



SUPPORTIVE RESPONSE TO TRAUMA FOR YOUTH & FAMILIES



For afterschool
enrichment providers

TRAUMA

The National Child Traumatic Stress Network defines trauma as a frightening, dangerous, or violent event that threatens the life or bodily integrity of the child or child's loved one.



More than 2/3 of children will report at least one traumatic event by age 16. Trauma can create a ripple effect, impacting many parts of a child's life including education and learning.

Working with kids impacted by trauma can affect the caring adults in their lives and result in Secondary Traumatic Stress and Burn Out. Make sure to take time for your own individual well-being and practice self-care regularly.

Children who've experienced trauma may display these behaviors, which should be viewed as learned survival:

- intense and ongoing emotional upset or outbursts
- mood changes
- difficulty with peers and forming relationships
- physical complaints, such as head and stomach aches
- fight, flight, and freeze responses
- attention and academic difficulties
- difficulty eating or sleeping



Kids Need

To follow a routine
and have structure

To feel safe

To have flexibility
to have their needs
met

WHAT CAN YOU DO TO HELP?

First, take a deep breath to calm yourself when interacting with an escalated or distressed child. Children need adults to help them regulate emotions, so staying calm is critical.

Use a soft, calm, and caring voice.

Let them know you want to help.

Mimic their body language, so they know you're present in the moment.



Get support from a team member if you're overwhelmed or having difficulty with remaining calm.



Be Strengths-Based, Supportive, and Non-Judgmental

YOUTH DEVELOPMENT PROFESSIONAL TOOLBOX

More Tips



Approach youth with unconditional positive regard. Praise publicly, but give constructive feedback in private. Kids impacted by trauma can have a negative view of themselves.

Use calm and consistent responses to problem behavior. Kids impacted by trauma need safe and predictable consequences and limits.

Online and Referral Resources

Incorporate mindfulness and movement using www.gonoodle.com. These strategies can benefit all students. For more resources visit www.mindfulschools.org.

Refer students for mental health services and supports. Families can contact Detroit Wayne Integrated Health Network to request an intake by calling (800) 241-4949