



QUARTERLY NEWSLETTER

YOUTH SERVICES DIVISION

POST-TRAUMATIC STRESS DISORDER IN CHILDREN

All children may experience very stressful events that affect how they think and feel. Most of the time, children recover quickly and well. However, sometimes children who experience severe stress, such as from an injury, from the death or threatened death of a close family member or friend, or from violence, will be affected long-term. The child could experience this trauma directly or could witness it happening to someone else. When children develop long term symptoms (longer than one month) from such stress, which are upsetting or interfere with their relationships and activities, they may be diagnosed with post-traumatic stress disorder (PTSD) relationship.

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.

Youth Services Division welcomes counseling supervisor Lani Ramos, Handle with Care Coordinator Christal Pennic, Detective Sharissa Perez, and Detective Devon Morgan.

EXAMPLES OF PTSD IN YOUTH

- Reliving the event over and over in thought or in play
- Nightmares and sleep problems
- Becoming very upset when something causes memories of the event
- Lack of positive emotions
- Intense ongoing fear or sadness
- Irritability and angry outbursts
- Constantly looking for possible threats, being easily startled
- Acting helpless, hopeless or withdrawn
- Denying that the event happened or feeling numb
- Avoiding places or people associated with the event

EXAMPLES OF EVENTS LINKED TO PTSD IN YOUTH

- Physical, sexual, or emotional maltreatment
- Being a victim or witness to violence or crime
- Serious illness or death of a close family member or friend
- Natural or manmade disasters
- Severe car accidents



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YOUTH VIOLENCE

Youth violence is a significant public health problem that affects thousands of young people each day and in turn, their families, schools, and communities.

Youth violence is an adverse childhood experience and is connected to other forms of violence, including child abuse and neglect, teen dating violence, adult intimate partner violence, sexual violence, and suicide. The good news is youth violence is preventable. The ultimate goal is to stop youth violence before it starts.

It Takes A Village Approach



Promote family environments that support healthy development

- Early childhood home visitation
- Parenting skill and family relationship programs



Provide quality education early in life

- Preschool enrichment with family engagement



Strengthen youth's skills

- Universal school-based programs



Connect youth to caring adults and activities

- Mentoring programs
- After-school programs



Create protective community environments

- Modify the physical and social environment
- Reduce exposure to community-level risks
- Street outreach and community norm change



Intervene to lessen harms and prevent future risk

- Treatment to lessen the harms of violence exposures
- Treatment to prevent problem behavior and further involvement in violence
- Hospital-community partnerships



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The **DO** and **DON'T** List for Safe Sleep

- ♥ **DO** put your baby to sleep on his/her back.
- ♥ **DO** put your baby in a crib to sleep for naptime and bedtime.
- ♥ **DO** use a firm crib mattress covered by a fitted sheet designed for specific product.
- ♥ **DO** put your baby's crib in the same room as your bed (room-sharing).
- ♥ **DO** breastfeed your baby.
- ♥ **DO** use a pacifier for sleep.
- ♥ **DO** keep your baby's immunizations up to date.

- ♥ **DON'T** put your baby to sleep on his/her side or stomach.
- ♥ **DON'T** use a car seat, swing, bouncy seat, stroller, infant carrier, or infant sling for routine sleep.
- ♥ **DON'T** use blankets, pillows, or bumper pads in the crib.
- ♥ **DON'T** sleep in the same bed as your baby (co-sleeping).
- ♥ **DON'T** use sleep positioners.
- ♥ **DON'T** hang the pacifier around your baby's neck.
- ♥ **DON'T** smoke around your baby.



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MNPS Information

- School calendar
 - [https://www.mnps.org/district-calendar/Before and after care links](https://www.mnps.org/district-calendar/Before%20and%20after%20care%20links)
- Before and After Care
 - <https://www.mnps.org/before-and-after-care/>
- Summer Opportunities (Summer School and Summer Programs)
 - <https://www.mnps.org/summer-programs/>