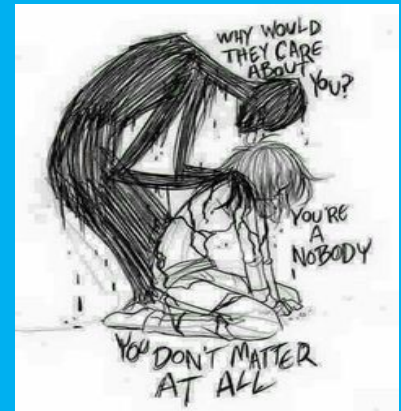
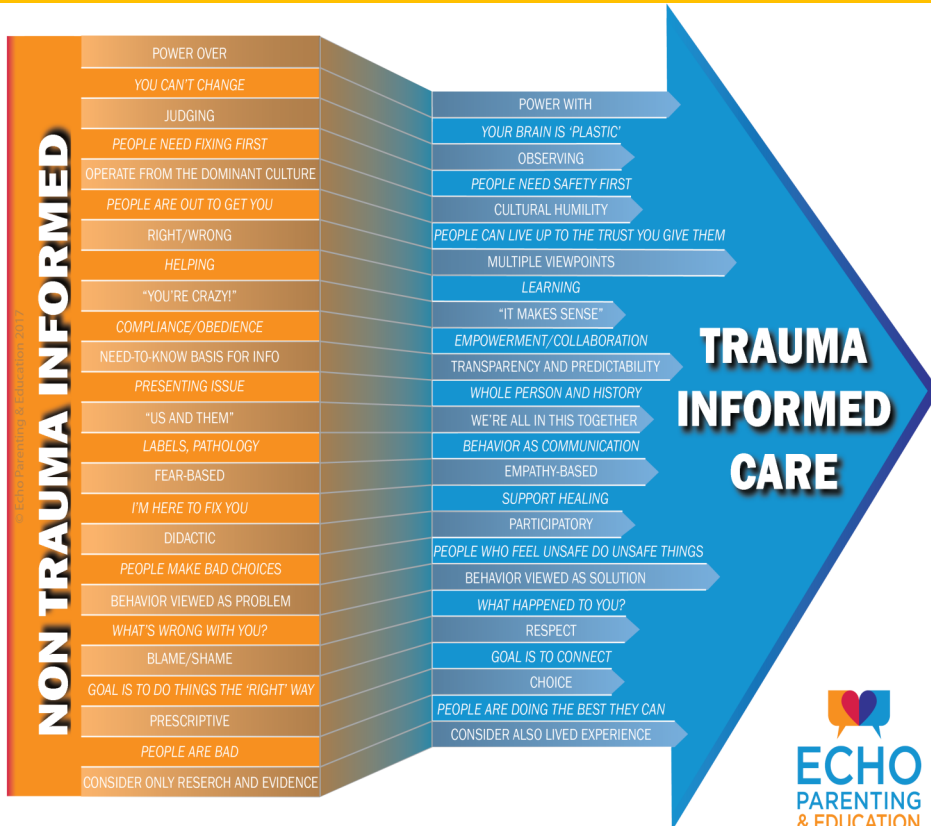


OCYF TRAUMA TEAM NEWSLETTER

JULY 2022

Contact us at RA-PWOCYFTRAUMA@PA.GOV

Words matter! Your words have power in the lives of children and families. There is an opportunity to pass on knowledge, kindness, and empathy during every conversation, but there is also an opportunity to trigger past trauma.



Non-Trauma Informed Statements to Avoid

- ◆ Oh, I don't think you should feel that way.
- ◆ If you don't get a handle on your feelings, you're going to lose all of your friends.
- ◆ You must be getting something out of behaving like this.
- ◆ This has gone on long enough. Get yourself together or I'm out of here.
- ◆ God doesn't give you more than you can handle.
- ◆ Time heals all wounds.
- ◆ Just breathe.
- ◆ Calm down, you are overreacting, it's not that big of a deal.
- ◆ At least you are still here. It could be worse.
- ◆ Be thankful for what you have, not what you lost.
- ◆ Get over it! Other people have it worse than you.
- ◆ And.... Try not to steal the story, although helpful at times, when a person wants to be listened to, this can stop the conversation immediately. You are conveying that their circumstances are not extraordinary and therefore, their feelings are not warranted.

TEAM UPDATE

The OCYF Trauma Team would like to thank all those that have completed the trauma awareness survey. Those who have not completed the survey, please do so as soon as operationally possible. We would like to recognize the volunteers who have assisted in the review of the trauma curriculum, trauma-informed assessment tools, and interpretation guides that will help all foster and adoption providers, including the county children and youth agencies, to become trauma aware.