

# EXPRESSIONS

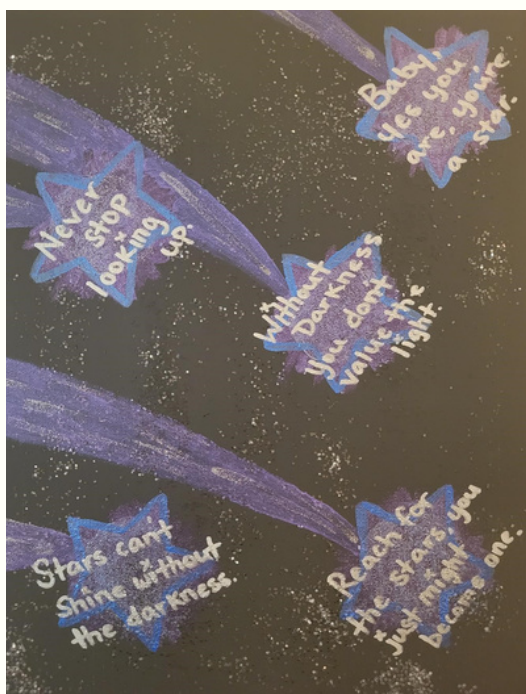
## Maumee Valley Guidance Center Newsletter

### Beyond Trauma Group

Our Beyond Trauma group is an aftercare group following Seeking Safety for Women. Beyond Trauma is an integrated approach and evidence-based trauma treatment for women who have experienced trauma in their lives. The curriculum is a strengths-based approach that seeks to empower women. The curriculum utilizes psychoeducational and cognitive-behavioral therapy (CBT) techniques, to increase their sense of self, and assist the women's ability to identify their strengths they have as well as to increase the skills required for healing.

The group utilizes art for self-exploration, trauma and emotional processing, and building healthy social skills. The picture to the right is just one of the art projects created by the Beyond Trauma group.

*(Beyond Trauma continued on page 2)*



### IN THIS ISSUE

#### BEYOND TRAUMA GROUP UTILIZES ART

#### CLIENT SATISFACTION SURVEY RESULTS

#### EMDR SUCCESSES: WORDS FROM OUR CLIENTS

#### STAFF ANNIVERSARIES

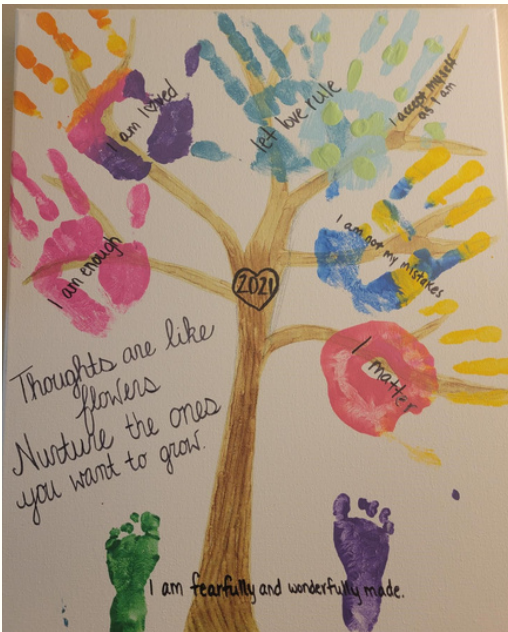
#### HEALTHY IDEAS PREVENTION PROGRAM

#### 988 TO BECOME ACTIVE ON JULY 16, 2022



**Maumee Valley Guidance Center**  
1-800-569-3980  
[maumeevalleyguidancecenter.org](http://maumeevalleyguidancecenter.org)

Service locations:  
Defiance: 211 Biede Avenue  
Bryan: 910 E. Maple Street  
Napoleon: 1325 Woodlawn Avenue  
Wauseon: 222 Depot Street



### *Beyond Trauma (continued)*

The goal of the treatment is to help women establish a sense of safety internally and externally. Various topics are covered such as boundaries, healthy relationships, self-compassion, core beliefs, and relapse prevention. For more information on our Beyond Trauma group, or any treatment services offered at Maumee Valley Guidance Center, contact Dawn Miller, Clinical Director, at 419-782-8856.

## Client Satisfaction Survey Results

Each year, Maumee Valley Guidance Center seeks feedback from our clients on the satisfaction of our services. Our most recent satisfaction surveys showed that 99% of clients felt their provider treats them with respect and listens, 99% said their provider is culturally aware and sensitive, 98% reported that office staff are pleasant, and 96% said they are satisfied with their treatment at Maumee Valley Guidance Center. Clients are also able to provide comments on their satisfaction surveys. Here are some of those client comments:

- "The staff are wonderful. I have recommended this office to more than one person."
- "They make me feel cared for even when I feel like no one cares."
- "Everyone is super nice and helpful. This is the first time I've had a therapist who isn't judgmental and is easy to be honest with."
- "Overall a great place."
- "Happy to be with you. People are very respectful to me every time."
- "Great service, great advice, great everything."
- "I'm confident and happy with the service here. It's the longest I stuck with treatment."
- "Best service I have been too."
- "I think MVGC is doing an awesome job."

**"Mental health...is not a destination,  
but a process. It's about how you  
drive not where you're going."**

**- Noam Shpancer, PhD**

## EMDR Successes: Words from our Clients

The clinical staff at Maumee Valley Guidance Center have been providing EMDR treatment to clients in the area since taking part in an intensive training program. EMDR is evidence-based for trauma, anxiety, and depression. It can also help with adjustment issues, grief and loss, and unexpected life events. EMDR can help clients find a more positive way at looking at a negative event or negative image of themselves. It does not erase memories, but rather lessens the intensity of feelings toward those negative events. Here's what our clients have to say:

- *"I wouldn't go to therapy before because it wasn't working. All my progress is due to the EMDR. I now can see the light at end of tunnel. I will get through this. I am a good person. I have value."*
- *"It was like cleaning out the gutters" of their mind/trauma.*
- *"I remember my trauma, but now it feels like it is so far in the past and it no longer impacts my daily life"*
- *"I have not made future goals/plan because I did not think I could feel differently about my trauma. This is literally the first time, (in this session) that if I could be presented with Heroin and a needle, I would not grab it right up."*
- *A client with a history of sexual abuse processed their reporting experience and next session came back and stated, "It is just a memory now, it doesn't trigger me to think about it."*

**For more information on EMDR, contact Dawn Miller, Clinical Director, at 419-782-8856**

## STAFF ANNIVERSARIES

### May:

Kali Leatherman (1)  
Natalie Gibson (3)  
BJ Horner (4)  
Linda Pavel (5)  
Katie Shaffer (6)  
Craig Parliment (9)

### June:

Megan Kreischer (2)  
Karen VonDeylen (4)  
Terri Shaffer (4)

### July:

Caleb Shanks (2)  
Chelsea Moreno (3)  
Chelsea Bunnell (4)  
Teresa Eaton (4)  
Misty Gomez (5)  
Dawn Miller (14)  
Jim Wilson (14)  
Dave Brown (18)  
Leslie Taylor (37)

### August:

Chase Shinnars (2)  
Chris Spangler (2)

### September:

McKinzie Leu (1)  
Jenny Hoeffel (10)  
Lauri Whiteford (10)

### October:

Eva Valle (29)



## Healthy IDEAS Prevention Program

Did you know that May is Older American Month? On May 4th, Henry County Senior Center hosted the annual Spring Into Health Fair. Karen VonDeylen, Prevention Manager from Maumee Valley Guidance Center, was a speaker for the event, providing information on mental health and older adults. Maumee Valley Guidance Center also provided a booth with mental health resources and information for older adults, as well as offered the Senior Depression Screening as part of the Healthy IDEAS program. Healthy IDEAS (Identifying Depression and Empowering Activities for Seniors) is an evidence-based prevention program designed to detect depression and reduce the severity of depressive symptoms among older adults.



The program provides up to 6 at-home behavioral activation visits to help empower older adults to manage their depressive symptoms by engaging in meaningful, positive activities. Maumee Valley Guidance Center also provides presentations on senior depression as part of the program. Healthy IDEAS is free to participants and funded by the Four County ADAMhs Board.

*McKinzie Leu, Prevention Specialist-RA, providing information, resources, and depression screens at the Henry County Spring Into Health fair*

## 988 to Become Active on July 16, 2022

The Federal Communications Commission adopted rules to expand access to the National Suicide Prevention Lifeline by establishing the ability to call or text 988 to directly reach the Lifeline to better support people and communities in crisis. The transition will result in phone service providers and covered text providers directing all 988 calls and texts to the existing National Suicide Prevention Lifeline by July 16, 2022. This means that someone can simply dial 988, or send a text to 988, and get connected to the National Suicide Prevention Lifeline. The current number, 1-800-273-8255, will remain active.

Sources:

<https://www.samhsa.gov/find-help/988>

<https://www.fcc.gov/sites/default/files/988-fact-sheet.pdf>

