

## Trauma-Informed Care and Children's Mental Health

Subject: Children's Mental Health Awareness Week, Focus on Trauma-Informed Care

In recognition of the national campaigns for Children's Mental Health Awareness, SEDNET is distributing five days of children's mental health topical resource spotlights to draw attention to the mental health needs of children and adolescents.

Today's topical spotlight is on Trauma-Informed Care, an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Trauma is any intense event that threatens or causes harm to a child's or adolescent's emotional and/or physical well-being.

The following resources focus on this topic and provide a wealth of information on Trauma-Informed Care for educators, students and their families:

- **Florida Department of Children and Families**  
[www.myflfamilies.com/service-programs/mental-health/trauma-informed-care](http://www.myflfamilies.com/service-programs/mental-health/trauma-informed-care)  
Provides information on Trauma-Informed Care, symptoms of trauma, traumatic stress, tip sheets and additional resources.
- **The National Center for Trauma-Informed Care**  
[www.samhsa.gov/nctic](http://www.samhsa.gov/nctic)  
A technical assistance center created by the Substance Abuse and Mental Health Services Administration to build awareness of trauma-informed care and promote the implementation of trauma-informed practices in programs and services.
- **The National Child Traumatic Stress Network**  
[www.nctsn.org](http://www.nctsn.org)  
The NCTSN's mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

Thank you for taking time to review this important information on Trauma-Informed Care and Children's Mental Health. For more information about SEDNET and Trauma-Informed Care resources, please visit [www.sednetfl.info](http://www.sednetfl.info) and subscribe to our electronic newsletter.