

Hope. Help. Care.

When disaster strikes, it's easy to become unfocused, overwhelmed, even desperate. That's why we're here: to offer hope, help, and care. We'll help by listening and taking action, by helping you and your loved ones feel safer, and by giving you our skill, time and attention.

Pathways is here to help and listen. Every day, Pathways responds to the emotional needs of people in our community, helping desperate people believe that tomorrow will be better. We know when disaster hits, this is especially important.

If you, or someone you know, has been affected by a crisis, Pathways may be able to help. Please take the first step and call or come in.

Pathways Counseling Center
835 North Locust Street
Ottawa, Ohio 45875
www.pathwaysputnam.org
E-mail: pathway@woh.rr.com

419-523-4300

Fax: 419-523-6188

After Hours Crisis Line

1-800-468-4357

8:00 a.m. - 4:30 p.m. M

8:00 a.m. – 8:00 p.m. T & W

8:00 a.m. – 7:00 p.m. Th

8:00 a.m. – 4:00 p.m. F

NATIONAL ACCREDITATION

AWARDED BY:



Equal Opportunity Employer &

Equal Provider of Services

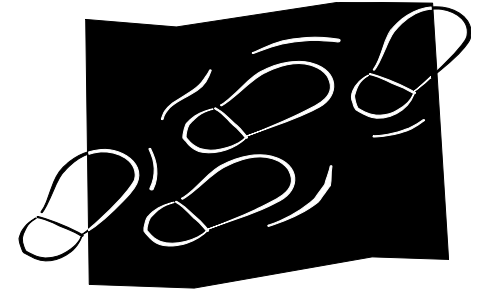


United Way of Putnam County

Member Agency

PATHWAYS

Counseling Center, Inc.



**Comprehensive
Mental Health
Services**

**What Children Need
After Trauma**

**The Aftermath of
Disaster**

Phone: 419-523-4300

Fax: 419-523-6188

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1-800-468-4357**

What Do Our Children Need?

Answers To Their Questions

When children ask about danger and risk, they are looking for two things: realistic assurance and understandable information. Therefore, the answer should address both the information and emotional needs communicated by the question. Adults should provide an understanding of the situation and reassurance. Avoid overwhelming the child with too many facts. The goal is to offer children simply what they're looking for...not too much more.

Opportunities to Share Feelings

Children are affected by a disaster or trauma just as adults are. Without guidance from an adult, children may perceive that it's not okay to talk about an event, leading to feelings of guilt or helplessness. Children need to understand that feelings of fear during or after a traumatic situation are normal. When you acknowledge and normalize the feelings, without trying to "fix" them, it will help children make peace with the experience.

Age Appropriate Interventions

Following a traumatic event, children are likely to show signs of stress. These include sadness and anxiety, headaches and stomachaches, and an ongoing desire to stay home away from school or away from friends. These reactions are normal and temporary. You can help your child with the following suggestions and if the problem persists for more than three months, consider seeing a counselor:

Preschoolers

- Stick to regular family routines
- Make an extra effort to provide comfort and reassurance
- Avoid unnecessary separations
- Permit child to sleep in the parent's room
- Develop safety plan for the future
- Encourage expression of feelings through drawing, play and story telling

Elementary Age Children

- Provide extra attention and consideration
- Set gentle, firm limits for acting out behavior
- Listen to their repeated telling of the trauma
- Encourage expression of thoughts and feelings
- Provide chores and rehabilitation activities that are structured but not too demanding
- Rehearse safety measures for the future
- Discuss kind deeds and the ways people helped each other during disaster
- Encourage creative expression of feelings

"Provide extra attention and consideration"

Pre-Adolescents & Adolescents

- Provide extra attention and consideration
- Be there to listen to your children, but don't force them to talk about their feelings
- Encourage discussions of trauma experiences among peers
- Promote involvement with community recovery work
- Urge participation in physical activities
- Rehearse family safety measures for future incidents

Insurance and public assistance programs may cover a portion or the entire cost for services. There is a subsidy fee scale based upon income and the number of dependents in the family. No individual is refused services because of documented inability to pay.

Pathways Counseling Center, Inc.

*is a Contract Agency of the
Mental Health Alcohol & Drug Addiction*

Recovery Board of Putnam County .

Programs and services are not

denied to any person because

of handicap, developmental

disability, race, color, creed,

national origin, sex , age, sexual

preference, or HIV/AIDS.