

ANCORA'S CORNER

ANCORA PSYCHIATRIC HOSPITAL TRAUMA INFORMED CARE COMMITTEE

ABOUT THE ANCORA LOGO:

Ancora's Trauma Informed Care (TIC) Committee has developed a TIC Logo to highlight our mission and values: a sun pushing away the clouds, with the rays of the sun highlighting what Trauma Informed Care means here at Ancora:

Kind Choice Compassion Caring Hope Accepted Empowered Welcoming Safe.

These **values** align with both our hospital treatment philosophy and with the DMHAS Trauma Principles. The **mission** of Ancora's TIC committee is to promote a therapeutic community that is trauma-informed by recognizing the widespread prevalence of trauma among all individuals, identifying signs and symptoms of trauma, and responding through the development and implementation of policies and procedures to further a system of physical and psychological safety.

Ancora will be highlighting this TIC Logo at our annual Open House which will be held on Thursday, October 15th from 12:30pm-3:00pm in our Ivy Gymnasium. This year's Open House theme is "Share our World."

WHAT WE SAY MATTERS: AN ARTICLE

Language offers clues about what we think about ourselves and others. It therefore impacts how we behave toward others. Imagine you hire a personal trainer to lose some weight. Your trainer makes a diet and exercise plan, and the next week, asks: "Have you been compliant with the plan?" I might wonder, "Where does this guy get off?" I'd find a new trainer. The problem is not that your trainer asked about the plan, but it is that word: compliant. The dictionary defines compliant as "obeying, obliging, or yielding, especially in a submissive way." The moment we talk about compliance in relation to an individual's treatment, it becomes more about the staff's treatment plan rather than the service recipient's. It also oversimplifies the situation, places blame on the individual, and ultimately hinders recovery. Instead, simply report on the actual behavior that occurred (that the person stopped taking his medications, did not follow-up with his outpatient plan, etc.), work to understand the person's position, and determine alternative approaches.

Language is both reflective of culture, and it influences culture. At Ancora, we are continually striving for a culture of collaboration and person-centered, recovery-oriented care. Therefore, consider the use of these other words in your documentation and conversations: a Borderline, a Schizophrenic, a frequent-flyer, manipulative, attention-seeking, needy, resistant, tying someone up, these people, case management, or placement. It's time to start thinking and talking about the language of our therapeutic community. Keep in mind: "The humanity we all share is more important than the mental illness we may not."

Ivy Grace Durant, Psy.D. and Dana Susino, Psy.D. On behalf of the Ancora Trauma-Informed Care Committee