EARLY CHILDHOOD MENTAL HEALTH RESOURCES

Trauma

Georgetown University

A tutorial for recognizing and addressing trauma in infants, young children, and their families from the Center for Early Childhood Mental Health Consultation at Georgetown University.

http://www.ecmhc.org/tutorials/trauma/index.html

Harvard University

http://www.developingchild.harvard.edu/

InBrief: The Impact of Early Adversity on Children's Development
Source: Center on the Developing Child at Harvard - March 17, 2009
Second in a series of short summary briefs from the National Symposium on Early Childhood Science and Policy, which was held in June 2008. This brief discusses research which shows that major adversity can weaken developing brain architecture, while providing stable, responsive environments for very young children can prevent or reverse these conditions, with lifelong benefits for learning, behavior, and health. It is available at


Toxic Stress/ACES

https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/

National Center for Child Traumatic Stress

“Early childhood trauma generally refers to the traumatic experiences that occur to children aged 0-6. Because infants’ and young children’s reactions may be different from older children’s, and because they may not be able to verbalize their reactions to threatening or dangerous events, many people assume that young age protects children from the impact of traumatic experiences. A growing body of research has established that young children may be affected by events that threaten their safety or the safety of their parents/caregivers, and their symptoms have been well documented”.

https://www.nctsn.org/what-is-child-trauma/trauma-types/early-childhood-trauma

National Center for Children in Poverty and Child Trends

Helping Young Children Who Have Experienced Trauma: Policies and Strategies for Early Care and Education
Copyright: Child Trends 2017, Publication #2017-19
Jessica Dym Bartlett, MSW, PhD; Sheila Smith, PhD; Elizabeth Bringewatt, MSW, PhD
http://nccp.org/publications/pub_1180.html
Zero To Three: www.zerotothree.org

Supporting Infants, Toddlers, and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma: A Community Guide. See pages 16-19 for a Chart describing type of stress (Positive, Tolerable, Toxic, Traumatic) with narrative Definitions of each and Action Steps you can take to support the child and family.

Mobilizing Trauma Resources for Children: Explores child trauma and provides definitions, statistics, protective and risk factors and assessment evaluation strategies and issues.
http://www.zerotothree.org/maltreatment/trauma/traumaresources.pdf

Building Resilience: The Power to Cope with Adversity: Offers a handout with practical tips and strategies for helping children and families build resilience in the face of difficult or traumatic life experiences.
http://www.zerotothree.org/maltreatment/31-1-prac-tips-beardslee.pdf

Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment by Alicia F. Lieberman and Patricia Van Horn 2008
You see a child as the victim of traumatic grief and know that, if left unaddressed, the child’s core sense of safety and security is at risk, setting the stage for later behavioral problems and mental illness. What can you do to help? Get clear-cut yet flexible strategies in a new book that outlines an empirically supported treatment model to restore child-parent relationships that have been damaged by a traumatic experience. Filled with evocative, "how-to-do-it" examples, this book will help practitioners put children and their parents on a healthy developmental trajectory.

Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence by Alicia F. Lieberman and Patricia Van Horn 2005
This practical handbook offers treatment guidelines to address the behavioral and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete intervention strategies to address the consequences of this experience for young children.

Losing a Parent to Death in the Early Years: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood by Alicia F. Lieberman, Nancy C. Compton, Patricia Van Horn, and Chandra Ghosh Ippen 2003
Offers clinicians, counselors, educators, child care professionals, and others a compassionate yet practical guide to the assessment and treatment of young children who have experienced the death of a parent or primary caregiver. The authors describe how babies, toddlers, and preschool-age children typically respond to overwhelming loss; explain complications in the grieving process that are associated with the sudden or violent death of a parent; and offer vignettes that illustrate therapeutic interventions with traumatically bereaved young children and their families.

Working With Families Experiencing Homelessness by Kathleen Guarino and Ellen Bassuk
The prevalence of traumatic stress in the lives of families who are homeless is extraordinarily high. Often these families are headed by single mothers who have experienced ongoing trauma in the form of childhood abuse and neglect, domestic violence, and community violence, as well as the trauma associated with poverty and the loss of home, safety, and sense of security. These experiences have a significant impact on how children and adults think, feel, behave, cope, and relate to others. Given the high rates of traumatic exposure among families who are homeless, understanding trauma and its impact is essential to providing quality care. Becoming “trauma-informed” requires that service providers tailor their services to meet the unique needs of trauma survivors and avoid additional harm. In this article, the authors explore the impact of trauma on families experiencing homelessness and identify concrete strategies that can be used in a variety of community-based settings to address these families’ needs

This resource document is located in the Publications & Resources Section at www.ecmhva.org