



An Introduction to Child Trauma

Presenter: Melissa Bernstein, PhD



Hi, we're CalTrin

- California Training Institute (CalTrin)
- Funded by the State of CA, Dept of Social Services, Office of Child Abuse Prevention (OCAP)
- Comprehensive, science-based professional education program



California Training Institute (CalTrin)

Who We Serve

- Designed to meet needs of California administrators, staff and stakeholders of
 - Family Resource Centers (FRCs)
 - Child Abuse Prevention Councils (CAPCs)
 - Child welfare agencies

What We Offer

- Live webinars
- Online Self-Paced Courses
- Job Aids
- Professional Development



4 Content Pillars

Evidence-based or
evidence-informed
service delivery

Direct service
delivery skills

Trauma informed
systems

Management &
Leadership



Melissa Bernstein, PhD

Evidence Based Practices

Rady Children's Hospital San Diego

Advancing California's Trauma-Informed Systems (ACTS)

Trauma-Informed Licensing Team (TILT) Initiatives

Research centers around supporting systems in planning for, implementing, and sustaining Trauma-Informed change that aligns with best practice and science

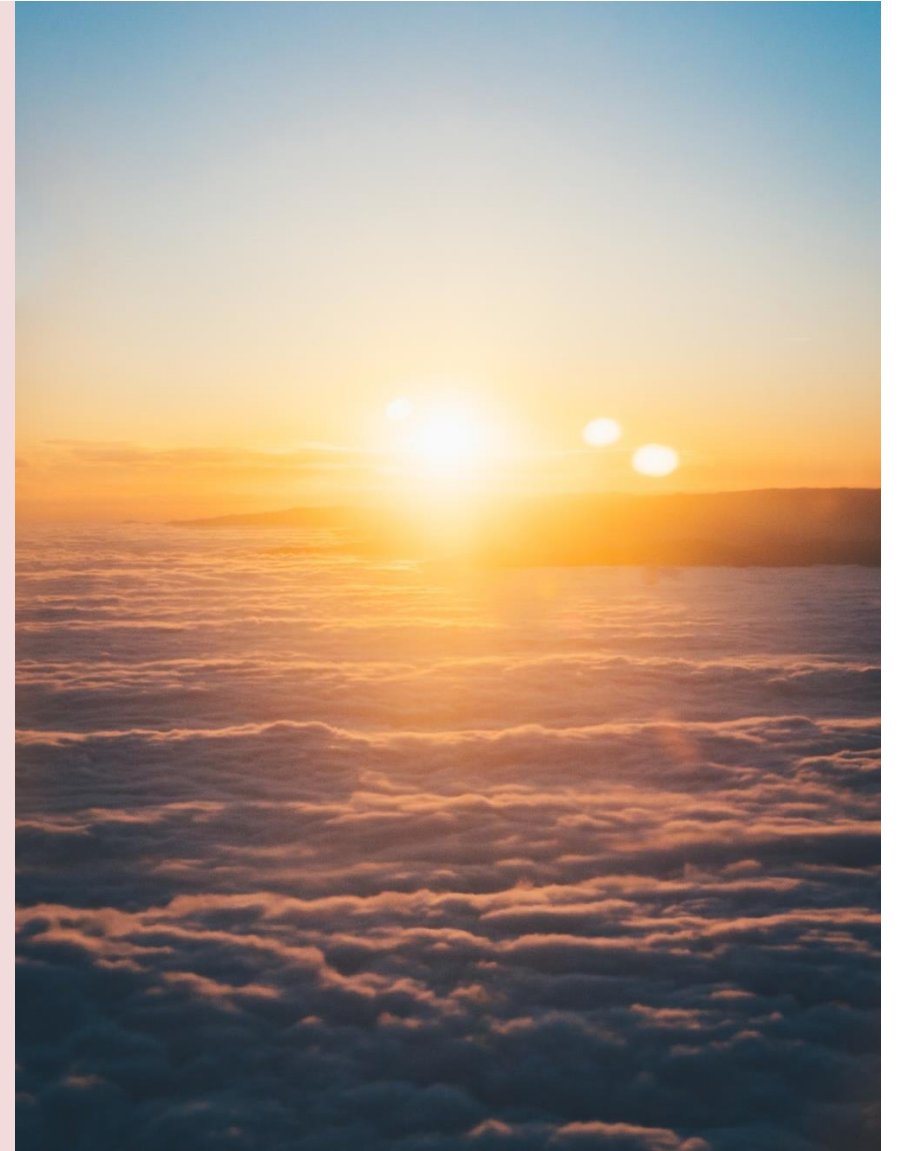


An Introduction to Child Trauma

Melissa Bernstein, PhD

**"Although the world is full of suffering, it is full
also of the overcoming of it."**

-Helen Keller



What is Child Traumatic Stress?

- Witnessing or experiencing an event that *poses a real or perceived threat*
- The event overwhelms one's ability to cope



Types of Trauma

Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters

Human Made

- Non-Natural Disasters
- Violence
- Abuse



Acute Trauma



Complex trauma



Chronic trauma



Historical Trauma



Which form of child trauma
is most prevalent?

- A) Physical Abuse
- B) Sexual Abuse
- C) Neglect

Trauma is Prevalent

- CPS agencies received an estimated 4.1 million referrals involving the alleged maltreatment of approximately 7.5 million children
- 674,000 children were victims of abuse or neglect nationwide, which is a rate of 9.1 victims per 1,000 children in the population
- Majority of children suffered neglect (~75%)
- 18% experienced physical abuse
- 9% experienced sexual abuse

Child maltreatment 2017: Summary of key findings. Washington, DC: U.S. Department of Health and Human Services, Administration for Children and Families, Children's Bureau.

TRUE OR FALSE:

Children are most likely to be
abused at the hands of a stranger?

False

Trauma is Prevalent

- 78% of perpetrators were parents of their victims.
- 31% of victims were reported with the caregiver drug abuse risk factor

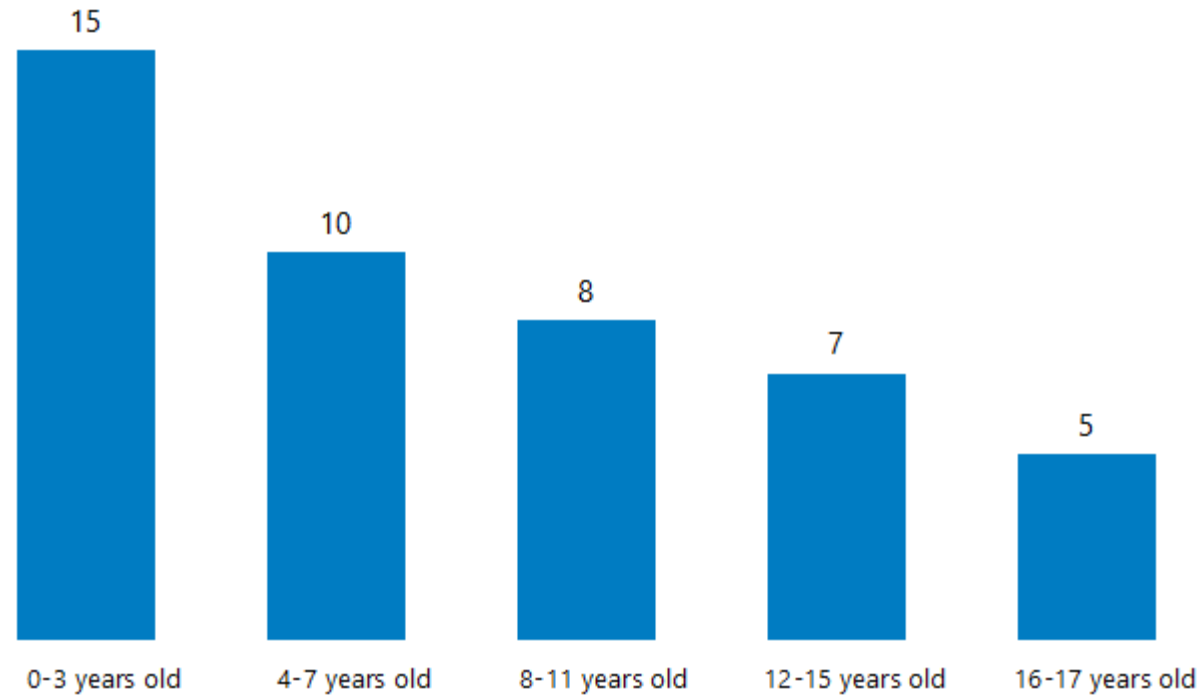


Which age group is most at risk for maltreatment?

- A) 0-7yrs
- B) 8-15yrs
- C) 16-17yrs

Trauma Trends

Child Maltreatment* Rate (Unique Victims per 1,000 Population), by Age: 2017



Childtrends.org Source: U.S. Department of Health & Human Services, Administration for Children and Families, Administration on Children, Youth, and Families, Children's Bureau. (2019). Child Maltreatment, 2017.

Child Trauma

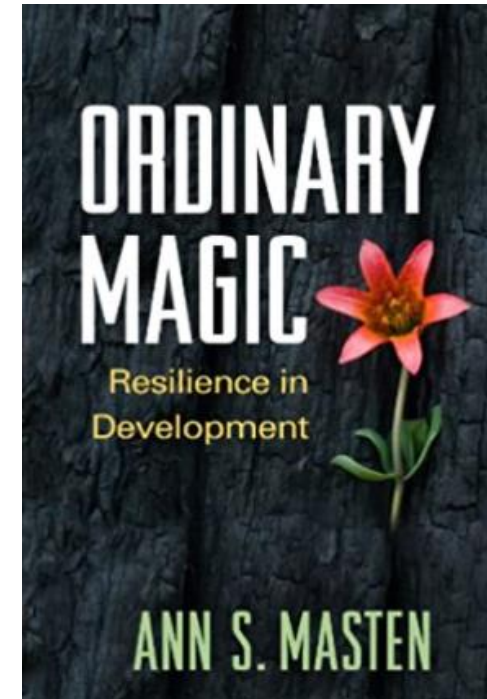
1/3 of children who experience a traumatic event will go on to develop PTSD

Sources of resilience

- Temperament
- Ordinary Magic
 - Social-emotional supports
 - Learned social-emotional skills

Risk Factors

- Temperament
- Developmental delays
- Limited social-emotional skills
- Previous trauma exposure
- Preexisting psychopathology
- Low social support









Emotional Impacts

- Fear
- Sadness
- Anger
- Anxiety
- Shame
- Emotional Dysregulation
- Numbing/Emotional Disconnect



Behavioral Impacts

- Avoidance
- Hyperarousal
- Hypervigilance
- Sleep Difficulties
- Poor Coping

THE KIDS WHO NEED
THE MOST LOVE
WILL ASK FOR IT IN
THE MOST UNLOVING
OF WAYS.



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Cognitive Impacts

- Inaccurate Beliefs
 - e.g., self-blame
- Distrust
- Distorted Self-Image
- Negative view of world and future
- Accurate, but unhelpful, beliefs



Worry Brain: 6 year old male





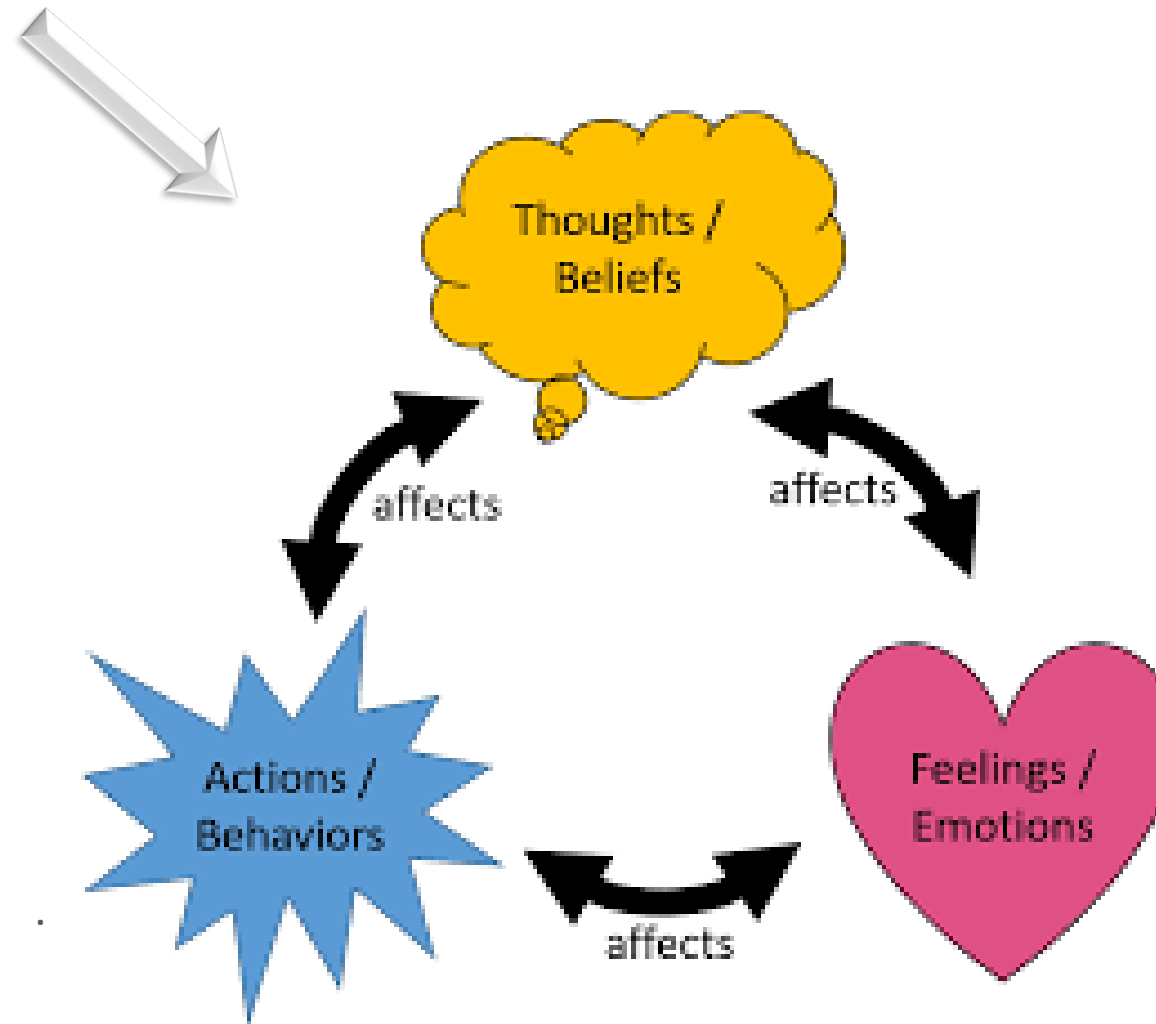
Relational Impacts

- Isolation
- Trouble developing/ maintaining healthy interpersonal relationships
- Violence/Aggression
- Sexualized Behaviors

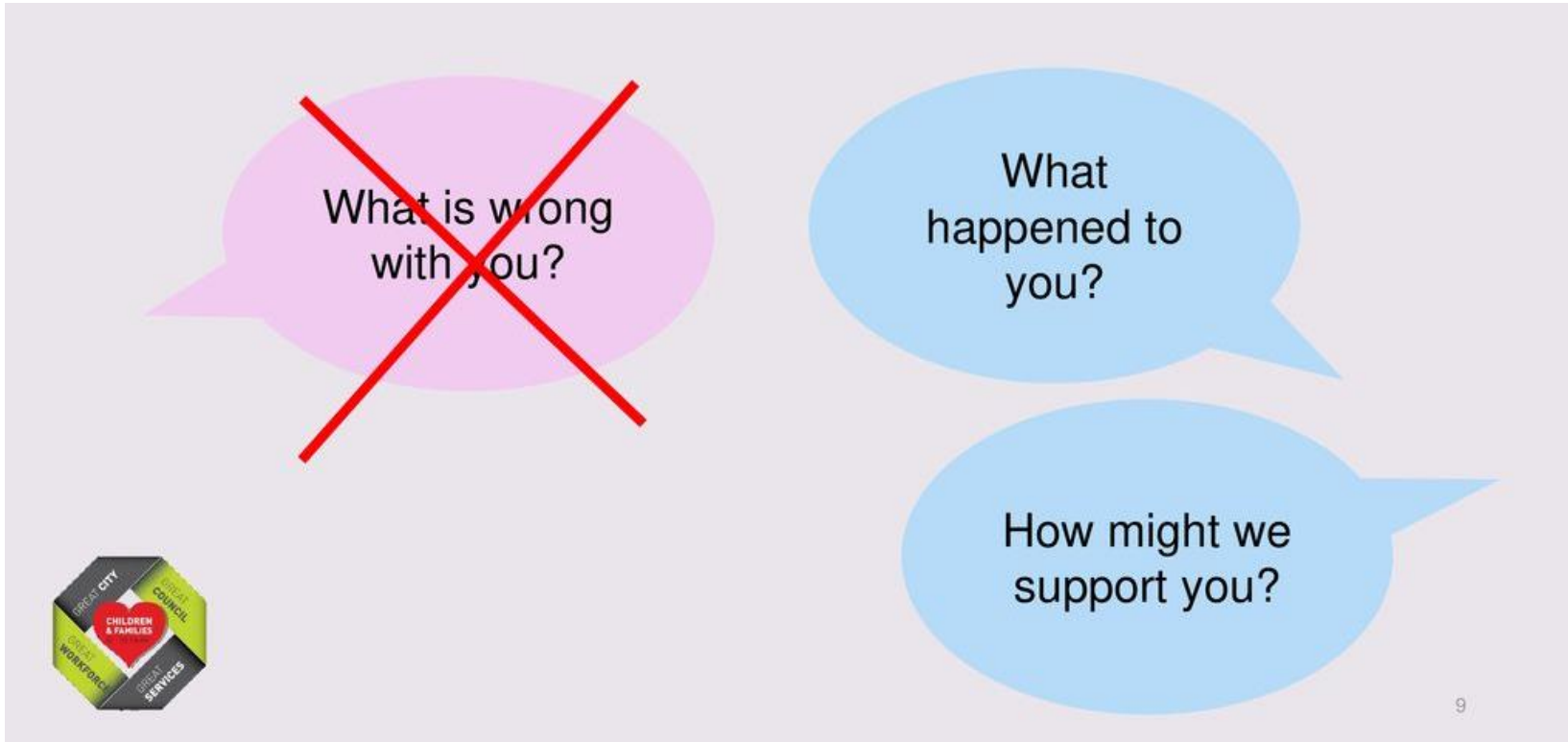


Trauma Responses

TRAUAMA

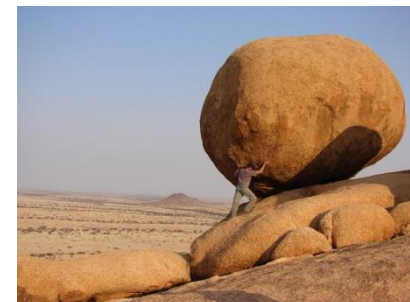


Trauma-Informed Lens



Practical Applications

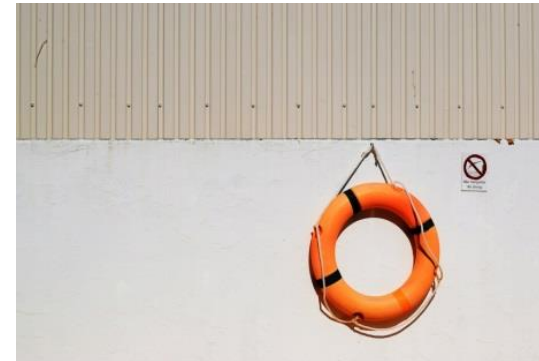
- **Predictability**
 - Describing your role and how the day will unfold
- **Choice**
 - Asking permission, offering options
- **Self Efficacy**
 - Setting small, achievable goals



Practical Applications

Job Aid
available

- **Hope**
 - Normalize & Validate
- **Safety**
 - Provide information, education,
 - Creating a sense of calm



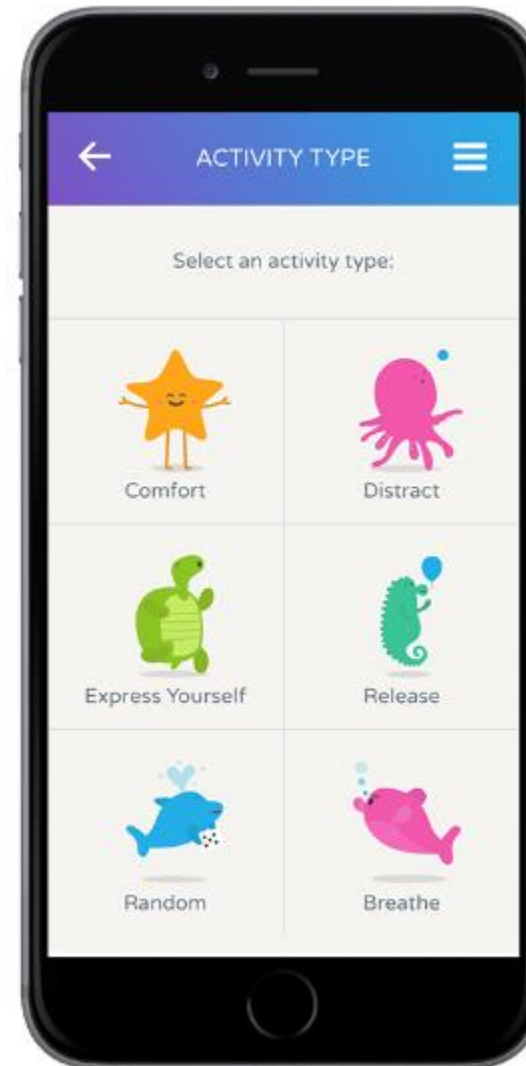
Safety Apps



HELP KIDS COPE



SAFE SPOT

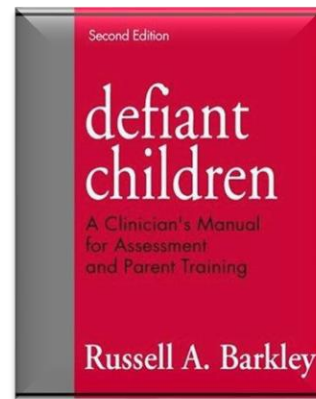
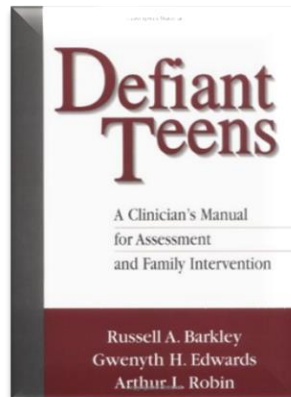
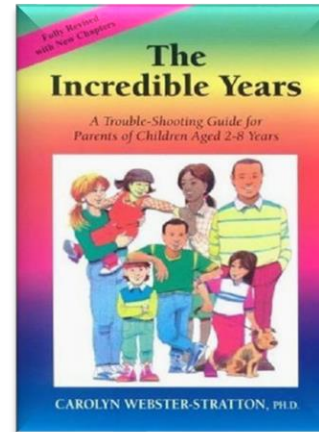


CALM HARM

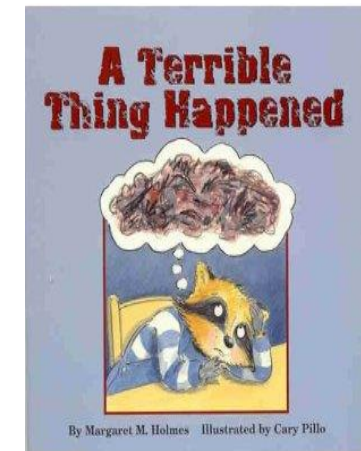
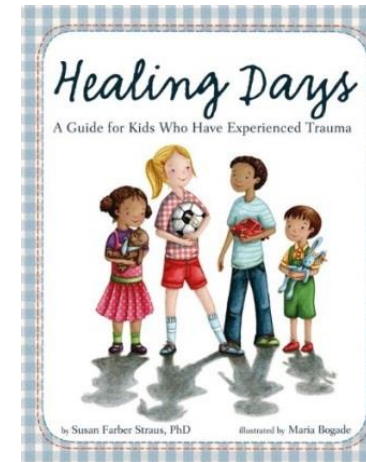


My3

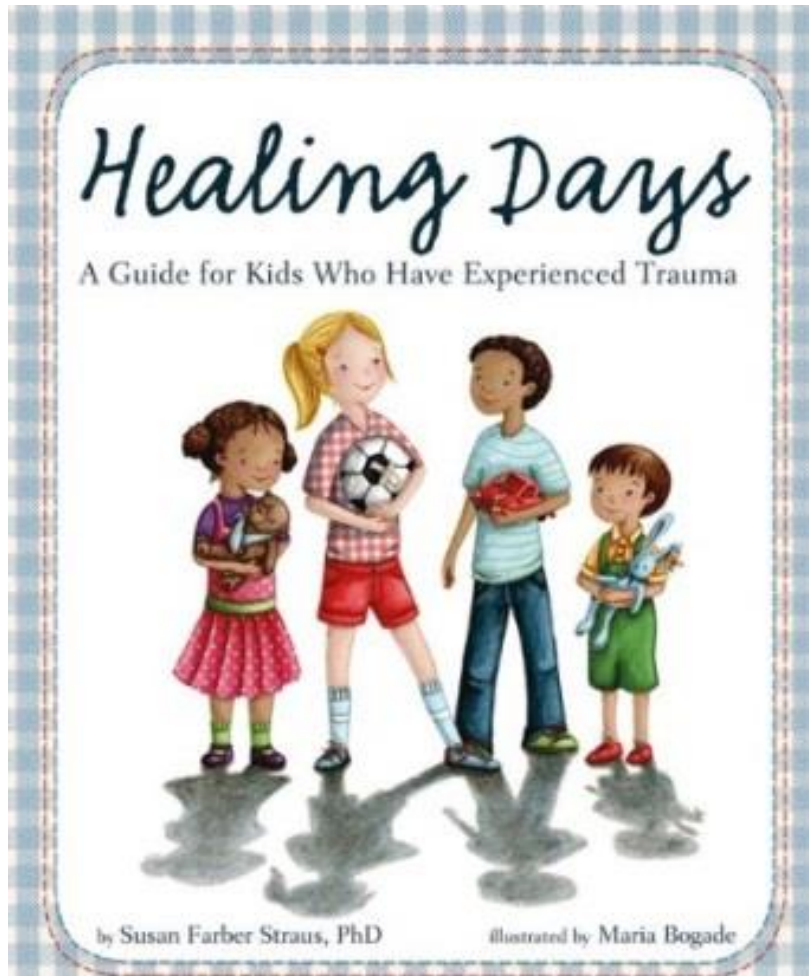
Resources for Caregivers



Resources For Children



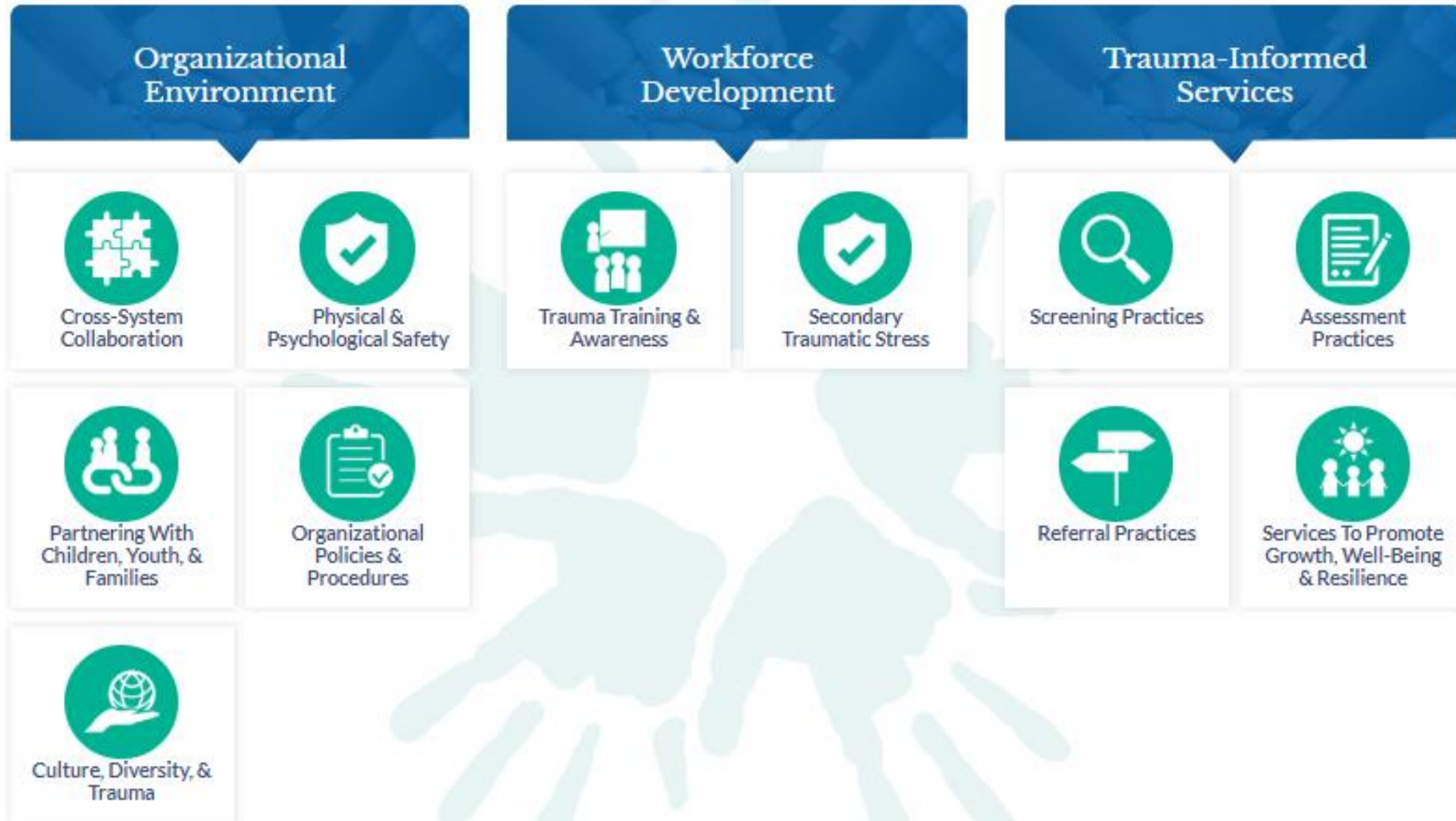
<https://www.apa.org/pubs/magination/441B114-note-to-parents.pdf>



Raffle Item:
3 Winners announced
Tomorrow on social media
@ 9am PST

[Facebook.com/CalTrin](https://www.facebook.com/CalTrin)
[Twitter.com/cal_trin](https://twitter.com/cal_trin)

<https://www.actsproject.com/>



“As I’ve been able to go out and share my story I’ve come to a point in my life that I can say although I would never wish it upon myself, and I certainly never would wish it upon someone else, I’m grateful for what has happened to me, because of what it has taught me, because of the perspective its given me, and the empathy I have for others”

About 3,020,000 results (0.66 seconds)



[My story | Elizabeth Smart | TEDxUniversityofNevada - YouTu...](#)

YouTube · TEDx Talks

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen”

-Elisabeth Kubler-Ross

Reflection





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