



Guiding individuals and families towards a meaningful and fulfilling life.  
Winter 2013-2014

## Trauma-Focused Approach is Integrated

**A**n infant spends the majority of his first year of life in a playpen without human contact. A 12-year-old girl is bullied by her peers. A 6-year-old boy is diagnosed with leukemia. A 9-year-old girl witnesses her father sexually abusing her younger sister. A 15-year-old boy witnesses a drive-by shooting. A 27-year-old woman experiences physical abuse at the hand of her boyfriend. A 42-year-old man loses his wife in a car accident.

These are just a few examples of trauma experiences which can cause a great deal of emotional pain and psychological distress. As a result, the child or adult is left feeling helpless and their behavior begins to reflect that distress.

Trauma can take many different forms in children, adolescents, and adults. Many times, children present with symptoms of inattention, irritability, anxiety, aggression, and hyper vigilance. It may appear that their personality has changed as they begin to act “on edge.” They may become disrespectful, defiant, avoidant, and begin to decline in their daily functioning. As a result, they are often misdiagnosed in an effort to improve problem behaviors and foster symptomatic relief. In adults, trauma can cause anxiety, higher risk of substance abuse, lack of trust, perseveration of the event, and hyper arousal. This can be a confusing experience as the adult struggles to understand the cause of their symptoms.

Traumatic experiences affect people in a variety of ways. It is important to remember that what may seem as a “minor” incident to one person may have a large impact on a different person. The bottom line is to be sensitive to each individual experience and to be prepared to care for individuals in a highly sensitive, trauma-informed manner.

As an agency, Seasons is working hard to implement an environment that intentionally addresses the needs of clients who have been impacted by trauma. This is an exciting time for Seasons as we continue to learn more about trauma and work hard to implement agency-wide change! ✖ *Dr. Natalie Sandbulte, Director of Clinical Services*

### Key Components of Trauma-Informed Care @ Seasons

- Personal communication when calling the agency with friendly, knowledgeable staff
- Play areas for children to decrease restlessness and boredom in the waiting room
- Therapists and staff trained in trauma-informed care
- Using psychological testing to provide an accurate diagnosis, differentiating between trauma symptoms and another psychological disorder
- Implementing a trauma screening tool on our webpage for teachers, daycare providers, etc.

## Resource Bags Abound

A key aspect of Seasons’ outreach initiatives in the last few months involved reaching school-aged children and their families.

Through the use of funds from both county grants and our Regional Partnership Grant, we distributed resource bags and materials to students in northwest Iowa.

These resource bags included bullying prevention activity books, crayons, a local resource sheet, pamphlets for parents and caregivers, and Seasons materials.

Upon the delivery of the resource bags, an outpatient therapist from Seasons spoke with students, either in school assemblies or classroom presentations, on topics such as bullying and worry.

“Our presentations and resource bags are an excellent way of reaching out,” says Maggie Greving, Outpatient Therapist, Seasons.

Seasons’ resource bag initiative began in the fall of 2012 and has reached thousands of students.

Since the beginning of the 2013-14 school year, Seasons has distributed nearly 2,200 bags to students in the region. ✖



## Seasons' Leadership Team

Kim Scorza  
Executive Director

Dan Ries  
Director of  
Finance &  
Human Resources

Dr. Natalie Sandbulte  
Director of Clinical Services

Jason Low  
Director of  
Information Technology

Jean Drey  
Director of  
Program Development

Stephanie Patten  
Director of  
Project Development

Christina Eggink-  
Postma  
Director of Program  
Coordination & Compliance

**W**OW! What can I say other than WOW! We have been so busy at Seasons over the last few months. With the Advisory Board's assistance and guidance, we launched our "Committed to Children, Faithful to Families Campaign."

The campaign, seeking over \$1 million, is for a bricks and mortar renovation to the former Twetten's Interior Design Building, located at 120 East Fifth Street in Spencer, Iowa. The building will be transformed into a Regional Children's Center that will serve children, ages 0-21, and their families. The space is designed to be a kid-friendly, welcoming environment that will best meet the needs of the children in our region.

The silent phase of the campaign started on October 1, 2013, and we went public with the campaign the first week of December. The campaign is going strong and we hope to wrap things up by the end of January. We've already raised over two-thirds of the funds needed to renovate the facility. Renovation is planned to begin in 2014, with the facility slated to open in 2015.

Many thanks go out to our Board of Directors for their approval to launch the campaign, the Advisory Board for their leadership and guidance, donors who have faithfully given, and employees who have offered their financial support, programmatic input, and on-going services as we move further into the design phase for the new center.

The Regional Children's Center will have many of the services Seasons has traditionally offered to children and families, but we will also add new services, as well as implement a new model of service delivery.

As things in the behavioral health field continue to change at a rapid pace and the need for more evidence-based, trauma-focused and integrated services is ever growing, we remain committed to ensuring that all children and their families in northwest Iowa and the surrounding areas have access to affordable and quality services close to home. Again, thank you all for your ongoing support. Together we are impacting the future for generations to come!

Sincerely,  
*Kim Scorza*  
Kim Scorza



## Short Term Therapy Generates Lasting Effects



Laura Konkle-King  
MSW, LISW

"Healing. Strengthening. Changing," says Laura Konkle-King when asked to describe Lifespan Integration (LI) therapy in three words.

Konkle-King, an outpatient therapist with Seasons, is a strong advocate for LI, a therapy modality that allows clients to work through past traumas without being re-traumatized.

"LI uses the power of the imagination and a timeline of memories to heal past traumas that are still affecting the client's everyday life," says Konkle-King.

Konkle-King notes the greatest beneficiaries of LI are those who have, by their own definition, experienced trauma in their lives and are dealing ineffectively with life's stressors. She says this includes individuals, both children and adults, who experienced abusive childhoods or relationships and people who do not have a strong sense of self or self-esteem.

LI is a relatively short term therapy modality that can be used at the same time as other therapy modalities, and it works between therapy sessions.

"Because it works by forming and strengthening new neurons and synapses, LI continues to work outside of therapy," says Konkle-King. "Someone can come in with a level 10 trauma (scale of 1-10) and leave with it already down to a 7. When they come back, it might rate at a 5 because the brain continued to work between sessions."

It's this change and lessening of trauma's impact that Konkle-King finds most rewarding about using LI with clients.

"Seeing the change in clients [is rewarding] - angry clients calm and soften around the edges, abuse clients feel more freedom in their lives, self-esteem improves. Clients become more self-accepting and gentler with themselves. To see a client who has struggled with the effects of abuse for their whole adult life be freed is very satisfying." ✖

## Sheldon Office Complete, Open for Services

Seasons was proud to open the door at the new Sheldon office on October 1. After purchasing the building this summer, a thorough indoor and outdoor renovation was completed.

The facility houses six individual therapy offices, a PCIT room, and a group meeting room.

"The new space is very functional for our staff and clients," says Steph Patten, Director of Project Development, Seasons. "We extend many thanks to Poppema-Sikma Construction for their work on the renovation and their generosity in helping us move into the space."

An official ribbon cutting was held at the space on Nov. 15. Over 20 city officials, Seasons staff, and chamber and community members were in attendance. ✖

## Trauma-Informed Care

Our journey to becoming a trauma-informed agency continues as we recognize that individuals can be traumatized for a variety of reasons. Our commitment to reducing the impact of trauma is unceasing, as indicated by the trauma-informed care happenings, events, and approaches we've been involved with.

- We wrapped up the first fiscal year of our Regional Partnership Grant with an on-site visit from our federal project director. The visit and follow-up were very positive, and we're excited about where we're going as a trauma-informed agency.

"Our review went very well, and we have some major projects and initiatives on the rise!"

-Jean Drey, Director of Program Development, Seasons

- Dr. Mark Grey, University of Northern Iowa, presented at two Community Awareness Events on Seasons' behalf. Dr. Grey presented on cultural diversity and awareness within the workplace and community. Dr. Grey also presented at Seasons' all-staff meeting in September.



"Thank you - very informative!" -Event Attendee

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The facility is located at 604 Park Street in Sheldon.

## Donating to Seasons

Consider making a charitable contribution to Seasons to aid us in our mission of guiding individuals and families towards a meaningful and fulfilling life. Learn more at [seasonscenter.org/makeadonation](http://seasonscenter.org/makeadonation)

## Programs Empower Clients to Thrive in Everyday Lives

### Community Based Services - Helping Clients Succeed in their Homes & Communities

Ensuring sustainability within the community is the driving force behind Seasons' Community Based Services (CBS). Serving nearly 150 adult clients each year, Seasons' CBS staff work with clients to enhance their levels of functioning so they might live proactive, fulfilling lives within their communities.

Seasons' CBS providers help clients with daily tasks, including managing finances, attending medical and therapy appointments, and maintaining safe and clean living environments. Providers work with clients in their homes and communities to ensure that clients have the necessary tools to reside successfully in their homes.

Katie Cook, CBS Supervisor, Seasons, notes that seeing clients realize their potential with the help of CBS services is the most rewarding part of her job. "When we put the right support services in place for an individual, it's amazing to watch what that individual is capable of achieving."

### Behavioral Health Intervention Services - Reaching Children through Skill-Based Intervention

As a rapid-growing, skill-based intervention program, Seasons' Behavioral Health Intervention Services (BHIS) meet children where they're at with behavioral health challenges, and strive to reduce them by teaching vital life skills.

Clients work with BHIS providers on skills including communication, anger and emotion management, coping skills, conflict resolution, and sustaining attention.

"BHIS services aren't only for children who are diagnosed with developmental disorders or have individualized education programs at school," says Cook. "Any child with a behavioral diagnosis such as ADHD, oppositional defiant, conduct or attachment disorder would benefit from BHIS."✕

*our vision* Best in the Midwest in Behavioral Health

seasons 

### Free Kids' Carnival

Winter Games 2014  
Saturday, January 25

Boji Bay Fun House Pavilion  
Milford, Iowa  
11:00 am - 2:00 pm

We'll have a jumpy house, photo booth,  
face paint, prizes, and much more!

### Mark Your Calendar

Seasons is joining Okoboji's annual Winter Games celebration in 2014 in a big way.

We're hosting a free kids' carnival on Saturday, Jan. 25 from 11 a.m. to 2 p.m. Join us for games, prizes, hot chocolate, and more.

"We hope to make this our best kids' carnival yet," says Candace Van Marel, Event Coordinator, Seasons. "The carnival will be a great place to bring your entire family. We'll have fun and games for all!"

The carnival will be located indoors at Boji Bay Fun House Pavilion in Milford. Boji Bay Fun House Pavilion will provide food items for a small fee.

The carnival is open and free for all who wish to join the fun. A freewill donation will be collected, with funds received designated to our new Regional Children's Center.

## Advisory Board Members

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*our values*  
innovation  
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