



BREVARD *Community Resource* NEWSLETTER

If you have information you would like us to share in our Newsletter, or if you would like to subscribe, please contact:

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**We invite those interested to follow along
with us on social media:**

- Facebook: facebook.com/UCFRESTORES
- LinkedIn: linkedin.com/company/UCFRESTORES
- Twitter: [@UCF RESTORES](https://twitter.com/UCF_RESTORES)

Feature Of The Week

UCF RESTORES® is a clinical research center dedicated to changing the way we understand, diagnose, and treat PTSD and trauma-related disorders. What began as a government-funded research initiative in 2011 has grown to serve as a life-saving resource for first responders, veterans, active-duty military personnel, survivors of sexual assault and mass violence, and more. Combining thorough research, evidence-based treatment, and the application of ground-breaking technology, we deliver unprecedented results for those seeking healing in the aftermath of trauma.

NEW Facebook Live series

Earlier this year, our team launched a Facebook Live series, which features 12 videos co-hosted by UCF RESTORES faculty and staff, as well as psychology experts from across the nation. The videos are designed to address stressors and experiences unique to the coronavirus (COVID-19) outbreak; the videos can be found on UCF RESTORES' [Facebook video sub-page](#), as well as on the [UCF RESTORES blog](#).

The UCF RESTORES® 2019 Annual Report, which covers our organization's services, impact, partnerships and projects can be found on our website at UCFRESTORES.org. It is also available for viewing and downloading on Dropbox, [here](#).



Brevard Community Resource Spotlight

New program to help residents who may be facing homelessness due to the COVID-19 pandemic.

The Emergency Rental, Mortgage, and Public Utilities Assistance Program provides temporary assistance for up to three months of rent, mortgage and/or public utilities payments.

- **Beginning on June 15**, interested City of Melbourne residents may call 321-608-7530 to complete a pre-screening checklist to verify all required information before they start the application process.

<https://www.melbourneflorida.org/Home/Components/News/News/5107/381>

The SHC Youth Leadership and Scholarship Program: Deadline to apply Oct 1, 2020

We are now accepting applications for our Youth Leadership and Scholarship Program, for students entering college for the first time in the 2021-2022 school year.

- Awards scholarships to ten youth who have experienced homelessness.
- Assists youth with financial aid processes, mental health advocacy and referrals, professional legal advocacy and referrals, and assistance in locating and establishing local contacts for general support and services.
- Builds a stable peer and adult support network for recipients, before, during, and after their college careers, and into their transition into the workforce.
- Offers young people meaningful opportunities to engage in advocacy, while providing sustained support services to help ensure graduation and success in life.

<https://www.schoolhouseconnection.org/youth-leadership/scholarship-program/>



321-603-6550

Our facility provides inpatient and outpatient services for children, adolescents, adults, and seniors struggling with mental and behavioral health issues. We use evidence-based treatment to give patients the tools they need to recover. Our licensed clinicians are available 24/7 to provide you or your loved one with a no-cost mental health assessment.

EARN PRIZES FROM SUMMER READING PROGRAMS!

To see a list of summer reading programs that offer rewards to kids, please visit:

<https://melbourne.macaronikid.com/articles/5ee279b11f5656072f1965c7/earn-prizes-from-these-5-summer-reading-programs-for-kids>

SERENE HARBOR EMERGENCY SHELTER HAS OFFICIALLY REOPENED!

- **Serene Harbor Palm Bay:** 321-726-8282
New 24/7 text Line: 321-726-8282 or Web Chat at www.sereneharbor.org

Relocation Assistance:

Relocation assistance is a one time financial assistance administered by the state to victims of domestic violence to help them relocate.

Relocation assistance must be filed through a certified Domestic Violence shelter. **Salvation Army, Cocoa and Serene Harbor, Palm Bay can help with Relocation Assistance.**

Serene Harbor: 321-726-8282
Salvation Army: 321-631-2764

Hurricane Season: Are You Ready?

How to Keep Kids Safe During a Hurricane

- **Keep routines.** Children experience comfort from rituals and routines, like a story before bedtime or special words spoken at mealtimes. If at all possible, keep these routines, even if you're in temporary housing or eating fast food.
- **Role model.** Remember, children look to you and pick up on your moods and cues. Let your children know that it's okay to be sad, but do your best to reassure them that they're safe. Children learn coping skills from positive role models.
- **Limit media.** Even the mildest of storms can be sensationalized on news and weather channels. Children of all ages can be disturbed by intense images online and on TV, so monitor their media intake.
- **Listen to them.** Although the dangers of a hurricane are very real, your child's fears may be out of proportion or unrealistic. Take the time to talk to them and hear their concerns.

After a Hurricane

Watch your child for changes in behavior, sleeping patterns, or eating habits. Children may be afraid or anxious for a while after the hurricane. If you think they are extremely afraid, anxious or suffering post traumatically, seek professional help.

Information obtained from:

<https://www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america/hurricane-tips>



For Supply List Please visit: <https://www.ready.gov/kit>



Sign up for Code Red to receive emergency notices via phone, cell phone, text, or e-mail regarding the city's water service and precautionary boil water alerts. If you cannot register online, call (321) 608-5080.



To get text alerts from the county, text the number 888777 with the message BrevardEOC.

We hope that all fathers enjoyed a wonderful Father's Day this past weekend. We realize that many families struggle on this day, like many days throughout the year, for many reasons. Many fathers are unable to see their children, may be separated from their children, or may just not be involved with their children's lives. We have included the below information to help families that struggle with parental involvement, and to encourage those that need support to reach out for services.

Importance of a fathers presence in a child's life

...the single most powerful predictor of fathers' engagement with their children is the quality of the men's relationship with the child's mother...

Establishing a good co-parenting relationship may be the best thing a mother can do to facilitate father involvement.

Mother says, "He doesn't pay me any child support. Why should he get to see his kid?"

Response: Although it is often hard to separate these issues, non-payment of child support should not be used as a reason to stop a parent from seeing a child. Stopping parenting time can have detrimental effects on the child. Definitely, fathers should be financially responsible, and there are resources to address the non-payment of child support. But taking it out on the child by denying access to the father isn't usually good for the child and it often helps motivate a father to pay support if he can see his child regularly.

Mother says, "my kid doesn't need him. I can raise him just fine all by myself."

Response: While many kids turn out okay being raised by one parent, research shows that children that grow up absent a father-figure are at increased risk for problems at school, teen pregnancy, lower academic achievement, and delinquency. On the other hand, children of highly involved fathers tend to have better friendships, fewer behavioral problems, better educational outcomes, greater capacity for empathy, non-traditional attitudes to earning/childcare, higher self-esteem and life satisfaction, lower criminality and substance abuse problems. Fathers help children develop skills and competence in sometimes different ways than mothers. For example, fathers tend to provide more rough and tumble play and less immediate support when a young child gets frustrated, which promotes children's problem solving abilities.

Mother says, "I let him see his kid, he is always late or sometimes doesn't show up. His inconsistency is hard on me and our child."

Response: Inconsistency like this can be very frustrating for the parent and potentially damaging to the child. Consider whether a change in the parenting schedule would improve the father's timeliness (maybe his work schedule prohibits him from picking up the child at a certain time). The services of a supervised visitation center for exchanges may help in setting specific expectations, help the father understand how his behavior impacts the child, and may find a resolution that meets the needs of the family.

Source: Minnesota Fathers & Families Network

**Eckerd Connects offers supervised visitation.
Please call 321-735-7249 for more information.**

PTSD Awareness Month

RISK FACTORS FOR ISOLATION

Loneliness Impulsivity
 Fear of others Social anxiety
 Increased stress Impaired immunity
 Negative self-esteem Difficulty processing information
 Increase likelihood of depression Overuse of substances + alcohol addiction
 Profound negative effects on body + brain Avoidance + Withdrawal from friends + family

Protective Strategies For Times Of Isolation

ROUTINES:

Make a daily plan and follow it - Make the bed, get dressed, plan & schedule meals, call a friend, do the laundry, take a walk.

STAY ACTIVE:

Take a daily walk, practice you or TaiChi or an exercise program. There are many free resources. Ride a bike, dance, move.

PASSIONS:

Do something meaningful & interesting to you. Listen to music you love, read a book, cook a meal, plant & water a garden, do a hobby.

CONNECT:

FaceTime/Skype/Facebook chat with family & friends, call loved ones, Zoom for support groups, social events, or faith communities.

FIND MEANING:

Take time to consider what really matters to you, make a gratitude list each day, practice meditation. Sit quietly & listen to your own breath and the sounds around you.

SELF CARE:

Accept all your feelings. There is no "normal" way to feel right now. Nurture yourself - a cup of tea, a moment outside, a nap. Eat to nourish you body. Sleep as much as you need.

ASK FOR HELP:

None of us can do this alone. Reach out to a friend, social service organizations, your primary care doctor, a therapist. You are not alone. Call 211 for help finding resources.

STAY INFORMED:

Limit exposure to news, select a few reliable new sources & stay current. Seek info about common experiences, coping strategies, & self-care.

PTSD101

Posttraumatic stress disorder (PTSD) is a medically-diagnosed mental health condition that can develop after exposure to one or more traumatic events.

COMMON CAUSES

PTSD can develop after experiencing, witnessing or learning the details of a traumatic event.

Threat of Injury or Death
Serious Accident
Combat

Terrorist Attack
Sexual Assault
Physical Assault

Natural Disaster
Childhood Sexual or Physical Abuse

SYMPTOM CATEGORIES

A diagnosis of PTSD requires the presence of symptoms from FOUR different categories.



1 INTRUSIONS
Recurring distressing memories, dreams or flashbacks



2 AVOIDANCE
Of people or places that remind them of the trauma



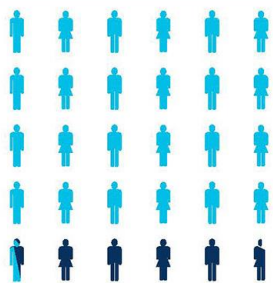
3 PERSISTENT NEGATIVE MOOD OR THOUGHTS
Inability to recall the traumatic event or experience positive emotions; excessive blame, fear, shame, guilt; detachment from others



4 AROUSAL OR REACTIVITY
Irritability, hypervigilance, difficulty concentrating, self-destructive behaviors

BY THE NUMBERS

Between 2000-2014, **149,000** active-duty service members were diagnosed with PTSD in the Military Health System



122,000 of those were diagnosed following a deployment of 30 days or more

† = 5,000 active-duty service members
Source: Armed Forces Health Surveillance Center

PTSD is treatable. Effective treatments include:

TREATMENTS

EVIDENCE-BASED PSYCHOTHERAPIES OR COUNSELING

Trauma-focused cognitive therapies that include the following components

Anxiety Management Techniques

Involves learning and practicing techniques including meditation, progressive muscle relaxation or deep breathing exercises which lower anxiety or feelings of stress

Cognitive Restructuring

Involves identifying and changing troublesome thinking patterns and beliefs

Exposure Therapy

Involves thinking about or being in situations which trigger feelings of anxiety

MEDICATION INTERVENTIONS

Antidepressant medications

Strong research supports the use of the selective serotonin reuptake inhibitors fluoxetine, paroxetine, or sertraline and the serotonin norepinephrine reuptake inhibitor venlafaxine as prescribed by your doctor

Alpha-blocker medications

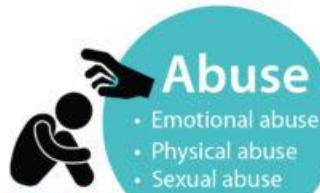
Prazosin is approved for use as an adjunct to antidepressant medications to help reduce or control nightmares

DCoE
dcoe.mil

PTSD In Children and Adverse Childhood Experiences (ACE's)

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and well-being.



Abuse

- Emotional abuse
- Physical abuse
- Sexual abuse



Neglect

- Emotional neglect
- Physical neglect

Household Challenges

- Domestic violence
- Substance abuse
- Mental illness
- Parental separation/divorce
- Incarcerated parent

People with 6+ ACEs can die

20 yrs

earlier than those who have none.



1/8 of the population have more than 4 ACEs



ANNE MARIE PROJECT

For more info or to schedule a class, contact:

Julie Gramlich, Founder
annemarieproject.org@gmail.com
573-644-4965 • annemarieproject.org

4 or more ACEs

3x the levels of lung disease and adult smoking



11x the level of intravenous drug abuse



14x the number of suicide attempts



4x as likely to have begun intercourse by age 15

4.5x more likely to develop depression



2x the level of liver disease

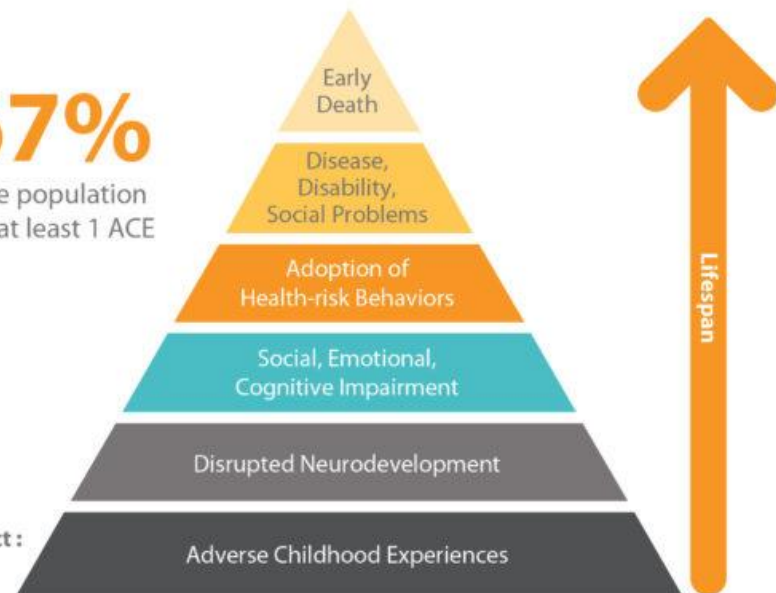


“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today. ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67%

of the population have at least 1 ACE



www.70-30.org.uk © 7030Campaign

DID YOU KNOW...

82% OF THE TRAUMATIZED CHILDREN SEEN IN THE NATIONAL CHILD TRAUMATIC STRESS NETWORK DO NOT MEET THE CRITERIA FOR PTSD. THEY OFTEN PRESENT SHUT DOWN, AGGRESSIVE, SUSPICIOUS, DISSOCIATIVE - AND ARE GIVEN FALSE DIAGNOSES LIKE OPPOSITIONAL DEFIANT DISORDER, DISRUPTIVE MOOD DYSREGULATION, EVEN AUTISM IN SOME CASES. MANY CAN ACCUMULATE UP TO 5 OR 6 DIAGNOSES BEFORE THEY EVEN REACH ADULTHOOD - ALL INCORRECT. THEY ARE MERELY TRAUMATIZED CHILDREN.

Helping Students With PTSD

- Predictability
- Positive attention
- Alternative discipline
- Be non-judgemental
- Ask how you can help

PTSD often misdiagnosed as ADHD:
<https://www.avoicefortheinnocent.org/how-ptsd-commonly-gets-misdiagnosed/>

PTSD In Children and Adverse Childhood Experiences (ACE's)

The Health Effects of Adverse Childhood Experiences (ACEs)

May 11, 2018 - Posted in [Advocacy](#), [Awareness](#), [Children's Health](#), [Emotions & Behavior](#), [Positive Parenting](#), [Prevention](#) by [Kimberly Canter, PhD](#)

In a perfect world, every kid would grow up in a safe, carefree environment. But many kids endure adverse childhood experiences (ACEs). These traumatic events can cause psychological problems and health problems down the road. Upsetting events can affect kids in different ways:

- **One-time events** include things such as a car accident or the death of a grandparent. As scary and difficult as these can be, kids usually recover relatively quickly with healthy doses of love, support, and understanding.
- **Ongoing experiences** are things that create layer upon layer of trauma, wearing down kids' resilience. These can include living in a neighborhood with gun violence, sexual abuse, a parent who uses drugs, being [bullied](#) at school, and not having enough food.

What Problems Can ACEs Cause?

Research at the [Center on the Developing Child at Harvard](#) shows that chronic adverse experiences in childhood may impair brain development. This can have a negative effect on how kids learn.

Over time, repeated exposure to ACEs can contribute to adverse health outcomes such as cardiovascular disease, diabetes, depression, and substance abuse in adults.

What Signs of ACEs Should I Watch for?

Sometimes, kids keep things inside. Those feelings can come out in physical ways, such as bellyaches, headaches, and nightmares.

Kids who are struggling also might have changes in behavior, such as:

- a good student suddenly starts doing poorly in school
- changes in appetite, eating too much or too little
- trouble sleeping
- acting out, becoming aggressive or defiant
- becoming withdrawn
- in younger kids, toileting accidents or not wanting to sleep by themselves

Look for anything that seems different to you as a parent. If your independent, confident kid suddenly becomes clingy, talk about what's going on in his life.

How Can I Help My Child?

- Help your [child feel safe](#) coming to you and telling you anything.
- Ask open-ended questions, such as "what happened to you?" or "is there something you'd like to talk to me about?" rather than "what's wrong with you?" or "are you upset because this happened to you?" Be patient and understanding. Your child is working through something that was frightening or upsetting.
- Don't promise what you can't control. If you can't make sure that your child can get to and from school without a problem, don't say that you're going to make everything okay.
- Talk about coping skills and be a good role model. Show that you can manage things in a positive way. It helps kids to see that they can overcome things that are hard. Help build your child's confidence by nurturing her efforts in areas where she can excel and succeed.
- Be available. Let your child know it's okay to call mom and dad at work if he is upset. (If your child calls 10 times in an hour, there's likely an issue you need to address immediately, and this may be a sign that your child needs extra support.)
- Keep your daily routine at home as normal as possible. Home should be a safe and secure environment.
- Consider telling teachers if your child has had a traumatic event. This could be a one-time event, such as a house fire, or ongoing adverse experiences, such as bullying or drug dealing in the neighborhood.
- Trust your parental instincts. You're the expert on your child.
- If your child needs extra help, talk to your health care provider. He or she can recommend a behavioral health specialist with trauma-focused expertise in your area.

Information obtained from: <https://www.avoicefortheinnocent.org/how-ptsd-commonly-gets-misdiagnosed/>

PTSD

MYTHS v FACTS

Everyone who experiences a traumatic event will develop PTSD.



PTSD affects approximately 30% of those who go through traumatic events.

PTSD only happens to **soldiers** in war zones.



Anyone who has experienced trauma, or regularly experiences low levels of trauma are at risk of developing PTSD.

People with PTSD are unpredictable and **dangerous**.



Psychosis or aggression are not hallmark symptoms of PTSD. Often "invisible" symptoms include intrusive thoughts, nightmares, isolation, irritability and low mood.

Nothing can be done about PTSD. Once you get it you're stuck with it.



Many people who develop PTSD can be treated and go on to live happy and successful lives.

all sources available from Headline

HEADLINE *Supporting media, changing attitudes*



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