# OCYF TRAUMA TEAM NEWSLETTER

**MARCH 2022** 

Contact us at RA-PWOCYFTRAUMA@PA.GOV

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope.

www.TheNationalCouncil.org

### Impact of Childhood Trauma

#### Cognition Impaired readiness to learn Difficulty problem-solving Language delays Problems with concentration Physical health • Sleep disorders Brain development Smaller brain size Eating disorders Poor immune system functioning Less efficient processing Impaired stress response 0 Changes in gene Cardiovascular disease expression 0 Shorter life span 0 **Emotions** Difficulty controlling Impact of emotions Trouble recognizing Childhood 0 emotions Behavior Limited coping skills Increased sensitivity Poor self-regulation Social withdrawal 0 Trauma to stress Aggression Shame and quilt Poor impulse control Risk-taking/illegal activity Sexual acting out hopelessness Feelings of Adolescent pregnancy 0 helplessness/lack of self-efficacy Drug and alcohol misuse Relationships • Attachment problems/ Mental health disorders Poor understanding of social Depression interactions Difficulty forming Anxiety Negative self-image/low relationships with peers self-esteem Problems in romantic relationships Posttraumatic Stress Disorder (PTSD)



Intergenerational cycles of

abuse and neglect

### TEAM UPDATE

Suicidality

We would like to thank the Regional offices and their staff for assisting the Residential Treatment Facilities in the task of becoming trauma aware. We are proud of the work they are doing in an effort to have all facilities trauma aware by the Summer of 2022. As this work is being completed, the Trauma Team is preparing a survey to begin assessing the County Children and Youth, foster, and adoption agencies' levels of trauma awareness. We look forward to working with all of you!



## **COPING STRATEGIES**

- ♦ Acknowledge that traumatic events have happened and/ or continue to happen
- Connect with others
- Exercise, join a gym, go for a hike, walk, or bike ride
- Relax through meditation, yoga, massage and self-care
- ♦ Take up a hobby such as art or photography
- Maintain a well balanced diet and sleep pattern
- ♦ Journal about your experiences
- Avoid the use of caffeine, sugar, nicotine, and other stimulants when possible.