

The logo for Child Guidance & Family Solutions features a stylized graphic of a house or a step-like shape on the left, composed of blue and orange lines. To the right of this graphic is a colorful logo consisting of several overlapping horizontal and vertical brushstrokes in yellow, blue, green, orange, and red. The text "child guidance & family solutions" is positioned to the right of the house graphic and to the left of the colorful logo. The words "child guidance" and "family solutions" are in a serif font, while "&" is in a script font.

*child***guidance**  
& *family***solutions**

A decorative horizontal bar with a hatched or diagonal line pattern, spanning the width of the slide.

## The Impacts of Early Childhood Trauma on Social, Emotional and Behavioral Development

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# Learning Outcomes

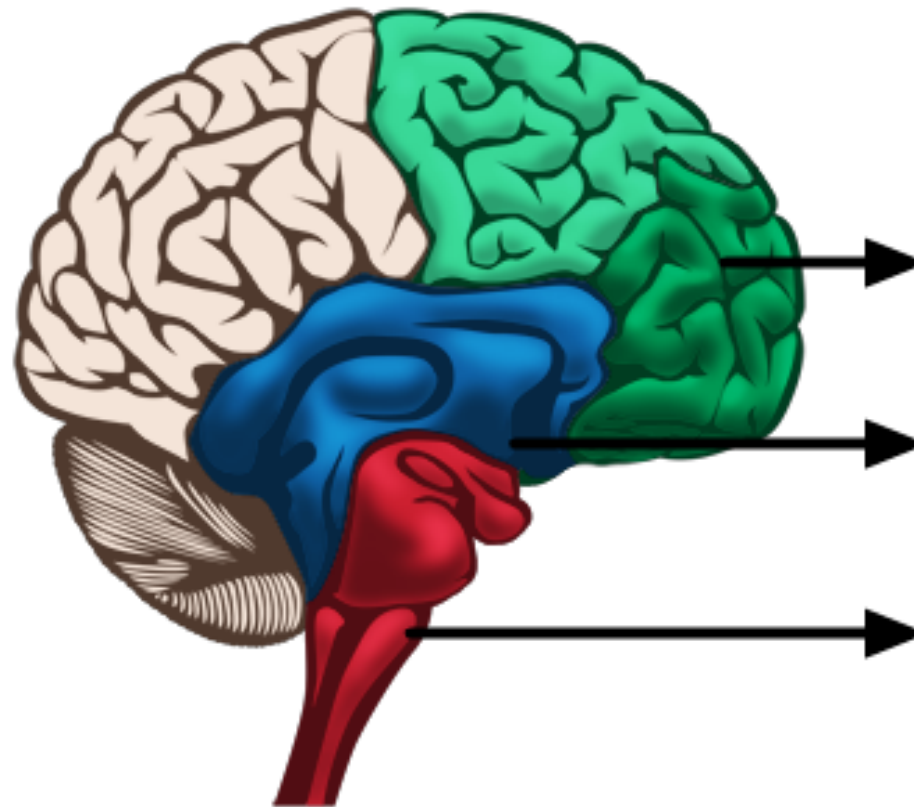
- Participants will learn current trauma research and how trauma impacts early childhood development.
- Participants will learn the importance of screening tools for early childhood social, emotional and behavioral issues.
- Participants will gain appropriate referrals and resources in the community.

# Video- Hand Model

<https://www.youtube.com/watch?v=gm9CIJ740>

XW





**Executive State**  
Prefrontal Lobes  
What can I learn from this?

**Emotional State**  
Limbic System  
Am I loved?

**Survival State**  
Brain Stem  
Am I safe?

# How would you define trauma?

# Defining Trauma

- Traumatic stressor- Any event (or events) that may cause or threaten death, serious injury, or sexual violence to an individual, a close family member, or a close friend. (American Psychiatric Association, 2013)
- Complex Trauma- An exposure to multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long term impacts of the exposure. (NCTSN, n.d.)

# Types of Trauma

- Community Violence
- Complex Trauma
- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Natural Disasters
- Neglect
- Physical Abuse
- Sexual Abuse
- Refugee Trauma
- School Violence
- Terrorism
- Trauma Grief

(NCTSN, n.d.)

# Signs and Symptoms

Children aged 0-2

- Act withdrawn
- Demand attention through both positive and negative behaviors
- Demonstrate poor verbal skills
- Display excessive temper tantrums
- Exhibit aggressive behaviors
- Exhibit memory problems
- Exhibit regressive behaviors
- Experience nightmares or sleep difficulties
- Fear adults who remind them of the traumatic event





# Signs and Symptoms Continued

- Have a poor appetite, low weight and/or digestive problems
- Have poor sleep habits
- Scream or cry excessively
- Show irritability, sadness and anxiety
- Startle easily

# Signs and Symptoms

Children aged 3-6

- Act out in social situations
- Act withdrawn
- Demand attention through both positive and negative behaviors
- Display excessive temper
- Be anxious and fearful and avoidant
- Be unable to trust others or make friends
- Be verbally abusive
- Believe they are to blame for the traumatic experience
- Develop learning disabilities
- Exhibit aggressive behaviors
- Experience nightmares or sleep difficulties
- Experience stomachaches and headaches



# Signs and Symptoms Continued

- Fear adults who remind them of the traumatic event
- Fear being separated from parent/caregiver
- Have difficulties focusing or learning in school
- Have poor sleep habits
- Imitate the abusive/traumatic event
- Lack self-confidence
- Show irritability, sadness and anxiety
- Show poor skill development
- Startle easily
- Wet the bed or self after being toilet trained or exhibit other regressive behaviors

# Trauma Research

- Trauma impacts in cognitive development (Enlow et al., 2012)
- The Adverse Childhood Experience (ACE) study (Felitti et al., 1998)
- Effects of Complex Trauma (NCTSN, n.d.)
- Maternal Interpersonal Trauma and Child Social-Emotional Development (Folger et al., 2017)

# Trauma Statistics

- Child Maltreatment
  - In 2012, 3.4 million referrals of children being abused or neglected to state and local CPS
    - 78% neglect
    - 18% physical abuse
    - 9% sexual abuse
    - 11% other types of maltreatment

(U.S. Department of Health and Human Services, 2013)

# Trauma Statistics

- Deaths from Child Maltreatment
  - In 2012, an estimated 1,640 children died from child maltreatment
    - 70% younger than age 3
- Characteristics of Perpetrators
  - 80.3% parents
  - 6.1 relatives other than parents
  - 4.2 unmarried partners of parents

(U.S. Department of Health and Human Services, 2013)

# What is Resilience?



# Defining Resilience

- **“Ability to recover from or adjust easily to misfortune or change.”** (Merriam-Webster, n.d.)
- Ability to “bounce back”





# Protective Factors

- *“Protective factors are the resources, processes, or characteristics that help an individual buffer risk and build resilience.”*
- Reduce the harmful effects of risk
- Support recovery from negative events
- Support positive outcomes



(Cairone & Mackrain, 2014)

# Risk Factors

- **“Negative influences, situations, and characteristics** that contribute to the probability that an individual will have great difficulty coping with life.” (Cairone & Mackrain, 2014)

# Categories

- “**Environmental:** safety of where you live, quality of the programs and services available (or unavailable) to you”
- “**Familial:** how loving and caring your family may be, how much time and support your family offers each other”
- “**With-in person:** your temperament, abilities (and inabilities), skills and characteristics that make you who you are”

(Devereux Center for Resilient Children, n.d.)

# Video- ReMoved

- <https://www.youtube.com/watch?v=IOeQUwdAjE0>



# Video Discussion

- Traumatic signs
- Trauma symptoms
- Resiliency and protective factors

# Screening Tools

# DECA-I/T, P-2, C

- Measures protective factors and behavioral concerns
  - Initiative
  - Attachment/ Relationship
  - Self-regulation
  - Behavioral Concerns
- Strength based

# DECA-I/T

- DECA Infant/Toddler- The DECA-IT is a reliable and valid behavior rating scale used to assess protective factors and to screen for social and emotional risks in very young children.
- Contains protective factor scales: Initiative, Self-Regulation, and Attachment/Relationships
- Observation over a 4 week period
- 10 to 15 minutes to complete
- Completed by parents and/or early childhood professionals
- Scored by certified or licensed professionals



## DECA-P-2

- DECA Pre-school- The DECA-P2 is a strength-based, standardized assessment measuring within-child protective factors in children: Initiative, Self-Regulation, and Attachment/Relationships
- Includes an 11-item Behavior Concerns scale
- Ages 3 through 5
- Observation over a 4 week period
- 10 to 15 minutes to complete
- Completed by parents and/or early childhood professionals
- Scored by certified or licensed professionals

# DECA-C

- DECA Clinical Form- The DECA-C is a behavior rating scale which assesses protective factors and social and emotional concerns including: aggression, attention problems, emotional control problems, and withdrawal/depression.
- Ages 2 through 5
- Observation over a 4 week period
- 10 to 15 minutes to complete
- Completed by parents and/or early childhood professionals
- Scored by certified or licensed professionals

(LeBuffe & Naglieri, 2003)

# ASQ:SE

- Ages and Stages Questionnaire- Social emotional-  
The ASQ: SE measures self-regulation, compliance, communication, adaptive behaviors, autonomy, affect, and interaction with people
- Up to 6-years-old
- Parent completed questionnaire
- 30 items per questionnaire
- 10-15 minutes to complete
- 2-3 minutes for professionals to score

(Squires et al., 2017)

# YCPC-Checklist

- Young Child PTSD Checklist examines traumatic events, symptoms, and functional impairment
- Ages 1-6-years-old
- Parent/Caregiver completed checklist
- Administered by Mental health professionals
- FREE

# Referrals and Resources

# Where to refer?

- Mental Health Professionals (e.g. counselors, social workers, community psychiatric supportive treatment (CPST), psychiatrists, psychologists, etc.)
- Local School Systems and Childcare Centers (e.g. Early Learning Programs, Early Childhood Mental Health (ECMH) consultants, school counselors, school psychologists, etc.)
- Help Me Grow/ Early Intervention Services

# Who to refer?

# When to refer?



# Case Examples/Your Examples

- Case 1
- Case 2
- Questions?

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