

# Share Why We Care

## Acadia Hospital: *Project Inspiration*



### **Sheri Thompson, LMSW/CC – Clinician, Child & Adolescent Ambulatory Services/ Hampden School District**

When I considered an office and school-based position here at Acadia, I had some reservations. Having previously worked directly with people in their homes, I wondered, would clients respond to interventions as readily in an office-based setting? Would parents engage in the process?

My experience thus far at Acadia has proven my reservations to be false. I find that the level of professionalism and attention to patient care, especially by support specialists, puts patients at ease and is a very helpful resource in the therapeutic process. My efforts to engage parents in family therapy are enhanced by the benefit of being able to refer parents seeking individual treatment to the very same hospital they know and trust to treat their child. The collaboration between clinicians and the medication management team is incredible and the comprehensive approach to care is so beneficial to children and their families.

My experience at Hampden School District, through contract with Acadia, has also proven to be a setting that fosters numerous opportunities to make a difference. I continue to be in awe of a school district so intent on making sure that the students' emotional wellbeing is as nurtured as their academic potential. I am truly blessed to be working in such supportive environments.

My passion for working with people that are struggling comes from my belief that even the briefest therapy or the shortest conversation can be enough to help someone help themselves. In my work with people, I strive to accept them in their reality of the moment, use psycho-education that is research-based, and express a desire to play a supporting role in healing. I look for two important stepping stones in a person's life; opportunities for nurturing relationships and opportunities for creating a positive self-image.

The Acadia Hospital is a place that already embraces these ideas and has a mission that I easily align myself with. I am excited about the administration's progressive attitudes about patient care. The Acadia Hospital is full of opportunities for professional development, which is important to me and to the people I serve. When I am not working I enjoy being outdoors with my husband and sons. I also have a passion for photography, reading, and writing.

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TOGETHER We're Stronger

