TIP Portland Celebrating 10 Years of Service!

The first TIP Training Academy was held in January 2005, TIP founder Wayne Fortin recalled, “There was a snowstorm that first night and when I saw over 30 people walk into the training room I thought… these are dedicated Mainers and TIP will do well here!” TIP has indeed done well and we are forever grateful to the Junior League of Portland Maine, who along with staff at the former Community Counseling Center, combined forces to coordinate and complete all the necessary steps required to bring Wayne’s extraordinary crisis response support services to our greater Portland community.

Since 2005 TIP Portland has spent 4,825 hours assisting 8,665 citizens and 4,487 first responders at the scenes of traumatic events within an average of 19 minutes after being requested. “TIP is here because of the trust bestowed upon us by the first responder agencies who request our services. We will continue to work hard to deliver high performance support services in order to maintain that trust and remain a resource for those in crisis.” said TIP Crisis Team Manager, Leslie Skillin.

TIP Portland will hold its fall training academy beginning October 22nd!

Call Leslie at 207.661.6478 to learn about what TIP volunteering can bring into you life!
2015 Heroes with Heart

On April 1, 2015 eleven greater Portland area heroes were honored at our 10th Annual Heroes with Heart event. Proceeds from this event went to support Maine Behavioral Healthcare’s Trauma Intervention Program (TIP). Shannon Moss celebrated her 10th year as the event emcee! TIP Founder Wayne Fortin attended and shared with those gathered TIP National’s 30 years of service anniversary and thanked the local Portland TIP team for its continued efforts, adding a thank you to the first responder agencies for recognizing the need for TIP’s services to aid those in crisis. Time was also taken to honor the TIP volunteer team. The audience gave the TIP Founder Wayne Fortin (seated in the red tie) joined the TIP team of volunteers on stage to pose for their annual team photo.

Exciting News!

TIP began services to Spring Harbor Hospital on June 15, 2015

Staff from Spring Harbor Hospital (SHH), lead by Mary Jane Krebs, SHH President and TIP Crisis Team Manager Leslie Skillin have been working to bring TIP’s emotional support services into SHH to support the emotional needs of families whose loved ones are being admitted into treatment. We are very excited to announce that on June 15th the admitting staff at SHH began paging TIP for services. TIP will arrive to provide emotional and practical support as a family is introduced to the mental healthcare treatment system. At this time families learn of the support services in place to aid their loved ones recovery, as well as their understanding of how their lives will change moving forward. Many studies have shown that those closest to a person struggling with mental illness, live under an incredible amount of stress and as a result are in need of support themselves. SHH is very excited to open the doors to TIP and have taken much care to make this transition of services for families a successful one for everyone!
Tell us a bit about yourself.
I am a widow and mother of two, Susan and Brian. I am a proud grandmother of three terrific grandchildren, John, Emma and Julia. I enjoy attending their sporting events and recitals. I am a retired nuclear cardiology technologist and currently a student at USM majoring in Criminology. I receive so much joy from volunteering with not only TIP, but with Cricket Comforts, sewing pillow cases for children who are in care at Maine Medical Center and as I wear many volunteer hats at the catholic monastery in Portland. I love to knit and sew, making American Girl doll clothing for my granddaughter’s collection and a dozen or more scarves for the cancer survivors participating in this year’s Tri 4 Cure event this summer. Did I mention that I am a lover of “all things electronic,” I have mastered the IPhone 6 and synched it to my IPAD!

How did you learn of TIP?
An advertisement in the Press Herald caught my attention, but I did not call at that time. Instead it was when I saw a posting in our church bulletin the Sunday before the first night of training, that I was motivated to call and the rest is history!

What about the TIP experience compels you to do this type of volunteer work?
I am retired and I like to help people. I had free time and wanted to volunteer. I prefer not to be in “the limelight” and TIP work allows me to arrive, do my helping and then quietly leave. Knowing that someone in crisis is not alone is my greatest motivator for doing this work. Join us... the next TIP Training Academy begins Oct, 22nd!

How do you fit TIP into your life?
TIP works well with all of my other volunteering commitments and visits with my family in Massachusetts; it allows me to be flexible with when I am available to be on call. I also dispatch calls for TIP and mentor new TIP volunteers just coming out of the TIP Training Academy.

What has surprised you the most about becoming involved in TIP?
What has surprised me the most is we are welcomed and accepted into someone’s personal tragedy, we are there so soon afterwards. I have been pleasantly surprised at the warm feelings of satisfaction I get from being there and knowing that those I assist are in a better place emotionally when I leave.

TIPs from TIP — Emotional 1st Aid and Protecting

Physical and Emotional protection for a person who has just been through a traumatic event.

Following a traumatic event a survivor is more susceptible to a physical and/or additional emotional injury.
It is important for those who are in a position to care for a traumatized person to be aware of the following:
Physically a person who has just experienced a traumatic event; such as sudden death of a loved one, is in shock. This state allows the brain the time it needs to protect itself from stimuli overload. The following are examples of how to protect a survivor.

1. You arrive and your friend/family may want to drive. “the kids need to be picked up from school.” Help arrange a pick-up for the children. They tell you they are fine to drive, most likely they are not.

2. When a person is in shock they are not in awareness of their surrounding as they normally would be. It may be very hot out and they are standing in the bright sun, with no protection to avoid a sunburn and no water to avoid dehydration. It may be very cold outside and they are without a coat. There may be heavy traffic all around them, they are wandering and at risk of being hit.

3. The survivor may be on medication that they have forgotten to take; the chaos of the event disrupted their normal routine.

4. The survivor may want to re-enter their home before the fire department has deemed it safe, redirect them by reminding them that they need to stay safe in order to care for their family who needs them.
You are basically becoming their “thinking brain” for them while theirs is on hiatus and until they are ready to absorb what is going on around them. Shock symptoms will pass and until then, you can be there to protect them.

Emotional injuries can be inflicted by those who have come to assist.
A person in shock perceives what is going on around them differently than someone who is not in shock. Those who arrive to support may unintentionally say and do the wrong thing that results in additional emotional injury.

1. Try to slow things down when the survivor wants to do something that could cause injury, redirect them to another method to achieve their goal safely and do so as gently as possible.

2. Listen to their concerns and acknowledge what it is they need, then try your best to assist by problem solving and/or finding a safer way to meet their need.

3. Do not judge someone for how they are reacting to their crisis. We all react differently. They may be angry, sobbing uncontrollably or unresponsive to your attempts to assist, these are all normal reactions. If they are not harming themselves or others with their expressions of grief, allow them express them. Try not to be an unintentional barrier causing emotional injury, but a gateway to healing.
Spring Community Service Awards Presented to TIP

On April 11th South Portland Police Chief Ed Googins presented TIP Portland with its 2014 Citizen Service Award in recognition of its commitment to the community and the professionalism and dedication displayed when called in to provide support to survivors and families while assisting police during very difficult circumstances.

On April 17th TIP Portland was presented with the Chief’s Merit Award from Scarborough Fire Chef Mike Thurlow and Police Chief Robert Moulton in recognition of TIP’s compassionate and invaluable service to the citizens and 1st responders of Scarborough. After the ceremony TIP volunteers joined close to 100 Scarborough 1st responders and their families for a delicious meal at the Clambake on Pine Point!

NEXT TIP TRAINING ACADEMY BEGINS OCTOBER 22nd!

TIP Fall Training Academy Schedule

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<tbody>
<tr>
<td>Thurs.</td>
<td>Oct. 22nd</td>
<td>6:30-9:30 p.m.</td>
<td>Tues.</td>
<td>Oct. 27th</td>
<td>6-9 p.m.</td>
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<tr>
<td>Fri</td>
<td>Oct. 23rd</td>
<td>6-9 p.m.</td>
<td>Thurs.</td>
<td>Oct. 29th</td>
<td>6-9 p.m.</td>
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<td>Sat</td>
<td>Oct. 24th</td>
<td>9-5 p.m.</td>
<td>Fri.</td>
<td>Oct. 30th</td>
<td>6:00-10 p.m.</td>
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<td>Sun</td>
<td>Oct. 25th</td>
<td>12:30—p.m.</td>
<td>Sat.</td>
<td>Oct. 31st</td>
<td>9:00-4:00 p.m.</td>
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8 classes in emotional first aid are taught over a two week period. The skills learned prepare you to be part of this amazing team of citizen volunteers.
Contact Leslie to learn more!
LSCalder@mainebehavioralhealthcare.org or 661-6478

TIP Gets Messy at MUSE!