

A provider's guide to incorporating trauma-informed care into practice for youth

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

34,000,000

children have experienced at least 1 potentially traumatic early childhood experience.



That's **HALF** of all US children.



Providers have the **greatest potential to detect trauma**

as they are the front lines of caring for children and adolescents. Incorporating trauma-informed practices is critical to support children and adolescents.

Incorporating evidence-based trauma-informed care into practice

Identify strengths

Using **THREADS** can help identify areas a child can develop to prevent the impact of trauma:

- T**hinking & learning brain
- H**ope
- R**egulation or self-control
- E**fficacy
- A**ttachment
- D**evelopmental skill mastery
- S**ocial connectedness

Be aware of trauma symptoms

Symptoms of trauma can manifest in different ways. Common symptoms can be remembered as **FRAYED**.

- F**its, frets, fear
- R**egulation difficulty
- A**ttachment problems
- Y**elling or Yawning
- E**ducational delays
- D**issociation/depression

Be mindful of your affect in the office

Having control of one's verbal and non-verbal cues can make the child feel safer in the environment. This can be practiced by following the ABCD's:

Affect: matching the child's affective expression

Body language: remaining calm, projecting an open demeanor, or listening attentively

Cultural cues: being mindful of cultural sensitivity and humility

Delivery/diction: being mindful of one's tone

Know how to respond to concerns of trauma

Knowing how to respond to potentially traumatic events can be remembered with **SPLINT**:

Say: voicing that trauma may be the cause

Problem-solve: identifying what is needed in the moment

Language for parent/child: providing language to explain symptoms/feelings

Investigate further: determining if more questions are warranted to understand the situation or determine if child is safe

Normalize symptoms: explaining that the child is having a normal response to abnormal experiences

Treatments and therapy: beginning treatment with office guidance or making referrals to therapy as needed

Credit for the creation of this infographic goes to the Pennsylvania Chapter of the AAP



Visit aap.org to stay up to date on trainings and information on trauma-informed care