Rekindle the Heart
One family’s story of hope & healing

On a cold evening in December, Nikki’s family gathered in their Corvallis home to decorate their Christmas tree and enjoy holiday festivities as a family. A typical tradition for many families, but the holidays were known to trigger traumatic memories for their three girls, all of whom experienced severe trauma early in life. Fully equipped to handle any meltdowns (a common byproduct of trauma), Nikki and her husband were devoted to providing a safe space for their children to celebrate the holidays together. To their amazement, the evening came and went with only positive experiences.

Nikki attributes much of the success of this night (and others since) to her daughters’ weekly EMDR therapy sessions. EMDR (Eye Movement Desensitization Reprocessing) has opened the door toward healing for Nikki’s family. Her children were adopted after experiencing many types of abuse at a very young age.

They had been in talk and play therapy for several years. But when traditional therapy did not help alleviate trauma-related outbursts, we introduced this new approach. In EMDR therapy, the patient...
focuses on the traumatic memory while experiencing bilateral stimulation engaging both sides of the brain. The result is that traumatic memories are reduced and often do not re-trigger. This ground-breaking therapy was not readily available for children in our area until OMC secured grant funding to send eight counseling staff to EMDR training in 2018.

**EMDR Applications**

Clinicians have reported success using EMDR in treatment of:

- Sexual and/or physical abuse
- Post-traumatic reactions
- Disturbing memories
- Self esteem issues
- Panic attacks
- Complicated grief
- Phobias
- Stress reduction
- Performance anxiety

*Courtesy EMDR International Association, emdria.org*

Nikki and her girls are one of over 600 families we served last year. Many of these include children suffering from complex trauma or traumatic events.

The cost of EMDR training is substantial. The benefit to families impacted by trauma is greater. We hope to continue to provide training and to help cover costs for those with limited or no medical coverage. No one is turned away for lack of ability to pay.

If you’d like to learn more about our efforts to reduce trauma in children or to help us provide this critical service to families in our community, call (541) 757-8068 or contact Kate Caldwell at kate_caldwell@oldmillcenter.org.

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**Local Business Giving Back**

Old Mill Center is known for providing a variety of services to local families in need—respite care, counseling, therapeutic day care, early education and more—but did you know about our Resource Closet?

Since 2011 our Relief Nursery has operated a Resource Closet stocked with diapers, clothing, household & hygiene supplies for families, and all the basics for kids 0–6. The items are provided at no cost to our families. We thank our community, whose unflagging support sustains this resource.

But toddlers and babies aren’t the only kids we serve—our Counseling program treats children 2–18, many with needs of their own. Additionally, many of the younger children in our other programs have older siblings whose needs can’t be met by the Relief Nursery Resource Closet.

That’s why we are excited to announce our new Outpatient Resource Closet, generously sponsored by JLL – Corporate Real Estate & Workplace Services (CREWS).

Designed to cater to older children and teenagers, it is stocked with clothing, school supplies, and personal hygiene items that can be accessed by older kids and young adults. We hope that providing these basic necessities will help reduce the stress vulnerable children and teens experience.

Thank you to the employees of JLL, who donated both time and financial support to this project.

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**EMDR: A Tool to Help Children Heal**

Younger children often struggle to verbally communicate their needs, especially those who have experienced traumatic events. Most therapies for younger children require specific tools / strategies that are developmentally appropriate, relying on expressing feelings through play or other non-verbal mediums as opposed to verbal communication. Since it uses bilateral physical stimulation to assist with reprocessing, EMDR can be successfully integrated into play therapy without requiring the child to verbalize their experiences or traumas. This makes it a valuable tool for helping children of all ages overcome the negative effects of trauma.

*Terrie Haworth, MA, LPC
Child and Family Therapist/Clinical Supervisor*
Thanks to the Community

Spirit Mountain Community Fund
A grant from the Spirit Mountain Community Fund contributed significantly to our behavioral health collaboration with the Corvallis Boys & Girls Club of Corvallis and the Philomath Youth Activities Club during 2018. It helped build and strengthen trauma informed after school environments. Thank you to the Community Fund for their generous support.

Thank you to all the individuals, groups, and businesses who donated to our 2018 Secret Santa Holiday Assistance Program. Your generosity brought holiday gifts to over 350 children this year.

Thank you to our community sponsors:

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Buy online: omccf.joinme.org/raffle

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Thank You Subaru of Corvallis!

We would like to thank Subaru of Corvallis for their Fill a Forester With Love Food Drive, which provided food for the families we serve. Thank you to everyone who donated!

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