# Why Does Trauma-Informed Care Matter? Contact us at RA-PWOCYFTRAUMA@PA.GOV

When a child is exposed to an unpredictable home life, their response will be to hide when possible, and fight to remain safe as necessary. They learn coping skills that lessen the likelihood of harm to themselves. If there is not intervention, we see this behavior brought with the child into all areas of their lives. The need to hide or fight when there is perceived threat. Unfortunately many children with a traumatic past perceive threats as being more pervasive. They wear tainted lenses when looking at the world.

## The Trauma Response

This makes it hard for a child to see anyone or any situation as safe for themselves. Making friends at school or being involved threatens their need to hide and heightens their fight response. Even when no threat exists a child is prone to be:

- Hyper-aggressive
- Hyper-vigilant
- Prone to dissociation



# Providing Hope

Relationships are the key to change! Just one safe adult relationship in the child's life can be the key to building resilience and lasting change. A child's brain is able to be affected for the negative as well as the positive. YOU could be that change!

### Trauma Team News

The OCYF Trauma Team is proud to announce that training has been completed at the state-level for the goal of trauma aware. Additionally 56 county administrative staff were trained in December 2021. Please join us in thanking the dedication of our 3 trainers; Sarah Treven, Jared Rickert, and Jennifer Brown for accomplishing this goal and making this a priority in 2021.



### Team Members

Denise Stitt—Co-Chair/CRO
Jenn Brown—Co-chair/Policy
Amber Kalp—WRO
Cyndi Gariepy—WRO

Cheryl Cirilo—SERO

Lisa Kornetka—NERO

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