



**General Council Meeting
July 10, 2019; 9am
Meeting Minutes**

General Updates

Pediatric/Psychiatry Hub Collaboration

Working with CCYC parent co-chair to outreach to Sussex and Warren County pediatric practices to discuss PSS services, links to Central Intake and add information about the pediatric psychiatry hub to providers who are not already linked to the service

County Council

Mission is to build relationships, connect families to resources, impact change in the community
FY19 – total of 51 meetings that focused on young children and linking parents to resources
Funded through Dec. 2019

Journey at the Fair

PSS Mobile Unit – Journey will be at the NJ State Fair from August 2-August 11

DASI Presentation on Domestic Violence (DV)

1.) Types of Exposure – How Might Children Be Exposed to DV? (TRAUMA)

- Take in trauma using our senses (smelling, tasting, hearing, etc.)
- Being directly involved as an eyewitness, intervening, etc.

2.) Impact of DV On Child Development

- Short Term Responses: hyperarousal, re-experiencing, avoidance, withdrawal, guilt/shame/self-blame, trouble sleeping, aggression, poor academic performance, separation anxiety
- Long-Term Responses: depression/anxiety, suicidal/self-destructive behaviors, impulsivity, chronic health problems, low self-esteem, substance abuse
- Trauma is in the eye of the beholder – responses to DV varies
- 7-12 years (Elementary-Middle School Children) – internalized behaviors “holding things in”, externalized behaviors “acting out”, development of learning disabilities, poor peer relationships, mimicking bad behaviors
- 13-18 years (High School Adolescents) – antisocial behaviors, poor academic performance, self-destructive behaviors, indifference to emotion, blaming everyone else

- ADHD can mimic signs of trauma – similar overlapping characteristics
 - ADHD can be overdiagnosed

3.) *Resiliency and Support – Strategies to Support Exposed Children*

- Create a predictable world
- Add structure and clear expectations
- Pay attention to non-verbal cues
- Avoid struggles of power and control
- Model respectful and healthy behaviors
- Provide choices
- Encourage them to put words to their feelings
- Help create positive support networks
- Validate their feelings
- Advocate when necessary

4.) *DASI*

- a. provides interventions through counseling, fostering shelter, legal advocacy, and trauma-focused cognitive-behavioral therapy (20 structured sessions)

Handouts: General Council Meeting Agenda, Project Sussex Kids (Sussex County Council for Young Children), Kitchen Table Sets Available for Clients, July-August Newsletter