

Community Need Statement

Sempervirens is located in an old building in Eureka. Because safety is a primary concern, the facility can feel sterile and uninviting. Updates and furniture must pass numerous policy concerns which can delay the process and further impact the environment.

Currently in Mental Health treatment services there is an over reliance on medications and little resources are spent on providing education or support for changes in lifestyle or for teaching people coping strategies or harm reduction.

Currently Mental Health programs and the larger systems are understaffed and overburdened with responsibilities. The individuals working in this field are exposed to high levels of stress, limited access to funding and resources, and working in systems that are unhealthy. These individuals are at risk of experiencing their own health and mental health issues and supporting these individuals in self care is vital to the needs of the community.

Theoretical Issues

Trauma Informed Care
Empowerment Based Perspectives
Ecopsychology/Therapeutic Environment
Culturally Sensitive Approach

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Pam Bowers, PhD, MSW and Instructor/Mentor



Credibility Statement

As MSW Interns working at Sempervirens we noticed a need for improvements to the physical environment in order to better support clients in their wellness. We also noticed a need to support staff who are often overworked and underappreciated.

After conducting research into best practices and trauma informed care for mental health as well as utilizing personal and previous work experiences we compiled a variety of recommendations, created materials, and formatted a workbook to support wellness.

Method

- Research on the impact of physical environment to provide a more therapeutic space for clients experiencing psychiatric crises.
- Research on complementary approaches to be used by inpatient and outpatient staff to assist clients in learning new coping skills and identifying paths to recovery and healing. The development of a workbook with resources to be used by staff and clients.
- Surveys and Research on staff morale and self care needs of employees.

Deliverables

- List of recommendations for environmental improvements, a file of posters for coping skills and wellness
- Providing recommendations for systematic self care implementation, and posters
- A workbook for additional skill building and psychoeducation that can be utilized by staff and clients who are interested in furthering their recovery and wellness process

References

Posters



Workbook



Annotated Bibliography

