

The Jean Tweed Centre



For Women & Their Families

Fall/Winter Issue

2010

Healing

Help

Hope

The Tweed

Welcome from the Executive Director - Nancy Bradley

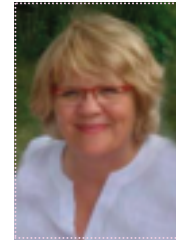
Welcome to our fall/winter newsletter. This time of year is often linked with hope. Hope that all will be well over the holiday season, hope that the New Year will bring health, prosperity and well being.

In this edition, one of our topics is that of the family. It seems appropriate somehow at this time of year. Yet for many, the notion of family is fraught with complexities and ambivalence.

We hope that the information provided will help us all better understand the impact of family, and the myth of the perfect family. We hope that the articles are educational and inspire us all to overcome challenges.

We offer a Family Program here at Jean Tweed and we strive to promote understanding and healing with the families of the women who come to us for help.

We also offer parenting classes and child development services with the hope



that health and healing can begin early in the family relationships.

We invite you to visit our website to explore ways to support and become involved in this dynamic women's Centre in its 28th year. Whether it be by way of volunteering your time, having a student placement or by donating funds we welcome your involvement.

Toronto Maple Leafs Alumni—They Shoot, They Score

by Andrea Peca

Over the past 5 years, the Toronto Maple Leafs Alumni have made a difference at the Jean Tweed Centre by providing funds used towards refurbishment at Cumberland House, the residence for many of the women at the centre.

Five years ago, Mike Pelyk of the TMLA visited the centre wanting to find out more about the work undertaken each day. He was surprised to find such a large group of staff dedicated to helping women and amazed by the volume of women seeking assistance from the Centre.



Women traveling from across the province or those that require a place to live while receiving support from the Centre reside at Cumberland House for 21 days. The

home consists of 18 beds, housing women while they receive support and care during the residential program, an intensive treatment for women with substance abuse and/or problem gambling.

Upon deciding to make a contribution to the Centre, Mike Pelyk recalls asking what Cumberland House needed the most, and the answer was "everything!" The TMLA was intrigued by the residence and after several visits, they could see that it required much work.

Though the TMLA has supported men's causes in the past, they found the Jean Tweed Centre to offer unique services resulting in a significant impact on women's lives. They wanted to make the women's time at the Centre a better experience, and refurbishing Cumberland House was indeed a step in the right direction.

Over the past five years, 1,170 women have called Cumberland House their "home away from home". An important part of their journey, many of the women



have commented on the beautiful setting of Cumberland House offering a sense of serenity and peace.

The Jean Tweed Centre thanks the Toronto Maple Leafs Alumni for their support, their dedication and their commitment to the Centre and to Cumberland House. The house would not be the home it is today without their generosity.

In 2009,
the Jean Tweed Centre
assisted over 1,200
women and their families.
234 of these women called
Cumberland House
home.

Offering hope, help and healing —What does trauma-informed care look like?

Kim is a 38-year old woman with two young children. As a child, Kim experienced physical and sexual abuse and struggled with flashbacks, nightmares, depression and anxiety.

At the young age of 14, Kim began drinking and cutting herself and by her late teens, she was binge drinking most weekends. Kim moved in with her partner at the age of 25, and when she became pregnant, made a decision to stop drinking. When they separated three years ago, Kim began drinking on occasion.

Kim was sexually assaulted by a stranger at the age of 37, and drinking became part of her daily routine.

It was at this time that child welfare became involved and Kim's children were placed in their father's custody. For the first time, Kim reached out for help.

Kim's experience with trauma-informed care

Kim's child welfare worker referred her to The Jean Tweed Centre for an initial assessment, where Kim received reassurance that in treatment she can work on her greatest concerns which are her flashbacks and substance use. Kim disclosed to her counselor that her greatest motivation was her determination to be a "good mom".

The counselor recommended the trauma informed three-week residential program to help Kim. During the first week of this program, Kim learned a grounding exercise to help her deal with cravings and post-traumatic stress response. When Kim's trauma issues emerge, she was encouraged to speak about the impact in the present – its connection to her alcohol use – and to identify and practice positive coping strategies.

With her primary counselor, Kim explored how to cope with intrusive memories and received information on dealing with flashbacks. Kim also worked on a commitment to herself to avoid self-harm and coping strategies were identified to enhance her safety.

During the second week, Kim told her counselor that she was experiencing overwhelming memories and panic during the *Women and Relationships* sessions. The importance of pacing and identifying parts of the program that triggered panic were discussed with Kim, and it was agreed that when Kim was feeling overwhelmed she would leave the session and practice self-care strategies, or seek support.

Over time, Kim was able to use these strategies to remain in the sessions longer. She makes connections between her substance use, mental health trauma issues, and began to feel validated regarding her traumatic responses.

During her final week, Kim developed a continuing care plan that incorporated strategies for emotional and physical safety and relapse prevention. Kim, her service providers, (including her child welfare worker), met to discuss her continuing care plan. Kim decided to attend a relapse prevention group and a parenting program geared specifically to women with substance use issues.

Kim returned to her community and worked on rebuilding her relationship with her children and strengthening her coping skills. Kim and her counselor connected with her child welfare worker to discuss the nature of the healing process and identify further supports. Kim was referred to The Jean Tweed Centre's trauma therapist, and together they are working through the stages of trauma recovery. Kim continues to strengthen herself and work with her ex-partner and child welfare so that one day her children will come home again.

Tammy Rasmussen is a Trauma Counsellor and Julia Bloomenfeld is the Director of Clinical Services, at The Jean Tweed Centre.

If you wish to find out more information about the programs and services offered at JTC, visit our website at www.jeantweed.com

Mental Health, Trauma and Substance Use

Research shows that a large proportion of women with substance use issues are victims of domestic violence, incest, rape, sexual assault and childhood physical abuse. Compared with non-abused clients, women in treatment for substance abuse who have been victimized are more likely to suffer from depression and suicidal ideation, have lower self esteem, negative psychological adjustment and more post-traumatic stress symptoms.

Research shows high rate of victimization among substance-abusing women, which is linked both to their mental health and substance use.

Source: Public Health Agency of Canada: Women's Health Surveillance Report



Family Matters

Viewing issues related to substance-use and problem gambling through a trauma lens we see that issues do not develop in isolation. Recovery cannot occur in isolation either. A woman is part of a family system that influences and is influenced by her choices and experiences. At the Jean Tweed Centre we believe strongly in the importance of the Family in a woman's change process, in helping her make healthier choices and working through past traumas.

Family Matters, a family support program, is offered to family members, friends or loved ones of a woman involved in treatment at JTC. It is designed to help family members who are struggling to cope. The



program provides support and education about addiction, dependency and biological, psychological and social factors involved. We especially focus on looking at substance use through a trauma informed lens, helping loved ones understand the ways in which a history of trauma can be a contributing factor in the development of addiction. We believe strongly that it is an important parallel process to the woman's own treatment. On an individual level, the availability of couple and family counseling as an adjunct to a woman's treatment program that JTC provides, is another important arena for women and their loved ones to make positive changes. Counselling is provided to help couples and families work through difficult relationship patterns, to help children reconnect with a parent, work through past traumas and ultimately to improve communication, trust, understanding and hope.

Laura Devlin, Family Counsellor at The Jean Tweed Centre

Changes by Andrea Peca

As the last leaf falls, there is a chill in the air, as we wait patiently for the first snowfall. I can't help but feel, as the beauty of nature surrounds us, the anticipation for the change of seasons. It is a time to reflect on how grateful I am to come across so many individuals each and every day that want to make a difference in the lives of those who worry about tomorrow, wondering what the next day will bring.

I feel great comfort in the work we at the Centre undertake each day as we support the women and families as they too anticipate change. Changes in their lives and hope for their future.

The needs at the Centre never end, but especially at this time of year, we ask for you to take a moment to consider how you can make a change in someone's life. And for those who continue to reach out—we thank you.

Thank you for Making a Difference

A big thank you to all our donors and supporters for your dedication and generosity.

The Jean Tweed Centre continues to enhance and maintain vital programs and services through individuals and organizations like you! All of us at the JTC thank all of you for your ongoing commitment and support each and every day.

Mining for a Heart of Gold

Mining for a Heart of Gold celebrated its 5th year in style as they welcomed guests into the Strachona Hotel in the heart of downtown Toronto to celebrate and support the women and families of the Jean Tweed Centre.

November 4th turned out to be a spectacular evening with over 450 people from the Canadian Resource and Mining sectors along with many of the Jean Tweed board members, staff and volunteers.

The evening began with a warm welcome from the Mining for a

Heart of Gold coordinators and volunteers. The never ending food and hospitality continued throughout the evening. The entertainment was phenomenal with special guests, movie star impersonators and bands creating an atmosphere that truly reflected the energy we at the centre carry within us each and every day.

We are grateful to have been a part of this special event and we offer a deep heartfelt thank you to everyone at Mining for a Heart of Gold for choosing us to be the recipient of the funds raised and by recognizing the courageous spirits of the women at the Jean Tweed Centre.



MINING FOR A HEART OF GOLD



Third Party Events

**Are you thinking about holding an event
in support of the Jean Tweed Centre?**

We would like to take this opportunity to say thank you to all the organizers and participants of third party events in support of the Jean Tweed Centre.

These events are such an important part in creating community awareness and supporting our fundraising goals.

If you, your organization or workplace, would like more information about hosting a third party event, please contact Andrea Peca at 4 16-255-7359, ext 245 or by email at andreapec@jeantweed.com.

We would be happy to work with you to help make your event a success.



The Jean Tweed Centre's 12th Annual Staying on Course Charity Golf Classic took place on September 14, 2010 at Sleepy Hollow Golf & Country Club. It was a beautiful sunny day, and all enjoyed the 18 rounds of golf, food, and prizes. There were some familiar and some new faces out this year and we hope to continue to welcome more golfers and sponsors in 2011.

Thank you to our sponsors, donors and participants for making this event such a wonderful success!

The Strupat Foundation

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Save the date
 Tuesday September 13, 2011





David, a man filled with passion in helping others, was approached by a friend 12 years ago with an opportunity that has helped to change the lives of many. His involvement as a volunteer with The Jean Tweed Centre began in 1998, only two years after David came face to face with his own personal challenges and it was then that he realized that he could make a difference in the lives of women and their families.

A man that embraces life, David enjoys each moment and strives each day to live his life to the fullest. The warmth of David's smile and the calm in his voice is sure to have you pay close attention to each word he speaks.

David was born in the early 50's to a woman who suffered post-partum depression after having David's brother only a few years earlier. It was after the birth of David, that his mother was diagnosed with chronic depression and at the mere age of 3 months old, he was separated from his mother when she was committed to a mental health institution. He shares his first memory of his mother, at the young age of 4, as he recalls his father taking him to visit her at the hospital and peaking at her

through a small window.

At a young age, David was sent off to boarding school, and was placed in the care of strangers, where violence surrounded him and became a part of his daily expectations. This young boy longed for security and comfort, and feared the constant trauma resulting from his mother's mental health and what he later discovered, her own battles with addictions in her younger years. His memories at home included short visits from his mother and continued abuse that he endured from her each day.

His desire to head out on his own and leave the trauma of his childhood behind was triggered in his late teens, when he was a witness to his mother's attempted suicide. This traumatic event is expressed by David in a calm voice as he recollects the day he saved his mother from what could have been her last breath.

Years have passed by, and David can recollect each moment of his childhood with clarity, but doesn't speak about it with anger. The effects of the trauma David endured are sure to always remain a part of him, and have made him who he is today.

Being a volunteer at The Jean Tweed Centre, has allowed him to identify with the clients and their families by recognizing that many are victims of violence themselves, suffering trauma and requiring help in order to make the necessary changes and break the cycle to lead a healthy lifestyle.

He is an active member of the Fundraising Committee, and helps the Jean Tweed Centre create awareness in the community and raise funds in support of the programs and services.

David lives with his wife, has 2 wonderful daughters and is a proud grandfather to 4 children.

Did You Know

90% of people with mental health issues have been exposed to trauma

67% of people in substance use treatment report histories of childhood abuse and neglect

50% of women in substance use treatment have a history of rape or incest.

Source: Training Curriculum for Reduction of Seclusion and Restraint, Draft Curriculum Manual. Alexandria, VA: National Association of State Mental Health Program Directors, 2005.

Women and Trauma by Karen Tomlinson

Tammy Rasmussen, Trauma and Addictions Counselor at the Jean Tweed Centre shares some of her knowledge about women and trauma along with the needs of the program.



Defining Trauma

Trauma can occur through directly experiencing, witnessing or learning about an event that involved actual or threatened death or serious injury. People's response to trauma involves intense fear and helplessness. What determines whether a stressful experience becomes a trauma is dependent on the individual's interpretation of the experience. Trauma such as long term childhood abuse can negatively impact the development of a healthy sense of self and create problems in various aspects of the individual's life including their relationships, sexuality and their ability to trust and have faith in other individuals. Other effects include memory loss, the feeling of shame, guilt, anxiety, depression and anger.

Current trends in the Trauma sector

Trends in the mental health and addictions sector include a movement towards working concurrently with trauma, substance use, gambling and/or mental health concerns. We believe that women benefit most from services that are trauma informed and have trauma specific services available. At Jean Tweed we take a holistic approach to our trauma work. We

use a variety of models and take into account the cognitive, behavioural, emotional and somatic manifestations of trauma. Also, our trauma lens has expanded. As we pay attention to issues of diversity and anti-oppression, we see the impact on many of levels of violence and oppression that are politically and socially driven.

Current needs at the Jean Tweed Centre

While we provide a range of services for women with trauma and substance use or gambling histories including consultation, group and individual counselling, the need continues to exceed our capacity to respond. The pressure is currently greatest in the need for individual counselling.

Success of the Trauma program

Every individual develops her own goals and therefore what success looks like to each woman varies. The goals women develop are always dependent upon the nature of the trauma response. Healing from trauma always includes developing coping skills for managing post-trauma stress responses such as flashbacks, nightmares and hyper-vigilance. Trauma responses can often sabotage women's capacity to maintain their substance use and gambling goals. Hence, for women with these concerns, a vital aspect of success is making the link between their substance use, gambling and their trauma. This process often results in the strengthening of women's relapse prevention skills. Healing from trauma also results in women feeling more joyful, at peace, hopeful and empowered. Healing also increases women's self esteem, improves relationships and returns meaning to their lives.

JTC Annual General Meeting and Volunteer Recognition Reception

by Shabina Arfeen

The 2010 Annual General Meeting and Volunteer Recognition was held on October 5, 2010 at 5:30 p.m.

Following the business of the meeting, Nancy Bradley, Executive Director and Andrea Matheson, Board Chair welcomed staff and volunteers and spoke about the importance and recognition of their work. The Volunteers were then presented with awards and a plaque for their valued contribution to JTC.



Long-term service awards were also presented by Ian Genno, Secretary of the Board, to staff who have

been with JTC for a period of 2, 5 and 5+ years.

The evening concluded with the board, staff, volunteers and guests mingling as they enjoyed the light refreshments that had been served on the occasion.



Volunteer Recognition

We are grateful to all the Volunteers who give of themselves to the Centre, by offering support and care to the staff, women and families. We thank each and every one of you for being a special part of the Jean Tweed Centre.

You make a difference each and every day.

If you wish to volunteer at the Jean Tweed Centre, please visit our website to download a volunteer application or contact Andrea Peca for volunteer opportunities.

Staff Development Day by Shabina Arfeen

On a beautiful balmy sunny day on September 8, 2010 both full-time and part-time staff of The Jean Tweed Centre came together for a day dedicated to the development of staff.

The Staff Development Committee, Lucy Hume, Director of Operations, Julia Bloomfeld, Director of Clinical Services, Susy Cannon, Director of Administrative Services and Sonali Sagare, Manager Pathways to Healthy Families, arranged for a fun filled day at The Assembly Hall in Etobicoke.

The kick-off event for the day was team-

building activities where staff had an opportunity to get to know each other through new lenses. Staff participated enthusiastically in some “cool” exercises conducted by Leslie Saunders, Manager of Meeting Place, St. Christopher House.

This was also an opportunity for staff to learn first-hand some facts and figures presented by Lori Luicer from the Toronto Central LHINS, one of our major funders.

The staff enjoyed an informal and heart-warming presentation by the Honourable Jean Augustine, PC, CM, who was invited

to give her perspective on Anti-Oppression and Diversity.

A mouth watering and delicious lunch completed the day.

The consensus — an all round agreement by staff — *IT WAS A GREAT DAY!*

You give but little when you give of your possessions, it is when you give of yourself that you truly give.”

Kahlil Gibran

Each and every day, a woman turns to our Centre for support—for herself, her children and her family. There are many ways you can make a difference in support of our programs and services.

To donate online, visit jeantweed.com and simply donate through Canadahelps.org.

To donate by cheque, VISA or MasterCard, complete this form and mail to JTC.

YES, I would like to support the Jean Tweed Centre
 \$20 \$50 \$75 \$100 Other \$ ____

YES, I would like to join JTC Monthly Giving Program with a monthly gift of:
 \$10 \$15 \$20 Other \$ ____

Method of Payment:

My cheque to the Jean Tweed Centre is enclosed
 I authorize the Jean Tweed Centre to charge my credit card: one time monthly
 Visa MasterCard

Card #: _____ Expiry Date: _____

Signature: _____ Telephone #: _____

Receipts are issued for all donations of \$10 or more. Thank you for your support!

Go Green

To receive *The Tweed* newsletter and other communications by email, subscribe by visiting www.jeantweed.com.



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