

OCYF TRAUMA TEAM NEWSLETTER

APRIL 2023

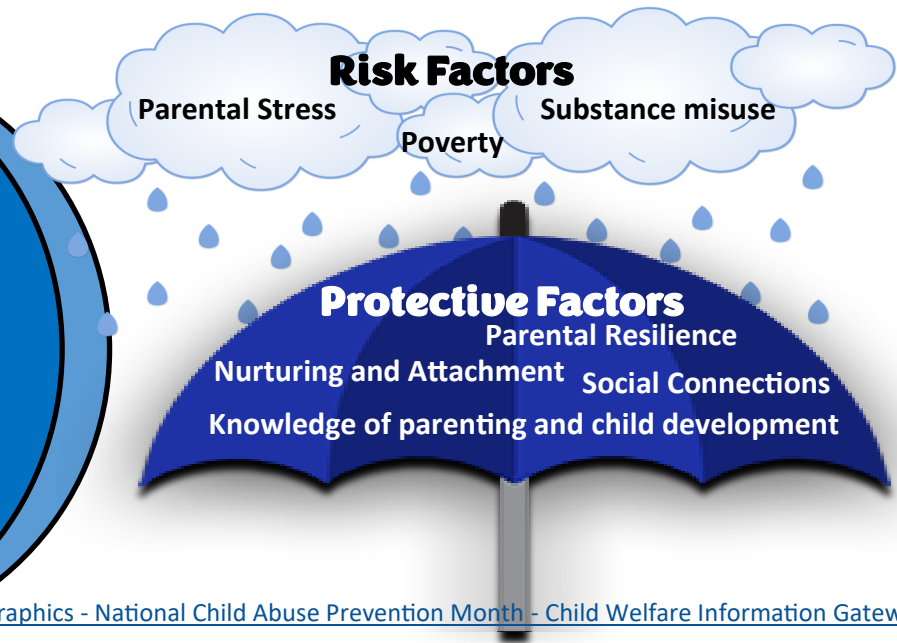
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For FFY 2021, a nationally estimated 600,000 children were victims of child abuse and neglect. The victim rate is 8.1 victims per 1,000 children in the population. Children younger than 1 year old have the highest rate of victimization at 25.3 per 1,000 children of the same age in the national population.

The victimization rate for girls is 8.7 per 1,000 girls in the population, which is higher than boys at 7.5 per 1,000 boys in the population. American-Indian or Alaska Native children have the highest rate of victimization at 15.2 per 1,000 children in the population of the same race or ethnicity; and African-American children have the second highest rate at 13.1 per 1,000 children of the same race or ethnicity. [Child Maltreatment 2021 \(hhs.gov\)](#)

April is

National Child Abuse Prevention Month



We want to ensure that we are not only using protective factors for the children and youth experiencing abuse and neglect, but also the protective factors for those who serve this population. Self-care is important, knowing when to step away, paying attention to your own stress-response, and having discussions during supervision about the ways to reach out to employee assistance programs if and when necessary, are all important ways to care for one's mental well-being.

TEAM UPDATE

The OCYF Trauma Team would like to thank all of you in this mission to become a healing-centered state. Our regional offices continue to reach out to public and private children and youth agencies for assessment of their trauma-awareness. Please review the Trauma-Awareness tool prior to their arrival so that everyone may be well prepared in partnering to achieve trauma-aware by the end of 2023.

This Month's Self-care Challenge:

10 Things You Love About Yourself

- Pick 10 things that you love about you
- Could be emotional, spiritual, physical, social, mental, etc.
- Meditate on why those characteristics are special in making you the person you are.