Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening, and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being. The individual's experience of these events or circumstances helps to determine whether it is a traumatic event.


Types of Trauma
- Violence
- Physical, sexual, and/or emotional abuse
- Witnessing or exposure to violence/abuse
- Neglect
- War zone & refugee experiences
- Traumatic grief
- Terrorism and torture
- Immigration experiences
- Traumatic medical procedures

Manifestations of Trauma
- Unexpected reactions/overreactions (anger, hostility)
- Distractibility (jittering, fidgeting, difficulty focusing)
- Anxiety or irritability
- Difficulty regulating emotions
- Avoidance of people/places/situations
- Difficulty sleeping
- Substance use or abuse
- Difficulty coping with change or unanticipated circumstances

How Parents, Caregivers, and Friends Can Help Trauma Survivors
- Be a dependable source of hope and optimism for the survivor.
- Help the survivor identify healthy coping skills for the strong emotions they manage, such as exercise, writing in a journal, and mindfulness.
- Help the survivor develop supportive relationships and a sense of connection.
- Do your best to create a sense of safety and stability for the survivor of trauma.
- Seek out information and support related to the specific type(s) of trauma that have been experienced (see reverse).
- Know your role: Be a good listener, but do not ask for details about the trauma. Seek guidance from experts when appropriate.

Behaviors related to a trauma history are often interpreted as deliberate. Caregivers should rely on positive behavior management techniques rather than harsh punishments that may escalate a situation and trigger fear and anger.

- If trauma symptoms have a negative effect on behavior, daily living, or school performance, consider asking school staff for guidance or counseling (see reverse).

Prevalence
Sixty percent of American children were exposed to violence, crime or abuse in their homes, schools and communities in the most recently completed comprehensive national survey. National Survey of Children’s Exposure to Violence (2008)

Exposure to violence is a national crisis that affects approximately two-thirds of our children. Of the 76 million children currently residing in the United States, an estimated 46 million can expect to have their lives touched by violence, crime, abuse, and psychological trauma this year.
Report of the Attorney General’s National Task Force on Children Exposed to Violence (December 2012)

In another study, more than 68% of children and adolescents had experienced a potentially traumatic event by the age of 16. Impairments—including school problems, emotional difficulties, and physical problems—occurred in more than 20% of children who had been traumatized. In those who had experienced more than one traumatic event, the rate was nearly 50%.
RESOURCES

Immigrant / Refugee Children
http://www.refugees.org/resources/for-service-providers/working-with-refugees.html
http://www.brycs.org/clearinghouse/search_resources.cfm

Childhood Trauma
http://www.samhsa.gov/trauma/index.aspx#TipsChildren
http://www.nctsn.org/resources

When a Child’s Parent has PTSD
http://www.ptsd.va.gov/professional/treatment/children/pro_child_parent_ptsd.asp

Office of Psychology Services of the Fairfax County Public Schools
Provides consultation on student mental health, learning and behavioral issues.
Phone: (571) 423-4250
http://www.fcps.edu/dss/ips/psychologists

Office of School Social Work Services of the Fairfax County Public Schools
Provides consultation and resources to students and families around mental and behavioral health needs.
Phone: (571) 423-4300
http://www.fcps.edu/dss/ips/socialworkers/index.shtml

Northern Virginia Family Service
Violence Prevention and Intervention Services: Program for Children Exposed to Violence
Phone: (571) 748-2808

Entry and Referral Services - Fairfax-Falls Church Community Services Board
Provides mental/behavioral health intake, assessments and referrals
Phone: (703) 383-8500
http://www.fairfaxcounty.gov/csb

Fairfax County Trauma-Informed Community Network

EMERGENCY AND CRISIS NUMBERS
Help is available 24/7

National Suicide Prevention Lifeline
Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Also provides guidance for helping someone in distress. National Hotline: 1-800-273-TALK (8255)
Web and chatline link: http://www.suicidepreventionlifeline.org

PRS CrisisLink
Provides 24-hour confidential listening, crisis intervention, information and referrals
Regional Hotline: (703) 527-4077
Text “CONNECT” to 85511
http://prsinc.org/crisislink/services/

Community Services Board Emergency Services: 703-573-5679

Fairfax County 24-Hour Domestic & Sexual Violence Hotline/Helpline: 703-360-7273

Second Story Teen Crisis Hotline: 1-800-SAY-TEEN (729-8336)

Fairfax County Child Protection Services Hotline: 703-324-7400

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Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.