

# Children's Mental Health Matters!

a Maryland public awareness campaign

## 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 have 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 can we 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

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

coordinated by

mhamd   
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families

[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

## Resource/Links

### **Children's Mental Health Matters!**

*Facts for Families – First Steps in Seeking Help*

[www.ChildrensMentalHealthMatters.org](http://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](http://www.aacap.org)

*Helping Children after a disaster* - Information for parents about trauma, PTSD, and behavioral changes to look for.

[http://www.aacap.org/App\\_Themes/AACAP/docs/facts\\_for\\_families/36\\_helping\\_children\\_after\\_a\\_disaster.pdf/disaster.htm](http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/36_helping_children_after_a_disaster.pdf/disaster.htm)

*Posttraumatic Stress Disorder (PTSD)* - Defines PTSD and gives symptoms.

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_families\\_Pages/Posttraumatic\\_Stress\\_Disorder\\_70.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_families_Pages/Posttraumatic_Stress_Disorder_70.aspx)

*Talking to Children about Terrorism and War*

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Talking-To-Children-About-Terrorism-And-War-087.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Talking-To-Children-About-Terrorism-And-War-087.aspx)

*Talking to Children about the News*

[https://www.aacap.org/aacap/families\\_and\\_youth/facts\\_for\\_families/FFF-Guide/Children-And-The-News-067.aspx](https://www.aacap.org/aacap/families_and_youth/facts_for_families/FFF-Guide/Children-And-The-News-067.aspx)

### **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.

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/index.shtml>

### **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>

### **Substance Abuse & Mental Health Services Administrations (SAMHSA)**

*Adverse Childhood Experiences Study*

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

### **Aces Too High**

<https://acestoohigh.com/got-your-ace-score/>

MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

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 Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)