

OCYF TRAUMA TEAM NEWSLETTER

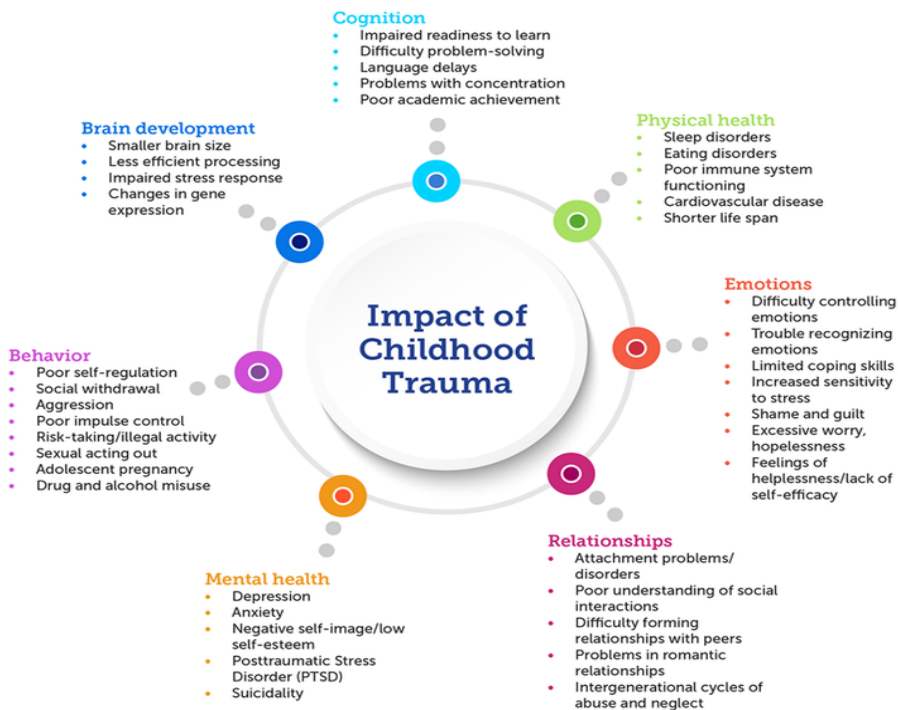
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Contact us at RA-PWOCYFTRAUMA@PA.GOV

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope.

www.TheNationalCouncil.org

Impact of Childhood Trauma



Child TRENDS



COPING STRATEGIES

- ◆ Acknowledge that traumatic events have happened and/ or continue to happen
- ◆ Connect with others
- ◆ Exercise, join a gym, go for a hike, walk, or bike ride
- ◆ Relax through meditation, yoga, massage and self-care
- ◆ Take up a hobby such as art or photography
- ◆ Maintain a well balanced diet and sleep pattern
- ◆ Journal about your experiences
- ◆ Avoid the use of caffeine, sugar, nicotine, and other stimulants when possible.

TEAM UPDATE

We would like to thank the Regional offices and their staff for assisting the Residential Treatment Facilities in the task of becoming trauma aware. We are proud of the work they are doing in an effort to have all facilities trauma aware by the Summer of 2022. As this work is being completed, the Trauma Team is preparing a survey to begin assessing the County Children and Youth, foster, and adoption agencies' levels of trauma awareness. We look forward to working with all of you!