

## Trauma Articles

Updated 10/5/18

### **Disclaimer:**

These Trauma Resources are compiled by Mental Health Recovery Services of Warren and Clinton Counties as a service for professionals and the community. The aim is to give wide coverage to resources, training and news as well as a variety of views and opinions on aspects related to trauma. MHRS does not necessarily endorse the opinions or views put forth in these publications, and neither guarantees the accuracy of the information provided by external sources/links nor accepts responsibility or liability for any consequences arising from the use of such data.

[Chicago Public Schools leads on SEL with collaborative approach to implementation](#) \*Added 10/5/18\*

[Trauma-informed program increases attendance rates, decreases suspensions](#) \*Added 10/5/18\*

### **Supplemental Research Bulletin | First Responders: BH Concerns, Emergency Response and Trauma** \*Added 10/5/18\*

Emergency medical services personnel, firefighters and police officers are often the first on the scene to aid those experiencing disasters and other traumatic situations. Research shows that repeated exposure to such situations, the fast-paced nature of these jobs and institutional factors can take a toll on first responders' health. The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a ***Supplemental Research Bulletin*** that reviews existing literature and provides insights into behavioral health issues experienced by first responders. The edition reviews current research showing that first responders may experience several behavioral health issues, including depression, post-traumatic stress disorder, suicidality and substance use at higher rates than the general population. It also explores behavioral health risk and protective factors in first responders, as well as interventions designed to reduce behavioral health risk in first responders and foster resilience.

### **Mantram Therapy Found to Benefit Veterans with PTSD** \*Added 10/5/18\*

A mindfulness-based therapy in which individuals learn to repeat personalized mantras to relax their thoughts appears to be more effective at reducing post-traumatic stress disorder (PTSD) symptoms than a problem-solving psychotherapy known as present-centered therapy, reports a ***study*** in *AJP in Advance*. Mantram therapy is based on the premise that silently repeating a personally meaningful word or phrase (mantra) promotes relaxation, increases emotional regulation and reduces stress. Present-centered therapy is a psychotherapy that focuses patients on the present to help them actively target daily challenges related to their past trauma and PTSD symptoms.

### **[Suicide Exposure: Perceptions of Impact and Closeness](#)** \*\*Added 6/20/18\*\*

According to a research summary from the Suicide Prevention Resource Center, people exposed to suicide are at greater risk for mental health symptoms if they perceive a high level of closeness with the deceased and if the suicide had a large and lasting impact on their life.

### **Digital Self Harm** \*\*\*Added 6/20/18\*\*

The Journal of Adolescent Health published a study that brought awareness to the problem of self cyber-bullying, otherwise known as digital self-harm. Digital self-harm is defined as anonymously posting mean and derogatory comments about themselves on social media. Youth do this by creating a fake profile on social media and commenting on their own social media with insulting posts. The report

states that 6% of youth who participated in the study engaged in digital self-harm. Article Link: [Journal of Adolescent Health](#), NPR story Link: click [here](#).

[Addressing Trauma in Early Childhood: Integration of Attachment, Self-Regulation, and Competency \(ARC\) in Outpatient Behavioral Health Care for Young Children](#), **\*\*Added 6/20/18\*\***

Issue Brief produced by Child Health and Development Institute of Connecticut  
Through a five year SAMHSA grant awarded to CHDI as part of the National Child Traumatic Stress Network (NCTSN), the [Early Childhood Trauma Collaborative \(ECTC\)](#) is helping to address this gap by training clinicians to use Attachment, Self-Regulation and Competency (ARC),<sup>5</sup> an effective treatment for young children who have experienced trauma and their caregivers. Preliminary results and recommendations are provided.

[Casey's Trauma Trainings for Foster Parents Hailed as Promising](#), **\*\*Added 6/20/18\*\***

Blog by the Annie E. Casey Foundation  
The families of foster parents and kinship caregivers who participated in trainings from the Annie E. Casey Foundation about managing childhood trauma experienced greater placement stability, according to two recent evaluations by [Child Trends](#), a nonprofit research center. The two training programs assessed — [Trauma Systems Therapy for Foster Care](#) (TST-FC) and [ARC Reflections](#) — are “promising approaches for integrating trauma-informed care into child welfare systems,” according to researchers. Details about the programs and key findings are reported.

[VA Exploring Alternative Treatments for TBI and PTSD](#) **Added 1/26/18**

VA announced that it will use two innovative treatments to ease the everyday challenges associated with living with traumatic brain injury and post-traumatic stress disorder. “We know that for a small group of veterans, a traditional approach to health care may not be the most effective,” said VA Secretary Dr. David J. Shulkin. “This is particularly true with certain chronic medical and mental health conditions. For veterans who don’t improve, we have to look for innovative, evidence-based approaches that may help them restore and maintain their health and well-being.”

[Adverse Childhood Experiences and Suicide Attempts](#) **Added 1/26/18**

A new study found that adults who had experienced adverse childhood experiences (ACEs) were more likely to have attempted suicide in their lifetime than those who had not experienced ACEs.

[Abused and Betrayed](#): **Added 1/26/18**

NPR published a series on Sexual Assault of individuals with intellectual disabilities who are sexually assaulted at seven times the rate of people without disabilities. It’s a crime that often goes unrecognized and unpunished.

[ACES Too High: The Single Best Medical Appointment of My Like was when a Nurse Practitioner Asked About My Adverse Childhood Experiences](#)

[Study of Holocaust Survivors Finds Trauma Passed on to Children's genes](#)

Article - [What it Really Means to Hold Space for Someone](#)

Video - [What it Really Means to Hold Space for Someone](#) 2 minutes

[Foster Care Transition Toolkit from USDOE Offers Tips for Helping Foster Youth Succeed as Adults](#)

[Understanding Childhood Trauma: Ten Reminders for Preventing Retraumatization](#)

[Prevalence and Correlates of Suicidal Ideation Among Transgender Youth in California: Findings From a Representative, Population-Based Sample of High School Students](#)

[Pathways Between Child Maltreatment and Adult Criminal Involvement](#)

**[PTSD and Trauma: Not Just for Veterans:](#)**

[Natural disasters lead to PTSD](#)

[Black Girls, Who Often Have History of Trauma, Are 11 Times More Likely to Encounter Justice System](#)

Issues of The Dialogue from SAMHSA's Disaster Technical Assistance Center

- Issue related to [responses to mass violence in communities](#) across the United States
- Issue related to [Crisis Counseling Assistance and Training Program and other disaster behavioral health efforts](#) can best serve those living in low Socio-Economic Status communities
- Issue related to [Stress & Self-care](#)

[Adult Gambling Addiction Tied to Childhood Trauma](#)

[Cops Get Help to Cope With Trauma](#)

[Clinician's Trauma Update, VA Newsletter](#)

[Sibling Survivors Of Suicide Often Don't Receive Mental Health Treatment](#)

[In tough neighborhoods, can high-school mental health counselors cut the school-to-prison pipeline?](#)

['It's just horrific': caseworkers break their silence to reveal toll of addiction on children](#)

Guardian article about Clinton County Child Protective Unit

[Hidden Consequences: The Impact of Incarceration on Dependent Children](#)

[A Virtual Hope Box: Randomized Controlled Trial of a Smartphone App for Emotional Regulation and Coping With Distress](#)

[A School Shooting Survivor's Story: Lessons Learned](#)

[A Hidden Crisis: The Pipeline from Foster Care to Homelessness for LGBTQ Youth](#)

**[Using Chosen Names Reduces Odds of Depression and Suicide in Transgender Youths](#)**

A recent study found that transgender youth who were able to use their chosen names in multiple contexts had a lower risk of depression and suicide. "Many kids who are transgender have chosen a name that is different than the one that they were given at birth," said lead author Stephen T. Russell,

University of Texas at Austin professor and chair of human development and family science. "We showed that the more contexts or settings where they were able to use their preferred name, the stronger their mental health was." The study included 129 transgender youth ages 15 to 21 in three U.S. cities. Participants who were able to use their chosen names at school, home, work, and with friends had lower reported depression symptoms, suicidal thoughts, and suicide attempts compared to peers who could not use their chosen names in any context. Russell and his co-authors suggested that institutions such as schools and workplaces could help minimize mental health risks among transgender youth by allowing them to use their chosen names. **Read the study [abstract](#).**