Facts For Families
Trauma

A trauma is a dangerous, frightening, and sometimes violent experience that is often sudden. Trauma is a normal reaction that occurs in response to an extreme event. It can happen to one family member or a whole family. Examples of a trauma are:

- Violence
- Fire
- Homelessness
- Natural Disaster

After experiencing a trauma, children, teenagers and families may feel traumatic stress. Feelings of traumatic stress include:

- Feeling scared or anxious
- Feeling numb

How it affects my child
Many people who go through trauma will having trouble adjusting to life after the event. The brain of children and teenagers may be harmed and they may not develop needed skills. After trauma, some children suffer from Post Traumatic Stress Disorder (PTSD), Child Traumatic Stress (CTS) or depression.

PTSD usually happens after a major trauma that was life-threatening. CTS happens after trauma is over. It is important to get help for a child or teenager after going through a trauma so he or she can continue to grow. For more information, refer to the Anxiety Disorder Fact Sheet included in this kit.

Signs & Symptoms
There are lots of reactions to trauma including:

- Thinking about what happened
- Aggression or irritability
- Body aches
- Having trouble at school
- Nightmares or difficulty sleeping
- Trouble concentrating
- Refusing to go to school

What we can do about it?
It’s important to get help if children or teenagers are having signs or symptoms after a trauma. Caregivers and relatives can help children in two important ways:
1. Talking to children about what happened
2. Getting professional help

Recommendations for families

- Learn what trauma is
- Get help from trauma experts
- Be involved in your child’s health

What can caregivers say and do?

- Tell children they are safe
- Let children talk about feelings and fears
- Go back to a daily schedule
- Spend extra time with family and friends
The Children’s Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Mental Hygiene Administration and MD CARES. The Campaign goal, with over 80 partners across the state, is to raise public awareness of the importance of children’s mental health. For more information, please visit www.ChildrensMentalHealthMatters.org

Resource/Links

Children’s Mental Health Matters!
Facts for Families – First Steps in Seeking Help
www.ChildrensMentalHealthMatters.org

American Academy of Child & Adolescent Psychiatry
This site contains resources for families to promote an understanding of mental illnesses.
www.aacap.org

Helping Children after a disaster - Information for parents about trauma, PTSD, and behavioral changes to look for.
http://www.aacap.org/publications/factsfam/disaster.htm

Posttraumatic Stress Disorder (PTSD) - Defines PTSD and gives symptoms.
http://www.aacap.org/publications/factsfam/ptsd70.htm

Talking to Children About Terrorism and War
http://www.aacap.org/publications/factsfam/87.htm

The Children’s Hospital of Philadelphia - Center for Pediatric Child Traumatic Center
http://www.chop.edu/cpts

The Family-Informed Trauma Treatment Center (in Maryland)
http://www.fittcenter.umaryland.edu

Maryland Coalition of Families for Children’s Mental Health
http://www.mdcoalition.org

National Institute of Mental Health
NIMH strives to transform the understanding and treatment of mental illness through basic clinical research, paving the way for prevention, recovery, and cure. Visit NIMH for information on clinical trial and mental health information, statistics, and resources.
http://www.nimh.nih.gov

Helping Children and Adolescents Cope with Violence and Disasters - Defines trauma, describes how children react to trauma and how to help them, includes tips for parents and caregivers.

The National Child Traumatic Stress Network
NCTSN seeks to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.
http://www.nctsn.org