

What Can Caregivers Do to Help?

- Explain the event as well as you are able to.
- Encourage the child to express his or her feelings and listen without passing judgment.
- Help the child learn to use words that express their feelings.
- Avoid forcing discussion of the traumatic event.
- Let the child know that it is normal to feel upset after something bad happens.
- Allow time for the child to experience and talk about their feelings.
- Gradually return to your normal routine. This can be reassuring to the child.
- Reassure the child that you love and will take care of him or her.
- Stay together as a family as much as possible.
- Reassure the child that the traumatic event was not his or her fault.
- Avoid criticizing regressive behaviors.
- Allow children to cry or be sad. Do not expect the child to be brave or tough.
- Encourage the child to feel in control by letting him or her make some decisions about meals, what to wear, etc.
- Take care of yourself so you can take care of the child.
- Seek help from a professional. Therapists and counselors will help you understand the effects of trauma and how to help your child.

What Kind of Treatment Can Help a Trauma Victim?

Trauma-Focused Cognitive Behavioral Treatment (TF-CBT) is considered a "Best Practice" for trauma victims. This form of treatment addresses the behavioral and the emotional effects of trauma, and provides victims and caregivers with tools they can use toward recovery. The Ohio Department of Mental Health is trying to increase therapeutic resources for trauma victims. In Stark County, Northeast Ohio Behavioral Health (NEOBH) actively works with the Traumatized Child Task Force toward the provision of effective trauma-specific treatment services. NEOBH participates on many insurance panels, and accepts Medicaid as payment in full for certain services. NEOBH also participates in a Public Subsidy Fund Contract with the Mental Health and Recovery Services Board of Stark County. Some Stark County residents may be eligible for this form of financial assistance.

NEOBH has four office locations:

Stark County: 4347 Portage St. N.W., Suite 103
North Canton, OH 44720
330-494-5155

213 Market Avenue N., Suite 200
Canton, OH 44702
330-451-1701

Summit County: 2795 Front Street, Suite A
Cuyahoga Falls, OH 44221
330-945-7100

The C.A.R.E. Center
@ Akron Children's Hospital
Locust Bldg., Suite 170
One Perkins Square
Akron, OH 44308
330-945-7100
WWW.NEOBH.COM

Natural Disasters

Domestic Violence

Physical Abuse

Emotional Abuse

What is Trauma?

Serious Injury or Illness

Serious Accidents

Trauma...

• Is an experience that is emotionally painful and shocking

Domestic Violence

• Often results in lasting mental and physical effects

• Results in feelings and behaviors that are a normal response to a traumatic event

• Can occur via exposure to a traumatic event.

More direct exposure to the trauma creates higher risk for emotional harm.

All children and adolescents exposed to trauma should be watched for signs of emotional distress.

Loss of a Family Member or

Sexual Abuse

Friend

Out of Home Placement

Symptoms To Watch For

Children - Ages 5 and Younger

- Fear of being separated from the parent
- Crying/Unhappiness
- Constant anxiety/worrying
- Sleep difficulties
- Avoidance of any "reminder" of the traumatic event
- Wandering aimlessly
- Trembling, easily startled
- Unwilling to try new things
- Excessive clinging
- Returning to behaviors exhibited at earlier ages (regressive behaviors)

Young children tend to be strongly affected by parental reaction to the traumatic event.

Caregivers can learn ways to help children recover from traumatic life events.

Children - Ages 6 to 11

- Withdrawal
- Disruptive behavior
- Inability to pay attention
- Regressive behaviors
- Nightmares
- Sleep problems
- Irrational fears
- Irritability
- Refusal to attend school
- Outbursts of anger
- Fighting
- Complaints of stomachaches or other bodily symptoms
- Declining grades
- Depression
- Anxiety
- Feelings of guilt
- Emotional numbing or "flatness"

Children of all ages can be helped to recover from trauma by trauma-focused treatment methods.

Trauma-Focused Cognitive Behavioral Treatment is a widely-accepted and very effective form of treatment for trauma victims.

Adolescents - Ages 12 to 17

- Flashbacks
- Nightmares
- Emotional numbing
- Avoidance
- Depression
- Substance abuse
- Problems with peers
- Anti-social behavior
- Withdrawal and isolation
- Physical complaints
- Suicidal thoughts
- School avoidance
- Poor academic performance
- Sleeping problems
- Confusion
- Extreme guilt
- Revenge fantasies

Adolescent responses to trauma are often similar to those shown by adults.