



Summer 2010 **VOL 6, Issue 3**
Family Violence Resource Network News

**A periodic newsletter sponsored by the *Walking Together* program
 Samaritan Counseling Center**

You're Invited!
July 21, 2010 9 AM – 4:00 PM
Lancaster Church of the Brethren



In place of our traditional summer FVRN meeting, we will be holding a training with Dr. Lyndra J. Bills for professionals and para-professionals working with people exposed to violence.

Trauma Art Narrative Therapy™ (TANT) is a creative narrative cognitive exposure technique developed by Dr. Bills that provides trauma resolution and is beneficial for:

- -reducing intrusive symptoms from trauma;
- -integrating verbal and nonverbal aspects of traumatic stress exposure;
- -and providing resolution to traumatic experiences.

TANT is designed to help resolve trauma-based symptoms and behaviors in order for traumatized children and adults to move on to the next step in their healing. This workshop will provide the theory and principles of TANT, numerous clinical examples, recent research findings, and an opportunity to experience TANT.



Lyndra J. Bills, MD, a board certified psychiatrist, was one of the co-developers of the Sanctuary™ Model of trauma-informed care. Dr. Bills began using Trauma Art Narrative Therapy™ in 1992 as a way to help individuals process traumatic events. She is associate medical director for Community Care Behavioral Health, Organization Northeast Region.

For more about what it means to provide “trauma informed care, see page 2.

Who should attend?

Therapists, social workers, disaster relief team members, organizational staff working with homeless and other populations exposed to violence, youth/adult detention facility staff.

Registration post marked or faxed by June 30: \$99.00 After July 1: \$110.00. Group discounts available. For more information and to download the brochure & registration form, go to <http://www.scclanc.org/> The training is co-sponsored by PA NASW and approved for up to 7.5 credit hours for Social Workers, Marriage & Family Therapists, and Professional Counselors.

Book Alert!

Many of us know the work of Dr. Sandra Bloom through several speaking engagements she has accepted in the Lancaster area over the past few years, and through her classic book "**Creating Sanctuary: Toward the Evolution of Sane Societies**" which tells the story of the creation of one of the nation's first inpatient programs for the treatment of adults who were abused as children

Her newest book is titled **Destroying Sanctuary: The Crisis in Human Service Delivery** and is in the publication pipeline with Oxford University Press.

The Walking Together program will sponsor a discussion group on the new book this fall. Details should be available in our September newsletter. If you are interested in joining the group, which will meet 1 – 3 times, please email me at LCrockett@scclanc.org.

Dr. Bloom is a Co-Director of the Center for Nonviolence and Social Justice and Associate Professor in the Department of Health Management and Policy at the Drexel University School of Public Health. She is a Board-Certified psychiatrist and renowned author who speaks nationally and internationally about the impact of traumatic experience on individuals, families, organizations, and cultures. Dr. Bloom is a Past-President of the International Society for Traumatic Stress Studies (ISTSS) and in 1998 received the Sarah Haley Award for Clinical Excellence from the ISTSS. For the last five years she has served as the Ombudsman for the ISTSS.

What is Trauma-Informed Care?

Ideally, all survivors of violence would be served by therapists and organizations that have adapted trauma-informed programs. A trauma-informed program utilizes a **biopsychosocial model** rather than the reductionist medical model of psychopathology. Unfortunately, few professionals and agencies have fully embraced a trauma-informed model of care, as it typically requires a significant cultural shift.

Trauma-informed care is described by the **National Mental Health Information Center** in this way:

Trauma-informed programs and services represent the "new generation" of transformed mental health and allied human services organizations and programs who serve people with histories of violence and trauma.

Trauma survivors and consumers in these programs and services are likely to have

histories of physical and sexual abuse and other types of trauma-inducing experiences, and this often leads to mental health and other types of co-occurring disorders such as health problems, substance abuse problems, eating disorders, HIV/AIDS issues, and contact with the criminal justice system.

When a human service program takes the step to become trauma-informed, every part of its organization, management, and service delivery system is assessed and potentially modified to include a basic understanding of how trauma impacts the life of an individual seeking services. Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.

Trauma-Specific Interventions

Trauma-specific interventions are designed specifically to address the consequences of trauma in the individual and to facilitate healing. Treatment programs generally recognize the survivor's need to be respected, informed, connected, and hopeful regarding their own recovery; the interrelation between trauma and symptoms of trauma (e.g. substance abuse, eating disorders, depression, anxiety, etc.); and the need to work in a collaborative way with survivors (and also with family and friends of the survivor) and with other human services agencies in a manner that will empower survivors and consumers.

The National Health Information Center lists several well-known trauma-specific interventions based upon psychosocial educational empowerment principles that have been used extensively in public system settings. Among them is the Sanctuary Model www.sanctuaryweb.com; and Risking Connection www.riskingconnection.org. For the complete list go to <http://mentalhealth.samhsa.gov/nctic/healing.asp#essence>



Deb Francis Werner at the YWCA of Lancaster Sexual Assault Prevention & Counseling Center, will be continuing to provide counseling and advocacy for victims of sexual abuse in the York area as she transitions from her position as director of Counseling Services at SAPCC at the end of June. Deb has fought long and tirelessly on behalf of victims of sexual violence, as well as providing direct counseling services to clients, and supervision to staff. She will be moving into a private practice with another therapist, and is looking forward to seeing many of you at the July 21 Trauma Art training!

Good-bye, Deb! We will miss you.

ONE DAY NATIONAL SNAPSHOT OF DOMESTIC VIOLENCE SERVICES

In one 24-hour period, more than 65,000 victims of domestic violence and their children received life-saving services from local domestic violence programs; domestic violence experts answered more than

23,000 emergency hotline calls; but 9,280 requests for services went unmet, largely due to lack of funding. These are the results of the National Network to End Domestic Violence's (NNEDV's) 24-hour survey of domestic violence programs across the United States. NNEDV released the report on March 8, *International Women's Day*.

For the past four years, NNEDV has conducted a 24-hour survey of domestic violence programs across the county. The latest survey day was September 15, 2009, which saw two women miscarry as a result of domestic violence, seven babies born to mothers living in shelters, and seven children murdered by their fathers in domestic violence homicides.

The report finds that, "For victims of domestic violence, in these difficult economic times, barriers to leaving abusive relationships increase and opportunities to attain economic stability and independence decrease. Domestic violence programs have always worked incredibly hard to provide safety and resources for victims, but the economic recession has made it harder to do that work."

Source: Family Violence Prevention Fund's Speaking Up Volume 16, Issue 4

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Child Sexual Abuse and the Church's Response

A few months ago, Ireland – a deeply Catholic country - was badly shaken by a government-backed report that found the Archdiocese of Dublin and other Catholic Church authorities in Ireland covered up child abuse by priests from 1975 to 2004. Child sexual abuse was widespread then, the report found.

In a pastoral letter to Irish Catholics, Pope Benedict XVI acknowledged the sense of betrayal in the Church felt by victims and their families. The Pope said there had been "serious mistakes" among bishops in responding to allegations of pedophilia. The pastoral letter is the first statement of its kind by the Vatican on the sexual abuse of children. Although the letter was focused on the abuse in Ireland, the church has been rocked with child sexual abuse allegations and cover-ups by those in charge in the United States and other countries as well.

Certainly, the sexual abuse of children by religious leaders is not limited to the Catholic Church. The Rev. Dr. Marie Fortune, founder of the FaithTrust Institute (Seattle) wrote an open letter to the Pope regarding the sexual abuse scandal in Ireland. Her advice well serves churches of any denomination in which sexual abuse has occurred. Following is an excerpt from Rev. Fortune's March 10, 2010 column, "**Dear Pope: Call Me**"

1. **Words are important but actions are the real test.** Anyone who knew and did nothing or knew and covered it up should no longer be in a position of authority in the church. Holding individual bishops and administrators accountable would speak volumes.
2. **Stop expecting any sympathy** from the flock; you don't deserve it.
3. **Stop being defensive and complaining that the media coverage** is a "pretext for attacking the Church." You created this problem by not responding to disclosures of abuse and by trying to hide them instead of dealing with them.
4. **Stop empathizing with Bishops who hid the abuse of children** because they wanted to protect the church's reputation. They sacrificed thousands of children and set in motion an institutional failure that now threatens the future of the church.
5. **Come clean and own up to the system's failures** and tell us what you are doing to fix it. **Remember: repentance, according to Ezekiel, means to "get a new mind and a new heart."**
6. **Don't ever use the Gospel passage about the woman caught in adultery** when Jesus said that anyone without sin should cast the first stone to discuss any of this. Instead check out Luke

17:1-2: "Occasions for stumbling are bound to come, but woe to anyone by whom they come. It would be better for you if a millstone were hung around your neck and you were thrown in the sea than for you to cause one of these little ones to stumble." **Jesus was serious about accountability; you should be too.**

7. **Stop pretending to "protect" the institutional church by hiding from victims and survivors. Your first job is pastoral and they are your flock.** All they are seeking is justice and healing, and they have a right to expect both from their church. In fact, defensive, lawyer-driven responses have placed the institutional church in great jeopardy. You have compromised the integrity of the church and caused many to question their faith.

www.faithtrustinstitute.org

The Safe Church program at Samaritan Counseling Center offers education, training, and consultation to clergy, congregations, and judicatories.

Our churches are to be holy places of sanctuary where people of all ages can gather for worship, study and service with assurance they are safe and secure in the community of faith. Yet child sexual abuse and domestic violence are tragic realities in our communities, and our congregations are not exceptions to the alarming statistics: One in four girls, and one in six boys, is sexually abused before the age of 18. One in three women is impacted by domestic violence during her lifetime. Churches behave as relatively trusting organizations, and too often fail to take steps to reduce risk, prevent abuse, and learn how to respond appropriately when it occurs. When both victim and offender are congregants, churches struggle with the tension between extending hospitality to all who desire to be part of the fellowship while protecting vulnerable children and adults.

- [Developing Safe Church Policies, Guidelines and Practices to Reduce Risk](#)
- [Recognizing and Responding to Domestic Violence in the Congregation](#)
- [Recognizing, Responding, and Reporting Child Abuse in the Congregation](#)
- [Preventing Child Sexual Abuse: Empowering Adults and Children through Education](#)
- [Pastoral Care of Victims and Offenders](#)
- [Integrating a Convicted Sexual Offender into the Congregation: Best Practices](#)
- [Broken Boundaries: Congregations Healing in the Aftermath of Sexual Abuse or Other Trauma](#)

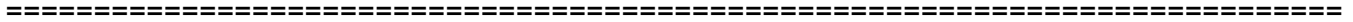
For more information on these services, contact Linda Crockett at 717-625 1722 or at LCrockett@scclanc.org

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

The next FVRN meeting will be sponsored by Domestic Violence Services of Lancaster County on Wednesday October 20, 2010. We will meet at First United Methodist Church at 29 E. Walnut St., Lancaster

**REFRESHMENTS: 9:30 AM
MEETING: 10:00 AM – Noon**

Stay tuned for more details in our next newsletter!



ABOUT THE FAMILY VIOLENCE RESOURCE NETWORK

The FVRN meets 4 times a year, the 3rd Wednesday of January, April, July and October, at 9:30 AM.

If you are interested in connecting with others who are concerned with family violence in Lancaster County, plan to attend these meetings! Great opportunities for learning, networking, and discussing prevention and assistance strategies in a cross-disciplinary forum that includes religious, medical, agency, mental health, survivor, advocate and community volunteer perspectives.

To be removed from this mailing list, email LCrockett@scclanc.org