

## **Traumatic Stress & Trauma-Informed Care**

Trainers:

Christine Montgomery, LCSW  
Vice President of Clinical and Community-Based Services  
Clifford W. Beers Clinic

or

Deborah Matthews, Ph.D.  
Director of Admissions and Assessment  
Child Guidance Clinic

### Description

This three hour training is intended to prepare EMPS providers and supervisors to screen for, recognize, and address exposure to traumatic events and child traumatic stress. The training includes an overview of research about exposure to traumatic events, child traumatic stress, and Post-traumatic Stress Disorder (PTSD). The importance of universal screening for trauma exposure and assessing avoidance among both children and caregivers will be highlighted. The use of simple tools such as the UCLA Posttraumatic Stress Disorder Reaction Index (PTSD-RI) to screen for PTSD symptoms in child and adolescents will be discussed. Stabilization and intervention strategies specific to EMPS staff will be provided, including strategies when responding acutely following a traumatic event or days, weeks, months, or years later. Recommendations for referrals for trauma-focused evaluation and treatment will be provided, including for evidence-based practices available in Connecticut.

### Learning Objectives

As a result of this training, EMPS providers will:

1. Gain a broader understanding of the prevalence and effects of exposure to traumatic events among children and adolescents
2. Be able to screen for exposure to traumatic events and symptoms of child traumatic stress
3. Be able to utilize strategies to stabilize and mitigate symptoms of child traumatic stress
4. Learn how and where to make referrals for trauma-focused evaluation and treatment, including evidence-based practices, in Connecticut.

### Training Outline

- Overview of traumatic events
- Child traumatic stress
- Exercise: linking client concerns to PTSD symptoms
- Screening for child traumatic stress using the UCLA PTSD-RI
- Stabilization and intervention techniques for acute or recent trauma exposure
- Referrals for evidence-based trauma-focused evaluation and treatment in CT
- Discussion and Q&A