

# 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](mailto: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](#)