

# RSW NEWS

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Issue #13



Resilience  
Social Work

RESILIENCESOCIALWORK.COM

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## RSW NEWS is 1 Year old !



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## REVISITING THE PAST YEAR

I can't believe it's been a year since I released the 1st edition of RSW News. This is the 13th issue and I think in the past 12 I've shared some valuable information with the goal to help strengthen clinical skills and support our overall wellbeing. RSW News has been my vehicle to help bring awareness to important topics, empower, and share resources.

It's so awesome to see the idea that popped in my head about 4 years ago while waiting at my son's basketball practice transform into RSW NEWS and me launching *Resilience Social Work*. This past year has been a journey and I have learned so much, because when you are a small business you gotta wear all the hats (too broke to hire others, lol.) I had to navigate being the CEO, CFO, HR, technical assistant, website designer, marketer, social media promotor, secretary, youtuber, accountant, employee, content creator, etc. Every role taught me something new, and now I can share some of that knowledge with others wanting to start their own adventure into entrepreneurship and being their own boss.

The business has also matured and I am proud to share that as of July it's *Resilience Social Work Inc.* I have my business license and I'm renting office space. So now I better get to work to be able to afford it! Like I said earlier, it's been a journey and it has taken many little and at times frustrating steps throughout the past year to get here. I'm looking forward to the next year along with the new opportunities that'll bring to continue sharing knowledge and raise awareness to relevant important topics to better the well-being of our communities and ourselves.

Thank you so much for your support by reading, sharing and applying the information provided in this newsletter. I truly hope it has supported you in some way to make life easier at work and at home.

♥ Marilyn Mejia-Peña, LCSW



TO

- My Family
- My Friends
- My colleagues
- My ex-supervisees
- My ex-Bosses
- My Group participants
- My Workshops participants
- My Instagram followers
- My LinkedIn connections
- My Facebook friends
- My YouTube Subscribers
- My RSW NEWS readers and subscribers
- Latino Health Access
- Families Uniting Families
- Transforming Life Center
- Alma Services
- Women's and Children's Crisis Shelter (WCCS)
- Orange County School Districts and their staff
- Queen's Care
- Orange County Congregation Community (CCCO)
- B'nai David-Judea Congregation
- Small Business Development Center
- Long Beach LGBTQ+ Chamber of Commerce

Thank you so much for contributing to the success of my business venture.

# ARE CHILDREN IMPACTED BY DOMESTIC VIOLENCE?



The short answer is YES. Unfortunately, they're also victims and are significantly impacted by their exposure to violence. Researchers have estimated that between 3.3 million and 10 million children are exposed to adult domestic violence each year (<https://www.rcdvcpc.org/fact-sheets.html>) Let that number sink in... There are so many children, and they will eventually grow up and establish their own relationships, become spouses, parents, employees, customers...and will carry the short-term and long-term effects of exposure to violence into their daily lives. We must work on bringing that number down to zero to break the generational cycle of violence. Meanwhile, we can inform ourselves and bring awareness to others in order to encourage parents in need of support to seek services for themselves and their children. Early intervention is key in diminishing and addressing the impact of domestic violence on children and adults. I'm sharing the table below from [www.nctsn.org](http://www.nctsn.org), which indicates how children may be impacted. Please share this information to increase awareness and recognize behaviors/symptoms to provide proper linkage to supportive services.

Birth to 5	Ages 6 to 11	Ages 12 to 18
<p><b>Sleep and/or eating disruptions</b></p> <p><b>Withdrawal/lack of responsiveness</b></p> <p><b>Intense separation anxiety</b></p> <p><b>Inconsolable crying</b></p> <p><b>Developmental regression, loss of acquired skills</b></p> <p><b>Intense anxiety, worries, and/or new fears</b></p> <p><b>Increased aggression and/or impulsive behavior</b></p>	<p><b>Nightmares, sleep disruptions</b></p> <p><b>Aggression and difficulty with peer relationships in school</b></p> <p><b>Difficulty with concentration and task completion in school</b></p> <p><b>Withdrawal and/or emotional numbing</b></p> <p><b>School avoidance and/or truancy</b></p>	<p><b>Antisocial behavior</b></p> <p><b>School failure</b></p> <p><b>Impulsive and/or reckless behavior</b></p> <p><b>School truancy</b></p> <p><b>Substance abuse</b></p> <p><b>Running away</b></p> <p><b>Involvement in violent or abusive dating relationships</b></p> <p><b>Depression</b></p> <p><b>Anxiety</b></p> <p><b>Withdrawal</b></p>

## DOMESTIC VIOLENCE RESOURCES

## Resilience Social Work Inc. SERVICES

- National Domestic Violence Hotline  
<https://Thehotline.org>
- Legal information  
<https://Womenslaw.org>
- National Child Traumatic Stress Network  
<https://nctsn.org>
- Locating DV Organizations in CA  
California Partnership to End DV  
<https://cpedv.org/domestic-violence-organizations-california>

I am available to provide In-person or virtual staff development training on a variety of topics that are tailored to your needs, including on trauma-informed care, domestic violence, clinical skill building, child welfare, and staff wellness/burnout prevention. Also, for consultation & professional coaching for individuals and groups. Reach me via social media, website, e-mail or phone listed in the front page