### 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.

#### Goals of R.E.A.A.C.T ©

1. To help children and their families return to their previous level of functioning.

2. To help parents recognize the immediate emotional, cognitive, and behavioral impact of the trauma on their children.

3. 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.

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### Identifying 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

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### Partners

**Local School Systems:**
- Guidance Counselors
- Teachers
- Clinicians

**Department of Psychology**

**Area Firefighters**

**Local Red Cross**

**The National Child Traumatic Stress Network**

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### About the Team

Did You Know?

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