

## Director's Message



I look at the programs that we've had the honor to implement - evidence informed or evidence based practices - which show success and help the individual to improve their health, achieve their goals and enhance the quality of their lives. When I look at the fidelity of these social models, there are several consistent themes that seem to resonate, that take hold and are the transformative powers that makes them work. It isn't just the skill of the science or the scholarship of the clinician working with the individual. It is the binding of less tangible elements that make them work; compassion, relationship building, respect, positive regard, non-judgment, and honoring of the individual's struggles, strengths and aspirations. Nelson Mandela once said, "Our human compassion binds us the one to the other - not in pity or patronizing—but as human beings who have learnt how to turn our common suffering into hope for the future." Many times when working with individuals whose struggles seem to have eclipsed their sense of

victory, it is the still small voice of the mentor or the coach that can help by encouraging and reminding them of their abilities and strength to capture their own personal power that helps to buoy up the hope that resides within. It is this support that can help them translate that hope into measureable steps to start the journey to meet their objectives by placing one foot in front of the other. I always say, "it is not rocket science," as it isn't just the science, it is the spirit of humanity that creates the inspiration to make the difference.

**Lori Brown, Director**