Educator's Guide to working with students with Post-Traumatic Stress Disorder:

Definition of PTSD An anxiety disorder resulting from exposure to an experience involving direct or indirect threat of serious harm or death; may be experienced alone (rape/assault) or in company of others (military combat).

Symptoms of PTSD:
- Recurrent thoughts of the event
- Flashbacks/ Nightmares
- Emotional numbness (“it don’t matter”); reduced interest or involvement in work or outside activities
- Intense guilt or worry/anxiety
- Angry outbursts and irritability
- Feeling “on edge,” hyperarousal/ hyper-alertness
- Avoidance of thoughts/situations that remind person of the trauma

Potential Consequences of PTSD (Social and Interpersonal Problems):
- Relationship issues
- Low self-esteem
- Alcohol and substance abuse
- Employment problems
- Homelessness
- Trouble with the law
- Isolation

How to help in a School setting:
- Provide a familiar, calm, consistent environment
- Allow them to take a break, or call someone as necessary
- Create an atmosphere in which the student feels safe and comfortable
- Try to be aware of certain activities that may trigger the student’s anxiety or regression and safeguard against them
- Allow a support animal to be present (if approved through the DPS department)

If you suspect that the student is a danger to him or herself or others, seek help immediately by contacting campus police at 909-652-6911 and or the Chaffey College health services at 909-652-6331 where the student can obtain professional counseling for issues such as:
- Depression
- Anxiety
- Stress Management
- Drugs & Alcohol
- Self-esteem

If you have any questions regarding this information or how to better accommodate a student with PTSD please contact the DPS office at 909-652-6379