Breaking the Cycle of Child Traumatic Stress

Left untreated, child traumatic stress can result in lifelong emotional and physical problems.

With the right help, children and youth can recover from traumatic stress and improve their mental and physical health.

Traumatic events happen to more than half of children and youth.

Events and experiences in childhood can cause traumatic stress and serious problems later in life.

As the number of traumatic events in childhood increases, the risk for problems in adulthood increases.

The Minnesota Department of Human Service (DHS) is working with mental health agencies and the Ambit Network to connect families with effective treatment for child traumatic stress.

DHS is also partnering with others across Minnesota to raise public awareness about the impact of adverse childhood experiences in an effort to reduce future problems.