

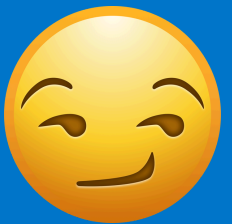
# Trauma reaction or mental health disorder?

Effects of Adverse Childhood Experiences (ACEs) and symptoms of mental health disorders can often look alike.

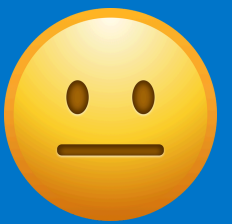
## Mental Health Disorder



Attention Deficit Hyperactivity Disorder



Oppositional Defiant Disorder



Anxiety Disorders and Phobias



Major Depressive Disorder

## Overlapping Symptoms

Disorganized and/or agitated activity, difficulty sleeping, poor concentration, hypervigilant and impulsive behavior.

Argumentative with adults, refusal to comply with rules, angry and irritable outburst, reckless/spiteful/vindictive behavior.

Feeling on-edge, sleep disturbance, intrusive thoughts irritability, avoidance of feared stimuli, repetitive behaviors.

Decreased energy levels and interest in activities, withdrawn, sleep disturbance

## Childhood Trauma

- Physical, emotional or sexual abuse 
- Separation from/ loss of parent 
- Physical or emotional neglect 
- Witnessing violence 
- Living with a caregiver with untreated mental health disorder(s) or who abuses substances 



### Mitigating Factors

- Responsive, caring caregivers
- Early detection and intervention

**What can you do?** [Screen for ACE's with T-SBIRT, visit uwm.edu/icfw/tools-and-resources-2/](https://uwm.edu/icfw/tools-and-resources-2/)