



OCYF TRAUMA TEAM NEWSLETTER

MAY 2023

CONTACT US AT RA-PWOCYFTRAUMA@PA.GOV

MAY is *National*
FOSTER CARE
MONTH



Blissful Kids

Mindfulness and the Brain – How to Explain It to Children

Can Mindfulness Help Caregivers Care for Themselves?

In a study based at the University of California, researchers explored whether the Mindfulness Based Stress Reduction (MBSR) course could help those caring for children with developmental disabilities reduce their stress and associated physical and mental health symptoms.

Following the course, caregivers showed higher levels of mindfulness, well-being, self-compassion, and perception of their physical health. Perceived levels of stress, and stress specifically as their role as a caregiver, also decreased significantly. These changes continued when the caregivers were surveyed two months later.

<http://www.umassmed.edu/cfm/stress/index.aspx>

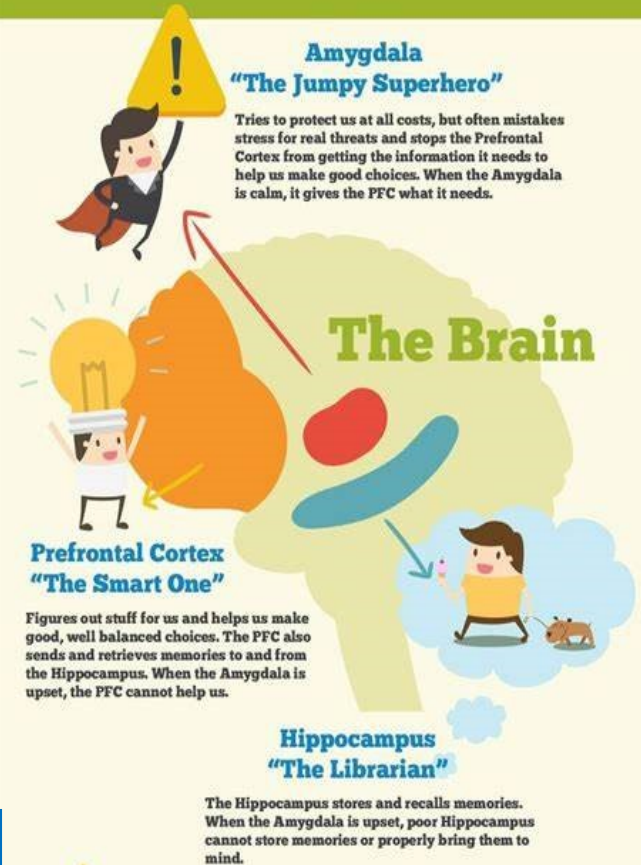
Learn More:

[Mindful Parenting](#) [Mindful Mamas, Healthy Mamas](#)

[Why Mindful Parenting Works](#) [Caring for the Caregivers](#)

This Month's Self-care Challenge:

- Gift 3 compliments to others throughout your day
- Gift yourself as many compliment as you give to others each day



Mindfulness To The Rescue

Mindfulness helps us to calm down, and this, in turn, calms the amygdala so that it allows the information flow to the prefrontal cortex—that part of our brains that helps us make good choices. When we're calm, we can more easily be mindful and make good choices.

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TEAM UPDATE

To inform future initiatives addressing secondary and vicarious trauma in the workforce, the Office of Children, Youth, and Families (OCYF) is gathering information from child welfare workers at both the state and county levels in Pennsylvania to better understand the specific needs of workers about the stress and trauma that is felt as a result of their work. OCYF will be conducting a series of focus groups to gather feedback about current practices that support trauma-informed practice. Current supportive practices may include any supportive efforts, either formal or informal, that improve resiliency, boost morale, or build trust and connection within your agency. We would like to remind everyone who works in a County Children and Youth Agency, or the Office of Children, Youth, and Families to sign up for the Staff Support Focus Groups by emailing RA-PWOCYFTRAUMA@PA.GOV