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WAKE FOREST
UNIVERSITY

CNS 739: Advanced Counseling Skills
Dr. Penn & Dr. Dongre
November 21, 2024



Trauma is an experience, not a disease.

"Treatments for PTSD and trauma are sorely lacking. We must do better."

Cristina Pearse, Founder



Children in Crisis:
Trauma Resources
Presentation

Children in Crisis:

“Adolescence is a critical period of transformation, extensively acknowledged across cultures. A transition from childhood to adulthood necessitates a phase of **“storm and stress,”** a period of inherent volatility typically resolved by the age of 20.

★ *It is also observed that many lifelong psychopathologies emerge by the age of 14.”*

Source: Gupta et al., 2024.

Adolescence
Matters.

Children in Crisis:

It starts at home



ADVERSE CHILDHOOD EXPERIENCES

Abuse



Physical



Emotional



Sexual

Neglect



Physical



Emotional

Household Challenges



Mental
Illness



Intimate
Partner
Violence



Parental
Separation
or Divorce



Incarceration

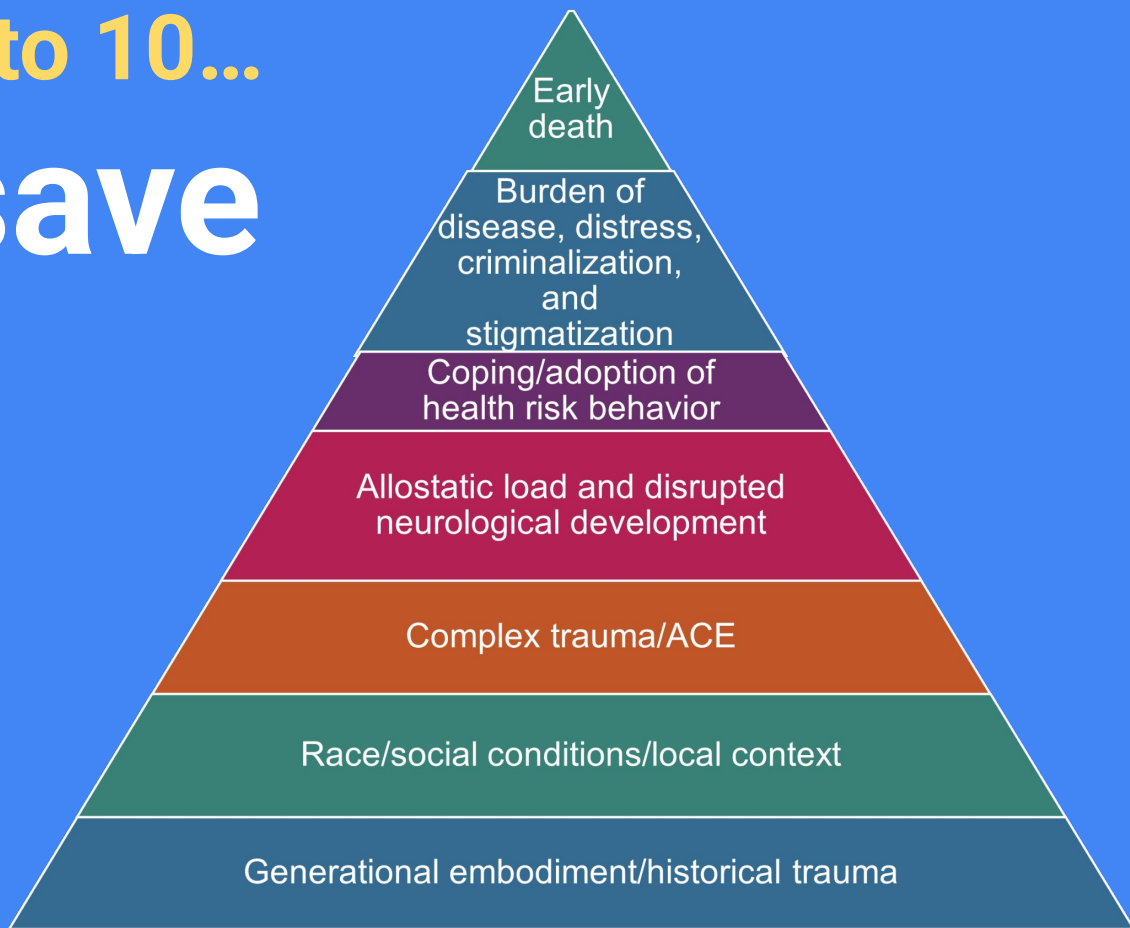


Substance
Misuse or
Dependence

If you can count to 10...

You can save a child in crisis

Source: Centers for Disease Control and Prevention. (2016). Violence prevention: The ACE pyramid (adapted by RYSE Youth Center).



1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
2. Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
6. Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
9. Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	

Source: California
Department of Health
ACES Aware, NAMI, NIMH.

1:5 children
experience 4+ ACEs

Financial Impact of **Adverse Childhood Events** (ACEs)

**Annual
Cost of
ACEs in
the U.S.⁴**

Heart Disease	Asthma	
Stroke	Kidney Disease	Illicit Drug Use
Cancer	COPD	Anxiety
Diabetes	Smoking	Depression
Arthritis	Heavy Drinking	Violence
Overweight and Obesity		

**\$14.1
trillion**

Source: JAMA, Peterson et al., 2023.

Who can help?

It takes a village.

TED Ideas change everything



How childhood trauma affects health across a lifetime

12,455,711 views © | Nadine Burke Harris | TEDMED 2014 • September 2014

Source: https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

CRISIS RESOURCES > Children in Crisis

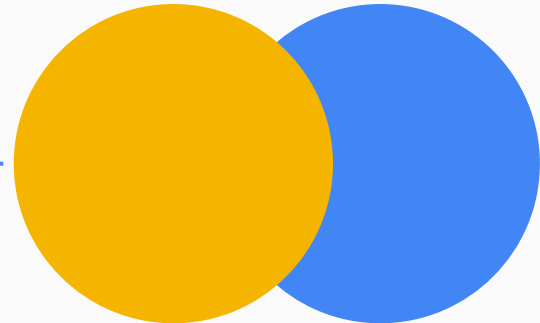
LOCAL

Florida Keys Children's
Shelter

NATIONAL

The National Child Traumatic Stress Network (NCTSN)

ACEs Aware @ www.AcesAware.org





Key Signs of Crisis

A health crisis in children can manifest through **significant changes** in mood, behavior, and daily functioning, including: sudden extreme sadness, withdrawal from friends and activities, excessive anger outbursts, drastic changes in sleep or eating patterns, self-harming behaviors, talking about suicide or death, unexplained physical complaints, poor academic performance, and expressing intense fear or anxiety that seems disproportionate to the situation.

Source: California Department of Health ACES Aware, NAMI, NIMH.

Key Takeaway:

**You must know their
past in order to impact
their futures.**

The Challenge:

**Unraveling trauma
history is complex**

Factors > Childhood Trauma Experiences

1. Prevalence of Traumatic Injury
 2. **Diagnosing** Children with PTSD
 3. Prevalence of **ACEs**
 4. Prevalence of **Childhood Sexual Assault**
-



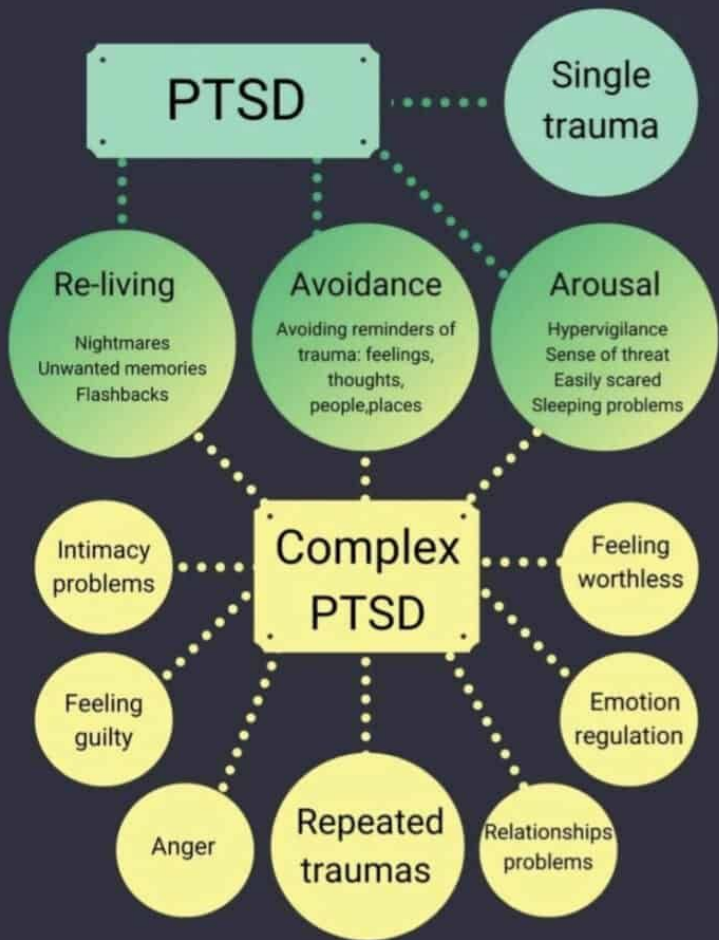
What is Complex Trauma?

1

Complex Trauma:

describes a child's exposure to multiple traumatic events—often of an invasive, interpersonal nature—and the wide-ranging, long-term effects of this exposure.

PTSD VS COMPLEX PTSD



2

Diagnosing Complex Trauma

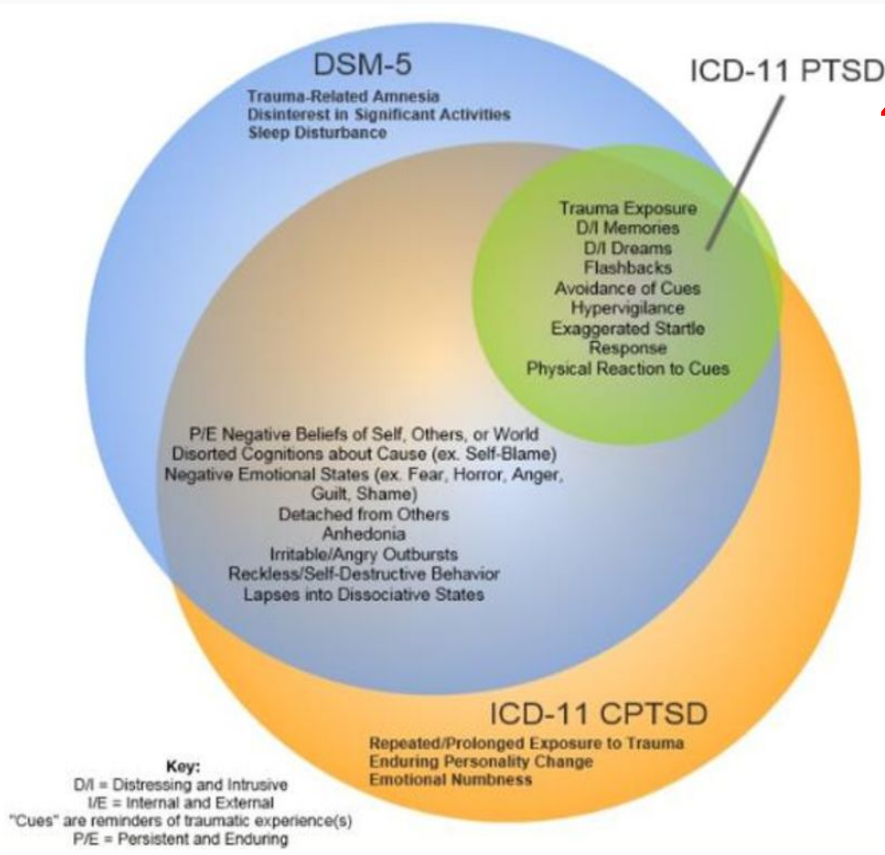
Single Event or Multiple?

2

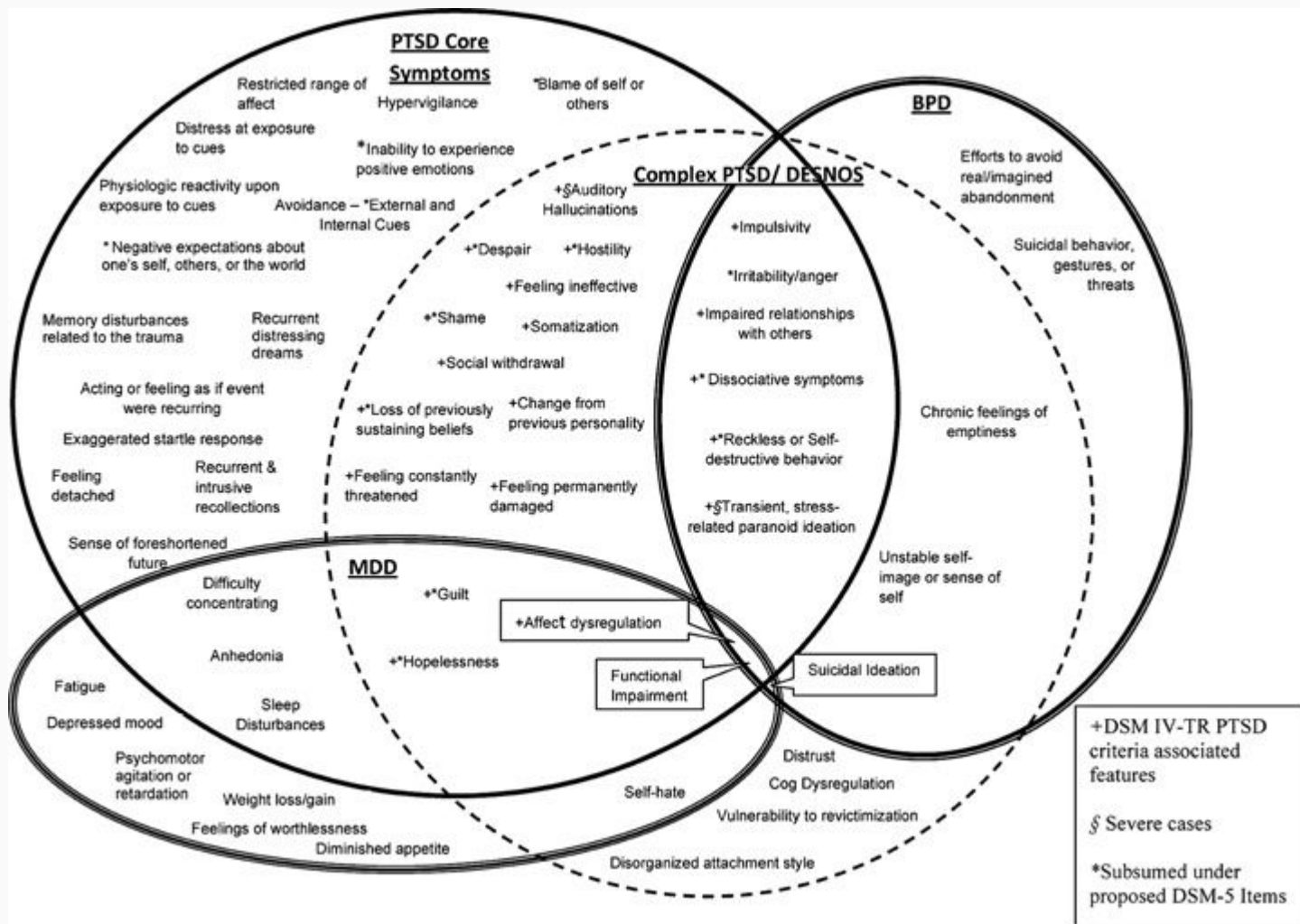
Diagnosing Complex Trauma

ICD-11 PTSD, Complex PTSD (cPTSD) versus PTSD in DSM-5

DESNOS



Source: APA, 2013; World Health Organization, 1993; Litvin et al., 2024.



Source: Resick et al., 2012.

Adverse Childhood Events (ACEs)

3

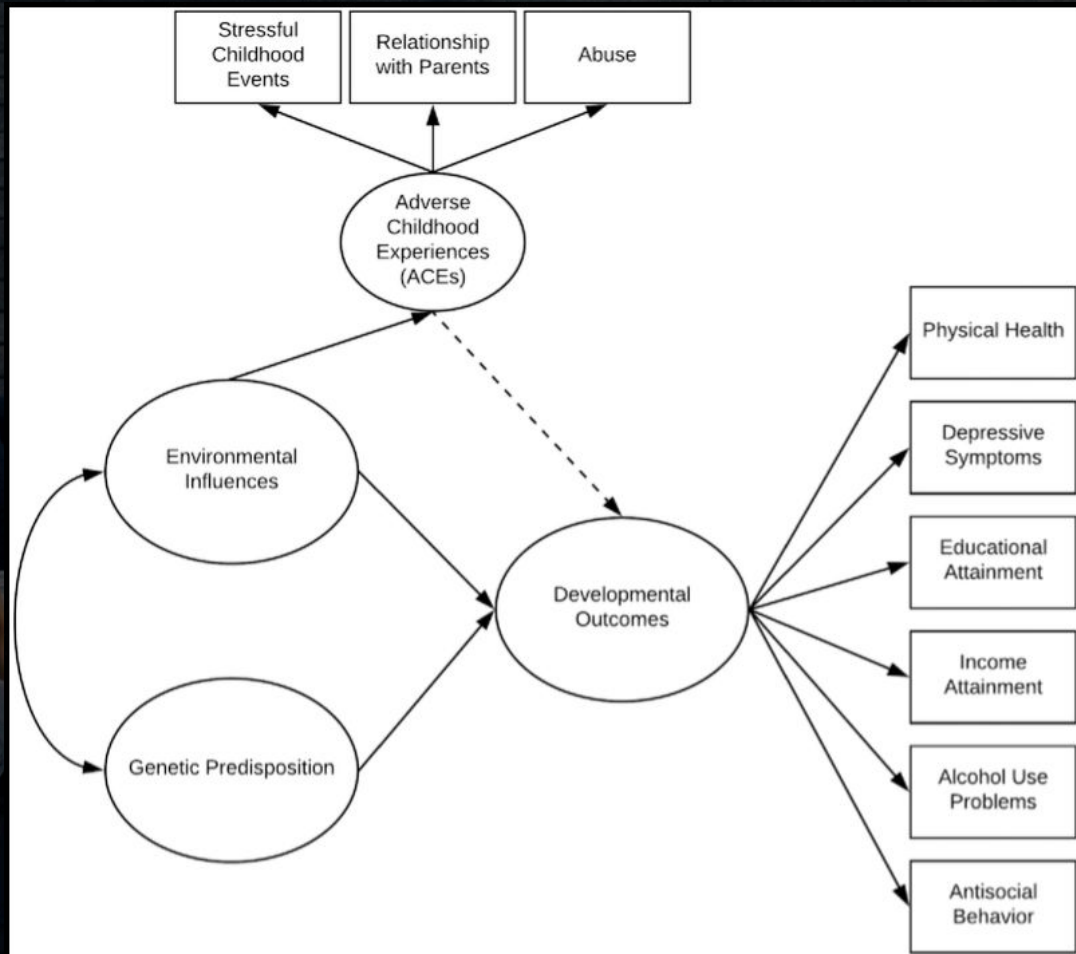
Lived Experience: Every client presents with a unique lived experience.



Diagnosing Complex Trauma:

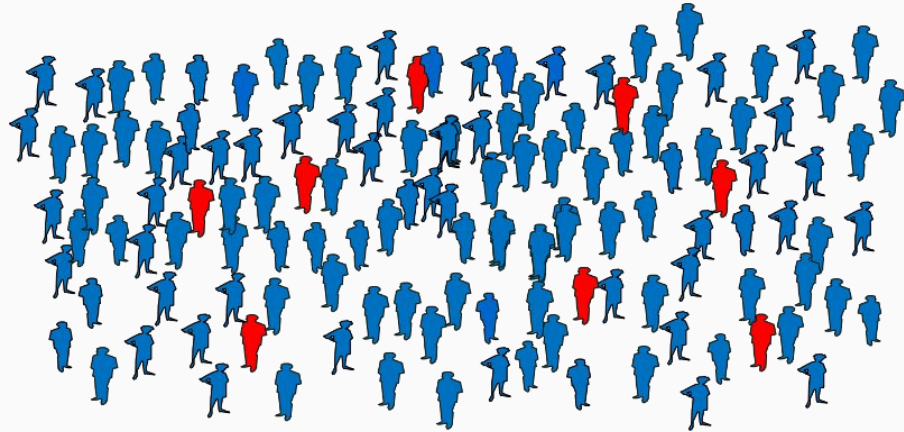
No two individuals
are alike in their
trauma response,
not even twins!

Source: Schwartz et al., 2019.



4

Childhood Sexual Assault



Every 9 minutes,
child protective services
substantiates or finds
evidence for a claim of
child sexual abuse.

Source: United States Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. Child Maltreatment Survey, 2016.

Prevalence of PTSD after Childhood Sexual Assault

90%



2 out of 3 Victims:
Ages 12-17

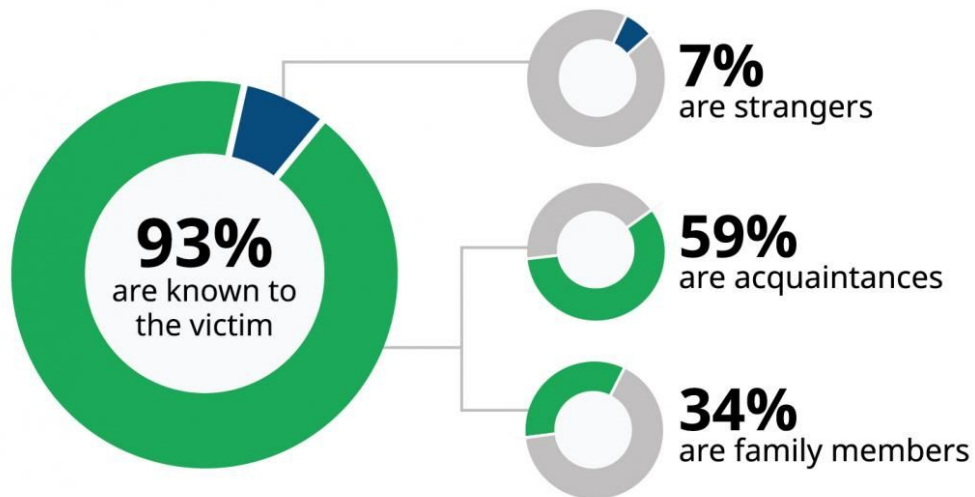
1 out of 3:
Under Age 12

82% Female

Source: James & Gilliland, 2017.

CHILD VICTIMS OFTEN KNOW THE PERPETRATOR

Among cases of child sexual abuse reported to law enforcement:



National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/children-and-teens for full citation.⁴

The majority of perpetrators are someone the child or family knows.

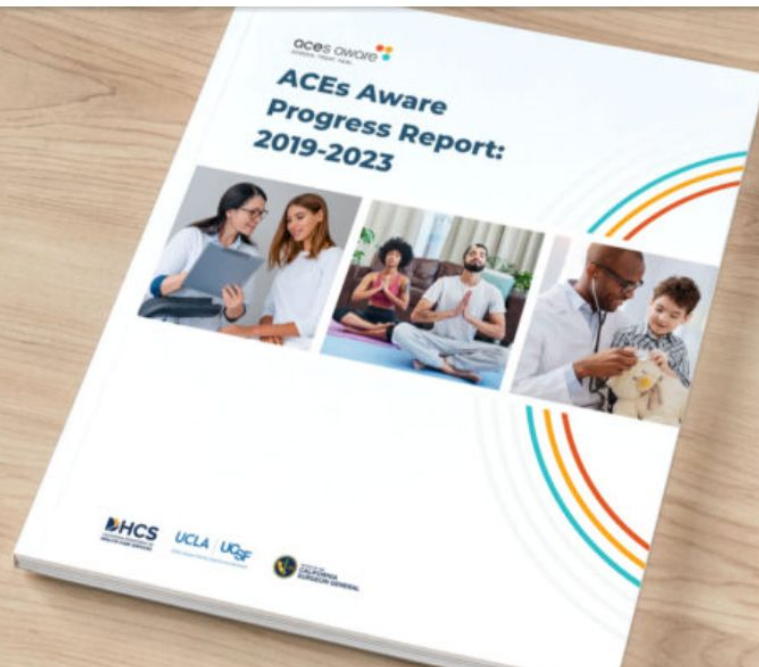
As many as 93 percent of victims under the age of 18 know the abuser. A perpetrator does not have to be an adult to harm a child. They can have any relationship to the child including an older sibling or playmate, family member, a teacher, a coach or instructor, a caretaker, or the parent of another child.

Source: [RAINN.org](https://rainn.org), 2024

ACEs Aware Progress Report: 2019-2023

ACEs Aware has demonstrated significant progress in the effort to prevent, identify, and respond to ACEs and toxic stress since its launch in 2019

READ THE REPORT



The ACEs Aware initiative is a first-in-the-nation effort to screen patients for Adverse Childhood Experiences (ACEs) to help improve and save lives.



OUR MISSION is to raise the standard of care and improve access to **services for traumatized children, their families and communities** throughout the United States.

[DEFINING CHILD TRAUMATIC STRESS ▶](#)

The Latest

[Trauma Training for Early Childhood \(TTEC\)](#)

[Coping with Unconfirmed Death for Forcibly Displaced Children and Families: Tips for Caregivers](#)

[Talking to Children about War](#)

[The Power of Parenting: Helping Your Child After a Family Homicide Loss](#)

Major Events

[Hurricane Resources](#)

[Tornado Resources](#)

[Mass Violence Resources](#)

[PFA and SPR](#)





Need Help? Call:305-852-4246
NECESITA AYUDA? / ESKE OU BEZWEN ED?

Donate



Florida Keys
CHILDREN'S SHELTER

[HOME](#) [INTRO](#) [PROGRAMS](#) [VIRTUAL TOUR](#) [RESULTS](#) [DONATIONS](#) [NEWS AND EVENTS](#) [CONTACT](#) [EMPLOYEE PORTAL](#)

Florida Keys Children's Shelter
**free and available
to all youth**

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You always have a safe place to go in the Florida Keys: the Jelsema Center in Plantation Key. Imagine a fun dormitory of friends who are like family, where you can play video games, get help with your homework, and enjoy the outdoor gym. The children attend school and have group outings that include STEM and STEAM-based curriculum trips. The 19-bed home for ages 10 through 18 features our full-time Keys Children's Foundation counselor, a full-time chef, and rooms decorated by accomplished artists including Wyland, Pasta, and Stacie Krupa. Whether you stay with us for just one night or for several years, our goal is to provide a home with caring people who will listen, make you feel like you matter, and help you toward your brightest future.



73 High Point Rd., Tavernier, FL 33070

Open 24 hours a day, 365 days a year

Call 305-852-4246

All services free of charge

Crisis Hotlines



- **Child Sexual Abuse.** [Stop It Now!](#) Phone: 1-888-PREVENT (1-888-773-8368)
- **Crime Victims.** [National Center for Victims of Crime.](#) Phone: 1-855-4VICTIM (1-855-484-2846)
- **Dating Abuse.** [Love is Respect.](#) Phone: 1-866-331-9474, TTY: 1-866-331-8453, or Text LOVEIS TO 22522
- **Domestic Violence.** [National Domestic Violence Hotline.](#) Phone: 1-800-799-SAFE (1-800-799-7233), TTY: 1-800-787-3224
- **Missing and Abducted Children.** [Child Find of America, Inc.](#) Phone: 1-800-I-AM-LOST (1-800-426-5678), or [National Center for Missing & Exploited Children.](#) Phone: 1-800-THE-LOST (1-800-843-5678)
- **Rape and Sexual Abuse.** [Rape, Abuse & Incest National Network.](#) Phone: 1-800-656-HOPE (1-800-656-4673)
- **Runaway and Homeless Youth.** [National Runaway Safeline.](#) Phone: 1-800-RUNAWAY (1-800-786-2929), or Text: 66008
- **Suicide Prevention.** [National Suicide Prevention Lifeline.](#) Phone: 1-800-273-TALK (1-800-273-8255), TTY: 1-800-799 4889

Summary of Key Takeaways:

- ★ Many mental health issues begin by age 14
- ★ Most childhood crises are preventable
- ★ The high rate of adverse childhood events is alarming
- ★ Understanding a child's history is crucial for shaping their future
- ★ Identifying trauma in children is essential to addressing the global mental health crisis

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