



deep healing without meds

February 25, 2019

Ms. Donna Jerry
Green Mountain Care Board
89 Main St.
Montpelier, VT 05620

Dear Donna,

As discussed in our recent telephone conversation, our February 11th meeting with Pamela Cota and Suzanne Leavitt of DAIL determined that we need to have a registered nurse in order to receive licensure as a Therapeutic Community Residence. Accordingly, we are seeking a revised jurisdictional determination from the Green Mountain Care Board as a result of this change.

In the attached spreadsheet, we have included 2018 expenditures and budgeted 2019-2021 expenditures, assuming approval of our TCR licensure within about 60 days. The 2019 to 2021 increases in expenditures are related to our new capacity to offer residential services for as many as eight seekers. As you know, Inner Fire is a 501(c)3 non-profit corporation. All donations and service income to date have come from private-sector donors and seekers. All operating costs are covered by service income and all new construction expenditures have been financed in advance from donations. If/when future donations allow, we hope to be able to build additional residential facilities so as to serve a maximum of twelve seekers and expanded therapeutic spaces, although we cannot at this time specify the timing for such expenditures.

Having a registered nurse come to Inner Fire, meet with our Seekers, work with our guides and help carry the consciousness of all aspects of the administration of medications will be the primary activity of a medical nature at Inner Fire. The only other service of a medical nature we will provide is transportation for seekers to monthly visits to Dr. Nels Kloster, who is supporting the psychotropic medication tapering process from his office in Bennington. Although seekers at Inner Fire have typically administered their own medications, with strict recording and secure management of all medications, the registered nurse will now administer this process and supervise any seeker who cannot self-administer. Our revised Medication Administration protocols are outlined in the attached document.

As detailed in our letter to you of August 20, 2018, Inner Fire is a proactive healing community offering a choice for adults to recover from debilitating and traumatic life challenges without the use of psychotropic medications. We offer services that are primarily non-medical in nature. We seek deep and lasting healing through an intensive program that first stabilizes a person in crisis, gradually replaces medication with holistic healing practices, addresses the core issues precipitating distress while developing skills for digesting and growing beyond these issues and finally becoming an enthusiastic and vital member of their community with the knowledge that indeed they do have the inner strength to work with any challenge which comes their way.

Inner Fire offers an alternative approach via:

- Complementary and Alternative Therapies
- Farm-based Work Therapy
- Dietary and Therapeutic Lifestyle Changes
- Mentoring, Peer and Life Coaching

Services offered on site and provided by:

- Biographical Counseling- Biographical Therapist
- Therapeutic Eurythmy- Eurythmy Therapist
- Hauschka Artistic Therapy- Hauschka Artistic Therapist
- Music Therapy- Music Therapist
- Rhythmical Massage- Massage Therapist
- Spatial Dynamics Therapy- Spatial Dynamics Therapist
- Speech Arts and Drama- Speech and Drama Therapist
- Sauna Therapy- Liver Compress-Guides
- Work Therapy Program (garden, forest, house and kitchen)-Guides
- Peer-to-Peer Support Groups- Peers/Guides
- Family education and support- Guides
- Mentoring, life skills and life coaching- Guides
- Evening activities including music, drumming, singing, etc.
- Visits with our registered nurse
- Organic food and nutrition program- Chef/Nutritionist

Guide's Services offered off-site: all provided by Guides (Staff)

- Occasional outside classes for job skill development, arts and crafts apprenticeships with local artisans, businesspeople and farmers (e.g., glass- blowing, blacksmithing, landscaping, restorative justice, educational assistants, etc.)
- Nearby hiking, snow-shoeing and other recreational outings
- Local cultural and musical outings
- Transportation to consultations with our Psychiatrist, where they participate in decisions related to their responsible medication tapering, under the direction of Dr. Nels Kloster
- Occasional medical appointments and local shopping, as needed
- Musical lessons and local choirs

Please let me know if there is any further information you need in support of this determination.

With thanks for your continued assistance with this process,

Sincerely,



Beatrice Birch
Founder and Executive Director