

Did You Know?

Trauma in Childhood:

Adverse experiences in childhood and adolescence can significantly increase stress hormones and negatively impact emotional, social and physical health across time. When such experiences have these effects, they are called traumatic events.

The most common causes are: parental abandonment, divorce, substance abuse, mental illness, incarceration or long-term separation, sexual, physical and emotional abuse, neglect, witnessing or experiencing violence, a serious accident, natural disaster or acts of war.

With multiple experiences, the risk increases for: anxiety, depression, alcoholism, drug abuse, suicide attempts, major diseases, dissociation, sexual concerns and other symptoms and behaviors that manifest in homes, shelters and work places, schools, correctional and health care facilities— anywhere and everywhere youth with such histories are found.

Read more:

<http://thriveinitiative.org/trauma-informed/>

<http://educate.crisisprevention.com/rs/crisisprevention/images/TIC->

Resources-Guide.pdf

