

The Healthy Mentality

A mental health newsletter courtesy
of North Central West Virginia Community Action

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Child Abuse Prevention Month

April 2018

While Child Abuse prevention is something we as parents, grandparents, family members, child care workers, and a community, must be aware of all year long, April is designated as National Child Abuse Prevention Month. This is a time to raise awareness about what one can do as in individual and as part of a community to support and protect our children. The following information has been provided by Prevent

Child Abuse America: <http://preventchildabuse.org/wp-content/uploads/2016/02/10waystopreventabuse.pdf>



Ten Ways to Help Prevent Child Abuse

- **Be a nurturing parent.**
Children need to know that they are special, loved and capable of following their dreams.
- **Help a friend, neighbor or relative.**
Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.
- **Help yourself.**
When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.
- **If your baby cries...**
It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
- **Get involved.**
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- **Help to develop parenting resources at your local library.**
Find out whether your local library has parenting resources, and if it does not, offer to help obtain some.
- **Promote programs in school.**
Teaching children, parents and teachers prevention strategies can help to keep children safe.
- **Monitor your child's television, video, and internet viewing/usage.**
Watching violent films, TV programs, and videos can harm young children.
- **Volunteer at a local child abuse prevention program.**
For information about volunteer opportunities, call 1.800.CHILDREN.
- **Report suspected abuse or neglect.**
If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.

If you suspect child abuse or neglect please call
West Virginia Child Abuse and Neglect Hotline:

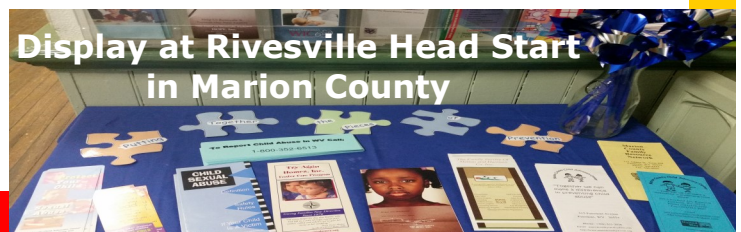
1-800-352-6513.

This hotline is available 24/7.

<https://dhhr.wv.gov/bcf/Services/Pages/Centralized-Intake-for-Abuse-and-Neglect.aspx>

228 S. Wabash Avenue
10th Floor, Chicago, IL 60604
312.663.3520 tel
312.939.8952 fax
mailbox@preventchildabuse.org
www.preventchildabuse.org

Display at Rivesville Head Start in Marion County





**Celebrating the Child:
Infant Mental Health Week Webinars**
Hosted by the West Virginia Infant/Toddler Mental Health Association

**All webinars will be from 12 noon – 1 p.m.
1 Contact Hour of WV STARS available**

Monday, May 14, 2018	<p>Applying Ecological Systems Theory in Infant Mental Health: Understanding Urie Brofenbrenner's Approach to Supporting Young Children's Development</p> <p>The field of infant mental health has made monumental advances since its roots as a traditionally mother-baby field. We now understand that to facilitate the strengthening of families, relationships and young children's development we need to look to the co-parenting unit, broader family system, extended caregiving environment, and neighbor, community, and service systems. Urie Brofenbrenner's Ecological Systems Theory looks at a child's development within the context of the system of relationships that form his or her environment. The interaction between the child's own biological factors and his family, caregiving, and community environment, and the societal landscape fuels and steers his development. Changes or conflict in any one of these systems can ripple throughout other layers and affect the child's development. In order to understand and support a child's development we must understand not only the child's immediate relationships and environment, but also the interaction of the entire nested system of environments surrounding the child.</p> <p><i>Presenter: Lisa Negini, LCSW, University of South Florida St. Petersburg</i></p> <div> <div> WV STARS participants please visit https://wvregistry.org and search the training calendar for the title of the session. **Also check the Agenda section for additional registration information. </div> <div> Other participants copy and paste the link below into your internet browser: https://attendee.gototraining.com/t/3658289979813588482 </div> </div>
Tuesday, May 15, 2018	<p>Perinatal Mental Health: Support for Dads and Siblings</p> <p>This training will provide an overview of mental health issues in dads and siblings after the birth of a baby. Information about screening and appropriate treatment will be included.</p> <p><i>Presenter: Michelle Comer, IMH-E®, Mountain State Healthy Families, TEAM for West Virginia Children</i></p> <div> <div> WV STARS participants please visit https://wvregistry.org and search the training calendar for the title of the session. **Also check the Agenda section for additional registration information. </div> <div> Other participants copy and paste the link below into your internet browser: https://attendee.gototraining.com/t/358123421230056194 </div> </div>
Wednesday, May 16, 2018	<p>Seeing the Child Within the Context of the Family</p> <p>Too often as professionals we focus on supporting the needs of the young children we serve, with little attention to the whole family. This session will explore current research around the responsibility of professionals to see the child within the context of the family, including:</p> <ul style="list-style-type: none"> • how the family impacts the child, • how the child impacts the family, and, • how we should change our practice to embrace this perspective <p><i>Presenter: Sheila Zickefoose, IMH-E®, WV Early Childhood Training Connections and Resources</i></p> <div> <div> WV STARS participants please visit https://wvregistry.org and search the training calendar for the title of the session. **Also check the Agenda section for additional registration information. </div> <div> Other participants copy and paste the link below into your internet browser: https://attendee.gototraining.com/t/4128677546850770434 </div> </div>

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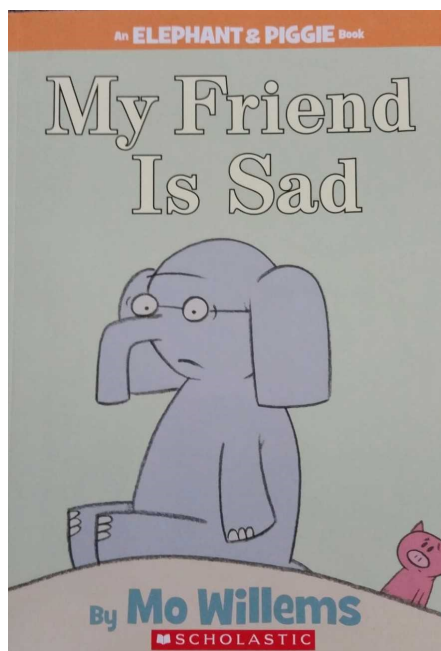
Thursday, May 17, 2018	<p>Infant Mental Health and the Parallel Process</p> <p>This session will focus on using the parallel process to build effective relationships with families and other providers. A core understanding in infant mental health is that all relationships are important. The session will explore how the relationship between practitioner and supervisor, practitioner and parent and parent and child impact one another as well as collaboration and parental confidence.</p> <p><i>Presenter: Megan Phillips, IMH-E®, MCF Wellness</i></p> <div> <div> WV STARS participants please visit https://wvregistry.org and search the training calendar for the title of the session. **Also check the Agenda section for additional registration information. </div> <div> Other participants copy and paste the link below into your internet browser: https://attendee.gototraining.com/t/6489734731476512770 </div> </div>
Friday, May 18, 2018	<p>Managing the Impact on Care Providers and Professionals When Working with Children and Families Exposed to Traumatic Events</p> <p>This session will address the impact on care providers and professionals of working with children and families who have experienced traumatic events in their lives. In the course of helping persons who are trauma exposed, and in listening to their stories, providers can be impacted by the power of these stories; these stories can also remind us of events in our own lives. It becomes critical for providers to set aside these impacts when working with children and families, but to ensure that we later recognize and address our own responses to trauma. This has been called secondary traumatization, but it can also be the reawakening of our own trauma histories. The session will cover: (a) the range of impacts, both positive and negative, on our professional and personal lives, (b) how to keep that impact from entering into the therapeutic relationship with clients, and (c) how to engage in self-care and seek assistance for ourselves.</p> <p><i>Presenter: Joseph R. Scotti, PhD, WHOLE Families/WHOLE Veterans, PLLC</i></p> <div> <div> WV STARS participants please visit https://wvregistry.org and search the training calendar for the title of the session. **Also check the Agenda section for additional registration information. </div> <div> Other participants copy and paste the link below into your internet browser: https://attendee.gototraining.com/t/446541748289460738 </div> </div>

**Please download all materials prior to the training.
All session handouts/materials will be available through the GoToTraining webinar platform.**

**After registering on the GoToTraining webinar platform,
you will receive a confirmation email containing information about joining the training
and how to access training materials.**

Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggested book is: **My Friend Is Sad** by Mo Willems.



The Elephant and Piggie series by Mo Willems utilizes the friendship between two very different individuals to teach children important skills such as kindness, sharing, and patience. In **My Friend Is Sad**, Piggie recognizes that his friend is sad. In his efforts to make Gerald (Elephant) happy, Piggie dresses up as a cowboy, a clown and a robot. This book can be utilized in the home and/or classroom to help children identify the feeling of sadness, how to identify when others may be feeling sad and what they can do to help others when they are sad. Some questions to ask when reading this book to your little one:

- How does Piggie know Gerald is sad?
- What does Piggie do to try to make Gerald happy?
- What do you do when your friend is sad?

Encouraging children at a young age to recognize others' feelings will support their social emotional growth and support them in being part of a community at home, school and in society.



The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.
"This institution is an equal opportunity provider."