

Child Trauma & COVID-19

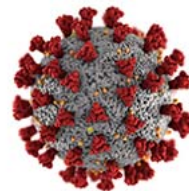
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What is COVID-19?

- ▶ Global pandemic
- ▶ Changing the landscape of today and human history forever
- ▶ Workforce adjustments and changes with women in the workforce
- ▶ Technology advances
- ▶ Office, retail and business design changes
- ▶ Education alternatives
- ▶ Increase in online business



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What is Trauma?

- ▶ A physical or psychological threat to a child's physical integrity, sense of self, safety or survival, or to the safety of another person significant to the child
- ▶ An event that overwhelms the human adaptation to life
- ▶ Traumatic events can be a singular event or multiple events
- ▶ Children's response to trauma are different and more complex than adults
- ▶ Compromises all areas of childhood development including cognitive and behavioral development, identity development, affect tolerance, spiritual and moral development and ability to trust self and others

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Impacts of COVID-19 and the Acquired Trauma

- ▶ Children's reactions will vary depending on their age
- ▶ Depression/Anxiety/Loneliness/Isolation
- ▶ Break in regular routine
- ▶ Unwanted thoughts or images
- ▶ Potential loss of family members or people close to them



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COVID-19 Trauma in the Home

- ▶ Quarantine
- ▶ Increased use of substances
- ▶ Increased risk of domestic violence
- ▶ Less frequent physical activity
- ▶ Loss of jobs causing financial stress
- ▶ Break in regular routine
- ▶ Lack of childcare
- ▶ Food scarcity



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COVID-19 Trauma and School

- ▶ Risk of infection while obtaining an in-person education
- ▶ Virtual/In-person/Mixed scheduling
- ▶ New rules, regulations and policies
- ▶ Use of masks
- ▶ Cancellations and modifications to graduation ceremonies
- ▶ Lack of internet or technology in the home
- ▶ Mixed learning styles prevent quality learning
- ▶ Lack of childcare

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COVID-19 Trauma in the Community

- ▶ Restrictions on park and business openings which decrease the amount of activity children are receiving
- ▶ Difficulty obtaining work permits
- ▶ Increased risk of involvement in sex and labor work
- ▶ Increased crime rates
- ▶ Living in poverty increases the risk of getting COVID-19
- ▶ Children with disabilities receive less adequate care or services
- ▶ Mental health and treatment wait times are extended

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Identifying Trauma

- ▶ Anxiety/Fear/Depression symptoms
- ▶ Dramatic differences in appearance or behaviors
- ▶ New or apparent mood swings
- ▶ Difficulty coping with changes
- ▶ Survivor Behaviors
 - ▶ Persistent fear state
 - ▶ Dysregulation of affect
 - ▶ Disorder of memory
 - ▶ Avoidance of intimacy



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How to Help

- ▶ Identifying resources within the community specific to the child's needs
- ▶ Connecting with school social worker or guidance counselor
- ▶ Making a SAP referral
- ▶ Offering support to the child and/or their caregiver
- ▶ Allowing the child an opportunity to express themselves
- ▶ Providing safe and nurturing environments
- ▶ A strong connection with a trusted adult

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