



## RESOURCE FAMILY NEWSLETTER

January 10, 2020

"Sometimes you will never know the value of a moment, until it becomes a memory"

-Dr. Seuss

### 2020 HOLIDAY SCHEDULE

- > MLKD 1/20/20
- > President's Day 2/17/20
- > Good Friday 4/10/20
- > Memorial Day 5/25/20
- > Independence Day 7/3/20
- > Labor Day 9/7/20
- > Columbus Day 10/12/20
- > Veterans Day 11/11/20
- > Thanksgiving 11/26 & 11/27/20
- > Christmas 12/24 & 12/25/20
- > New Year's Day 1/1/21

### INSIDE THIS ISSUE :

Kids and trauma recovery tips	1
2020 Training	1
New Staff	1
Celebration Corner	2
Training	2
Contact List	2

### KIDS AND TRAUMA RECOVERY TIP

The following recovery tip is from <https://www.helpguide.org/articles/ptsd-trauma/helping-children-cope-with-traumatic-stress.htm>.

#### Tip 2: Engage your child

You can't force your child to recover from traumatic stress, but you can play a major role in the healing process by simply spending time together and talking face to face, free from TV, games, and other distractions. Do your best to create an environment where your kids feel safe to communicate what they're feeling and to ask questions.

**Provide your child with ongoing opportunities to talk** about what they went through or what they're seeing in the media. Encourage them to ask questions and express their concerns but don't force them to talk.

**Acknowledge and validate your child's concerns.** The traumatic event may bring up unrelated fears and issues in your child. Comfort for your child comes from feeling understood and accepted by you, so acknowledge their

fears even if they don't seem relevant to you.

**Reassure your child.** The event was not their fault, you love them, and it's OK for them to feel upset, angry, or scared.

**Don't pressure your child into talking.** It can be very difficult for some kids to talk about a traumatic experience. A young child may find it easier to draw a picture illustrating their feelings rather than talk about them. You can then talk with your child about what they've drawn.

**Be honest.** While you should tailor the information you share according to your child's age, honesty is important. Don't say nothing's wrong if something is wrong.

**Do "normal" activities with your child** that have nothing to do with the traumatic event. Encourage your child to seek out friends and pursue games, sports, and hobbies that they enjoyed before the incident. Go on family outings to the park or beach, enjoy a games night, or watch a funny or uplifting movie together.

### 2020 Training

Training plans will look very different this year. Many trainings can be completed from the comfort of your own homes. For those in the DD program, there have been many changes this past year. Tony will be meeting with you this month to discuss the upcoming changes. If you have any questions about trainings, please talk with your client supervisor.



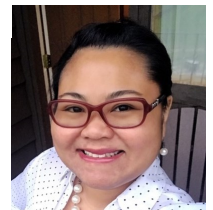
We have two new staff members in our DD program!



Rachel Shreve



Leilanie Brady



**TRAINING**

Total training hours should have been completed by 10/31/20. Your client supervisor can provide outside training resources.

**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.

Should a situation arise that would require canceling a syllabus training, the HCQU will reach out to those who have registered and notify county/ agency contacts as appropriate.

During the winter months the syllabus sites may close or operate on a delayed schedule. Check the calendar at [www.franklincountypa.gov](http://www.franklincountypa.gov).

HCQU Training Topics:  
1/10 Diabetes

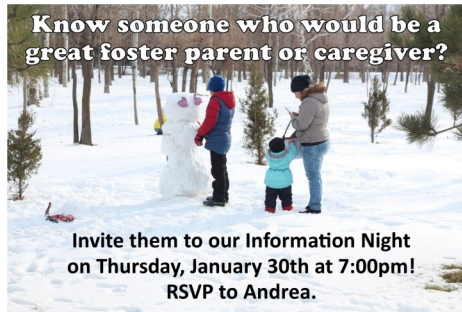
**Causes and Conditions of Childhood Trauma Webinar**

On **Thursday, February 6th.**

Participants will be able to:

- Understand the lifetime effect of lack of nurturing in the first two years of life.
- Discuss how trauma in the environment can impact the development of the victim’s brain.
- Recognize the implications of intergenerational trauma.

To register, go to <https://justiceclearinghouse.com/webinar/causes-and-conditions-of-childhood-trauma-a-practical-approach-for-justice-professionals/>



**Celebration Corner!**



The following families celebrate their anniversary with FCS this month.

Congratulations to:

*Jen & Ron Snyder* for 5 years!

*Tammy & George Rubio* for 2 years!

*Ann & Richard Runyan* for 1 year!



For December:

*Julie and Barry Cline* for 16 years!



**CONTACT LIST FOR FCS STAFF**



Name	Ext.	E-mail address	Name	Ext.	E-mail address
Andrea Adams	209	<a href="mailto:aadams@familycareservices.org">aadams@familycareservices.org</a>	Kristina Weaver	213	<a href="mailto:kweaver@familycareservices.org">kweaver@familycareservices.org</a>
Angela Ciccarelli	163	<a href="mailto:aciccarelli@familycareservices.org">aciccarelli@familycareservices.org</a>	Leilanie Brady	130	<a href="mailto:lbrady@familycareservices.org">lbrady@familycareservices.org</a>
Ashley Bale	145	<a href="mailto:abale@familycareservices.org">abale@familycareservices.org</a>	Melvna Knight	205	<a href="mailto:mknight@familycareservices.org">mknight@familycareservices.org</a>
Charlie Ruthrauff	122	<a href="mailto:cruthrauff@familycareservices.org">cruthrauff@familycareservices.org</a>	Nathan Sullivan	203	<a href="mailto:nsullivan@familycareservices.org">nsullivan@familycareservices.org</a>
Devon Kline	137	<a href="mailto:dkline@familycareservices.org">dkline@familycareservices.org</a>	Pam Dice	124	<a href="mailto:pdice@familycareservices.org">pdice@familycareservices.org</a>
Iratze Garrity	215	<a href="mailto:igarrity@familycareservices.org">igarrity@familycareservices.org</a>	Pauline Ruthrauff	123	<a href="mailto:pruthrauff@familycareservices.org">pruthrauff@familycareservices.org</a>
Jessica Briggs	129	<a href="mailto:jbriggs@familycareservices.org">jbriggs@familycareservices.org</a>	Rachel Shreve	143	<a href="mailto:rshreve@familycareservices.org">rshreve@familycareservices.org</a>
Jessica Coons	132	<a href="mailto:jcoons@familycareservices.org">jcoons@familycareservices.org</a>	Rebekah Mowen	139	<a href="mailto:rmowen@familycareservices.org">rmowen@familycareservices.org</a>
John Fisher	111	<a href="mailto:jfisher@familycareservices.org">jfisher@familycareservices.org</a>	Sierra Loski	141	<a href="mailto:sloski@familycareservices.org">sloski@familycareservices.org</a>
Kara Shipp	210	<a href="mailto:kshipp@familycareservices.org">kshipp@familycareservices.org</a>	Tabitha Curtis	206	<a href="mailto:tcurtis@familycareservices.org">tcurtis@familycareservices.org</a>
Kelly Kline	134	<a href="mailto:kkline@familycareservices.org">kkline@familycareservices.org</a>	Tony Fisher	200	<a href="mailto:tfisher@familycareservices.org">tfisher@familycareservices.org</a>
Kristen Fisher	211	<a href="mailto:kfisher@familycareservices.org">kfisher@familycareservices.org</a>			