

RESILIENCE AND HOPE

There is hope for children with traumatic stress. Children are amazingly resourceful and resilient. Each child is unique and not every child who experiences a traumatic event will develop child traumatic stress. If you have concerns about a child, seek help. There are treatments that work.



CONTACT THE AMBIT NETWORK

Tel: 612-624-7722

Web: www.ambitnetwork.org

With support from:

Children's Mental Health Division
Minnesota Department of Human Services

www.dhs.state.mn.us/cmh



UNIVERSITY OF MINNESOTA



Minnesota Department of **Human Services**

Understanding Child Traumatic Stress

AMBIT NETWORK

Navigating research and practice in child trauma



SIGNS AND SYMPTOMS

Symptoms of child traumatic stress vary by the child's developmental stage, but can include:

- *Flashbacks or bad dreams*
- *Avoiding certain people, places or things*
- *Not doing things they used to enjoy*
- *Changes in behaviors or moods*
- *Difficulties at school*
- *Trouble eating and sleeping*
- *Problems with friendships*

WHAT IS TRAUMATIC STRESS?

Child traumatic stress is the physical and emotional responses of a child to events or experiences that threaten that child's sense of safety and security. Traumatic stress can affect all areas of a child's life in the home, school and community.

CAUSES OF TRAUMATIC STRESS

Traumatic stress can occur when an event threatens a child's life, or the life of somebody close to him/her, and causes harm to a child's emotional or physical well-being. Traumatic events can range from one event to many events over time. A child may develop traumatic stress after experiencing or seeing any of the following:

- *Car accident*
- *Natural disaster (flood, tornado, etc.)*
- *Community or school violence*
- *Serious injury or illness*
- *Sudden loss of a parent or caregiver*
- *Physical or sexual abuse*
- *Child neglect*
- *Domestic violence*

IMPACT OF TRAUMATIC STRESS

If left untreated, child traumatic stress can result in lifelong problems. It can negatively impact:

- *Healthy development*
- *School, relationships and work*
- *Ability to participate fully in a healthy life*

WHERE TO GET HELP

Getting help early for a child can increase a child's chances for success. There are effective treatments for child traumatic stress. Ambit Network, along with DHS, has trained over 100 clinicians in Minnesota on evidence-based trauma treatment. For more information, including a list of agencies with trained mental health providers, visit www.ambitnetwork.org, or call us at 612-624-7722.

