



MAY 2018

FACEBOOK POSTS

May 1

Zika virus infection is most risky for pregnant women and their fetuses. Protecting yourself from Zika can help protect the pregnant women in your community. Find out how to protect yourself, your family, and your community. <http://bit.ly/2gtNfMy>

CDC.GOV
Zika Virus - Prevention and Transmission
Prevention is key to stopping the spread of Zika virus. Learn about the...

May 3

These MyPlate tips can help you fill your cart with healthy, low-cost options from each food group! Visit tinyurl.com/y98ob7pr.



Money
Saving Tips
FOR EVERY AISLE



May 7

This week is Children's Mental Health Awareness Week.

Adverse Childhood Experiences (ACEs) are serious childhood traumas that result in toxic stress and can harm a child's brain. Check out these 6 points on what resilience from ACEs looks like. tinyurl.com/Understanding-ACEs

STRESS & EARLY BRAIN GROWTH Understanding Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experiences can include:

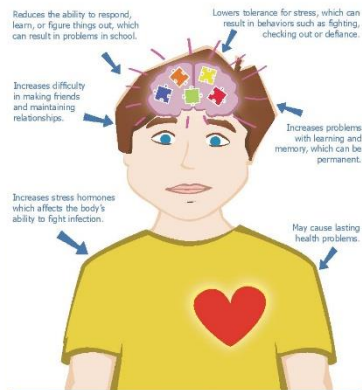
1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

How do ACEs affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words: **"I can't hear you! I can't respond to you! I am just trying to be safe!"**

The good news is resilience can bring back health and hope!

What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

Resilience trumps ACEs!

Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

What does resilience look like?

1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.

Resources:

ACES 101

<http://aces101high.com/aces-101/>

Triple-P Parenting

www.triple-p-parenting.net/glo-en/home/

Resilience Trumps ACEs

www.resiliencetrumpsaces.org

CDC-Kaiser Adverse Childhood Experiences Study

www.cdc.gov/nceprevention/acestudy/

Zero to Three Guides for Parents

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

Thanks to the people in the Community & Family Services Division at the Spokane (WA) Regional Health District for developing this handout for parents in Washington State, and sharing it with others around the world.

May 10

The National Council for Behavioral Health's infographic "How to Manage Trauma" presents key facts and stats on trauma in behavioral health and outlines the symptoms and coping strategies.

tinyurl.com/Manage-Trauma

How to Manage Trauma

People can and do recover from trauma

HOW COMMON IS TRAUMA?

- 70% of adults in the U.S. have experienced some type of traumatic event at some point in their lives. That's 223.4 million people.
- In public behavioral health, over 90% of clients have experienced trauma.
- In the United States, a woman is beaten every 15 seconds, a forcible rape occurs every 6 minutes.
- More than 33% of youth exposed to community violence will experience Post Traumatic Stress Disorder, a very severe reaction to traumatic events.
- Nearly all children who witness a parental homicide or sexual assault will develop Post Traumatic Stress Disorder. Similarly, 90% of severely abused children, 77% of children exposed to a school shooting, and 20% of a teen's best friend in a community violence shooting will develop Post Traumatic Stress Disorder.

TRAUMA CAN STEM FROM

- Childhood abuse or neglect
- War and other forms of violence
- Physical, emotional, or sexual abuse
- Accidents and natural disasters
- Grief and loss
- Medical interventions
- Witnessing acts of violence
- Cultural, intergenerational and historical trauma

SYMPTOMS OF TRAUMA CHECKLIST

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares and flashbacks — re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-harm, suicide risk, or shame
- Diminished interest in everyday activities

HELPFUL COPING STRATEGIES

- Acknowledge that you have been through traumatic events
- Connect with others, especially those who may have shared the stressful event or experienced other traumas
- Exercise — try jogging, aerobics, bicycling, or walking
- Relax — try yoga, stretching, massage, meditation, deep muscle relaxation, etc.
- Face up — music, art, or other diversions
- Maintain balanced diet and sleep cycle
- Avoid overusing stimulants like caffeine, sugar, or nicotine
- Commit to something personally meaningful and important every day
- Write about your experience for yourself or to share with others

ASK YOUR HEALTHCARE PROFESSIONAL ABOUT TREATMENTS

TRADITIONAL TREATMENTS	ALTERNATIVE TREATMENTS
Cognitive Behavioral Therapy	Energy Processing
Eye Movement Desensitization and Reprocessing (EMDR)	Neuro-linguistic Programming
Transcendental Meditation	Journaling
Talk Therapy	Massage Therapy
Exposure Therapy	Part of Equine Therapy
Group Therapy	Trauma and Recovery Peer Support Groups
	Wellness Recovery Action Planning (WRAP)

HOW TO TALK TO YOUR DOCTOR

- Make your doctor aware that you have experienced trauma, past or recent
- Help them understand what is helpful to you during office visits, i.e., asking permission to do a procedure, staying as clothed as possible, explaining procedures thoroughly or having a support person stay in the room with you
- Ask for referrals to therapy and behavioral health support

NATIONAL COUNCIL FOR COMMUNITY BEHAVIORAL HEALTH

For more information, research, and resources on trauma check out the National Council's infographic below on the topic. www.theNationalCouncil.org

May 13



May 14

National Womens Health Week #NWHW shines a light on the importance of preventative screenings, exercise, healthy eating, mental wellness, and practicing safe behaviors! tinyurl.com/NWHW2018

<h3>Get Active</h3> <p>Did you know? Women of all ages who get enough physical activity can reduce their risk of heart disease and cancer — the most common diseases women face to vary about. Men get more physical activity than women. We can change this. letsmove.gov</p> <p>Women need 150 minutes of moderate-intensity physical activity every week — about 30 minutes a day! But, less than 10% of women are getting enough aerobic activity, and only 20% get enough muscle-strengthening activity.¹</p> <p>Just 30 minutes of brisk walking a day is enough to lower your risk of breast cancer!</p> <p>The more exercise you do, the more your risk of early death goes down. A woman who exercises 30 minutes every day can lower her risk of dying with 27% compared with someone who exercises just 30 minutes once a week.²</p> <p>Tips Try these ideas for fitting more physical activity into your daily routine: <ul style="list-style-type: none"> ✓ Add walking or biking to your commute. ✓ Use the stairs instead of the elevator. ✓ Walk on your favorite route and dance. </p> <p>Schedule your well-woman visit A well-woman visit is a time to see your health care provider to: <ul style="list-style-type: none"> • Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. • Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and obesity. • Set health goals, such as being active and maintaining a healthy weight. </p> <p>Learn more about how to fit physical activity into your daily life at www.health.gov/physical.</p> <p>Learn more about National Women's Health Week at www.health.gov/nwhw.</p> <p> </p>	<h3>Eat Healthy</h3> <p>Did you know? We make 200 decisions about food each day. That's a lot of chances to eat healthy every day. All of your food and drink choices matter.</p> <p>Nearly 2 out of 3 women in the United States die from chronic diseases like heart disease, cancer, or diabetes.¹ A healthy diet and weight can help protect you from many chronic diseases. Choose lots of fruits, vegetables, whole grains, low-fat dairy, and lean proteins to keep you healthy.</p> <p>Fruits and vegetables are a great way to get the vitamins and nutrients you need! <ul style="list-style-type: none"> • Potassium can help lower blood pressure. • Fiber from fruits and vegetables can help lower cholesterol. • Vitamin A keeps eyes and skin healthy and helps to protect against infections. </p> <p>Tips Switch some of your everyday foods for healthier options. <ul style="list-style-type: none"> ✓ Eat whole grain bread instead of white bread, and brown rice instead of white rice. ✓ Try whole fruit, like apples and oranges, instead of fruit bars or fruit flavored snacks. ✓ Drink water, sodas, or unsweetened tea instead of energy or fruit drinks or soda. </p> <p>Schedule your well-woman visit A well-woman visit is a time to see your health care provider to: <ul style="list-style-type: none"> • Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. • Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and obesity. • Set health goals, such as being active and maintaining a healthy weight. </p> <p>Learn more about healthy eating habits at ChooseMyPlate.gov.</p> <p>Track your daily food plan with SuperTracker.usda.gov.</p> <p>Learn more about National Women's Health Week at www.health.gov/nwhw.</p> <p> </p>	<h3>Schedule Your Well-Woman Visit</h3> <p>Did you know? A well-woman visit is a yearly checkup with your doctor to talk about your health and to get preventive screenings.</p> <p>More than 75% of women 40 to 60 years old have at least one risk factor for heart disease, the most common cause of death in women in the United States.¹ Ask your doctor about your blood pressure and cholesterol.</p> <p>Regular Pap tests lower the number of new cervical cancers and deaths by more than 80%.² Talk to your doctor about when to get a Pap test and a test for human papillomavirus (HPV).</p> <p>Almost 1 out of every 2 pregnancies is not planned! Talk to your doctor about family planning and birth control if you haven't gone through menopause.</p> <p>Tips You can choose from any primary care provider or OB-GYN in your health plan's network without a referral. Before you go to your well-woman visit, remember to: <ul style="list-style-type: none"> ✓ Go to www.health.gov/nwhw/by-age and print out your steps for better health to get the conversation started! ✓ Bring a list of your medications and know why you take them. ✓ Make a list of your questions and concerns. </p> <p>Schedule your well-woman visit A well-woman visit is a time to see your health care provider to: <ul style="list-style-type: none"> • Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. • Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and sexually transmitted infections. • Set health goals, such as being active and maintaining a healthy weight. </p> <p>Learn which screenings women need at www.health.gov/nwhw/by-age.</p> <p>Learn more about National Women's Health Week at www.health.gov/nwhw.</p> <p> </p>	<h3>Pay Attention to Your Mental Health</h3> <p>Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.</p> <p>Each year, 1 in 5 women in the United States has a mental health problem, such as depression, post-traumatic stress disorder, or an eating disorder.</p> <p>More than twice as many women as men have been diagnosed with anxiety. Women are almost twice as likely as men to experience depression!</p> <p>Tips Take time for yourself with activities you enjoy like dancing, reading, or talking with friends. <ul style="list-style-type: none"> ✓ Food can lower stress while helping with anxiety, depression, or insomnia.¹ ✓ Reach out to friends and family for help when you need it. ✓ Call 1-800-421-4243 for confidential treatment, mental and information on mental health and substance abuse. </p> <p>Schedule your well-woman visit A well-woman visit is a time to see your health care provider to: <ul style="list-style-type: none"> • Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. • Schedule necessary tests, such as screenings for depression or alcohol and tobacco use. • Discuss whether you should consider medicines, therapy, or other treatments for mental health and substance use disorders. • Set health goals, such as being active and maintaining a healthy weight. </p> <p>For support and help finding mental health services near you, visit findtreatment.samhsa.gov.</p> <p>Learn more about mental health at nimh.nih.gov/mentalhealth.gov.</p> <p>Learn more about National Women's Health Week at www.health.gov/nwhw.</p> <p> </p>	<h3>Engage in Safe Behaviors</h3> <p>Did you know? Risky behaviors can put you, your loved ones, and the people around you in danger. It's up to you to take control.</p> <p>Seat belts lower your risk of dying in a car crash by 45% and cut your risk of serious injury by 50%.</p> <p>Women are more likely than men to talk on the phone while driving.¹ You're more than 2x as likely to crash or have a near miss² when dialing a cell phone.³</p> <p>Smoking causes 80% of lung cancer deaths among women.⁴</p> <p>Tips Start engaging in safe behaviors today to improve your health and lower your risk for injury and illness. <ul style="list-style-type: none"> ✓ Wear a helmet when you bike. ✓ Pull over if you need to use your phone. ✓ Call 1-800-734-8249 for help quitting smoking. </p> <p>Schedule your well-woman visit A well-woman visit is a time to see your health care provider to: <ul style="list-style-type: none"> • Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. • Schedule necessary tests, such as screenings for sexually transmitted infections and more. • Set health goals, such as being active and maintaining a healthy weight. </p> <p>Learn more about how to quit smoking at www.smokefree.gov.</p> <p>Get free on distraction-free driving at distraction.gov.</p> <p>Learn more about National Women's Health Week at www.health.gov/nwhw.</p> <p> </p>
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May 14

Lemonade for Life is a trauma-informed, hope-infused approach to using Adverse Childhood Experiences (ACEs) research in our work to improve outcomes for children and families. Register soon for a summer training near you!

Registration: www.kansasmch.org/events.asp

LFL Website: Lemonadeforlife.com



Lemonade for Life
Using ACEs to Build Hope and Resilience

3 Dates/Locations to Choose from:

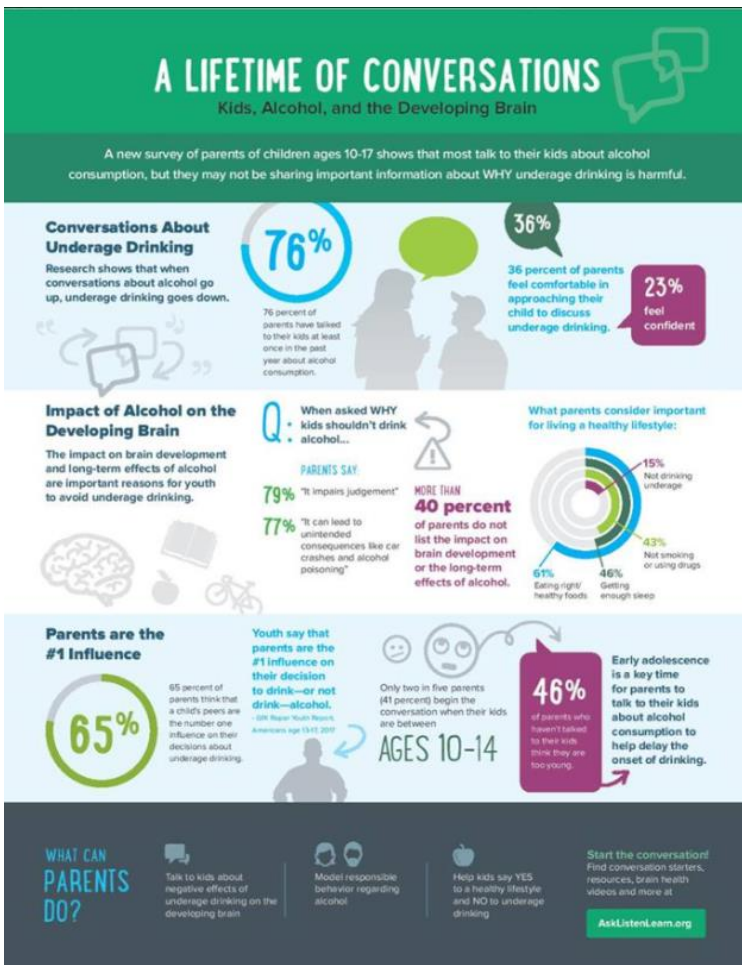
LAWRENCE
May 22, 2018, 8:30-4:30
Register: <https://bit.ly/2vHL4zy>

WICHITA
June 6, 2018 - 8:30-4:30
Register: <https://bit.ly/2HPH5pr>

HAYS
June 28, 2018 - 8:30-4:30
Register: <https://bit.ly/2lOUk5b>

CONTACT: Stefanie Olson, saolson@ku.edu
www.facebook.com/LemonadeForLifeKU

www.Lemonadeforlife.com



May 15

In addition to impaired judgement and unintended consequences, it's important for parents to explain the long-term effects underage drinking has on brain development. Find info and helpful tips to have conversations with your kids at Ask. Listen. Learn.

Graphic:
tinyurl.com/AskListenLearnInfographic

May 18

This week is Alcohol- and Other Drug-Related Birth Defects Awareness Week. Alcohol can disrupt fetal development at any stage during a woman's pregnancy. <http://tinyurl.com/alcohol-pregnancy>.



- Fetal alcohol spectrum disorders (FASDs) are completely preventable if a woman does not drink alcohol during pregnancy.
- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.



For more information, visit www.cdc.gov/fasd or call 800-CDC-INFO.

When a pregnant woman drinks alcohol, so does her baby. Why take the risk?

May 21

Save the Date for the KEYSummit 2018 on June 19-20 in Topeka! Learn and share about how - collectively - we can be the keys that empower and lift up youth and young adults in Kansas. More info at www.kansasmch.org/events.asp!



SAVE THE DATE

June 19-20, 2018

Capitol Plaza Hotel
1717 SW Topeka Boulevard
Topeka, KS 66612

The KEYSummit will be an exciting opportunity to learn and share about how — collectively — we can be the keys that empower and lift up youth and young adults in Kansas, helping them to improve their lives and expand their vision of what is possible.

We hope you will join us! Look for more details to come soon.

In the meantime, if you have any questions please reach out to Sara (sgardner10@ku.edu) from our conference coordinating team.



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May 22



American School Counselor Association

May 18 · 🌐

👍 Like Page

The second season of the Netflix series "13 Reasons Why" has been released.

ASCA has developed and compiled various resources to help school counselors, other educators and parents prepare and support students who may be affected by the topics highlighted in this series.

On the 13 Reasons Why resource page you will find the recording of our Facebook Live conversation about the new season, downloadable handouts and templates and resource guides.

Visit www.schoolcounselor.org/13Reasons to learn more.

May 23

Registration is now open for the KEYSummit2018 on June 19-20! This is an opportunity to learn and share about how we can lift up youth and young adults in Kansas, listen to keynote speaker Erin Walsh of Mind Positive Parenting, and hear directly from a panel of youth on how best to engage their voices and hear lessons learned.

If you sign-up by June 4th, you'll even receive a free copy of Mrs. Walsh's book!

Registration and More Training Info:

www.eventbrite.com/e/keysummit2018-registration-45808092237

REGISTRATION NOW OPEN!



KEYSummit2018

Kansas Empowering Youth & Young Adults



JUNE 19 - 20 | TOPEKA, KS



Outbreaks of whooping cough are happening across the United States. This disease can cause your baby to have coughing fits, gasp for air, and turn blue from lack of oxygen. It can even be deadly. When you get the whooping cough vaccine (also called Tdap) during your third trimester, you'll pass antibodies to your baby. This will help keep him protected during his first few months of life, when he is most vulnerable to serious disease and complications.

Talk to your doctor or midwife about the whooping cough vaccine.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Born with protection against whooping cough.

www.cdc.gov/whoopingcough



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



The American College of Obstetricians and Gynecologists

May 29

Did you know protection from vaccine-preventable diseases starts before birth? Get vaccine facts!

<https://go.usa.gov/xnagB>

May 31

Today is No Tobacco Day! Check out the benefits to your body when you quit smoking. For the full article see: tinyurl.com/benefits-of-not-smoking. Also check out great material from the American Heart Association on the benefits of not smoking as well as tips to help you quit: tinyurl.com/tips-for-quitting

HOW QUITTING SMOKING CHANGES YOUR BODY

Here's what happens to your body after your last cigarette:



SOURCES

- "Smoking & Tobacco Use," cdc.gov
- "When smokers quit - what are the benefits over time?" cancer.org
- "Smoking Cessation: Why You Should Quit," my.clevelandclinic.org
- "Pancreatic Cancer Causes and Risk Factors," webmd.com



May 31

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REGISTRATION NOW OPEN!



JUNE 19 - 20 | TOPEKA, KS