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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to preventing traumatic injury and death throughout the Commonwealth.

For more information visit:

[www.atspa.org](http://www.atspa.org)

## NATIONAL WALK TO SCHOOL DAY

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record breaking participation – each October. Today, thousands of schools across America – from all 50 states, the District of Columbia, and Puerto Rico – participate every October.

Some events are already a strategic part of long-term efforts to promote safe walking and bicycling every day, called Safe Routes to School programs. If you're looking to transition to ongoing activities, you're in good company: more than half of walk and bike to school events are part of larger efforts toward walking and bicycling to school.

**Here are a few ways to keep families excited about walking and bicycling to school:**

**Walking school buses** are a great way to offer children a supervised walk to school on a regular basis.

**Bicycle trains** allow students to bicycle to school together on a designated route under supervision.

**Bicycle Skills Clinics** or "bicycle rodeos" are hands-on bicycle safety lessons with bike inspections, safety talks and bicycle skills practice.

**Mileage Tracking**, providing a way for students to track the miles that they have walked or ridden a bicycle, is a tangible way to chart progress toward a walking or biking goal.

For more information on International Walk to School Day or Safe Routes to School programs, visit the [Walk and Bike to School website](http://Walk and Bike to School website).

## Out of Harm's Way

The Trauma Prevention Publication

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### TOP NEWS TOPICS

- National Walk to School Day - Oct. 2
- National Domestic Violence Month
- National Fire Prevention Week - Oct. 6-12
- Mini Grant Spotlight - Stop the Bleed
- ATSPA 2020 Annual Conference News
- September Updates

# NATIONAL DOMESTIC VIOLENCE MONTH

## The Trauma of Domestic Violence

According to the National Coalition Against Domestic Violence (NCADV), an average of 20 people in the U.S. experience intimate partner physical violence every minute. This equals more than 10 million abuse victims annually.

Domestic violence is defined as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Domestic violence can happen to anyone – it affects people of all ages, genders, races, and socioeconomic classes.

In many instances, the psychological and economic abuse co-occurs with physical abuse. According to NCADV, one in seven women and one in 18 men are severely injured by intimate partners in their lifetime. Only slightly more than half of intimate partner physical violence is reported to law enforcement. In these cases, physical abuse is not a maladjusted person's occasional expression of frustration or anger, nor is it an isolated event. Physical abuse, in domestic violence situations, is a tool of control and oppression; it's a choice made by one person in a relationship to control another. Connecting intimate partner violence to a pattern can be difficult, but the results of repeated abuse can be devastating.



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### Symptoms of TBI in Domestic Violence Victims

Dazed, confused or disoriented  
Headache  
Nausea or vomiting  
Memory or concentration problems  
Mood changes or mood swings  
Withdrawn  
Problems with speech  
Dizziness or loss of balance

For instance, connecting domestic violence as a cause of traumatic brain injuries (TBI) remains difficult. Data on the intersection between domestic violence and TBI is limited, in part, because little research has been done on this population and because many instances of abuse go unreported by victims. This connection is often overlooked because domestic violence is a pattern of abuse and victims are typically exposed to repeated instances of violence. The effects of repeated brain injury are cumulative and not unlike those experienced by athletes with multiple concussions. There are TBI symptoms that medical professionals can look for. However, determining whether these symptoms are a result of TBI, emotional trauma, or both can be difficult. In order to treat a victim of domestic violence properly, service providers across health and social services need more education, training and resources to recognize that the pattern of symptoms following abuse may include TBI.

Physical abuse by an intimate partner can escalate quickly. One study done in 2016 states that, approximately 4.5 million American women alive today have been threatened by intimate partners with firearms. One million have been shot or shot at by their abusers. Another study, done in 2003, found the presence of a gun in the home during a domestic violence incident increases the risk of homicide by at least 500%.

Since the passage of the Violence Against Women Act in 1994, intimate partner physical abuse has declined by 67%. While this statistic shows hope for the future, it is still imperative that providers across health and social services get the education, training and resources they need. These injuries are preventable. The state of Pennsylvania offers many resources for victims at the county and state level. There are even steps that can be taken by observers. Knowing what to look for and how to respond is key to preventing further physical abuse.

### Resources for Domestic Violence Victims

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

Pennsylvania Coalition Against Domestic Violence Website: [www.pcadv.org](http://www.pcadv.org)

**IF YOU ARE IN IMMEDIATE DANGER CALL 911**



# OCTOBER 2019 OBSERVANCES

## Monthly Observances:

- National Crime Prevention Month
- National Protect Your Hearing Month
- National Domestic Violence Month
- National Anti-Bullying Month

## Weekly or Daily Observances:

- October 2 - National Walk to School Day
- October 6-12 - National Fire Prevention Week
- October 12 - Home Fire Drill Day
- October 20-26 - Teen Driver Safety Week
- October 21-25 - School Bus Safety Week
- October 31 - Halloween

# FIRE PREVENTION WEEK

National Fire Prevention Week will take place this year from Oct. 6-12, sponsored by the National Fire Protection Association (NFPA). The 2019 theme is "Not Every Hero Wears a Cape. Plan and Practice Your Escape!" The last day of the week, Oct. 12, is designated "Home Fire Drill Day." Use this time to practice your fire safety plan with your family.

NFPA statistics show that in 2017, U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. From 2012 to 2016, an average of seven people died in a home structure fire per day.

**There are very simple actions each family can take to protect themselves in case of fire:**

**Smoke Alarms** that are properly installed and tested. Working smoke alarms cut the risk of dying in a home fire, in half.

**Fire Escape Planning** is an essential part of fire safety. Draw a map of each level of the home, indicate each door and window, find two exits from each room, teach children how to escape, establish a meeting place outside.

**Home Fire Drills** lessen the confusion in what is inherently a chaotic event. Push the smoke alarm button to start the drill. Practice what to do in case of smoke: Get low and go. Make sure that your family knows NEVER to go back for people, pets or things.

Taking the time to plan and prepare for a fire can save lives.



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## 2019 MINI GRANT AWARDEE SPOTLIGHT

ATSPA partners with the Pennsylvania Department of Health to offer its members the opportunity to fund an injury prevention project through mini grants of \$1,000-3,000. In this new installment to the monthly newsletter, we will explore the projects and results of past mini grant trauma prevention initiatives.

### Bleeding Control in Our Local Schools

Considering the continued school shootings, staff at the Crozer Chester Medical Center (CCMC) saw a need for the schools in their area to be trained in 'Stop the Bleed' and to have tourniquet kits available to staff and students. With the help of ATSPA, CCMC was able to offer training to 724 teachers, staff and administrators. During training sessions, schools asked if they would have the equipment that they were learning how to use and were surprised that due to the ATSPA mini grant they would have the equipment. "Many schools stated that they wouldn't have the funds at the time of training to be able to afford the equipment," Loreen Evans stated in the final grant report. "After receiving the training, many schools planned to put this cost into their future budget."

### Stop the Bleed Announcement

|    |    |    |    |
|----|----|----|----|
| 13 | 14 | 15 | 16 |
| 20 | 21 | 22 | 23 |
| 27 | 28 | 29 | 30 |

SAVE THE DATE

[2020 National Stop the Bleed Day](#)

May 21

Crozer Chester Medical Center found that these trainings were wanted and needed in their community. "Two of our classes had over 200 attendees." Working with a group called 'Vest a Cop', CCMC was able to communicate with local schools and get "Stop the Bleed" training information to administration and staff. In the future, CCMC feels that working with local radio and TV stations could increase the number of attendees.

Of those attendees that returned surveys, all found the training helpful, most stated that they felt extremely or somewhat comfortable with the use of a tourniquet. Unexpectedly, timing was reported as CCMC's largest barrier. "Many schools establish their in-service calendar over the summer for the following school year." Despite a late start, they were able to add a few teacher in-service days, many of which took place in August, just before the 2019-20 school year.

# 2020 CONFERENCE NEWS



**Prepare**



**Prevent**



**Provide**

## 2020 Annual Conference April 2 & 3, 2020

Now accepting Poster Proposals and Sponsors. More information is available at [atspa.org](https://atspa.org).

Registration information coming soon!

### ATSPA SEPTEMBER UPDATES

- September 5: Partnered with the Center for Traffic Safety to host the PennDOT Region 2 DUI Law Enforcement Seminar.
- September 6: Senator Elder Vogel Jr. Senior Expo/Health Fair in Monaca.
- September 9: Pennsylvania Emergency Health Services Council and EMS Conference in Manheim.
- September 10: Hosted a 4 day Child Passenger Safety Training Class and trained 14 new car seat technicians.
- September 12: State Representative Delozier Child Car Seat Check at LB Smith Ford in Lemoyne.
- September 14: Carlisle 100th Block Party in Carlisle.
- September 16: Attended a Pennsylvania State Police Chambersburg's Child Safety Seat Check in Scotland.
- September 18: South Middleton Township Senior Expo/Health Fair in Boiling Springs.
- September 18: Assisted in training and certifying 50 police officers in CarFit in Shippensburg.
- September 18: Jay Group Health Fair in Lancaster.
- September 18: Partnered with Lower Paxton Township, PennDOT, Safe Kids Dauphin County, and BuckleUp PA, to conduct a child safety seat enforcement detail in Harrisburg.
- September 19: Senator Yaw and Representative Everett Senior Expo and Health Fair in Montoursville.
- September 20: Senator Vogel Senior Expo and Health Fair in New Castle.
- September 21: Child Safety Seat Check at Lehman Volvo in Mechanicsburg.
- September 21: Partnered with Pennsylvania State Police for a Child Safety Seat Check in Chambersburg.
- September 27: Representative Keller Senior Expo and Health Fair in Newport.

#### ATSPA and SCPAHS Staff

Krista Brands, ATSPA Chief Executive Officer

Allyson Fulton, ATSPA Assistant Director

Kim Nunemaker, ATSPA Educational Program and Event Coordinator

Sadie Carns, ATSPA Communications Coordinator

Matt Frampton, SCPAHS Coordinator

Chris Bendl, SCPAHS Assistant Coordinator

Karen Rowe, SCPAHS Program Specialist

Stay connected with us:



2 Flowers Drive, Mechanicsburg, PA 17050

Email: [scarns@atspa.org](mailto:scarns@atspa.org), Web: [www.atspa.org](http://www.atspa.org)