



# ACCESS:

**SUPPORTS FOR LIVING**

*Meeting your child's mental health needs*



# What is trauma?

## Abuse (Witnessed or Experienced)

- Physical, Sexual, Emotional, Domestic Violence

## Environmental

- House fires, natural disasters, car accidents, immigration

## Medical

- Chronic medical issues, emergency procedures,

## Death

- Family, friend, animals



# How does trauma impact behavior

## Physical Health

- Stomach aches
- Gastrointestinal Issues
- Headaches
- Asthma
- Chest Pain
- Many other ways – good to discuss with pediatrician
- Memory loss/impairment

## Emotional

- Anxiety
- Irrational concerns, panic attacks
- Depression
- Isolation
- Anger/Irritability
- Isolation, attachment/bonding issues
- Withdrawing, avoidance, procrastination





# Creating a safe space

Validation

- Validating emotion and not reaction

Listening

Balance with accountability

Creating an open invitation to talk

Periodic check in's

Modeling behaviors

- Boundaries
- Reactions

Meeting your child where they are at

- Power struggles



# Managing Emotional Reactivity



## Coping Skills:

- Painting nails
- Petting animal
- Baking
- Going for a walk
- Playing a game/sport
- Talking
- Singing/playing favorite music
- Cleaning
- Asking to run an errand together
- Making a craft
- Planning dream vacation or future goals
- Create a vision board
- Ripping paper
- Taking space
- Kicking a ball
- Screaming in a pillow
- Go to gym/work out
- TIPPs Skills – print out
- Shower/Bath
- Making it special- bubbles, candles, soap

*Each emotion requires a different set up coping skills – tool box of skills*





# Managing Emotional Reactivity

## Change the environment

- Remove self/others from room
- Notice stimulation – lights/tv/sounds/textures

## Non-verbally changing own breathing patterns

## Managing your emotional reactivity will help manage theirs

- Lower your voice
- Notice your physical stance



# Age-Appropriate Behaviors

Not wanting to talk to parents

Valuing peers opinions over parents

Going down the "social media rabbit hole"

Changing clothing styles or personalities

Isolation – warning signs vs. normalcy

Educating – strong opinions vs. being mean

- Teaching healthy and kind communication

# Self-Care for You & Your Child



## Developing a self-care practice

- Model it yourself!

**Any amount of time is enough time for self-care**

## Self-Care ideas:

- Practicing gratitude
- Regular exercise
- Create a mantra
- Digital detox
- Call a friend
- At home spa day
- Plan time to do nothing
- Volunteer
- Take a walk
- Read *for fun*
- Take care of that one item on your to do list you've been avoiding
- Sleep schedule/sleep hygiene
- Take care of yourself!

Dentist, Primary Care, Therapy





# Contact information

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