Resources for Trauma Information and Services

**LOCAL RESOURCES**

Division of Child and Family Services
dcfs.utah.gov

Provides parent education, budgeting help, crisis intervention, sex abuse treatment, mental health therapy, adoption and foster care.

**OUR SERVICES**

THERAPY
CRISIS RESPITE
NURSERY
ADOPTION RESPITE
SCHOOL PRESENTATIONS
PARENTING CLASSES

**CONTACT US**

Phone: 801-229-1181
Fax: 801-229-2787
1255 N 1200 W
Orem, UT 84057
utahvalleyfamilysupport.org
facebook.com/OremFSTC

Service fees may be reduced for those who qualify.
Se habla español.

Thanks to AlphaGraphics, Orem for printing resource documents.

**CHILD ABUSE AND NEGLECT HOTLINE**

1-855-323-DCFS

**ONLINE RESOURCES**

**Adverse Childhood Experiences**

[acementoohigh.com](acementoohigh.com)
Information on implementation of trauma-informed practices
[acesconnection.com](acesconnection.com)
ACE-related social network

**Trauma-Sensitive Schools**

[traumasensitiveschools.org](traumasensitiveschools.org)
[traumaawareschools.org](traumaawareschools.org)
[sspwdpiwi.gov/sspwmhtrauma](sspwdpiwi.gov/sspwmhtrauma)
Articles, manuals, modules and additional links for trauma-informed practices in schools

**National Child Traumatic Stress Network**

[nctsn.org/resources/audiences/school-personnel](nctsn.org/resources/audiences/school-personnel)
Resources for school personnel to respond to trauma

**Executive Function**

[developingchild.harvard.edu](developingchild.harvard.edu)
Briefs and modules about ACE effects on executive function
[nclld.org](nclld.org)
Information on executive function’s influence on learning

**BOOK:** Executive Function and Child Development
(2013) Marcie Yeager, Daniel Yeager
Identifying Child Trauma

Risk Factors for Early Life Stress:
- Physical abuse
- Emotional abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Witnessing violence
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member
- Household chronic illness
- Serious injury or accident
- Low socio-economic status
- Low parental education
- Malnutrition
- Foster care or adoption
- Natural disasters
- School violence
- Death of loved one
- Parent in the military
- Relocation or immigration
- Bullying

GENERAL SIGNS OF TRAUMA:
- Unable to control emotions (outbursts)
- Quiet and submissive
- Difficulties learning
- Difficulties getting along with others
- Unusual sleeping or eating behaviors
- Provokes fights
- Solicits sexual experiences
- Unresponsive to affection
- Socially or emotionally inappropriate for age
- Lack of hygiene
- Fear of going home
- Distrust of adults

If your student is:
- Defensive Resistant Withdrawn Distracted
- Defiant Willful OR Robotic Numb
- Volatile Depressed
- Aggressive Disrespectful Unmotivated

Then they might be suffering from trauma.

POTENTIAL STRESS TRIGGERS:
- Touch
- Your tone of voice
- Your mood
- Your attitude towards them
- Unpredictable environment
- Any reminders of trauma

PRE-SCHOOL:
- Revert to previous behaviors
- Clinginess
- Irritability
- Withdrawn
- Difficulty sleeping

ELEMENTARY SCHOOL:
- Change in school performance
- Impaired attention
- Increased absences
- Physical complaints
- Irritability
- Aggression

SECONDARY SCHOOL:
- Change in school performance
- Increased absences
- Change in relationships
- Depression
- Anxiety
- Self-destructive behaviors
- Risk-taking behaviors

EARLY INTERVENTION IS KEY TO PREVENTING ADVERSE AFFECTS OF CHILD TRAUMA
1255 N 1200 W, OREM, UT 84057 P: 801-229-1181 | F: 801-229-2787 utahvalleyfamilysupport.org