



TRAUMA TALK

*Tips for Mental Wellness for the
Whole Family in the Face of Trauma*

October 9, 2020 6:00 pm Zoom
Presented by WPI Ma'iak na Ha'āni (Bright Futures)

Tonight's Agenda

- About Us
- About Trauma
- Coping with Trauma
- Community Resources
- Questions and Answers

Who are we?



Ma'lak na Ha'ani or “Bright Futures” is a trauma treatment program for youth ages 11-17 at three GDOE schools in the northern region.

Our program offers mental health services including, but not limited to, individual therapy, group therapy, crisis intervention, outreach, and education.



Your Presenters

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School-Based Clinician

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School-Based Clinician

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School-Based Clinician



**Let's talk
about
trauma.**






What is trauma?

An event that is sudden and frightening and that poses a threat of injury or death to oneself or other.

Usually makes an individual feel terrified, horrified, or helpless when it is happening.


Source: Support for Students Exposed to Trauma: The SSET Program



Examples of Trauma

- Psychological/ physical/sexual abuse
- Witnessing or experiencing domestic violence
- Community or school violence
- Physical or sexual assault
- Commercial sexual exploitation

Source: SAMHSA National Child Traumatic Stress Initiative

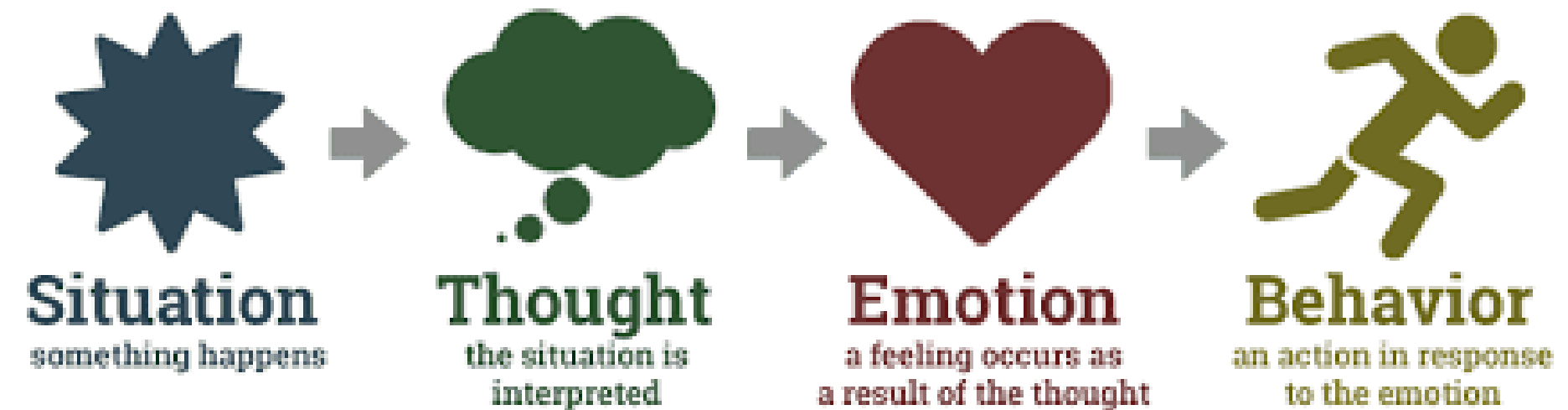
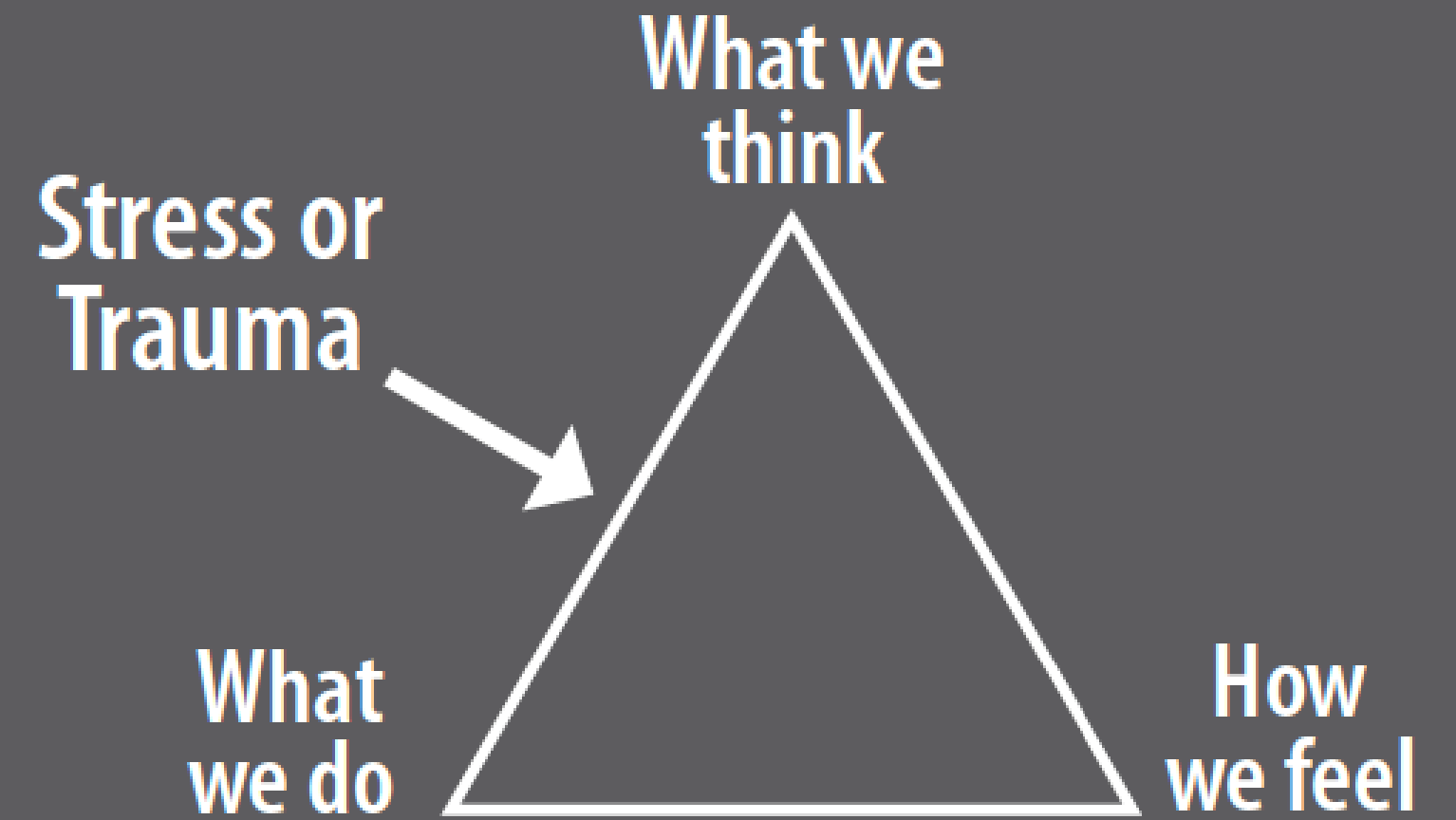


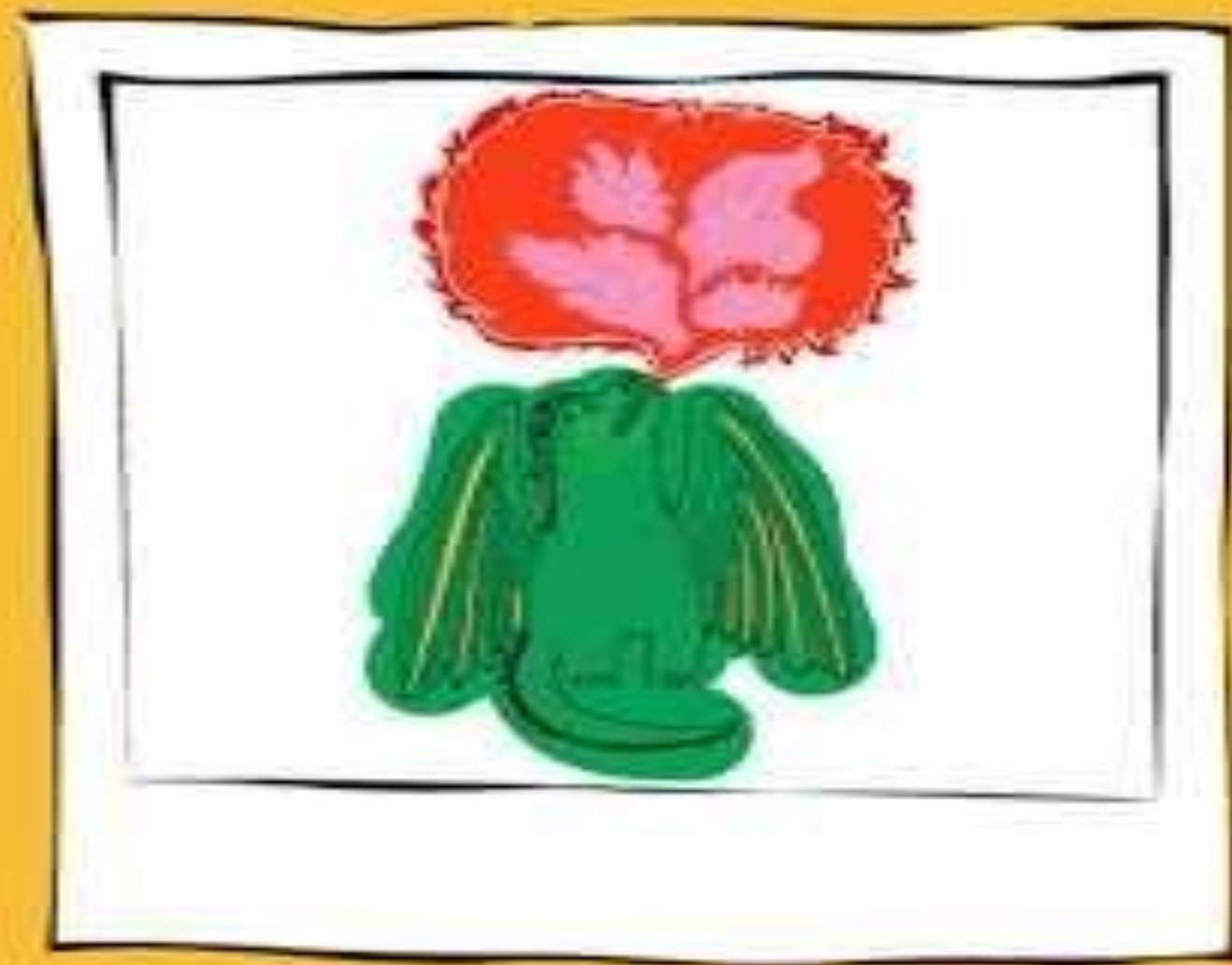
Examples of Trauma

- Serious accidents or life-threatening illness
- Sudden or violent loss of a loved one
- Refugee or war experiences
- Natural disasters or terrorism
- Military family-related stressors
- Neglect

Source: SAMHSA National Child Traumatic Stress Initiative

Impact of Trauma





Common reactions to trauma

- Feeling anger
- Feeling shame
- Feeling guilt
- Feeling sadness/grief/loss
- Feeling bad about yourself

- Being on guard to protect yourself; feeling like something bad is about to happen
- Jumping when there is a loud noise
- Having physical health problems and complaints

Source: Support for Students Exposed to Trauma: The SSET Program



**If you have had any common
reactions to trauma...**

That is normal.

Exposure to traumatic events among youth is relatively common.

More than one third of U.S. children report being victims or physical violence in the past.

19% of injured and 12% physically ill youth have post-traumatic stress disorder.

More than two thirds of children reported at least one traumatic event by age 16.

Source: SAMHSA National Child Traumatic Stress Initiative

Trauma and its Impact on Children

- For school-age children, trauma may elicit feelings of persistent concern over their own safety and the safety of others in their school or family.
- They may experience guilt or shame over what they did or did not do.

Source: National Child Traumatic Stress Network

Trauma and its Impact on Children

- In adolescents, feelings of fear, vulnerability, and concern over being labeled “abnormal” or different may cause adolescents to withdraw from family and friends.
- Some adolescents engage in self-destructive or accident-prone behaviors.

Source: National Child Traumatic Stress Network

Presentation of Trauma By School Group



Preschool Children

- Fearing separation from parents or caregivers
- Crying and/or screaming a lot
- Eating poorly and losing weight
- Having nightmares

Elementary School Children

- Becoming anxious or fearful
- Feeling guilt or shame
- Having a hard time concentrating
- Having difficulty sleeping

Middle and High School Children

- Feeling depressed or alone
- Developing eating disorders and self-harming behaviors
- Beginning to abuse alcohol or drugs
- Becoming sexually active

Trauma and its Impact on Relationships

- Families dealing with high stress, limited resources, and multiple trauma exposures often find their coping resources depleted.
- Intimate partners may struggle with communication and have difficulty expressing emotion or maintaining intimacy, which make them less available to each other and increases the risk of separation, conflict, or interpersonal violence.
- Parental stress, isolation, and burden can make parents less emotionally available to their children and less able to help them recover from trauma.

Trauma and Culture

- Extended family relationships can offer sustaining resources in the form of family rituals and traditions, emotional support, and caregiving.
- Some families who have had significant trauma across generations may experience current problems in functioning, and they risk transmitting the effects of trauma to the next generation.

Source: National Child Traumatic Stress Network



COVID-19 has been shown to place stress on families.

- Half of the families surveyed are worried they can't pay their bills.
- 55% worry that their money will run out.
- 52% said financial concerns affected their parenting.
- 50% said social isolation got in the way of parenting.

Source: HealthDay

COVID-19 has been shown to place stress on families.

- Four in 10 parents had shouted, screamed or yelled at their kids during the past two weeks.
- One in 6 said they had spanked or slapped their child in the past two weeks, and 11% said they'd done it a few times or more.

Source: HealthDay

How has COVID-19 affected you?

Building Resilience

- The family unit, as well as extended family members, is a single yet vital component of support during stressful situations and encouraging mental health wellness.
- Partnerships with schools, spiritual community, and community organizations as systems of support.
- Helping children learn the skill of resiliency increases their capacity to bounce back from stress, adversity, failure, challenges, and even trauma.

Source: Psycom



Fostering Resiliency

Promoting resiliency can equip children and youth with the skills and resources they can use in times of distress, discomfort, or adjustment.

These are some ways that resiliency can be fostered across a school or home setting.

- Make connections
- Helping others
- Routine schedule
- Practicing self-care
- “Temperature check”
- Muscle Relaxation

Source: APA

Adapting At Home

Keep a routine

- Wake up, get dressed and have breakfast at the normal time.
- Decide where everyone can do their work most effectively and without distractions.
- List the times for learning, exercise and breaks.
- Schedule time for nutritious lunches and snacks. Many schools are providing take-home school meal packages for students who need them.

Adapting At Home

- Don't forget afternoon breaks as well!
- Have dinner together as a family and discuss the day.
- Enjoy more family time in the evenings, playing, reading, watching a movie or exercising together.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

Source: HealthyChildren.Org

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Supporting the Home Environment

Establish Opportunities to Check In

Make time to check in with your child on how they are doing, managing, and coping with things. Checking in fosters a supportive presence and strengthens familial relationships.

Source: NYU Langone Health

Supporting the Home Environment

Model Resiliency

Be aware of your emotions and how it is expressed. Communicate with honesty to your child with how you are feeling and how you are managing your emotions in a healthy and appropriate way.

Source: NYU Langone Health

Supporting the Home Environment

Allow for Soothing Activities

Explore soothing or calming activities to manage feelings of stress and to optimize physical and mental health well being.

Source: NYU Langone Health

A tropical beach scene with palm trees in the background, green foliage in the foreground, and ocean waves crashing on the shore.

Coping Strategies

Individual Activities

- Mindfulness coloring
- Journaling or drawing
- Going for a brief walk or riding a bike

Activities with Family or Friends

- Sports with friends or extended family members
- BBQ or small gathering at the beach
- Story time or craft time with parents or grandparents

Coping Strategies

Grounding Techniques

- Play soothing music or listen to the waves at the beach
- Burn essential oils in a diffuser
- Go out into the warm sun for 15-30 minutes
- Apply a cool washcloth to your face – add lavender or lemon grass oil for a calming boost

Source: Eddins, R. (2020)

What we think might happen

If I write or talk about my trauma, I will feel even more afraid, upset, or angry.

What actually happens

I may feel relief because I was able to talk about my trauma.

It can feel good to know that someone wants to hear about what happened.

It is possible to feel safe and comfortable sharing my trauma.

The background of the entire slide is a close-up photograph of green leaves, likely from a tree, with some leaves in sharp focus and others blurred in the background. The leaves are a vibrant green color, and the lighting suggests a bright, sunny day.

What we think might happen

I don't know if I or others can take hearing about my trauma.

What actually happens

It can be hard to hear about trauma, but talking about it can make me stronger by facing my fear.

When I share with people I trust, they will want to support and help me.

What we think might happen

I will fall apart when I try to share my trauma.

What actually happens

It's okay to feel a lot of emotions when I share my trauma. But talking more about it allowed me to feel a little more comfortable talking about my trauma and I can only grow stronger from here.




Parent & Caregiver Role

When a child expresses that they have experienced a trauma, these are the steps you can take:

- Provide care and support by listening.
- Assure the child that he or she is safe. Talk about the measures you are taking to get the child help and keep him or her safe at home and school.

Source: Substance Abuse and Mental Health Services Association




Parent & Caregiver Role

When a child expresses that they have experienced a trauma, these are the steps you can take:

- Explain to the child that he or she is not responsible for what happened. Children often blame themselves for events, even those events that are completely out of their control.

Source: Substance Abuse and Mental Health Services Association



Parent & Caregiver Role

When a child expresses that they have experienced a trauma, these are the steps you can take:

- Be patient. There is no correct timetable for healing. Some children will recover quickly. Others may recover slowly. Try to be supportive and reassure the child that he or she does not need to feel guilty or bad about any feelings or thoughts.

Source: Substance Abuse and Mental Health Services Association



Just like when we digest a big meal, we can feel more comfortable when we break down the trauma.



Seeking Support



At-Home Resources

Further Information

- Child Welfare Information Gateway
 - For resources on trauma for caregivers & families
 - <https://www.childwelfare.gov/topics/responding/trauma/caregivers/>
- Utah Trauma-Resiliency Collaborative
 - For trauma-resiliency solutions
 - <https://trcutah.org/mobile-apps>
- Child Mind Institute
 - For resources and tips to help children cope with trauma and grief
 - <https://childmind.org/topics/concerns/trauma-and-grief/>
- Technical Assistance Network for Children's Behavioral Health
 - Video on understanding trauma and promoting resilience in vulnerable children (provided in conjunction with SAMHSA)
 - <https://www.youtube.com/watch?v=Cyrf0qKFiOo>

At-Home Resources

Mobile Applications

- Stop, Breathe, Think
 - For relaxation
 - <https://my.life/>
- Utah Trauma-Resiliency Collaborative
 - For trauma-resiliency solutions
 - <https://trcutah.org/mobile-apps>
- Smiling Mind
 - For meditation for all ages
 - <https://apps.apple.com/us/app/smiling-mind/id560442518>
- NTCP TF-CBT Triangle of Life
 - For cognitive processing
 - <https://tfcbt.org/tf-cbt-triangle-of-life/>

At-Home Resources

Activities for Kids

- Happily Ever Elephants
 - For paperback and eBooks on trauma, grief, and fear
 - <https://happilyeverelephants.com/home/childrens-books-about-trauma-grief-and-fear>
- Color Mandala
 - For coloring pages
 - <https://colormandala.com/>



Support Services Available

Guam Behavioral Health and
Wellness Center (GBHWC)
*Suicide and mental health crisis
intervention*

647-8833
647-8834

National Suicide
Prevention Lifeline
Suicide Hotline

1-800-273-8255



Support Services Available

Victim Advocates
Reaching Out (VARO)

*Domestic violence, sexual assault,
abuse, violent crime*

477-5552

Healing Hearts
Crisis Center

Rape crisis intervention

647-5351

Alee Shelter

*Emergency shelter for
abused women and children*

648-4673



Support Services Available

National Domestic
Violence Hotline
Domestic violence hotline

1-800-799-SAFE (7233)

National Sexual
Assault Hotline
Sexual assault hotline

1-800-656-HOPE (4673)

National Dating
Abuse Helpline
Dating abuse hotline

1-866-331-9474

Support Services Available

Guam Department
of Education
Student Support Division

300-1624
Imbcruz@gdoe.net





COVID-19 Support Services

DPHSS Crisis Hotline

*Counseling services for distress or
anxiety due to COVID-19*

Call/ Text

988-5375

683-8802

686-6032

DPHSS Medical

Triage Hotline

*Community health center for persons
experiencing COVID-19 symptoms*

480-7859

480-6760

480-7883

687-6170 (ADA)

Joint Information Center

COVID-19 Resources

478-0208/09/10

Dial 311

Westcare Pacific Islands

Westcare Pacific Islands
Reflection Center, 222 Chalan Santo
Papa Juan Pablo Dos Suite 102
Hagåtña, 96910, Guam

(671) 472-0218/9

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References & Resources

- American Psychological Association. Resilience guide for parents and teachers. Retrieved October 06, 2020, from <https://www.apa.org/topics/resilience-guide-parents>
- Cross, C. (2020). Working and Learning from Home During the COVID-19 Outbreak. Retrieved October 06, 2020, from <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Working-and-Learning-from-Home-COVID-19.aspx>
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- Hurley, K. (2018, September 26). How to Build Resilience in Children: Strategies to Strengthen Your Kids. Retrieved October 06, 2020, from <https://www.psychom.net/build-resilience-children>

References & Resources

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- National Child Traumatic Stress Network (NCTSN). Trauma and Families: Fact Sheet for Providers [PDF File]. Retrieved from <https://www.nctsn.org/>
- Stay at Home Orders Are Stressing US Families Survey Shows. (2020). Retrieved October 06, 2020, from <https://www.comhs.org/about-us/newsroom/health-library/2020/04/02/stay-at-home-orders-are-stressing-us-families-survey-shows>
- Substance Abuse and Mental Health Services Administration (SAMHSA), Recognizing and Treating Child Traumatic Stress. (n.d.). Retrieved October 06, 2020, from <https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress>

References & Resources

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- Trauma in Children During the COVID-19 Pandemic. (NYU Langone Health). Retrieved October 06, 2020, from <https://nyulangone.org/news/trauma-children-during-covid-19-pandemic>



Question & Answers

A family of four is silhouetted against a vibrant sunset sky. The mother on the left and the father on the right are holding hands, forming an arch over two children in the center. The scene is set on a grassy bank overlooking a body of water, with distant mountains visible on the horizon. The sky is a mix of orange, red, and yellow, with the sun low on the horizon.

Si yu'os ma'åse!

Thank you for your time and attendance from *Ma'lak na Ha'åni* (Bright Futures).