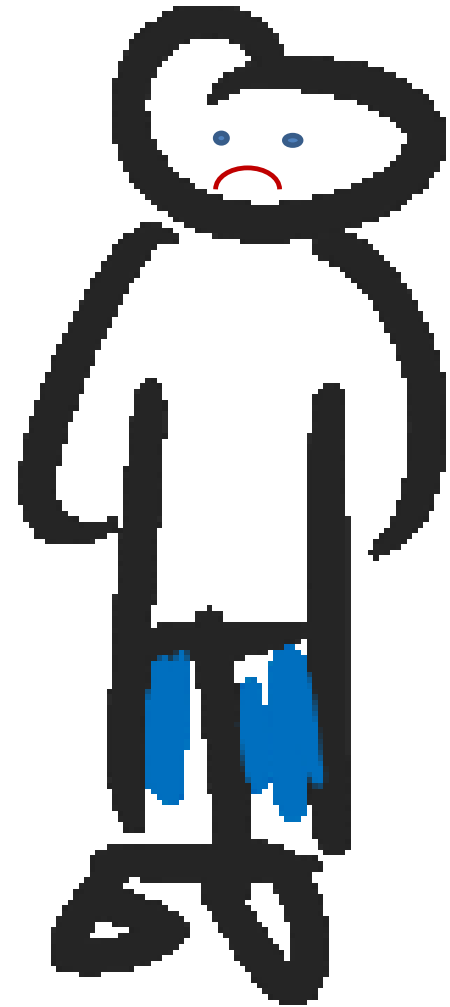
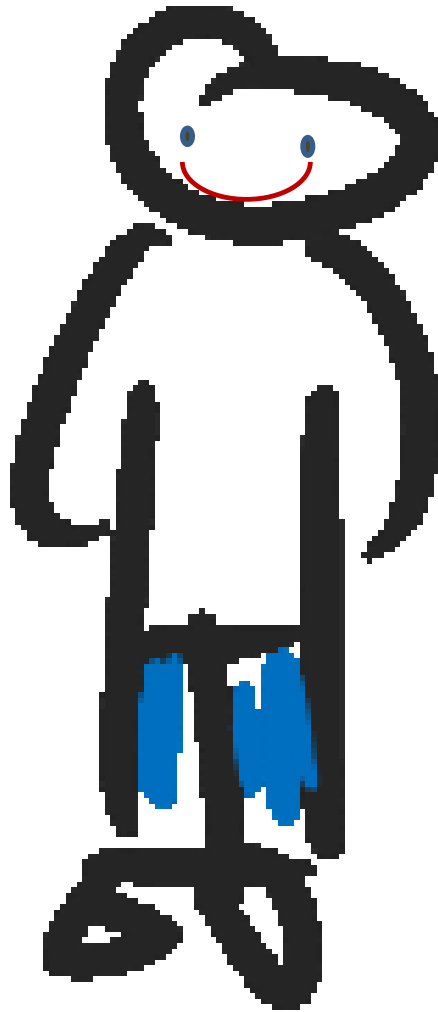




# Trauma and Its Effects

**OCWTP**  
**FOSTER CARE, KINSHIP CARE, AND**  
**ADOPTION PRESERVICE TRAINING**



Meet Typical Tyler and Buddy Love

# Childhood Trauma

- Overwhelms
- Intense reactions
- Caregiver

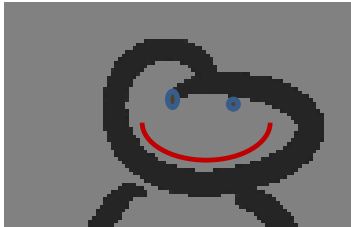


# Complex Trauma



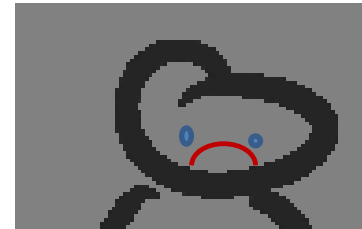
- Multiple events
- Young age
- Profound effects

# Typical Tyler



No trauma  
symptoms

# Buddy Love



Significant  
trauma  
symptoms





# You will be able to:

- ✓ Identify childhood traumas
- ✓ Describe how attachment can be impacted by complex trauma
- ✓ Describe the possible behavioral indicators of a child who is experiencing toxic stress

A red square with a black border containing the number 1 in a bold, black, serif font.

*Recognize the impact trauma has  
had on your child*

# Adverse Childhood Experiences (ACE)

## Abuse and Neglect

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect

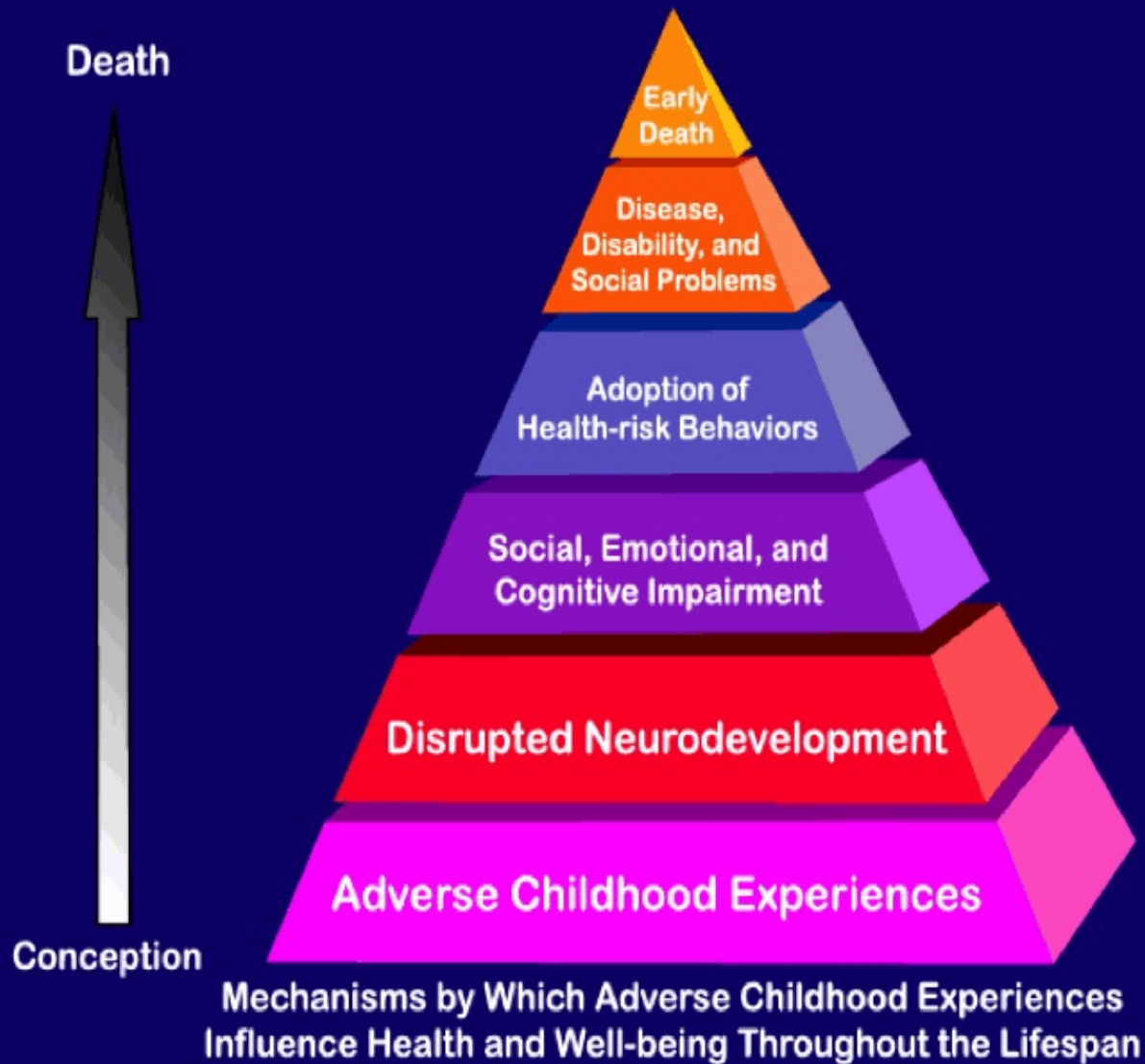
## Family Functioning

- Substance abuse
- Incarceration of family member
- Loss of a parent
- Mental Illness in family member
- Witnessing domestic violence

## Other

- Separation from siblings
- Placement out of home
- Natural disasters
- Terrorism
- Pre-natal traumas





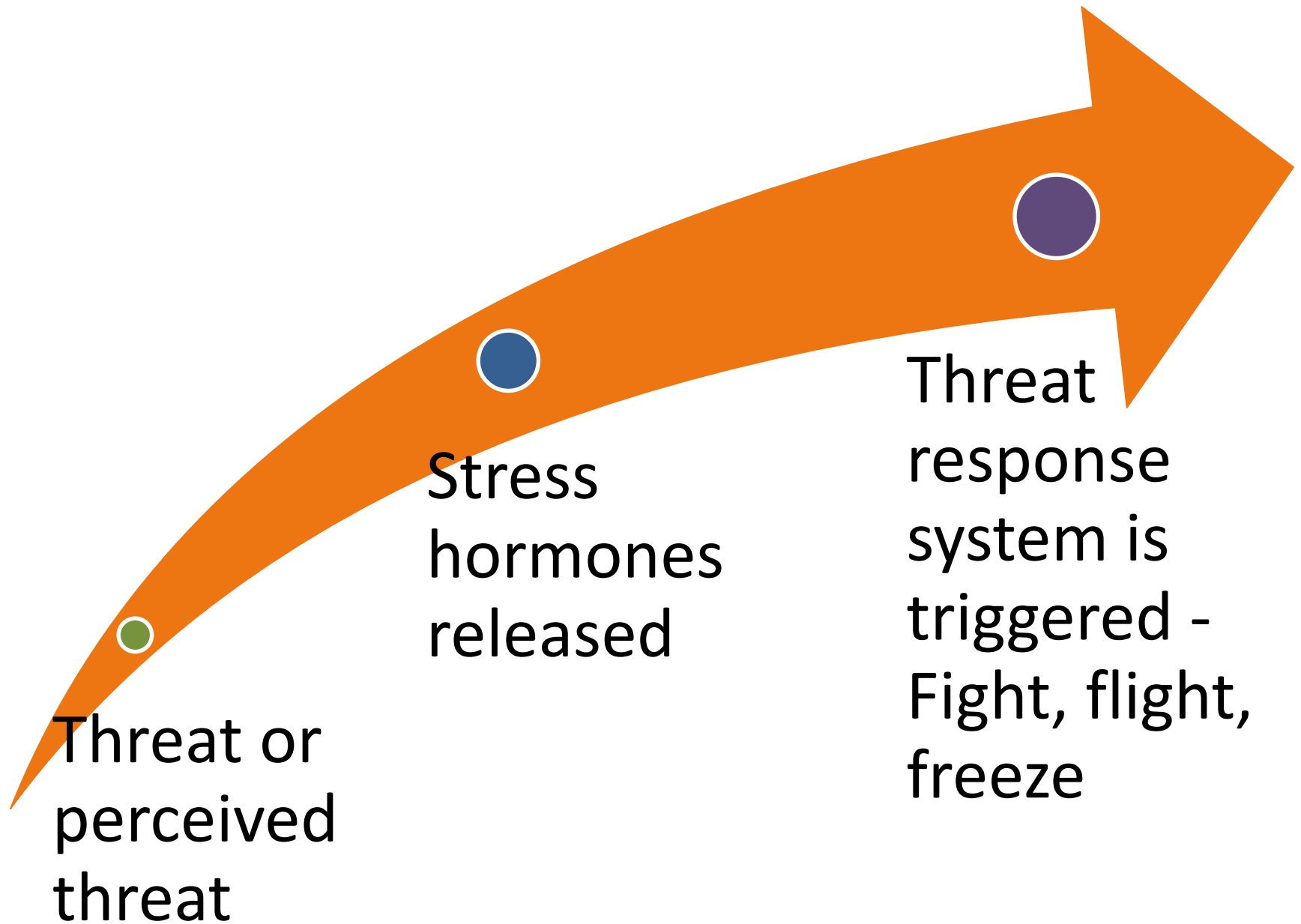
## Toxic Stress Derails Healthy Development



0:05 / 1:52



**KEY CONCEPTS: TOXIC STRESS**





**TOXIC STRESS**

- **Constant alert**
- **Ready to act quickly**
- **Everything is threatening**



Survival

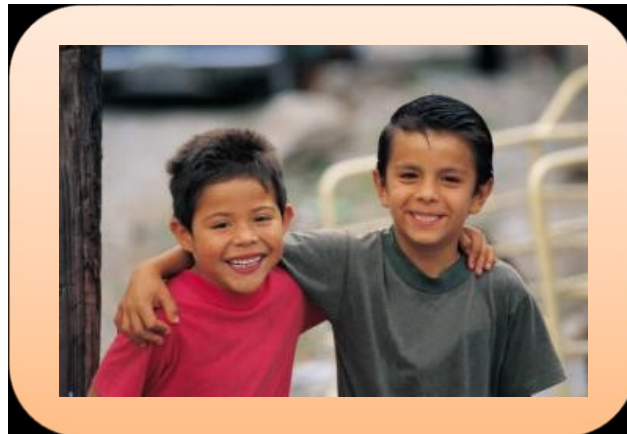




**Physical**



**Cognitive**



**Social and Emotional**

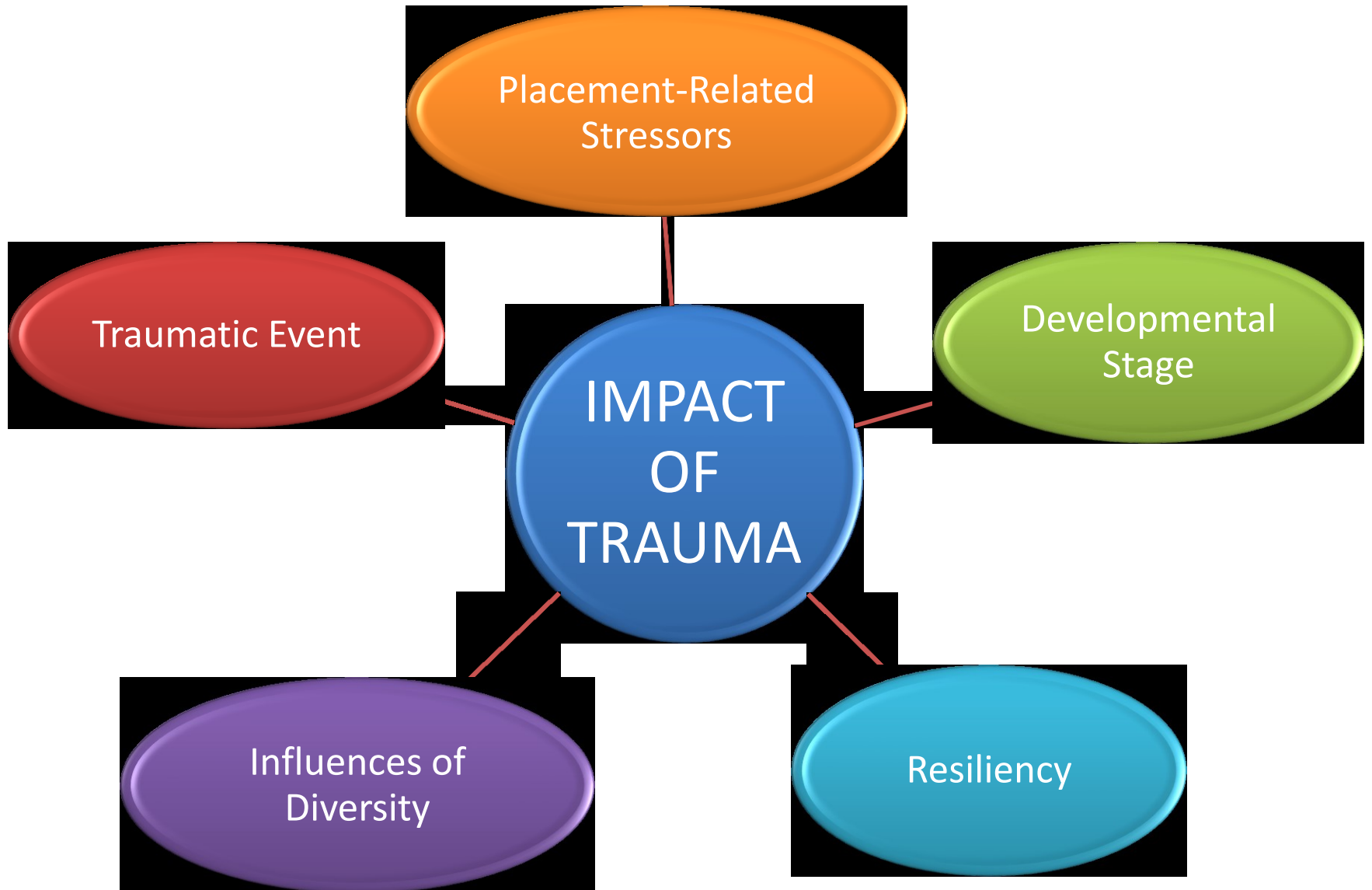


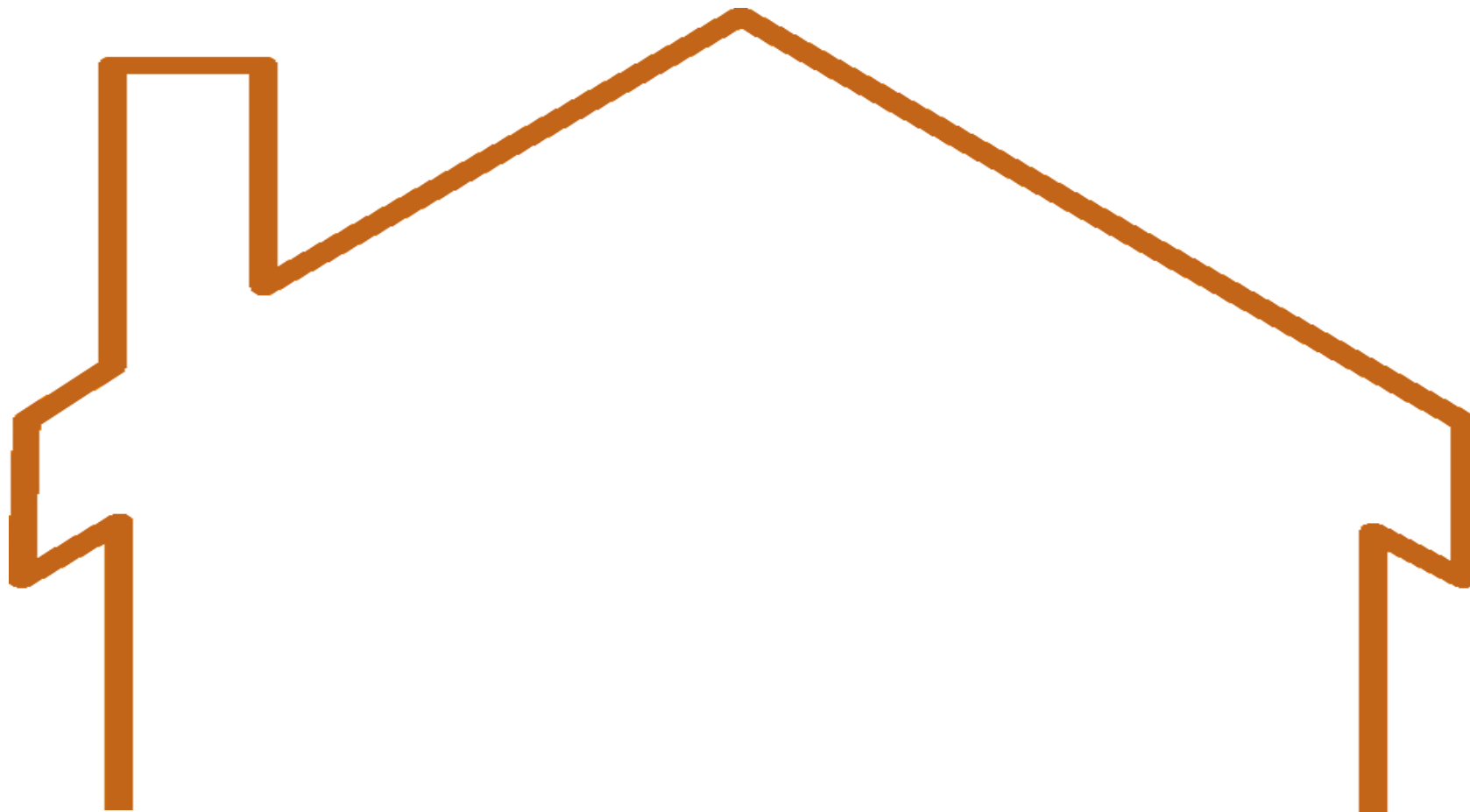


Trauma impacts everyone differently



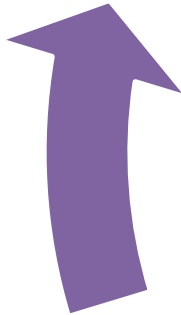
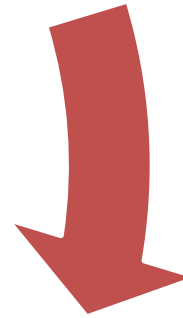














Attunement

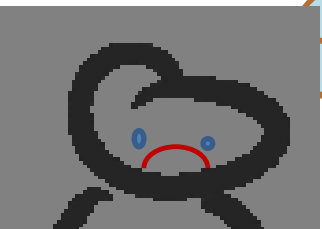
Trust

“Safe and  
predictable”  
worldview



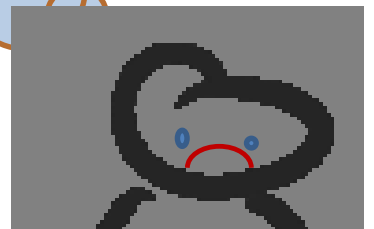
# Effects on Self-Regulation

I don't understand  
the feelings I'm  
having and I don't  
know how to tell  
others what I feel.



# Effects on Initiative

I don't think I can  
do it so I'm not  
going to try.





Healthy  
Attachment

Impaired  
Attachment

Reactive  
Attachment  
Disorder

# The Impact of Impaired Attachment

Distrustful

Can't "read"  
people

Needy or  
clingy

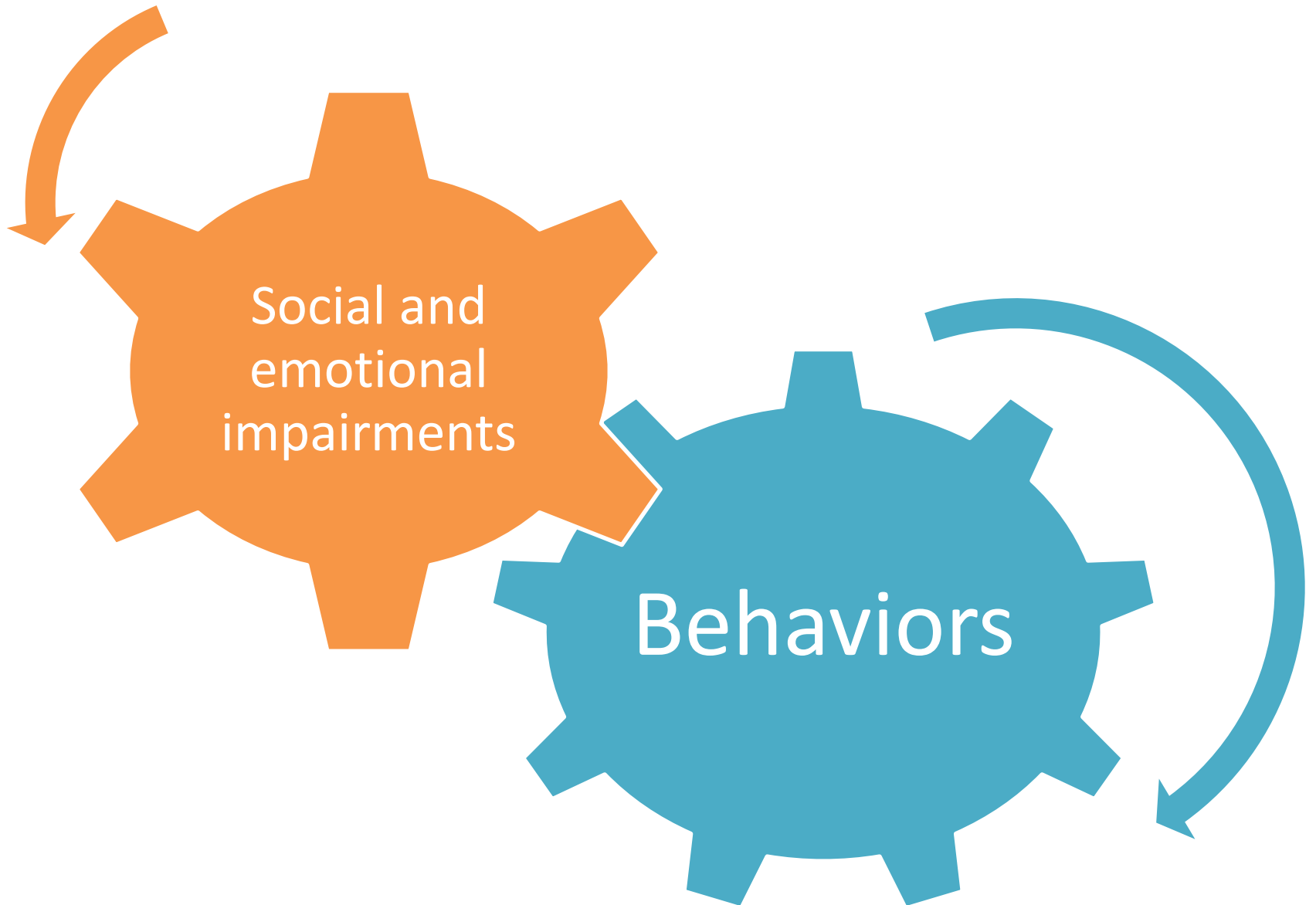
Apathetic

Can't see  
other's view

Difficulty  
making friends

# NOTICE

Difficult behaviors  
ahead



A large, jagged iceberg floats in a deep blue ocean under a clear sky. The visible tip of the iceberg is on the left, while a much larger, submerged portion extends to the right. The water is dark blue with small waves. In the background, a snowy coastline is visible under a bright blue sky.

**BEHAVIORS,  
DIAGNOSES,  
AND LABELS**

**PAST TRAUMAS**

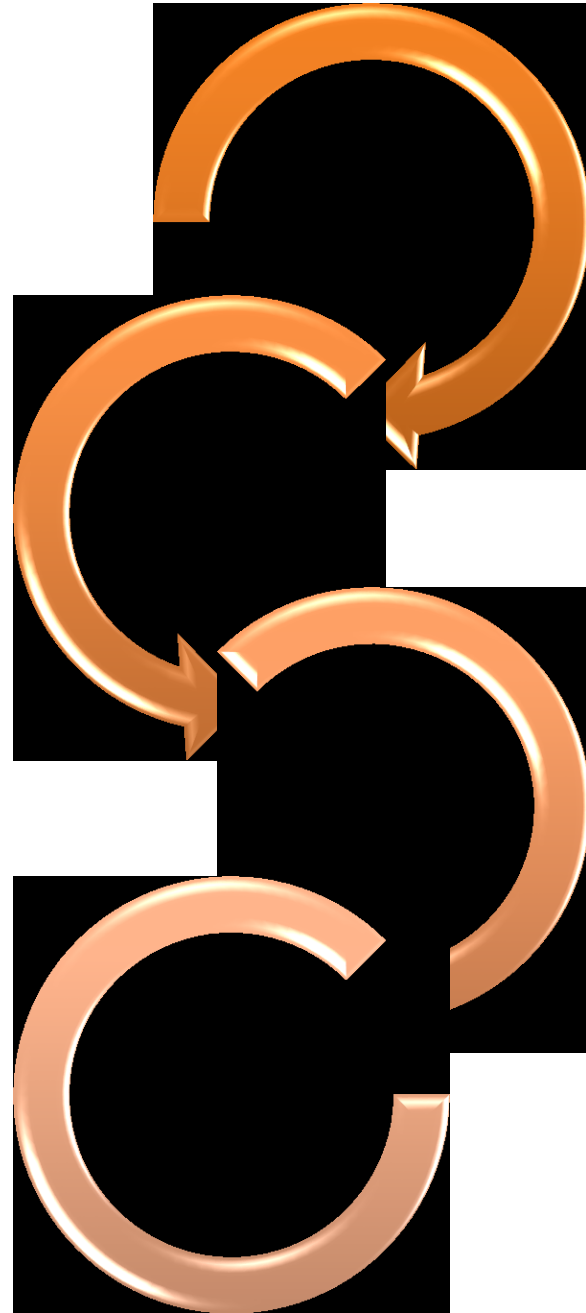


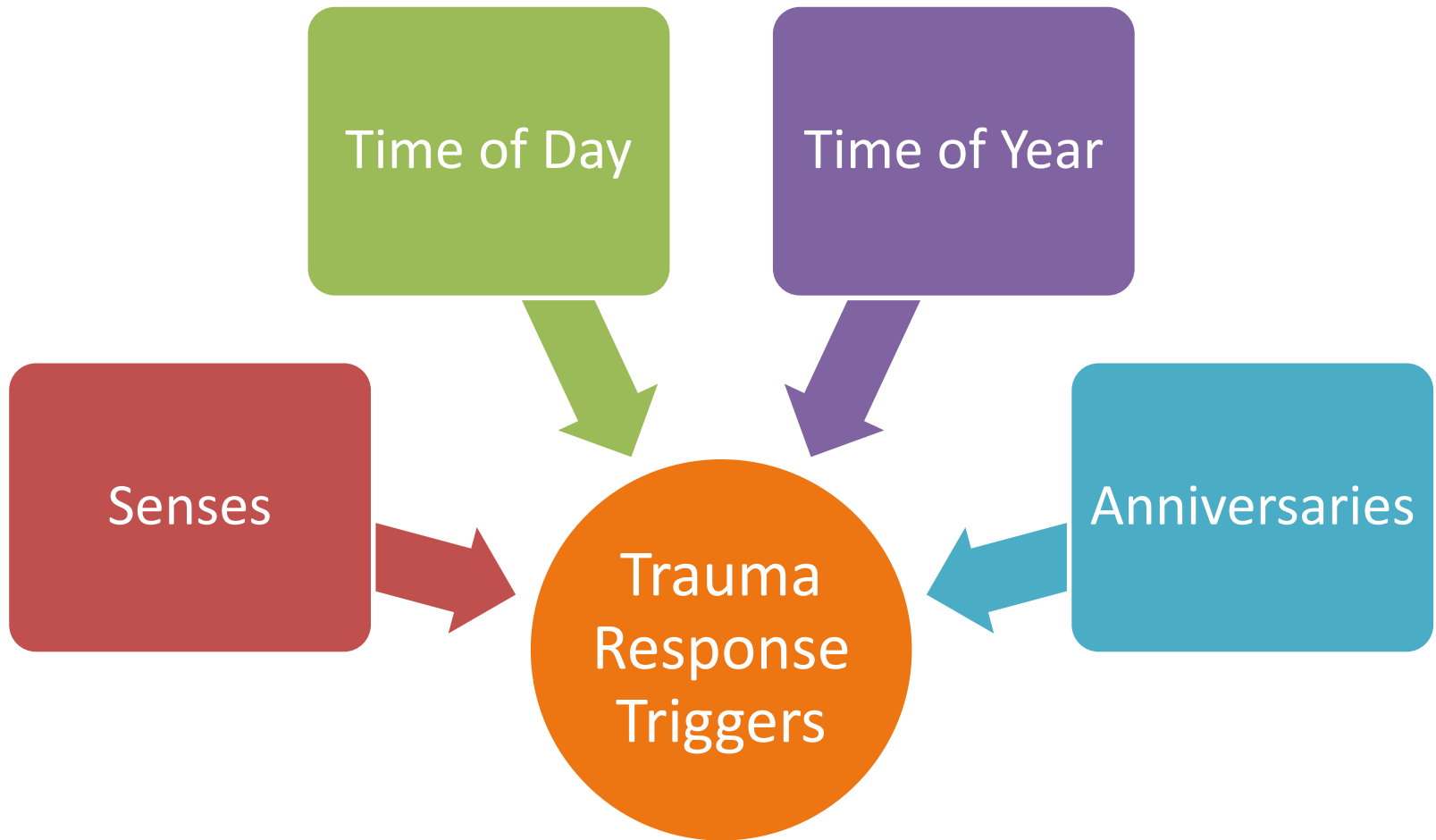
WHAT'S ~~WRONG WITH~~ YOU?

**WHAT HAS  
HAPPENED  
TO YOU?**



# TRAUMA RESPONSE







- **Coping mechanism**

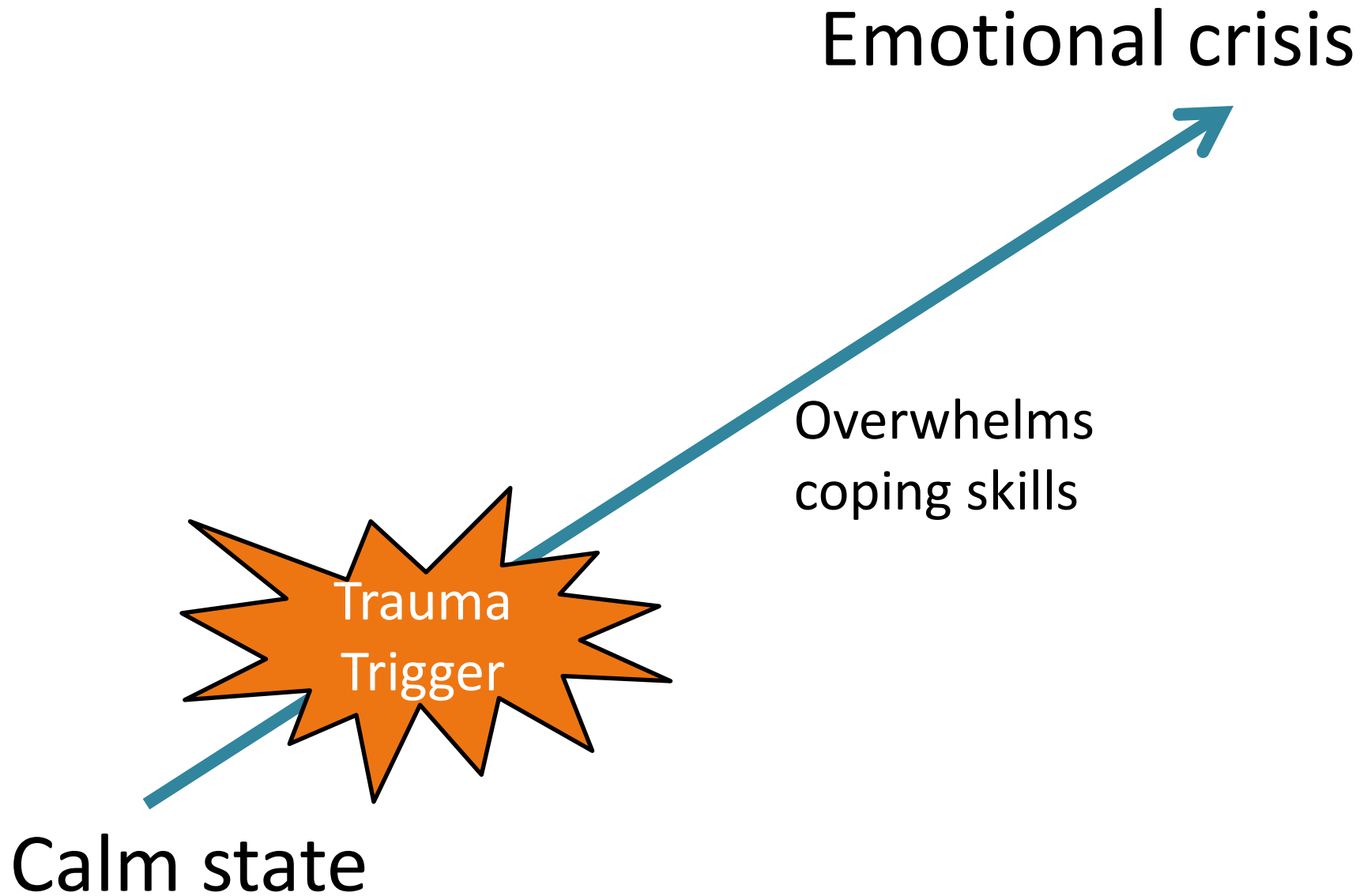
- **Way to get needs met**

Self-Regulation  
skills used



Calm state

Calm state



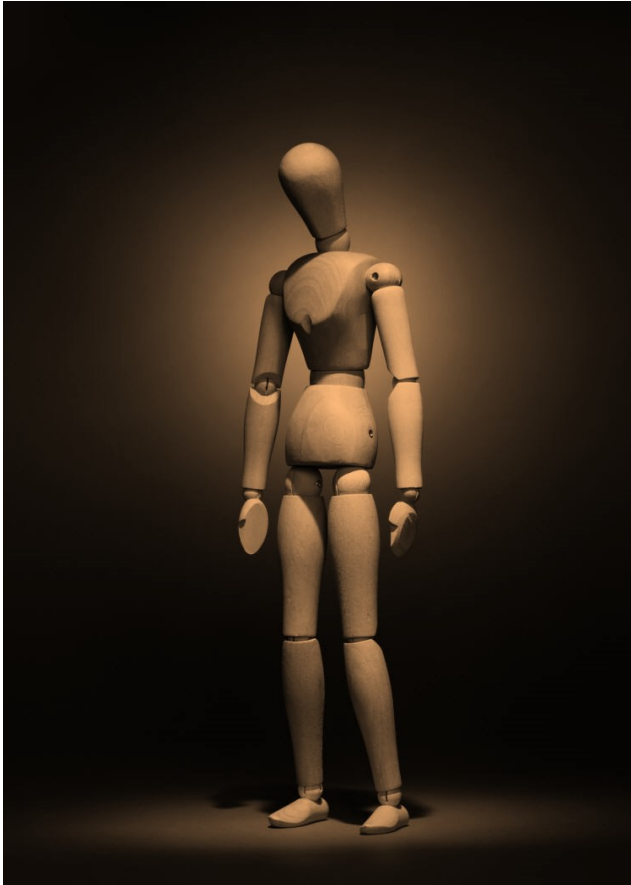


Responsibilities



**#1**  
**KNOW THE CHILD'S**  
**PATH INTO CARE**





- ↓ Resilience
- ↓ Social connections
- ↓ Parenting strategies
- ↓ Concrete supports

**“Today’s youth are tomorrow’s parents.” -At Risk Youth Summit, 2013**

The background of the slide features the dark silhouettes of two individuals, likely a man and a woman, facing each other in conversation. They are positioned in front of a window with horizontal blinds, which are partially open, allowing a soft, blue-tinted light to filter through. The overall mood is professional and collaborative.

**#2**

**ADVOCATE  
FOR AND  
PARTICIPATE  
IN SERVICES**



*Be an advocate for your child*

A red square with a black border containing the number 8 in a stylized, bold, black font.

*Promote and support trauma-focused assessment and treatment for your child*

- Be an active participant
- Know about prescribed medication



[Ohiomindsmatter.org](http://Ohiomindsmatter.org)



**#3**

**KNOW HOW TO WORK WITH A  
SUBSTANCE ABUSING  
PARENT**







## Points to know:

- High prevalence
- Coping mechanism
- Relapses common
- Not a failure

**#4**

**HELP THE CHILD DEVELOP  
APPROPRIATELY**






**“Risk factors are not predictive factors because of protective factors.”**

*-At Risk Youth Summit, 2013*

**#5**

**RECOGNIZE YOUR  
OWN TRAUMA  
AND HOW IT  
AFFECTS  
YOUR  
PARENTING**

A woman with long brown hair, wearing a blue top and a grey knitted scarf, is holding a white rectangular sign in front of her chest. The sign has the text "I am a trauma survivor" written on it in a black, casual, handwritten-style font. The background is a solid orange color.

**I am a  
trauma  
survivor**

**Transfer of**

**LEARNING**

**LEARNING**



# 1

A child who is experiencing toxic stress might experience most things as potential threats.



# 2

Witnessing domestic violence, being abused, repeatedly being called names and put down, and being placed into foster care could all be considered childhood trauma.



# 3

A child who panics if caregiver is late, has school phobia, or is needy or clingy may have experienced complex trauma that has impacted his/her attachment-related behaviors.



# Thank you!

**OCWTP**  
**FOSTER CARE, KINSHIP CARE, AND**  
**ADOPTION PRESERVICE TRAINING**



# Fundamentals of Fostering

- Recognizing and Responding to Children Who Have Been Sexually Abused
- Development of Infants and Toddlers: The Effects of Abuse and Neglect
- Development of Preschoolers and School-Age Children: The Effects of Abuse and Neglect
- Development of Adolescents: The Effects of Abuse and Neglect
- Healthy Sexual Development of Children and Teens