

Trauma-Informed Psychosocial Support and Emotional Outcomes in Children With Adverse Childhood Experiences in Alternative Care

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The purpose of the study is to analyse the influence of adverse childhood experiences on the emotional and behavioural development of children and the effectiveness of psychosocial support in alternative care. A theoretical analysis of academic sources was used to substantiate the influence of adverse childhood experiences, and a quasi-experimental method (pre-test/post-test without a control group) was applied to assess changes in children’s emotional indicators after the intervention. The study established that adverse childhood experiences lead to persistent neuropsychological changes that disrupt emotional regulation, behavioural self-control, and social adaptation in children. Changes in emotional indicators were observed after participation in the SOS Children’s Villages programme. After participation in the SOS Children’s Villages programme, the results showed that self-esteem and life satisfaction increased after the intervention (before: 18.6 ± 4.2 and 4.1 ± 1.3 ; after: 23.9 ± 3.8 and 6.2 ± 1.1 , respectively; $t = 7.84 - 8.12$; $p < 0.001$; $d = 1.24 - 1.28$). The level of anxiety decreased (before: 52.4 ± 10.6 ; after: 39.7 ± 9.8 ; $t = 6.95$; $p < 0.001$; $d = 1.10$), which together indicates positive dynamics in the emotional state and psychological adaptation of children after participation in the programme. A model of psychosocial support for children with adverse childhood experiences in alternative care was formulated. It includes a staged system of actions covering diagnosis, grouping, trauma-informed intervention, the development of emotional

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regulation, and the creation of a safe environment. Its implementation aims to reduce anxiety, increase self-esteem, and develop stable adaptive behavioural strategies in children. The practical value of the study lies in the potential use of the results to improve psychosocial support for children with adverse childhood experiences in alternative care.

Keywords: traumatic events, safe environment, psychosocial support, violence, anxiety level.

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