



# Monthly Newsletter Special Feature

## August 2025



**Clinician Spotlight:  
Mary Beth Hadley,  
MSW, LCSW**

After decades of dedicated service in the field of mental health and social services, Mary Beth Hadley is retiring, leaving behind a legacy of compassion, expertise, and hope. Her career has spanned work in psychiatric hospitals, foster care and adoption, individual and family therapy, grief and loss, depression, anxiety, trauma, and—most recently—counseling in a public school setting. As a Licensed Clinical Social Worker, Mary Beth has always understood that a relaxed, safe environment is the foundation for meaningful growth. She has walked alongside clients of all ages, tuning into their feelings, identifying their strengths, and collaborating to support their journeys toward healing.

Certified in the Neurosequential Model of Therapeutics through the Child Trauma Academy, Mary Beth has been deeply informed by Bruce Perry's trauma model, integrating an understanding of early childhood experiences, relational health, and attachment into her work. Her passion for helping children, couples, adults, and families has been matched only by her empathy, fueled in part by her own experience supporting loved ones through long-term mental illness.

Mary Beth's career has been a testament to the belief that "to the world you may be one person, but to one person you may be the world." As she embarks on this next chapter, we celebrate her countless contributions and the many lives she has touched. We wish Mary Beth endless joy, rest, and new adventures in retirement—a well-deserved season of happiness after a career so well served.

# Understanding How Trauma-Informed Care Supports Families

This month, we want to highlight the incredible expertise of our very own Mary Beth Hadley, LCSW, who is certified in the Neurosequential Model of Therapeutics (NMT) through the Child Trauma Academy. Developed by Dr. Bruce Perry, NMT is a research-based approach that looks at how early childhood experiences—especially relationships and stress—shape brain development and influence behavior, emotions, and learning throughout life.

## **Why is this important for families?**

When children experience stress, loss, or trauma, it can affect their ability to regulate emotions, connect with others, and succeed at school and home. NMT helps therapists understand where a child might be struggling in their brain development and tailor interventions to meet them right where they are. This means therapy is not just about talking—it's about finding the right kinds of experiences and supports to help heal and strengthen the brain.

## **How this benefits therapy:**

- Personalized strategies: NMT considers each child's unique history, needs, and strengths, leading to customized goals and plans.
- Focus on relationships: Healthy, safe connections are central to healing. Families learn ways to strengthen attachment and trust.
- Whole-person approach: Therapy looks at thinking, feelings, and behaviors—while also addressing sensory, relational, and developmental needs.
- Practical tools for home: Families gain concrete strategies to support regulation, coping skills, and emotional growth outside of therapy sessions.

Mary Beth's work has combined her NMT training with years of experience in grief, trauma, anxiety, and family systems. This means families have received care that is deeply compassionate, scientifically grounded, and tailored to their real-life challenges. We're grateful to have had Mary Beth's expertise in our practice. We want to reassure families that even after Mary Beth's retirement, our team at Mind Matters will continue to facilitate trauma-informed care, ensuring that children and families continue to receive the highest quality support grounded in compassion and research-based practices. We look forward to continuing to support children, parents, and caregivers in building healthy, connected, and hopeful futures in their therapeutic process.

# Token of Appreciation

## A Heartfelt Thank You to Mary Beth

Dear Mary Beth,

As you step into this exciting new chapter of your life we want to take a moment to share our deepest appreciation for everything you have contributed to Mind Matters. Your compassion, expertise, and steadfast dedication have not only shaped our practice but have also touched the lives of countless children, families, and colleagues along the way.

Thank you for bringing your vision, passion, and warmth to our team, and for inspiring us to approach our work with the same thoughtful, trauma-informed care that has defined your career. Your guidance, mentorship, and unwavering commitment to those we serve have left an indelible mark on the heart of our practice.

Your legacy of empathy, insight, and devotion will continue to guide and inspire us long after your retirement. We wish you a future filled with joy, peace, and fulfillment, knowing that the foundations you helped build at Mind Matters will continue to positively impact lives for many years to come.

With sincere thanks and warmest wishes,  
The Mind Matters Team

