

Resource Guide



If a youth is experiencing a trauma reaction, you may witness some of these symptoms...

- Anxiety Symptoms (shutting down, fidgety behaviors) ex. Twitching, foot tapping and other restless behaviors
- Lack of eye contact
- Getting up to leave
- Crying
- Change in skin color, clenched fists and jaw
- Excessive personal sharing

What should you do if a youth is having a trauma reaction...

- Ensure **safety**
- Ask if the student wants to remove themselves from the current environment
- Make them feel comfortable
- Ask if they want to talk but validate if they do not. DO NOT push them to discuss their experience or trauma
 - If they do share, validate and counsel for trauma
 - Offer a re-directive activity if they do not want to talk about what is going on in the moment
- Silence is ok, your presence is **enough**
- Offer the **safe space room**

Helpful Resources

Grief counseling

- Children's Grief Center (505)323-0478
3001 Trellis Drive NW Albuquerque, NM 87107

Substance abuse resources (See attachment)

- <https://www.operationprevention.com/>
- New Mexico's Statewide Crisis Line
Access to mental health and substance abuse services, and mental health professionals who can respond to a crisis 24/7.
 - 1-855-NMCRISIS (1-855-662-7474)
 - 1-855-277-5485 (TTY)

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Trauma

- The Trauma Informed Care Project (www.traumainformedcareproject.org)
- National Child Traumatic Stress Network (www.nctsn.org)
- National Child Traumatic Stress Network Learning Center - for Child and Adolescent Trauma (www.nctsn.org/login/index.php)
- Kids Mental Health Info (www.kidsmentalhealthinfo.com/child-trauma.php)
- Adverse Childhood Experiences Study (www.acestudy.org)
- American Academy of Experts in Traumatic Stress (www.aaets.org)
- National Center for Children Exposed to Violence (www.nccev.org)
- Center for Pediatric Traumatic Stress (www.chop.edu/professionals/pediatric-traumatic-stress)
- International Society for Traumatic Stress Studies (www.istss.org)
- SAMHSA National Center for Trauma-Informed Care (www.samhsa.gov/nctic/)
- Parenting After Trauma: Understanding Your Child's Needs - A Guide for Foster and Adoptive Parents (www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf)
- Helping Foster and Adoptive Families Cope with Trauma - A Guide for Pediatricians (<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/Guide.pdf>)
- Through Our Eyes: Children, Violence, and Trauma Video (<http://www.ovc.gov/pubs/ThroughOurEyes/index.html>)
- How Can Trauma Affect My Young Child? (<http://www.cehd.umn.edu/CEED/publications/questionsaboutkids/traumaenglish.pdf>)
- National Trauma Consortium (www.nationaltraumaconsortium.org)