

# Wellness Wednesday

*April 13, 2022*



This week for Wellness Wednesday, we will identify information and resources to be a part of preventing child abuse. It takes a community to take action against child abuse.

## Child Abuse Prevention Month

National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child maltreatment. During the month of April and throughout the year, communities are encouraged to increase awareness about child and family well-being, and work together to implement effective strategies that support families and prevent child abuse and neglect.



## History of Child Abuse Prevention Month

National Child Abuse Prevention Month has been celebrated annually since 1983 in the United States. This Month was formally put into action by the Reagan Administration. Special recognition must go to the Founders of Childhelp (1973) for assisting in bringing awareness to the alarming rate of child abuse in America.



It is important to define the difference between abuse and neglect.

Abuse is the non-accidental commission of any act by a caregiver which causes or creates a substantial risk of physical or emotional injury or sexual abuse of a child; or the victimization of a child through sexual exploitation or human trafficking, regardless if the person responsible is a caregiver.

Neglect is failure by a caregiver, either deliberately or through negligence or inability, to take those actions necessary to provide a child with minimally adequate food, clothing, shelter, medical care, supervision, emotional stability and growth, or other essential care, including malnutrition or failure to thrive; provided, however, that such inability is not due solely to inadequate economic resources or solely to the existence of a handicapping condition.

## Recognize the Signs

1. Child shows sudden changes in behavior/school performance or mood.
2. Has not received assistance for health or medical issues.
3. Has learning difficulties or concentration problems not associated with psychological or physical causes.
4. Is hyper vigilant, or preparing for something to happen.
5. Lacks adult supervision.
6. Overly compliant, passive, or withdrawn.
7. Does not want to go home at the end of the school day or activity.

Do Any of these signs look familiar?



## Signs of Physical Abuse

1. Unexplained burns, bites, broken bones, or black eyes.
2. Has fading bruises after time away from school.
3. Seems frightened of caregivers from home environment.
4. Shrinks at the approach of adults.
5. Reports injury by a parent or caregiver.



## *Signs of Sexual Abuse*

1. Has difficulty walking or sitting.
2. Suddenly refuses to participate or change clothes at gym time or for other activities.
3. Reports nightmares or bedwetting.
4. Demonstrates bizarre sexual knowledge for age.
5. Becomes pregnant or has a STD, particularly under the age of 14
6. Is secretive.
7. Is jealous and controlling with family members.



## *Signs of Emotional Maltreatment*

1. Shows extremes in behaviors.
2. Is either inappropriately adult-like or inappropriately child-like in behaviors.
3. Is delayed in physical or emotional development.
4. Has attempted suicide.
5. Self-injurious behaviors.
6. Overly rejects others.
7. Lack of attachment to parents or caregivers





# ASK FOR HELP

Abuse Hotline  
800-252-5400

Civitas-Counseling for traumatized children  
713-852-1300

Texas Youth Hotline  
713-528-2121





Here are some important resources to become a part of the solution and the fight to end child abuse.

<https://www.childwelfare.gov/pubPDFs/whatiscan.pdf>

<https://www.thecapcenter.org/admin/upload/Toolkit%20Image%20for%20Parents%20and%20Guardians.png>

<https://www.thecapcenter.org/admin/upload/toolkit%20for%20partners%20businesses%20web%20version.docx>

<https://www.thecapcenter.org/admin/upload/kids%20art%20contest%202-22%20final.pdf>

MENTAL HEALTH

*Awareness Fair*

TOGETHER

FOR

MENTAL HEALTH



April 20, 2022

5:00PM - 7:00PM

CUNNINGHAM MIDDLE SCHOOL

14110 WALLISVILLE ROAD

HOUSTON, TX 77049

MULTI PURPOSE ROOM

Please scan

QR Code or follow the  
link below to RSVP

<https://forms.gle/NYaSx>

[EPK5jdQ7ByB7](https://forms.gle/NYaSx)



SCAN ME

[CLICK TO RSVP](#)

EMPLOYEE ASSISTANCE PROGRAM

# Galena Park ISD Employee Assistance Program



**ComPsych® GuidanceResources®**  
 Contact Us... Anytime, Anywhere  
 Services, confidential resources, 24/7 assistance

Curby Rogers-Mitchell, LPC  
 Galena Park, TX 75042  
 832.386.1235  
 holli.l.sherrard@compsych.com  
 832.386.1237

**Holli L. Sherrard**  
 Galena Park, TX  
 Director of Employee Benefits  
 holli.l.sherrard@compsych.com  
 832.386.1237

**Confidential Emotional Support**  
 Our highly trained clinicians will listen to your concerns and help you or your family members with life issues including: Anxiety, Depression, Stress, Legal Issues and Divorce, Retirement/Financial concerns

**Work-Life Solutions**  
 Our solutions provide qualified resources and resources for just about anything on your to-do list, such as: Finding child care and other care, Finding in-home home repair contractors, Planning/medical, long-term care

**Legal Guidance**  
 Talk to our attorneys for practical assistance with your most pressing legal issues, including: Divorce, Adoption, Spousal Support, Wills, Trusts and more. Meet representation! Get a free 30-minute consultation and a 24/7 helpline to help.

**Financial Resources**  
 Our financial experts can assist with a wide range of issues. Get an advisor:  
 - Retirement planning, taxes  
 - Real estate, mortgages, insurance  
 - Budgeting, debt, bankruptcy and more

**Online Support**  
 GetComPsych® Online at your 24/7 link to vital information, tools and support. Log on for:  
 - Articles, podcasts, videos, webinars  
 - On-demand trainings  
 - Ask the Expert® personal responses to your questions

**24/7 Support, Resources & Information**

Contact Your GuidanceResources® Program



**ComPsych® GuidanceResources®**  
 Comuníquese con nosotros  
 Servicios de apoyo confidenciales para los dueños de la vida

Curby Rogers-Mitchell, LPC  
 Galena Park, TX 75042  
 832.386.1235  
 holli.l.sherrard@compsych.com  
 832.386.1237

**Holli L. Sherrard**  
 Galena Park, TX  
 Director of Employee Benefits  
 holli.l.sherrard@compsych.com  
 832.386.1237

**ComPsych®**

**Apoyo emocional confidencial**  
 Nuestros clínicos capacitados escucharán sus inquietudes y les ayudarán a resolver sus problemas personales, como:  
 - Ansiedad, depresión, estrés  
 - Cuidado, crianza y paternidad en la vida  
 - Conflictos familiares y de relación

**Soluciones para el trabajo y la vida personal**  
 Nuestros expertos brindarán recursos y recursos para todo lo incluido en su lista de tareas, como:  
 - Encuentro de guardería para niños y otros cuidados  
 - Contratos de servicios de reparación e instalación en el hogar  
 - Planificación médica, atención legal y más

**Asesoramiento legal**  
 Hable con nuestros abogados de la abogada especializada para sus problemas legales más urgentes, como por ejemplo:  
 - Divorcio, adopción, apoyo de custodia, divorcio, custodia de los hijos, custodia compartida, custodia de custodia para los 20 minutos de relación de 24/7, en los tribunales

**Recursos Financieros**  
 Nuestros expertos financieros pueden ayudar con una amplia variedad de temas, tales como: planes de jubilación  
 - Planificación de la jubilación, impuestos  
 - Realización de inversiones, seguros  
 - Estrategias de presupuesto, deudas, gastos y más

**Apoyo en línea**  
 GetComPsych® Online en su vínculo con información vital, herramientas, apoyo, herramientas y más.  
 - Artículos, podcasts, videos, webinars  
 - Cursos en línea  
 - Respuestas personalizadas al Programa Ask the Expert®

**En línea, ComPsych®**  
 24/7 de la vida, ComPsych®  
 ¡Oye! ¡Hay más que un clic! ¡Conéctate con un asesor ComPsych® Online y podrás obtener información, herramientas, videos y más información!

**Apoyo, recursos e información durante las 24 horas, los 7 días de la semana**

Comuníquese con su programa ComPsych® de ComPsych®  
 Llámese al: 800.272.7256

EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



[CLICK TO SUBMIT](#)



Chat with a PRO



### **Karen Haynes, Ph.D., LPC-S**

Licensed PROfessional Counselor-Supervisor  
Director for Mental Health and Social Services

✉ [khaynes@galenaparkisd.com](mailto:khaynes@galenaparkisd.com)

☎ (832)386-1280



### **Curby Rogers-Mitchell, LPC**

Licensed PROfessional Counselor  
Licensed Mental Health and Support Specialist

✉ [ccrogers@galenaparkisd.com](mailto:ccrogers@galenaparkisd.com)

☎ (832)386-1319

