

THE SOCIAL WORK & COUNSELING CONNECTION

newsletter

October 2019

Clinician Conversation



Tiffany Jordan, LCSW-C, MS
Residential Milieu Director, Mann RTC

Why did you become a social worker?

My introduction to the field of social work came by happenstance. After graduating with my Bachelor's degree, I moved to Los Angeles, California. I applied to various county and state agencies and accepted a position as a Children's Social Worker with the LA County Department of Children & Family Services. My work in Los Angeles made me realize that my passion for helping others manifests in a variety of ways, both in clinical and in generalist practice and I decided that I would pursue a Master of Social Work.

What are your current job tasks?

I work in the Mann Residential Treatment Center, a 63-bed co-ed adolescent mental health facility, where I was recently promoted from Clinical Milieu Manager to Residential Milieu Director. In my current role, I am responsible for the direction and coordination of residential milieu programming and services.

What do you like best about your job?

I have enjoyed my time at Sheppard Pratt because of the employees with whom I work and residents we serve. One of the primary reasons I chose residential care is that the residents are there longer, which aids in fostering healthy therapeutic relationships and the ability to observe and measure progress towards treatment goals.

Do you have a particular clinical philosophy that you subscribe to?

Clinically, I offer an integrative approach. Ultimately, I subscribe to the "Do What Works" philosophy and I am willing to do what is best for the client. Since coming to Sheppard Pratt, I have received several DBT trainings and I am excited to begin my upcoming TF-CBT trainings.

Thank you, Tiffany, for all that you do!

Sheppard Pratt Stride – 10/12/19!

Lace up your sneakers and join Sheppard Pratt Health System for our 6th annual Stride, a chip-timed 5K and 1-mile family fun walk. All net proceeds go to our Patient Care Fund to support our programs and services. For more information, click [here](#).

2019 Social Work Lecture Series

Two of our Sheppard Pratt experts will be providing social work lectures this fall!

November 5, 2019, 8:00 a.m. – 9:30 a.m. (1.5 CEUs)

Introduction to Trauma-Informed Care

Laura Webb, RN-BC, MSN
Vice President and Chief Nursing Officer
Sheppard Pratt Health System

After attending this lecture, participants will be able to:

- Demonstrate a basic understanding of trauma-informed care in a behavioral healthcare setting.
- Describe the social consequences of trauma.
- Identify strategies to improve self-care to prevent vicarious traumatization.

December 3, 2019, 8:00 a.m. – 9:30 a.m. (1.5 CEUs)

Using the Power of Families in the Healing Process

Holly Slapinski, LCSW-C
Family Therapist, The Retreat at Sheppard Pratt
Sheppard Pratt Health System

After attending this lecture, participants will be able to:

- Outline the fundamental concepts of family systems theory.
- Demonstrate the reciprocal relationship between the illness of a family member and patterns of family interaction, particularly as it manifests in cases of mental illness and substance abuse.
- Identify strategies of working within a family system to design an effective plan for continued recovery after discharge from a psychiatric hospital facility.

To register for both lectures, click [here](#).

Questions? Contact Jennifer Tornabene in Professional Education at jtornabene@sheppardpratt.org.

Resources for Food Insecurity

Maryland's communities are deeply impacted by food insecurity. People from all walks of life find themselves in need of food assistance for a variety of reasons. [The Maryland Food Bank](#) offers several resources to combat food insecurity including:

- Advice on SNAP benefits (food stamps)
- [Find Food search engine](#)
- Nutrition programs
- Senior hunger information and [resources](#)
- Maryland Food Bank [locations](#)