

# Family Focus Newsletter



## Trauma Systems Therapy Approach: Interventions for the Revving Child

Both national and KVC research tells us that 80% to 86% of children who are in out-of-home placement have experienced at least one traumatic event and over half of those children have experienced 4 different types of traumatic events before they come into our care. Trauma is defined as an experience that overwhelms a person’s ability to cope. The four emotional states are: regulated, revving, re-experiencing and reconstituting.

This month will highlight the revving state. Revving occurs just after the child has experienced a trauma reminder or trigger. The child’s awareness will begin to shift, pulling back from focus on the environment and

what is going on around the child to focusing on the trigger. The child will attempt to use coping skills. The child’s actions may begin to change; they may pace, yell, give warnings or threats or activity may significantly decrease. Children may also show signs of physical distress, i.e. rapid breathing, increased activity and tension in facial muscles. Caregivers may see an increase in negative emotions or a shutting down of emotions. The child may over react to things that would normally not bother the child.

When a child begins revving when exposed to a trauma reminder, people in the child’s life may be unaware of

the trigger, failed to prevent it or have little control over it.

There are four goals to help revving children cope with stimuli/triggers.

1. **Remove trauma reminders/ triggers or remove the child from the reminders/ triggers.**
2. **Remind child of coping skills.**
3. **Remind the child they are safe and ensure safety.**
4. **Avoid further trauma reminders or triggers.**

More specific information about

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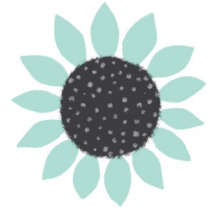


helping children cope with their stimuli and trauma triggers include the six items listed below.

1. **Use Supportive comments:** When a child begins revving or re-experiencing use supportive comments to encourage engagement and avoid dissociation. Think of this as one-liners such as, “I see you’re struggling, can we talk?” “Take some time, but I’m here when you’re ready.” “Can we talk about what you’re feeling?” (Assume a “one down” position from the child; use quiet redirection, soothing voice tones, neutral body posture and avoid threatening consequences. Caregivers can become additional triggers resulting in escalating behaviors in children who dissociate.) (Continued on insert.)

From: KVC Workbook Companion to: *Collaborative Treatment of Traumatized Children and Teens, The Trauma Systems Therapy Approach, Developed by Dr. Glenn Saxe, M.D., Dr. Heidi Ellis, Ph.D. and Dr. Julie B. Kaplow, Ph.D..*

## Tips From KVC Pediatrics



A change this year to recommendations from the National Highway Traffic Safety Administration involves the LATCH (Lower Anchors and Tethers for Children) system that secures the seat to the vehicle. In the past, the owner's manual for many cars said the anchor's max was 40 pounds. Now the weight of the child plus the weight of the car seat should not exceed 65 pounds. This new protocol requires that car seats be labeled with the maximum weight for use of the anchors. If the combined weight of the child and seat are over the limit a seat belt should be used instead for installation. Caregivers should always consult the owner's manual because older car seats will still list the old guidelines.

Children should also remain in safer, rear-facing seats as long as their size will allow. Newer infant seats are now built for children up to 40 pounds. It really helps to protect the head, neck and spinal column, because when a child is facing forward in a crash there is more head movement. A baby's head is their largest part. Facing the rear helps to cradle that area of the body and protect it more in a crash.



Kansas law requires that:

- Children be secured in an appropriate child passenger safety restraint.
- Children under 1 year old and 20 pounds must ride in a rear-facing child seat.
- Children 1, 2 and 3 must be properly restrained in a forward-facing child seat.
- Children 4, 5, 6 and 7 must ride in a booster seat unless the child weighs more than 80 pounds or the child is taller than 4 feet 9 inches.
- Children ages 8 through 13 must be protected by a safety belt.

Please check out the links below from KDHE for additional information on boosters and car seat safety for your children.

- [http://www.kansasboosterseat.org/download/Booster\\_seat\\_activity\\_book.pdf](http://www.kansasboosterseat.org/download/Booster_seat_activity_book.pdf)
- [http://www.kansasboosterseat.org/download/B3-Boosters\\_12\\_web\\_KS.pdf](http://www.kansasboosterseat.org/download/B3-Boosters_12_web_KS.pdf)
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- [http://www.kansasboosterseat.org/download/B4-Tweens\\_12\\_web\\_KS.pdf](http://www.kansasboosterseat.org/download/B4-Tweens_12_web_KS.pdf)

## Fun With Kids Corner: Jeans Book Cover

**Materials Needed:** old jeans, trim, yarn, ribbon and appliques, rhinestones or buttons, fabric glue or low temperature glue gun and glue sticks.

**How to Make It:** Cut the legs off an old pair of jeans and cut open the front, cutting off the entire zipper. Turn the jeans upside down. Place the book or binder on top and line up the top edge of your jeans with the top edge of the book and the back seam with the center of the spine. Trim both sides and the bottom of the jeans 1-inch bigger than the book. Glue the top edge securely. Tack the other sides with hot glue. Turn the project over. Tuck in along the back seam to fit the jeans to the spine and glue in place. Wrap sides and bottom of the jeans around the edges of the book. Glue in place, then decorate with buttons, ribbon or other trims.



*From MakingFriends.com, Inc.*

## Adoption Profiles



Meet brothers Austin, age 9 and Jacob, age 8. Austin is sweet, quiet and respectful. He enjoys movies, playing outside and caring for animals. Jacob is friendly and helpful. He likes to help around the house, play sports and read. Both boys need love and encouragement from a Forever Family. They need a family with patience and structure and would benefit from continued supportive mental health and educational services in place to help them be successful. (R19344 and R19345)



Brandon, age 13 and Jordan, age 9 want to be adopted together and both want a family that will give them plenty of love and attention. Brandon is kind, helpful and considers music and crafts to be his greatest strengths. He is proud of being able to set goals and go after things that are considered hard to do. Jordan is very active and enjoys being outside, playing with Legos and playing miniature golf. He is learning to do things on his own and becoming more independent. A family that is enduring and able to give him one-on-one attention would best meet his needs. (R19516 and R19517)

Please call 1-888-655-5500 or visit [www.kvc.org](http://www.kvc.org) for more information about adopting Austin and Jacob or Brandon and Jordan or other children.

KVC is a Child Placing Agency licensed by KDHE. Our staff hold licenses under the BSRB for their respective disciplines.

## Featured Foster Family

KVC is happy to spotlight Susan and Robert Perez who were nominated by Heidi Cannon.

Robert and Susan have been licensed foster parents with KVC since March 2010 and have had seventeen placements. They have gone above and beyond to help the child placed in their home reunify with her mother. Robert and Susan helped the child's mother move to her new house. Robert even took off work to do so.

Susan has gone over in the evening during over night visits to help the child's mother learn to put her to bed. Robert and Susan helped her mother throw a birthday party for this child at her mother's home. Susan has been a great contact and support for this child's mother through the entire case.

It has been amazing to watch this dedicated foster family engage in partnership with the biological mother and to help her so that she truly feels prepared when her child returns home.

Please congratulate Susan and Robert and thank them for their work in caring for the children we serve.

## Monthly Fire Drills

KDHE requires that monthly fire drills be held in each licensed family foster home. The regulation is as follows:

K.A.R. 28-4-822. e) Each licensee shall ensure that a fire drill is conducted monthly and that the drills are scheduled to allow participation by each family member and child in foster care. The date and time of each drill shall be recorded and kept on file in the family foster home. Please contact your Family Service Coordinator with additional questions.



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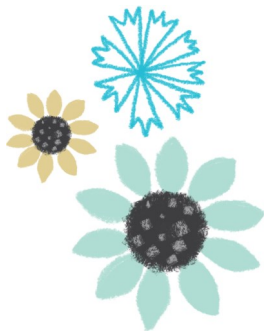
KVC is accredited by The Joint Commission.  
KVC is a member of the Child Welfare League  
of America and a recipient of United Way

B. Wayne Sims, President/CEO  
KVC Health Systems, Inc.

Chad Anderson, President  
KVC Behavioral Healthcare

Nancy Snyder Killingsworth, Editor

## Foster Parent Advisory Board



**KVC's Foster Parent  
Advisory Board wants  
YOU!**

Join other KVC foster  
parents and help create  
opportunities for  
improved communication.

The board meetings are  
on the dates listed at the KVC Lenexa office,  
7940 Marshall Drive, Lenexa, Kansas 66214.

**September 29th from 6:00-8:00 p.m.**

**October 27th from 6:00-8:00 p.m.**

For more information and to RSVP, please  
contact Kerry Hamel at [khamel@kvc.org](mailto:khamel@kvc.org) or  
913. 956.5320.

## Recruitment Finder's Fee

A monetary award of \$300 will be given to a foster  
parent who refers a potential foster family candi-  
date to KVC. The award will be paid once a family  
has completed the following:

- TIPS-MAPP/PS-DT Training
- Licensing process
- Takes first placement

