

Support Roles of Treatment Team Members

Families

- Understand the symptoms of post-traumatic disorder
- Implement appropriate responses to symptoms of flashbacks, nightmares, difficulty sleeping and eating so that they remain patient with the child/adolescent during these times

Caseworkers

- Provide information to families on symptoms and appropriate responses
- Help families to sort out their own responses to the child/adolescent's trauma experience
- Link child/adolescent and family to appropriate services in the community
- Stress to the family the need for professional help
- Assist the family in advocating for appropriate services to support child/adolescent and their families

Mental Health Professionals

- Provide assessment and diagnosis
- Make decisions regarding need for medication
- Provide play therapy, art therapy, or psychotherapy

Medical Professionals

- Rule out any medical conditions associated with physical complaints (upset stomachs, headaches) and difficulties eating and sleeping
- Diagnose development of any medical problems that may develop due to the stress of the trauma or separate from the trauma

Educators

- Teachers need to be informed about the symptoms associated with post-traumatic stress disorder in children and adolescents
- Teachers can implement academic accommodations that ease stress on the child/adolescent
- Teachers can assist the child/adolescent in implementing calming techniques to help with difficulties in concentration and recall
- Guidance counselors can reinforce the use of calming techniques and invite child/adolescent to participate in any support groups that might be of assistance in helping the child/adolescent understand that they are not alone
- Guidance counselor can collaborate with treatment recommendations made by the therapist