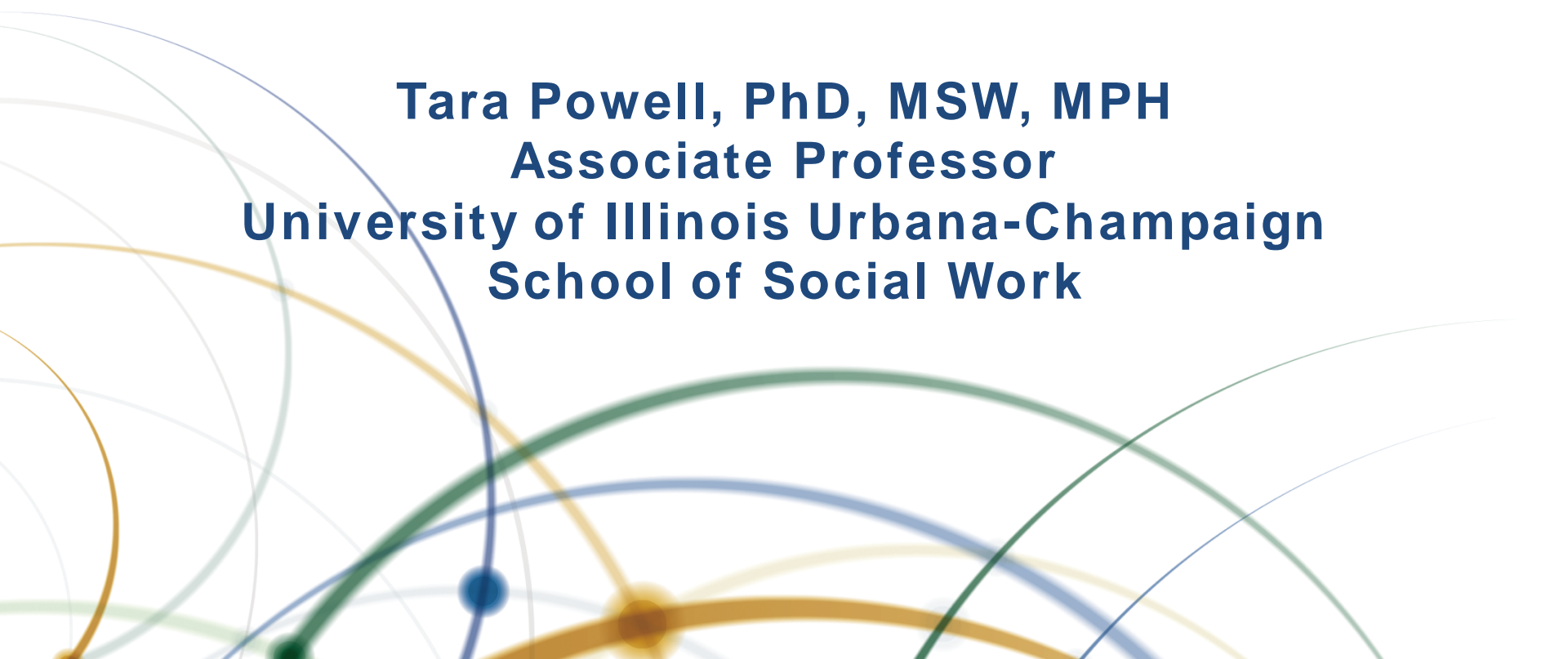


# Emotional Impact of Children in Disasters



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# Experiences of Disaster Affected Children

- Displacement from homes
- Loss
  - friends
  - family
  - community
  - homes
- Separation from loved ones
- Changing schools
- Lack of basic needs including food and shelter



# Emotional Reactions in Disaster Affected Children

## Young Children

- Fear of strangers or separation anxiety
- Sleep problems or nightmares
- Posttraumatic play
- Fussy, irritable, or aggressive
- Regression



# Emotional Reactions in Disaster Affected Children

## Elementary aged youth

- Behavioral changes
- Refusal to go to school
- Physical complaints

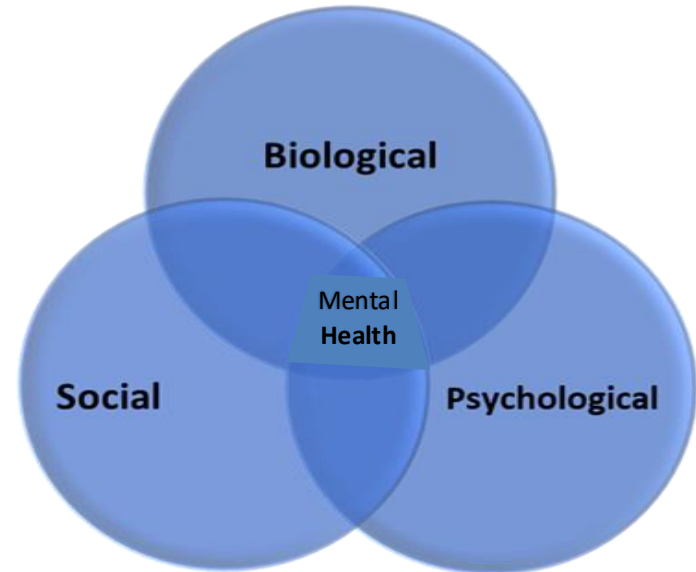
## Adolescents

- Drug and alcohol abuse
- Changes in social interactions
- Difficulty concentrating
- Irritability and behavior changes

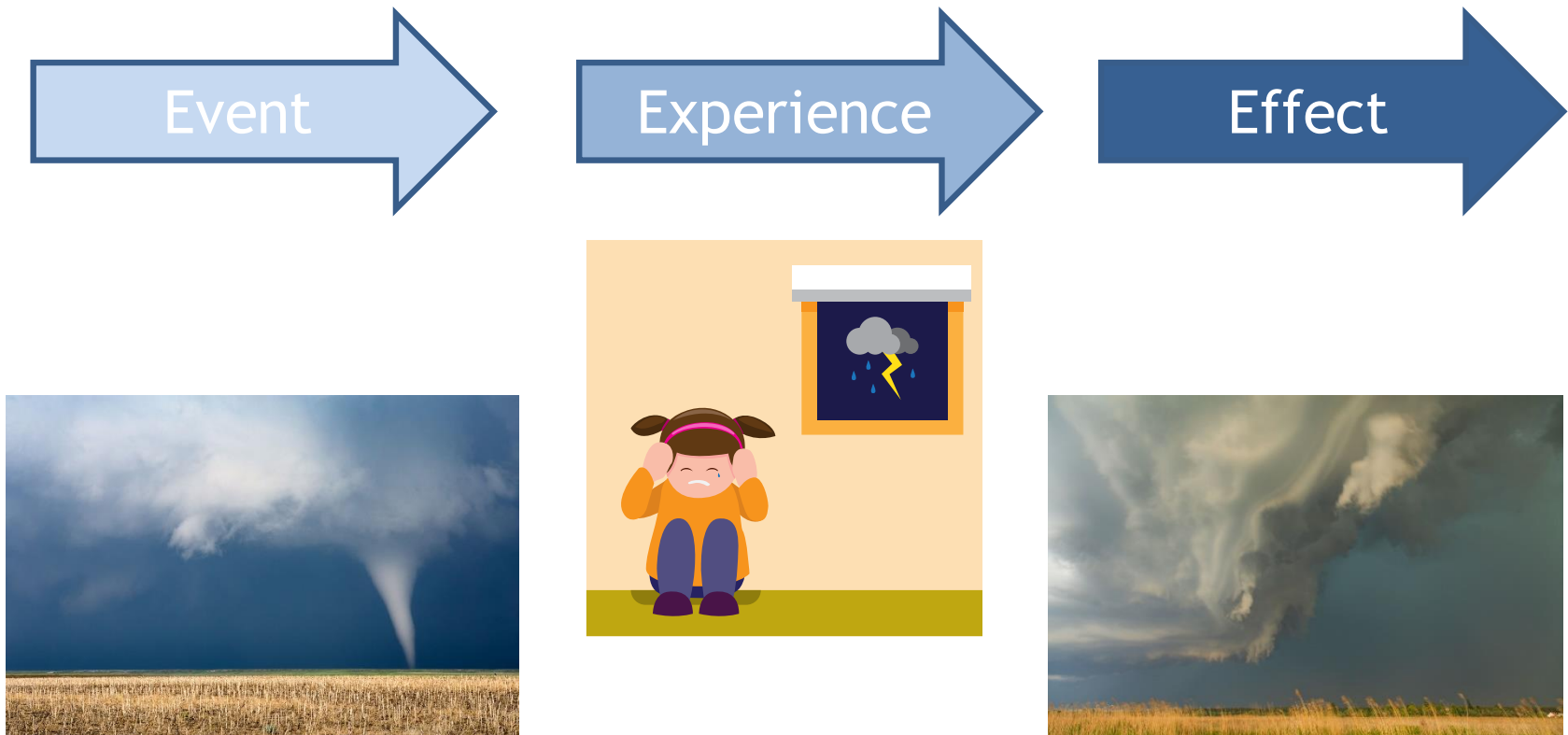


# What Determines How a Child will Respond?

- Level of impact of the event
- Previous trauma exposure
- Family separation
- Age
- Available resources
- Perceived threat

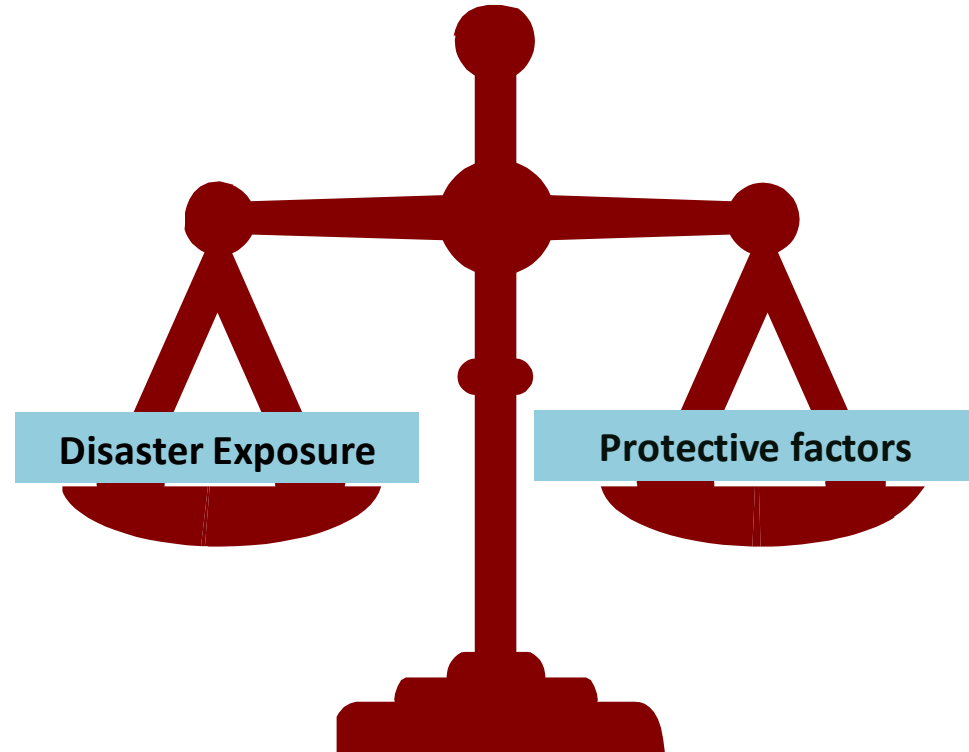


# Three E's of Trauma



# Risk and Protective Factors

- Supportive adults
- Peer and family relationships
- Emotional and behavioral regulation
- Communication skills
- Access to basic needs



# Supporting the social emotional and mental health needs of young people

- Interpersonal connection
- Routines
- Play
- Normalizing feelings and emotions
- Providing accurate developmentally appropriate information
- Physical activity
- Limiting the media





# Supporting the social emotional and mental health needs of young people

- Staying connected with supportive adults/mentors
- Reduce media over exposure
- Connect with peers
- Listen to the child/adolescents needs
- Make sure their basic needs are met



# Interventions to address social emotional needs of disaster affected children

