



Child and Adolescent Psychiatry

## Trauma Response Program

Comprehensive mental health support for children and their families following a potentially traumatic event

 Washington  
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# Trauma Response

The trauma of abuse, assault or accidents in childhood and adolescence may cause behavioral and emotional problems. These difficulties can continue into adulthood if not addressed. Many survivors and their families can benefit from outside support to develop a plan to recover effectively.

## Common Responses to Trauma

- Trouble sleeping or feeling safe
- Worry that the trauma will happen again
- Feeling guilty or responsible for the trauma
- Feeling more angry and irritable
- Avoiding things, people or places related to the trauma
- Trying not to think or talk about the trauma

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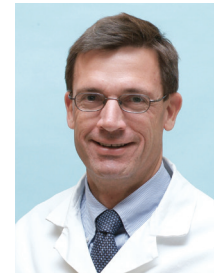
## What We Provide

- Trauma-focused treatment with an experienced mental health specialist, either from our team or community agencies
- Education on common responses to trauma
- Evaluation of your and your child's responses to trauma
- A plan that best fits the child and family's needs
- Close partnership with St. Louis Children's Hospital
- Further evaluation and treatment by a pediatric psychiatrist, if appropriate

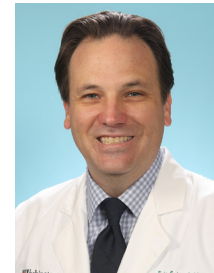
## Treatment Team



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