

P01-173 - TRAUMATIC IMPACT ON THE YOUNG MIND IN RESPONSE TO DISASTERS: AN APPROACH TO PSYCHOSOCIAL INTERVENTION

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Background: Traumatic events such as tsunamis, wildfires, war, cyclones, etc. have a lasting effect on children's emotional well-being. The psychological impacts are multifactorial & reaction is also varied depending on the individual.

Objectives: This study will review the psychological impact on children's minds following exposure to traumatic events & will identify the evidence based psychosocial approach of intervention.

Methods: Critical review of literature on the topic.

Results: The severity of impact depends on exposure to the traumatic event, but minimum exposure can also be harmful. The level of trauma, proximity, duration of exposure, evidence of psychopathology before trauma exposure & disruption in social support networks consistently emerge as strong predictors of psychopathology following exposure to trauma with response to mood, anxiety or behavioral manifestation. Socioeconomic disadvantages that follow disaster predict long-term problems. A positive correlation between children's & parents symptomatology has been noted. Intervention strategies include screening children at risk, triage & referral, community based intervention & trauma focused treatment programs. CBT emerges as the best validated therapeutic modalities for children experiencing trauma related mood & anxiety symptoms.

Conclusion: Psychological impact resulting in trauma to children could be enormous. Good psychosocial management following a disaster with effective follow through & broad care planning may lessen the long term impacts.