



Alleviating the Effects of Childhood Traumatic Stress

Important Facts About Childhood Traumatic Stress:

- Children at every age are vulnerable, including infants & toddlers
- Effects may be psychological, behavioral, social, & even biological
- Symptoms include depression or anxiety, difficulties with self-regulation, problems relating to others or forming attachments, loss of previously acquired skills, attention & academic difficulties, nightmares, difficulty sleeping and eating, & physical symptoms.
- Traumatic stress manifests vary from child to child & depend on the child's age & developmental level.
- Without treatment, repeated childhood exposure to traumatic events can affect the brain & nervous system & increase health-risk behaviors.
- Survivors can be more likely to have long-term health problems (e.g., diabetes & heart disease) or to die at an earlier age.
- Adult survivors of traumatic events may have difficulty in establishing fulfilling relationships & maintaining employment.

THE MEMPHIS RESILIENCE PROJECT

is committed to an ongoing effort of mitigating the effects of childhood traumatic stress.



EQUIPPING

Helping key stakeholders (parents, school counselors, pastors, non-profit staff) recognize signs of childhood traumatic stress and identify avenues for treatment.



TRAINING

Providing stakeholders with trauma mitigation techniques.



HEALING

Developing a pipeline of mental health resources for under-served communities in Memphis.