



Disruption: the impact of trauma on children

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What is trauma? PTSD?

- Trauma-a deeply distressing or disturbing experience
- PTSD- how the experience of a trauma impacts a person's *functioning*
- ACEs- Adverse Childhood Experiences
 - Estimated 1:7 children in Ohio have experienced 3 or more ACEs

What might we notice in a child with PTSD?

- Re-experiencing- flashbacks, bad dreams, frightening thoughts
- Avoidance-places, events, thoughts, feelings, reminders
- Arousal-easily startled, "on edge", difficulty sleeping, anger
- Reactivity-disruptive, disrespectful, destructive behaviors
- Cognition-difficulty remembering
- Mood-negative thoughts, loss of interest in enjoyable activities

How can trauma effect a child in school?

Many symptoms of ADHD and Oppositional Defiance Disorder are also symptoms of exhibited by children who have experienced trauma

How can trauma impact lifetime outcomes?

Children who experience trauma are significantly more likely to have experience

- Executive Function and Academic Difficulties
- Violence and Crime
- Physical and Mental Health Problems

How can schools reduce the impact of trauma on children?

Resilience is ability to cope with negative life events and challenges; to 'bounce back' from difficult situations and persist in the face of adversity.

Children who have experienced trauma have improved outcomes with access to:

- Supportive adult-child relationships;
- Sense of self-efficacy and perceived control;
- Opportunities to strengthen adaptive skills and self-regulatory capacities;
- Sources of faith, hope, and cultural traditions.

Schools are the obvious source for primary intervention to promote resilience for children who have experienced trauma:

- Access: Children spend significant portion of their day in school
- Capacity: Schools are already responding academically to children, regardless of ability or trauma history
- Composition: Schools can provide access to trustworthy and nurturing adults. predictability and structure