

# How to Manage Trauma

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope. There is a direct correlation between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer, and high blood pressure.

## TRAUMA CAN STEM FROM

Childhood abuse or neglect

Physical, emotional, or sexual abuse

War and other forms of violence

Accidents and natural disasters

Grief and loss

Witnessing acts of violence

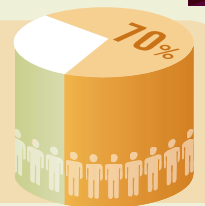
Medical interventions

Cultural, intergenerational and historical trauma

TRAUMA

## HOW COMMON IS TRAUMA?

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's **223.4 million people**.



In public behavioral health, **over 90%** of clients have experienced trauma.

**Trauma is a risk factor** in nearly all behavioral health and substance use disorders.

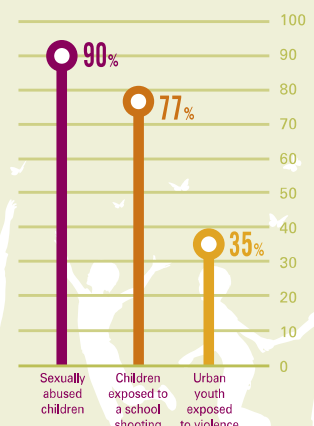
In the United States, a woman is **beaten every 15 seconds**, a forcible rape occurs every 6 minutes.



More than **33% of youths** exposed to community violence will experience Post Traumatic Stress Disorder, a very severe reaction to traumatic events.



Nearly all children who witness a parental homicide or sexual assault will develop Post Traumatic Stress Disorder. Similarly, 90% of sexually abused children, 77% of children exposed to a school shooting, and 35% of urban youth exposed to community violence develop Post Traumatic Stress Disorder.



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.



*People can and do  
recover from trauma*



## SYMPTOMS OF TRAUMA CHECKLIST

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares and flashbacks — re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor guilt, or shame
- Diminished interest in everyday activities

## HOW TO TALK TO YOUR DOCTOR

- Make your doctor aware that you have experienced trauma, past or recent
- Help them understand what is helpful to you during office visits, i.e., asking permission to do a procedure, staying as clothed as possible, explaining procedures thoroughly, or having a supporter stay in the room with you
- Ask for referrals to therapy and behavioral health support



## HELPFUL COPING STRATEGIES

- Acknowledge that you have been through traumatic events
- Connect with others, especially those who may have shared the stressful event or experienced other trauma
- Exercise — try jogging, aerobics, bicycling, or walking
- Relax — try yoga, stretching, massage, meditation, deep muscle relaxation, etc.
- Take up music, art, or other diversions
- Maintain balanced diet and sleep cycle
- Avoid over-using stimulants like caffeine, sugar, or nicotine
- Commit to something personally meaningful and important every day
- Write about your experience for yourself or to share with others

## ASK YOUR HEALTHCARE PROFESSIONAL ABOUT TREATMENTS

### TRADITIONAL TREATMENTS

Cognitive Behavioral Therapy  
Eye Movement Desensitization and Reprocessing (EMDR) Therapy  
Talk Therapy  
Exposure Therapy  
Group Therapy

### ALTERNATIVE TREATMENTS

Energy Processing  
Hypnotherapy  
Neuro-Linguistic Programming  
Massage Therapy  
Pet or Equine Therapy  
Trauma and Recovery Peer Support Groups  
Wellness Recovery Action Planning (WRAP)

**NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH**



For more information, interviews, and research on trauma check out the National Council's magazine edition on the topic

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

## How can I get support?

You don't have to heal from trauma alone. If you or someone you know has experienced trauma and needs help, please use one of the resources below.

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### Columbus CARE Coalition's Social Work Help Line

If you need help getting connected to trauma recovery resources, call **614-645-6248** to reach the Columbus CARE Coalition's Social Work Help Line, Mon-Fri, 8 a.m.-4 p.m. A social worker will connect you to resources based on your personal needs.

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### Netcare Access Crisis Line

If you are experiencing a mental health crisis, call **614-276-2273** to be connected to Netcare's mental health services, 24 hours a day, 365 days a year.

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### Emergency Care

If you are experiencing any other type of emergency, call **911** for help.



*The Columbus CARE Coalition is a collaborative community effort led by Columbus Public Health. Questions? Call 614-645-6248.*

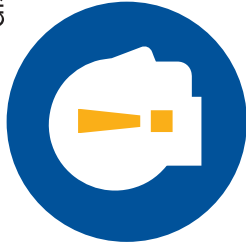
# Healing From Trauma

Understanding trauma and learning how to cope



## What is trauma?

Trauma is the result of experiencing a deeply distressing or disturbing event—like the sudden death of a loved one or an act of neighborhood violence—and occurs when extreme stress from that event overwhelms a person's ability to cope. Individuals, families and entire communities can experience trauma.



## What does trauma look like?

Everyone processes trauma differently, but for many people, experiencing trauma makes them feel unlike their usual selves. After a traumatic event, you may experience a range of physical and emotional symptoms, such as:

- Pain, like headaches, backaches or stomachaches
- Angry outbursts or mood swings
- Feelings of numbness or emptiness
- A desire to be alone or withdraw from everyday life or usual activities
- A hard time trusting others
- Nightmares or flashbacks of the traumatic event
- Nausea or trouble eating
- Trouble sleeping
- Trouble breathing

All of these reactions—and more—are normal after experiencing a violent, traumatic event.

## How can I cope with trauma?

People can and do recover from trauma when they receive proper care and support. While the path to healing looks different for everyone, it can help to:

### **Acknowledge that you have experienced trauma.**

Recognizing that you have experienced a deeply stressful and painful event is an important first step in beginning to heal.

**Connect with others.** It can help to spend time with people who care for you, respect you and bring you joy.

**Talk to others about what you're feeling.** When you're ready, talk to a trusted friend, family member, mentor or counseling professional who can help you better understanding your feelings and offer emotional support.

**Take care of your body.** Recovering from trauma is easier when you're in good physical condition. Stay healthy, hydrated and rested by exercising, eating a balanced diet, drinking lots of water and getting plenty of sleep.

**Get back into a normal routine.** Completing daily tasks and meeting your commitments can help you feel more focused and grounded in everyday life.

**Find a creative or physical outlet.** Take up music, art, sports or other activities that will allow you to put your mental and emotional energy into things that fulfill you.

**Be patient with yourself.** Understand that healing from trauma takes time and that along the way you may experience setbacks or need additional support. Don't blame yourself for what happened or your feelings, and don't be afraid to ask for help when you need it.



## FRANKLIN COUNTY MENTAL HEALTH REFERRALS

### **Crisis Lines**

Netcare Access	614-276-CARE (2273)
Adult crisis services	888-276-CARE (2273)
Two locations: 741 E. Broad St; 199 South Central Ave	
Nationwide Children's 17 & under crisis services	614-722-1800
Adult Suicide Hotline	614-221-5445
Teen Hotline	614-294-3300
Senior Hotline	614-294-3309
CHOICES Domestic violence crisis line	614-224-HOME (4663)
Crisis Text Line - National	741-741
Suicide Prevention Line – National	800-273-TALK (8255)
Veterans Hotline - National	800-273-TALK (8255)
LGBTQ Youth Hotline - National	866-488-7386

### **Mental Health America of Franklin County**

General	614-221-1441
Get Connected/Ombudsman – call for more info on any of this handout's listings!	614-242-4357
Pro Bono Counseling	614-884-7227
Perinatal Outreach & Encouragement for Moms (POEM)	614-315-8989
Website:	www.mhafc.org
<ul style="list-style-type: none"> <li>• Fact sheets on mental illness</li> <li>• FREE confidential online screening</li> <li>• Pro bono counseling registration</li> <li>• Support groups</li> <li>• Mental Health &amp; Recovery Services Directory</li> </ul>	

### **Community Mental Health and Recovery Services**

**Primarily for Medicaid recipients; always contact insurance provider first**

Concord Counseling	614-882-9338
North Central Mental Health Services	614-299-6600
North Community Counseling Centers	614-261-3196
Southeast, Inc.	614-225-0990
Syntero Dublin	614-889-5722
Syntero Mill Run	614-457-7876
Syntero Northeast	614-600-2708
Syntero Lewis Center	740-428-0428

(continued on reverse)

**Medicaid Only**

Access Ohio Mental Health – Far East	614-367-7700
Access Ohio Mental Health – North	614-985-3112
Access Ohio Mental Health – West	614-655-3354

**If NO insurance, free or low-cost counseling:**

MHAFC Pro Bono Counseling Program	614-884-7227
Christian health services:	
Lighthouse (sliding scale fees)	614-337-1986
Wellspring (offers scholarship—will see an intern/student)	614-538-0353
Lower Lights Christian Health Center (sliding scale fees)	614-274-1455
Victory Ministries (low-cost/free)	614-252-2500
Helping Hands (free counseling)	614-262-5094
Heart of Ohio Family Health Centers:	
Capital Park	614-416-4325
Whitehall	614-235-5555

**Hospital Psychiatric Services**

OhioHealth – Riverside Hospital	614-566-5056
OSU Harding Hospital	614-293-9600
Columbus Springs	614-717-1800
Twin Valley Behavioral Healthcare	614-752-0333

**Veterans**

Veteran Affairs Outpatient Clinic (Psychiatric and AOD)	614-257-5200
Vet Center	614-257-5550
Millitary Veteran’s Resource Center	614-230-0662

**Children’s Mental Health Services**

Buckeye Ranch (Outpatient and Residential)	614-384-7798
Directions for Youth and Families	614-294-2661
Nationwide Children’s Behavioral Health	614-355-8080
St. Vincent Family Center	614-252-0731
Syntero (all locations)	(see listings on reverse side)

**General Help**

HandsOn Central Ohio	211
24-hr referrals to services for a variety of needs	

# STRESS & EARLY BRAIN GROWTH

## Understanding Adverse Childhood Experiences (ACEs)

### What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

#### Adverse Childhood Experiences can include:

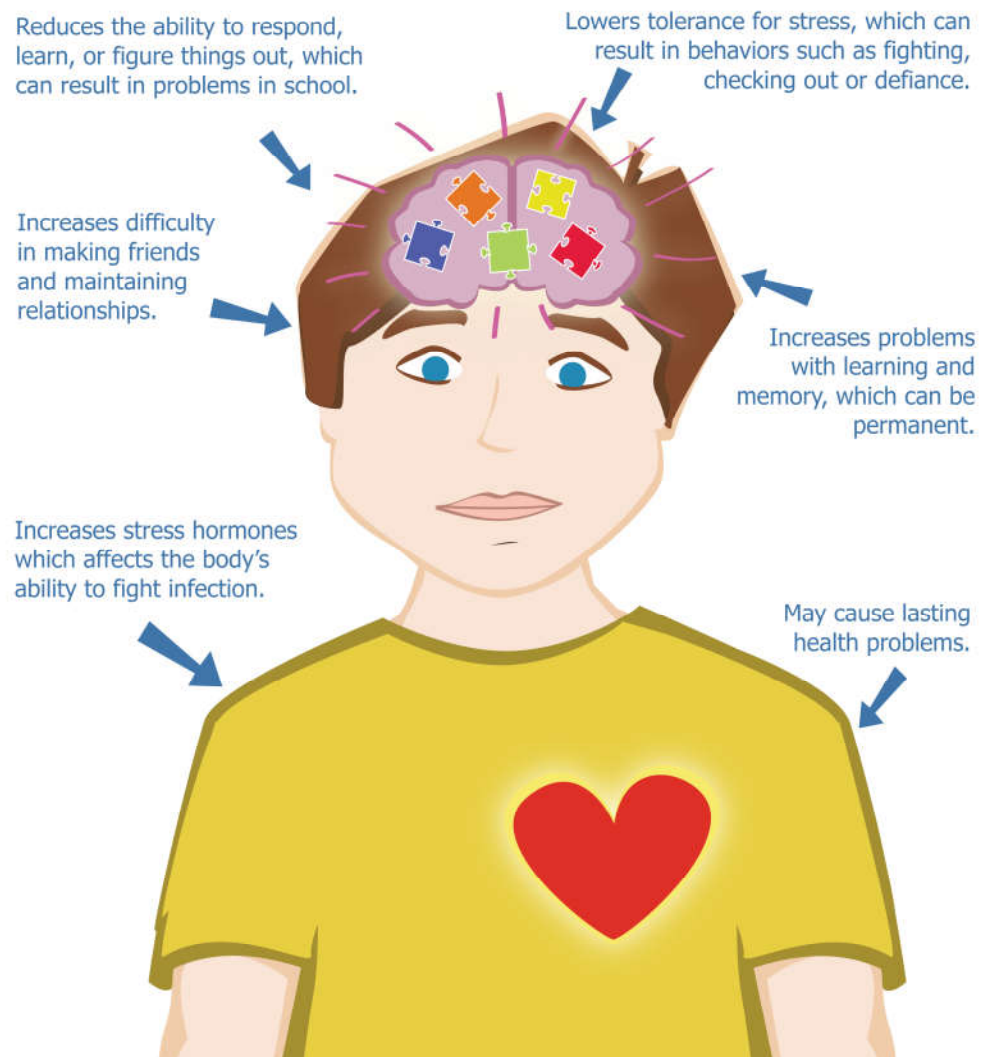
1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

#### Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

### How do ACEs affect health?

**Through stress.** Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



**A Survival Mode Response** to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words:  
**"I can't hear you! I can't respond to you! I am just trying to be safe!"**

# The good news is resilience can bring back health and hope!

## What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

## Resilience trumps ACEs!

### Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Creating environments where children feel safe emotionally and physically
- Helping children identify feelings and manage emotions
- Creating a safe physical and emotional environment at home, in school, and in neighborhoods

### What does resilience look like?

#### 1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

#### 2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

#### 3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

#### 4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

#### 5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

#### 6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.

### Resources:

#### ACES 101

<http://acestoohigh.com/aces-101/>

#### Triple-P Parenting

[www.triplep-parenting.net/global/en/home/](http://www.triplep-parenting.net/global/en/home/)

#### Resilience Trumps ACEs

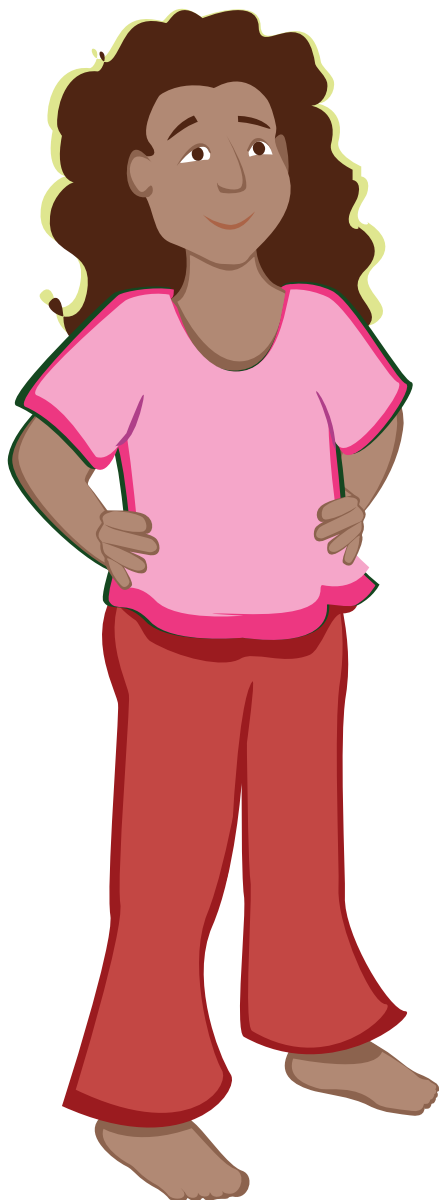
[www.resiliencetrumpsACEs.com](http://www.resiliencetrumpsACEs.com)

#### CDC-Kaiser Adverse Childhood Experiences Study

[www.cdc.gov/violenceprevention/acesstudy/](http://www.cdc.gov/violenceprevention/acesstudy/)

#### Zero to Three Guides for Parents

[www.zerotothree.org/about-us/areas-of-expertise/free-parent--brochures-and-guides/](http://www.zerotothree.org/about-us/areas-of-expertise/free-parent--brochures-and-guides/)







## Tips for Survivors:

### COPING WITH GRIEF AFTER COMMUNITY VIOLENCE

It is not uncommon for individuals and communities as a whole to experience grief reactions and anger after an incident of community violence. Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. Most people will experience a natural occurrence of grief after the death of a loved one, but grief and anger can be the result of other types of losses. In situations of community violence, people may experience the loss of their sense of safety, their trust in those who live in their neighborhood, or their trust in local government. The trauma and grief of community violence can be experienced by all involved.

This tip sheet contains information about some of the signs of grief and anger and provides useful information about how to cope with grief. In addition, the **Helpful Resources** section provides hotline numbers and treatment locators for those who may want further help.

### Grief Reactions to Violence

Often after a death or loss of some kind, many people express feeling empty and numb, or unable to feel. Some people complain that they become angry at others or at situations, or they just feel angry in general, even without a reason.

Some of the physical reactions to grief and anger may include the following:

- Trembling or shakiness
- Muscle weakness
- Nausea, trouble eating
- Trouble sleeping, trouble breathing
- Dry mouth

People experiencing grief may have nightmares, withdraw socially, and may have no desire to participate in their usual activities, work, or school.

### How Long Do Grief Reactions Last?

Grief lasts as long as it takes you to accept and learn to live with the changes that have occurred in your community due to the violence and its aftermath. For some people, grief lasts a few months; for others, it may take more than a

year. It's different for each person depending on his or her health, coping styles, culture, family supports, and other life experiences. How long people grieve may also depend on the resilience of the community and the ability of its members to take on roles and responsibilities that will help restore the basic needs of the community, such as getting children back to school and businesses back to working again.

### Reactions to Community Violence in Children

Witnessing community violence and death can be traumatic experiences that cause negative mental health outcomes, particularly for children. Close relationships are important to children's development, and the loss of family or a community member can represent the loss of social capital—the emotional support that enhances their well-being. Children may experience depression, posttraumatic stress, anxiety, aggression, poor academic achievement, hopelessness, and risky behavior. These losses can even affect their capacity for relationships and diminish future expectations.

### Tips for Helping Children Cope With Grief

- Allow children to talk about their feelings and to express their grief (e.g., crying, being sad).
- Try to follow the same routines as usual.
- Encourage them to play and laugh.
- Limit exposure to violence on TV news.
- Encourage them to get adequate rest and to eat healthy meals.

### What Can Communities Do To Cope With Their Grief?

Often the community needs to come together to honor those who died and find meaning in their deaths in a way that will help everyone in the community recover. People may create a memorial and decide together that this will remind them never to allow such violence in their community again. It may help them be determined to work out their differences in other ways in the future—for example, by forming a community advisory group or identifying a local leader to be their liaison with law enforcement and other government entities.

## Helpful Resources

Substance Abuse and Mental Health Services  
Administration Disaster Technical Assistance  
Center (SAMHSA DTAC)

Toll-Free: 1-800-308-3515

Website: <http://www.samhsa.gov/dtac>

SAMHSA Behavioral Health Disaster Response Mobile App

Website: <http://store.samhsa.gov/product/PEP13-DKAPP-1>

Administration for Children and Families\*

Website: <http://www.acf.hhs.gov>

### Treatment Locators

Mental Health Treatment Facility Locator

Toll-Free: 1-800-789-2647 (English and español)

TDD: 1-866-889-2647

Website: <http://findtreatment.samhsa.gov/MHTreatmentLocator>

MentalHealth.gov

Website: <http://www.mentalhealth.gov>

MentalHealth.gov provides U.S. government information and resources on mental health.

Substance Abuse Treatment Facility Locator

Toll-Free: 1-800-662-HELP (1-800-662-4357)

(24/7 English and español); TDD: 1-800-487-4889

Website: <http://www.findtreatment.samhsa.gov>

### Hotlines

National Suicide Prevention Lifeline

Toll-Free: 1-800-273-TALK (1-800-273-8255)

TTY: 1-800-799-4TTY (1-800-799-4889)

Website: <http://www.samhsa.gov>

*This resource can be found by accessing the Suicide Prevention Lifeline box once on the SAMHSA website.*

National Domestic Violence Hotline\*

Toll-Free: 1-800-799-7233

TTY: 1-800-787-3224

Website: <http://www.thehotline.org>

\*Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

## What Can Individuals Do To Cope With Their Grief?

Talking to others who understand and respect how you feel—family members, faith leaders, people you trust—is a helpful way to ease your grief. Recognize that although you might still have these feelings over a long period, they will likely be less and less intense over time. Make sure to exercise and eat healthy meals. Do the things that you used to enjoy doing, even if you don't always feel like it. This will help you get back into your routines. Allow yourself to feel joy at times and to cry when you need to.

Even though they may be experiencing grief, some individuals also exhibit positive changes from their experience of loss, such as the following:

- Becoming more understanding and tolerant
- Having increased appreciation for relationships and loved ones
- Being grateful for what they have and for those in their community who are loving and caring
- Experiencing enhanced spiritual connection
- Becoming more socially active

If you have experienced the death of a friend or loved one—or if you have been exposed to community violence—feelings of grief and anger are a normal reaction. But, if these feelings persist, access the resources on this page for more information on getting help.

**If you or someone you know is struggling after a disaster, you are not alone.**

## Disaster Distress Helpline

PHONE: 1-800-985-5990

TEXT: "TalkWithUs" to 66746

WEB: <http://disasterdistress.samhsa.gov>

**Call 1-800-985-5990 or text "TalkWithUs" to 66746 to get help and support 24/7.**



HHS Publication No. SMA-14-4888

(2014)

## What is Child Traumatic Stress?

Child traumatic stress is when children and adolescents are exposed to traumatic events or traumatic situations, and when this exposure overwhelms their ability to cope.

When children have been exposed to situations where they feared for their lives, believed they could have been injured, witnessed violence, or tragically lost a loved one, they may show signs of traumatic stress. The impact on any given child depends partly on the objective danger, partly on his or her subjective reaction to the events, and partly on his or her age and developmental level.



### **If your child is experiencing traumatic stress you might notice the following signs:**

- Difficulty sleeping and nightmares
- Refusing to go to school
- Lack of appetite
- Bed-wetting or other regression in behavior
- Interference with developmental milestones
- Anger
- Getting into fights at school or fighting more with siblings
- Difficulty paying attention to teachers at school and to parents at home
- Avoidance of scary situations
- Withdrawal from friends or activities
- Nervousness or jumpiness
- Intrusive memories of what happened
- Play that includes recreating the event

## What is the best way to treat child traumatic stress?

There are effective ways to treat child traumatic stress.

### **Many treatments include cognitive behavioral principles:**

- Education about the impact of trauma
- Helping children and their parents establish or re-establish a sense of safety
- Techniques for dealing with overwhelming emotional reactions
- An opportunity to talk about the traumatic experience in a safe, accepting environment
- Involvement, when possible, of primary caregivers in the healing process

For more information see the NCTSN website: [www.nctsn.org](http://www.nctsn.org).

## What can I do for my child at home?

Parents never want their child to go through trauma or suffer its after effects.

**Having someone you can talk to about your own feelings will help you to better help your child.**



### Follow these steps to help your child at home:

1. Learn about the common reactions that children have to traumatic events.
2. Consult a qualified mental health professional if your child's distress continues for several weeks. Ask your child's school for an appropriate referral.
3. Assure your child of his or her safety at home and at school. Talk with him or her about what you've done to make him or her safe at home and what the school is doing to keep students safe.
4. Reassure your child that he or she is not responsible. Children may blame themselves for events, even those completely out of their control.
5. Allow your child to express his or her fears and fantasies verbally or through play. That is a normal part of the recovery process.
6. Maintain regular home and school routines to support the process of recovery, but make sure your child continues going to school and stays in school.
7. Be patient. **There is no correct timetable for healing. Some children will recover quickly. Other children recover more slowly.** Try not to push him or her to "just get over it," and let him or her know that he or she should not feel guilty or bad about any of his or her feelings.



### How can I make sure my child receives help at school?

If your child is staying home from school, depressed, angry, acting out in class, having difficulty concentrating, not completing homework, or failing tests, there are several ways to get help at school. Talk with your child's school counselor, social worker, or psychologist. Usually, these professionals understand child traumatic stress and should be able to assist you to obtain help.

#### Ask at school about services through Federal legislation including:

1. Special Education—the Individuals with Disabilities Education Act (IDEA) which, in some schools, includes trauma services; and
2. Section 504—which protects people from discrimination based on disabilities and may include provisions for services that will help your child in the classroom.

Check with your school's psychologist, school counselor, principal, or special education director for information about whether your child might be eligible for help with trauma under IDEA.

**The good news is that there are services that can help your child get better. Knowing who to ask and where to look is the first step.**

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