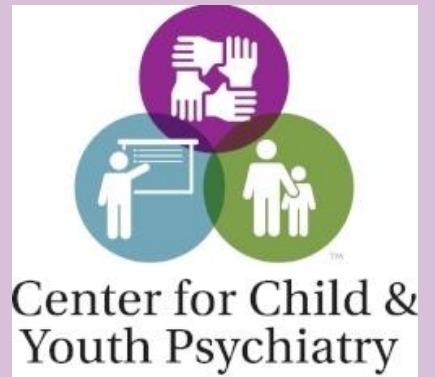


CCPY HAPPENINGS

August '22 Newsletter

ccypsd.org



Ah, back-to-school time. No matter your kid's age, the transition back to the classroom can be a tough one, even if you spring for a new backpack that looks like a unicorn. And if your kids are doing virtual learning this fall, the transition may have a few extra challenges. Here are some back-to-school ideas that your kids will *actually* be excited about.

1. Create a Back-to-School Survival Kit

Get a small container—like a pencil box or a zippered makeup bag—and fill it with things that you think your kid might find helpful or comforting when they head back to class.

2. Bake Up a Batch of Treats

Saying goodbye to summer and hello to the classroom (or dining room table) can be a tough transition, but luckily, there's nothing that a batch of back-to-school cookies can't fix!

3. Prepare Yummy School Lunches

Break from tradition for the first week of school. Sure, PB&J in a brown bag is all good and fine, but to make your kiddo feel extra special, pack some of their faves for lunch—spinach turkey pinwheels, peanut butter pitas or pizza wraps.

Newsletter Highlights

Back to School ideas

PTSD article from CCYP psychiatrist Dr. Compagnone

Creating a Culture of Innovation

Balancing Work and Home Life

A Year in review: Our Wins and Milestones

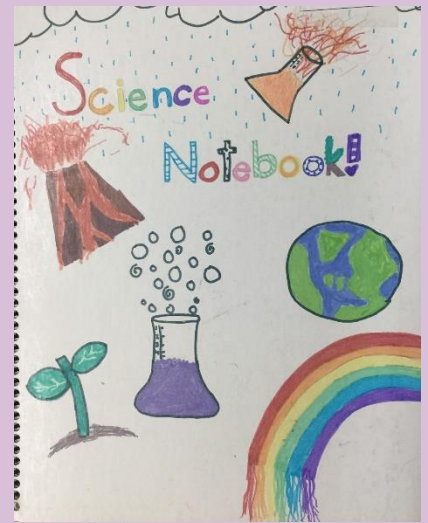


4. Carve Out a Kid Cave

Anybody who's ever picked up a grumpy kid from school knows they need some downtime after a day of rules to unwind. The first week back might be kind of stressful for your kids, so providing them with a spot simply for relaxing might do the trick.

5. Decorate Back-to-School Essentials

Add a personal touch to lockers, planners, notebooks and binders. Middle schoolers will love creating collages of photos and stickers onto their school essentials. Try out a more sophisticated look for high school or college kids by using washi tape and decorative felt pens.



6. Make a Back-to-School Craft

Make a back-to-school craft for homeroom or their dorm room! Middle schoolers will love these washi tape pencils, high schoolers will stay organized in style with these homemade pocket folders and your college student will use this hanging paper organizer on the daily.

7. Sign Up For School Activities and Organizations

Looking for another way to get your older kids excited to go back to school? Have them sign up for school sports, activities and organizations! If your teen (or pre-teen) is heading into middle school, high school or college for the first time, have them do a little extra research before their first day so they can have a good idea of which clubs they'd like to join.



PTSD AWARENESS

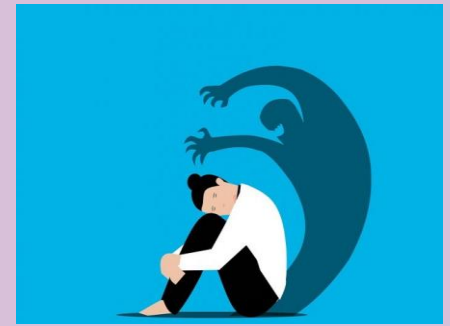
By Dr. Mariana Compagnone

June was PTSD awareness month. Given recent world events, it is pertinent to discuss a few key concepts about this disorder. Most children and adolescents experience stressful events during their lives which can have an emotional or physical impact. Reactions to these stressful events are typically brief and youth can recover without further problems. When a child or adolescent experiences, witnesses or learns about a serious traumatic event, these difficulties are known as Post-Traumatic Stress Disorder.



A stressful or traumatic event is defined as one that has the potential of threatening the child or adolescent or a significant other's physical integrity, safety, or life. Events that qualify as

traumatic include but are not limited to: child abuse, community, domestic or school violence, natural or man-made disasters, war or terrorism, medical traumas, vehicular or other serious accidents and sudden or violent death of someone close to the child.



It is important to take into account the developmental and cognitive stage at the age of the trauma. A child's risk of developing PTSD is related to the seriousness of the trauma, whether the trauma is repeated, and the proximity to the trauma and their relationship to the victim/source.

Following the trauma, children and adolescent's reactions involve intense fear, helplessness, horror, or agitated behavior. They may also show sadness or denial. Some children experience dissociation, where they develop a kind of emotional numbing to block the pain and trauma. Children with PTSD avoid situations or places that remind them of the trauma. They may become emotionally blunted, depressed, withdrawn and experience impairment in functioning in at least one important area of their lives.

Children and adolescents with PTSD may presents the following ways:

- Having frequent memories of the event, or in young children, play in which some or all of the trauma is repeated over and over
- Having upsetting and frightening dreams
- Re-experiencing the traumatic event
- Develop physical or emotional symptoms when the child is reminded of the event

Children with PTSD may also show:

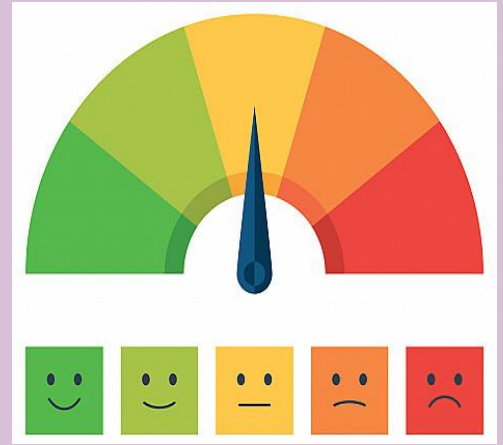
- Worries about dying early
- Losing interest in activities
- Physical symptoms such as headaches and stomachaches
- Extreme emotional reactions
- Irritability or angry outbursts
- Difficulty sleeping
- Issues with concentration
- Increased alertness of their environment
- Repeating behavior that reminds them of the trauma

An infographic titled "Signs of PTSD in Children and Teens" on a yellow background. It features six illustrations, each with a label below it: 1. "Nightmares": A child in bed with a ghost in a thought bubble above their head. 2. "Insomnia": A child in bed with a crescent moon and a clock showing 3:00, and a hand reaching out from the bottom. 3. "Increased irritability": A child with their hands on their face, looking frustrated. 4. "Withdrawal from friends and beloved activities": A child sitting alone on the ground, separated from a group of three people by a dashed line. 5. "Difficulty with school and concentrating": A child sitting at a desk with a red 'X' over a book. 6. "Depression and 'numbness'": A child sitting on the ground, looking downcast. A "verywell" logo is in the bottom left corner of the infographic.

The symptoms of PTSD may last from several months to many years. The best approach is the prevention of trauma. Early screening of children exposed to trauma and limited screen viewing of the disaster is crucial for prevention. Support from parents, school and peers is important, as well. Allowing the child to speak, draw or write about the event in therapy

sessions, is also helpful. Cognitive behavioral therapy can help reduce fears and worries by implementation of behavior modification

Child and adolescent psychiatrists can be helpful in diagnosing and treating PTSD. Among the available treatments for childhood PTSD there is more evidence for trauma focused–psychotherapy than for pharmacotherapy. In some cases, there may be justification for recommending a medication immediately such as the child being so deregulated or dangerous.

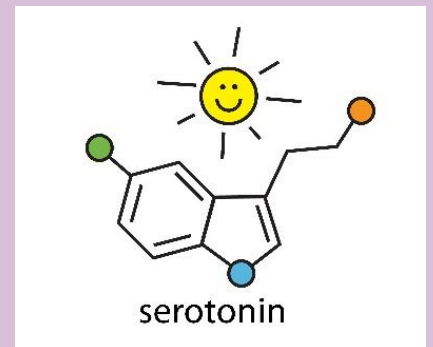


Evidenced-based psychotherapeutic treatments available include:

- Trauma-focused cognitive-behavioral therapy
- Child-parent psychotherapy
- Cognitive-based cognitive-behavioral therapy
- Trauma systems therapy

Pharmacological treatments:

Selective Serotonin Reuptake Inhibitors (SSRIs), Propranolol and clonidine have shown to have some benefit in treating PTSD. The most common SSRI's prescribed include Sertraline, Fluoxetine and Escitalopram. You should always consult with your doctor (child and adolescent psychiatrist) before starting psychotropic medications.



Other treatments include: EMDR

EMDR is an effective and well supported by research evidence for treating children with symptoms accompanying posttraumatic stress (PATSD), attachment issues, dissociation, and self-regulation.

The impact of Covid-19: Rise of Depression, Anxiety, and PTSD cases

An article released in JAACAP discusses the impact of the COVID-19, most specifically in the rise of Depression, Anxiety PTSD cases.

There is no question that this COVID-19 pandemic has increased the risk to children's emotional health, so it is important to discuss ways we can promote mental health during a global emergency. The COVID-19 pandemic has both precipitated onset and exacerbation of stress-related disorders. Some children are especially vulnerable, including the children of essential workers, children with uncertain housing situations or immigration status, and children whose support has diminished. Also, children with a history of previous trauma whose personal or generational stress is re-activated, are particularly vulnerable.



As we move forward, we need to consider how we must re-think educational, community and family support in a pandemic that's not going away. For further details please refer to the following article published in jaacap:

[https://www.jaacap.org/article/S0890-8567\(20\)31374-5/pdf](https://www.jaacap.org/article/S0890-8567(20)31374-5/pdf)



RESOURCES

24/7 Access and Crisis Line for San Diego County
Call 1-888-724-7240