

Parent Talk

MAY 2024

Trauma in Kids

Trauma is one of the most impactful mental health issues kids can experience. Between increased rates of violence and neglect, as well as increased access to the Internet and the potential to stumble upon potentially traumatic things, it's vital that we address trauma in kids. Below, we list some situations that can cause trauma, signs of trauma, and how trauma can be treated.

Know What Can Cause Trauma

Kids can experience traumatic events in a variety of different ways, but some of the most common situations include:

- Abuse or neglect
- Witnessing domestic violence
- Serious illness or injury
- Natural disasters
- School shootings
- Loss of a loved one

If a child you know has experienced any of these situations and appears to be acting differently, it may be a sign of trauma.

Know the Symptoms & Signs

Trauma typically manifests itself in the same ways depending on the child's age. Some key signs to look out for are:

- Increased fear and anxiety
- More crying and/or tantrums
- Loss of appetite
- Sleep issues
- Sexualized or aggressive behavior
- Feelings of guilt and/or shame
- Social issues with friends and/or peers
- Depression
- Self-harm
- Drug or alcohol use (more specific to pre-teens and teens)

Any of these symptoms in combination with a traumatic event may be cause for concern and warrants a call to a treatment professional.

Know Which Treatments Are Effective

Trauma in kids can be treated with a few different evidence-based treatments such as:

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

The most well-supported and effective treatment for children impacted by trauma. This program is structured and short-term, typically lasting 12-25 sessions.

Parent-Child Interaction Therapy (PCIT)

A scientifically proven training program that works with caregivers to enhance parenting techniques for use with their children. It typically lasts about 12-20 weeks.

Behavioral Parent Training (BPT)

A program that helps caregivers learn ways to manage and improve their child's behavior.

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

A skills-based group intervention for kids between the ages of 10 and 18 years old that is designed to support kids who have experienced difficult life events.


Need more help?

Resources at The Baker Center are just a click away



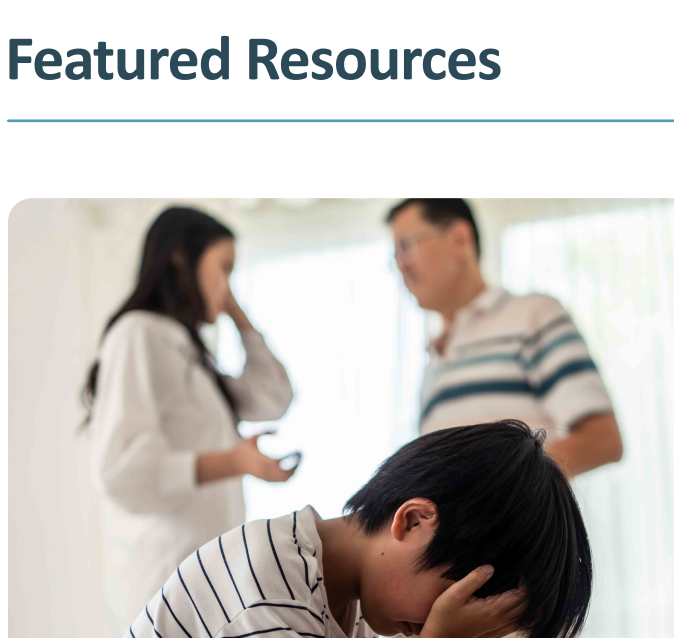
Therapy & Treatment Services

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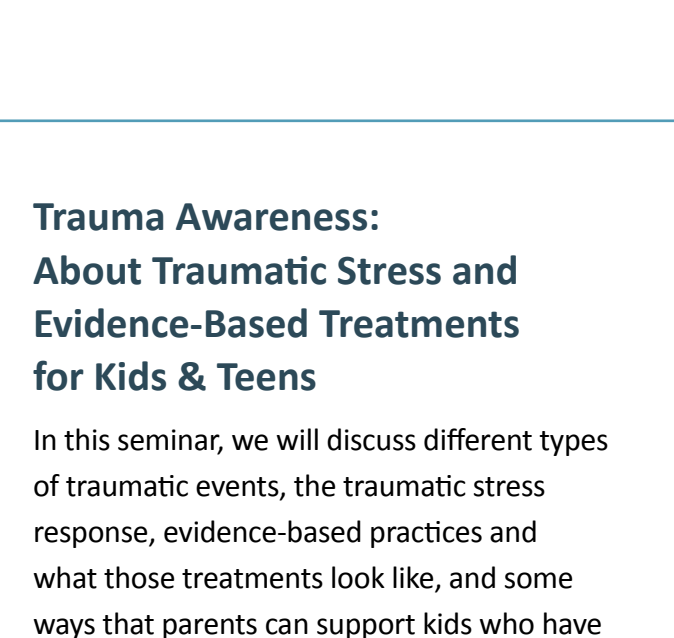
Special Education

MANVILLE SCHOOL →



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CAMP BAKER →



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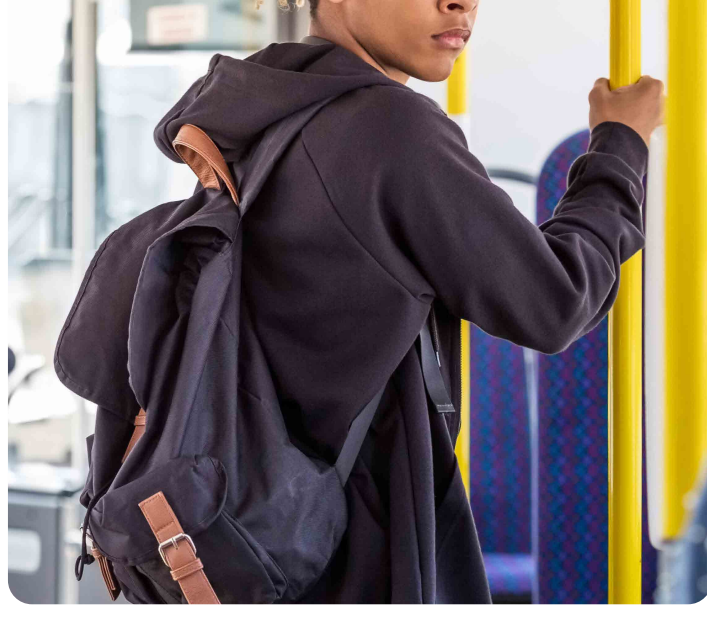
Featured Resources



Trauma Awareness: About Traumatic Stress and Evidence-Based Treatments for Kids & Teens

In this seminar, we will discuss different types of traumatic events, the traumatic stress response, evidence-based practices and what those treatments look like, and some ways that parents can support kids who have experienced traumatic stress.

[LEARN MORE](#)



Protecting Childhood: Understanding Traumatic Stress and its Impact on Children's Mental Health

Children and teens can experience traumatic events in the same way that adults can. When they experience a traumatic event, it means they are faced with very real safety concerns. These dangerous events can overwhelm their ability to regulate emotions, and kids who have experienced traumatic events are often on guard, looking out for additional threats to safety.

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Protecting Childhood: Accessing Trauma-Informed Care and Supporting Your Child After A Traumatic Event

If you suspect, or know, that your child is struggling with symptoms of traumatic stress or has experienced a traumatic event, engaging with an evidence-based assessment can help you and your support team identify the ways in which your child is struggling and the best ways to support them moving forward.

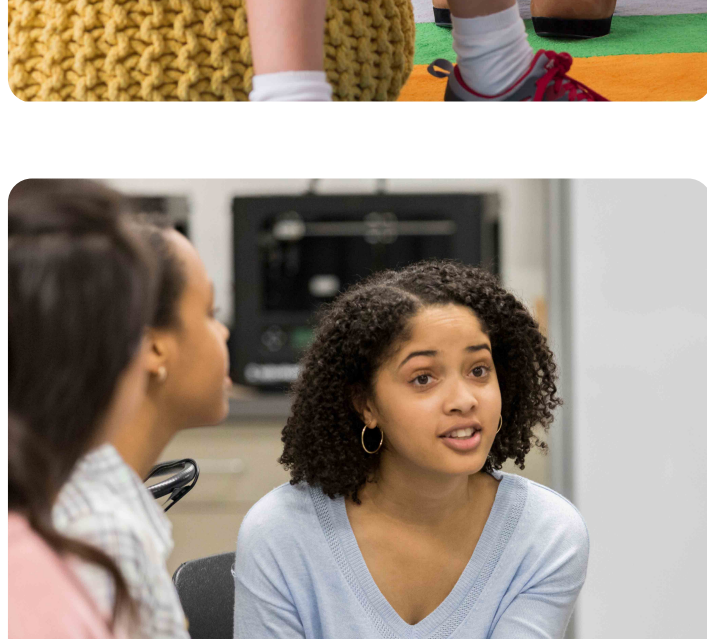
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The MetroWest Evidence-based Trauma-Informed Referral & Treatment Initiative for Children (METRIC)

METRIC aims to increase access to trauma-focused, evidence-based services for children and adolescents ages 2 to 18, and their families, in school and community-based settings in Waltham, Boston, and surrounding communities. METRIC aims to connect a projected 2,000 children and families with critical trauma-focused services to combat a variety of conditions including traumatic stress, neglect, and abuse. This includes comprehensive screening, assessment, training for school and outpatient clinicians, and referral systems to strengthen the infrastructure supporting the long-term needs of the community.

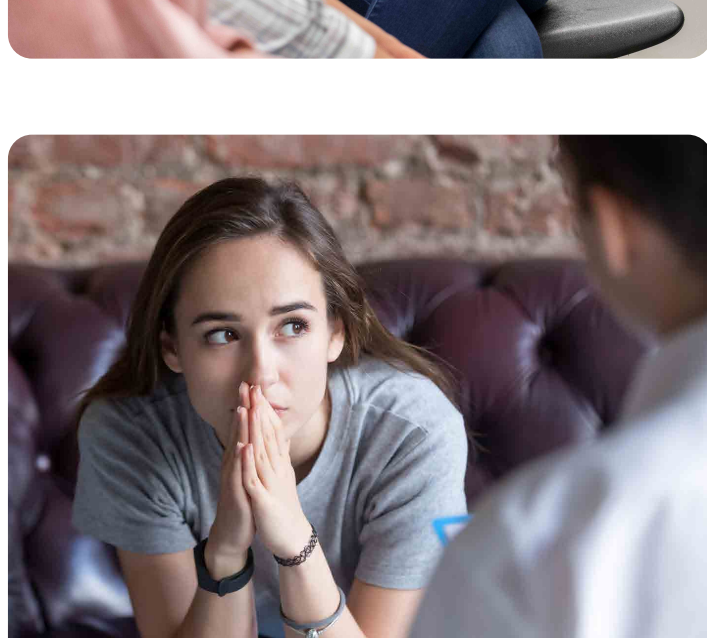
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Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Groups

CBITS trauma groups are a skills-based group intervention that are designed to support kids who've experienced difficult life events. Children learn about common traumatic events, common reactions to them, and strategies to cope. While CBITS groups are focused on treating traumatic stress, this intervention also targets related problems such as depression and anxiety.

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Trauma in Kids Brochure

Learn more about the ways in which trauma can present in kids and teens, as well as recommended courses of action caregivers, teachers, and more can take to ensure kids are receiving the care they need to overcome trauma.

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