

# FRC Newsletter

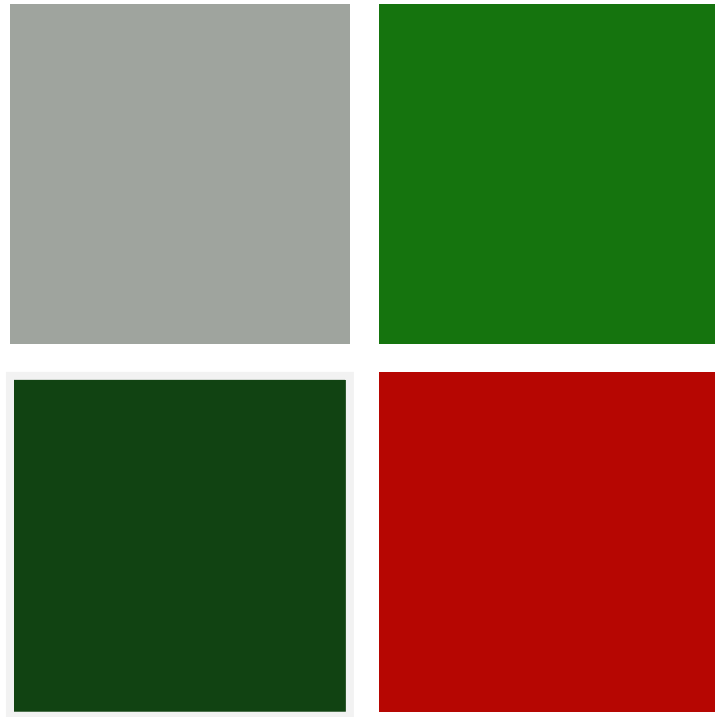


## December 2010

**Coming this month...**  
Winter Programming

Posttraumatic Stress Disorder

Calendar of Events



# Winter Programming 2010 at CCS



## MH Programming Schedule

### What to Expect During Winter Break

Winter break begins Monday, December 20<sup>th</sup> and extends through Sunday, January 2<sup>nd</sup>. Programming at CCS will run Monday through Thursday and will not occur on Fridays due to the CCS observed holidays. Katie Lee has worked with the case managers to develop a programming schedule that will incorporate some of the basic skills into fun holiday activities.

Due to the current work climate, please plan on dropping off and picking up your child each day of programming. Please plan to drop off your child every day no earlier than 9 am and pick up your child no later than 3 pm. Please send your child everyday with appropriate clothing for the weather including, but not limited to hats, gloves, coats, boots, snow pants, jackets, etc. There will be outdoor activities throughout both weeks of programming dependant on the weather. Also, there will be two planned swim days (Monday, Dec. 27<sup>th</sup> and Wednesday, December 29<sup>th</sup>). Please send your child with a bag containing a swimsuit, towel, a change of clothes, along with any other items he or she may need.

Please inform Katie or your case manager of any changes in your child's schedule (appointments, tardiness, etc) as early as possible. If an absence should occur, please inform Katie or the case manager no later than the day prior to the absence. Your communication to our staff is greatly appreciated!

**There will be no services provided to clients December 25<sup>th</sup> or January 1<sup>st</sup> so staff may spend that time with their families.**

The following two pages contain the programming schedule for all clients of all ages.

# Winter Programming Schedule 2010, Week 1

Monday, December 20	Tuesday, December 21	Wednesday, December 22	Thursday, December 23	Friday, December 24			
<b><u>Please Drop Off Your Child at 9 am</u></b>	<b><u>Please Drop Off Your Child at 9 am</u></b>	<b><u>Please Drop Off Your Child at 9 am</u></b>	<b><u>Please Drop Off Your Child at 9 am</u></b>				
<b><u>Activity:</u></b>	<b><u>Activity:</u></b>	<b><u>Activity:</u></b>	<b><u>Activity:</u></b>				
Elf/Santa Hats*  <i>Skills:</i>  #1 Following Instructions  #5 Accepting Criticism  #8 Showing Sensitivity to Others	Holiday Arts & Crafts*  <i>Skills:</i>  #1 Following Instructions  #5 Accepting Criticism	Gift Wrapping*  <i>Skills:</i>  #1 Following Instructions  #5 Accepting Criticism  #8 Showing Sensitivity to Others	Pancake Breakfast at 11am  <i>Skills:</i>  #1 Following Instructions  #5 Accepting Criticism	No Programming Today			
<b><u>Outdoor Activities:</u></b>	<b><u>Outdoor Activities:</u></b>	<b><u>Outdoor Activities:</u></b>	<b><u>Community Activity:</u></b>		Christmas Eve		
Snowman Coloring,  Snowman Building,  Safe Hiking,  Safe Sledding, or  Beach Combing**	Snowman Coloring,  Snowman Building,  Safe Hiking,  Safe Sledding, or  Beach Combing**	Snowman Coloring,  Snowman Building,  Safe Hiking,  Safe Sledding, or  Beach Combing**	Santa's Elves (the kids) Delivering Gifts to Needy Families*				
<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>				
<i>Time</i>	<i>Age Group</i>	<i>Time</i>	<i>Age Group</i>	<i>Time</i>	<i>Age Group</i>	<i>Time</i>	<i>Age Group</i>
10:00-11:30am	8-11 Year Olds	12:30-2:00pm	8-11 Year Olds	10:00-11:30am	8-11 Year Olds	10:00-11:30am	8-11 Year Olds
10:00-11:00am	5-7 Year Olds		10:00-11:00am:	5-7 Year Olds	10:00-11:30am	10-13 Year Old Girls	
					1:45-2:30pm	Older Boys Group	
<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>			

\*Alternative activities will be provided to children whose families wish for them not to participate in holiday activities

\*\*All outdoor activities dependent on the weather.

# Winter Programming Schedule 2010, Week 2

Monday, December 27	Tuesday, December 28	Wednesday, December 29	Thursday, December 30	Friday, December 31
<u>SWIM DAY</u>		<u>SWIM DAY</u>		
<u>Please Drop Off Your Child at 9 am</u>	<u>Please Drop Off Your Child at 9 am</u>	<u>Please Drop Off Your Child at 9 am</u>	<u>Please Drop Off Your Child at 9 am</u>	
<b><u>Activity:</u></b>	<b><u>Activity:</u></b>	<b><u>Activity:</u></b>	<b><u>Activity:</u></b>	
12-2pm Swimming  <i>Skills:</i> #3 Engaging in a Conversation  #4 Disagreeing Appropriately	New Year's Resolution Activity  <i>Skills:</i> #5 Accepting Criticism  #7 Showing Respect	12-2pm Swimming  <i>Skills:</i> #3 Engaging in a Conversation  #4 Disagreeing Appropriately	New Years Eve Hats  <i>Skills:</i> #5 Accepting Criticism  #7 Showing Respect	No Programming Today  New Year's Eve
<b><u>Outdoor Activities:</u></b>	<b><u>Outdoor Activities:</u></b>	<b><u>Outdoor Activities:</u></b>	<b><u>Outdoor Activities:</u></b>	
Snowman Coloring, Snowman Building, Safe Hiking, Safe Sledding, or Beach Combing**	Snowman Coloring, Snowman Building, Safe Hiking, Safe Sledding, or Beach Combing**	Snowman Coloring, Snowman Building, Safe Hiking, Safe Sledding, or Beach Combing**	Snowman Coloring, Snowman Building, Safe Hiking, Safe Sledding, or Beach Combing**	
<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>	<b><u>Group Therapy:</u></b>	
<i>Time</i> <i>Age Group</i>	<i>Time</i> <i>Age Group</i>	<i>Time</i> <i>Age Group</i>	<i>Time</i> <i>Age Group</i>	
10:00- 11:30am    8-11 Year Olds	12:30- 2:00pm    8-11 Year Olds	10:00- 11:30am    8-11 Year Olds	10:00- 11:30am    8-11 Year Olds	
10:00- 11:00am    5-7 Year Olds		10:00- 11:00am    5-7 Year Olds	10:00- 11:30am    10-13 Year Old Girls	
			1:45- 2:30pm    Older Boys Group	
<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	<b><u>Please Pick Up Your Child by 3 pm</u></b>	

\*\*All outdoor activities dependent on the weather.



# Posttraumatic Stress Disorder

## What is Posttraumatic stress disorder?

Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or from the witnessing or learning of a violent or tragic event.

While it is common to experience a brief state of anxiety or depression after such occurrences, people with PTSD continually re-experience the traumatic event; avoid individuals, thoughts, or situations associated with the event; and have symptoms of excessive emotions. People with this disorder have these symptoms for longer than one month and cannot function as well as they did before the traumatic event. PTSD symptoms usually appear within three months of the traumatic experience; however, they sometimes occur months or even years later.

## How common is PTSD?

Studies suggest that anywhere between 2 percent and 9 percent of the population has had some degree of PTSD. However, the likelihood of developing the disorder is greater when someone is exposed to multiple traumas or traumatic events early in life (or both), especially if the trauma is long term or repeated. More cases of this disorder are found among inner-city youths and people who have recently emigrated from troubled countries. And women seem to develop PTSD more often than men.

Veterans are perhaps the people most often associated with PTSD, or what was once referred to as "shell shock" or "battle fatigue." The Anxiety Disorders Association of America notes that an estimated 15 percent to 30 percent of the 3.5 million men and women who served in Vietnam have suffered from PTSD.

## What are the symptoms of PTSD?

Although the symptoms for individuals with PTSD can vary considerably, they generally fall into three categories:

- **Re-experience** - Individuals with PTSD often experience recurrent and intrusive recollections of and/or nightmares about the stressful event. Some may experience flashbacks, hallucinations, or other vivid feelings of the event happening again. Others experience great psychological or physiological distress when certain things (objects, situations, etc.) remind them of the event.
- **Avoidance** - Many with PTSD will persistently avoid things that remind them of the traumatic event. This can result in avoiding everything from thoughts, feelings, or conversations associated with the incident to activities, places, or people that cause them to recall the event. In others there may be a general lack of responsiveness signaled by an inability to recall aspects of the trauma, a decreased

interest in formerly important activities, a feeling of detachment from others, a limited range of emotion, and/or feelings of hopelessness about the future.

- **Increased arousal** - Symptoms in this area may include difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, becoming very alert or watchful, and/or jumpiness or being easily startled.

It is important to note that those with PTSD often use alcohol or other drugs in an attempt to self-medicate. Individuals with this disorder may also be at an increased risk for suicide.

### **How is PTSD treated?**

There are a variety of treatments for PTSD, and individuals respond to treatments differently. PTSD often can be treated effectively with psychotherapy or medication or both.

**Behavior therapy** focuses on learning relaxation and coping techniques. This therapy often increases the patient's exposure to a feared situation as a way of making him or her gradually less sensitive to it.

**Cognitive therapy** is therapy that helps people with PTSD take a close look at their thought patterns and learn to do less negative and nonproductive thinking. **Group therapy** helps for many people with PTSD by having them get to know others who have had similar situations and learning that their fears and feelings are not uncommon.

Medication is often used along with psychotherapy. Antidepressant and anti-anxiety medications may help lessen symptoms of PTSD such as sleep problems (insomnia or nightmares), depression, and edginess.

To find out more information, support, online discussion as well as medications, visit [WWW.NAMI.ORG](http://WWW.NAMI.ORG) .



# Calendar

## Upcoming Events, Trainings, and More



### Training

All foster parents were invited to attend the 6 hour FASD 101 training on December 7, 2010. Due to the holidays no other training will be available.

### Support Groups

**Single Dads Group** – Meets every other Monday from 6-7:30pm. The purpose of this group is to provide support for single dads raising children. A light meal and childcare is provided. The meeting dates are December 6 and December 20.

### Support Groups

**Our Time Group** – Meets every Thursday from 6-7:30pm. The purpose of this group is to provide support in a therapeutic setting and is open to families who have children with behavioral, disabilities, or special needs. A light meal and childcare are provided. Contact 907-463-6130 for more information.

### Events

**Family Fun Night is December 15<sup>th</sup>** – This month's family fun night will be held at CCS from 5:30-7:30 pm. Dinner and activities will be provided.

### Classes

The next session of **Anger Management** Classes begins January 11, 2011. Contact 907-463-6130 or email [FRC@ccsjuneau.org](mailto:FRC@ccsjuneau.org) for additional sign up information.

**Parenting Classes** are in session. Contact 907-463-6130 or email [FRC@ccsjuneau.org](mailto:FRC@ccsjuneau.org) for additional information.



The Family Resource Center is a Program of Catholic Community Service