

WEBVTT

1 "Brenna Michel" (1764409088)

00:00:05.880 --> 00:00:14.009

Welcome everybody I, thank you for calling in signals 2023 children and family awareness series.

2 "Brenna Michel" (1764409088)

00:00:14.009 --> 00:00:20.340

My name is Brenda. Michael, I'm a personal health team social worker at North Cigna.

3 "Brenna Michel" (1764409088)

00:00:20.340 --> 00:00:33.990

Due to the format of this call, uh, you won't be able to ask questions during the teleconference, but you can just use the Q and a chat, um, to send your questions and we can go over them at the end.

4 "Brenna Michel" (1764409088)

00:00:34.375 --> 00:00:38.995

And we'll open up a conference at the end to answer questions.

5 "Brenna Michel" (1764409088)

00:00:39.325 --> 00:00:50.244

I handout for today's seminars, available, online at Sigma, dot com, slash children, families, forward, slash also please log in to, or actually.

6 "Brenna Michel" (1764409088)

00:00:53.490 --> 00:01:05.245

Yes, sorry I was just checking to make sure I go ahead and log into for the Q a, to participate in any in the moment questions that the presenters might have um,

7 "Brenna Michel" (1764409088)

00:01:05.275 --> 00:01:13.435

please note that all policy not all policies covered. Today's topic for more specific information. If your policy covers topics discussed.

8 "Brenna Michel" (1764409088)

00:01:13.490 --> 00:01:19.860

Today seminar, please contact number on the back of your insurance card.

9 "Brenna Michel" (1764409088)

00:01:21.055 --> 00:01:31.225

Today I have the pleasure of introducing Mary, she's the parent education project coordinator at 9, Minnesota.

10 "Brenna Michel" (1764409088)

00:01:31.255 --> 00:01:39.565

She brings to this presentation, her personal experience of raising children who have experienced trauma as well as professional understanding gained as a.

11 "Brenna Michel" (1764409088)

00:01:39.860 --> 00:01:42.600

Advocate for survivors of abuse.

12 "Brenna Michel" (1764409088)

00:01:42.600 --> 00:01:57.505

this presentation you will learn how to identify traumatic experiences in a child's life understand trauma reactions and foster healing and growth in children and youth who have experienced trauma so many we'd like to thank you for being here today and

13 "Brenna Michel" (1764409088)

00:01:57.505 --> 00:01:59.695

you're welcome to start your presentation whenever you're ready

14 "Mary Lillo" (2337261824)

00:01:59.940 --> 00:02:12.060

Alright, thank you so much. And thank you for taking time out of your day to be here for this presentation. I'm going to jump right in.

15 "Mary Lillo" (2337261824)

00:02:12.060 --> 00:02:18.360

All right, so we talked already about our learning goals for today.

16 "Mary Lillo" (2337261824)

00:02:18.360 --> 00:02:23.575

Uh, and a lot of this is learning to be, uh, trauma informed. Right?

17 "Mary Lillo" (2337261824)

00:02:23.575 --> 00:02:38.335

So, being trauma informed in our care of children means being aware that something has happened in that child's life that matters. And that impacts how that they think how they feel.

18 "Mary Lillo" (2337261824)

00:02:38.360 --> 00:02:47.760

And how they act, it means that we're coming from a place of asking the question of what happened to, you.

19 "Mary Lillo" (2337261824)

00:02:47.875 --> 00:02:57.865

Rather than what is wrong with you by being intentional in our approach, and starting from this place of asking the more helpful question,

20 "Mary Lillo" (2337261824)

00:02:58.255 --> 00:03:04.885

we greatly increase our ability to support them in their healing journey and not re, traumatize them.

21 "Mary Lillo" (2337261824)

00:03:05.250 --> 00:03:19.015

So, we honor the strength and courage that's required for surviving traumatic experiences and the challenging work of recovering. So, 1 of my favorite quotes is from the book to kill a mocking bird.

22 "Mary Lillo" (2337261824)

00:03:19.435 --> 00:03:25.225

The character Atticus in his effort to teach empathy um, as.

23 "Mary Lillo" (2337261824)

00:03:25.250 --> 00:03:34.050

The key to understanding others is often quoted as sane. I have never met a strong person with an easy past.

24 "Mary Lillo" (2337261824)

00:03:37.110 --> 00:03:51.685

So, trauma, informed parenting acknowledges and understands that when a child experiences trauma, especially multiple traumatic events, this creates a change in their body in their brain.

25 "Mary Lillo" (2337261824)

00:03:51.715 --> 00:03:55.615

And in their nervous system, these changes were helpful.

26 "Mary Lillo" (2337261824)

00:03:55.920 --> 00:04:02.695

And necessary for a time to protect them in an unsafe situation, uh, determine from parenting,

27 "Mary Lillo" (2337261824)

00:04:02.725 --> 00:04:14.035

understands that it takes time and patience to retrain a child's body and brain to learn to respond in ways that are more appropriate. Now that they are safe.

28 "Mary Lillo" (2337261824)

00:04:14.635 --> 00:04:24.325

So, it means understanding that when a child is acting in a way, that seems extreme or irrational, or even dramatic,

29 "Mary Lillo" (2337261824)

00:04:24.775 --> 00:04:31.735

it could be that they're experiencing a trigger trauma reaction that that is not yet in their control.

30 "Mary Lillo" (2337261824)  
00:04:32.099 --> 00:04:41.939

It also acknowledges that many trauma reactions overlap, symptoms of specific mental health conditions, for example.

31 "Mary Lillo" (2337261824)  
00:04:41.939 --> 00:04:53.339

According to the child welfare information, Gateway children who had difficulties concentrating in the aftermath of trauma. Maybe diagnosed with ADHD.

32 "Mary Lillo" (2337261824)  
00:04:53.339 --> 00:05:03.029

Or who appear anxious are easily overwhelmed by emotions can be diagnosed with anxiety and depression.

33 "Mary Lillo" (2337261824)  
00:05:03.029 --> 00:05:17.699

The trauma survivors who have trouble, you know, with the unexpected may respond by trying to control every situation and could be labeled as, or having oppositional, defiant disorder.

34 "Mary Lillo" (2337261824)  
00:05:17.699 --> 00:05:26.399

And while it may be helpful and necessary to treat these diagnoses with traditional mental health approaches at 1st.

35 "Mary Lillo" (2337261824)  
00:05:26.399 --> 00:05:39.329

You know, such as medication, it's highly recommended that treating the underlining cause and addressing the trauma will be more effective in the long run.

36 "Mary Lillo" (2337261824)  
00:05:45.389 --> 00:05:59.484

So when parents and caregivers are trauma informed, they're better equipped to help their children heal and to know how to advocate for their children to keep them safe in a world. That isn't always trauma informed.

37 "Mary Lillo" (2337261824)  
00:05:59.934 --> 00:06:05.304

So, Here's an example from the trauma informed parenting website, uh, at.

38 "Mary Lillo" (2337261824)  
00:06:05.389 --> 00:06:14.999

The age of 5, Lauren son survived a traumatic car crash that left him both physically and emotionally scarred 10 years later.

39 "Mary Lillo" (2337261824)  
00:06:14.999 --> 00:06:19.949

Lauren finds her son continuing to grapple with the emotional residue.

40 "Mary Lillo" (2337261824)  
00:06:19.949 --> 00:06:27.239

He's prone to severe anxiety, prolonged loss of concentration and even depression.

41 "Mary Lillo" (2337261824)  
00:06:28.164 --> 00:06:40.584

After a visit to the dentist for a minor to fake Lawrence son was sent home with a prescription for Vicodin, a powerful narcotic pain reliever with an extremely high risk of for abuse.

42 "Mary Lillo" (2337261824)  
00:06:42.479 --> 00:06:52.079

Now, Lauren stepped in to inform the Denis of her son's trauma history, victims of trauma.

43 "Mary Lillo" (2337261824)  
00:06:52.079 --> 00:06:58.554

Particularly teenagers who brains are not fully developed, are at a high risk for substance abuse.

44 "Mary Lillo" (2337261824)  
00:06:59.034 --> 00:07:11.814

Um, so, you know, for Laura Lauren to inform the dentist of her son's history and ask that something less addictive or over the counter be offered instead is a.

45 "Mary Lillo" (2337261824)  
00:07:12.079 --> 00:07:22.829

Informed parenting approach like another example, a young couple is frustrated with their Pre teen who still wants to sleep in bed with them every night.

46 "Mary Lillo" (2337261824)  
00:07:23.394 --> 00:07:35.574

In their family of origin culturally, they feel that their daughter is far too old to still need to sleep with their parents at night and they want her to sleep through the night in her own bed.

47 "Mary Lillo" (2337261824)  
00:07:36.174 --> 00:07:42.594

But this couple acknowledges that because of her, their daughter's recent trauma, helping her feel.

48 "Mary Lillo" (2337261824)

00:07:42.829 --> 00:07:56.969

Loved and safe is critical to her trauma recovery. So they shift their expectations of when she should be able to sleep in her own room in order to increase. Um.

49 "Mary Lillo" (2337261824)

00:07:56.969 --> 00:08:06.779

Or, in order to support her increase, need for safety and love now, this is another example of trauma, informed parenting.

50 "Mary Lillo" (2337261824)

00:08:06.779 --> 00:08:20.579

So, for more information on trauma, informed parenting, visit the trauma, information, parent website, or you can download the child welfare information, Gateway fact, sheet.

51 "Mary Lillo" (2337261824)

00:08:25.049 --> 00:08:37.469

So, our understanding of trauma begins with the brain, the brain can be thought of as, like, a tree with major branches and minor tweaks.

52 "Mary Lillo" (2337261824)

00:08:37.469 --> 00:08:45.809

When we experience something that creates a pathway in our brain much like a tree branch.

53 "Mary Lillo" (2337261824)

00:08:45.809 --> 00:08:53.369

And the more these neuro pathways in our brain are used the stronger they get.

54 "Mary Lillo" (2337261824)

00:08:53.369 --> 00:09:04.229

So, every time we re, experience something that small twig or small pathway grows and becomes stronger until it becomes a major branch.

55 "Mary Lillo" (2337261824)

00:09:04.229 --> 00:09:16.619

So, keep this understanding of the brain development and Neuro pathways in mind when we discussed the impact of trauma on our children's developing brains.

56 "Mary Lillo" (2337261824)

00:09:16.619 --> 00:09:24.779

So, by definition, trauma is a deeply distressing or disturbing experience.

57 "Mary Lillo" (2337261824)

00:09:24.779 --> 00:09:28.169

Trauma disrupts our lives.

58 "Mary Lillo" (2337261824)  
00:09:28.169 --> 00:09:35.909  
And our sense of security, and it often impacts our world views and even our core values.

59 "Mary Lillo" (2337261824)  
00:09:35.909 --> 00:09:43.739  
And they'll all forms of trauma fit this description. There are 5 distinct types of trauma.

60 "Mary Lillo" (2337261824)  
00:09:43.739 --> 00:09:56.279  
Acute trauma now, that is a single unexpected event that changes a person's life and such as experiencing a natural disaster.

61 "Mary Lillo" (2337261824)  
00:09:56.279 --> 00:09:59.609  
Or a major injury, or illness.

62 "Mary Lillo" (2337261824)  
00:09:59.609 --> 00:10:03.569  
A divorce or, you know, gun violence.

63 "Mary Lillo" (2337261824)  
00:10:03.569 --> 00:10:12.959  
A complex trauma usually occurs over a long period of time and is repeated often during childhood.

64 "Mary Lillo" (2337261824)  
00:10:12.959 --> 00:10:20.159  
A domestic violence, bullying abuse and neglect or considered complex dramas.

65 "Mary Lillo" (2337261824)  
00:10:20.724 --> 00:10:27.354  
Historical trauma impacts whole communities, cultures, or groups of people.

66 "Mary Lillo" (2337261824)  
00:10:27.864 --> 00:10:38.994  
So, historical or collective trauma can be caused by racism, genocide, or discrimination and force relocation.

67 "Mary Lillo" (2337261824)  
00:10:43.019 --> 00:10:54.089  
By carrie's, trauma or secondary trauma is experienced when someone is the witness to a traumatic event, or they experience the trauma 2nd hand.

68 "Mary Lillo" (2337261824)  
00:10:54.089 --> 00:11:02.189

It can even be experienced by hearing about traumatic events through the media, or as a listener to another's.

69 "Mary Lillo" (2337261824)  
00:11:02.484 --> 00:11:15.324

Traumatic story, a trauma with a small T, are those events that, um, you know, they often are in every day or a common part of life, such as, you know,

70 "Mary Lillo" (2337261824)  
00:11:15.324 --> 00:11:18.174  
moving or losing a job.

71 "Mary Lillo" (2337261824)  
00:11:19.224 --> 00:11:28.194

Or even the loss of a pad or extended family member, but keep in mind that each person may experience the impact of trauma in different ways.

72 "Mary Lillo" (2337261824)  
00:11:28.554 --> 00:11:37.974

So what may be a traumatic event for 1 person may not have the same impact on someone else and vice versa.

73 "Mary Lillo" (2337261824)  
00:11:38.539 --> 00:11:46.739

Think of the cold pandemic living through a pandemic is a globally shared common traumatic experience.

74 "Mary Lillo" (2337261824)  
00:11:46.739 --> 00:12:01.734

However, each individual's life has been impacted by this trauma in very different ways. So, experiencing the onset of a mental illness, for example, can be a traumatic event in a family's life.

75 "Mary Lillo" (2337261824)  
00:12:02.124 --> 00:12:06.714

But each member of that family may be impacted to different degrees.

76 "Mary Lillo" (2337261824)  
00:12:10.134 --> 00:12:11.274  
Now, child,

77 "Mary Lillo" (2337261824)  
00:12:11.274 --> 00:12:26.214

traumatic stress by definition is the physical or emotional responses of a child 2 events or experiences that threaten that child's sense of security or their responses to



78 "Mary Lillo" (2337261824)  
00:12:26.243 --> 00:12:26.964  
trauma.

79 "Mary Lillo" (2337261824)  
00:12:27.509 --> 00:12:40.379  
Traumatic stress can affect all areas of a child's life, including their life in the home in school, and in their community. So, in short.

80 "Mary Lillo" (2337261824)  
00:12:40.379 --> 00:12:49.169  
Child traumatic stress is the result of the experience of trauma in a child's life.

81 "Mary Lillo" (2337261824)  
00:12:49.169 --> 00:13:02.604  
And childhood trauma is common before the pandemic research had shown that at least 1 out of every 4 youth had been exposed to a traumatic event.

82 "Mary Lillo" (2337261824)  
00:13:02.904 --> 00:13:08.754  
And I think we can all agree that living through this pandemic has impacted our children a great deal to.

83 "Mary Lillo" (2337261824)  
00:13:09.169 --> 00:13:20.369  
Degrees and so I'm going to be curious how these statistics change over the coming year. It says new research is conducted a post pandemic. But in any case.

84 "Mary Lillo" (2337261824)  
00:13:20.369 --> 00:13:27.509  
Childhood trauma is a common experience and can affects every area of a youth life.

85 "Mary Lillo" (2337261824)  
00:13:31.374 --> 00:13:46.284  
So, when trauma 1st was being studied by experts and research researchers, uh, created the term aces or adverse childhood experiences, uh, to define and measure childhood,

86 "Mary Lillo" (2337261824)  
00:13:46.284 --> 00:13:51.054  
traumatic experiences and their impact over a lifetime, a study was done.

87 "Mary Lillo" (2337261824)

00:13:51.109 --> 00:13:58.694

With adults determining that those with higher aces scores or more childhood,

88 "Mary Lillo" (2337261824)

00:13:58.694 --> 00:14:10.904

traumatic experiences show the higher rates of mental and physical illnesses as well as social challenges indicating that adverse childhood experiences affected all.

89 "Mary Lillo" (2337261824)

00:14:11.109 --> 00:14:20.789

Is of a person's house, but they all also found that almost no 1 scored a 0 So almost everyone had.

90 "Mary Lillo" (2337261824)

00:14:20.789 --> 00:14:29.849

Some adverse experiences, but not everyone had adverse effects. This shows that people are resilient.

91 "Mary Lillo" (2337261824)

00:14:29.849 --> 00:14:36.149

And 1 thing that promotes this resilience is having protective factors.

92 "Mary Lillo" (2337261824)

00:14:36.594 --> 00:14:45.714

The most powerful protective factor for a child is having a caring understanding adult in their life.

93 "Mary Lillo" (2337261824)

00:14:46.194 --> 00:14:55.704

So, just by being here today and learning about childhood trauma, you're doing the good work of preparing to be that positive.

94 "Mary Lillo" (2337261824)

00:14:56.149 --> 00:14:59.309

Protective factor for the children in your life.

95 "Mary Lillo" (2337261824)

00:14:59.309 --> 00:15:11.219

Now, a later study was conducted by an organization that, you know, had offered recovery programs for combat victims. Um.

96 "Mary Lillo" (2337261824)

00:15:11.844 --> 00:15:23.394

1st responders as well as their families, and they studied thousands of trauma survivors and learn that at least half reported some kind of growth,

97 "Mary Lillo" (2337261824)  
00:15:23.454 --> 00:15:26.904  
such as greater spiritual death.

98 "Mary Lillo" (2337261824)  
00:15:27.209 --> 00:15:31.679  
Or motivation encouraged to take on new opportunities.

99 "Mary Lillo" (2337261824)  
00:15:32.574 --> 00:15:46.674  
So, the process of post traumatic growth took time and often occurred after even coexisting with trauma related struggles, such as depression and anxiety and I'll share more about post traumatic growth later.

100 "Mary Lillo" (2337261824)  
00:15:46.674 --> 00:15:51.594  
But for now, it's just important to remember that we can greatly increase.

101 "Mary Lillo" (2337261824)  
00:15:51.679 --> 00:15:59.819  
The chances of experiencing post traumatic growth with early intervention and strong social support.

102 "Mary Lillo" (2337261824)  
00:16:03.239 --> 00:16:17.939  
So think back to that image of the brain as being, like a tree, when a youth experience is trauma, those Neuro pathways designed for survival and life threatening events. They're the ones that get the most use.

103 "Mary Lillo" (2337261824)  
00:16:17.939 --> 00:16:23.549  
So these pathways have 5 needs responses to trauma.

104 "Mary Lillo" (2337261824)  
00:16:23.549 --> 00:16:29.729  
Blade fight, freeze, flop and friend.

105 "Mary Lillo" (2337261824)  
00:16:29.729 --> 00:16:37.289  
So, in a moment of danger, these responses all happen automatically to try to keep us safe.

106 "Mary Lillo" (2337261824)  
00:16:37.289 --> 00:16:44.489  
But sometimes these pathways can remain active when the trauma is no longer happening.

107 "Mary Lillo" (2337261824)

00:16:44.489 --> 00:16:51.779

Has our brain and body is continuing to work to keep us safe the pathways for survival.

108 "Mary Lillo" (2337261824)

00:16:51.894 --> 00:17:04.584

Have become stronger branches, right rather than those little tweaks and there actually can become the brain's primary way of responding and relating to the world around us.

109 "Mary Lillo" (2337261824)

00:17:04.884 --> 00:17:11.574

So, this experience often presents as, you know, behaviors that disrupt a usability to function and.

110 "Mary Lillo" (2337261824)

00:17:11.779 --> 00:17:18.479

A healthy life, so very often the youth is not even aware that they're experiencing a traumatic response.

111 "Mary Lillo" (2337261824)

00:17:18.804 --> 00:17:33.564

By learning the brains 5 responses to trauma, and how these play out in our daily life, we can actually empower our kids to be mindful of their responses and learn strategies to overcome these experiences.

112 "Mary Lillo" (2337261824)

00:17:35.789 --> 00:17:47.129

So many of us have heard of the fight or flight stress response, and everybody has experienced them something in our life is perceived as a threat.

113 "Mary Lillo" (2337261824)

00:17:47.129 --> 00:17:56.669

And our brains, amygdala, or at lower part of the brain often, turn the reptilian brain, right? It hijacks control.

114 "Mary Lillo" (2337261824)

00:17:56.669 --> 00:18:00.839

If the amygdala says fight.

115 "Mary Lillo" (2337261824)

00:18:00.839 --> 00:18:08.459

I used may show excessive anger or rage oftentimes, you know, misdirected or misguided.

116 "Mary Lillo" (2337261824)

00:18:08.459 --> 00:18:15.569

They will blame others and often be aggressive or talk back to authority and be defined.

117 "Mary Lillo" (2337261824)  
00:18:15.569 --> 00:18:19.229  
At the amygdala says light.

118 "Mary Lillo" (2337261824)  
00:18:19.229 --> 00:18:28.049  
The youth stress response may cause them to be quickly overwhelmed and have an intense urge to flee and hide.

119 "Mary Lillo" (2337261824)  
00:18:28.049 --> 00:18:35.669  
It may lead to frequently missing school or leaving class unexpectedly.

120 "Mary Lillo" (2337261824)  
00:18:35.669 --> 00:18:40.919  
They may appear to be highly distracted or, you know, even kind of checked out.

121 "Mary Lillo" (2337261824)  
00:18:43.979 --> 00:18:50.339  
Very similar to a flight response if the amygdala says freeze.

122 "Mary Lillo" (2337261824)  
00:18:50.339 --> 00:18:54.809  
The youth may panic, or even not out.

123 "Mary Lillo" (2337261824)  
00:18:54.809 --> 00:19:01.079  
They often, you know, give up quickly and find it difficult to even start a task.

124 "Mary Lillo" (2337261824)  
00:19:01.079 --> 00:19:12.119  
They can be easily frustrated and overwhelmed and their brain is basically saying, I can't do this.

125 "Mary Lillo" (2337261824)  
00:19:12.119 --> 00:19:15.569  
Now, if there is stress response is to flop.

126 "Mary Lillo" (2337261824)  
00:19:15.569 --> 00:19:19.409  
The youth may have the opposite thought to the.

127 "Mary Lillo" (2337261824)  
00:19:19.409 --> 00:19:30.419  
Fight response, so instead of blaming others, they blame themselves for everything leading to feeling sad.

128 "Mary Lillo" (2337261824)

00:19:30.419 --> 00:19:41.699

Depressed or even worthless, they can appear disengaged with life kind of checked out or without motivation.

129 "Mary Lillo" (2337261824)

00:19:41.699 --> 00:19:45.089

If the brain is seen friend.

130 "Mary Lillo" (2337261824)

00:19:45.089 --> 00:19:52.259

It's communicating to the youth that they must rely on others to help solve their problems.

131 "Mary Lillo" (2337261824)

00:19:52.259 --> 00:19:55.649

So, they have feelings of helplessness.

132 "Mary Lillo" (2337261824)

00:19:55.649 --> 00:20:05.249

Powerlessness, uh, they have very little confidence and appear needy or unwilling to take responsibility.

133 "Mary Lillo" (2337261824)

00:20:05.249 --> 00:20:12.539

These stress responses are typical and expected results of experiencing trauma.

134 "Mary Lillo" (2337261824)

00:20:13.044 --> 00:20:18.204

So, for many youth with time and support there, amygdala settles down,

135 "Mary Lillo" (2337261824)

00:20:18.264 --> 00:20:32.004

enhance back primary control of the brain back to the prefrontal cortex that higher functioning part of the brain that controls decision making when the brain is certain that the youth is no longer under.

136 "Mary Lillo" (2337261824)

00:20:32.539 --> 00:20:37.559

The threat.

137 "Mary Lillo" (2337261824)

00:20:37.559 --> 00:20:44.279

Now, it's important to remember that trauma is a common experience.

138 "Mary Lillo" (2337261824)

00:20:44.279 --> 00:20:51.749

Even childhood trauma is common and trauma reactions are a typical reactions.

139 "Mary Lillo" (2337261824)  
00:20:51.749 --> 00:20:55.019  
To a typical experiences.

140 "Mary Lillo" (2337261824)  
00:20:55.019 --> 00:20:58.649  
But when does trauma become PTSD?

141 "Mary Lillo" (2337261824)  
00:20:58.649 --> 00:21:03.899  
Or post traumatic stress disorder.

142 "Mary Lillo" (2337261824)  
00:21:03.899 --> 00:21:18.179  
And almost everyone experiences, some of the symptoms of post traumatic stress disorder, following a traumatic event, such as, you know, increased feelings of nervousness or fear having nightmares.

143 "Mary Lillo" (2337261824)  
00:21:18.179 --> 00:21:26.009  
And avoiding that place, or situation where the trauma occurred, it takes time to recover.

144 "Mary Lillo" (2337261824)  
00:21:26.009 --> 00:21:38.819  
From trauma, but eventually most, most youth process, the emotions makes sense of what has happened and begin to see their trauma responses subside.

145 "Mary Lillo" (2337261824)  
00:21:39.984 --> 00:21:51.054  
The biggest difference between expected trauma reactions and PTSD is not the severity of the event or trauma that was experienced,

146 "Mary Lillo" (2337261824)  
00:21:51.444 --> 00:21:57.534  
but the severity and length of the symptoms. So, with PTSD.

147 "Mary Lillo" (2337261824)  
00:21:57.839 --> 00:22:09.209  
The symptoms denied eventually decrease or subside. The youth with PTSD will often feel worse and not better over time.

148 "Mary Lillo" (2337261824)  
00:22:09.774 --> 00:22:23.694  
There has been a lot of conversation about the concern for our children, developing post pandemic PTSD, but experts. Agree. And I

quote that what we know about the development of PTSD.

149 "Mary Lillo" (2337261824)

00:22:24.299 --> 00:22:34.349

Is that the fear of PTSD has become greater than the disorder itself?

150 "Mary Lillo" (2337261824)

00:22:34.349 --> 00:22:46.859

Now, trauma reactions that can become PTSD include those 5 brain responses to traumatic stress that I discussed earlier and how that shows up in a youth.

151 "Mary Lillo" (2337261824)

00:22:46.859 --> 00:22:56.729

Thoughts feelings and actions that often change their ability to interpret and respond appropriately to social queues.

152 "Mary Lillo" (2337261824)

00:22:57.024 --> 00:23:07.254

They often have experiences of reliving the trauma feeling overwhelmed when confronted with traumatic reminders of triggers.

153 "Mary Lillo" (2337261824)

00:23:07.914 --> 00:23:16.224

They may experience flashbacks, nightmares with physical reactions, such as a pounding heart or rapid.

154 "Mary Lillo" (2337261824)

00:23:16.729 --> 00:23:21.569

Muscle tension sweating and even.

155 "Mary Lillo" (2337261824)

00:23:21.569 --> 00:23:29.999

They often feel on guard all the time easily startled hyper vigilant.

156 "Mary Lillo" (2337261824)

00:23:29.999 --> 00:23:36.179

And have difficulty concentrating because of this shift in brain activity.

157 "Mary Lillo" (2337261824)

00:23:36.179 --> 00:23:40.349

They may avoid anything that reminds them of the trauma.

158 "Mary Lillo" (2337261824)

00:23:40.349 --> 00:23:47.819

I even lose interest in activities that they once enjoyed and isolate from other people.

159 "Mary Lillo" (2337261824)



00:23:47.819 --> 00:23:59.249

Children can experience extreme fears, bed, wedding and other sleep problems, even temporarily digressing in their development.

160 "Mary Lillo" (2337261824)

00:23:59.249 --> 00:24:08.189

Especially with younger children, such as, you know, maybe losing ground with their toilet training and such.

161 "Mary Lillo" (2337261824)

00:24:08.189 --> 00:24:16.169

Now, it's common with a traumatic loss to have increased thoughts and questions about death.

162 "Mary Lillo" (2337261824)

00:24:16.824 --> 00:24:31.164

But if I use thoughts of death becomes suicidal, or they engage in self harm, this should not be considered a common or typical response to trauma. And it does need immediate attention.

163 "Mary Lillo" (2337261824)

00:24:31.529 --> 00:24:42.659

Now, remember the biggest difference between expected trauma reactions and PTSD is a severity and length of these symptoms.

164 "Mary Lillo" (2337261824)

00:24:46.559 --> 00:24:51.719

And even though nothing is truly simple about trauma.

165 "Mary Lillo" (2337261824)

00:24:51.719 --> 00:24:55.859

Simply put healing from childhood trauma.

166 "Mary Lillo" (2337261824)

00:24:55.859 --> 00:25:07.679

Whether or not it results in post traumatic growth is the process of taking back control of your life when life feels out of control.

167 "Mary Lillo" (2337261824)

00:25:07.679 --> 00:25:17.099

Healing from trauma is a very personal experience. What may work for 1 survivor.

168 "Mary Lillo" (2337261824)

00:25:17.099 --> 00:25:31.859

May not work for another however, those report experiencing significant recovery credits, uh, several practices that were critical to their healing journey. So, taking the time.

169 "Mary Lillo" (2337261824)

00:25:31.859 --> 00:25:44.279

To process what they've been through is 1 of those practices this may include what is called deliberate ruminating or intentionally processing what has happened.

170 "Mary Lillo" (2337261824)

00:25:44.279 --> 00:25:52.409

Ah, this is the opposite of intrusive thoughts or memories of the trauma such as flashbacks. Right? Because in this case.

171 "Mary Lillo" (2337261824)

00:25:52.409 --> 00:25:59.909

The survivor chooses to think about what has happened to them in order to rewrite their story.

172 "Mary Lillo" (2337261824)

00:25:59.909 --> 00:26:04.229

The trauma no longer is the end of their story.

173 "Mary Lillo" (2337261824)

00:26:04.644 --> 00:26:14.514

So this includes self expression, writing, painting, creating stories and music, even dancer,

174 "Mary Lillo" (2337261824)

00:26:14.544 --> 00:26:21.804

other forms of expressing one's thoughts and feelings and experiences in the aftermath of trauma.

175 "Mary Lillo" (2337261824)

00:26:22.169 --> 00:26:25.649

So, what makes these practices helpful.

176 "Mary Lillo" (2337261824)

00:26:25.649 --> 00:26:33.419

Is holding on to hope and optimism, believing that we can heal.

177 "Mary Lillo" (2337261824)

00:26:33.419 --> 00:26:38.039

And learning about ourselves and how to grow.

178 "Mary Lillo" (2337261824)

00:26:38.454 --> 00:26:52.974

From that hard work of healing, even taking breaks from this hard work, letting that mind rest from it and purposely creating opportunities to just enjoy life.

179 "Mary Lillo" (2337261824)

00:26:53.249 --> 00:27:00.119

And recover, joy creates balance and well, being in the healing

journey.

180 "Mary Lillo" (2337261824)

00:27:00.119 --> 00:27:05.399

Drama creates change that you don't choose.

181 "Mary Lillo" (2337261824)

00:27:05.399 --> 00:27:10.139

Yelling is about creating change that you do choose.

182 "Mary Lillo" (2337261824)

00:27:14.789 --> 00:27:23.249

Post traumatic growth is the process of transformation that can occur after trauma.

183 "Mary Lillo" (2337261824)

00:27:23.249 --> 00:27:26.609

Post traumatic growth can coexist.

184 "Mary Lillo" (2337261824)

00:27:26.609 --> 00:27:31.529

Or be experienced at the same time as traumatic stress reactions.

185 "Mary Lillo" (2337261824)

00:27:31.529 --> 00:27:40.259

There are many aspects of post traumatic growth do not become evident until, you know, years after the traumatic experience.

186 "Mary Lillo" (2337261824)

00:27:40.259 --> 00:27:50.009

Oh, post traumatic growth doesn't happen instead of post traumatic stress and it doesn't make trauma any less traumatic.

187 "Mary Lillo" (2337261824)

00:27:50.009 --> 00:28:00.839

And in no way, does the existence of post traumatic growth suggest that trauma is a positive event?

188 "Mary Lillo" (2337261824)

00:28:00.839 --> 00:28:15.414

Post traumatic growth differs from resilience and even differs from the healing process because the person experiencing post traumatic growth does not return to how they were before the trauma occurred.

189 "Mary Lillo" (2337261824)

00:28:15.959 --> 00:28:20.879

There changed this process of growth takes time.

190 "Mary Lillo" (2337261824)

00:28:20.879 --> 00:28:35.519

And patience, and it should not be unexpected result of experiencing trauma in our effort to create opportunity for growth in the lives of children and youth who have experienced trauma. We.

191 "Mary Lillo" (2337261824)

00:28:35.519 --> 00:28:40.829

Must be mindful not to impose a narrative on their healing journey.

192 "Mary Lillo" (2337261824)

00:28:40.829 --> 00:28:48.149

Managing post traumatic stress reactions is exhausting challenging work.

193 "Mary Lillo" (2337261824)

00:28:48.149 --> 00:28:52.229

Adding that pressure to manifest growth or.

194 "Mary Lillo" (2337261824)

00:28:52.229 --> 00:29:02.609

Having expectations to recover too quickly, can actually be damaging to a young person who has already gone through a very difficult time.

195 "Mary Lillo" (2337261824)

00:29:06.779 --> 00:29:17.759

So, in studying this concept, researchers focused on 5 areas of life in which change or transformation was reported by trauma survivors.

196 "Mary Lillo" (2337261824)

00:29:17.759 --> 00:29:26.729

Those 5 areas include an openness to new possibilities, more meaningful relationships.

197 "Mary Lillo" (2337261824)

00:29:26.729 --> 00:29:30.179

Improved personal strengths.

198 "Mary Lillo" (2337261824)

00:29:30.179 --> 00:29:33.779

Increased appreciation of life.

199 "Mary Lillo" (2337261824)

00:29:33.779 --> 00:29:42.989

And its spiritual, existential or philosophical changes in their belief system and world views.

200 "Mary Lillo" (2337261824)

00:29:42.989 --> 00:29:48.269

P. G. or post traumatic growth itself. Um.

201 "Mary Lillo" (2337261824)

00:29:48.269 --> 00:29:56.069

It it, it varies, right so when your world view at core values have been rocked by trauma.

202 "Mary Lillo" (2337261824)

00:29:56.069 --> 00:30:11.034

it actually forces a person to examine what was always assumed to be true often leading to new ways of scene and living in the world so for many this results in a deeper understanding

203 "Mary Lillo" (2337261824)

00:30:11.064 --> 00:30:15.654

on that spiritual philosophical or existential level

204 "Mary Lillo" (2337261824)

00:30:15.989 --> 00:30:28.829

But for some, it can be the discovery of hidden talents and abilities finding those strengths that they never knew they had until they had to find them.

205 "Mary Lillo" (2337261824)

00:30:28.829 --> 00:30:41.429

Even fostering an openness to seek out new opportunities and gaining the confidence that they can succeed. Because now they've proved to themselves that they could by getting through this difficult time.

206 "Mary Lillo" (2337261824)

00:30:41.429 --> 00:30:45.749

So, while working with survivors of trauma, domestic abuse.

207 "Mary Lillo" (2337261824)

00:30:45.749 --> 00:30:51.599

I I used to often called the scene when women are like tea bags.

208 "Mary Lillo" (2337261824)

00:30:51.599 --> 00:30:55.289

You never know how strong they are until there are.

209 "Mary Lillo" (2337261824)

00:30:55.289 --> 00:31:02.159

Are in hot water as lead chambers and environmental psychologist said.

210 "Mary Lillo" (2337261824)

00:31:02.159 --> 00:31:12.389

P. T. G. tends to generate a level of mindfulness and gratitude for life and the present moment.

211 "Mary Lillo" (2337261824)

00:31:12.389 --> 00:31:23.489

A focus on those relationships that should be prioritized. Usually

those that the individual fields were there for them during the difficult times.

212 "Mary Lillo" (2337261824)

00:31:23.489 --> 00:31:34.859

Others have reported a desire to help others and give back experiencing an increase appreciation for life more self awareness.

213 "Mary Lillo" (2337261824)

00:31:35.214 --> 00:31:47.754

And more compassionate, other acts, aspects of post, traumatic growth, less studied, uh,

214 "Mary Lillo" (2337261824)

00:31:47.784 --> 00:31:54.774

but also reported by trauma Survivors include an ability to not only survive.

215 "Mary Lillo" (2337261824)

00:31:54.859 --> 00:32:03.899

But to thrive, despite hardships some report experiencing improved the mental health.

216 "Mary Lillo" (2337261824)

00:32:03.899 --> 00:32:15.359

New awareness or new understanding, and meaning to their life, even improvements in their ability to manage traumatic stress reactions.

217 "Mary Lillo" (2337261824)

00:32:20.274 --> 00:32:32.574

Though P. T. G. or post dramatic growth is not a current, a straight line and is no way a simple process. Uh, this chart provides a basic understanding of the process.

218 "Mary Lillo" (2337261824)

00:32:32.874 --> 00:32:37.524

It begins with the major life crisis, or the traumatic event.

219 "Mary Lillo" (2337261824)

00:32:37.979 --> 00:32:41.399

Followed by the stress reactions.

220 "Mary Lillo" (2337261824)

00:32:41.399 --> 00:32:53.309

And coping with those reactions, and to move past coping into growth, external and internal factors, or supports play key roles.

221 "Mary Lillo" (2337261824)

00:32:53.309 --> 00:32:59.849

Right. Internal or personal factors can include a resiliency.

222 "Mary Lillo" (2337261824)  
00:32:59.849 --> 00:33:08.579  
Optimism and hope like radical self acceptance, knowledge of other DVT skills.

223 "Mary Lillo" (2337261824)  
00:33:08.579 --> 00:33:16.919  
Uh, external factors include peer and family, support trauma, informed therapy.

224 "Mary Lillo" (2337261824)  
00:33:16.919 --> 00:33:28.049  
Support groups and even community support. Now, all of these protective and supportive factors help foster that traumatic post traumatic growth.

225 "Mary Lillo" (2337261824)  
00:33:32.939 --> 00:33:46.289  
A child support system, uh, their family, their peers and healthy community connections can greatly foster healing and post traumatic growth by simply being safe people.

226 "Mary Lillo" (2337261824)  
00:33:46.289 --> 00:33:50.039  
Remember that childhood trauma.

227 "Mary Lillo" (2337261824)  
00:33:50.039 --> 00:33:53.579  
Threatens a child's sense of safety.

228 "Mary Lillo" (2337261824)  
00:33:53.579 --> 00:34:03.899  
And security, right they need places and people that help them feel safe again, both physically and emotionally safe.

229 "Mary Lillo" (2337261824)  
00:34:04.584 --> 00:34:18.654  
By validating their traumatic experience, and being understanding that trauma reactions are expected reactions to unexpected events that helps us become those safe people.

230 "Mary Lillo" (2337261824)  
00:34:19.019 --> 00:34:28.199  
Early intervention creates safe space for them to talk about what happened develop their personal narrative.

231 "Mary Lillo" (2337261824)  
00:34:28.199 --> 00:34:38.369  
Reframing what they've experienced and reclaiming their power and

their sense of autonomy.

232 "Mary Lillo" (2337261824)

00:34:38.369 --> 00:34:50.729

With intervention and support, they can learn healthy coping strategies to manage their stress reactions to process painful emotions and to heal.

233 "Mary Lillo" (2337261824)

00:34:50.729 --> 00:34:58.499

In addition, it can be incredibly hearing healing to explore the child's culture.

234 "Mary Lillo" (2337261824)

00:34:58.499 --> 00:35:08.969

This is especially helpful if the youth has experienced historical, collective or intergenerational trauma, or hate crimes.

235 "Mary Lillo" (2337261824)

00:35:09.384 --> 00:35:14.754

By exploring one's own cultural narrative, how the community survived,

236 "Mary Lillo" (2337261824)

00:35:14.784 --> 00:35:27.174

how they coped what practices were used for healing that creates that connection and adds another layer to the recovery process.

237 "Mary Lillo" (2337261824)

00:35:30.929 --> 00:35:38.339

And though, the healing journey is an individual process. No 1 needs to walk this pass along.

238 "Mary Lillo" (2337261824)

00:35:38.339 --> 00:35:47.489

if you seek expert support be be sure to search for a mental health professional that is trauma informed

239 "Mary Lillo" (2337261824)

00:35:47.489 --> 00:35:53.369

Right. Thankfully there are several forms of effective trauma treatment.

240 "Mary Lillo" (2337261824)

00:35:53.369 --> 00:36:05.879

Narrative therapy is an approach that seeks to adjust the story. 1 tells one's about one's life in order to bring up all positive change healing and better mental health.

241 "Mary Lillo" (2337261824)

00:36:05.879 --> 00:36:18.899



The trauma, survivor becomes the author of their own story and gains back that sense of control over their life that they may feel was taken from them.

242 "Mary Lillo" (2337261824)  
00:36:18.899 --> 00:36:28.169

This empowers the youth to reclaim themselves and see, their identity is not based on trauma.

243 "Mary Lillo" (2337261824)  
00:36:28.169 --> 00:36:32.369

And this often improves their feelings of self worth.

244 "Mary Lillo" (2337261824)  
00:36:32.369 --> 00:36:43.139

And their ability to begin to heal from that trauma, in fact, in 1 study, it was found that narrative therapy can help, uh, even foster post, traumatic growth.

245 "Mary Lillo" (2337261824)  
00:36:43.764 --> 00:36:58.644

And then there is cognitive behavioral therapy that focuses on the relationship between present thoughts, feelings, and behaviors and notes. How changes in 1 domain can improve functioning in the other domains.

246 "Mary Lillo" (2337261824)  
00:36:58.854 --> 00:37:02.664

So, a survivor of trauma, however needs cognitive.

247 "Mary Lillo" (2337261824)  
00:37:03.554 --> 00:37:15.464

To have a trauma lens, so that's going to help them connect the dots between past experiences and their present thoughts, feelings and behaviors.

248 "Mary Lillo" (2337261824)  
00:37:15.734 --> 00:37:19.724

So it helps the youth make sense of their pain.

249 "Mary Lillo" (2337261824)  
00:37:21.149 --> 00:37:24.809  
Cognitive processing therapy.

250 "Mary Lillo" (2337261824)  
00:37:24.809 --> 00:37:32.219

Helps youth with PTSD, modify unhelpful beliefs related to the trauma.

251 "Mary Lillo" (2337261824)  
00:37:32.544 --> 00:37:44.064

Writing a detailed account of the traumatic event allows patients to re, conceptualize the event to reduce its impact on one's current life.

252 "Mary Lillo" (2337261824)

00:37:44.424 --> 00:37:48.894

So, this pharma therapy usually requires about 12 sessions.

253 "Mary Lillo" (2337261824)

00:37:49.704 --> 00:38:04.134

And then a prolonged exposure is a treatment in which a person is gradually exposed to their trauma related memories for years emotions and feelings about the event in order to learn that these are no longer

254 "Mary Lillo" (2337261824)

00:38:04.134 --> 00:38:06.534

dangerous, or need to be avoided.

255 "Mary Lillo" (2337261824)

00:38:12.840 --> 00:38:18.360

Or I movement the sensitive the sensor.

256 "Mary Lillo" (2337261824)

00:38:18.360 --> 00:38:27.775

The sensitization and reprocessing involves processing the memory, and the way it is stored in the brain.

257 "Mary Lillo" (2337261824)

00:38:28.135 --> 00:38:38.305

So the goal is to reduce triggers and symptoms and replace the brain's way of responding to those memories with with a more productive or positive response.

258 "Mary Lillo" (2337261824)

00:38:38.360 --> 00:38:47.310

So, during this therapy, with mic, eye movements are combined with focussing on memories of the trauma. Um.

259 "Mary Lillo" (2337261824)

00:38:47.310 --> 00:38:58.980

Some forms of more traditional treatments that can be used to compliment current common mental health treatment methods include somatic therapy.

260 "Mary Lillo" (2337261824)

00:38:59.275 --> 00:39:06.445

Uh, which is a body centered therapy, designed to heal trauma that's stored in the body and to help with stress disorders.

261 "Mary Lillo" (2337261824)

00:39:07.134 --> 00:39:18.535

Acupuncture, designed to restore balance within the body system, and a mindfulness based cognitive therapy, which combines cognitive therapy with the concepts.

262 "Mary Lillo" (2337261824)

00:39:18.980 --> 00:39:25.350

Of mindfulness, meditation.

263 "Mary Lillo" (2337261824)

00:39:25.350 --> 00:39:28.650

So, when searching for a mental health, professional.

264 "Mary Lillo" (2337261824)

00:39:29.155 --> 00:39:40.045

Ask if they are trained in these forms of trauma recovery and I remember to consider the mental health needs of every member of your family after a trauma.

265 "Mary Lillo" (2337261824)

00:39:40.435 --> 00:39:48.415

Even those who were not directly affected by the experience, may still need, you know, may still be impacted and can benefit.

266 "Mary Lillo" (2337261824)

00:39:48.650 --> 00:39:51.690

From increased support and care.

267 "Mary Lillo" (2337261824)

00:39:52.405 --> 00:40:01.345

And also take into consideration, the importance of your child's need to feel safe with our mental health professional.

268 "Mary Lillo" (2337261824)

00:40:01.765 --> 00:40:11.605

If a therapist of a particular gender, our sexual identity ethnicity or cultural background could foster a greater sense of safety.

269 "Mary Lillo" (2337261824)

00:40:11.690 --> 00:40:16.470

And understanding for you, your youth, you can include these.

270 "Mary Lillo" (2337261824)

00:40:16.470 --> 00:40:27.270

Intersecting identities as part of your search at inclusive therapist com or fast tracker N dot org.

271 "Mary Lillo" (2337261824)

00:40:33.660 --> 00:40:40.260

A Minnesota trauma project can also connect you with trauma informed therapist.

272 "Mary Lillo" (2337261824)

00:40:40.260 --> 00:40:54.060

In addition, they provide workshops, community events and a long list of resources, including free downloadable techniques for managing trauma reactions.

273 "Mary Lillo" (2337261824)

00:40:54.060 --> 00:41:09.025

And the mission of the National child, traumatic stress network is to raise the standards of care and improve access to services for traumatized children for their families and communities throughout the United States.

274 "Mary Lillo" (2337261824)

00:41:09.360 --> 00:41:22.200

Their website also offers resources and educational material, including understanding, and accessing trauma, informed, mental health assessments and trauma screening.

275 "Mary Lillo" (2337261824)

00:41:29.250 --> 00:41:41.125

The Minnesota Department of health, uh, resources in the wake of community trauma, and beyond also provides a wealth of information, um,

276 "Mary Lillo" (2337261824)

00:41:41.155 --> 00:41:48.985

about race and mental health tools for talking about race and racism, trauma resources.

277 "Mary Lillo" (2337261824)

00:41:49.250 --> 00:41:58.740

For children and their families, and even coping with grief and anger in the aftermath of community experience trauma.

278 "Mary Lillo" (2337261824)

00:42:02.970 --> 00:42:08.965

And, of course, never neglect the importance of trauma,

279 "Mary Lillo" (2337261824)

00:42:08.965 --> 00:42:22.885

informed parents and how much we can be there for our children and be a part of the support system that helps foster their healing and possible growth in the aftermath.

280 "Mary Lillo" (2337261824)

00:42:22.970 --> 00:42:27.600

Of the trauma.

281 "Mary Lillo" (2337261824)

00:42:28.105 --> 00:42:39.745

And know that you certainly don't have to walk this path alone here at Naomi, Minnesota, we provide youth resources and support.

282 "Mary Lillo" (2337261824)

00:42:39.895 --> 00:42:47.095

We have a warm line specifically for parents as well as educational classes booklets and.

283 "Mary Lillo" (2337261824)

00:42:47.600 --> 00:42:51.825

Feeds we provide suicide prevention and public awareness.

284 "Mary Lillo" (2337261824)

00:42:51.945 --> 00:43:02.625

There's also a lot of other ways to get involved too such as joining us for our nominee walks or other forms of volunteering and becoming a part of the community.

285 "Mary Lillo" (2337261824)

00:43:04.285 --> 00:43:12.415

And again, my name is Mary. I am the parent education project coordinator here at Naomi, Minnesota.

286 "Mary Lillo" (2337261824)

00:43:12.805 --> 00:43:20.965

You're welcome to reach me at parent dot resources at and dot Org  
Thank you for your time.

287 "Mary Lillo" (2337261824)

00:43:21.270 --> 00:43:24.540

I think now would be a great time to end the recording.