



"We cannot always build the future for our youth, but we can build our youth for the future.

- -Franklin D. Roosevelt- -

## RESOURCE FAMILY NEWSLETTER

October 9, 2019

### 2019 HOLIDAY SCHEDULE

- > **Columbus Day**  
10/14/19
- > **Veterans Day**  
11/11/19
- > **Thanksgiving** 11/28  
&11/29/19
- > **Christmas** 12/24  
&12/25/19
- > **New Year's Day**  
1/1/20

#### INSIDE THIS ISSUE :

Helping Children	1
Cope with Trauma	
ARC Social	1
Celebration Corner	2
Training	2
Upcoming Training	2
Contact List	2

### Upcoming ARC Social

October 15, 2019 is the Harvest Dance at St. Paul's Chambersburg from 7:00pm to 8:30pm.

### HELPING CHILDREN COPE WITH TRAUMA

Many children in foster care have experienced trauma. It is important that you are able to understand trauma and tips that you can do to help the children in your home. Over the next couple of months, I will provide you with some tips. The following information is from <https://www.helpguide.org/articles/ptsd-trauma/helping-children-cope-with-traumatic-stress.htm>.

The intense, confusing, and frightening emotions that follow a traumatic event or natural disaster can be even more pronounced in children—whether they directly experienced the traumatic event or were repeatedly exposed to horrific media images after the fact. While children and adolescents are more vulnerable to being traumatized than adults, with the right support and reassurance, they

are also able to recover faster. Using these coping tips, you can help your child regain an emotional balance, restore their trust in the world, and move on from the trauma.

What are the effects of trauma on children?

Unexpectedly losing a loved one or being involved in a natural disaster, motor vehicle accident, plane crash, or violent attack can be overwhelmingly stressful for children. A traumatic event can undermine their sense of security, leaving them feeling helpless and vulnerable, especially if the event stemmed from an act of violence, such as a physical assault, mass shooting, or terrorist attack. Even kids or teens not directly affected by a disaster can become traumatized when repeatedly exposed to horrific images of the event on the news or social media.

### Effects of Trauma on Kids and Teens

Children age 5 and under may:

- ◇ Show signs of fear
- ◇ Cling to parent or caregiver
- ◇ Cry, scream, or whimper
- ◇ Move aimlessly or become immobile
- ◇ Return to behaviors common at a younger age, such as thumb sucking or bedwetting

Children age 6 to 11 may:

- ◇ Lose interest in friends, family, and fun activities
- ◇ Have nightmares or other sleep problems
- ◇ Become irritable, disruptive, or angry
- ◇ Struggle with school and homework
- ◇ Complain of physical problems
- ◇ Develop unfounded fears
- ◇ Feel depressed, emotionally numb, or guilty over what happened

Adolescents age 12 to 17 may:

- ◇ Have flashbacks to the event, nightmares, or other sleep problems
- ◇ Avoid reminders of the event
- ◇ Abuse drugs, alcohol, or tobacco
- ◇ Act disruptive, disrespectful, or destructive
- ◇ Have physical complaints
- ◇ Feel isolated, guilty, or depressed
- ◇ Lose interest in hobbies and interests
- ◇ Have suicidal thoughts

Source: National Institute of Mental Health

**TRAINING**

Total training hours should be completed by 10/31/19. Your client supervisor can provide outside training resources.

**FCS Training:** Make sure to let Pam (ext. 124) know if you plan to attend a class that you are not already signed up for, especially CPR class.

**Free Training:** The HCQU continues to provide monthly training opportunities at the MH/IDD/EI Building on Franklin Farm Lane, Chambersburg. Training is available from 10 am-12 pm.

A wide selection of HCQU topics are available online at

<http://www.southcentralpa-hcqu.org/Trainings/trainings.htm>. Talk with your client supervisor for training details.

HCQU Training Topics:

11/8 Guidelines for ER or Hospital Discharges

12/13 Effective Communication



October 17-18, 2019, Grantville, PA  
[www.psrfa.org/conference/fall](http://www.psrfa.org/conference/fall)



**Celebration Corner!**



The following families celebrate their anniversary with FCS this month.

Congratulations to:

*Tammy and Vern Wood* for 10 years and

*Darlene and Philip Sullenberger* for 5 years!



Welcome to *Jill Varner* who was approved this month for our DD program!



**CONTACT LIST FOR FCS STAFF**



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