

Tsapowum Chehalis Tribal Behavioral Health 2014

To empower the community in achieving healthy lifestyle and relationships free from alcohol and illegal drugs.

Our Mental Health Services providers are Sheryl Spahr, LMHC and Barb Sanders, LMHC. In our Mental Health Program we have expanded services to include Counseling Services At:

Oakville School District
Rochester School District
Chehalis Tribal Head Start
After-School Program

Both Barb and Sheryl participated in a Trauma Competency Conference in December which covered Trauma, PTSD, Grief and Loss and evidenced-based trauma treatments and interventions. It also included Behavioral Health Crisis Response Interventions which will assist our counselors in serving the community in times of need. In the past year we have responded to several crisis situations to support community and staff members. Additionally, a new grant was obtained through the state called Mental Health Promotions, under which both Barb and Sheryl will go through EMDR, which stands for Eye Movement Desensitization and Reprocessing, a well-regarded form of trauma therapy, chosen from among the programs the grant was able to fund.

Our Chemical Dependency Provider is Cris Franklin, CDPT. They have both participated in Historical Trauma Workshops, Dialectical Behavior Therapy and Behavioral Health System Data Entry, for implementation of the RPMS system, which the Wellness Center also uses. There have been youth participants also, who have group once a week in addition to individual counseling. The normal services include assessments, case management, referrals and group and individual counseling. Our other services to include: Alcohol Drug Information School (ADIS)

Our Prevention Specialist, Madelyn Dethlefs, participated in further Strengthening Families program training. She is undertaking the task of setting up another Strengthening Families program to occur in 2014. During the summer months she spends time at the Youth Center participating in activities with the youth and going on the field trips. Madelyn attended several trainings including the Substance Abuse Prevention Skills Training (SAPST): Building Our Behavioral Health Workforce.

Our Domestic Violence Advocate is Bridgette Brittain and the most recent grant includes provisions for providing safety in Youth/Dating violence prevention, SANE training to allow for victims to be seen at the Wellness Center. A long range part of the grant includes transitional housing in year three. She also remains involved in the following services:

Emergency shelter
24/7 Crisis hotline
Protection orders both temporary and permanent
Court advocacy Tribal and state
Transportation to court related appointments
Sexual assault services
Intervention
Personal care
Referrals to Chemical Dependency and Mental Health

Our other provider in Domestic Violence is Randy Kempf, MA, LMHC who leads our state certified domestic violence perpetrators program. Domestic Violence is a learned way of life. Therefore, treatment for perpetrators is about making a life change. Participants learn to be accountable for their behavior and learn coping skills and concepts that serve as an alternative to violence and a destructive lifestyle. The goal is long-term safety for victims which is best accomplished by having a safe home. The program was successful in obtaining a Federal grant and is open to not only Chehalis Tribal members, but those in the jail and from the surrounding community – space allowing. Therefore, services are provided for those who have offended both on and off of the Chehalis Reservation. In addition to assisting in crisis situations and evaluations where he is needed, Randy provides the following services.

DV Assessments
Anger Management Assessments
Life Skills Assessments
Weekly Classes
Men's and Women's Groups

Our Offender Re-Entry program has begun at the Tribal Jail, incorporating initial screens at intake, Chemical Dependency Groups, Parenting, Vocational Rehabilitation, Culture, evaluations and placement in Inpatient Chemical Dependency treatment centers, aftercare planning, collaboration with the Wellness Center and the prescribing psychiatrist, under contract to Behavioral Health, and thus works with clients from the MH and CD programs.

All of the staff participated in several events throughout the year, including activities we sponsored, participated in or partnered with other departments. There were several workshops for youth and their families with RezHeadz Entertainment and Vaughn EagleBear. All of the staff members assisted in the following also:

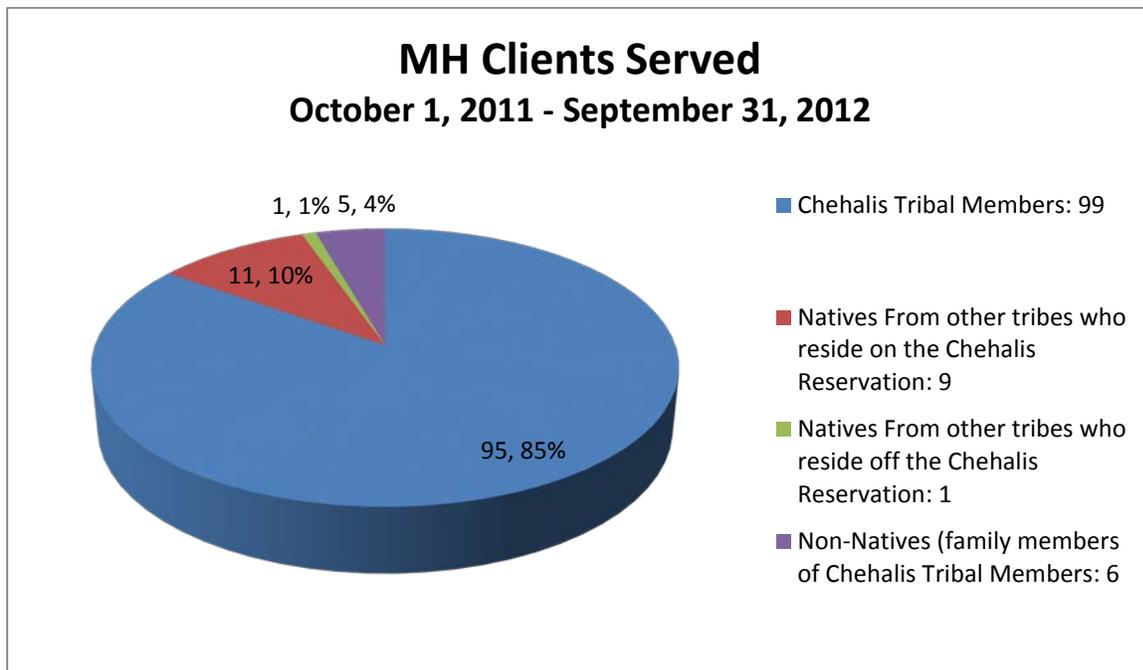
Strengthening Families

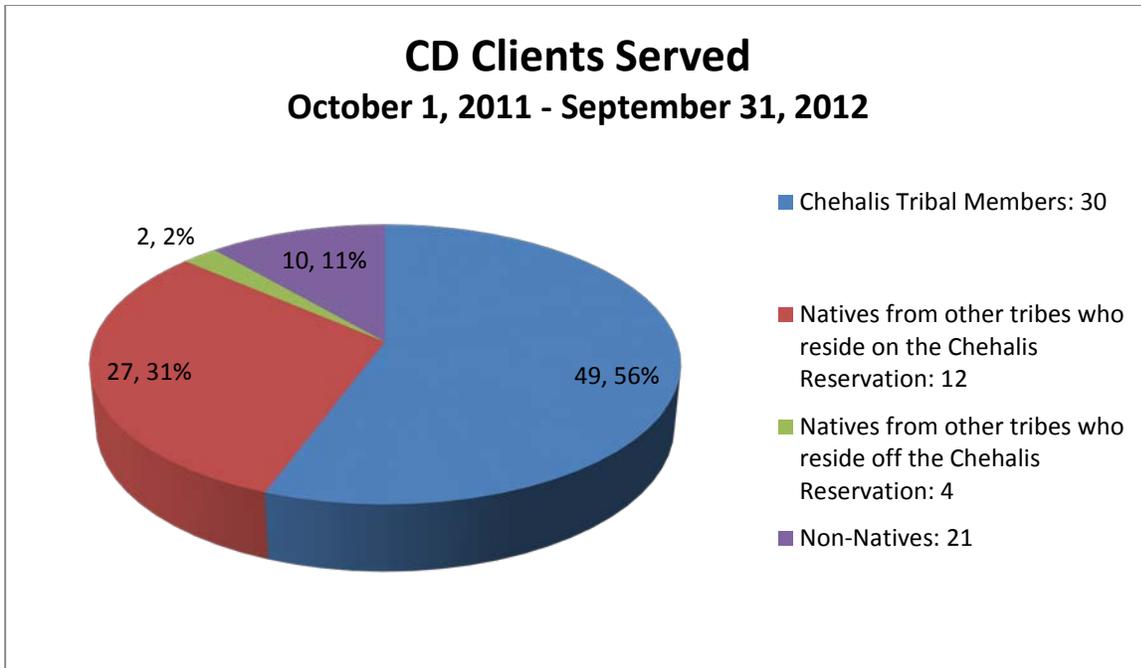
A 7-Week Strengthening Families was implemented with staff from other departments – there was a postponement after starting due to many community losses.

3rd Annual Suicide Prevention Walk

The suicide prevention walks, were well-attended and supported by the community, included a meal and several speakers from within the community, who have been deeply affected. At the 3rd Annual Walk Jason “Smoke” Nichols and his wife Mimi were our speakers, whose personal story was moving and relevant. They had many powerful messages about reaching out for help, assisting other, including: “When things are going wrong, don’t go with it.” Also, that we live in a world that tells us more about our limitations than our possibilities, therefore look towards the possibilities, ignoring the negative influences coming our way.

As with all of our programs Tribal Members are prioritized for services and in Mental Health and Chemical Dependency and we have increased Tribal members served:





Along with planning we were successful in obtaining two grants, in addition to the state's Mental Health Promotions grant.

Sharon Hall is the Administrative Assistant/Biller, who many will know from her previous duties as the Business Committee Administrative Assistant. We feel very fortunate that she decided to join us at Tsapowum.

The Director is Charlene Abrahamson who provides the overall management of Tsapowum, Chehalis Tribal Behavioral Health Department. She ensures program requirements are met and in line with our mission and goals. This involves evaluating operations and activities, modifying this when necessary and implementing evidence-based practices. Budget goals and directives set by Business Committee have all been met and a very sustainable program has evolved in the past several years. There are also partnerships with other departments and state and federal entities. This can include advocating for regulatory and funding changes beneficial to the program. In addition to training relevant to the field, Charlene participated in the Community Emergency Response Team training.

In 2014/2015 we are planning to implement our Electronic Health Records (EHR) system, similar to what the Wellness Center now operates, increase partnerships and services with other departments and we continue to work on CARF Accreditation, in addition to our licensing with the state.