

RUTGERS CHILDREN'S CENTER FOR RESILIENCE & TRAUMA RECOVERY

FALL NEWSLETTER
SEPTEMBER 2019



Welcome from the CCRTR's Director

Happy Fall!

In recent months, the Children's Center for Resilience and Trauma Recovery has been busy training many of our partnering Rutgers Schools and agencies in trauma-informed treatments such as the Attachment, Regulation, and Competency (ARC) Framework, Youth Mental Health First Aid (YMHFA), and Question, Persuade, and Refer (QPR) for Youth Suicide Prevention. We are most proud of our growing partnerships which now include Burlington Township and Willingboro School Districts.

According to the Youth Mental Health First Aid training, the gap in time between the onset of mental health problems and when a person enters treatment can be 10 years on average. A lot can happen in ten years without intervention. We can do better! One of the goals of the CCRTR is to expand our reach to include non-mental health professionals in our training opportunities. We are now training law enforcement, clergy, educators, and community members in YMHFA and QPR. In that 10-year span between onset and treatment, young people are encountering their parents, community members, coaches, pastors, teachers, and even police officers with more frequency and it's crucial that these individuals have basic knowledge about how to recognize and respond to symptoms of mental illness.

As we all gear up for the fall, please reach out to us if you are interested in training your staff on trauma-informed care (TIC). It is our hope to make this more than just a buzz phrase, but to really provide training and consultation that allows your program to embrace an organizational culture that supports the implementation of TIC. For more information about where New Jersey currently stands in our understanding of the impact of trauma and what we can do next, please take a look at the link below that includes NJ's ACEs Collaborative report: aces-report.burkefoundation.org.

Yours in Service,

Kelly Moore, Psy.D.

Program Manager, CCRTR

HERE'S WHAT'S NEW:

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Increase Communication and Decrease Fear: Tips from Dr. Massie-Lambert on Preparing for the School Year

Today's youth are faced with numerous environmental challenges and psychosocial stressors when attempting to engage in school. As the climate in US schools shifts, so has the experience of being a student. Many youth struggle with concerns around bullying, school violence, rigorous standardized testings, and the list continues. As parents and youth prepare to enter the next school year please consider the following tips to maintain open communication and ensure psychological safety:

- Parents should initiate a discussion with their children in the weeks prior to school starting in which they inquire about what the youth is most looking forward to in the upcoming school year. Assist them in identifying areas of interest, goals, etc. and provide support in gaining access to those things. This is the caregivers way of positioning the youth and setting them up for success
- Parents should also initiate a discussion with their children in the weeks prior to school about their fears and concerns. This is the caregivers opportunity to be proactive and assist the youth in planning ahead to address concerns with academic performance, establishing friendships, etc. Again this is another opportunity to position the youth for success.
- If concerns about physical safety are shared the caregiver should have a practical conversation with the youth about the school's policies and practices (i.e. drills) around these issues, establish a plan for remaining safe and communicating when they are in need of support, and identifying key school personnel (i.e. counselor, SRO, etc.) with whom the youth feels safe and can utilize as a support.
- Caregivers can take steps to familiarize themselves with their children's friendship circles, interests, and activities so that subtle changes in these areas will not go unnoticed. Every child needs trusted adults in their circle and we all can be that person!
- Adults can familiarize themselves with the signs and symptoms of mental health concerns and increase their awareness of trending issues for today's youth (i.e. vaping, K-2, etc.). Generally speaking if a youth presents with a change in mood, behavior, interests, academic performance, or friendship circle a conversation about those observations is warranted.
- Lastly, caregivers are in the best position to monitor their child's use of social media, text messaging, email, etc. and should feel empowered to do so. Often, when youth are in distress they communicate with one another before seeking the support of a trusted adult. If each caregiver monitors these activities they could potentially be a support to their child or someone else's child.

CCRTR in the News!

On August 16, 2019 Dr. Kelly Moore was invited to NJTV News on the PBS station to discuss strategies that caregivers can utilize when addressing media coverage of mass traumatic events.



Congratulations Dr. Moore on an excellent interview!
Please watch the full interview at the link below.

<https://www.njtvonline.org/news/video/how-to-talk-to-children-about-traumatic-events/>

CCRTR Partner Spotlight!

Willingboro Township Public School District



Interview provided by

Marchelle Coleman
Program Administrator

Q: What would you like people to now about the Willingboro School District?

A: I am a life long resident of Willingboro Township. I was born and raised here. I have never lived anywhere else. I have two children- one graduated from Willingboro High School as the student body President and is in her Junior year of college and one going to the 8th grade at Memorial Middle School. I want people to know that Willingboro is a great place to live and raise a family. Great people work here and want to see change. Change takes time but with hard work, new and improved methodology, and the open mindedness to receive information we can do anything. Greatness is what we want for all of our children.

Q: What are you most looking forward to this school year?

A: This school year I am personally looking forward to having the majority of the staff trained in Handle with Care, RBT, Youth Mental Health, and having the roll out of Trauma Informed Schools.

Q: What are some of the challenges encountered by both educators and parents in the first several weeks of school?

A: Many of the challenges encountered by both educators and parents in the first several weeks of school are the students schedules, transportation issues, and student registrations. This year scheduling was done differently so hopefully there will be a decrease in the amount of scheduling issues throughout the district.

Q: What tips/advice would you give to parents and professionals on surviving the transition back to school?

A: Tips I would give to parents are: Be patient, staff will resolve the issues once they are made aware of them. Trust the system, school starts every year and every year there are big and small issues. All issues will get resolved. As for professionals: Smile and greet everyone with a kind demeanor, listen- treat people as you want to be treated. We must remember that we are dealing with peoples children- their most prized possessions. Be kind and show some compassion. We are the village and it begins with us.

CCRTR on the Move!

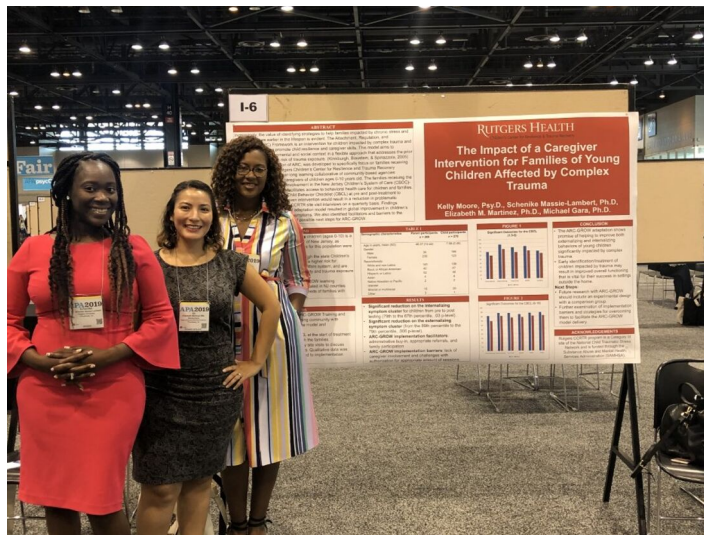
Summer 2019 was an extremely busy season for the staff at the Children's Center for Resilience & Trauma Recovery. Drs. Moore and Massie-Lambert provided training in ARC, ARC-Grow, Youth Mental Health First Aid, Question Persuade, and Refer (QPR), and various other topics. The center's staff also presented at the American Psychological Association's 2019 Annual Conference. Drs. Moore and Massie-Lambert presented two posters entitled "The Impact of a Caregiver Intervention for Families of Young Children Affected by Complex Trauma" and "Promoting Resilience Through Trauma-Informed Schools in High Risk Communities: A Pilot Program in Newark, NJ".



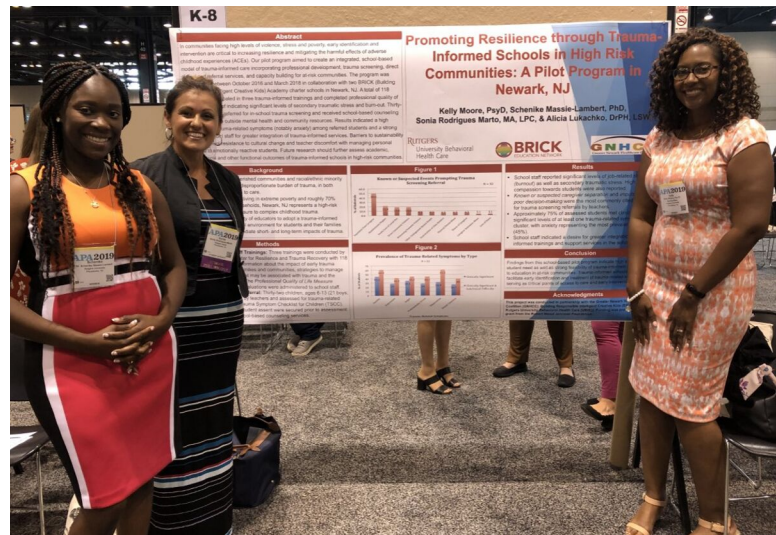
Opening address by APA President Dr. Rosie Phillips Davis



Kevin Hines- suicide survivor, best selling author, mental health activist



Drs. Massie-Lambert, Martinez, & Moore presenting the CCRTR research



Drs. Moore, Massie-Lambert, & Mrs. Marto-Rodriguez poster presentation



TRAUMA INFORMED CARE

RESEARCH

ARC GROW

CONSULTATION

WHATS NEW AT THE CCRTR

FOR TRAINING AND CONSULTATION OPPORTUNITIES AROUND THESE TOPICS
AND MORE CONTACT US! WE WOULD BE HAPPY TO ASSIST YOU.

QPR

TRAINING

YOUTH MENTAL HEALTH FIRST AID

ARC

Interested in learning more about Rutgers ARC/ARC-Grow initiative, trauma-informed care, mental health awareness training, and other things happening at the CCRTR?

Send us an email at:
ccrtr@ubhc.rutgers.edu