



Clearinghouse on Supervised Visitation

The Institute for Family Violence Studies

Florida State University

MAY EPRESS

QUESTIONS FROM DIRECTORS

Our circuit is talking about trauma-informed care more lately. Are there introductory materials I can use for my newest staff?

Yes – see attached at the end of this E press. Additionally, there are many valuable resources on the internet. Here are a few:

- Administration for Children and Families: Resource Guide to Trauma-Informed Human Services. <https://www.acf.hhs.gov/trauma-toolkit>
- The National Child Traumatic Stress Network (NCTSN): Creating Trauma-Informed Systems. <https://www.nctsn.org/trauma-informed-care/creating-trauma-informed-systems>
- Center for Health Care Strategies, Inc: Resource List for Trauma-Informed Care. <http://www.chcs.org/media/TIC-Resource-List-September-2015.pdf>
- Video: Trauma-Informed Care Counseling Role Play. <https://www.youtube.com/watch?v=boOWboUehHA>
- Video: What is Trauma-Informed Care? <https://www.youtube.com/watch?v=AnBEROaeiak>
- Video: Trauma Informed Starts with You. <https://www.youtube.com/watch?v=-876Zw-NA94>

We are seeing more parents who have been diagnosed on the autism spectrum needing help with their kids. Are you seeing this too?

Yes. The challenge sometimes is to find a therapeutic monitor who can help the parent with parenting skills. When there is no abuse or neglect or violence or mental illness, parents often want a less restrictive setting. My advice is to steer those cases to a community professional – like a counselor or social worker – who focuses only on the

parenting skills of the special-needs parent. Often, parents on the spectrum have a difficult time adjusting to the disruption of babies' schedules, and their crying and need for constant attention. Those parents need a very specific kind of assistance. Some existing programs can meet those needs. Others are set up for different family dynamics.

How do I get Certificates of Training for my staff for taking the new training manuals on the internet?

We recommend that program directors provide those to staff, because the Clearinghouse can't verify that staff actually took the training. We can give you a template, and it is the *program director* who will verify that the staff was trained. Call Morgan or Lyndi at 850-644-1715 for more information. When staff attend phone conferences, we do provide certificates of training for that – one certificate for five phone conferences.

Brain injuries and concussions have been in the news lately. Read about them here.

Concussions

By Kimberly Nester

The CDC defines a **Concussion** as a type of traumatic brain injury—or TBI— caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells (2015).

Signs and Symptoms of a Concussion

SYMPTOMS REPORTED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

The following symptoms may be reported by your child or teen, pay attention to the following:

<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none">• Difficulty thinking clearly• Difficulty concentrating, remembering or confusion• Feeling more slowed down• Feeling sluggish, hazy, foggy, or groggy• Memory loss	<p><u>Emotional:</u></p> <ul style="list-style-type: none">• Irritable• Sad• More emotional than usual• Nervous
<p><u>Physical:</u></p> <ul style="list-style-type: none">• Headache or pressure in head• Nausea or vomiting• Balance problems or dizziness• Fatigue or feeling tired• Ringing in the ears• Blurry or double vision• Sensitivity to light or noise• Numbness or tingling• Not “feeling right”	<p><u>Sleep:</u> *symptoms if the injury occurred on previous day.</p> <ul style="list-style-type: none">• Drowsy / Has trouble falling asleep• Sleeps less than usual• Sleeps more than usual

A concussion or any brain injury can alter cognitive abilities and regulations of emotions, mobility, speech and senses. If undiagnosed or untreated, a concussion can have a huge impact on how a person thinks, acts, or on their overall mental health.

After a concussion, the brain needs time to get better. A person should limit activities while recovering. Exercising or activities that include attentiveness, such as studying, texting, or playing video games, or using a computer may aggravate or extend concussion symptoms (such as headache or tiredness). Rest is the best way to help recover from a concussion. Then, take frequent rest periods or breaks as needed when resuming concentration activities.

When to Seek Help

If symptoms worsen over time, the person should be taken to a doctor or an emergency room right away if:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to awaken

Most common causes of concussions

- Falls
- Sports
- Motor vehicle accidents
- Assault
- Colliding into objects

- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)



A physician is the best person to decide when to resume activities. A person will know they are better when:

- You have no more symptoms.
- You regain all your memory and focus.
- You have no symptoms after exercising, such as running, squatting, or jumping.

References

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