

# The Healthy Mentality

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

## In this Newsletter:

- PTSD Awareness
- Making Life Easier: Running Errands
- Reading is Fundamental

## PTSD Awareness

June 2019

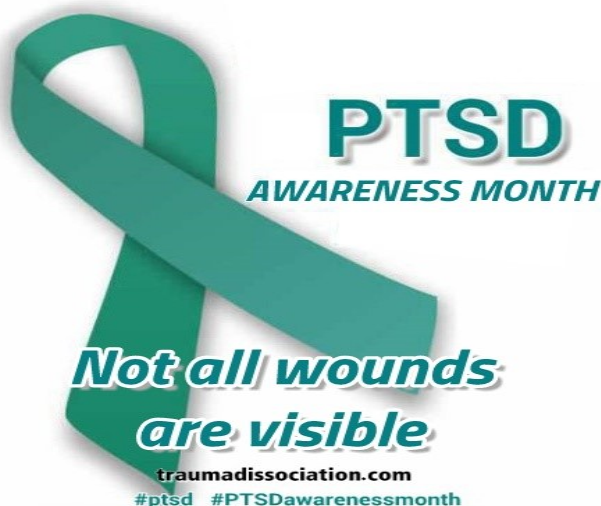
June is PTSD awareness month. The American Psychological Association (APA), defines PTSD (Post-Traumatic Stress Disorder), as an anxiety problem that develops in some individuals after extremely traumatic events such as combat, crimes, accidents or natural disasters. Both adults and children can exhibit PTSD symptoms. The Centers for Disease Control and Prevention (CDC) identify that symptoms can include, reliving the event over and over, nightmares or sleep problems, becoming very upset when something causes memories of the event, lack of positive emotions, intense ongoing fear or sadness, irritability/angry outbursts, constantly looking for possible threats, being easily startled, acting helpless/hopeless/withdrawn, denying that the event happened, feeling numb, and avoiding places/people associated with the event. Not everyone who experiences a traumatic event will develop PTSD. The National Institute of Mental Health (NIH), explains, "It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This "fight-or-flight" response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD."

There are ways to support individuals that may be dealing with PTSD. The first step is to talk to your health care provider and communicate the symptoms you or your loved one is demonstrating. To find therapeutic providers in your area, speak to your health care provider, your Family Community Engagement staff and/or your Family Resource Network staff in your county. If you

do not feel comfortable speaking to someone face to face, you can contact Help4WV by calling [1-844-HELP4WV](tel:1-844-HELP4WV), texting [1-844-435-7498](tel:1-844-435-7498), emailing [help4wv@1stchs.com](mailto:help4wv@1stchs.com) or chat online by going to their website [www.help4wv.com](http://www.help4wv.com) for support.

### For more information on PTSD, go to:

[www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml)  
[www.apa.org/topics/ptsd/ptsd-awareness](http://www.apa.org/topics/ptsd/ptsd-awareness)  
[www.cdc.gov/childrensmentalhealth/ptsd.html](http://www.cdc.gov/childrensmentalhealth/ptsd.html)  
[www.nctsn.org](http://www.nctsn.org)



## Making Life Easier: Running Errands

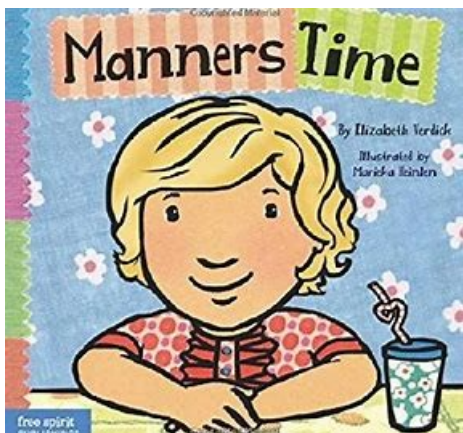
When you have children, what can be a 10 minute errand, can turn into a 2 hour ordeal. The following is a tip sheet from *Making Life Easier: Running Errands* by the Technical Assistance Center on Social Emotional Intervention for Young Children. For the complete article by Pamelazita Buschbacher, Ed.D., please go to [challengingbehavior.cbcs.usf.edu/docs/life\\_easier\\_errands%20and%20tipcard.pdf](http://challengingbehavior.cbcs.usf.edu/docs/life_easier_errands%20and%20tipcard.pdf)

### *Making Life Easier: Running Errands*

- ★ Use a **transition warning** (e.g., verbal, timer, count down, sing a song).
- ★ **Tell** your child where you will be going.
  - Use “First..., Then...” statements.
  - Use a Travel Book.
  - Include one of your child’s favorite places.
  - Provide a transition object (toy, blankie, book, travel book, etc.).
  - Provide 2 or 3 choices for the transition object.
- ★ Prepare a **cooler**.
- ★ Prepare your **diaper bag** or a backpack (written list in bag).
- ★ Getting in the **Car Seat**:
  - Make getting to the car a game (sing, skip, hop, race, count to 10).
  - Make buckling up in his car a game (sing, encourage child’s your child’s help).
  - Show a picture of him safely buckled in his seat. Keep it in his travel book.
  - Insist that everybody has their seatbelts on before the car moves.
- ★ Provide your child **choices**.
  - Your child could choose music, toys, books, etc.
- ★ Make **your car** a “child friendly” place.
  - Keep an activity bin in the car. Rotate the contents every now and then. Allow your child to choose some of the contents.
  - Play children’s music CDs. Provide 2 or 3 choices. Sing together.
  - Cool or heat car in advance. Provide a means for your child to communicate how he feels.

## Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This months suggestion is *Manners Time* by Elizabeth Verdick.



It is never too early to start teaching our little ones manners. Have you ever said, ‘Thank you’ to a baby that was trying to give you their pacifier? Those little interactions, no matter how small it seems, teaches positive social skills. Manners are such important skills to have, it teaches us all to be kind and respectful to others. When we are treated with kindness and respect, it makes us feel good inside. Read *Manners Time* by Elizabeth Verdick to help teach your child how to say “Thank you”, “Please”, and even how to say “No” in a kind and respectful way. When we each do our part to show respect, we can make this world a kinder place.

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**communityaction**

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.”