About Us

The Recovery Effort After Adult/Child Trauma (R.E.A.A.C.T) program began as a research project focused exclusively on how children cope with trauma associated with house fires.

With the aftermath of Hurricane Katrina, and other threats against safety, the need for a more extensive approach became necessary.

With the cooperation of several grants and initiatives from various universities, government agencies, and social services, the R.E.A.A.C.T team now addresses the needs of parents and children affected by multiple forms of crisis and trauma.

How to Reach Us

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Across from Blacksburg Middle School

Struggling after a traumatic experience?

R.E.A.A.C.T.
Recovery Effort After Adult/Child Trauma

Helping Children, Adolescents and Adults suffering from Posttraumatic Stress Disorder and Depression

Virginia Tech Psychological Services Center
Contact Information
About the Team

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and

The Stress and Coping members of the
Department of Psychology

Partners

Local School Systems
Guidance Counselors
Teachers
Clinicians

Area Firefighters

Local Red Cross

Goals of R.E.A.A.C.T ©
To help children and their families return to their previous level of functioning
To help parents recognize the immediate emotional, cognitive, and behavioral impact of the trauma on their children
Engage children and their families for the purposes of follow up assessments and identification of serve needs across multiple domains, including home, school, and community settings.

Identify the signs of Posttraumatic Disorder and Depression
- Losing interest in activities
- Having physical symptoms such as headaches and stomachaches
- Showing more sudden and extreme emotional reactions
- Having problems falling or staying asleep
- Showing irritability or angry outbursts
- Having problems concentrating
- Having frequent memories of the event, or in young children, play in which some or all of the trauma is repeated over and over
- Nightmares

Did You Know?
- According to the National Mental Health Association (2005), in the aftermath of a disaster, adults should help children find ways to help others—no matter what age the child. The process of helping others deal with tragedy can reassure children and help them cope with their own anxiety.
- When fears are not discussed, they often get worse.
- The R.E.A.A.C.T. program has an activity booklet available for parents teachers, and/or counselors to use to help children cope with multiple types of traumatic events.

Helping You and Your Family Recover
The primary goal of R.E.A.A.C.T.© is to ensure that all children and their family are provided with assistance throughout the recovery process following a traumatic experience. Secondly, our goal is to determine children’s degree of distress and fear as well as provide counseling for the family.