

SAU #88 Employee Assistance Program – Additional Mental Health Resources

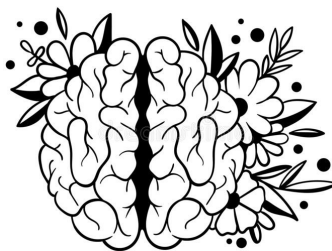
The Lebanon School District has partnered with Alice Peck Day Memorial Hospital to include active full-time SAU #88 employees in APD's PEER Program (Providing EMDR and Equine Resources Therapy), generally available to APD employees through their internal Employee Assistance Program. This benefit is a supplemental resource, additional to all other mental health options available within the District's internal Employee Assistance Program through SchoolCare / CIGNA. The availability of this additional resource will be temporary in nature to start out. The decision to continue participation will be based on SAU employee engagement.

This program offers up to 6 sessions of EMDR therapy with a clinician at no additional cost to the employee. Appointments are in-person, at the APD campus within the Multi-Specialty Clinic.

Additionally, eligible SAU #88 employees will have the ability to participate in drop in sessions at Moonrise Therapeutics. The sessions will take place on the first and third Mondays of each month, from 2-4pm. It's a wonderful chance to step away from the busyness of life and restore peace, calm, and wellbeing at the farm.

APD has graciously enlisted the services of Susan Odden, LCMHC, MSN, RN, and Oliva Henry-Corell, MSW, LMSW, the clinicians who will be providing EMDR support to members of the Lebanon SAU community. If interested in utilizing this resource, all you have to do is contact Olivia Henry-Corell at temperance.ne@gmail.com, or Susan Odden at emdrislife@gmail.com.

If interested in taking part of a session at the farm through Moonrise Therapeutics, please complete the [following inquiry form](#) and their team will be in touch with you.



What is EMDR therapy?

EMDR is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories. Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms. Ongoing research supports positive clinical outcomes showing EMDR therapy as a helpful treatment for disorders such as anxiety, depression, OCD, chronic pain, addictions, and other distressing life experiences (Maxfield, 2019). EMDR therapy has even been superior to Prozac in trauma treatment (Van der Kolk et al., 2007). Shapiro and Forrest (2016) share that **more than 7 million people** have been treated successfully by 110,000 therapists in 130 countries since 2016.

How is EMDR therapy different from other therapies?

EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process.

EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies.

How does EMDR therapy affect the brain?

Our brains have a natural way to recover from traumatic memories and events. This process involves communication between the amygdala (the alarm signal for stressful events), the hippocampus (which assists with learning, including memories about safety and danger), and the prefrontal cortex (which analyzes and controls behavior and emotion). While many times traumatic experiences can be managed and resolved spontaneously, they may not be processed without help.

Stress responses are part of our natural fight, flight, or freeze instincts. When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create an overwhelming feeling of being back in that moment, or of being “frozen in time.” EMDR therapy helps the brain process these memories and allows normal healing to resume. The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved.

Who can benefit from EMDR therapy?

EMDR therapy helps children and adults of all ages. Therapists use EMDR therapy to address a wide range of challenges:

- Anxiety, panic attacks, and phobias
- Chronic illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders
- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- Post-Traumatic Stress Disorder (PTSD) and other trauma and stress-related issues
- Sexual assault
- Sleep disturbance
- Substance abuse and addiction
- Violence and abuse

Experiencing EMDR Therapy

After the therapist and client agree that EMDR therapy is a good fit, the client will work through the eight phases of EMDR therapy with their therapist. Attention will be given to a negative image, belief, emotion, and body sensation related to this event, and then to a positive belief that would indicate the issue was resolved. A typical EMDR therapy session lasts from 60-90 minutes. EMDR therapy may be used within standard talking therapy, as an adjunctive therapy with a separate therapist, or as a treatment all by itself.