

Her sister, Maria La Vache, was an employee of insurer Marsh & McLennan and was on the 99th floor of the north tower of the World Trade Center when it collapsed. Her body was never recovered. Dorf said she called her brother and mother after the steam pipe rupture last Wednesday to say goodbye.

"I can't sleep, I can't eat. If I lay down I can see the smoke," she said. "And I think of my sister over and over again. What she must have went through on 9/11."

A Con Ed spokesman said the utility does not comment on pending litigation.

OCTOBER IS FIRE SAFETY MONTH!

WWW.NFPA.ORG FOR FIRE SAFETY INFORMATION



Anger is never without a reason, but seldom a good one.

- Benjamin Franklin

Anger makes you smaller, while forgiveness forces you to grow beyond what you were.

- Cherie Carter-Scott

When you feel "dog tired" at night, it may be because you growled all day.

- Anonymous

Interview with Joel Fay, Psy.D and President of West Coast Post Trauma Retreat

<http://www.wcpr2001.org/>

What's it all about and how can I help?

Submitted by: Linda Bell

After his well-received recent appearance at our CPSA Conference in September, I asked Joel Fay more about exactly what it takes for Peer Supporters to become involved with WCPR.



How many volunteers do you need for each session at WCPR?

A WCPR session goes from Sunday afternoon to Friday morning (ending around 11 AM). For each session WCPR needs two clinicians who can spend the week and additional clinicians to help with intakes and a clinical treatment model called EMDR. Ideally we would have one clinician for each client (we have 6-7 clients at each session). The extra clinicians are needed on Sun, Monday and Thursday afternoon.

The WCPR treatment model utilizes trained peers in every aspect of the program. There are two overall peer job functions. One group of three peers will assist by participating inside the debriefing room and it is very important that these peers are there for the entire week. This function is usually rotated among peers for different sessions. We try to match peers with clients. As an example, if we have officer and fire fighter clients, we make sure we have an officer and a fire fighter peer inside the debriefing room.

A second job role is filled by peers who “hold down the fort” and are available to talk to clients when they are not inside a group session. We have found that the clients often need to talk with the “fresh face” of someone who was not inside. These “outside” peers participate in all aspects of the program including treatment team meetings, educational and other sections of the program run by the peer support members. The outside peers do not have to be able to be there the entire week. Many peers come and go, throughout the week, depending on job and other personal commitments.

A third group may come in just for an evening to cook a meal. WCPR prepares all the food for the week and the on-site kitchen.

Have you ever had to cancel a session because there were not enough volunteers?

Our peer Coordinator, Mike Pool, has done a great job of recruiting peers and we have not had to cancel a single session. There have been times when we were short on peers and that impacts the program.

How often do you hold sessions and how long do they last?

We do a session every 6-8 weeks and they go from Sunday at 3 PM until Friday at 11 AM. The days are long and start at 0830 and go until we cover the necessary information, often 10 PM.

Are the session’s co-ed?

Yes. There are obviously separate living arrangements. About a third of attendees are female.

What are the requirements to become a volunteer at the WCPR, and do new volunteers have to be trained by your staff in any way?

We ask that peers who want to volunteer receive basic peer support and CISM training. When someone volunteers at the program for the first time we ask that they observe and help as needed. People should

not expect to be “inside” the debriefing when they first attend.

Do you have volunteers that have been to WCPR more than once? If so, how regularly or often do some of them return?

The majority of volunteers come back session after session, although many are still working and may skip sessions, or are only able to come a few days a week. Many of our peers have been through the program and come back to help other responders. One peer come from London and is only able to come about once a year. We understand that people have lives outside of WCPR!

Share a story about how a volunteer was positively impacted at WCPR in a way they did not expect:

It is hard to describe the experience of volunteering at WCPR. We often tell the clients that we (the staff) get more out of the program than they do. The chance to help a fellow responder recover and reclaim his or her life is a very moving experience that occurs session after session. In addition, there have been many times where a person comes to WCPR to volunteer and realizes that they have many unresolved issues and decide to come back as a client.

Sometimes a negative occurrence is the pre-cursor for positive change. Relate a story of a failure or mistake by a volunteer that ultimately brought about a positive or successful outcome:

We have had situations where a peer says something that upsets a client. We work with the peer and encourage him/her to speak with the client and perhaps apologize, if that is an appropriate action to take. The result can be very healing. This does not only apply to peers, obviously the same situation can happen with clinicians and chaplains. None of us are above making errors and learning from them.



Are their "safeguards" in place at WCPR to make sure that a volunteer is not attending a session where a co-worker might also be in attendance, or has this ever been an issue?

Yes, we pay attention to this issue as we know that for many clients it is important that no one from their agency know they attended. Peers need to understand that we may ask them not to come to the next session but will not explain why we are making this request. We will share with a client the name of the peers that will be attending. More often the client knows and wants the peer at the session. That decision is solely with the client. We have had incidents where there was a previously unknown connections between a client and a peer that was problematic. The peer was asked to leave the current session but of course invited back to the next session. The client's needs come first.

How does a person go about contacting WCPR to volunteer their time?

They should contact WCPR at (415) 721-9789 or wcp2001@aol.com and we will put them in touch with our peer coordinator, Mike Pool.

If a Peer Support Team or their agency wants to donate goods or monies to WCPR, how may they go about sending their donations to you?

WCPR rents the facility we use on a weekly basis and we do not have room to store physical donations. We gladly accept monetary donations. These donations can be used for specified purposes (sending someone from your agency, or sponsoring a fire fighter that can't afford to otherwise attend). WCPR is a 501 c 3 organization.



The Sin of Omission

By Margaret E. Sangster

It isn't the thing you do, dear;
It's the thing you leave undone,
That gives you a bit of heartache
At the setting of the sun.
The tender word forgotten,
The letter you did not write,
The flowers you did not send, dear,
Are your haunting ghosts at night.

The stone you might have lifted
Out of a brother's way,
The bit of heartsome counsel
You were hurried too much to say;
The loving touch of the hand, dear,
The gentle and winsome tone,
Which you had no time nor thought for,
With troubles enough of your own.

Those little acts of kindness,
So easily out of mind;
Those chances to be angels
Which we poor mortals find -
They come in night and silence
Each chill, reproachful wraith,
When hope is faint and flagging
And a chill has fallen on faith.

For life is all too short, dear,
And sorrow is all too great;
To suffer our slow compassion
That tarries until too late;
And it's not the thing you do, dear,
It's the thing you leave undone,
That gives you a bit of heartache
At the setting of the sun.

Lend a Hand

By Edward Everett Hale

Look up! And not down;
Out! And not in;
Forward! And not back;
And lend a hand.