



Who is at risk for developing Post Traumatic Stress Disorder?

Children who suffer abuse as well as those who have had traumatic experiences are more likely than others to develop Post Traumatic Stress Disorder (PTSD).

Risk factors for developing PTSD include:

- type of trauma
- severity of the trauma
- duration of the event
- recurrence of the event
- the individual's resiliency and coping skills
- availability of support from family, friends, and community

What are the symptoms?

PTSD can occur at any age, including childhood. The disorder can be accompanied by depression, substance use, anxiety and/or self-injurious behavior. Symptoms may be mild or severe - people may become easily irritated or have violent outbursts. In general, the symptoms seem to be worse if the traumatic event was initiated by a person (i.e., assault) rather than a natural disaster (i.e., flood).

Research has found that among substance-dependent adolescents, 19.2% currently had PTSD.

Not every traumatized person gets PTSD. Most people will experience some of the symptoms of PTSD in the days and weeks following the trauma, but the symptoms generally decrease over time and eventually disappear.

PTSD is diagnosed only if any or all of the following symptoms last more than a month:

- Persistent frightening thoughts and memories of event
- Flashbacks (images, sounds, smells, or feelings)
- Avoiding people, places, situations that are associated with event
- Emotional numbness or detachment
- Inability to feel affectionate

- Nightmares
- Sleep problems
- Depression
- Being easily startled
- Loss of interest in things once enjoyed
- Irritability
- Aggressive or violent behavior
- Feelings of guilt
- Difficulty concentrating
- Constant worrying, especially about death
- Regressive behavior (i.e., acting younger than their age)
- Physical problems (e.g., headaches, stomach aches)

How can the traumatized person be helped?

Being emotionally detached after a trauma is not a healthy response. This emotional distancing stuffs the feelings inside.



Family and friends can give support and comfort by listening to victims talk about their experiences and feelings very soon after the event. The National Association of School Psychologists suggests that children process their emotions and reactions to a trauma within 24 hours to 36 hours following a crisis in order to prevent PTSD.

THE STUDENT ASSISTANCE CENTER CAN HELP!

Family Problems - Alcohol/Drug Use
Personal Stress - Emotional Problems

Services are confidential and FREE to students who qualify.

586-541-2273 (CARE)

Give the Gift that lasts forever
Student Assistance Center

Confidential
Clinical Assessments for

Family Problems
Emotional Problems
Alcohol/Drug Use
(Conducted by a Master Level Clinician)

Educational Groups for

Improving Relationships
Effective Parenting
Anger Management

Professional In-service for

Managing Stress
Handling Difficult People
Maintaining Boundaries

FREE PROGRAM

Project Focus teaches youth the dangers of alcohol and drugs.

Children and their parents/caregivers who are living in alcoholic or other drug dependant environments, can take a 2-week summer program that explores addiction and offers skills for staying healthy.

Children learn the effects of alcohol and other drugs on their bodies, ways to ask for help and skills that encourage their ability to feel capable and safe.

Of course, children enjoy many fun activities such as songs, games, and arts and crafts as they learn important lessons.

To register or for more information call Paddy at 586-541-0033

2004 SAC Facts

- **639 students assessed**
- **350 students reported emotional problems**
- **237 students reported alcohol/drug use**
- **30 students completed an anger management group**

Teen Intervene
Fall Offering

Teen Intervene is a three-part program for youth, ages 12-19 who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use. School districts can refer youth to CARE to take part in the program that is based on stages of change theory, cognitive-behavioral therapy and motivational interviewing.

The research based program, developed by the Hazelton Foundation, offers school districts an opportunity to refer youth in lieu of suspension.

A three-part parent session is run simultaneously and is mandatory for teen participation. The cost of the program is \$75 for students who live in school districts that have a "capitated" agreement with CARE's Student Assistance Center or \$150 for all other students/parents.



**Community
Assessment
Referral &
Education**

31900 Utica Road
Fraser, MI 48026
Phone: 586-541-2273
Fax: 586-541-2274

Office Hours:
M, T, TH: 8:30 am - 9:00 pm
W & F: 8:30 am - 5:00 pm

The SAC is located within the CARE office, which is on the southeast corner of Utica Road & Masonic (13 1/2 Mile Road) in Fraser

www.careofmacomb.com