



APRIL 2019

Foundations Counseling Center celebrates 15 years of commitment to our mission: *Helping to create emotionally strong, healthy individuals and families.*

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FOUNDATIONS: PAST AND PRESENT

As Foundations Counseling Center heads into our 15th year providing mental health services, it is a good time to look back at where we started and where we are now.

Cristie Harbour, MS and I opened Foundations Counseling Center in 2004 after we both saw a need for non- traditional mental health services outside the office setting. Many of the clients we were working with could not get mental health appointments at outpatient clinics in the area for 6-12 months. During this time, symptoms would worsen and some of our clients would unfortunately be hospitalized. We also saw additional mental health barriers for clients with Medical Assistance and underserved populations. Cristie and I wanted to provide accessible, preventative, effective mental health services to all clients in a real time, home- based setting. We started providing these services through the Intensive In-Home Program for Children with Medical Assistance. In- Home Therapy allowed us to see the person in their environment where they were often most comfortable and it allowed work to be done with the entire family. It was also beneficial for clients who did not have reliable transportation, lived in rural areas with limited access to mental health services and resources or had medical issues that prevented them from receiving services in an office setting. During this time, we encountered obstacles with many insurance companies who were not willing to cover these services, but our commitment to providing these services continued. By tracking

outcome measures of our clients, we were able to demonstrate that CAFAS (Child and Adolescent Functional Assessment Scale) severity scales decreased for 98% of our clients, they were able to get preventative help sooner, and 99% of the children we worked with were able to stay in the home setting without further out of home placements or hospitalizations. As the need for this type of non- traditional mental health service continued to grow, our in-home service and service areas also expanded. Eventually, more and more funding sources were willing to cover our services after seeing the preventative mental health benefit to clients and the financial benefit of this service which significantly lowered out of home placement and hospitalization costs.

In 2011, I continued on as Owner/Director after Cristie had the opportunity to move to sunny Florida. Since 2011, Foundations' services have expanded to meet the in-home mental health needs of seniors, clients with disabilities, clients with therapeutic mentoring needs, group therapy, and the addition of many evidenced based psychotherapy models. We have expanded our service areas and added CCS funding for In-Home Psychotherapy and Psychoeducation.

FCC has continued our commitment to providing evidenced based treatment models like Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and reprocessing (EMDR), Child Parent Psychotherapy (CPP), and Infant Mental Health Services (IMH) for the Birth to 5 population. A number of our staff have also been trained in the Zero Suicide Prevention model. Foundations also offers parenting support with many of our therapists trained in Love and Logic and The Nurtured Heart Approach. In addition to these evidenced based practices, we also incorporate mindfulness meditation, deep breathing, journaling, Trauma Informed Yoga and many other researched and effective alternative therapies.

In 2018, Foundations opened state certified branch offices in Lodi and Beaver Dam. This gave clients and staff additional, accessible and confidential spaces within the counties we serve to provide treatment and group therapy in conjunction with therapy provided in the client's home.

Over the last year, we updated all our treatment forms to be more trauma informed, LGBTQIA+ and culturally sensitive. Our therapists focus on the specific needs of each client. Treatment goals are client centered, strength based, and recovery oriented. Foundations Counseling Center therapists strive to develop cultural humility and inclusivity for all our clients. We are an LGBTQIA+ Friendly agency and have also been trained as a Dementia Friendly Agency. Our therapists are incorporating the ACE (Adverse Childhood Experience Questionnaire) and the PHQ-9 (Patient Health Questionnaire) screening tools into our assessments with adults along with the Columbia-Suicide severity rating scale (C-SSRS) and QPR for all clients who score high for suicidal ideation. A Safety Plan is also developed for these clients. For children, we are utilizing the TSSCA (The University of Minnesota's Traumatic Stress Screen for Children and Adolescents). We hope these assessment tools and therapeutic approaches will further our trauma informed practices and continue to provide the best mental health services to our clients. Our reputation for providing effective mental health services is a credit to all our outstanding therapists and the work they do each day in the communities we serve.

Alisa Kelly-Martina, LCSW

Director



INFANT AND EARLY CHILDHOOD MENTAL HEALTH

Foundations Counseling Center is now Serving Mental Health needs of Infants and Young Children (Birth to 5) and Their Families

Foundations Therapists Stephani Storkson, LMFT and Kelly Jo Duprey, MA, LPC are currently enrolled in the University of Wisconsin Department of Psychiatry Infant, Early Childhood and Family Mental Health Capstone Certificate Program. The Capstone Program is a one-year intensive academic program designed to give therapists an “enhanced understanding of parent, infant and early childhood mental health and new skills to support the social and emotional development and well-being of young children in the context of their family/caregiver relationships.” After completing the Capstone program, therapists will have gained knowledge and competencies to assist them in pursuing endorsement as Infant Mental Health Provider through the Wisconsin Alliance for Infant Mental Health (WI-AIMH).

“In recent years there has been an increased recognition of significant mental health disturbances in infants and young children. These include mood and anxiety disorders and disorders of feeding, sleep, sensory, attention and behavior regulation. Results of studies suggest prevalence rates of mental health problems in children ages birth through five range from 16 to 21% (Egger & Angold, 2006; Lavigne et al., 1996) and that there are growing numbers of preschoolers who are being expelled from child care settings each year because of serious aggressive behaviors (Gilliam, 2005; Irwin-Vitela, 2010).” (<http://infantfamilymentalhealth.psychiatry.wisc.edu>)

Early Intervention is key, as Mental Health problems identified in Infancy and Early Childhood can be treated before they become more serious disorders or life-long disabilities.

TRAUMA INFORMED YOGA

A number of Foundations Counseling Center’s therapists recently took part in a two part trauma informed Yoga training given by Nikki Cook, MSED- Counseling, 500 RYT, 200 E-RYT and Julia Smith, LMFT, CYT-500

Evidence-Based Research of Trauma-Informed Yoga Practices and Yoga Nidra (guided sleep mediation) have both been found to be beneficial for clients experiencing, PTSD symptoms, depression and anxiety. A three- year National Institute of Health –funded yoga and trauma study conducted at the Trauma Center at Justice Resource Institute in Brookline Massachusetts (Bessel van der Kolk principal investigator), with women who had treatment-resistant complex PTSD, revealed that participation in trauma-informed gentle yoga leads to a significant reduction (over 30 percent) in symptoms of post-traumatic stress. By the end of the study (after only 10 weeks of yoga) several women in the yoga group no longer met diagnostic criteria for PTSD.

Other studies show yoga regulates heart rate variability (HRV). HRV measures the balance between the SNS and the PNS and is a measurement of vagal tone. A high level of HRV indicates good vagal tone. When the nervous system is balanced we have reasonable control over our responses to

frustrations, disappointments, impulses and emotions. When we stay calm we can choose how to respond. Individuals with poorly regulated nervous systems are easily thrown off balance mentally and physically. Trauma survivors are unusually low HRV (poor vagal tone) which could explain why they are very reactive to minor stressors and prone to develop a variety of physical illnesses.

Yoga's ability to touch us on every level if our being-physical, mental and emotional, and spiritual- makes it a powerful and effective means for trauma victims to reinhabit their bodies safely, calm their minds, experience emotions, and begin to feel a sense if strength and control.

Most experts agree that trauma's effects live in the body-and that is why yoga works. Talk therapy and medication are beneficial, but can only do so much. Talking about trauma brings out the events, the memories, however, it cannot undo the effects of what happened, what manifest in the body.

According to van der Kolk, trauma is not the story about the trauma, it is not the event itself. Trauma is the "residue of imprints" (samskaras) that gets left behind in our neurophysiology (our sensory and hormonal systems). Trauma survivors are often fearful and/or unaware of the sensations in their own bodies, so it is imperative that they get some sort of body-based therapy to feel safe again.

Nikki Cook, MEd- Counseling, 500 RYT, 200 E-RYT

References: The Body Keeps the Score, Bessel van der Kolk, MD



Julia Smith, CYT-500 trains FCC staff on Trauma informed Yoga and Yoga Nidra.

SERVICES AVAILABLE THROUGH FOUNDATIONS COUNSELING CENTER

As a reminder, Foundations Counseling Center Inc offers a varied array of mental health services. These services include:

- In-Home Mental Health Services for Children, Adults and Families
- Group Therapy (Adult Therapy Group and Teen Groups):
[Brochure](#)
[Registration Form](#)
- Therapeutic Mentoring
- Outpatient Counseling
- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Child Parent Psychotherapy (CPP) Mental Health Treatment for the Birth to 5 Population:
[Brochure](#)
- Infant Mental Health (IMH) ages 0-5
- In-Home Mental Health Services and Therapeutic Resources for Seniors and clients with medical disabilities or dementia who receive services through Care Wisconsin or Inlusa
- Crisis Intervention/Stabilization as well as a 24 hour Crisis Line staffed with Licensed Clinicians
- FCC therapists also provide many researched based, effective alternative therapy interventions such as mindfulness meditation, deep breathing, journaling, and Trauma Informed yoga

MEET THE NEW THERAPISTS AT FOUNDATIONS COUNSELING CENTER

CRISTIN BURKELAND

MSW Intern

Cristin is a current intern from the University of Wisconsin-Madison completing her Master of Social Work degree. Previously, Cristin obtained her Bachelor's degree in Social Work from the University of Wisconsin-Whitewater in 2010. Cristin has experience in community social work, and as a family advocate providing parent education, securing resources, and working collaboratively with families to achieve their goals. During graduate school, Cristin has worked with individuals diagnosed with severe and persistent mental illnesses as they pursue work-related goals. Cristin is passionate about working with children and families and also enjoys one-on-one work with adults. Cristin's professional interests include a holistic approach to mental health with training in trauma-informed care, Love and Logic, The Nurturing Program, and DBT training. In her free time, Cristin enjoys reading, exercise, movies, and spending time with her family and pets.

DENI FUHRMAN

MS, MFT

Deni is a graduate from Edgewood's Marriage and Family Therapy program. Before starting at Foundations Deni worked as a therapist at both Common Threads and The Family Center. Deni is EMDR trained through level 2. She has extensive experience with autism and dissociative disorders as well as body and brain-based treatment approaches for trauma and attachment challenges. Deni also has experience working with and creating IEPs in the school setting. Her preferred modalities are strengths centered.

FCC UPDATES

CHECK OUT FOUNDATIONS NEW AND IMPROVED WEBSITE
AT:

<https://www.foundationscc.com/>

Follow Foundations Counseling Center on Facebook:

<https://www.facebook.com/FCCBelleville/>

Did you Know?

Foundations Counseling Center now has a state certified branch office in Beaver Dam.

SERVICES INCLUDE TRADITIONAL OUTPATIENT THERAPY AND DEPRESSION SUPPORT GROUPS.

**Foundations Counseling Center
1807 N. Center St.
Beaver Dam, WI 53916**

Foundations is a Dementia and LGBTQ+ friendly agency.

