

# A DAY IN THE LIFE OF FOR ALL SEASONS

For All Seasons never sleeps. The agency is open 24 hours a day, seven days a week. There is no typical day at the agency, but the following provides a glimpse into the work of our team.

12:00 AM

A local woman calls For All Seasons' **24-hour hotline** after being sexually assaulted by her boyfriend. She is overwhelmed with panic and fear. The crisis hotline team member listens with care, quickly assesses the individual's safety, and encourages the individual to go to the hospital emergency room. She is greeted by a For All Seasons Victim Advocate. The advocate remains close by during the victim's medical examination by a Sexual Assault Nurse Examiner, evidence gathering, and questioning by law enforcement. The advocate also ensures the client has a safe place to go and follows up the next morning to provide ongoing support.



4:30 AM

A 50-year-old adult female is struggling with depression. She is isolated from her family and feels hopeless. She calls For All Seasons' hotline. The crisis hotline team member talks to the client, reassures her and schedules her for a **same-day crisis appointment**—one of 19 urgent care appointments the agency provides each week. The client takes a deep breath, knowing that support is here for her, and in a few hours a professional will be helping her to manage these feelings.

8:00 AM

An adult male is experiencing increased depressive symptoms working through issues related to his recent divorce. He attends a morning **therapy appointment** at our main Easton location, one of seven offices on the Mid-Shore, to learn strategies that help him manage his symptoms and begin to rebuild a happy and productive life.

10:00 AM

A teenager is having acute anxiety and panic attacks, causing her to repeatedly miss school and time with friends. She is receiving neurofeedback therapy at our Denton office to reduce her symptoms. In addition to this ongoing therapy, she has also been referred to one of For All Seasons' psychiatrists for a **medication assessment**. Her anxiety is lessening with each appointment, and her time back in school has increased.

11:15 AM

A child in a local elementary school is hiding under his desk. The child is experiencing trauma at home, impacting his ability to learn. A school administrator helps the child walk down the hall for **school-based therapy** with a For All Seasons' therapist in a warm and welcoming office. The therapist takes the child through a series of Theraplay activities to help him feel safe, grounded, and able to return to the classroom. Later that evening, the therapist reaches out to the family to set up a **family therapy** session and discuss how the agency's financial assistance program can make support affordable.

1:50 PM

A business leader is distraught and calls our office. He has just learned that an employee has committed suicide. He knows that he and his team need professional support. For All Seasons' staff pulls together a clinical team trained in **crisis intervention** to meet with the employees that afternoon. Trauma-certified support is provided for everyone, and one particularly distressed individual is referred to counseling at a For All Seasons' office.



5:00 PM

A grieving family, including a mother and three children, are working through the loss of a husband/father in a tragic work-related accident. One of For All Seasons' trauma-certified therapists at our Stevensville office assists the family members through a **family therapy session**. In addition to meeting as a family, individual appointments are made so that each family member can openly share their personal grief privately with a therapist. The combination of group and individual appointments enables the family to begin the healing process.

3:30 PM

Adolescent girls participate in jewelry making and stone painting at For All Seasons' office. The **Latino Support Group** meeting facilitates conversation and sharing about the girls' struggles. Today's activity, led by the Director of Latino Outreach and Education, Ivy Garcia, helps the girls bond in their support group, while they talk about healthy relationships and self-esteem.

7:00 PM

A group of new foster parents are gathered in Kent County to learn about Adverse Childhood Experiences (ACEs). On this night, For All Seasons' Chief Clinical Officer, Lesa Lee, and master ACEs trainer CEO Beth Anne Langrell, help participants learn how trauma impacts young peoples' lives and vital tips for supporting foster children. **The Center for Learning** provides training on a variety of topics across the Eastern Shore region to community members, professionals, educators, and administrators on important, timely mental health and wellness topics.

4:15 PM

A child with autism is struggling with behavioral issues, and his parents are exhausted and overwhelmed. A Psychiatric Nurse Practitioner provides **telepsychiatry** in the convenience of the patient's home. The practitioner notices that the child opens up more in the virtual appointment rather than in-person, and significant progress is made.



It's evening now.

Our crisis hotline has rolled to the after-hours responder and another day in the life at For All Seasons begins.

