

# Newsletter

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## **April is Sexual Assault Awareness Month.**

Each year, April is recognized as Sexual Assault Awareness Month. Sexual Assault Awareness Month calls attention to the fact that sexual violence is widespread.

This proclamation is a clear declaration to join advocates and communities across the country in taking action to prevent sexual violence.

**For more information please visit**

<https://sacwellness.com/domestic-violence-and-sacramento-area-resources/>

## **Coming Soon!**

Teen's support group  
Young adult support group  
Women's support group  
Painting Classes  
Kid's Movie Night  
Puppet Show



# Wellness & Trauma

## RECOVERY CENTER

### **The Pandemic's Impact on Child Sexual Abuse Survivors in Foster Care**

#### **Compounding Trauma**

Every child in foster care has experienced trauma, but those who've survived sexual violence often carry extra burdens:

- Mental health issues (PTSD, depression, anxiety)
- Medical issues (urinary tract infections, incontinence)
- Substance use
- Inappropriate sexualized behaviors
- Higher rates of experiencing future sexual assault

#### **Lack of Support**

Besides a safe living environment, therapy is crucial for these youth to start to heal. When the pandemic first hit, therapeutic services were cut off completely and any progress made in therapy was stalled. When sessions resumed virtually, their therapist – once a caring adult they visited each week – was now just a talking head on a laptop screen. They also lost access to natural support systems, like their friends at school.

The 2020-2021 school year brought disrupted routines, remote learning, and uncertainty about the future. All students, even those with the most stable home lives, struggled. However, youth working through trauma felt these negative effects more acutely and were more likely to struggle academically. Many **didn't attend school** at all.

Perhaps the students who suffered most during the pandemic were those victims not yet in foster care. For a child being sexually abused at home and suffering in silence, going to school each day was their escape. A switch to at-home learning may have meant more time with their abuser.

## **CONTACT INFORMATION**

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