



## GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 13/ISSUE 5 November 2019

### November Project GRANDD Support Groups

#### **Fulton County Daytime Session**

Third Tuesday of Every Month from 10am to 12:00 PM  
**Martin Luther King Jr. Recreation Center**  
**110 Hilliard St SE, Atlanta, GA 30312**



This month: **Tuesday, November 19<sup>th</sup>, 2019- 10 AM**

Topic: **Children's Mental Health Issues and Resources**

We will have a speaker from NAMI (National Alliance on Mental Illness) GA chapter sharing tips for grandparents and relatives raising children with mental health issues

#### **DeKalb County Daytime Session**

Second Thursday of Every Month from 10:30am to 12:30pm

Covington Branch of DeKalb Public Library  
3500 Covington Hwy, Decatur, GA 30032



This month: **Thursday, November 14<sup>th</sup>, 2019- 10:30 AM**

Topic: **Children's Mental Health Issues and Resources**

We will have a speaker from NAMI (National Alliance on Mental Illness) GA chapter sharing tips for grandparents and relatives raising children with mental health issues

#### **GRANDDS and KIDS Evening Support**

**Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups**



**Monday, November 25<sup>th</sup>, 2019 from 6:00pm to 8:00pm -  
Dinner Served 6:00 to 6:30  
Metropolitan Library 1332 Metropolitan Pkwy SW**

**Topic this month: Support & Sharing**

Come start your holiday week off right with peer support! All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18**. Childcare will be provided for children under 8. **Register to attend by email to [asiaw@isdd-home.org](mailto:asiaw@isdd-home.org) or call 470-310-3458 by November 22<sup>nd</sup>.**

## Project GRANDD's Christmas Luncheon

Mark your calendar!

In December, we will have our annual holiday luncheon where ISDD will provide the turkey and ham and you provide the sides and desserts.

All Project GRANDD members are invited to attend regardless of which support group you normally attend. There will be no evening support group this month (DeKalb group will meet on 12/12), so we hope to see everyone at the luncheon.

Our last time together before 2020!

**Tuesday, Dec. 17<sup>th</sup>  
11am to 1pm**

**MLK Recreation & Aquatic Center  
Martin Luther King Jr. Recreation Center  
110 Hilliard St SE, Atlanta, GA 30312**



## HEALTH CORNER

### Age-Related Reactions To Trauma

*Article from [www.nctsn.org](http://www.nctsn.org)*

Many children being raised by relatives have undergone traumatic events in their young lives. By understanding how children experience traumatic events and how these children express their lingering distress over the experience, parents, physicians, communities, and schools can respond to their children and help them through this challenging time. The goal is to restore balance to these children's lives and the lives of their families.

#### **HOW CHILDREN MAY REACT**

How children experience traumatic events and how they express their lingering distress depends, in large part, on the children's age and level of development.

#### **Preschool and young school-age children may exhibit:**

- Feelings of helplessness, uncertainty about whether there is continued danger, a general fear that extends beyond the traumatic event and into other aspects of their lives
- Difficulty describing in words what is bothering them or what they are experiencing emotionally.
- Loss of previously acquired developmental skills. Children who experience traumatic events might not be able to fall asleep on their own or might not be able to separate from caregivers at school. Children who might have ventured out to play in the yard prior to a traumatic event now might not be willing to play in the absence of a family member. Often, children lose some speech and toileting skills, or their sleep is disturbed by nightmares, night terrors, or fear of going to sleep.

**Need Help?  
Have a Question?  
Contact Us**

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# HEALTH CORNER (Continued)

- Traumatic play—a repetitive and less imaginative form of play that may represent children’s continued focus on the traumatic event or an attempt to change a negative outcome of a traumatic event.

## **For school-age children:**

- Feelings of persistent concern over their own safety and the safety of others in their school or family. These children may be preoccupied with their own actions during the event.
- Feelings of guilt or shame over what they did or did not do during a traumatic event. School-age children might engage in constant retelling of the traumatic event, or they may describe being overwhelmed by their feelings of fear or sadness.
- Sleep disturbances, which might include difficulty falling asleep, fear of sleeping alone, or frequent nightmares
- Difficulties concentrating and learning at school
- Headaches and stomachaches without obvious cause, and some children engage in unusually reckless or aggressive behavior

## **For adolescents :**

- Feelings of fear, vulnerability, and concern over being labeled “abnormal” or different from their peers may cause adolescents to withdraw from family and friends.
- Feelings of shame and guilt about the trauma and may express fantasies about revenge and retribution. A traumatic event for adolescents may foster a radical shift in the way these children think about the world.
- Self-destructive or accident-prone behaviors.

## **HOW TO HELP**

The involvement of family, physicians, school, and community is critical in supporting children through the emotional and physical challenges they face after exposure to trauma.

**For young children**, caregivers can offer invaluable support, by providing comfort, rest, and an opportunity to play or draw. Caregivers need to reassure children that they are safe. It is helpful for caregivers, family, and teachers to help children verbalize their feelings **so that they don’t feel alone with their emotions**. Providing consistent caretaking by ensuring that children are picked up from school at the anticipated time and by informing children of caregivers’ whereabouts can provide a sense of security for children who have recently experienced a traumatic event. Caregivers, family, caregivers, and teachers may need to tolerate regression in developmental tasks for a period of time following a traumatic event. This means accepting that children may not be able to do things they used to for a period of time.

**For older children**, they will also need encouragement to express fears, sadness, and anger in the supportive environment of the family. These school-age children may need to be encouraged to discuss their worries with family members. It is important to **acknowledge the normality of their feelings and to correct any shame or guilt from the traumatic events that they express**. Caregivers can be invaluable in supporting their children in reporting to teachers when their thoughts and feelings are getting in the way of their concentrating and learning.

**For adolescents**, caregivers can encourage discussion of the event and feelings about it and their often unrealistic expectations of what could have been done to prevent the event. It may be important to help adolescents understand “acting out” behavior as an effort to voice anger about traumatic events. It may also be important to discuss thoughts of revenge following an act of violence, address realistic consequences of actions, **and help formulate constructive alternatives that lessen the sense of helplessness the adolescents may be experiencing**.

# RESOURCE CORNER

## NAMI Georgia

NAMI Georgia offers a non-crisis HelpLine that can provide information about resources for persons with mental illnesses and their family members in Georgia. We can provide information on NAMI programs, community services, education, support groups, and peer support. **Our operators are not trained to provide counseling, nor emergency services for those in crisis. We are not a suicide hotline. If you are in a crisis situation, please call 911 to receive emergency support. Request that a CIT officer be sent, if one is available.**

**HelpLine Number: 770-408-0625**

## SAMHSA Treatment Locator

Call to find mental health and substance abuse treatment services. **This is not a crisis hotline but is available 24/7 to assist in finding a treatment facility.**

**English & Español: (800) 662-HELP (4357)**

**PROJECT GRANDD**  
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