



What is Trauma?

Trauma is a very difficult experience that results in emotional, mental and/or physical problems that usually last for a long time. Trauma is a unique and personal experience, which means people may experience the same event and react or respond to it differently. Common causes of Trauma: abuse and neglect; cultural trauma; grief and loss; war and violence; accidents; discrimination; natural disasters.

What is the Impact of Trauma?

No one is immune to the impact of trauma. Trauma affects the individual, families, and communities by disrupting healthy development, adversely affecting relationships, and contributing to mental health issues including substance abuse, domestic violence, and child abuse. Everyone pays the price when a community produces multi-generations of people with untreated trauma by an increase in crime, loss of wages, and threat to the stability of the family. Common effects of trauma include: attachment and relationships; physical health; body and brain; emotional responses; dissociation; behavior; cognition: thinking and learning; self-concept & future orientation; long-term health consequences; economic impact.

What is Trauma Informed Care (TIC)?

Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

How Do We Become Trauma Informed?

Becoming "trauma-informed" means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them. Often, trauma survivors can be re-traumatized by well-meaning caregivers and community service providers. We seek to educate our communities about the impact of trauma on clients, co-workers, friends, family, and even ourselves. Understanding the impact of trauma is an important first step in becoming a compassionate and supportive community.

RESOURCES:

[http://childtrauma.org/;](http://childtrauma.org/)

[http://www.traumainformedcareproject.org/;](http://www.traumainformedcareproject.org/)

<http://mha.ohio.gov/Default.aspx?tabid=85&Search=TRAUMA+INFORMED+CARE>

Contact Family & Children First at 740-376-7081 to schedule a TIC Training.

