

Remember to:

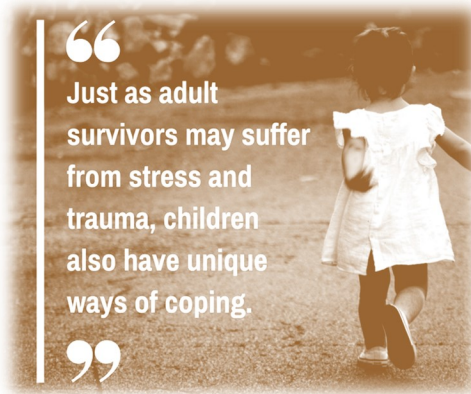
- Assure the child/adolescent/teen that they are safe.
- Explain that they are not responsible. Children often blame themselves for events that are completely out of their control.
- Be patient. Some individuals will recover quickly while others recover more slowly. Reassure them that they do not need to feel guilty or bad about any feelings or thoughts.

Trauma-Informed Services

Trauma-informed services are designed to deliver mental health care in a manner that recognizes the presence of trauma symptoms and acknowledges the role that violence and victimization play in the lives of many individuals. This understanding drives the design of service systems to accommodate the vulnerabilities of trauma survivors, promote resiliency and recovery, and reduce and eliminate practices that have the potential to be traumatizing or re-traumatizing.

Trauma informed services are provided in a way that will facilitate child, youth, teen and family participation that is appropriate and helpful to the special needs of trauma survivors.

Healing and recovery takes time. Many questions, hurdles and frustrations may surface through a persons recovery from trauma.



Administrative Services
323 N. State Street, Caro, MI 48723

Emergency Services are available 24/7
989.673.6191 or 1.800.462.6814
www.tbhsonline.com

Clinical Programs located at
Personal Independence Center
1332 Prospect Ave. Caro, MI 48723

If the signs of trauma persist or disrupt a child's life, please contact Tuscola Behavioral Health Systems or your primary care physician.

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Trauma is not a diagnosis;
it is an experience.
Healing and recovery
take time.



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Caro, MI 48723
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What is trauma?

Trauma is any scary or difficult experience that overwhelms a

person's ability to cope. It can be a long or short-term experience and usually completely out of a person's control.

What can cause traumatic stress in children and adolescents?

Trauma can be the result of a variety of situations such as:

- Exposure to a natural disaster
- Community and school violence
- Sudden or violent loss of a loved one
- Witnessing or experiencing domestic violence
- Terminal illness of a loved one
- Car fatality/accident
- Medical procedures
- House fire
- Events such as war and terrorism
- Refugee experience
- Military family related stressors (i.e. deployment, parental loss/injury)
- Violence - bullying, hate crimes
- Serious injury
- Psychological, physical or sexual abuse
- Neglect
- Intimate partner violence

A child/adolescent or teen does not need to be a victim or a witness, but only related to a friend or peer to be affected by trauma.

If the signs persist or disrupt a child's life, please contact Tuscola Behavioral Health Systems at 989.673.6191 or 1.800.462.6814 or your primary care physician.



If a child/adolescent or teen has gone through a terrible experience, it is normal for them to feel a wide array of

emotions such as distress, fear, helplessness, guilt, shame or anger. They may start to feel better after a few days or weeks, but sometimes, these feelings do not go away.

Preschool children will react differently than elementary, middle and high school aged students.

For many, symptoms begin almost right away after the trauma occurred. For others, the symptoms may not begin or may not become an issue until a year or years later.

Children, adolescents and teens may show the following signs and symptoms:

- Panic, separation, anxiety attacks
- Chronic pain
- Physical symptoms
- Difficulty controlling bowel/bladder
- Feelings of sadness, guilt, shame, anger
- Mistrust/over trusting in others
- Impulsive behaviors; aggressive/unpredicted behaviors
- Difficulty at school, social situations and at home
- Inability to concentrate
- Sleep difficulty, nightmares
- Substance use (alcohol/drugs)
- Loss of interest in once-enjoyed activities
- Suicidal thoughts; reckless behavior
- Isolated; Survivor's guilt
- Flashbacks
- Develop eating disorders or self-harm behaviors.

THERE IS HOPE! Individuals can and do recover from traumatic events.

The first step for all trauma survivors is getting to safety and feeling safe. The next step is understanding the role that trauma has played in a child's life. Each person's experience is unique, there is no one-size-fits-all remedy for trauma survivors. Hope and healing are possible through the recovery process.

- Listen to the child when they are ready to talk.
- Reassure them what happened is not their fault and that they are not alone.
- Be patient. Understand that it will take time for the healing process, do what you can to support the child.



The Body's Alarm System

Everyone has an alarm system in their body that is designed to keep them safe from harm. When activated, this tool prepares the body to fight or run away. The alarm can be activated at any perceived sign of trouble and leave kids feeling scared, angry, irritable, or even withdrawn.

Healthy Steps Children/Adolescents/Teens Can Take to Respond to the Alarm

- Recognize what activates the alarm and how their body reacts.
- Decide whether there is real trouble and seek help from a trusted adult.
- Practice deep breathing and other relaxation methods.