



# Team Bladen

June 2019

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## Every Person Counts: The Importance of the Upcoming 2020 Census for Bladen County

Established by the US Constitution, the US Census Bureau is required to conduct a count of every person in the United States, every ten years. The goal of the United States Census is to count everyone once, only once, and in the right place.

### So why is the census so important?

Federal funds, grants and support to states, counties and communities are based on population totals and breakdowns by sex, age, race and other factors. Your community benefits the most when the census counts everyone. When you respond to the census, you help your community gets its fair share of federal funds spent on schools, hospitals, roads, public works and other vital programs.

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**Residents** use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.



**Businesses** use Census Bureau data to decide where to build factories, offices and stores, and these create jobs.



**Local government** officials use the census to ensure public safety and plan new schools and hospitals.



**Real estate developers and city planners** use the census to plan new homes and improve neighborhoods.

## Contact the Editor

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For every person not counted in Bladen County, the towns and county would lose over \$16,230 per person for the 10 years until the next census. This money is used to provide essential services to our citizens. Bladen County has formed a Complete Count Committee to raise awareness and encourage response to the 2020 Census. Even if you are not on the committee, you can still help spread awareness of the importance of the upcoming census! Visit <https://www.census.gov/partners/2020.html> for more information.

## Adverse Childhood Experiences and Their Impact, By: Jane Kinlaw

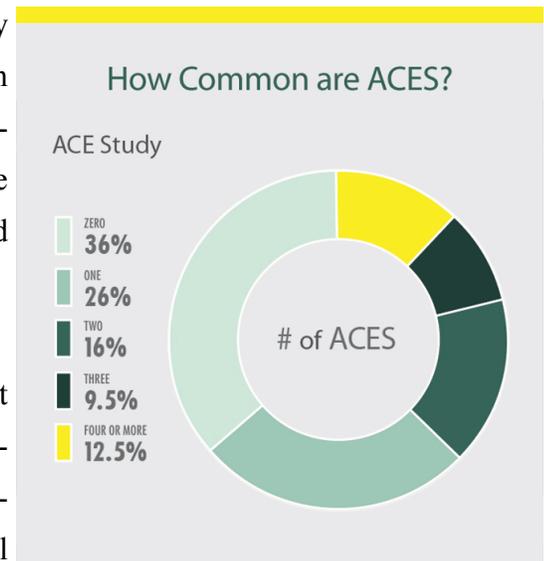
Do you ever think back on things that happened to you as a child and recognize what kind of an impact it had on your life? The Centers for Disease Control and Prevention (CDC) report that childhood experiences, both positive and negative, have a tremendous impact on future health outcomes, violence, victimization, and life-long opportunities.

Adverse Childhood Experiences (ACEs) are defined as potentially traumatic events that can have negative, long lasting effects on health and well-being. Children and families representing all types of demographics and socioeconomic backgrounds will experience stress. There are different types of stress: positive, tolerable, and toxic.

Toxic stress (extreme, repetitive stress) is proven to have the most negative effect on people. Adverse childhood experiences are surprisingly common, although typically concealed and unrecognized. These experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian.

Potentially traumatic experiences are common among U.S. children, with more than one in four having been exposed to economic hardship and poverty within the first five years of life. One in five has experienced parental divorce or separation, and one in ten has lived in a household where an adult has an alcohol or drug problem. More troubling still, more than one in ten children nationally—about one in six—has experienced three or more adverse childhood experiences. These findings have important implications for children’s health and well-being, including the need for increased attention to the early detection including social, emotional, and depression screenings as well as trauma informed treatment of children affected by these experiences.

In this series of articles, we will examine Adverse Childhood Experiences (ACEs), Trauma Informed Care, and Resiliency. We will discover how to become “TRAUMA INFORMED” which will revolutionize how we perceive substance abuse, violence, depression, and chronic illness. It will help us change the question, change the shame and blame. We will become more compassionate and instead of asking “what’s wrong with you?”, we will ask a new question , “what happened to you?”



Little Johnny's mom was recently incarcerated for illicit drug use. Little Johnny was uprooted from his home and placed in foster care in another county. With this turn of events, he is now in a strange place with strange people and feels alone and depressed. He is enrolled in a new school. Little Johnny begins misbehaving and getting into trouble at school. The foster mom tells the teacher she doesn't know what's wrong with this child or why he is acting this way. She shared with the teacher that at home, Little Johnny is not sleeping, complains of constipation and stomachache.

The foster mom decides to take him to the doctor. She takes Little Johnny to the local clinic which is not where he is usually seen. He meets a new doctor that is unaware of his home life or medical history. The foster mom reports all of his symptoms to the doctor. Little Johnny is given a medication for constipation, a medication for ADHD (Attention-deficit hyperactivity disorder), and a pill to help him sleep at night. Now, after all of these interventions, Little Johnny is alone, depressed, on 3 new medications, and labeled at school as a trouble maker. It is like a snowball effect, things are bad and then they get worse... What if we could change Little Johnny's course of treatment and make his life better?

(This is the first article in a series of articles about Adverse Childhood Experiences)

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## Please welcome the following employees to "Team Bladen"



**BARTS:** Joseph Ramsey

**Central Services:** Mechelle Edwards

**Divison on Aging:** Joseph Ramsey

**DSS-** Avis Odom, Tamra Heckstall, Amy Burney, Daphne Mckoy

**EMS:** Mary Beth Britt and Jamie Riveria

**Health Department–** Amber Sholar, Betty Bryan



DSS celebrates Administrative Professionals Day on April 24th



Three young ladies enjoy scones at the Spring Tea Party held at the library. This event was hosted by several of the Red Hat Ladies from Clarkton.

### Steps To Health/SNAP-Ed Program for 3<sup>rd</sup> Grade Students at Bladenboro Primary

More than 70 Third Grade students at Bladenboro Primary are participating in a 9 session Supplemental Nutrition Assistance Program Education (SNAP-Ed) called Steps to Health. The Steps to Health Program is a nutrition and physical activity program that strives to promote a positive, healthy environment where presentations and discussions are centered around promoting nutritious foods and encourage food exploration with taste tests.



Local third grade participants have discussed general principals of MyPlate, the importance of making half of their plate consist of fruits and vegetables, how to read a Nutrition Facts label, the benefits of making smart drink choices, and the importance of moving more! Students have also tried a variety of foods such as humus, vegetable wraps, naturally flavored water, and homemade smoothies. Over the next few weeks students will continue to cover additional topics that encourage healthy food habits and promote physical activity. Students will exit the program prior to the end of the school year ready to implement new knowledge, and with a taste for new foods!

Any schools or organizations that wish to bring the Steps to Health Program to their site should contact Krista Johnson with North Carolina Cooperative Extension – Bladen Center at 910-862-4591.

If you have any submissions for the next edition of *Team Bladen*, please submit them to [kedwards@bladenco.org](mailto:kedwards@bladenco.org). The next edition will be released at the beginning of September 2019. All submissions are due by August 15, 2019.