

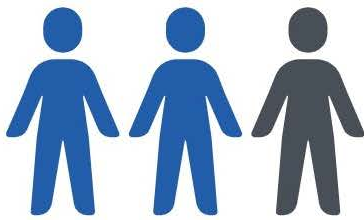


WHAT IS CHILDHOOD TRAUMA?

A traumatic event is an event that causes a lot of stress, such as:

- Experiencing or witnessing violence
- Having an accident or life-threatening injury
- Being a victim of severe bullying
- Abuse or neglect

For some children, the experience of trauma can cause long term negative effects, such as anxiety, difficulty sleeping, and engaging in risky behaviors.



How common is childhood trauma?

According to the Substance Abuse and Mental Health Services Administration (SAMSHA), "more than **two thirds** of children reported at least **1** traumatic event by the age of 16."



Who is most at risk?

According to the National Child Traumatic Stress Network (NCTSN), there are populations who are more likely to have experienced childhood trauma such as those who come from military families, have experienced economic stress or unstable housing, or are part of the LGBTQ+ community.

What treatments are available?

There are many treatments that have been shown to help children and teens heal after trauma!

Types of therapy including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Trauma Systems Therapy (TST), Child-Parent Psychotherapy (CPP) are all trauma-informed treatments that support people who have experienced childhood trauma in their recovery.

Sources: SAMSHA- <https://www.samhsa.gov/child-trauma/understanding-child-trauma>
NCTSN- <https://www.nctsn.org/treatments-and-practices/trauma-treatments/interventions>
<https://www.nctsn.org/what-is-child-trauma/about-child-trauma>

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