

AdvOCAcy Your child welfare update

Page 1

GEORGIA HUMAN TRAFFICKING TASK FORCE RELEASES LABOR TRAFFICKING ROUNDTABLE REPORT

The Labor Trafficking Roundtable Report is the first of its kind in Georgia and marks a renewed commitment to end all forms of human trafficking in the state. Focused on labor trafficking, Work Group 6 of Georgia's Human

Trafficking Task Force held several roundtables with stakeholders throughout the state to have cross sectional and collaborative conversations centered on areas of raising awareness about labor trafficking, victim care and services, data collection and measurement, and state level action needed to combat this form of trafficking in Georgia. The report includes specific recommendations and action steps to guide the state in its effort to combat labor trafficking and support survivors. Work Group 6 is in the beginning stages of conducting a geo-mapping study to better highlight the labor trafficking situation in Georgia and identify potential areas that are at higher risk of labor exploitation and trafficking.

Work Group 6 has also developed resources for law enforcement, victim specialists and first responders. Planned tools include: a county-specific resource guide identifying organizations serving foreign-born adult victims of labor trafficking, and individualized process maps to help law enforcement and other first responders address the varying needs of trafficking victims. Click <u>here</u> to read the full report.



CHILD ADVOCACY AWARDS

Nominate a Deserving Professional for the Chief Justice P. Harris Hines 2021 Awards

Nominations are open for the 2021 Chief Justice P. Harris Hines Awards! The Supreme Court of Georgia's Committee on Justice for Children and the Office of the Child Advocate will honor one Georgia attorney with the Child Advocacy Award and one DFCS case manager with the Case Manager of the Year Award, both for dedicated services on behalf of children. The awards are named in honor of the late Chief Justice P. Harris Hines of the Supreme Court of Georgia.

The award is given based on an individual's personal achievement and commitment. It is not given to groups of people, organizations, or posthumously. Previous nominees not selected may be re-nominated. Click <u>here</u> to nominate a Georgia attorney and <u>here</u> to nominate a DFCS case manager. **Nominations must be submitted by February 28, 2021.** The award recipients will be recognized at the State Bar of Georgia's Annual Meeting in June 2021.

YOUTH VOICE

Highlighting How the Coronavirus Pandemic has Impacted Youth Throughout the Nation

FosterClub, a national network for youth with lived experience in foster care, conducted a poll from November 24, 2020 through December 5, 2020 to hear from 474



youth who shared how they are faring during this pandemic. FosterClub recently released the results and some of the comments from the participating youth. Click <u>here</u> for the full findings. Below are some of the comments shared from the youth:

> "I only got \$46 a week which isn't enough to feed someone for a week. — 20-year-old from Indiana



January 2021

Page 2

DFCS State Adoption Director Highlighted by "AdoptUSKids"

Deborah Burrus serves as Georgia's state adoption director and has nearly three decades of experience in child welfare. The national organization AdoptUSKids recently highlighted her and her experience as a participant in the AdoptUSKids Mi-



nority Professional Leadership Development (MPLD) program. As further detailed in the article, Deborah learned a lot about the issues of disparity and disproportionality

in foster care. As part of the fellowship, she completed an action research project addressing the following question: "In Georgia, why are there more black children in foster care, proportional to their percentage of the population, and why do they stay in care longer?" Click <u>here</u> to learn more about her project and lessons learned in the MPLD program. Click <u>here</u> to learn more about the MPLD program.

A Light that Shines Brightly and Powerfully

By Jansen Head, OCA Deputy Director

Where can we find light in this never -ending shade?" Amanda Gorman, a National Youth Poet Laureate, asked this question as

part of her poem titled <u>The Hill We Climb</u> during the presidential inauguration ceremony. If you haven't heard about the poem, I strongly encourage you to click <u>here</u> and take a moment to be moved. I read this poem several times, and it inspires me more each time I do.

I have asked myself this same question many times before: Where is the light in all of this? We all have endured and overcome challenges that tried to break us – as a nation, a state, a community, and an individual: the coronavirus pandemic; racial injustice; political polarization; mistrust in experts and leaders; loss of life, stability, and integrity; and all things that made the last year or so seem impossible to bear. Where is the light in that? How could Amanda ask us that question if we don't know where to find it? "The Hill We Climb" told us what we already knew, but needed to hear.

See LIGHT, Page 5

......

Being a Microphone for Others

.....

Jerry Milner recently left his position as the Associate Commissioner of the federal Children's Bureau, having left an indelible impact on the child welfare system during his tenure. He championed the idea of rethinking the system in such a way that focused on prevention so children and families could stay together more often. He championed quality legal representation for all parties in the child welfare system. And he championed the notion that we need to authentically engage with those whom we serve—parents and children alike—to ensure we are making positive and long-lasting improvements for the system, for communities, for families, and for individuals. We felt his impact here in Georgia and appreciate the time he shared with us in this role.

One of the many people who have expressed appreciation for his efforts was someone who directly experienced the system. In response to her appreciation of his efforts, he said, "It's your voice that matters. I'm just the microphone." May we all follow Dr. Milner's example by ensuring we listen to the youth and families whom we serve and that we use our own microphones for their benefit.



Dr. Jerry Milner (center) and colleagues during Georgia's 2019 Child Welfare Summit after meeting with a group of Georgia parents.





Page 3

Capitol Hill Updates

Governor Kemp and First Lady Kemp Introduce Anti-Human Trafficking Initiatives for 2021

Governor Brian Kemp and First Lady Marty Kemp announced two legislative measures, along with a rule change within the Georgia Department of Driver Services (DDS), to combat human trafficking in the state. The first legislative measure proposes to amend Georgia's name change statute to protect the privacy and safety of survivors of human trafficking who wish to change their names. The second legislative measure proposes a civil cause of action by which a victim of human trafficking may sue any person who knowingly benefitted from any venture or scheme which that person knew or should have known involved human trafficking. The DDS rule change would require new and re-



GBI Director Reynolds, Governor Kemp, First Lady Kemp, State Senator Dixon, and State Representative Bonner. Photo Credit: Office of the First Lady

newal applicants for commercial driver's licenses to take an anti-human trafficking course and provide proof of attendance in order to receive their license. Read more about these efforts <u>here</u>.

"The State of the State is Resilient, and We Will Endure"

Governor Brian Kemp delivered his third State of the State Address to a joint session of the General Assembly on Thursday, January 14th, in which he reflected on the challenges brought upon the state in 2020 and inspired hope for the future: "Despite incredible loss and unprecedented challenges, Georgia is still standing. . . . You see, there is so much more that unites us than divides us. And working together, we can continue taking necessary, bipartisan action to champion



Governor Brian Kemp delivering his third State of the State Address. Photo Credit: Fox 5 Atlanta

the voices of the vulnerable in Georgia; protect our children; implement adoption reforms that make it easier to put them in safe, loving homes; and ultimately, secure the promise of Georgia for generations to come." To learn more, click <u>here</u> to watch the State of the State Address or click <u>here</u> to read it.

Legislative Proposals

The governor recently announced his administration's adoption and foster care reform initiatives for the 2021 legislative session, introduced by Representative Bert Reeves and Senator Bo Hatchett:

HB 114—Increasing Georgia's Adoption Tax Credit: Increases the tax credit for families that adopt a child from foster care from \$2,000 to \$6,000 per year for 5 years.

HB 154—Lowering the Required Age to Adopt: The age at which an individual may petition the court to adopt a child will be lowered from age 25 to 21, making it easier for close relatives to adopt children out of foster care.

SB 28 - Streamlining the Juvenile Code to Protect Georgia's Children: Expands the resources available to juvenile courts to respond to the safety needs of children and ensures all reliable information is made available to the court in order to make decisions in a child's best interests.

View the bills here.



January 2021

Page 4

On the Horizon

February is recognized as National Parent Leadership Month—an opportunity to show appreciation for parents who work to improve the lives of

their families, neighbors, and communities. Learn more about ways to honor and recognize parents as leaders here and parents as heroes here.



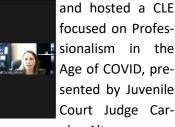
Professionalism in the Age of COVID

The State Bar of Georgia's Child Advocacy and Protection Section recently conducted an annual meeting

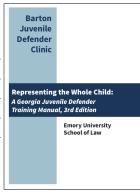


Judge Altman presenting via Zoom: "Professionalism in the Age of COVID"

Additional resources shared during the meeting include the Barton Juvenile Defender Clinic's Juvenile Defender Training Manual Georgia Appleseed's and Peachcare and Medicaid Appeals Manual for Attorneys.

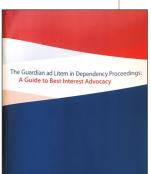


Age of COVID, presented by Juvenile Court Judge Carolyn Altman.



Best Interest Advocacy Guide

A comprehensive guide focused on best interest advocacy in dependency proceedings is now available. This guide, titled "The Guardian ad Litem in Dependency Proceedings: A Guide to Best Interest Advocacy," is authored by Jerry Bruce, Georgia's CIP Director and Angela Tyner, Georgia CASA's Advocacy Director. Please click here to access the guide.



Partnering to Fight Human Trafficking

Every Uber driver in Georgia has recently learned how to identify and report instances of human trafficking thanks to a partnership between Uber, Polaris, and Georgia's Attorney General Chris Carr. The 20-minute training video helps drivers learn to look for signs of abuse, threats and intimidation, as well as clarify common myths and misconceptions about trafficking. Learn more about this

partnership here.





Child Fatality Review

Dr. Sarah Lazarus with CHOA discussed safe sleep recommendations during this month's statewide Child Fatality Review meeting. Because 90% of all SIDS deaths oc-

cur between 0-6 months and because unsafe sleep practices can lead to such devastating outcomes, it is important that safe sleep practices, such as infants sleeping alone, on their backs, and in a crib, are practiced by all care- Slide from Dr. Lazarus's presentation givers.



focused on current SIDS research



January 2021

A young man from DFCS Region 7 was

recently awarded Youth of the Year by the Boys and Girls Club! He has worked at the club for over a year now and has grown a lot in that time. While he initially viewed the job as

a way to "build his bank", his adult supporters helped him to view it more as an opportunity for growth. He began to change his attitude

and mindset as he enjoyed his time working with the children and realized that his presence made a difference! As a recipient of the award, he received a \$2500 check and a new computer! He also happens to be on track to graduate high school this May. We are grateful for the community that supports this young man as he achieves amazing things!

LET'S CELEBRATE!



A young man who spent time in foster care and is now a sophomore and in the band at Jackson State University, performed in the "We Are One" virtual Presidential inauguration along with his bandmates this month. Check out the performance here and read more about it here.

LIGHT, CONT'D...

the mountains. One night, I stepped outside hoping it would start snowing before we returned home in the next few days. The temperature dropped quickly below freezing. The locals called the area bear country so I didn't spend too much time wandering outside. To my disappointment, I did-

n't see any snow on the ground - not even a snow flurry in the air.

Yet, what I found was better, something I needed to see. I saw the most beautiful stars, the most stars in the sky I have seen in a long time. Some stars were very bright while others were not. Some stars appeared larger and closer to my reach, while others were not. Nonetheless, they were stars and

they were shining. I wished others could have seen what I saw that night. Someone once told me that you need to be in a dark place - with no street lights or lights reflecting from buildings – to see all of the stars in the sky. They were right.

If stars could talk, I don't think one would say they would stop shining because there are brighter stars. I also don't believe stars would stop shining because they may not shine as long as other stars. And I truly believe stars would not refuse to shine because they shine differently than others.

When I think about that starry night and the words of Amanda Gorman, I remember that the light is within us. As the Before the inauguration, I spent the weekend with family in poem ends, "For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." The light is you, and the light is me.

> So often we look outwardly for hope, validation, change, and grace. We look outwardly to feel seen, understood, accepted, and supported. We hope others will do what we think

> > we cannot do, or be what we think we cannot become. But why not us when we, too, have a light?

> > You and I have a light that burns so powerfully and brightly, that there are moments in life where we can't keep still, keep quiet, or keep the status quo. Like the stars, our internal light may shine differently - some may accept

it, some may agree with it, and some may understand it, while others may not. But it's your light, and like the stars above, you will shine every single night and day.

When you find yourself in the dark - whether physically, mentally, or emotionally - look within yourself. Allow yourself to search for your light and to embrace it. This is your light and there's no other like it. And honestly, I believe the world could really use your light to see better, know better, and do better. You never know when someone in a shaded place needs to see it.

"For there is always light, if only we're brave enough to see it. If only we're brave enough to be it."

Page 5



January 2021

Page 6



GEORGIA PARENT SUPPORT GROUP

Parent/Caregiver Support Group:

Families' Anchor is excited to start back our parent/caregiver support group. Our group will be held virtually and welcome all parents/caregivers whose families are currently in the child welfare system through Family Preservation or Foster Care in Georgia.

Join us every 1st and 3rd Tuesday of the month (starting Feb 2, 2021) at 6PM via Zoom link:

https://us02web.zoom.us/j/83174083157?pwd=dlcwaU1PNWE3T1 Z3eEtKMGt6OENvQT09

<u>Our Goal</u>: Provide a safe space for parents/caregivers to connect with other parents/caregivers that are currently walking through the child welfare system. And provide support and guidance through their journey. We will touch on the process of child welfare, court experiences, common terms, coping skills, the grieving process, resources and more.

Facilitators: Parent Navigator (A parent of leadership with lived experience through the child welfare system who successfully reunified with their children, received training to provide support and guidance for parents/caregivers that are currently walking through the system with their families.) Navigating Parents through the Child Welfare System

Where: Virtually via Zoom

Meeting ID: 831 7408 3157 Passcode: 210677

When: 6PM Every 1st and 3rd Tuesday of the month

FAMILIES' ANCHOR

www.facebook.com/families anchor

familiesanchor@gmail.com

FAMILIES'



January 2021

24-Hour Trafficking Hotline: 1-866-END-HTGA (842-4842)

Effective October 1, 2020, the Children's Advocacy Centers of Georgia (CACGA) CSEC Response Team Georgia began operating a new 24/7 trafficking hotline number: **1-866-END-HTGA**. The hotline provides information to those

who might be victims, assistance to law enforcement on the rescue of a victim, and referrals for victim assistance. The hotline operators will assist the caller in coordinating emergency services at all hours of the day and night for youth who may be a victim of exploitation or trafficking. The CACGA CSEC Response Team presented additional information about the new hotline and their process in a webinar facilitated by PCA Georgia—click <u>here</u> to access the webinar recording and the presentation slides. Referrals can be made through the hotline, fax (678-401-5955), online (click <u>here</u> for online form), or email (referrals@cacga.org). For further information, visit <u>here</u>.



Page 7

Human Trafficking Awareness Month with CACGA

Check out a recent video shared by the Children's Advocacy Centers of Georgia's CSEC Response Team <u>here</u>. Hear from the Team's Statewide Coordinator, Naeshia McDowell, as she shares information about child sex trafficking, Georgia's response to commercial sexual exploitation of children, how to make a report, what you can do, and how to support your local Children's Advocacy Center.

U.S. Department of Homeland Security Publishes Guide on Talking to Youth about Human Trafficking

As part of its "Blue Campaign" to increase trafficking awareness, the U.S. Department of Homeland Security published a guide titled "How to Talk to Youth About Human Trafficking: A Guide for Youth Caretakers and Individuals Working with Youth". The guide — accessible by clicking <u>here</u> — includes information about what human trafficking is and how to recognize it among youth. Below is an excerpt from the guide on recommendations for how to talk about human trafficking in terms that may be more relatable to youth.

DO	DON'T
Use empowering language. Use language that focuses on high- lighting the strengths of the youth you work with and emphasize they are in control of their own decisions, especially when present- ed with opportunities that may seem too good to be true.	Use victimizing language. Using language that invokes fear and highlights weaknesses may discourage youth from taking any protective action.
Use language that resonates with youth. By interacting with youth regularly, you likely are familiar with the types of language they use in their everyday conversations. Use casual language that you're comfortable with and that youth will connect with to keep them engaged.	Use "textbook" language. Using formal or "textbook" language that youth do not relate to may make it harder for your message to catch their attention.
Express that you care and are concerned about their safety. If youth shares information with you about an exploitative situation they may be experiencing, start by listening to them and letting them know you care about what they are going through.	Focus on questioning their situation. Let professionals who are trained in trauma response ask specific questions about their situation. Asking too many questions initially may also inadvertently place some blame on them and make them less

receptive to help.



January 2021

Page 8



Self-Care

Check out the was initially created for lo's School of Social

Work Students and professionals may also find it useful. Learn more here.

Grant Opportunities

- Springboard Prize for Child Welfare: Elevating Innovation in Child Welfare. Deadline: March 12, 2021. Learn more here.
- The Literacy for Learning, Living and Leading in Georgia (L4GA) Grant. Deadline to show intent to apply: February 1, 2021; deadline to apply: March 1, 2021. Learn more here.

PCA Georgia Helpline

Highlighted by Clarissa Seay, Helpline Coordinator

It takes parents, caregivers, and supportive **RESOURCES** to Self-Care Starter KitSM. help children thrive. As family serving professionals you know par-This bank of resources ents are often in complex situations and need professional and community support. Here's how you can help:

the University of Buffa- 1. Encourage families you serve to call the 1-800-CHILDREN (1-800-244-5373) Helpline to talk to trained, bilingual professionals to connect them with supportive programs in their area.

> 2. Go online to use the 1-800-CHILDREN Resource Map, which contains over 3,000 local and statewide programs designed to assist and support families. See what services are available in the areas where you serve families. www.PCAGeorgiaHelpline.org





Events: Available Now and Upcoming!

- J4C Webinar on GAL Advocacy. Access webinar here. Use access passcode: 22@8+\$51.
- Webinar on Protecting Children in a New Normal-Resources for School Personnel provided by PCA Georgia, GaDOE, DFCS, CHOA, GCCA, and ProSolutions. Access webinar here.
- Webinar on Deepening Engagement—Keeping Kids in School during a Pandemic by Georgia Appleseed and Truancy Intervention Project. Access webinar here.
- \checkmark Webinar on Georgia's Response to Commercial Sexual Exploitation of Children provided by PCA Georgia and CACGA. Access webinar and materials here.
- ✓ Feb. 18: PCA Georgia's Virtual Training on adverse childhood experiences (ACEs) and connections. More info here.
- Mar. 21-24: National Conference on Juvenile Justice in Dallas, Texas. More info here.
- April 30: Deadline for PBS Kids 2021 Writers Contest. More info here. \checkmark
- May 4-6: CWLA 2021 Virtual Conference, Lessons Learned from 2020: Reaching New Heights for Children and Families. More details coming soon here.





Page 9

HUMAN TRAFFICKING AWARENESS

Celebrating a Successful Year of Georgia's Human Trafficking Awareness Training

A year ago, First Lady Marty Kemp, the GRACE Commission, and the Department of Administrative Services launched its statewide Human Trafficking Awareness Training. Since then, nearly 58,000 Georgians have participated in the training program, not including the executive branch employees who also participated. While the training recognizes that there are several forms of human trafficking, it focuses primarily on child sex trafficking and child sexual exploitation.

With awareness training, employees and others become better informed about how to identify signs of human trafficking; how to respond in cases where they suspect someone is a victim and how to protect children and others from this horrific crime. Everyone is encouraged to participate in and share this free training by clicking here.

WHAT YOU CAN DO TO STOP **HUMAN TRAFFICKING**

KNOW THE SIGNS

- for the time or event
- or nervous/paranoid
- Avoids eye contact
- Shows signs of physical or sexual abuse
- Dressed inappropriately Does not or is not allowed to speak for themselves
- Appears fearful, anxious, Does not respond when asked questions
 - Appears malnourished
 - · Has few or no personal possessions

GET HELP

Call 911

Call the Georgia Statewide Human Trafficking Hotline: 1-866-ENDHTGA (1 - 866 - 363 - 4842)

Download the See Something. 🕊 Send Something App 💽



VOICE CONT'D...

"School is currently online, but the internet I have is slow, and doesn't allow for me to stay connected all the time." - 18-year-old from Missouri

"I am employed at the same place but no longer a server due to COVID. I am still constantly exposed to it as I work in a restaurant and I am forced to take to go bags to customers who won't wear their masks." - 19-year-old from Illinois

"I am currently getting by okay but have struggled with affording food during the pandemic." — 21-year-old in Massachusetts

"I've been going to food banks weekly." - 20year-old in Texas

"I'm living with a previous foster family that I consider my family." - 21-year-old in Oregon

"I have family but they don't care if I'm homeless." - 21-year-old from Pennsylvania

"I'm having a hard time finding a therapist at this time." - 24-year-old from Iowa





Page 10





HEALTH INSURANCE

If you were in care on your 18th birthday, you are automatically enrolled in Amerigroup Georgia Families 360. You can call their member line 24/7 at 1-855-661-2021



PERSONAL DOCUMENTS

Per OCGA 49-5-3, you should have access to and copies of: Your birth certificate, your Social Security card, and any medical documents or your green card, if applicable.



NRITTEN TRANSITIONAL LIVING PLAN

You are entitled to a Written Transitional Living Plan (Form 391). If you're not sure what is in your plan, you can ask to review it. You have a right to help make decisions about your future after foster care.



OPPORTUNITY PASSPORT

This program can match your savings with additional money towards adult purchases like a car, house, apartment, and more. For more info, **email IDAcmaac4kids.org.**

YOUR SUPPORT NETWORK

Do you have somewhere to go during school breaks? Who would you call if you were sick or in a car accident? Do you have someone to talk to if you get into an abusive relationship? If you're not sure, **talk with your case manager and attorney** about making sure that you have permanency.



ILP GRIEVANCE PROCESS

If you have an issue, you have a right to use the grievance form! Download one at www.garyse-ilp.org



DRIVER'S LICENSE

The following people can take you to get your license: A DFCS or DJJ employee, your foster

parent, a foster care agency or group home employee, or a designated official for a private agency or group home.



HOUSING

It's important to know where you plan to live after transitioning from care! **Make sure you know your options,** including support from ETV and Opportunity Passport!

ETV/EMBARK

If you're planning to attend college or trade school in GA, **make sure** you take advantage of your Educational Training Voucher to pay for it! Contact your Independent Living Specialist for more information.



CONNECTED BY 21

You can stay in care until age 21, so you now have to elect to sign yourself out at 18.

WWW.MAAC4KIDS.ORG/GEORGIA-EMPOWERMENT





Page 11

Department of Driver Services 375-3-1-.34: Applications of Minors





Access to State IDs, Instruction Permit & Driver's License for Youth

DDS' "Signature on Application for Minor" rule will assist with the access to a state ID or driver's license for young people in foster care by creating new provisions to allow adults who work with young people to assist them in obtaining their state ID and work towards their driver's permit and license.



Who is a Responsible Adult?

A*responsible adult" is an individual that is eighteen (18) years of age or older, competent to verify the application, and has personal knowledge of the applicant. Such as:

- 1. DFCS or DJJ Employee
- 2. Private foster care agency or group home employee
- 3. A foster parent with private agency or group home
- 4. Designated official for private agency or group home

DDS Customer Service Center: What to Do?

At the Customer Service Center (CSC), the responsible adult will (1) sign a Responsible Adult affidavit and include the relationship to the young person, (2) provide a state ID or letter from state agency to verify your identity AND (3) submit paperwork such as school documents, driver's license or identification card.



AdvOCAcy Your child welfare update

Page 12

COVID-19 Economic Impact Payments: FAQS for Child Welfare Attorneys



The Coronavirus Aid, Relief, and Economic Security Act, also known as the CARES Act, is a federal statute intended to help mitigate the significant economic consequences of the COVID-19 epidemic. Signed into law on March 27, 2020, the Act provides financial relief to individuals, organizations and businesses. The National Association of Counsel for Children (NAAC) published a FAQ sheet that summarizes NACC's current understanding of how the CARES Act (and related legislation) may impact youth and families in the child welfare system. It aims to provide child welfare practitioners with information that may be relevant to their clients and to raise awareness regarding eligibility for these payments. Click <u>here</u> to access NACC's FAQ sheet.

Tip Sheet: Advocacy and Child's Attorney-Client Relationships During COVID-19

In the uncertain times of the COVID-19 pandemic, many aspects of life have dramatically changed — schools, court hearings, social events. What has not changed, however, are the critical and urgent needs of youth involved in the child welfare system. Many attorneys, and particularly those who represent young people, may be struggling with questions regarding their obligations in a moment of social distancing and widespread anxiety. Youth involved in the child welfare system need and deserve robust advocacy in this time period. The underlying needs of youth — the what — remains the same; it is the method of advocacy and service delivery — the how — that may need to be adjusted. Click here to access NACC's tip sheet.

Keeping Yourself and Your Kids Safe and Health in the Pandemic: Tips for Judges, Legal Professionals, and Court Personnel



Helping the kids that we serve stay safe and healthy can be a challenge under ordinary circumstances, but now with the health hazards of COVID-19, the various guidance around what is safe, and the stress associated with social distancing or not being able to socially distance, the challenge may feel insurmountable. The calming presence and steadying influence that you provide to youth, their families, and your co-workers is the single most powerful antidote to the fears, frustrations, confusion, and grief caused by these uncertain times that can escalate into a meltdown or crisis. To have that crucial positive influence, it's essential that you "put on your oxygen mask first" by monitoring how you are handling the stressors that we are all facing. The National Child Traumatic Stress Network (NCTSN) published a fact sheet that offers helpful questions to think about it and provides basic steps to help youth navigate through their stress during the pandemic. Click <u>here</u> to access NCTSN's tip sheet.



Facebook: @GeorgiaOfficeoftheChildAdvocate

LinkedIn: https://www.linkedin.com/company/gaoca/

Twitter: @georgia_oca

Instagram: @georgia oca

YouTube: "Georgia OCA"

0

You Tube

January 2021 Page 13 **Hotline Help: Connecting Your Needs to Resources** A Highlight of Many Free Resources Available to Assist You GA Crisis & Access Line GA COVID-19 1-800-715-4225 **Emotional Support Line CRISIS TEXT LINE** GCAL is available 24 1-855-GA-CHILD 1-866-399-8938 Text HOME to 741741 hours a day, 7 days a (1-855-422-4453)The Georgia COVID-19 to connect with a Crisis week and 365 days a Report concerns or sus-**Emotional Support Line** Counselor. Free support year to help you or pected child abuse. provides 24/7 free and is available 24/7. someone you care for in confidential assistance to a crisis. callers needing emotional support or resource information as a result of the **National Domestic Violence Hotline National Suicide Prevention Lifeline** COVID-19 pandemic. The 1-800-799-7233 1-800-273-8255 **Emotional Support Line is** Highly trained expert advocates are The Lifeline provides 24/7, free and staffed by volunteers, available 24/7 to talk confidentially confidential support for people in including mental health with anyone in the U.S. experiencing distress, prevention and crisis professionals and others domestic violence, seeking resources resources for you or your loved ones, who have received trainor information, or questioning unand best practices for professionals. ing in crisis counseling. healthy aspects of their relationship. Peer2Peer Warm Line CARES Warm Line **SAMHSA's National Helpline** 1-844-326-5400 1-888-945-1414 1-800-662-HELP (4357) Call or text the CARES Free, confidential, and available 24/7/365, this The Warm Line provides Warm Line for substance service from the Substance Abuse and Mental Health Georgians the opporabuse challenges every Services Administration (SAMHSA) can help you find tunity to receive peer day of the year from support over the phone treatment facilities, support groups, and community-8:30AM - 11:00PM. based organizations in your area. 24 hours a day. Georgia Office of the Child Advocate Join us on Social Media!

Rachel Davidson, Director 7 MLK Jr. Blvd, Ste. 347 Atlanta, GA 30334

For general inquiries, assistance, or to file a complaint, please contact us by phone at (404) 656-4200 or on our website at https://oca.georgia.gov/webform/request-oca-assistance-or-investigation

To submit an article, photo, or event for the newsletter, please contact Deputy Director Jansen Head at jhead@oca.ga.gov.