

Compass

Winter 2022



Maps
Counseling Services
Navigating Life's Challenges

A New Beginning...

If you have received the Maps newsletter in the past, we apologize for our silence over the last year. Maps has been busy growing, evolving and reestablishing our strong and secure foundation as we entered a new season. We recognize that we are overdue to offer you all an update about all that has been happening at Maps.

One of the major changes since our last mailing is that in November 2020, a new leadership team was installed after our former Executive Director, Gary Barnes, PhD retired.

Let us introduce ourselves to you!



This photo was taken as we were preparing for our first ever Wellness Festival (October 2021).

Bethann Clauss, LICSW **Executive Director**

Hello friends of Maps! I joined the Maps' team in July of 2013 as a clinician, and I have remained a member of the clinical team. My clinical areas of specialty are early childhood trauma and attachment focused family therapy. As I settled into the Maps team nearly 9 years ago, the spirit of Maps has taken root in my heart; it has been a privilege to grow and learn alongside such an amazing team of professionals. I served as the Clinical Director from 2016-2020, and now I have the honor of serving as the Executive Director. I believe that it is the responsibility of the leadership team to help create the secure and healthy framework where clinicians feel equipped and supported in their role, which helps us serve our clients well. We are all in this together, and together we can heal, grow, and thrive.

Tina Borsa, LCMH **Training Director**

Hello, I am both a clinician and part of the leadership team as the Training Director. I enjoy being a resource to our clinicians and staff at Maps providing training opportunities to further our skill set. I have been working hard at building our training program at Maps. The training program consists of master's level students, doctoral students, and residents. We have an amazing group of supervisors at Maps that makes the training program thrive! I have been a clinician at Maps for over 7 years. In that time, I have worked with children and their families, adolescents, young adults and beyond. My clinical work involves counseling those that experience anxiety and depression, as well as trauma. I enjoy bringing creative expression through art and play into all my sessions no matter the age of the client. I am delighted to be a part of the Maps family!

Jill Burns, LCMHC, MLADC **Associate Executive Director**

Hello. I joined the Maps team back in November of 2018. I am licensed both as a LCMHC and an MLADC. I came to Maps after working extensively in the substance abuse field for 13 years. However, after joining the Maps team, I began working more with adult clients suffering with anxiety and stress related issues, as well as clients going through relationship difficulties and other life challenges. I love working with clients through a mindfulness-based framework as well as a CBT lens and giving clients tools to manage their symptoms through a holistic approach. I transitioned into the Associate Executive Director position in November of 2020, becoming a part of a wonderful leadership team. I enjoy problem solving and working as a team to create the best working environment that will give each clinician the ability to give their clients the best care possible.

Dawn Reed **Business Manager**

Greetings! I am the Business Manager here at Maps Counseling Services. I am English, and I have lived in New Hampshire with my husband for the last 11 years. I first joined the Maps team as the Admin Assistant in 2013; I transitioned into the role of office manager in 2019, and then we changed my title to Business Manager in 2020. We have a wonderful team of clinicians who do amazing work, but they do need a little reminding or organizing from time to time. I have two admin assistants (Kelly Donohue and Jennifer Folsom) who help me do all the things that need to be done to keep our center running smoothly.

Highlights from the Past Year:

ACCREDITATION:

In April 2021, Maps became fully accredited by the **Solihnten Institute**. Solihnten helps Maps to maintain professional excellence, consistency, and ongoing growth. It was a lot of work, but well worth the effort because we are better for it.

WELLNESS FESTIVAL OCTOBER 2021 AND PLANNED FOR MAY 21, 2022:

We were excited to offer our first ever Wellness Festival in October of 2021. We hope that this festival will become an annual event during Mental Health Awareness month in May to serve as both a fundraiser for the hope and healing fund at Maps, and it is also a gift and resource for the community! Some of the Wellness Festival activities include: yoga classes, guided meditation, spiritually oriented discussions, dance classes to tune into the body, facilitated activities for creative expression, play-based activities for children and families, and so much more. We have an amazing raffle with generously donated items. This year we will add vendors who will be able to provide wellness products, services, and resources.

We hope to see you there on May 21st at the United Church of Christ in Keene, 9am-4pm!



MOVING UPSTREAM:

Over the last three years, Maps has been working in partnership with the Dartmouth Trauma Intervention Research Center on a grant funded project called Moving Upstream. This project has focused on building a trauma-informed and trauma-responsive community. We'd like to highlight two portions of this project.

Trauma-sensitive resources:

In the summer of 2021, Maps was able to help allocate resources from this grant to provide nearly \$150,000 in trauma-sensitive tools and resources to groups throughout Cheshire County:

- Over 50 agencies, organizations and schools received resources.
- 15 area providers access training to enhance their capacity to provide trauma-sensitive treatment.
- 150 educators received the Regulated Classroom toolkit.
- We estimate that at least 7500 children will benefit from this initiative.

Refuge and resource for grand-families:

A support group for grandparents raising grandchildren due to parental substance use disorders. The objective of this group has been "to create opportunities to strengthen families, support recovery, and increase security as we move upstream together." This group has been able to meet weekly for over a year now and offers a safe space for parenting grandparents to explore the complex family dynamics and challenges of their lives. Two licensed clinicians facilitate the group to allow for sharing, learning and growing in a judgement-free group with others who are having similar challenges

DIVERSITY, EQUITY AND INCLUSION:

In an effort to cultivate a more equitable community and dismantle systems of oppression, we are making intentional efforts to regularly engage our team in discussions about power, privilege, oppression, and how these realities impact our daily lives and our work with clients. We recognize that we are not yet where we want to be, but we are striving to listen, learn, change, and grow.

RESIDENCY PROGRAM:

In November 2021, 100+ Women Who Care Cheshire County donated to Maps a generous gift for the residency program. We are so grateful for their support! Maps has hired two additional clinical residents, and we are so excited to see this program continue to grow. Maps' clinical residents are specifically focused on increasing access to care for those individuals and families using Medicaid insurance. Through the residency program, Maps hopes to help build the workforce of skilled clinicians in the mental health field while simultaneously increasing access to care in our community.

Maps envisions a community, strong in mind, heart, body and spirit, equipped to confidently navigate life's challenges.

In addition to all these wonderful highlights listed above, we have also been faithfully showing up for the individual clients and families that we serve each day. We have faced and moved through so many challenges as we have continued to navigate all the complex realities of living through a pandemic, and we are still here. We will keep serving, and we welcome your partnership as we continue forward together.

If you would like to offer a financial gift to Maps Counseling Services, **please donate** at [Mapsnh.org](https://mapsnh.org), or mail your tax-deductible gift to 23 Central Square, Suite 300, Keene, NH 03431. Thank you for being part of our community and for your support!