#HeadStartHeals Campaign

Understanding Trauma in an Early Childhood Context

April 9, 2020
1:00- 2:00 pm EST

Promoting empathy through trauma-informed and healing focused practices
#HeadStartHeals

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Welcome

Please use the left side bar to ask questions, submit comments, or download handouts

Ask your questions and submit your comments here

Download handouts from Event Resources
Welcome

Please type in the CHAT Box:

What is your role in Head Start?

What are you hoping to learn today?
Talking about Trauma Can Be Upsetting
Some Self-Care Strategies

- Pay attention to how you feel
- Pay attention to your breathing
- Focus on your breath
- Jot down how you are feeling
- Focus on your surroundings – notice sounds, smells, the feeling of the floor under your feet
- Take a break
- Talk to trusted colleagues, friends and family
Commonly asked questions

• On a daily basis, what can I really do to help a child who has experienced trauma?

• Are the impacts of traumatic events reversible?

• How can I tell the difference between signs and symptoms of trauma and other things such as ADHD?

• What types of interventions have been proven to be helpful?

• We use the Creative Curriculum/Pyramid model - is that helpful?
Resources on Trauma and Resilience

- Supporting Children Experiencing Trauma

- Children’s Response to Tragic Events – tip sheet

- Helping Your Child Cope After Disaster – tip sheet

- Understanding Stress and Resilience (Includes the Breaking Through video)

- Spotlight on Child Maltreatment: Building Resilience in the Face of Diversity – resource collection
Resources on Self Care

- Taking Care of Ourselves: Stress and Relaxation – resource collection page -Includes Stress Posters

- Managing Stress with Mindful Moments- videos

- Mindfulness a Resilient Practice- online presentation
• If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to SAMHSA’s Disaster Distress Helpline (1-800-985-5990) or the National Suicide Prevention Lifeline (1-800-273-TALK). Both are available 24/7, 365 days a year.

• 24 Hour Parent Support
National Parent Helpline for Parent Support any time
1-855- 4A PARENT • 1-855-427-2736

• Domestic Violence
The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or thehotline.org.
National Hotlines

StrongHearts Native Helpline at 1-844-7NATIVE (762- 8483) or strongheartshelpline.org.

- **Child Abuse and Neglect**
The Childhelp National Child Abuse Hotline is 1-800-4A-CHILD (422-4453) or childhelp.org/childhelp-hotline.

- **Substance Use**
Alcoholics Anonymous Number – 1-212-870-3400
National Association for Children of Alcoholics – 1-888-554-COAS (2627)
National Institute on Drug Abuse (NIDA) – 1-301-443-1124
MyPeers Communities

MyPeers.org offers:

- Open communities including: Opioid Misuse and Substance Use Disorders; Staff Wellness; Mental Health Consultation
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds
Presenter Contact Information

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- Upcoming events:
  - 4/13/20 @ 1pm - Trauma and Parent Resilience webinar and facilitated discussion
  - 4/14/20 @ 1pm – Q&A Mental Health Consultation

- Coming Soon:
  - Trauma informed care in classroom settings
  - Discussion of trauma informed care in MSHS
  - Trauma and adult mental health

Email: trauma@eclkc.info
Website: https://eclkc.ohs.acf.hhs.gov/mental-health