



Expressions

Maumee Valley Guidance Center

Connie Planson, President & CEO

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MVGC Offers New Evidence-Based Program

About Seeking Safety

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of clients.

Highly flexible across a broad range of clients

The model is highly flexible. It can be conducted in group or individual format; for men and women; adults or adolescents; any type of trauma, any type of substance. Clients do not have to meet formal criteria for PTSD or substance abuse-- it is often used as a general model to teach coping skills. Seeking Safety has been successfully implemented for many years across vulnerable populations including homeless, criminal justice, domestic violence, severely mentally ill, veterans and military, and others.

25 topics, each a safe coping skill

Seeking Safety offers 25 topics: *Introduction/Case Management, Safety, PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources, Compassion, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking, Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding), Life Choices, and Termination.*

The key principles of Seeking Safety

- 1) Safety as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions).
- 2) Integrated treatment (working on both trauma and substance abuse at the same time)
- 3) A focus on ideals to counteract the loss of ideals in both trauma and substance abuse
- 4) Four content areas: cognitive, behavioral, interpersonal, case management

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Board of Directors:

Jon Rupp
Mick Pocratsky
Kyle Weber
Glenn Miller
Lewis Hilkert
Jamie Gerken
Michael Shaffer
Denny Shannon
Mandi Johnson

Maumee Valley Guidance Center has new Provider

Veronica Baker began her practice in healthcare in 1989. She obtained her first two nursing degrees and her first advanced practice graduate degree from Kent State University. She went on to obtain an additional advanced practice graduate degree from Ursuline College in Cleveland. She graduated Magna Cum Laude at Kent State and Ursuline and was invited into the Golden Key International Honor Society. She went on to receive the Cambridge Who's Who in the workplace as a Nursing Director. She has also been recognized and awarded conference scholarships by both the Ohio Nurses Association and Sigma Theta Tau International Nursing Society, Delta Xi chapter.

Baker is a Board Certified Adult Clinical Nurse Specialist and Board-Certified Family Nurse Practitioner. She has an additional board certification in geriatrics and was a Certified Director of Nursing Administrator. She is a member of the Ohio Nurses Association, Ohio Association of Advanced Practice Nurses, the American Psychiatric Nurses Association and Sigma Theta Tau International Nursing Society.

Baker's practice specializes in psychiatry, family practice, long-term care, telemedicine and holistic nursing care. She is currently accepting new patients at our Defiance office. Veronica Baker treats ages youth through adulthood.



Clubhouse

Clubhouse is a beneficial and greatly appreciated program designed to support the clients' desires and goals to remain in their natural community environment. Many of the clients that Maumee Valley Guidance Center serves live with a variety of mental illnesses (depression, mood disorders, anxiety and panic disorders, trauma/stress related issues) that restrict them from being socially active in the community and engaging in meaningful activities. Clubhouse allows these clients to come together in a supportive environment with supervision from clinical staff to travel to surrounding communities, to partake in new activities/events, and to enjoy simple pleasures that others may take for granted. Some examples of these various activities that our clients have enjoyed include going to the YMCA, the library, The Toledo Art Museum, Sauder Village, Spangler Candy Company tour, bowling, and area thrift/bargain stores. Clubhouse is a four hour program that is typically ran four days out of the week. With the help of the Four County Drug Alcohol and Mental Health Service Board, Maumee Valley Guidance Center was able to purchase a new 15 passenger van to assist in transporting our clients to the various activities. Maumee Valley Guidance Center and the participants of the Clubhouse program are very thankful for the generosity of the ADAMHs Board.



Bethany Shirkey, MVGC, and Les McCaslin, ADAMHs Board

Staff Anniversaries

January

Mattea Gilbert

March

Crystal Joyner
Michelle Kistner
Jennifer Napier

May

Craig Parliment Frank Bailey
Holle Parks Katherine Knoderer
Anne Mallett
Shelly Ackley

February

Jeannie Wagner
Sherri Ward
Megan Relyea

April

Kendra Torbet
Laura VanderHorst
Shelly Wendi

June

Bethany Shirkey
Sara Stevens



Feeling gratitude and not expressing it is like wrapping a present and not giving it.

-William Arthur Ward

Maumee Valley Guidance Center has new Board Members—

Jamie Gerken—

Jamie Gerken is a resident of Defiance County, Ohio. Jamie received a Bachelor of Science in Nursing from The Ohio State University and a Master's in Public Health degree through the Northwest Ohio Consortium for Public Health, which offers the degree as a joint effort through University of Toledo and Bowling Green State University. Jamie has worked for Defiance County Public Health for 14 years. Jamie started at Defiance County Public Health as a public health nurse. She also occupied the role of public health planning and promotion coordinator before recently being appointed as Health Commissioner for Defiance County Public Health.

Jamie and her husband Brandon and their three children live just outside of Defiance. Jamie has a passion for helping the community and enjoys assisting the community in any capacity she is able.

Mick Pocratsky—

Mick Pocratsky was elected Defiance County Commissioner for the term commencing January 2, 2017. Mr. Pocratsky graduated from Hicksville High School and also Defiance College with a degree in Criminal Justice. Prior to becoming Commissioner, Mick worked for Defiance County Juvenile Probation for 27 years, serving as Chief for five years. He also served on Hicksville Village Council for 20 years, holding the President seat for two years, and also served on the Parks Board for six years.

Mick and his wife, Pam, are members of Gateway Chapel Church and reside in Hicksville. They have two adult children, Matthew and Toni, and one grandson, Elijah.

Jon Rupp—

Commissioner Rupp is a 1978 graduate of Fayette High School. He is a lifelong farmer in Franklin Township, and has served 27 years as a Franklin Township Trustee. Rupp owns RJR & Associates, Inc. (Livestock Equipment Sales and Service). Jon serves on the Board of Directors for the Fulton County Health Center and is a member of Gideon International and St. John's Christian Church.

He and his wife Deb have two children, Tiffany (Ben) Johnston and Tyler (Traci) Rupp, and four grandchildren.

Kyle Weber—

Kyle Weber has 8 years of banking experience and is currently working at Farm Credit Mid-America as a loan officer. He also serves as president for the local Junior Achievement board and treasurer for the Defiance Optimist Club. Kyle has a bachelor's degree in Finance from Hillsdale College and an MBA from Bowling Green State University.

He resides in Defiance County with his wife Danielle Weber and 8 month old son Graham Weber. In his free time he enjoys going to the lake, working on rental properties, and helping on the family farm.

Donations

Truist
Drug Free Workplace

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

Maumee Valley Guidance Center

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www.maumeevalleyguidancecenter.org

Enhancing the Quality of Life for
Those We Serve



Mission Statement

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



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