

Factors that Impact Trauma to Young Children

- * Often referred to as risk factors
- * Family structure
- * SES , poverty
- * Substance abuse
- * Domestic and community violence
- * Housing, access high quality preschool, education

It is important to be aware of:

- * Situational Risk Factors & Enduring Risk Factors
 - * Acute Family Relationship Conflict
 - * Acute Life Stress
 - * Acute Mental or Physical Wellness Crisis
 - * Social Isolation
 - * Impaired Caregiver-Child Relationship
 - * Everyday Stress

It is important to be aware of:

* Enduring and Underlying Protective Factors:

- * Family Strengths
- * Healthy Coping Strategies
- * Supportive Child-Caregiver Relationships
- * Cultural Roots
- * Economic Stability
- * Community Connections



The Wonderful Brain

Name a few brain responsibilities

Left Hemisphere

- * Motor (on the ...)
- * Language
- * Memory creation
- * Detail
- * Sequence
- * Logical thought based on language

Right Hemisphere

- * Motor (on the...)
- * Emotional Processing
- * Memory retrieval
- * Spatial manipulation
- * Facial Recognition
- * Holistic Perception “Gist”

Brain Structures

How does trauma affect the child's brain?

- * The child's stress response is exaggerated and prolonged resulting in changes in the child's brain organs
- * Larger, more active Amygdala
- * Smaller Hippocampus
- * Smaller less active Frontal Lobes
- * Smaller Corpus Callosum



What Will We See Behaviorally?



Frontal Lobe Functions

- * Impulse Control
- * Organization
- * Time Orientation
- * Reading Social Cues

Corpus Callosum

- * Not well integrated having problems using words to solve problems

Amygdala Functions

- * Problems w/emotional control
- * Delays in cause and effect thinking
- * Difficulty w/empathy
- * Inability to describe own emotions
- * Hyper-arousal, anxiety

What Will We See Behaviorally

Hippocampus Functions

- * Impaired learning
 - * Less ability to make memories learning
 - * Less ability to retrieve memories – recall
 - * More impulsiveness

Abused children often struggle with complex, goals directed behaviors, and have trouble adapting to transitions, changes and demands...



What We CAN do!



Prevention Strategies

- * Universal, Selected & Indicated
 - * Prevent precursors of child maltreatment & trauma
 - * Targeted subset based on risk factors
 - * Designed for children with diagnosed problems

Restorative Strategies

- * Safety comes first
- * Build self-regulation skills
- * Address relational poverty
- * Promote enrichment
- * Teach stress management
- * Play developmental catch-up
- * Focus on competency
- * Instill HOPE

Public Health Impact of Childhood Trauma

- * Child trauma is the single most preventable cause of mental illness
- * Single most preventable cause of drug/ETOH abuse in women
- * Single most preventable cause of high risk HIV behavior (Iv drug use, promiscuity)
- * Significant contributor to leading causes of DEATH
 - * Infant mortality, heart disease, stroke, diabetes, suicide

Resources

- * <http://www.childwelfare.gov/pubs/usermanual.cfm>.
- * Author(s): Office on Child Abuse and Neglect, Children's Bureau. DePanfilis, Diane. Year Published: 2006
- * <http://www.childTrauma.org>
- * Perry, B.D. Bonding and attachment in maltreated children: Consequences of emotional neglect in childhood CTA Parent and Caregiver Education Series Volume 1: Issue 3, ChildTrauma Academy Press 1999.
- * Perry, B.D. The neurodevelopmental impact of violence in childhood. In Textbook of Child and Adolescent Forensic Psychiatry, (Eds., D. Schetky and E.P. Benedek) American Psychiatric Press, Inc., Washington, D.C. pp. 191-203, 2002