



TIP SHEET: Trauma-Informed Practice

THINGS TO CONSIDER

- Families who have experienced traumatic events need to feel safe and loved.
- When parents don't understand trauma, they may misinterpret their child's behavior and end up feeling frustrated or resentful. In these instances, addressing troubling behavior may be ineffective or in some cases, even harmful.
- When a child behaves in a way that is unexpected and seems irrational or extreme, he or she may be experiencing a trauma trigger.
- A trigger is some aspect of a traumatic event that occurs in a complete situation but reminds the child/adult of the original event.
- When a child is upset, do what you can to keep calm: lower your voice, acknowledge the child's feelings, and reassure and be honest with the child.
- Listen to your participant. Don't avoid difficult topics or uncomfortable conversations. But don't force anyone to talk before she/he is ready.



- Be patient. Everyone heals differently from trauma, and trust does not develop overnight.
- Do not take the behavior personally. Allow your participant to feel his or her feelings without judgment.
- Encourage healthy self-esteem. Positive experiences can help anyone to recover from trauma and increase their resilience.





RESOURCES

CARA

The Comprehensive Addiction and Recovery Act-Implementation of CARA in New Mexico. CARA establishes a comprehensive, coordinated, balanced strategy for decreasing the impact of prenatal substance use through prevention and education efforts and by promoting treatment and recovery.

sharenm.org/cara-providers



Child Welfare Information Gateway. Resources on Trauma for Caregivers and Families

www.childwelfare.gov/topics/responding/trauma/caregivers

Children Advocacy Center

A behavioral health agency specializing in the treatment of families, children, and their caregivers who are struggling due to issues of divorce, homelessness, child abuse/neglect, family violence, or other crises. Highly trained staff specializes in trauma-informed treatment methods that create a safe and comfortable environment in which clients can heal.

Phone (505) 271-0329 | www.allfaiths.org

Guidance Center of Lea County, Inc.

As the only certified trauma-informed care center in the State of New Mexico, the Guidance Center of Lea County is committed to the Sanctuary Model of Trauma Informed Care for its staff and clientele.

Phone: (505) 393-3168 | www.gclcnm.org

Infant and Early Childhood Mental Health

Therapists partner with children ages prenatal to 6 and their families to create a support plan specific to their circumstances, values, and culture. Therapists can meet with clients in their homes, our offices, or at a community meeting place, and meeting times can be flexible to accommodate families' schedules. The clinical team is part of the [National Child Traumatic Stress Network \(NCTSN\)](http://www.nctsn.org) and provides evidence-based therapies to address childhood trauma.

Phone: 505.753.4123 | www.lascumbres-nm.org/community-infant-program

National Child Traumatic Stress Network. Resources for Parents and Caregivers

www.nctsn.org/resources/audiences/parents-caregivers

PB&J Family Services, Inc. These services have been helping at-risk children grow and develop to their full potential in nurturing families and within supportive communities. Outcomes include the prevention of child abuse and neglect; preservation of the family whenever possible; optimal child development.

Phone (505) 877-7060 | www.pbjfamilyservices.org/

American Academy of Pediatrics. (2013). *Parenting after trauma: Understanding your child's needs. A guide for foster and adoptive parents.* Elk Grove Village, IL: AAP and Dave Thomas Foundation for Adoption. Retrieved from [www.aap.org/en-us/advocacy-and-policy/](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf)

[aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf)