

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 Specialist Treatment or a Crisis Response; These are difficulties that cause a significant impact and a young person may need specialist support.

Type and nature of distress

Young people are displaying signs of trauma/Post Traumatic Stress Disorder. These difficulties cause significant distress to a young person and significantly disrupt daily coping such as school/college, socialising and even self-care activities (eg, sleep, bathing, eating). Despite trying advice in the green and amber stages, the young person still experiences trauma symptoms at least 1 month after the traumatic event. Examples of situations that may cause/contribute to a young person feeling low in mood or depressed:

- Severe/chronic bullying or abuse (including neglect, emotional, physical, sexual)
- Social or family financial stressors (such as family breakdown, conflict or parental/sibling ill-health)
- Grief or loss
- Witnessing or experiencing a traumatic event
- Witness or experiencing an accident or injury
- Overwhelmed by pressures and stressors including individual factors eg, health, social factors eg, relationships, occupational factors eg, school/college and environment eg, living circumstances

What you might see or a young person might report As well as the features in Green and Amber, the following might also be present: (Tick all those that apply)	Date Completed	Date completed	Date completed	Date completed
Flashbacks of the traumatic event (sudden/unexpected memories or recalling aspects of the traumatic event without warning or trying)				
Children may re-enact the traumatic event repeatedly in their play				
Disrupted sleep; nightmares/night terrors (that may or may not be linked to the traumatic event)				
Hypervigilance to threat and danger				

Isolating self from friends and family				
Episodes where young person appears non-reactive/shut down/ in a day-dream type state				
Poor memory or recall as well as periods of confusion or feeling spaced out - may report things not feeling real				
Withdrawn and uncommunicative or not wanting to be left alone at all - this may seem uncharacteristic or age inappropriate for some teenagers				
Refusal to leave the house or attend/take part in activities such as school, hobbies, interests, seeing friends				
Significant impact on health and wellbeing such as not sleeping or eating for a sustained period of time. May show signs of physical compromise as a result.				
Appearing uncaring or unbothered about people or activities they previously would have cared about - may not honour commitments or responsibilities which is uncharacteristic				
May on occasion becoming agitated, distressed, oppositional or aggressive towards others				
Reactive and impulsive behaviour such as running away which may place them or others in danger				
Feeling hopeless about the future - not being able to see a future and appearing to give up on dreams, goals and hopes				
Thoughts, feelings, urges, plans or intent to harm self, or end their life or harm others. <i>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.</i>				

Things to try, Support, and Next Steps

As well as the steps in Green and Amber the following might be helpful:

- Speak with your child's GP
- Speak with the School Nursing Team
- Depending on the context and/or the origins of the distress being experienced, other services may be helpful. There may be a role for other services such as Children's Services or other statutory or voluntary organisations that can support if there are clear triggers for anxiety eg, abuse, domestic violence, bullying, being a young carer, etc.
- See the life issues section of the Hampshire CAMHS website for additional information and resources: www.hampshirecamhs.nhs.uk
- Seek advice, guidance and support from Young Minds Parent Helpline: 08088025544
- Access the "Help I'm in Crisis" Button on the Hampshire CAMHS website during times of stress, or crisis
- Consider making a self-referral to a CAMHS Service

- If your young person is at risk of harm, please make this clear when making the referral

Other Resources:

- The Simple Guide To Child Trauma: What It Is And How To Help, by de Thierry, Betsy de, Emma Reeves et al.