



Occupational Therapy Services for Traumatized Children

Mercer Behavioral Health Commission, Parkside Psychological Associates, and Adventure Time Pediatric Therapy and Learning Center, LLC have partnered to address the treatment needs of traumatized children in Mercer County.

Childhood Trauma

Child traumatic stress occurs when children and adolescents are exposed to traumatic events or traumatic situations that overwhelm their ability to cope. When a child is experiencing child traumatic stress, these reactions interfere with his or her daily life and ability to function and interact with others. These reactions can continue long after the traumatic events have ended.

What reactions to trauma might children experience?

- *Intense and Ongoing Emotional Upset
- *Anxiety
- *Impaired Focus/Concentration Poor Impulse Control
- *Feelings of Worthlessness/Incompetence
- *Difficulty Getting Along with Other Children
- *Aggression Toward Others
- *Self-harm
- *Difficulty Eating and Sleeping
- *Oppositional Behaviors
- *Problems Transitioning From One Activity to Another
- *Unhealthy Coping
- *Withdrawal
- *Depression

Parkside Psychological Associates Trauma Therapy Role:

Parkside provides office based trauma treatment to children, adults and families. Licensed Therapists use evidence based treatment models including TF-CBT, ARC, EMDR and Seeking Safety.

Adventure Time Pediatric Therapy Occupational Therapy Role:

Occupational therapy is a field dedicated to empowering people of all ages and abilities to fully participate in the everyday activities, or **occupations**, that make their lives meaningful. In the pediatric population, OTs can help with the following:

- Activities of Daily Living (ADLs)
- Rest and Sleep
- Work
- Leisure
- Instrumental Activities of Daily Living (IADLs)
- Education
- Play
- Social Participation

The effects of trauma can impact a child's ability to participate in each of these everyday activities. They may struggle to engage in structured activities, focus on one task at a time, transition between activities, or understand the information their senses provide about their body and the world surrounding them.

In this initiative, trauma therapists and occupational therapists will collaborate using an innovative approach to address each child's unique needs in order to promote healing and participation in a meaningful and satisfying life.

Service Location: Mercer County Behavioral Health Commission
 8406 Sharon Mercer Rd., Mercer, PA 16137

For more information or to make referrals contact the main Parkside office at:

Phone: 814-807-0861 Toll Free: 877-807-0861 Fax: 814-807-0863

