

Child Services

Parenting Help for Teens

<http://members.tripod.com/xila/teens.html>

Home of the Innocents 502-596-1313

Family and Children's Counseling Centers 502-893-3900 ext. 275

Greater Louisville Counseling 502-587-9737

Domestic Violence

National Domestic Violence Hotline 800-779-SAFE

Battered Women Justice Project 800-903-0111

National Network to End Domestic Violence 202-543-5566

Hotlines

Adult Protective Services 502-595-4803

Child Protective Services 502-595-4550

1-800-Children (crisis for parents) 800-432-9251

24-Hour Hope Now Hotline (502) 589-4313

24 Hour Child Crisis (502) 589-8070 1-800-432-4510

Child/Adult Abuse 800-752-6200

Community Based Services 800-635-2570

Community Mental Health Centers 800-928-8000

Adult and Child Health Info Line 800-462-6122

Poison Emergency and Info 800-222-1222

Pregnancy Crisis Centers 800-432-9337

Rape Crisis Hotline 800-422-1060

Spouse Abuse Hotline 800-544-2022

State Health Insurance Assistance Program 877-293-7447

Suicide Prevention 800-928-8000

Domestic Violence Prevention Board 859-258-3803

Kentucky Domestic Violence Association 502-209-5382

National Sexual Assault hotline 800-656-4673

Prevent Child Abuse Kentucky 800-432-9251

Kentucky Attorney General's Office 800-372-2551

National Domestic Violence Hotline 800-779-SAFE

Battered Women Justice Project 800-903-0111

National Network to End Domestic Violence 202-543-5566

Resource Center on Child Protection and Custody 800-527-3232



Request a response team
24 hours a day

(888) 522-7228

Office: (502) 607-5781

<http://kccrb.ky.gov>

Helping Youth After Traumatic Events



Whether tragic events touch your family personally or are brought into your home via newspapers and television, you can help older children cope with the anxiety that violence, death and disasters can cause.



What They May Be Experiencing

- Feel self-conscious about their emotional responses to the event
- Feelings of fear, vulnerability, and concern over being labeled “abnormal” or different from their peers
- Withdrawal from family and friends
- Feelings of shame and guilt
- May think about revenge and retribution
- May think about the world differently
- Self-destructive or accident-prone behaviors

What You Can Do

- Family can encourage discussion of the event and feelings about it and expectations of what could have been done to prevent the event.
- Parents can discuss the expectable strain on relationships with family and peers, and offer support in these challenges.
- Help adolescents understand “acting out” behavior as an effort to voice anger about traumatic events.
- Discuss thoughts of revenge following an act of violence, address realistic consequences of actions, and help formulate constructive alternatives that lessen the sense of helplessness the adolescents may be experiencing.
- When children experience a traumatic event, the entire family is affected.
- Often, family members have different experiences around the event and different emotional responses to the traumatic event. Recognizing each others’ experience of the event, and helping each other cope with possible feelings of fear, helplessness, anger, or even guilt in not being able to protect children from a traumatic experience, is an important component of a family’s emotional recovery.

Age-Related Reactions to a Traumatic Event
National Child Traumatic Stress Network
www.NCTSN.org

Pointers for Parents and Caregivers:

- **Encourage youth to ask questions.** Listen to what they say. Provide comfort and assurance that address their specific fears. It’s okay to admit you can’t answer all of their questions.
- **Talk on their level.** Communicate with your youth in a way they can understand. Don’t get too technical or complicated.
- **Be honest.** Tell them exactly what has happened. For example, don’t say that someone who has died has “gone to sleep;” youth may become afraid of going to bed.
- **Find out what frightens them.** Encourage your youth to talk about fears they may have. They may worry that someone will harm them at school or that someone will try to hurt you.
- **Focus on the positive.** Reinforce fact that most people are kind and caring. Remind your youth of the heroic actions taken by ordinary people to help victims of tragedy.
- **Pay attention.** Your youth’s activities may give you a glimpse into their questions or concerns. Ask them to tell you what is on their mind. It’s an opportunity to clarify any misconceptions, answer questions and give reassurance.
- **Develop a plan.** Establish a family emergency plan for the future, such as a meeting place where everyone should gather if something unexpected happens in your family or neighborhood. It can help you and your youth feel safer.

If you are concerned about your youth’s reaction to stress or trauma, call your physician or a community mental health center.

From: <http://www.mentalhealth.samhsa.gov/publications/allpubs/CA-BKMARKR02/default.asp>

Edited by Kentucky Community Crisis Response Board