



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program
411 S. Prieur St.
2nd Floor Office 233
New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



Children and Trauma

Prepared by The LSUHSC Campus Assistance Program.
(504) 568-8888

The Range of Responses

There is a wide range of responses to catastrophic events. Some children and teenagers experience temporary worries that get better quickly. Others experience long-term problems such as fear, depression, withdrawal, anger, haunting memories, avoiding reminders of the events, regressive behavior (acting younger than their actual age), worrying about themselves and others dying or being hurt, and irritability. Reactions can occur immediately after the event or even weeks later.

Young children, age 5 and younger, may experience new fears such as separation anxiety or fear of strangers or animals. They may act younger or lose a skill they have already mastered (such as toilet training).

Elementary school-aged children may get parts of the traumatic experience confused or out of order when recalling the memory. They may complain of body symptoms that have no medical cause (e.g., stomach aches). They may stare into space or seem “spacey,” or startle easily.

Adolescents may experience visual, auditory, or bodily flashbacks of the events, have unwanted distressing thoughts or images of the events, demonstrate impulsive and aggressive behaviors, or use alcohol or drugs to try to feel better. They may feel depressed or have suicidal thoughts.

Most children and adolescents will recover within a few weeks with support. However, some children may require more help. As an adult, you may want to consider seeking the help of a mental health professional who is trained in helping children with traumatic responses. The Campus Assistance Program can assist you in locating needed resources.

What Can Adults Do to be Helpful?

- Let the child know it’s normal to feel upset when something bad or scary happens.
- Encourage the child to express feelings and thoughts, without making judgements.
- Protect the child or adolescent from further exposure to traumatic events, as much as possible.
- Return to normal routines as much as possible, such as having meals together or initiating family activities.
- School can be a major healing environment as the child’s most important routine. Educate school personnel about the child’s needs. Reassure the child that it was not their fault, that adults will try to take care of them, etc.
- Allow the child to feel sad or cry.
- Give the child a sense of control or choice by offering reasonable options for daily activities (choosing meals, clothes, etc.)
- If the child regresses (or starts to do things he or she did when younger), adults can help by being supportive, remembering that it is a common response to trauma, and not criticizing the behavior.

Helpful Websites

- National Institute of Mental Health (<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events>)
- NYU Langone Health Department of Child & Adolescent Psychiatry (<https://med.nyu.edu/departments-institutes/child-adolescent-psychiatry/trauma-systems-therapy-training-center>)
- American Psychological Association (<https://www.apa.org/>)
- Jefferson Parish Human Services Authority (<https://www.jphsa.org/>)

Getting Help

The LSUHSC Campus Assistance Program (CAP) is a free service provided by LSU Health and Sciences Center to assist faculty, staff, residents, students, and employees in the resolution of personal problems.

LSUHSC recognizes that everyone, at some time, needs a “helping hand” or assistance. Whether you have a simple or a complex problem, CAP can help.

If you or an immediate family member has a problem with which you need assistance, you can call CAP. A counselor will discuss your problem over the telephone or set a time to meet with you personally.

Any contact that you have with the CAP is **confidential**, whether that contact is by phone or personal appointment.

The intent of the CAP is to prevent problems from affecting your job or school performance. It is an offer to help, not an attempt to pry. Early attention to such personal problems can often avoid costly, burdensome consequences.

A counselor is on call and available to you 24 hours a day, seven days a week. So please call today.