



TRAUMA INFORMED PARENTING

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a mental health intervention that addresses the unique needs of children with PTSD symptoms, depression, behavior problems, and other difficulties related to traumatic life experiences.

Impact of Trauma

The impact of child traumatic stress can last well beyond childhood. In fact, research has shown that child trauma survivors may experience:

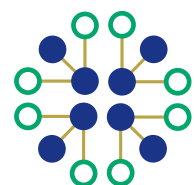
- Learning problems, including lower grades and more suspensions and expulsions
- Increased use of health and mental health services
- Increase involvement with the child welfare and juvenile justice systems
- Long-term health problems (e.g., diabetes and heart disease)

There is hope. Children can and do recover from traumatic events, and you can play an important role in their recovery.

A critical part of children's recovery is having a supportive caregiving system, access to effective treatments, and service systems that are trauma informed.

Understanding the effects of trauma and developing the skills to build a safe place are part of the Trauma Informed Parenting. This training is open to parents/caregivers of children who have experienced trauma.

source: SAMHSA



**Community
Mental Health**
FOR CENTRAL MICHIGAN