Children's Home has grown including being on the cutting edge of current research that shows "what works best for kids" and no longer doing "things that don't work." Dori shows us that therapy is essential to the kid's treatment because they are learning not just how to get "over" traumas they have faced, but to "work" through it. Dori values the importance of being silly and playful and even says she can identify with the Disney character Dory from "Finding Nemo;" they both are friendly, outgoing, optimistic, but this Dori certainly hopes she has a better memory than Dory the fish does! Pictured next to Dori is a new therapy room.



## CONTACT US!



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Building Brighter Futures

IF YOU WOULD LIKE TO DONATE TO THESE ESSENTIAL SERVICES PLEASE USE THE ENCLOSED RED ENVELOPE.

Nursing and therapy are essential parts of the services we provide to the children here at NCH. We truly appreciate the staff and the part they play in support services. The Children's Home support services help the children feel safe, supported, and ensure their growth.

NORTHWEST CHILDREN'S HOME

Red Heart Campaign 2019

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## KIDS PROFILE - SAM'S STORY

"Upon arrival Sam identified himself as a gang member & sported colors for the gang affiliated with his mother. The pre-teen had never gone fishing, camped or played school sports. He had a poor relationship with the police department & was charged & adjudicated with a felony. At the time he was charged, he was an 11 year-old living at a homeless shelter. Sam did not see himself completing school & idolized gangs. After he had finished his sentence at a juvenile corrections center, Northwest Children's Home provided Sam with a structured safe living environment where he could learn and grow. Sam learned about healthy relationships in his therapy and through staff support. Sam progressed quickly in the accredited education program on campus, and was able to meet an age appropriate grade level. After several months, Sam began leaving the gang colors behind. He went fishing and camping for the first time. He found a love for astrology and art while at NCH. Sam left NCH and became a teenager, he went on to attend public school and found himself with socially healthy friendships and supports which would carry him through to his graduation at Lewiston High School. Sam's success story was partially due to NCH staff's countless hours and ongoing commitment to Sam. It was also a result of Sam choosing to see something better in himself than what he had at admission as well as the ongoing support from our community."



## UPCOMING EVENTS

**DATE WITH YOUR GIRL - MARCH 9TH & THE ANNUAL FUNDRAISER - MAY 10TH**



# Building Brighter Futures Since 1908

## A NOTE FROM OUR BOARD

**Kathy Cone—Board President**

"I invite you to visit our beautiful campus and learn more about the facility and programs. Recent updates to several buildings have been completed, allowing for a safer environment and an improved therapeutic atmosphere. Staff, board, and community members alike helped make this transformation a reality. We'd love to show them to you!"

We are in the business of providing a safe haven to those children who have been affected by abuse or neglect, while providing them the tools to lead a better life. This is an enormous task, but our staff strives to meet the challenge through training and perseverance. The board appreciates the dedication and professionalism that the NCH team demonstrates, and we thank this community for supporting our efforts!"



## WHAT ARE THE KIDS UP TO :

"Since the cold weather of Winter has shown its face, some of our kids have showed more interest in inside activities such as arts and crafts. Some of the kids really enjoyed learning and practicing calligraphy. It has been amazing watching our kids pick up a hobby that they were completely unfamiliar with and consistently improve. Once the Spring weather starts to come around and it begins to heat up, our kids and staff both are excited to go on hikes and garnet hunting trips like we did last year!"

**- Seth Morton, Activities Coordinator**



## STAFF PROFILE

Kenny Robertson has been serving the Children's Home for over 7 years and originally began as our recreation specialist. This means he would plan activities for kids such as bowling, swimming, bug catching, & fishing. His current job role is the Director of Quality Assurance. He oversees the training department and ensures that these trainings translate effectively from the classroom to the floor. He also helps facilitate and manages performance quality improvement plans. This is because we are always bettering ourselves to best serve our kids and to be in a constant state of improvement. Kenny makes an effort to check in with staff & kids every day. He also occasionally teaches and regularly plays basketball with the kids. Kenny is the very first person in the Quality Assurance role created just two years ago. Some accomplishments he has tackled are getting an AED for campus, becoming a "trauma informed champion", and implementing comfort rooms in the houses which have been a HUGE benefit. Kenny describes "the future of the Children's Home as **bright** with the movement of becoming trauma informed, expanding into other locations, and our growing vocational and Triumph programs." When speaking with Kenny you can tell he truly loves working with the kids & staff. Kenny says 'one of his favorite parts is all the amazing food that is made for staff & residents and proudly reports that he is the staff ping pong champion.'

