



Spring 2018

every child deserves a childhood

Responding to Childhood Trauma

In recent years, Spaulding has witnessed a significant increase in the number of children severely affected by adverse childhood experiences (ACEs). The field of trauma informed care has grown rapidly over the past ten years and evidence-based research is leading to new best practices, especially when it comes to children and their education. With a trauma informed approach, staff recognize and understand the signs of ACEs. Techniques include anger and grief management and applied behavior analysis to help the child develop self-calming techniques. These approaches are far more conducive to healthy and productive learning and social interactions, not just for the child, but for the other children in the classroom and residences as well. It also helps to build healthy attachments that the children and their families will be able to translate to all relationships in their lives so that they are not defined by their trauma.



Sara Feldman and Sarah Ausman, Spaulding Youth Center employees who will attend TBRI® Practitioner Training.

The most recent tool we have added is Trust-Based Relational Intervention® (TBRI®). Designed and presented by the Texas-based Karyn Purvis Institute of Child Development, the TBRI® method of caregiving is a holistic, evidence-based, trauma-informed intervention that is specifically designed for children who come from hard places, such as maltreatment, abuse, neglect, multiple home placements, violence and other traumas.

At Spaulding Youth Center, we are committed to incorporating TBRI® into every level of the organization – from the classrooms to the dining hall to the residential cottages and including the playgrounds, community outings, and visits with families and caregivers. Using the TBRI® model, Spaulding will spread this knowledge and approach to every adult who comes in contact with the students building a comprehensive, consistent support network, ultimately contributing to the students' success when they leave Spaulding.

TO LEARN MORE about TBRI®, please visit: goo.gl/RX5y6B

Our Mission: To leverage our professional expertise to help young people with autism or other developmental and/or behavioral challenges learn the academic and life skills needed to be successful in their homes, schools & communities. spauldingyouthcenter.org

Fostering a Forever Home

As a licensed Child-Placing Agency and residential facility, Spaulding Youth Center accepts referrals from the New Hampshire Division of Children, Youth and Families (DCYF) for children who often have nowhere else to go. These children may have witnessed or experienced significant trauma in their home environment. This trauma can include physical, emotional or sexual abuse, neglect or substance abuse. In some cases, the children could continue in a general education school but have been removed from their home for no fault of their own.



One of our kids was recently featured on NH Chronicle's Home at Last: goo.gl/8LUdSJ

To help the children exhibiting trauma-related behaviors, Spaulding's Community-Based Program offers several therapeutic approaches, including trauma-focused cognitive behavioral therapy, play therapy, dialectical behavior therapy, and trauma informed therapy. Through these methods, traumatized children can learn to create a healthy bond so that they can integrate into their forever home. Sometimes this means a reunification with their family, but sometimes the forever home is found through foster care and adoption.

If reunification is not an option, Spaulding will evaluate available foster families who may be a good match to be a part of the healing process. Our dedicated staff recruits, trains, and licenses foster parents to provide a temporary, safe, and nurturing home for a child in need. Spaulding is proud to offer critical programs to support our state's children who would otherwise be destitute. We believe every child deserves to be nurtured and loved in a safe environment and live in a place they truly can call home.

TO LEARN MORE about becoming a foster parent, please visit: goo.gl/WQYkoy

SPAULDING AT A GLANCE: An Insider Look at Food Services

- Serves on average 335 meals per day or nearly 122,275 a year.
- Receives 8 food-related deliveries per week.
- Hosts campus cook outs all summer.
- Supports an average 70 special functions a quarter.
- Increased from 5 to 11 staff in less than four years.
- Offers a full salad bar, homemade desserts and soups with every lunch and dinner.
- Uses locally-sourced fruits, vegetables and meats whenever available.

TO LEARN MORE about Spaulding, please visit: spauldingyouthcenter.org/about-us





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New Medical Providers Enhance Specialized Care on Campus

This spring has brought many changes to campus but one of the most significant may be the appointment of two new medical providers: Carolyn Brown, ARNP, as Medical Director and Dr. Mark Wagner as Psychiatrist.

Spaulding Youth Center is employing Carolyn Brown, a Certified Family Nurse Practitioner, as our Medical Director. In this role, Ms. Brown will serve as the Primary Care Physician (PCP) for residential students, managing their ongoing health care and medication regimes in consultation with parents, clinicians, teachers and nursing staff. She will also perform routine physicals and medical care and handle referrals and consultations with outside specialists. Ms. Brown brings nearly twenty years of nursing experience to her role at Spaulding Youth Center and earned a Master of Science in Nursing: Family Nurse Practitioner from Rivier University.

Dr. Mark Wagner will provide psychiatric oversight for the children enrolled in Spaulding's residential program, including regular evaluations, medication management and review for program admissions. He currently serves as a psychiatrist at Lakes Region Mental Health in Laconia, New Hampshire and

is board certified in both general psychiatry and child and adolescent psychiatry. Dr. Wagner earned his medical degree at the University of Cincinnati and completed his psychiatric internship and residency at the Medical University of South Carolina in Charleston. Previously, Dr. Wagner served on the faculty of the Medical University of South Carolina for over 20 years, where he held several administrative appointments, including chief of the child and adolescent psychiatry fellowship program as well as the director for youth inpatient program.



This new collaboration on campus will result in more specialized services for our children which will continue to enhance our living and learning environments on campus. Spaulding is proud to welcome both of these new providers to our campus!

FOR MORE INFORMATION on our available programs and services, please visit: SpauldingYouthCenter.org/programs-services

The van Otterloo Family Foundation Awards Grant for TBRI® Practitioner Training



We are thrilled to announce that the van Otterloo Family Foundation has honored Spaulding Youth Center with a \$40,000.00 grant to implement Trust-Based Relational Intervention® (TBRI®) as a key programming component. The grant will support the initial costs for two clinical staff members to complete TBRI® Practitioner Training. Once

training is completed, they will become TBRI® practitioners and educators who will train all Spaulding Youth Center staff as well as be available to provide training to parents of Spaulding children and the foster parents licensed by Spaulding.

The van Otterloo Family Foundation was established in 1997 with a mission to provide support for educational enterprises that demonstrate innovation and excellence in teaching and learning while placing emphasis on the potential of all individuals, target unmet educational needs or provide an exemplary educational program.

For more information about this grant and the growing need for this trauma informed approach, please visit: goo.gl/jPYZxU

DONATE TODAY IN THREE EASY WAYS



1. Donate online at spauldingyouthcenter.org/give



2. Mail a donation to 72 Spaulding Road, Northfield, NH 03276



3. Contact the development office at 603-286-8901 ext. 107 or donate@spauldingyouthcenter.org



Thank you for supporting the children and youth of Spaulding Youth Center.

We appreciate your consideration to help children reach their greatest potential. To make a contribution to Spaulding Youth Center today: