



NEWS RELEASE

For more information, contact
Sarah Heinrichs, Project Director, Seasons Center
Phone: 1-800-242-5101 | E-mail: sheinrichs@seasonscenter.org

28 March 2018

For Immediate Release

Free Foster and Adoptive Training on April 19 in Sioux City

Sioux City, Iowa – Seasons Center for Behavioral Health is hosting a free training for foster and adoptive parents on Thursday, April 19, 2018 from 6-8 p.m. at Sunnybrook Church in Sioux City. Childcare will be provided for those who attend and foster parent credit is also available.

The 2-hour training will begin with a presentation by Natalie Sandbulte, Psy.D., VP of Clinical Services at Seasons Center. Natalie will present on the effects of early childhood trauma on the brain and how that may present in day-to-day functioning for children, as well as the best treatment options.

“Children who experience early life trauma often struggle in a variety of ways,” said Sandbulte. “It is important to understand the types of challenges these children might have, in order to provide effective treatment and daily coping strategies. We hope to shed some light on this with practical take-aways for caregivers and providers.”

Nicole Van Ginkel, MSW, LISW, Director of Clinical Services and Outpatient Therapist at Seasons will present on the topic of attachment and share evidence-based interventions used in treatment of clients with childhood trauma and attachment issues.

“Early childhood trauma and disruptions in attachment have a lasting impact on child development, relationships, behavior, and mental health,” said Van Ginkel. “I’m excited to be a part of this summit to offer these families hope with information on treatment methods and resiliency factors that play a role in healing.”

The last portion of the training will be led by Dr. Meghan Nelson, physical therapist, and yoga therapist of Lumin Therapy in Sioux City, who will speak on mindfulness, and other healthy habits to implement as a family. Meghan will also be leading a kids' yoga session as part of the childcare that evening.

"A regular mindfulness practice by families within the home helps foster a sense of control and peace, it promotes connectivity, and it creates a shared vocabulary around thoughts, feelings, and emotions," said Nelson. "We hope this session can provide some on the ground, 'in the trenches' strategies and interventions to help families better understand the mind-body-spirit connection and how we have the power to respond, not merely to react, to the diversity of life's experiences."

Current foster or adoptive parents, or those interested in becoming foster or adoptive parents, are welcome to attend. Registration is required prior to the event. Please contact Sarah Heinrichs at 712-262-2922 x1096 or email sheinrichs@seasonscenter.org to register today.

For more information on this event or services provided by Seasons, Autumn's Center, and Camp Autumn, please visit our website at: www.seasonscenter.org or call 1.800.242.5101.

– 30 –

Autumn's Center, the first of its kind regional children's center, houses rooms and offices designated to care for children's behavioral health, including areas for psychiatric services, outpatient therapy, psychological testing, behavioral health intervention services, substance abuse counseling, parent education, and care coordination services. The center offers a child friendly and healing environment throughout the building.

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.