

What are Trauma and Stress Related Disorders?

Trauma and stress related disorders can occur when an individual experiences, witnesses, or is exposed to an adverse event that is perceived as dangerous or threatening. Trauma can have long-lasting negative effects on a person's mental and physical well-being.

Resource Toolbox

1.

Helpful websites

Scan the QR code or click the links below to access:



- [The National Child Traumatic Stress Network](#)
- [AACAP](#)
- [NAMI](#)

2.

Research articles

Scan the QR code or click the links below to access:



- [The Child PTSD Symptom Scale](#)
- [NAMI's "Meet the Little Monster"](#)
- [ISTSS trauma assessment](#)
- [Social media resources](#)

3.

Handouts

Scan the QR code or click the links below to access:



- [Trauma fact sheets](#)
- [Learning materials and resources](#)

4.

Insightful Reading

"Mental Health Strategies for Pediatric Care," Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP

Symptoms Include

- Losing interest in activities
- Showing more sudden and extreme emotional reactions
- Having problems falling or staying asleep
- Showing irritability or angry outbursts
- Showing increased alertness to the environment
- Repeating behavior that reminds them of the trauma



What are Trauma and Stress Related Disorders?

Trauma and stress related disorders can occur when an individual experiences, witnesses, or is exposed to an adverse event that is perceived as dangerous or threatening. Trauma can have long-lasting negative effects on a person's mental and physical well-being.

Resource Toolbox

1. Helpful Websites and Tools

Scan the QR code or click the links below to access:



- [Multilingual trauma resources](#)
- [Girls, Inc](#)
- [Verywell Health](#)

2. Books for Guardians

Scan the QR code or click the links below to access:



- ["Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing," Peter A. Levine and Maggie Kline](#)
- ["The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma," Bessel van der Kolk MD](#)
- ["The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive" Daniel J. Siegel, MD and Tina Payne Bryson, Ph.D](#)

3. Books for Children

Scan the QR code or click the links below to access:



- ["Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between," Christopher Willard and Wendy O'Leary](#)
- ["The Rhino Who Swallowed a Storm" LeVar Burton, Susan Schaefer Bernardo](#)
- ["Alphabreaths: The ABCs of Mindful Breathing," Christopher Willard and Daniel Rechtschaffen](#)

Symptoms Include

- Losing interest in activities
- Showing more sudden and extreme emotional reactions
- Having problems falling or staying asleep
- Showing irritability or angry outbursts
- Showing increased alertness to the environment
- Repeating behavior that reminds them of the trauma



What are Trauma and Stress Related Disorders?

Trauma and stress related disorders can occur when an individual experiences, witnesses, or is exposed to an adverse event that is perceived as dangerous or threatening. Trauma can have long-lasting negative effects on a person's mental and physical well-being.

Resource Toolbox

1.

Helpful Websites

Scan the QR code or click the links below to access:



- [Students exposed to trauma](#)
- [Five ways to support students affected by trauma](#)
- [Recognizing the signs of trauma](#)

2.

Useful Resources

Scan the QR code or click the links below to access:



- [Child trauma toolkit for educators](#)
- [Education resource list on trauma-informed education](#)

3.

Books for Educators

Scan the QR code or click the links below to access:



- ["The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel," Jim Sporleder, and Heather T. Forbes, LCSW](#)
- ["Teachers' Guide to Trauma: 20 Things Kids With Trauma Wish Their Teachers Knew," Dr. Melissa Sadin and Nathan Levy](#)
- ["Reaching and Teaching Children Who Hurt: Strategies for Your Classroom," Susan Craig](#)

Symptoms Include

- Losing interest in activities
- Showing more sudden and extreme emotional reactions
- Having problems falling or staying asleep
- Showing irritability or angry outbursts
- Showing increased alertness to the environment
- Repeating behavior that reminds them of the trauma

