



**Center for
Childhood
Resilience**

Resilient Kids. Stronger Communities. Brighter Futures.



Impact of Trauma on the health of Children and Young People: Strategies to promote mental health

Teen Health Council

Mikva Challenge

The Center for Childhood Resilience

Department of Child and Adolescent Psychiatry

Northwestern University Feinberg School of Medicine

Acknowledgments

Thank you for giving us the opportunity to speak before you today about trauma and mental health. We represent many voices of youth in Chicago and throughout the state—those who may feel forgotten or those who are resilient.

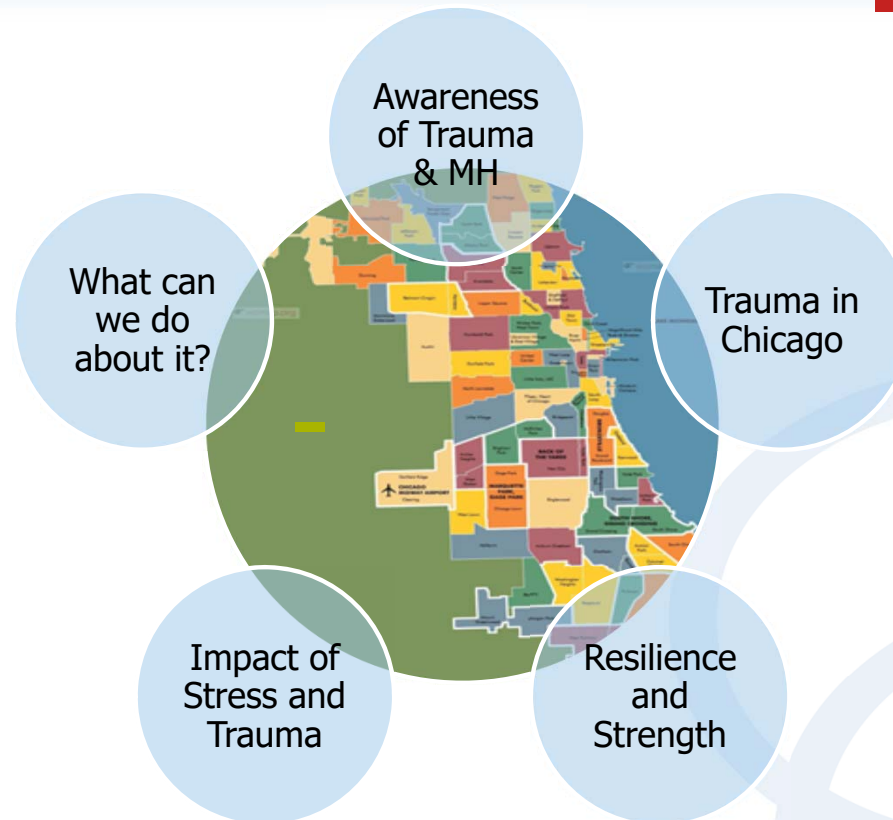
We appreciate the opportunity to shine the light on this important issue.

The Mental Health Ambassadors

Purpose

1. Increase **awareness** of mental health and trauma exposure for youth and communities in Chicago
2. Improve **understanding** of trauma and its impact on the brain and body of children and youth
3. Explore **strategies and strengths** that young people can use to promote mental health for children and adolescents

Hope and Healing in the Face of Trauma



Self-Care Alert!

- Step out and take a break
- Reach out to someone you trust
- Use relaxation skills like deep breathing



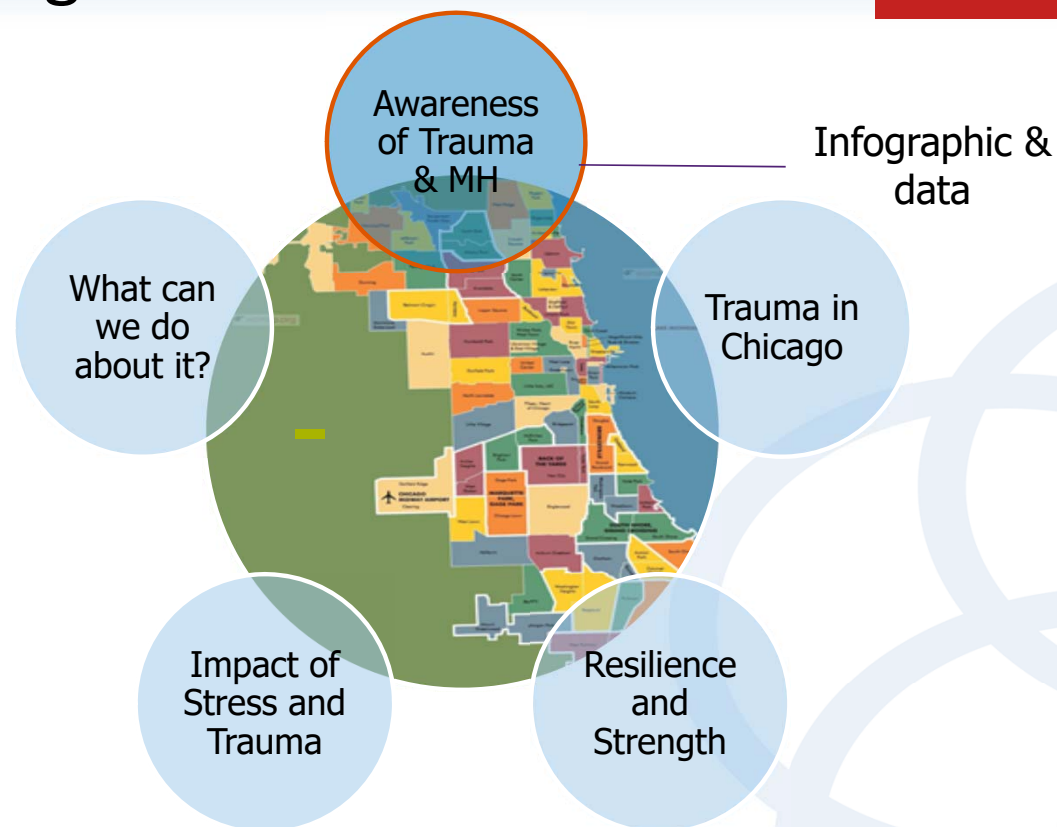
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What is child trauma?

The 3 Es

An emotionally painful or distressing
event

The **experience** of the event induces
an abnormally intense and prolonged
stress response

The event and experience of the event
result in lasting physical & mental
effects

Types of Trauma

- **Extreme Acute Event**
Examples: car accident, assault, natural disaster
- **Chronic Stressful Events**
Examples: abuse, violence, poverty, historical, systemic
- **Complex trauma: a combination of exposure and impact**
 - Chronic and multiple types of trauma experiences
 - Often inflicted by parents/caregivers, usually beginning at a young age

Statistics and Numbers you should know about Trauma



<https://my.visme.co/projects/g7m4eq60-impact-of-trauma-on-youth>

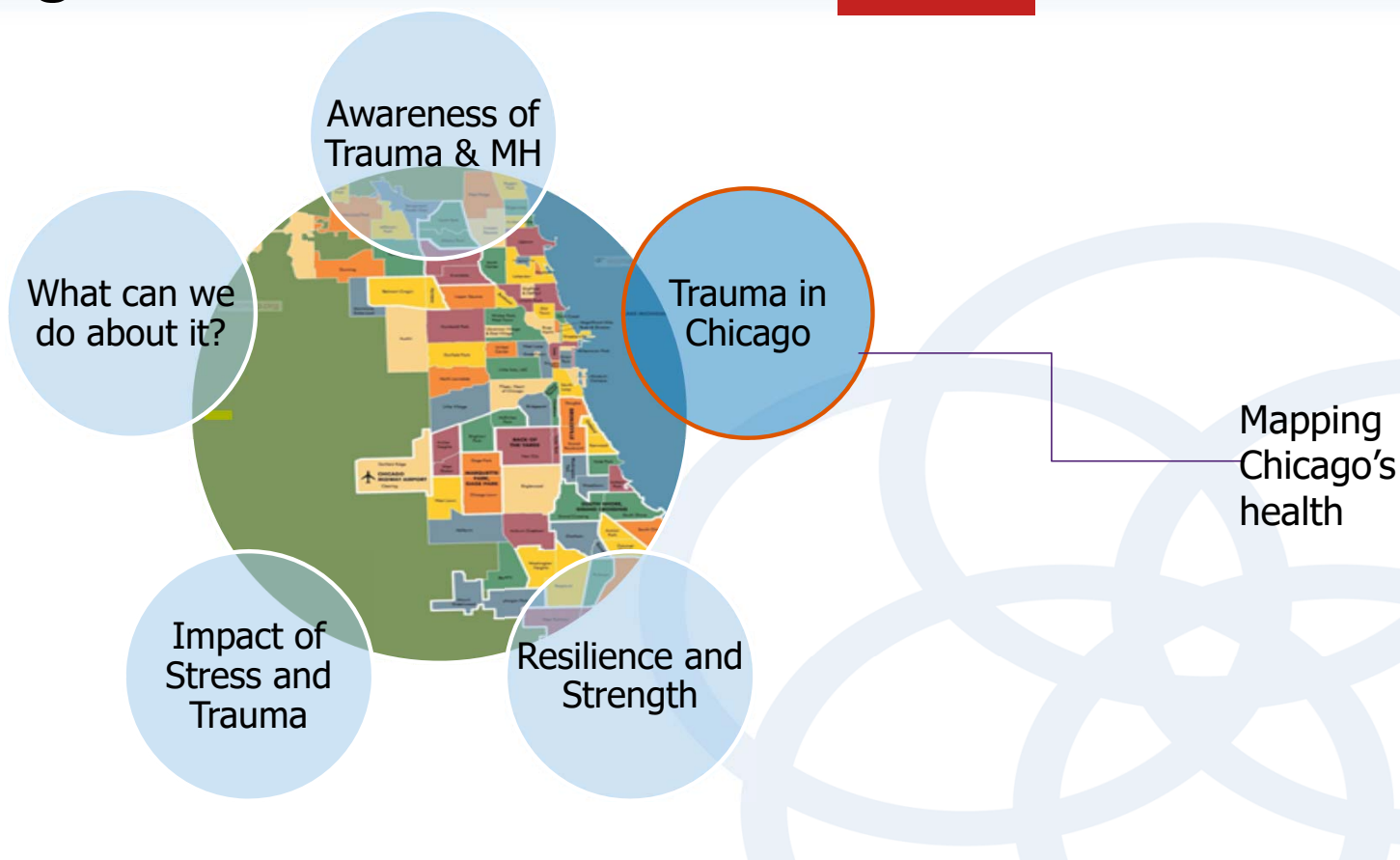
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Can we solve this problem?

$$85x/69y=8(7)$$

85= Life expectancy in the Loop

69 = Life Expectancy in Washington Park

8 = distance in miles between two communities

7 = # of train stops between two communities

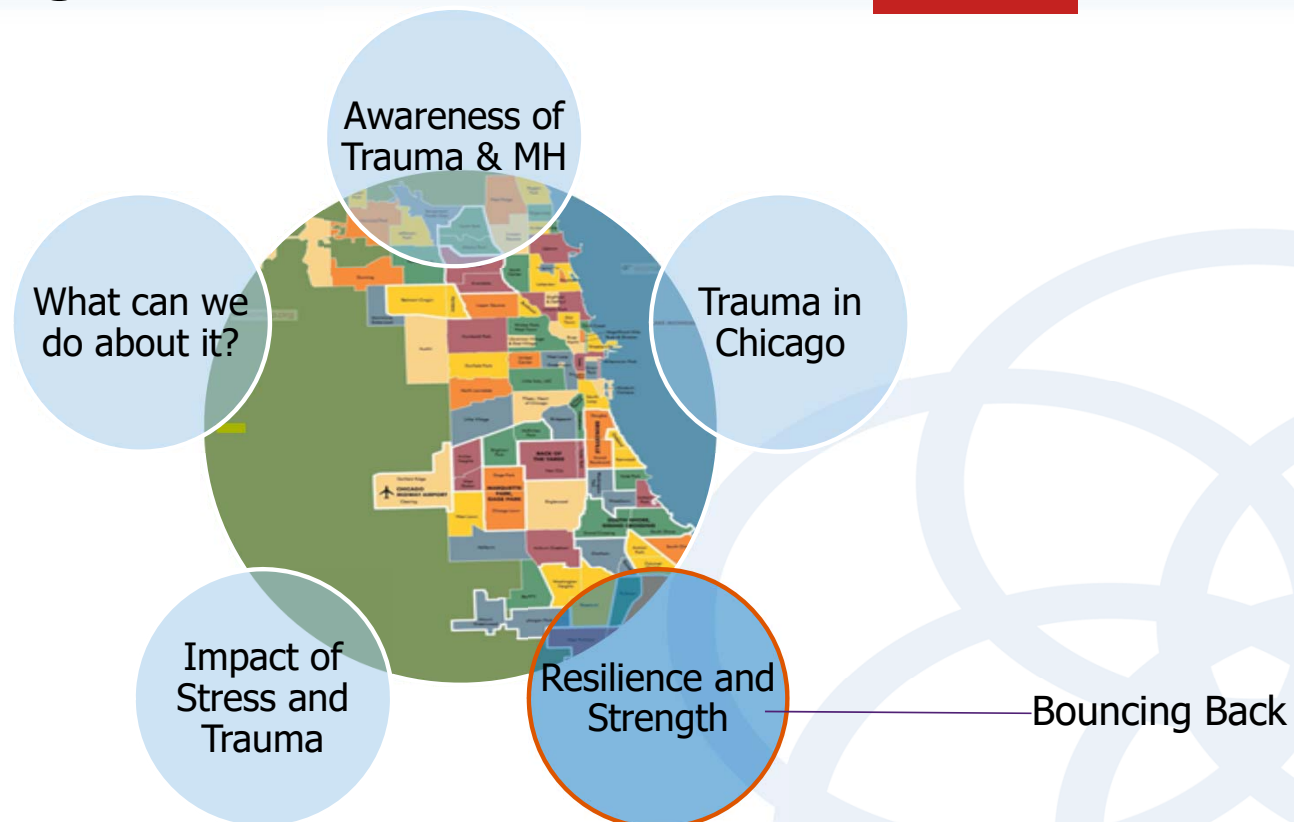
We can solve it!

Early Death: Life Expectancy at Birth (in Years) when born into certain Chicago Neighborhoods

River Forest = 84 years
Oak Park = 81 years
E. Garfield Park = 69 years
W. Garfield Park = 72 Years
Loop = 85 years
North Lawndale = 72 years
South Lawndale = 82 years

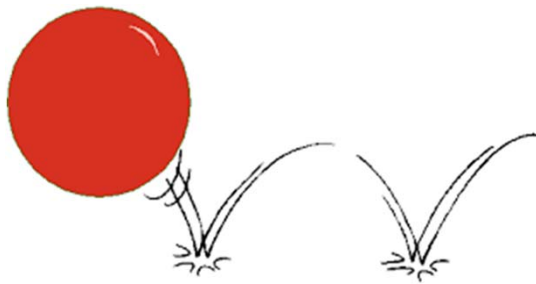


Hope and Healing in the Face of Trauma



A focus on Resilience. What is it?

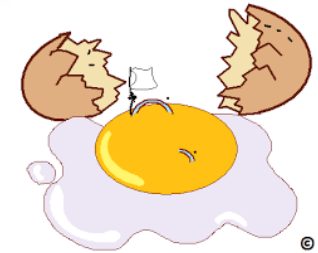
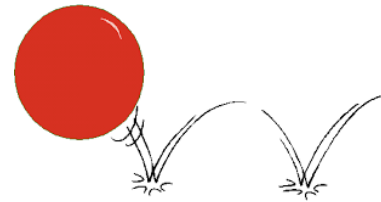
- **Resilience** = Positive capacity of people to cope with stress and life problems, or the capacity at the moment to bounce back from difficult situations.
- **Activity**
- 3 Volunteers for ball toss



Resilience & Strength

Resilience is dynamic

- Resilience isn't fixed. It changes over time, place and resources
- Just because people can overcome something stressful at one time, doesn't mean they will always respond the same way. Supports matter.
- Resilience isn't an excuse to avoid providing someone with help.



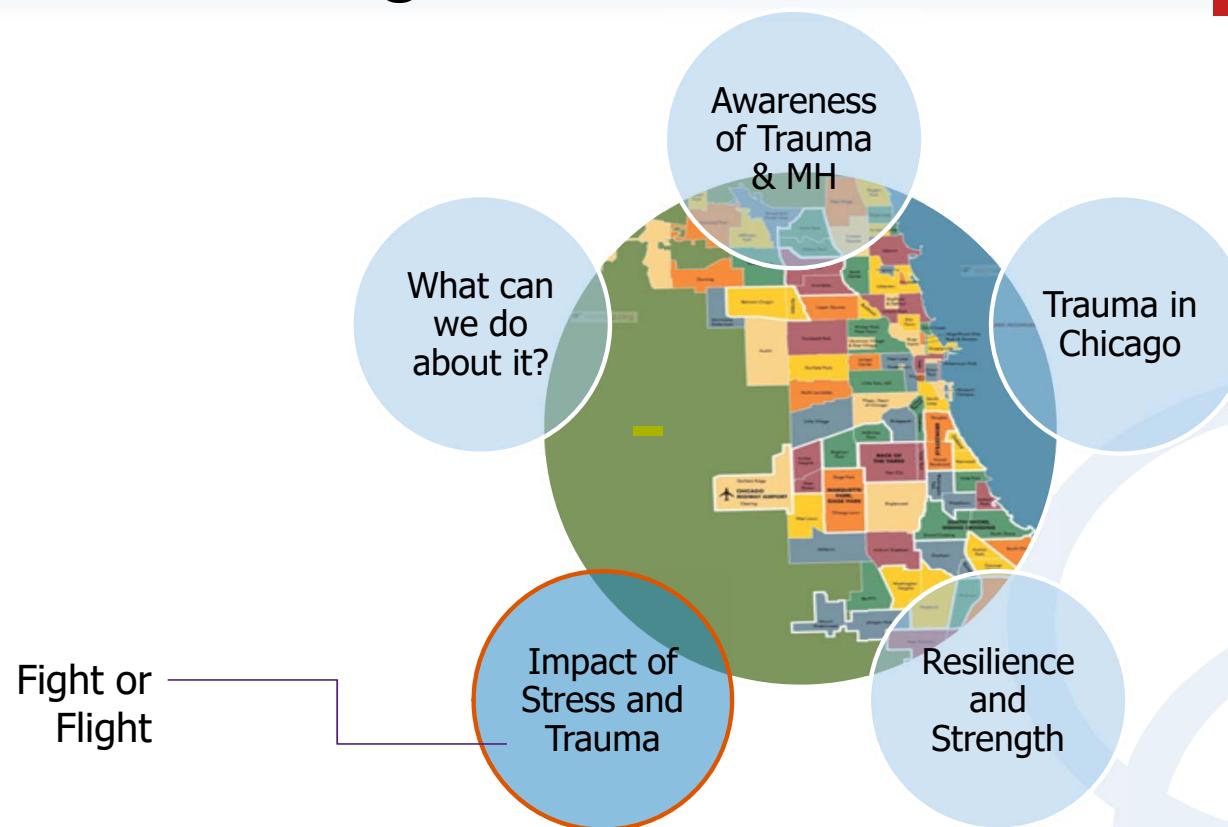
I don't speak English, but I speak 6 other languages.

My friends help me out.

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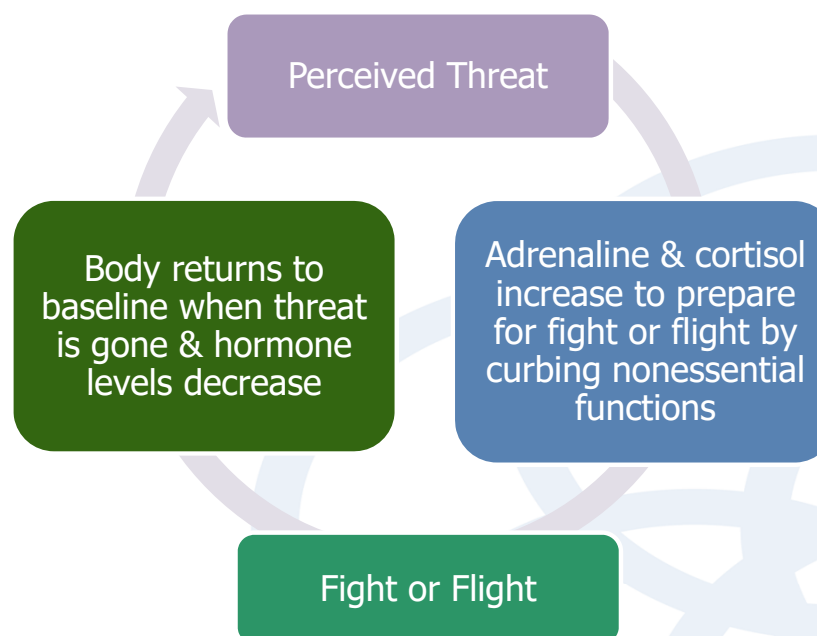
Fight or Flight Response

When confronted with a stressful or anxiety-provoking stimulus two hormones are released:

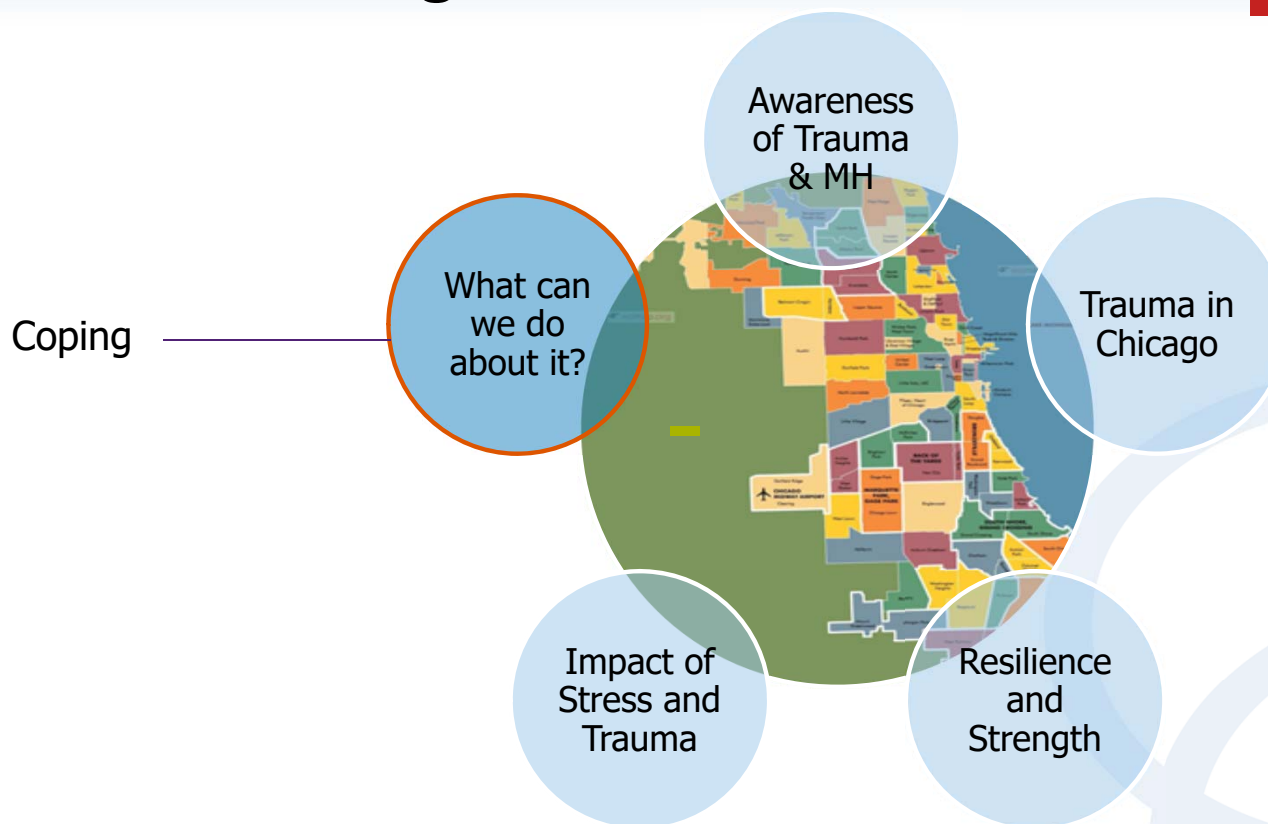
- Adrenaline
- Cortisol

After threat is gone, hormone levels *should* decrease

- Heart rate and blood pressure back to baseline
- Other systems (e.g., digestive, immune systems) resume regular activities



Hope and Healing in the Face of Trauma



Differences in Coping with Stress: Small Group Discussion



Healthy coping:

Relaxation/Meditation
Reaching out to someone supportive
Problem-solving
Practicing/developing a skill
-Sports
-Academics
-Arts
-Social Skills

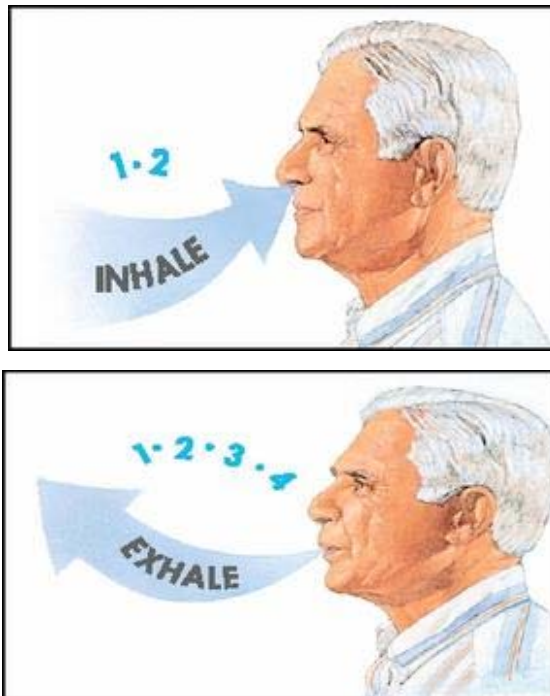


Survival “risky” coping:

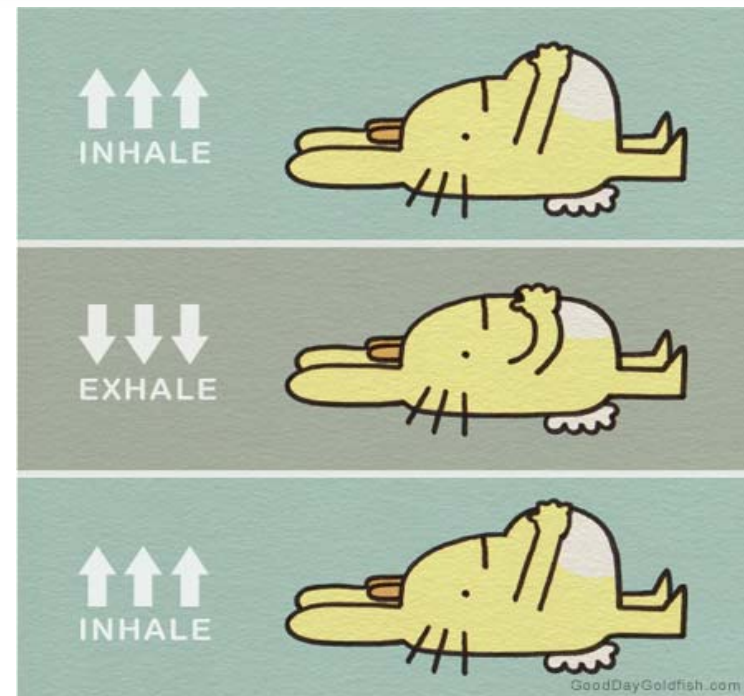
Substance use
Aggressive behavior
Little/no emotional expression
Avoiding stressful situations
Being overly harsh on yourself
Self-harm/injury
Gang involvement
Risky sexual behaviors

Mindfulness as a Coping Strategy

Mindfulness SOS Pro Tips: Belly Breathing!

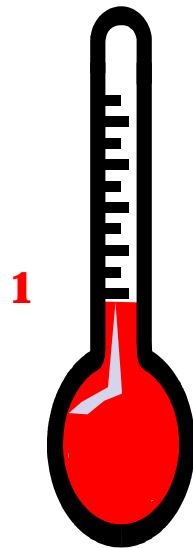


Tip 1: Exhale should be longer than the inhale

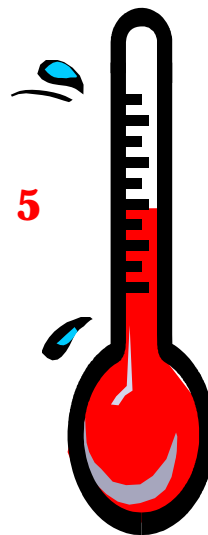


Tip 2: Breathe deeply into the abdomen, not just the chest (breathe out completely!)

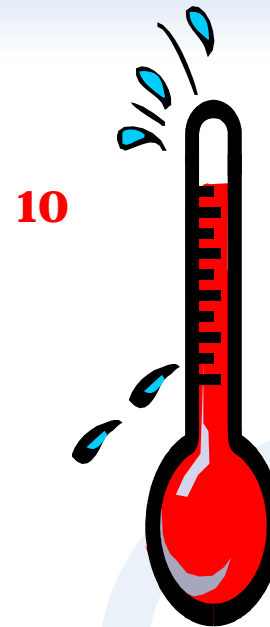
Feeling Intensity Thermometer



Personal Distress
Completely Calm 1 2 3 4 5 6 7 8 9 10



Personal Control
In complete control 1 2 3 4 5 6 7 8 9 10



Right now I feel ...
Most Distressed Ever

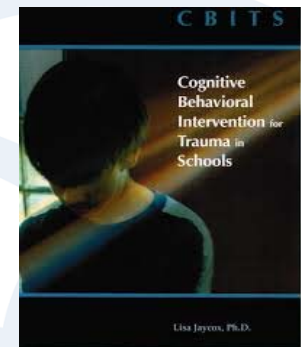
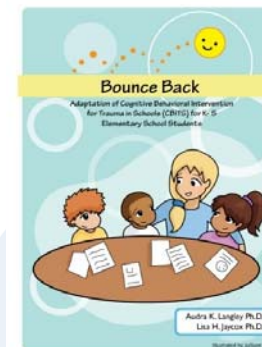
Right now I feel ...
Totally out of control

Linking up with available services: SCHOOLS

- **School-based supports**

- **Group Trauma interventions**

- Cognitive Behavioral Intervention for Trauma in Schools (CBITS, grades 3-12)
 - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS, ages 12-19)
 - Bounce Back (grades K-5)

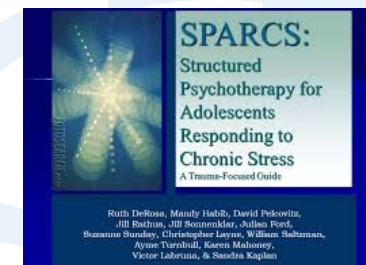


- **Who can help?**

- Teachers
 - School Counselors
 - School Social workers

- **Behavioral Health Teams**

- A multidisciplinary team of school mental health advocates who connect students with services (available in some schools)



Linking up with available services: **COMMUNITY & CRISIS**

- **Community supports**
 - Parents or family members
 - Caring adults or mentors
 - Contact hospital or agency directly for help (for example 1-800-KIDS DOC)
 - Use an online directory for resources (for example, IL SPIDER service provider database)
- **Crisis supports**

Anyone in crisis or who knows someone in crisis, please call the National Suicide Prevention Lifeline at 1-800-272-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.



Trauma Scholars

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Challenge



Mikva Challenge:

- Genesis Del Real
- Mellony Vasquez
- Kira Banks
- Jesus Santiago
- Oscar Estrada
- Ayo Dugbo
- Cecilia Ruiz
- Eram Fatima
- Chelsea Ridley, Mikva Supervisor
- Steven Rosado, Mikva Supervisor

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- Colleen Cicchetti, Ph.D.
- Claudio Rivera, Ph.D.
- Tara Gill, Ph.D.