

LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY (HSCB)

Health and Human Service Needs FACT SHEET

Children and Trauma in Livingston County

March 2021

What is “Trauma”? According to the National Child Traumatic Stress Network, trauma is a scary, dangerous, or violent event that can happen to any or all members of a family. Some types of trauma include: accidents or injuries, serious illness, house fires, crimes, community and/or school violence, sudden loss of a loved one or pet, death of a family member, violence in the family, abuse, neglect, and homelessness. “Children who suffer from child traumatic stress have developed reactions to trauma that linger and affect their daily lives long after the traumatic event has ended.”

What is the impact of trauma? Each family member may experience trauma differently, but each individual family member’s adaptation is linked to the reactions and responses of the others.

Preschool Children	Elementary School Children	Middle and High School Children
<ul style="list-style-type: none"> • Feel helpless and uncertain • Fear of being separated from their parent/caregiver • Cry and/or scream a lot • Eat poorly and lose weight • Return to bedwetting • Return to using baby talk • Develop new fears • Have nightmares • Recreate the trauma through play • Are not developing to the next growth stage • Have changes in behavior • Ask questions about death 	<ul style="list-style-type: none"> • Become anxious and fearful • Worry about their own or others’ safety • Become clingy with a teacher or a parent • Feel guilt or shame • Tell others about the traumatic event again and again • Become upset if they get a small bump or bruise • Have a hard time concentrating • Experience numbness • Have fears that the event will happen again • Have difficulties sleeping • Show changes in school performance • Become easily startled 	<ul style="list-style-type: none"> • Feel depressed and alone • Discuss the traumatic events in detail • Develop eating disorders and self-harming behaviors such as cutting • Start using or abusing alcohol or drugs • Become sexually active • Feel like they’re going crazy • Feel different from everyone else • Take too many risks • Have sleep disturbances • Don’t want to go places that remind them of the event • Say they have no feeling about the event • Show changes in behavior

Symptoms may not be immediately revealed and are misinterpreted as learning disorders or acting out. If we can understand the impact of trauma, then we can more fully understand a child’s needs and provide appropriate services.

Why is this issue so important to Livingston County? In 2020, Livingston County had over 144 children living in foster care. These children are especially vulnerable to the effects of trauma. Livingston County had **1,601 neglect/abuse referrals** generated and 627 met the criteria for protective services investigation. In 2017-2018, one in three children ages 0-17 (33.3%) had experienced at least one parent-reported ACE (Adverse Childhood Experiences) in their lifetime, including nearly 1 in 5 who experienced 1 ACE and 14.1% who experienced 2 or more ACEs according to the latest results from the National Survey of Children’s Health. Anyone that has experienced trauma may access trauma resources.

What programs & services exist? Livingston county provides a number of services that assist with individuals and families impacted by trauma.

Central Michigan 211	211	www.michigan211.org
Community Mental Health	517-548-0081	www.cmhliv.org
DHHS (Report Abuse/Neglect)	855-444-3911	www.michigan.gov
LACASA (24 Hour Crisis Line)	866-522-2725	www.lacasacenter.org
Livingston Catholic Charities	517-545-5944	www.livingstoncc.org
Livingston Family Center	866-440-7233	www.livfc.org
Livingston County Trauma Informed System of Care and Trauma Assessment Program		
517-548-1350	https://lacasacenter.org/trauma-assessments/	
National Child Traumatic Stress Network		www.nctsn.org
National Center for Trauma-Informed Care		www.tash.org

What can the community do to help?

- The experience of safety and structure is critical to relieving the experience of trauma.
- Believe a child.
- Work with your local school district, law enforcement, and other supportive agencies to strengthen our trauma-informed community.
- Support continued use of evidenced based treatment models for traumatized youth.
- Link children and families with resources and supports.
- Talk about it. Don't be afraid to address it and to advocate for change.
- Participate in community presentations and actions to inform and educate.

How to Support Someone
Who Has Experienced Trauma



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