

BBH NEWS

The Not So Regular Newsletter of Birchwood Behavioral Health
(Formerly Alaska Baptist Family Services)

What is Trauma?

Trauma can be anything bad that has happened to you, but particularly something that stays with you, you can't seem to get past it, and it has a negative affect on your daily life. The developing brain in a child often responds to trauma with either Fight, Flight, or Freeze. While these may be appropriate responses to legitimate trauma, a child or adult who has experienced some kind of trauma in their life may often respond in these ways even when there is no real traumatic event. This traumatization shows up in an adolescent as aggression, depression, anxiety, and many types of abnormal behavior. At BBH, we help children and teens learn more appropriate ways of dealing with stressful situations in their lives. Included in this treatment is offering them an understanding of God's love and care for them.

BBH makes the news!



Our Administrative Assistant, Marge, contacted Channel 2's Ariane Aramburo, to encourage her about a story she had covered, and then proceeded to tell her about what we do at BBH. She told her that we would love to give her a tour of the facility and 30 minutes later we received an e-mail asking if she could do a story on Birchwood Behavioral Health! What a fantastic opportunity! Ariane was so interested in our work and the story was very well done. Thanks Channel 2 for the coverage. If you would like to see the story, the link is:

<https://www.ktuu.com/content/news/2YH-Birchwood-Behavioral-Health-500943361.html>

Did you know? You can give to BBH through several means:

- Pick, Click, Give on your PFD application. - Designate Birchwood Behavioral Health
- Fred Meyer Rewards - Designate Birchwood Behavioral Health
- Amazon Smile - Designate Southern Baptist Convention

Donating Churches

A great big Thank You to those churches that send donations regularly.

FBC Sitka

Fairview Loop

Immanuel, Anchorage

FBC Valdez

Grandview

Sunset Hills

Rabbit Creek Community

Glacier Valley Juneau

First Native Anchorage

FBC Juneau

Hillside

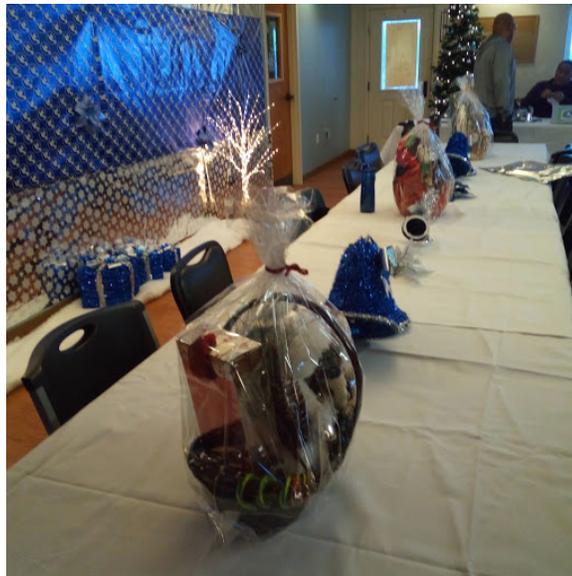
Reaching Out

I am so excited to have been invited to the WMU Women's Conference in April to talk about children and teens in crisis. This is such a huge problem, especially in Alaska, and Christians can stand in the gap where others are not able to meet all the needs. Will you pray for BBH as we continue to help those we can? Also pray for me as I oversee the work here and try to let as many people know as I can of the children and teens in need.

David Banks, Executive Director

Where were you during the earthquake?

We were blessed that no major damage was done to our facility. The girls were already at school and the boys were on the school bus when the ground began to shake. They all seemed to enjoy the days off from school and no one seemed to be re-traumatized by the earthquake. Brittany, our Outpatient Therapist, had an opportunity to share stress-relief tips to teachers at one of Anchorage's elementary schools, as well as meeting one on one with students who were experiencing anxiety from the earthquake.



Christmas Fun

Christmas can be a little chaotic at BBH, with kids out of school for two weeks, but we try to have a variety of activities for the ones who do not go home on passes (usually kids from long distances). Christmas parties and making sure that every child gets at least one gift, but usually more. The staff and kids enjoy decorating the cottages to give a festive atmosphere.

Feel free to call and arrange for a tour of the facility and talk to our Director or staff about what God is doing at Birchwood Behavioral Health.