

OCYF TRAUMA TEAM NEWSLETTER

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Welcome the New Year through Mindfulness and Self-Care

You Are Worth It!

Reflect

Through reflection on the past year you may find knowledge and wisdom to take forward in life. This will also allow you to identify stressors and change how you may respond in the future.

Celebrate

As you focus on improving your overall well-being, recognize changes in your old habits and celebrate even the small wins. 90% of all happiness comes from your mindset not your circumstance. Use self-affirming talk to encourage and motivate yourself throughout the new year.

Gather

Relationships, whether with your significant other, family, or friends, will make it easier to remain accountable to your self-care goals. Share your goals with those you trust, gather with them on a regular basis for support. Relationships that bring negativity and judgement will be detrimental to your self care.

Schedule

Make time for self-care, mark it in your calendar and set boundaries around this. This may feel foreign at first to reserve time on your calendar to be alone with your thoughts or to complete an activity that you enjoy. Challenge yourself and extend yourself grace when reserving space for self-care.

Prioritize

Rest can be a factor in your physical health and emotional well-being. In order to be your best self, prioritize sleep with designated, consistent times of rest. Establish a work/life balance, an exercise routine, and a healthy diet for overall wellness. Prioritizing yourself is not selfish and will require you to set boundaries even with your loved ones. Know that you are worth it!

TEAM UPDATE

The OCYF Trauma Team would like to remind agencies of the free online training, Raising Trauma Awareness in Child Welfare Casework Practice in PA, that is now available through the [E-Learn Catalog ID # 2348](#). CCYAs are able to take advantage of Lakeside Global Trainings through September 2023. More information on these trainings may be found [here](#). The four OCYF Regional offices are in the process of conducting formal reviews of the organizational trauma-informed assessment tool with their staff. Regional staff will soon begin outreach to their assigned agencies to complete the assessments. These assessments will assist regional staff to determine which agencies are currently trauma-aware and which will require support and technical assistance to reach this goal. Your collaboration in this process is essential and the team would like to thank you for your commitment to becoming trauma-aware.