Serendipity Center | MENTAL HEALTH



Serendipity's Mission is to provide the best environment for our students to heal and become educated, productive community members.



Trauma Informed Care **Fact Sheet**

As the guiding philosophy for our therapeutic school, Serendipity embraces the principles of Re-Education. These focus on the strength inherent in each child, employing a variety of perspectives and experiential approaches to thoughtfully move students towards independence.



Serendipity serves many students with histories of traumatic life experiences. We recognize the potential impacts of trauma on the development, learning, and response to treatment in our students. We understand that the purpose of Trauma Informed Care is to promote resiliency, health and wellness for those who have experienced trauma and to create an integrated standard of care in addressing the impact of trauma. Therefore, we seek to implement policies and procedures for how services and supports are delivered within our Therapeutic School program that are sensitive to and informed by our understanding of trauma and its impact on our children and families.

Exploring how we support others who have had traumatic experiences is critical in promoting resiliency and recovery. The simple shift from asking "What is wrong with you?" to "What happened to you?" can

have significant benefits in promoting a traumainformed treatment milieu. Serendipity's services are

responsive to the vulnerabilities of trauma survivors and are delivered in a way that avoids inadvertent retraumatization and facilitates individual direction of services.

Using this approach, we believe in resilience and in the ability of individuals, organizations, and communities to heal

continues on back

Being able to tell your story to a caring adult is essential



Serendipity Center Trauma Informed Care Fact Sheet

Serendipity
recognizes that
there are invisible
scars in children who
have endured
trauma.



and promote recovery from trauma. As a Trauma-Informed organization we build on strengths and assets of students, staff, and communities instead of responding to their perceived deficits. We recognize that everyone has a role to play.

Trauma informed care focuses on understanding the whole child and the context of their life experiences. It facilitates recovery, growth, and resiliency. It focuses on trust and safety and the hope that through developing relationships that are healthy and predictable, our students will continue to heal and grow for years after they have left Serendipity Center.

Beliefs, drawn from the Principles of RE-Education:

Serendipity's Core

- Trust is essential.
- Feelings should be nurtured.
- Groups are major sources of instruction.
- Community must be experienced to be learned.
- Intelligence can be enhanced.
- Competence makes a difference, especially with schoolwork.
- Self-control can be taught.
- Physical experiences help us define ourselves.
- Now is when life is to be lived.
- Time is an ally in support of positive changes
- Ceremony and ritual give order, stability, and confidence.
- Joy should be built into each day.

Trauma Informed Care at Serendipity

Delivering care that is trauma informed requires a mindset that permeates all practices. Our goal is for students' full experience at Serendipity to be one that is congruent with and respectful of their backgrounds and identities. Below are specific adopted practices that support these efforts:

- Included in the Serendipity intake process is a screening for histories that may include adverse or traumatic experiences of the child (ACES).
- Based on clinical assessments and our growing relationships with each student, a Contextual Roadmap is developed. The Contextual Roadmap communicates

insight into a child's world view, preferences, triggers, and learned coping strategies. Most importantly, the Contextual Roadmap lists those interventions that are indicated and those that are contra-indicated based on a child's clinical profile.

- Monthly, every program staff member participates in one or more clinical consultation team meetings, in which student progress is monitored and interventions planned based on a contextual awareness of the impact of traumatic experiences or other meaningful components of each child's story.
- We promote self-care strategies for our staff as we recognize that being stewards of trauma can have an impact on their own lives and on their professional growth.

For more information, please contact:

Kevin Thompson, Serendipity Principal 503-761-7139 ext. 149 kevint@serendipitycenter.org

Jackie Trussell, Treatment Director, 503-761-7139 ext. 135 jackiet@serendipitycenter.org

Kristin Harquail, Admissions Manager 503-761-7139 ext. 146 kristinh@serendipitycenter.org