
YOUTH SERVICES DIVISION



QUARTERLY NEWSLETTER



VISION

The vision of the Youth Services Division remains focused on the reduction of juvenile victims. In addition, the division exists to ensure fair and equitable treatment toward juveniles and their families. In that effort, each family is provided services which encourage and strengthen families in their essential function of nurturing the youth's overall development.

2018 FIRST QUARTER RECAP

Awarded the Commendation for Service of Excellence

Detective Michael Payne	Sgt Nathan Lester
Detective James Reece	Sgt Toney Turner
Detective Jacob Masteller	Sgt David Slessinger
Detective John Thomas	Robin Sanders
Detective Percell Jackson	Sandra Laird-Phillips
	Angela Herrera

Retirement

- Detective Wayne Michon retired after 31 years of service

CAPTAINS NOTES

First, thank you all for everything you do within the Youth Services Division. The first quarter of this year brought specific challenges that YSD personnel met with gusto and diligence. This includes providing static displays, conducting mentoring and consultation groups, conducting strengthening families' classes, and case management. In addition, national events created an increase in school safety awareness. Senseless crime affects communities as the fear of victimization correlates with rising police resource expenditure. The effects of crime resonate throughout the law enforcement community. Therefore, I challenge you to stand your ground and remain firmly rooted within the theories of justice, truth, and fairness.

VICARIOUS TRAUMA

WHAT IS VICARIOUS TRAUMA?

- Vicarious trauma involves regular interaction with distressing situations, especially for those who work with survivors of abuse.
- We carry the stories of trauma and they change our worldview. It is part of the human condition to be affected by the pain of others. Over time—and as a result of ongoing exposure to suffering—someone experiencing vicarious trauma may have the sense that all the upsetting things they see and hear are slowly seeping into their daily lives. It may seem as if something has shifted inside.
- Some people may feel overwhelmed and have a heightened sensitivity in situations while others may develop defense mechanisms to keep distressing circumstances at bay.
- These are attempts to manage and process an increasingly high volume of traumatic information. They are widespread, even rational reactions, which can affect an individual's health and wellness and work.

Behavioral shifts

- Absenteeism and attrition
- Avoidance of work, relationships, and/or responsibilities
- Dread of activities that used to be positive or neutral
- Using behaviors to escape, such as eating, taking alcohol/drugs, watching TV, or shopping

Relationship changes

- No separation of personal and professional time
 - Viewing other people who don't work within your field as less important
 - Difficulty relating to others' day-to-day experiences without comparing them to those you serve or yourself
 - Lacking a personal life outside of work
 - Hypervigilant and concerned about the safety of those you care about
 - Isolate yourself completely from others or only interacting with people who are in your same field or can relate to your experiences
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SIGNS OF VICARIOUS TRAUMA

Exhaustion and physical ailments

- Constant tiredness, even after resting
- Physical body tension
- Headaches, back pain, and wrist pain
- Difficulty falling asleep or excessive sleeping
- Falling sick when you have time to rest, such as on a vacation

Emotional shifts

- Hypersensitive to emotionally-charged material
- Feeling disconnected from your emotions and/or your body
- Guilt for having more resources or opportunities than those you serve
- Feeling like no matter how much you give, it will never be enough
- Feeling helpless or hopeless about the future
- Increased levels of anger, irritability, resentment, or cynicism

Thought patterns

- Difficulty in seeing multiple perspectives or new solutions
- Jumping to conclusions, rigid thinking, or difficulty being thoughtful and deliberate
- Minimizing the suffering of others in comparison to the most severe incidents or situations
- Intrusive thoughts and imagery related to the traumatic material you have seen or heard

SELF-CARE

SELF-CARE WHEEL

