

OCYF TRAUMA TEAM NEWSLETTER

JUNE 2022

Contact us at RA-PWOCYFTRAUMA@PA.GOV

Physical Impact of Trauma

Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. **Resolution:** safe and stable nurturing relationships, walk in nature, touch, exercise

Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. **Resolution:** neurofeedback, meditation/ mindful action, positive self-talk

Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). **Resolution:** oxytocin

Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). **Resolution:** salt baths, sauna

Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. **Resolution:** yoga, breathing, or other physical/emotional regulation

Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) **Resolution:** meditation/mindful action, walking in nature, diet, rest

Brain Waves

Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. **Resolution:** neurofeedback

Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.

Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. **Resolution:** social support
Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. **Resolution:** Safer environment (perception of)



Ask Yourself

Whenever you interact with others, create rules, create policy; make an assessment, or create a program....

IS IT Trauma Informed?

Does this create stability, predictability, and trust?	Does it promote safety?
Is it transparent?	Does it take into account past trauma or experience?
Is it collaborative and empowering?	Does it allow us to connect and grow?
Is it equitable?	Who does it benefit? Who does it burden?
Does it offer opportunities for growth?	Are there choices?



TRAUMA TEAM UPDATE

The Trauma Team is happy to announce that the release of Trauma Training for county children youth, foster, and adoption care providers is on schedule with the pilot being completed this month.

Because some experienced technical issues when submitting the survey, the Trauma-Informed Care surveys are still being accepted from all foster and adoption service providers and the county children and youth agencies. These issues have been addressed, and we are requesting that all agencies who have not completed the survey to submit them as soon as possible. Please reach out to the trauma resource account at RA-PWOCYFTRAUMA@PA.GOV with any concerns. Thank you to those who have already submitted their survey.