



A national campaign from the
Office of Head Start

**#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



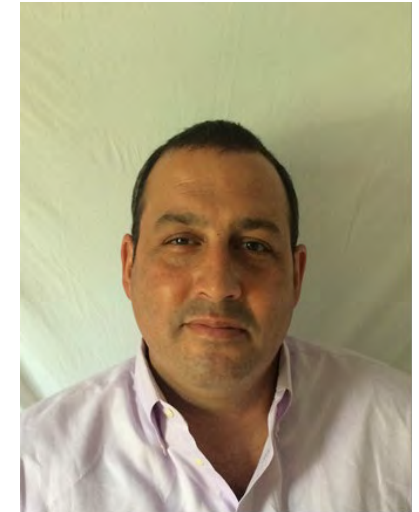
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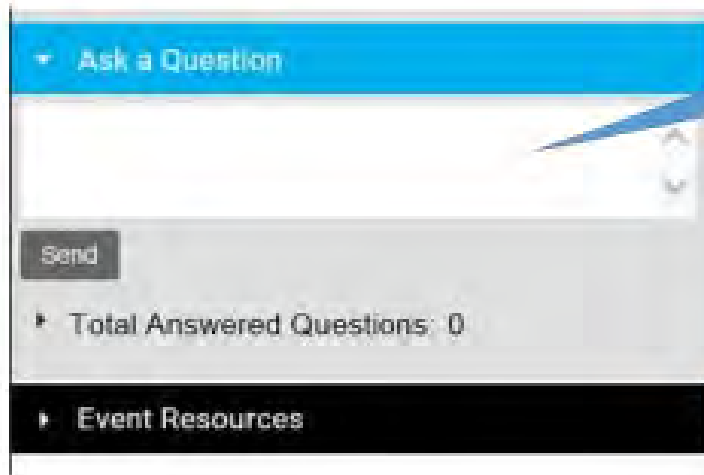


Neal Horen, Ph.D.
NCECHW
Director
Early Childhood Division
Georgetown University

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

<https://eclkc.ohs.acf.hhs.gov/video/supporting-children-experiencing-trauma>

- Children’s Response to Tragic Events –tip sheet

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/response-to-crisis-english.pdf>

- Helping Your Child Cope After Disaster- tip sheet

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/coping-with-disaster-eng.pdf>

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

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/understanding-stress-resilience-young-children>

- Spotlight on Child Maltreatment: Building Resilience in the Face of Diversity- resource collection

<https://eclkc.ohs.acf.hhs.gov/children-disabilities/article/spotlight-child-maltreatment-building-resilience-face-adversity>

Resources on Self Care



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

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation>

- Managing Stress with Mindful Moments- videos

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/managing-stress-mindful-moments>

- Mindfulness a Resilient Practice- online presentation

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-presentation.pdf>

National Hotlines



- 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](https://www.samhsa.gov/247) (1-800-985-5990) or the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org/) (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](tel:1-212-870-3400)

National Association for Children of Alcoholics – [1-888-554-COAS
\(2627\)](tel:1-888-554-COAS2627)

National Institute on Drug Abuse (NIDA) – [1-301-443-1124](tel: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



Office of Head Start



U.S. Department of Health & Human Services
Administration for Children & Families

Presenter Contact Information



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Office of Head Start #HeadStartHeals campaign



- 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>