

## Threshold Guidance- Trauma

**Name of Young Person:**

**Staff member supporting:**

**Has this been completed in collaboration with the YP? Yes/NO**

### **What we do, what we don't do, and what you can do if you are worried about your child**

Difficult, upsetting or traumatic events and experiences happen to young people. Here's a guide to help you know how best to support your young person if they are experiencing, or have experienced a traumatic event. This is not an exhaustive list; young people will experience other types of distress and symptoms which may not be included on this guide:

**Needs for help; These are challenges that some young people experience and may need some support with.**

#### **Type and nature of distress**

The degree to which a young person reacts to a difficult or distressing event lasts longer than a couple of days/ weeks, and causes the young person distress or might have some mild impact on their ability to cope with everyday life, such as going to, or coping at school, seeing friends or taking part in leisure activities. Examples of situations or events that may cause/contribute to a young person feeling distressed might be:

- Being routinely teased or bullied (including being, or feeling, left out or excluded)
- Grief or loss (including romantic relationships ending)
- Witness or experience of conflict (at home or school)
- Witness or experiencing an accident or injury
- Family and relationship stressors (family breakdown parent/sibling ill-health, financial or social stressors)

<b>What you might see or a young person might report</b>	<b>Date Completed</b>	<b>Date completed</b>	<b>Date completed</b>	<b>Date completed</b>
As well as the features in Green, the following might also be present: <b>(Tick all those that apply)</b>				
Disrupted sleep (difficulties getting to, or staying asleep, waking very early in the morning and not being able to get back to sleep)				
Seeking physical or verbal seeking reassurance or wanting to withdraw from social contact and communication				
Resistance to doing things; appearing unmotivated and disinterested				
Emotionally labile; frequent changes of emotion, more sensitive (eg, irritable, upset, confused)				

May seem more on-edge or jumpy at times, at other times may seem to be 'in their own world/day dream type state'				
Overthinking and appearing preoccupied or concerned by the triggering event - more aware of anything related to the triggering event				
Thoughts or urges to harm self or some thoughts to end life; some infrequent or superficial (not requiring medical attention) self-harm may occur. Please note that not all young people who engage in self-harm behaviour are depressed or suicidal. There are many reasons why a young person may engage in self-harm behaviour.				

### Things to try, Support, and Next Steps

- As well as the steps in Green, the following might be helpful:
- Support your young person to access self-help resources including:
- The following videos:
  - How to support a child with trauma TO BE UPLOADED
  - How to support a young person with anxiety: <https://youtu.be/LMFQHABnH1M>
  - How to support a young person with depression/in crisis/who engages in self-harm: <https://youtu.be/qBAZQVjSmQU>
- Watch videos of our parent/carer workshop on:
  - How to support coping in crisis here: <https://youtu.be/qBAZQVjSmQU>
  - How to support a young person with anxiety: <https://youtu.be/LMFQHABnH1M>
- Share concerns with your child's school/college
- See your child's GP
- Access pastoral support from school
- Consider accessing help from a local counselling service
- Seek advice, guidance and support from Young Minds Parent Helpline: 08088025544
- Depending on the context and/or the origins of the distress being experienced, other services may be helpful eg, family guidance if there is family breakdown or conflict, bereavement services. See our life issues section of the Hampshire CAMHS website for additional information and resources [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

### **Other Resources:**

- The Simple Guide to Child Trauma, by Betsy de Thierry
- Trauma Is Really Strange, by Steve Haines