

Healing

- ✓ Let children know that they may experience a range of emotions, such as fear, sadness, anger and pain. These feelings are okay.
- ✓ Create a nurturing and comforting environment.
- ✓ Continue to educate yourself about the impacts of trauma and common reactions that children may experience.
- ✓ Consult a mental health professional if you have questions or concerns or if the child's distress is ongoing.

*National Childhood Traumatic Stress Network,
NCTSN.org*



Milwaukee County DHHS-BHD
Children's Community Mental Health Services
and Wraparound Milwaukee Program
9455 Watertown Plank Road
Milwaukee, WI 53226

For more information or to speak with a
team member, please call the
Trauma Response Team at 414-257-7621

Trauma Response Team (TRT)



A crisis team working
to connect children
and families to resources



TRT

The Trauma Response Team (TRT) is a joint venture between the City of Milwaukee, Milwaukee Police Department and Wraparound Milwaukee, to respond to children in the community that have been exposed to trauma or stressful experiences.

If your child has been exposed to a potentially traumatic event, we would like to meet with you to help provide support.

A member of the TRT will contact you and set up a time to meet that works with your schedule. A police officer may also attend the home visit to provide resources and support.

We can help you understand your children's reactions to the stressful experience and share ideas that can help identify and manage behaviors after the experience.

Experiences

When children have been exposed to stressful situations they often react in ways that impact their daily life that can last well after the event has ended.

Some types of experiences that may be traumatic may include:

- Community violence
- Domestic violence
- Abuse or neglect
- Loss of a loved one
- Bullying/Cyber Bullying
- Serious illness or injury
- Victim of a crime

Traumatic Symptoms Include:

- Changes in behaviors
- Poor sleep or nightmares
- Withdrawal or lack of responsiveness
- Often worries or feels helpless
- Excessive crying, depressed
- Difficulty in school
- Poor focus

Healing

How can I help a child heal?

- ✓ Be Patient. Children respond differently to traumatic events. Some recover quickly while others who have experienced layers of challenges may need more time. There is no timetable for healing.
 - ✓ Explain to the child that they are not responsible for what occurred. Children often blame themselves even for things completely out of their control.
 - ✓ Maintain a safe environment. Protect the child, provide reassurances, and discuss steps taken to ensure safety. If a child feels unsafe they may display challenging behaviors.
 - ✓ Provide routines, structure, and choices in the home.
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