



H.O.P.E. General Monthly Meeting
May 12, 2011 9am
Keith Middle School Community Room

Attendance: K McMullen, M. Castro, S. Rodrigues, L. Rego, J. Oliveira, K. Vieira, E. Gonzalez, J. Serpa, A. Williams, C. Smiler, P. Talbot, K. Keefe, R. Arruda, S Martins, J. McGrath, R. Oliveira, L. Hubert, D.Lopes, C. Robert.

- ❖ Welcome by Deirdre Lopes with introductions made around the room.
 - Summer Jobs program for 15 – 15 year olds H.O.P.E. identified youth

- ❖ Tom Butero, LICSW, Site Director, Child & Family Services, tbutero@cfservices.org
 - Types of trauma in different age groups
 - Why and how some kids respond differently than others
 - The difference between post traumatic stress and acute stress disorder
 - The National Child Traumatic Stress Network, www.NCTSNet.org Age-Related Reactions to a Traumatic Event

TRAUMA IN CHILDREN AND ADOLESCENTS

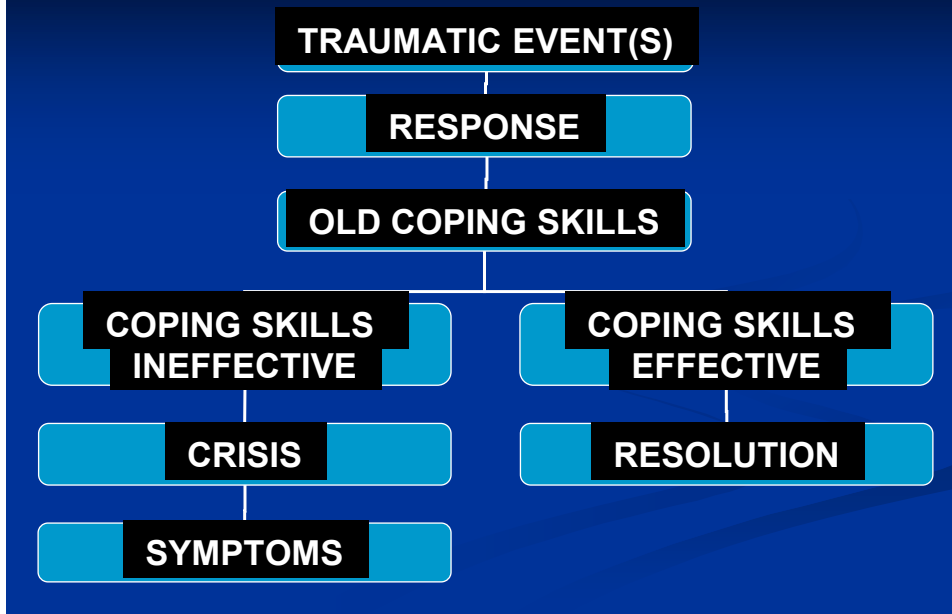




TYPES OF TRAUMATIC STRESS

- COMMUNITY AND SCHOOL VIOLENCE
- COMPLEX TRAUMA
- DOMESTIC VIOLENCE
- EARLY CHILDHOOD TRAUMA
- MEDICAL TRAUMA
- NATURAL DISASTERS
- NEGLECT
- PHYSICAL ABUSE
- SEXUAL ABUSE
- TRAUMATIC GRIEF

STAGES OF A CRISIS/TRAUMA





RESILIENCY FACTORS

- **INDIVIDUAL**
- **FAMILY**
- **PEER**
- **SCHOOL**
- **COMMUNITY**

TYPICAL SIGNS AND SYMPTOMS

- **SEPARATION ANXIETY, CLINGINESS**
- **REGRESSION**
- **LACK OF DEVELOPMENTAL PROGRESS**
- **SLEEP DISTURBANCE**
- **SOMATIC COMPLAINTS**
- **WORRY, ESPECIALLY REGARDING SAFETY ISSUES**
- **DIFFICULTY TRUSTING**
- **PHYSICAL AND/OR EMOTIONAL WITHDRAWAL**
- **ANGER/VIOLENT OUTBURSTS**
- **ABSENTEEISM**
- **HYPERVIGILANCE**
- **SELF-DESTRUCTIVE BEHAVIORS**



Post Traumatic Stress Disorder

- Emotional numbness
- Restlessness
- Anxiety
- Uncharacteristic irritability
- Violent behavior
- Problems focusing or concentrating
- Flashbacks
- Sleep disturbance

BASIC TREATMENT APPROACHES

- Helping children and caregivers reestablish a safe environment and a sense of safety
- Helping parents and children return to normal routines
- An opportunity to talk about and make sense of the traumatic experience in a safe, accepting environment
- Explaining the trauma and answering questions in an honest but simple and age-appropriate manner



- Teaching techniques for dealing with overwhelming emotional reactions
- Helping the child verbalize feelings rather than engage in inappropriate behavior
- Involving primary caregivers in the healing process
- Connecting caregivers to resources to address their needs—young children’s level of distress often mirrors their caregiver’s level of distress

Announcements-

Fatherhood Initiative, www.fatherhood.gov/initiative The President and the White House Office of Faith Based and Neighborhood Partnerships want 10, 000 people to sign up for the President’s Fatherhood and Mentoring Initiative by Father’s Day 2011.

NAACP Breakfast, June 4, 2011 “Our Legacy, Our Future”, Call Lee at 508-994-2265 or Marci, 508-979-1464

Operation Clean Sweep Ward 2, May 21, call 508-979-1493 to sign up!

Public Forum; Innovation New Bedford, May 19th at the Whaling Museum; this public discussion will explore the topic of innovation as a critical factor in economic growth both locally and globally.

Ultimate Frisbee- May be coming to New Bedford.

32nd Annual Hazelwood Women’s 5K Run/ Walk – May 15, Hazelwood5K@rungnbtc.com

International Unity, 3rd EyE 3rdeyeunlimited.com

Next meeting is June 9, 2011.