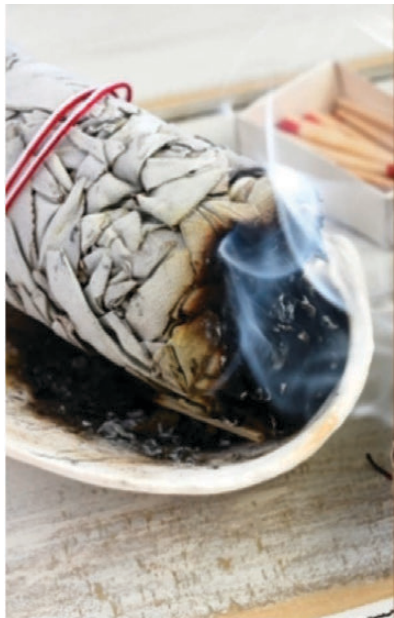


Health Department



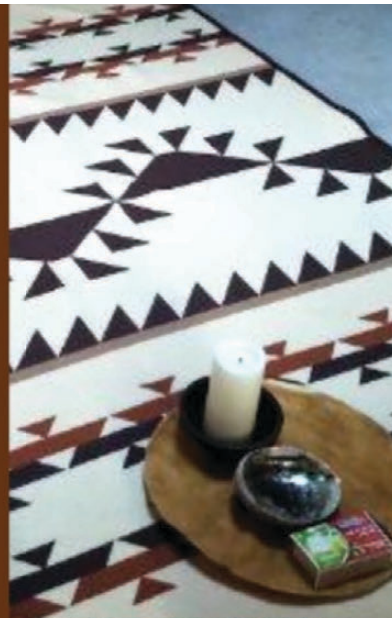
SILETZ CARE PROGRAM

Trauma Recovery Support Group

This group is available to anyone age 18 and up who has experienced any form of trauma. We will follow the SELF Curriculum and meet via Zoom. This will be a closed group, if you are interested please contact Kira Woosley kiraw@ctsi.nsn.us

WEDNESDAYS AT 5:30

Starting June 9



COMMON QUESTIONS ABOUT TRAUMA RECOVERY SUPPORT GROUPS



What is trauma?

A distressing event or experience that can have an impact on a person's ability to cope and function.

Who is this group for?

Anyone who has experienced loss, grief, violence, childhood trauma or stress and anxiety related to COVID



What do we talk about?

We use the SELF Curriculum which takes a look into 4 key pieces of ourselves: Safety, Emotions, Loss, and Future. Each person will use these 4 cornerstones to develop their own pathways to healing from trauma.

Do I have to share my story?

You are never required to share your story or details about any trauma you have experienced. The purpose of the group is for you to learn the best ways for yourself to heal, manage and cope with the aftermath of trauma.

Contact Kira at the CARE Program for information on weekly virtual groups: kiraw@ctsi.nsn.us

June is Elder Abuse Awareness Month

The National Center on Elder Abuse describes elder abuse as: "intentional neglectful acts by a caregiver or "trusted" individual that leads to or may lead to harm of a vulnerable elder." There are several different types of elder abuse and the perpetrators can exist in different forms. Elder abuse is one of the many forms of domestic violence. Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.

Watch for these signs of abuse:

- ♦ Seems depressed, confused, or withdrawn
- ♦ Isolated from friends and family
- ♦ Has unexplained bruises, burns, or scars
- ♦ Has bed sores or other preventable conditions
- ♦ Recent changes in banking or spending patterns
- ♦ Appears dirty, underfed, dehydrated, over-or under medicated, or not receiving needed care for medical problems

There are many types of abuse:

- ♦ Physical
- ♦ Emotional
- ♦ Sexual
- ♦ Abandonment
- ♦ Neglect
- ♦ Financial



Lincoln County General Information & Abuse Helpline: 541-336-2289 or 800-282-6194