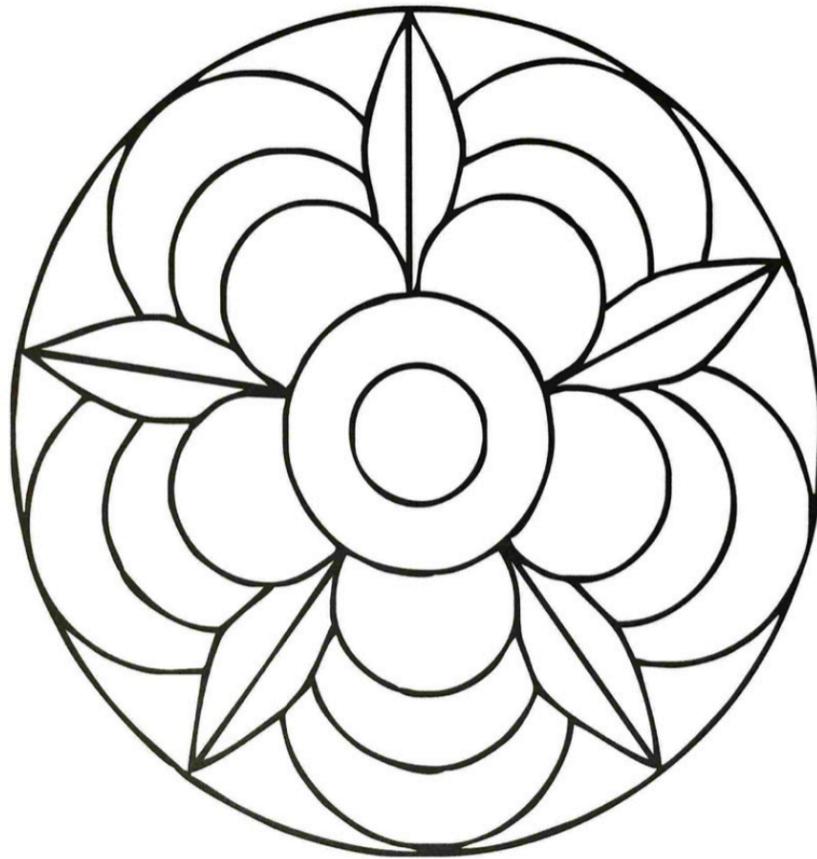
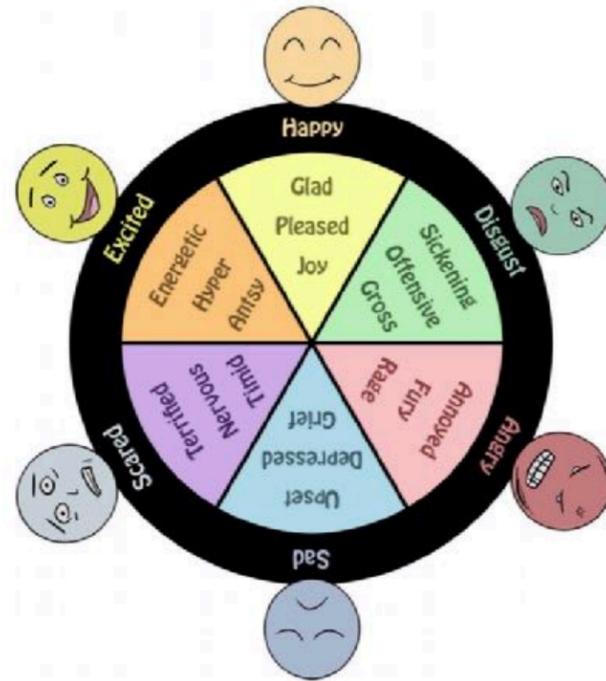


KID'S KORNER



Emotion Wheel



Feelings are what we feel in our bodies and hearts. There are many different feelings that we have and our feelings may change from moment to moment. Sometimes we even feel two or more feelings at the same time. Color the Mandala on the left using the colors connected to the feelings you have right now.

Provided by TherapistAid.com (c) 2015



Trauma Response and Intervention Movement

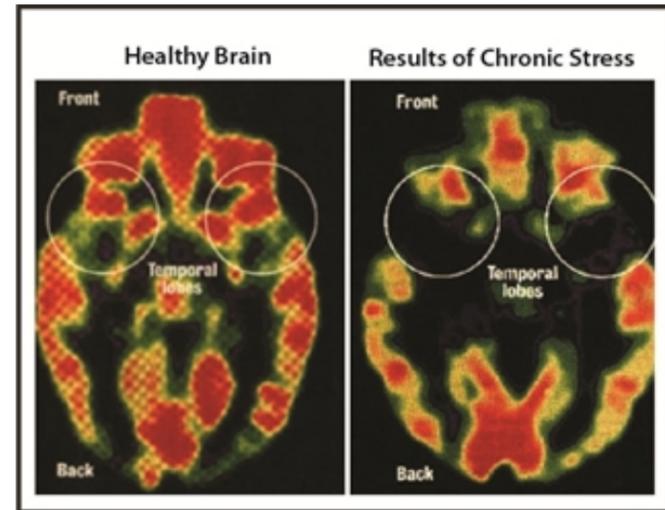
Responding to, Recovering from, Reducing and Removing Trauma and Violence 8-Blocks at a time

Trauma Edition: Responding to and Recovering from Chronic Stress

Stress is a normal part of life and is a normal reaction to situations we are experiencing. Stress can be helpful, and is designed for our human survival. Our body responds to stress by increasing our heart rate, blood pressure and stress hormones, allowing us to either 'fight' or 'flee' the stressful situation. Imagine you are walking down Ogden Avenue and you see a car veer off the road and head in your direction. The body's stress response will aid in your attempts to 'flee' from the car's harm.

Stress becomes harmful or 'toxic' when our system is always "on" - overtaxed by repeated, intense, or chronic stress. The pouring out of chemicals and reactions can go from protecting our lives to damaging our health. Exposure to violence in the community and/or the home, long time burdens of family economic hardship, physical or emotional abuse, chronic neglect, and a caregiver with a mental illness and/or substance abuser are examples of toxic stressors on children. If left unaddressed, toxic or chronic stress can negatively affect a developing body and brain by disrupting learning, behavior, immunity, growth, and even the way DNA is read and transcribed. ¹Ongoing chronic or 'Toxic' stress caused visible changes in the structure of the brain and can lead to long-term health, social and educational setbacks.

1. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2017/07/toxic-stress-how-the-bodys-response-can-harm-a-childs-development>



Trauma and toxic stress interrupt a child's brain development and interfere with the child's ability to learn to make decisions, solve problems and regulate emotions.²

2. Illumination Foundation, <https://www.ifhomelss.org/mental-health-month-childhood-trauma>

DON'T MISS OUR SUMMER FESTIVAL IN AUGUST!

More Details Coming Soon!



TR⁴IM is a social cohesion model of Trauma Informed Care, sponsored by **I AM ABLE Center for Family Development, INC.**, and its collaborative network of partner agencies and North Lawndale residents. Residents from 16th-Ogden and Central Park to Ridgeway (TR⁴IM's first 8-block sector) can enroll in TR⁴IM's partner agency services by calling **773-840-8082** and through the website: www.tr4im.org.

Highlights from the TR⁴IM Winter Festival

TR⁴IM aims to prevent youth and family violence by addressing trauma, violence, limited economic resources and social emotional learning. Through our Community Festivals, we are able to strengthen connectedness at all levels of the community.

In February, TR⁴IM 8-Block Leaders and Partners gathered at Lawndale Community Church on Ogden Avenue for our Winter Festival. Residents were treated to a soul food lunch catered by Chef Greg O and many attendees went home with gift cards that were raffled off throughout the event. Block Leaders from Central Park, Millard, Ridgeway and Lawndale led activities and games for young and old helping everyone who attended to have fun and leave feeling loved and supported.



Cutisha Blue
8-Block Leader:
Ridgeway

Rochelle McCray
8-Block Leader: Central Park

Community Violence Effecting Chronic Stress

Think about your community and ask yourself and your children these questions:

- Are fights, gangs and bullying part of daily life?
- Have you or your friends or family been threatened, bullied, or attacked?
- Are you on edge, like you have to watch your back all the time so you don't get caught off guard?
- Do you make sure to always keep up a strong front, so no one will mess with you or the people you care about?
- Have you seen someone get beaten, raped, or shot? Have people close to you been killed, or maybe hurt so badly they've never really gotten over it?
- Do you tell people - and yourself - that nothing gets to you, but sometimes you really feel the hurt?
- Do you want things to be different, for people to treat each other with respect instead of using violence to take control?

If you checked even one box, you and/or your children are effected by community violence. As many as 96% of youth have experienced or witnessed community violence. But community violence doesn't have to dominate your life if you understand your reactions to it, how to keep yourself safe, and how to make positive choices in dangerous times.



Youth describing the impact of violence in their lives:

- ▶ I don't know who to trust anymore.
- ▶ I'm afraid all of the time. On edge...like something's going to happen to me and I can't be caught off guard.
- ▶ I don't expect to graduate school. I'll probably die young anyway.
- ▶ It's hard for me to sleep because I have nightmares about the shooting.
- ▶ It's hard for me to pay attention in class or doing my homework.
- ▶ I'm more tempted to get high to numb it all.
- ▶ I feel angry even when nobody is messing with me.

How Teens can deal with what they're feeling?

- Express thoughts and feelings in a journal. Write, Rap, or Draw
- Confide in a trusted adult (family member, teacher, counselor, minister).
- Lean on friends who have had similar experiences.
- Teach younger brothers, sisters, cousins about ways you've learned to keep safe.
- Surround yourself with safe people and keep your distance from people doing things you don't like or that put you or your family in danger.
- Join a school sport, club, or other after school activities.



Community Violence Collaborative Group, National Child Traumatic Stress Network. (2013). Community violence: Reactions and actions in dangerous times. Los Angeles, CA, & Durham, NC: National Center for Child Traumatic Stress.

Reversing the effects of Trauma and Chronic/Toxic Stress

Many children can experience adversity but stable and nurturing adult relationships can help protect them from toxic stress. The most important protective resource to help a child cope with exposure to violence is a strong relationship with a competent, caring, positive adult, most often a parent. (Osofsky, 1999)

8 Ways Parents and Caregivers Can Support Healing in Children

- 1) **Play with your child** and enter their world. Find activities that you can do together, like reading stories, playing video games, playing pretend, drawing, or playing sports.
- 2) **Listen to your child** to help them feel seen, heard and valued. Show them you are listening by bending down to their level, making eye contact, and putting down your phone.
- 3) **Be your child's cheerleader.** Tell your child what you love about them. Inspire your child to discover activities that interest them.
- 4) **Comfort your child** when they feel scared or overwhelmed, and practice techniques such as taking deep breaths and counting to ten. Help your child find other people and places that help them feel safe and supported.



<https://www.Promising.Futureswithoutviolence.org/what-do-kids-need/supportive-parenting/resources-for-families>

- 5) **Talk to your child about their feelings.** Help them to be able to label their emotions by using a feelings chart and model healthy ways to express feelings.



Ask your child about events from their day and how they made them feel.

- 6) **Create calm and predictable environments.** Help your child know what to expect whenever possible by creating habits and routines. Ask yourself, what rituals would work for my family each day to make it more predictable?

- 7) **Set clear rules and expectations** about your child's behavior and use positive reinforcement whenever possible. Clear rules might include "no name calling" and how often they can watch TV. Reward your child's efforts to follow family rules.

- 8) **Create a network of support** for you and your child, and be a support for other parents. At some point, we all need to ask for help. Whenever you are helping someone else or needing it yourself, it's good to know what health, counseling, and recreation resources are part of your community. Get on board the TR⁴IM Wellness Train of Service.



Highlights from the TR⁴IM Winter Festival

TR⁴IM strives to provide access to effective holistic services and programs, as well as help in the development of social and emotional skills, and improve self-esteem. Achieving this only comes with the help of our Partner agencies. In February, Community Partners provided fun and educational activities for youth and families to enjoy, as well as learn about services that are available to them.



I AM ABLE therapists helping youth label their feelings through a fun activity.

Lincoln Park Zoo has come to all of our festivals to provide fun and educational activities to youth about nature and animals.

Illinois Action for Children always come to the festivals with fun giveaways for all and share the services available to give children a strong start in school.

Carole Robertson Center for Learning provides education enrichment programs for children and youth from birth to age 15, at their center, in schools, at in homes.

The TR⁴IM Movement is designed to prevent and minimize trauma and violence, RE-establish the community's protective shields, and Revitalize and build a WELL village. Wellness and Self-Care are key elements of every festival. In the past year, residents have been blessed by local supporters with Massages, Hair Braiding, Nail Care, Yoga, Meditation, Healthy Foods, Cooking and Gardening Demonstrations.



Mt. Sinai and St. Anthony Hospitals provided blood pressure and glucose screenings for residents.

Chicago Botanical Gardens

'Cured by COCO' Massage Therapist

Eve Green - Living N Color Hair Studio



Like us on FaceBook to see:

- Highlights from our Festivals
- Information about other events in our community
- Free and low cost family activity ideas
- Wellness education
- Job Opportunities
- And much, much, more!