

## Family Service Bureau

### Assisting Those Impacted By Child Abuse

**A**pril is Child Abuse Prevention Month in New Jersey and it is important to reflect on the voice and message that we, as a community organization, provide for society's victims of child abuse. This topic has been addressed for decades and each day dedicated workers come together to create a network of support for survivors and their families to heal from tragic experiences. Emotional, physical, sexual and psychological are the most common forms of child abuse, along with neglect and abandonment. Child abuse is very traumatic and it is well documented that, left untreated, being a victim usually causes mental health issues. The effects of abuse can cause problems and stress in one's daily life. Reports show that victims of child abuse may suffer from depression, anxiety, Post Traumatic Stress Disorder and, in some cases, even thoughts of and attempts at suicide. This is also true for victims' family members and loved ones.

However, even though individuals and families go through the reporting process, oftentimes many do not seek counseling afterward. Families may experience shame, blame and guilt. These feelings and emotions often cause disturbances in everyday life. Families may feel alone and may believe that they can't trust anyone or any agency with the confidentiality and sensitivity necessary to help move past their difficult events. However, such counseling is a vital step toward building a healthy state of mind since there is substantial evidence that people with histories of childhood abuse and neglect suffer from profound and pervasive psychiatric disturbances during adulthood (McCord; Roesler & McKenzie; McCauley et al.; Widom, Levitan). This is especially true for those who do not get follow-up treatment, which often leads to additional and more complex mental health issues.

According to [rewire.news.com](http://rewire.news.com), under New Jersey law, the child protection agency must show a child's "physical, mental or emotional condition has been impaired" or is in "imminent danger of becoming impaired" as a result of a parent's failure to exercise a "minimum degree of care...by unreasonably inflicting or allowing to be inflicted harm, or substantial risk thereof." Family Service Bureau (FSB) would like to highlight our services and offer our full support.

FSB's mission is to preserve, support, strengthen and enrich family life through prevention, intervention and community education programs. FSB works with families, children and individuals to realize their full potential. We offer comprehensive services to youth, families and individuals who live and work in Essex and West Hudson counties. Our Outpatient Department services both our Newark and Kearny offices and offers services for children. FSB provides group therapy and individual therapy. Bilingual services are also available at both of our locations.

For the month of April and in honor of Child Abuse Prevention Month, FSB will be participating in a few Essex and Hudson County Community Fairs. We look forward to supporting different events to discuss how we work with the children of both Essex and Hudson counties.

For more information, call our Newark office at 973-412-2056 or our Kearny office at 201-246-8077.