What is Trauma?

Trauma results from an event, series of events, or a set of circumstances that is experienced by an individual physically or emotionally harmful or threatening that has lasting adverse effects on a child’s functioning and physical, social, emotional, or physical well-being (SAMHA, 2014).

How Does Trauma Affect People?

According to the Adverse Childhood Events Survey (ACE), trauma experiences causes suffering for many people:

- It affects people of all ages, gender, socio-economic status, ethnicity, geography and sexual orientation.
- Almost 2/3 of the general population report at least one ACE and 1 in 5 reported 3 or more.
- 90% of people using mental health services have been exposed to trauma.

How Trauma Impacts Brain Development

- The “Thinking Center” is under activated.
- The “Emotion Regulation Center” is under activated.
- The “Fear Center” is over activated.

For More Information About Trauma

tristatetraumanetwork.org
cdc.gov
chcs.org
samshsa.gov
childmind.org
childwelfare.gov
acf.hhs.gov

For the Tristate Trauma Network

A Parent’s Guide to Trauma

Created By: Leigh Ann Hoskins, BSW Intern

Possible Traumatic Events

Bullying/Cyberbullying
Neglect
Sexual Abuse
Physical Abuse
Emotional Abuse
Natural Disaster
Community Violence
Family Violence
Death
Accident/Illness/Injury

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www.psychologytoday.com
What is Trauma – Informed Care?

Trauma-informed care (TIC) is an approach that takes into account the prevalence of trauma, acknowledges the role trauma plays in children’s lives and uses this knowledge to respond in appropriate ways to those affected by trauma.

When an organization is trauma-informed, every part of the organization understands the impact of trauma, and policies, procedures, and service delivery have been redesigned to incorporate the principles of trauma-informed care.

Why is Trauma-Informed Care Important?

We at the Tristate Trauma Network feel that trauma-informed care is important because it promotes healing and recovery in those who have experienced trauma and toxic stress. Children deserve to heal in a safe, supportive, and empowering environment where trauma-specific services have been put into place and the possibility of being retraumatized has been minimized.

According to the Center for Healthcare Strategies, these are the ten components that make up trauma-informed care:

10 KEY INGREDIENTS FOR TRAUMA-INFORMED CARE

- Lead and Communicate
- Engage Patients in Planning
- Train All Staff
- Create a Safe Environment
- Prevent Secondary Trauma
- Build an Informed Workforce
- Involve Patient in Treatment
- Screen for Trauma
- Use Trauma-Specific Treatment
- Engage Partners

www.chcs.org
What Are ACEs?

According to the Centers for Disease Control, ACEs stand for Adverse Childhood Experiences and is the term given to all abuse, neglect and other types of traumatic experiences that occur to individuals under the age 18.

The presence of ACEs does not mean that a child will experience poor outcomes. However, children’s positive experiences or protective factors can prevent children from experiencing adversity and can protect against many of the negative health and life outcomes even after adversity has occurred (CDC, 2019).

What Can Be Done About ACEs?

- Parent support programs
- Mental illness and substance abuse treatment
- High quality child care
- Sufficient economic support for lower income families
- Family-friendly work
- Intimate partner violence prevention
- Home visiting to pregnant women and families with newborns
- Parent support programs for teens and teen pregnancy prevention programs

Information and graphics: Centers for Disease Control
What is Stress?
A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

The 3 Kinds of Responses to Stress

**POSITIVE**
Brief increases in heart rate, mild elevations in stress hormone levels.

**TOLERABLE**
Serious, temporary stress responses, buffered by supportive relationships.

**TOXIC**
Prolonged activation of stress response systems in the absence of protective relationships.

What is Toxic Stress Response?
The Center for the Developing Child out of Harvard University describes toxic stress response as occurring when a child experiences strong, frequent, and/or prolonged adversity-such as physical or emotional abuse, chronic neglect, substance abuse or mental illness, or exposure to violence, and/or the accumulated burdens of family economic hardship.

Tips to Help Your Child Manage Stress:
- Stop Overscheduling
- Make Time for Play
- Make Sleep a Priority
- Eat Healthy
- Manage Your Stress

Fun Ways to Help Your Child Reduce Stress:
- Baking/Cooking
- Play a Game
- Draw
- Read a Book
- Paint
- Bike Ride

For More Ideas:
- wehavekids.com
- stress-relief-tools.com
- activekids.com
- healchildren.org
- stressfreekids.com
- psycentral.com
- oxfordlearning.com
What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of trauma.

**Domains of Resilience**

- Physical flexibility
- Endurance
- Strength
- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view
- Emotional flexibility
- Positive outlook
- Self-regulation
- Spiritual flexibility
- Commitment to values
- Tolerance of others’ values and beliefs

**HOW CAN WE HELP KIDS BUILD RESILIENCE?**

For local support, resources, and events go to our website: tristatetraumanetwork.org
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