

For Immediate Release
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Child Trauma: New Information for Parents on www.kidsmentalhealthinfo.com

Farmington, CT – The popular online resource for parents and caregivers devoted to children’s mental health information, www.kidsmentalhealthinfo.com, is launching a new "Child Trauma" section. The new trauma content includes important information for parents and caregivers to help them with a child who has been a victim of a traumatic event. Much like the overall kidsmentalhealthinfo.com website, this section is filled with frequently asked questions, an extensive resource library of publications, facts and figures and links specifically focused on childhood trauma.

The new Child Trauma section also includes:

- Examples of potentially traumatic events for children
- Detailed explanations of the signs and symptoms of childhood traumatic stress
- Information on when parents should seek help
- A comprehensive list of effective childhood traumatic stress interventions **available in Connecticut** and nationally
- Trauma-focused supports and services

National studies estimate that as many as 71% of all children are exposed to a potentially traumatic event by the age of 17. **In Connecticut**, providers and DCF estimate that 60-80% of children seeking treatment have experienced at least one potentially traumatic event. The actual numbers of children exposed are likely higher, as most incidents of trauma exposure are not reported. Children who are exposed to potentially traumatic events are at risk for a number of emotional and behavioral challenges. Fortunately, effective treatment options are available.

The Connecticut Center for Effective Practice (CCEP), a division of the Child Health and Development Institute of Connecticut (CHDI) initially developed www.kidsmentalhealthinfo.com in November 2010 to serve as a free, comprehensive resource on children's mental health issues for parents and caregivers in Connecticut. The website provides a range of information in English and Spanish impacting toddlers to late teens.

Look out for another new section on www.kidsmentalhealthinfo.com focused on Early Childhood Mental Health, coming this November.

For more information, visit www.kidsmentalhealthinfo.com or contact Julie Tacinelli at tacinelli@uchc.edu or 860-679-1534 or Cindy Langer at langer@uchc.edu or 860-679-1538.

Child Health and Development Institute of Connecticut (CHDI) works to advance policy, systems, program and practice changes that will result in better health and developmental

outcomes for the children of Connecticut. **The Connecticut Center for Effective Practice (CCEP)**, a division of CHDI, focuses on improving mental health care for children across Connecticut.

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