

Madison State Hospital 711 Green Road Madison, IN 47250 812-265-2611

> <u>MSH</u> <u>MISSION:</u> Mending the Mind

Supporting the Spirit

Healing with Hope

<u>VISION:</u> Safely deliver meaningful, quality, and compassionate, psychiatric care to our patients and their families.



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## The Five Key Components in Implementing and Maintaining a Trauma-Informed Framework

**1. Organizational Assessment-** Conducting an initial organizational assessment helps to create a baseline of competencies and regularly reassess the organization for improvement.

**2. Paradigm Shift-** Practicing in a TIC framework requires a significant paradigm shift away from how "we've always done things" and traditional approaches. It's not a one-time implementation.

**3. Safety-** One of the most important foundational principles of TIC is creating a safe environment for those you serve and all who work at your organization.

**4. Wellness and Self-Care-** The organizational culture needs to be one of overall wellness and self-care, not just of those you serve but all employees and supervisors as well.

**5. Everyone Is Included-** TIC isn't a clinical intervention, it's an approach to every element of your business and involves all staff. If your implementation of TIC involves direct care or clinical staff only, you aren't truly trauma-informed.

https://www.relias.com/resource/5-key-elements-to-trauma-informed-care

## THANK YOU...

THANKS TO EVERYONE FOR THE BEAUTIFUL PLANT, PRAYES AND CONDOLENCES. MY HUSBAND AND I WERE MARRIED FOR 46 YRS, BUT HE HAD BEEN SICK FOR ABOUT THE LAST 5 YRS. I'M SAD, BUT I KNOW HE IS IN A BETTER PLACE. THANKS AGAIN. EVERYONE HAS BEEN SO SWEET AND SUPPORTIVE.

Vickie Sabelhaus



## What is Mindfulness?

Mindfulness is awareness cultivated by paying attention in a sustained and particular way.

Mindfulness is on purpose, in the present moment, and non-judgmental. It is one of many forms of meditation.

Meditating is simply thinking deeply or focusing one's mind for a period of time; to think deeply or carefully about (something).

The value of mindfulness lies in paying attention in a different, larger way, to the actuality of life unfolding moment by moment.

It lies in paying attention to our very being and to the expanded possibilities for **being**, **knowing**, and **doing** within a life that is lived and met in greater awareness.



You're always One Choice away from changing your life.

Program Coordinator 4/ Risk Manager

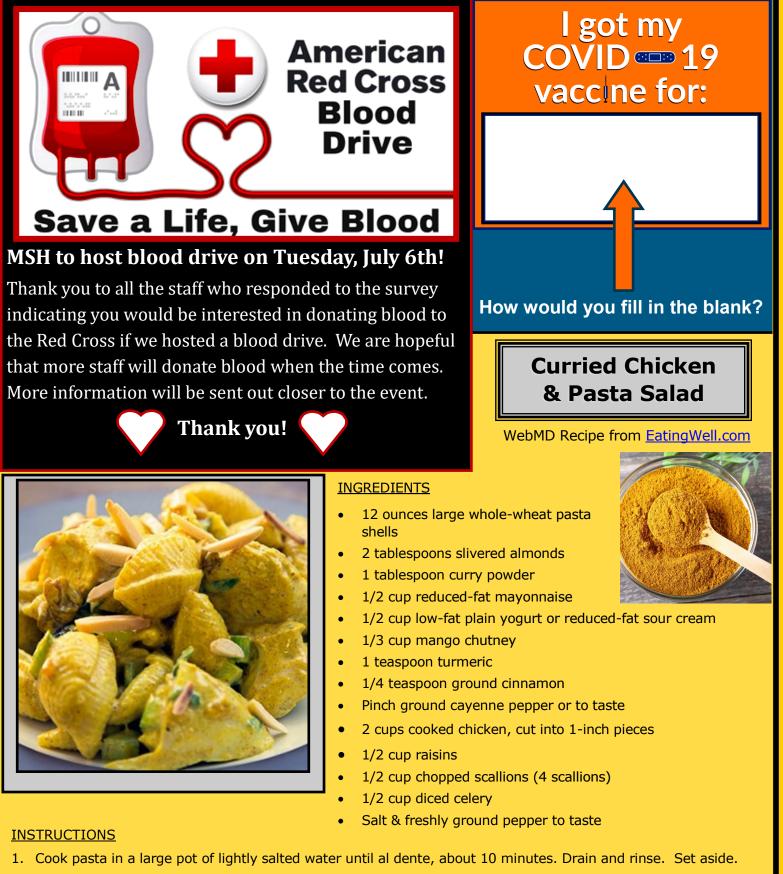
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One

Choice

~Jon Kabat-Zinn



- 2. Toast almonds in a small dry skillet over low heat, stirring constantly, until golden, about 2 minutes. Transfer to a plate to cool. Return the pan to the stovetop and add curry powder. Toast, stirring constantly, over low heat until fragrant, about 30 seconds. Transfer to a small bowl; stir in mayonnaise, yogurt, chutney, turmeric, cinnamon and ground red pepper.
- 3. Combine chicken, raisins, scallions, celery, and pasta in a large bowl. Add the dressing and toss to coat. Taste and adjust seasonings with salt, pepper and ground red pepper. Garnish with the toasted almonds.