

What you can do

You took the first step by reading this. You now know more about trauma. Here are next steps you can take:

- Call the Parent/Professional Advocacy League (PPAL) and ask for a family support specialist to find support and resources for you and your child.
- Seek help from professionals trained in trauma-informed treatment.
- Learn more about trauma.

Parents & Caregivers Need Support too!

Many parents and caregivers have also experienced trauma, which can increase stress and impact how they respond to their child.

Practicing self-care and seeking and accepting help is important role modeling for your child.

For self-care ideas, go to:

www.scanva.org/wp-content/uploads/2013/06/SelfCare2016_English.pdf

Did you know?

ACEs are stressful events known as Adverse Childhood Experiences, named in a study that shows the impact of childhood trauma on adult health. Experiencing multiple ACEs as children is linked to increased chronic health problems in adults. Positive experiences and relationships may protect children and prevent these outcomes. For more information about ACEs, go to:

www.cdc.gov/violenceprevention/childabuseandneglect/acestudy

Not sure what to do?

Call the Parent/Professional Advocacy League (PPAL)

Toll-Free: [1-866-815-8122](tel:1-866-815-8122)

Contact: info@ppal.net



Call [1-855-LINK KID](tel:1-855-LINK-KID) for a referral for evidence-based & trauma-informed treatment:



Child Trauma Training Center

Linking Families, Training Providers, Informing Communities

[1-855-LINK-KID](tel:1-855-LINK-KID)

www.umassmed.edu/cttc

Learn more at the National Child Traumatic Stress Network website: www.nctsn.org

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Understanding Childhood Trauma and Your Family

Here is how you can help



Trauma-Informed Resources for Parents and Caregivers

What is trauma?

When a person feels unsafe, due to the stress or threat of intense, painful, or frightening events, we call this trauma. Even though trauma can have serious effects on a person's mental, physical, social, emotional, and spiritual well-being, people can heal and grow stronger with support.

A traumatic event can include:

- Physical, emotional, or sexual abuse
- Homelessness
- Earthquakes, hurricanes, fire, flooding
- Exposure to community or family violence, war, terrorism
- Parental/caregiver substance use, mental illness, incarceration, neglect
- Loss or separation from a parent or caregiver
- Accidents, injuries, serious illness
- Bullying

What if my child has experienced trauma?

We all want the best for our children. You are the most powerful influence on your child's health and well-being.

You are not alone.

Many people experience hardship and distress during their childhood. Remember that you are the most important factor in helping your child heal. Seeking professional help from a trauma-trained therapist and finding your own support as a parent/caregiver can start the healing process and strengthen your family for the future.

What you may see in children: These are common examples of behaviors after a traumatic event has happened. Not all children will react in these ways. *Signs will differ based upon a child's age, history and experience.*



- Being easily startled and constantly looking for danger

- Losing interest in friends and activities

- Acting younger than their age: bed-wetting, using baby talk, fearing separation



- Self-harm, risky behavior
- In teens, use of substances



- Physical symptoms: headaches, stomach-aches, aches and pains



- Problems with sleep and appetite
- Restlessness and agitation



- Change in school behavior
- Difficulty concentrating and learning



- Worry, panic, and fear for the safety of others
- Irritability, anger, and defiant behavior



- Avoiding people, places, or things
- Feeling guilt or shame
- Emotional numbness

Look for more support: Trauma-Informed Care

There are now many successful treatments to support children and parents/caregivers and minimize the harmful effects of trauma. Ask about these new, effective treatments, such as:

- ARC: Attachment, Self-regulation and Competence www.arcframework.org/what-is-arc
- CPP: Child-Parent Psychotherapy www.nctsn.org/interventions/child-parent-psychotherapy
- TF-CBT: Trauma focused Cognitive Behavioral Therapy www.tfcbt.org
- PCIT: Parent-Child Interaction Therapy www.pcit.org

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

RESILIENCE Questionnaire

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

2. I believe that my father loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely true Probably true Not sure Probably Not True Definitely Not True

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely true Probably true Not sure Probably Not True Definitely Not True

6. When I was a child, neighbors or my friends' parents seemed to like me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

8. Someone in my family cared about how I was doing in school.

Definitely true Probably true Not sure Probably Not True Definitely Not True

9. My family, neighbors and friends talked often about making our lives better.

Definitely true Probably true Not sure Probably Not True Definitely Not True

10. We had rules in our house and were expected to keep them.

Definitely true Probably true Not sure Probably Not True Definitely Not True

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely true Probably true Not sure Probably Not True Definitely Not True

12. As a youth, people noticed that I was capable and could get things done.

Definitely true Probably true Not sure Probably Not True Definitely Not True

13. I was independent and a go-getter.

Definitely true Probably true Not sure Probably Not True Definitely Not True

14. I believed that life is what you make it.

Definitely true Probably true Not sure Probably Not True Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely True" or "Probably True"?) _____

Of these circled, how many are still true for me? _____

This questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. **Its purpose is limited to parenting education.** It was not developed for research.