



The Columbus Behavioral Center Quarterly Chronicle

An Update on Events and Programming at CBC

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Taking The Next Step: Trauma Informed Care

Our residents have often experienced tragedies and abuse that is hard to imagine. CBC is committed to responding to our residents with respect and compassion for their individual circumstances and needs with a treatment approach that is mindful of that trauma. This is not only true in the therapeutic work that they do while here, but also in the overall environment at our facility. We have rolled out Trauma Informed Care as an initiative to keep this practice primary in the minds of our staff. Trauma Informed Care is a SAMHSA initiative to create services that are informed about, and sensitive to, trauma-related issues present in survivors. It prevents inadvertent re-traumatization by avoiding coercive techniques, is client-centered, and integrates philosophies of care that guide all clinical interventions. In order to augment staff awareness in this area, 2008 implementation has included specific trainings by the CEO on trauma informed care, an ongoing training series by our medical director Dr. Burdine entitled "Rethinking Aggression" and the implementation of the lead Mental Health Tech program to bolster communication, education, and support on each unit. We care about our residents and want their experience in treatment to be therapeutic and tailored to them. This program will continue to allow us to meet that goal.

CONTACT INFO:

For any questions, regarding admissions or services, please contact Michelle Orr, RN Admissions Director (812) 314-3721 1-800-562-5213 (Fax: 812-314-3718)

View our website for more information on our programs, FAQ's, directions to the facility as well as pictures at: <http://www.columbusbehavioral.com>

Columbus Behavioral Center is a 61-bed residential treatment facility for youth ages 8 to 18. We provide a therapeutic, secure environment focusing on individualized treatment goals for adolescents who have had multiple inpatient and outpatient treatments, substance abuse problems, or repeated behavioral concerns. Our programs are Medicaid, County or private insurance funded.



Recent facility improvements include the addition of mats to the walls surrounding the basketball court in the gym, two truckloads of mulch for the playground and the planting of over 50 plants, shrubs and trees throughout the facility grounds.

New Therapeutic Horseback Riding Program

Here at CBC, we have been given the opportunity to participate in a very special program. On July 22, 2008, six residents from the Sunflower Unit attended their first Therapeutic Horseback Riding lesson. CBC has partnered with Trails of Hope to provide this new therapeutic program for the girls. Trails of Hope is a new and growing not-for-profit agency in the community. They have a wonderful facility including a new indoor arena!

The purpose of this program is to enrich the lives of our residents. They will learn about how horses interact, as well as how to saddle, groom, ride and care for them. These new skills will benefit the residents in so many ways! Horses are large and powerful creatures, which creates a natural opportunity for those who interact with them to overcome any fear and develop confidence. The benefits of therapeutic horseback riding are enormous and we are pleased that the Sunflower girls are beginning this new program with a "fresh face" and an opportunity for a new outlet of self-expression.



Above, the girls get to know the horses before they begin their first day of activities at Trails of Hope.

-submitted by Alesa Bradley, Recreation Therapist

Lunch & Learn:

Topic: Motivational Interviewing (a directive, client-centered counseling style for behavioral change)

Date: Sept 24, 2008

Time: 11:30 a.m.-1:00 p.m.

Presenter: Dr. Theresa Costello

Location: Columbus Behavioral Center

RSVP by Sept 22 at 1-800-447-1348

Not Like The Summer School You Remember...

During the summer, the Education Department conducts enrichment classes for residents. Facilitation of this program is done in conjunction with the Bartholomew Consolidated School Corporation. Each student is provided a language arts and math packet, based on their grade level. Each day, class time is spent on these subject areas. We use math concepts in weekly computer lab and cooking classes.

The students' favorite lesson appears to be the culinary class. We have made cheese balls, patriotic Rice Krispie treats, strawberry-marshmallow frozen cups, chili-cheesy dip, and banana cups. Of course, whatever we make the kids get to eat! On the other days, we do keyboarding skills, reading and PE. It is a nice change of pace for the students.

-submitted by Kathy Murphy, Education Coordinator

Professional Profile: Idunnu Tomori, M.S.

Hi, my name is Idunnu Tomori. I am the newest of the program therapists, having been here at CBC for a little over a year now. I am a 2001 graduate of Florida State University. I received my masters degree in professional counseling in 2006 from Georgia State University.

I am of Nigerian decent and was born in New York. I was married in '06 and moved from Atlanta to Columbus. I am a big city girl learning to adjust to small town life. What I like most about Columbus is the lack of traffic and the secure and friendly feeling of a small town.

I love kids because I'm a big kid myself and



**Idunnu Tomori,
Program Therapist**

enjoy utilizing play therapy in my sessions. I also love relating to people. As a therapist, I try to take a solution-focused approach when dealing with the residents and their families. I encourage personal growth and positive self-talk to help increase self-esteem.

I love to travel (and spend most of my summers doing so!), eat (especially food from different cultures), shopping, reading, and listening to music (R&B). I am a very family-oriented person (I speak to mom - who's in Atlanta - everyday). I have one sister, a husband, and no children (at the moment). My favorite type of food is Nigerian and my favorite place to visit is the Mediterranean.

Resident's Corner: Dinosaur Guy

On June 6, Natural History Illustrator, Matt Tames, visited CBC and spoke to the residents about dinosaurs and also gave an illustration seminar. Matt graduated from Indiana University and is currently a freelance illustrator with the Indianapolis Children's Museum. He has also worked for the Indianapolis Zoo, among many others. The residents were enthralled with his work and he was very informative. He took the time to draw a unique illustration for the residents. You can see more of his work on his webpage by visiting: <http://www.freewebs.com/mtames/>.

I was happy to have the "Dinosaur Guy" come to Columbus Behavioral Center because he taught us a lot about dinosaurs. He brought in pictures of dinosaurs that he had drawn and most of the residents really liked them. He even drew one for us on his computer. I want to learn to draw like that too! The Dinosaur Guy said he was working at the Children's Museum in Indianapolis helping to build dinosaur bones. His presentation was very interesting and educational for all of us. We hope he will come back to visit with us because we really liked him.

- submitted by "C," a 12-yr old on the Green Unit.



Here are three examples of Matt Tame's work: (l-r) Gigantoraptor, Daspletosaurus Attack and Pachycephalosaurus.

Independence Day Spirit

The 4th of July activities lasted more than one day at CBC. Early in the month residents learned about America gaining its independence from England. Residents then shared what they thought was best about living in America. One 15 year old girl wrote, "Because I am an American I can walk outside and not be afraid. If I want to sing, I sing. If I want to dance, I dance. I can be anything I want to be."

On July 3rd, a party was hosted by the Activity Department. Residents worked for weeks preparing performances for their annual Variety Show. Acts included dance troops, featured vocalists and original poetry performances. The evening also incorporated games, snacks and a large fireworks display provided by a local radio station.

On the 4th, we hosted a family style meal and game day. One resident reported their favorite part about the 4th was when "20 people were doing the Cha Cha Slide. There were little kids, residents and even grandmas - all dancing together!" The day was really a summertime delight.

-submitted by Stacy Prior, Activity Therapist



Residents go on outings to the public pool bi-weekly.

We welcome all referral sources to visit our facility at any time. Please call (800) 562-5213 to schedule a tour.