

# THE IMPORTANCE OF USING a TRAUMA-INFORMED APPROACH

## WHAT IS TRAUMA?

Trauma is a disturbing experience that causes physical, psychological, or emotional harm, which can include:

Sexual abuse  
Physical abuse  
Severe neglect

Loss  
Domestic violence and/or the witnessing of violence

Bullying  
Shame  
Fear  
Anxiety



## TRAUMA IS PERVASIVE



**46%**

of U.S. children reported having at least 1 adverse traumatic experience.



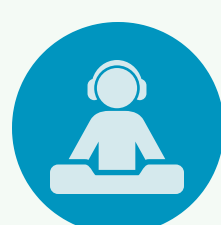
**26%**

of children witness or experience a traumatic event before they turn 4.



**70%**

of U.S. adults reported experiencing at least one traumatic event their lives.



**60%**

of children are exposed to traumatic events by age 16, and more than 30% are exposed to multiple events

## THE IMPACT OF TRAUMA

### Childhood trauma can:



Affect cognition and behavior for decades.



Lead to symptoms similar to those of veterans returning home from war with post-traumatic stress disorder.



**PTSD**

Be experienced by at least **33%** of youths who experienced community violence.

### Increased incidents of childhood trauma are correlated with increased risk of problems with:



Health



Family



Finances



Jobs

### People who have experienced trauma are:



**15x**

More likely to attempt suicide



**4x**

More likely to become an alcoholic



**3x**

More likely to be absent from work

### Long-term effects of childhood trauma can inhibit academic success, particularly for those in underserved communities.

Students with repeated exposure to traumatic events are:

**2.5x**

More likely to repeat a grade

**5x**

More likely to have severe attendance issues

**6x**

More likely to experience behavioral problems

Long-term effects of exposure to trauma are correlated with:



Low literacy



High dropout rates



Low achievement



School-to-prison pipeline

### When a person re-experiences a past trauma:



It negatively effects:

- Mood
- Cognitive behavior
- Physical health



It can trigger the fight, flight, or freeze response.



The response becomes part of the brain's habit response and less and less triggering may cause that habit to occur.

## A TRAUMA-INFORMED APPROACH

**COMFORT VS. CONTROL**

Creates positive relationships and a supportive caregiving environment.

### Recognizes the effects trauma has on people:



Biologically



Psychologically



Socially

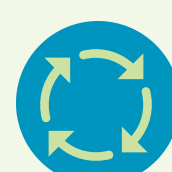
### Minimizes future traumatic stress by:



**Realizing** the prevalence of trauma



**Recognizing** how trauma affects people



**Responding** by putting knowledge into practice

In addition to Ukeru Systems, data for this infographic came from The National Council, The Data Resource Center for Child and Adolescent Health, JAMA Net, Mental Health Connection of Tarrant County, SAMHSA, and EdSource.

FOR MORE INFORMATION VISIT: [www.ukerusystems.com](http://www.ukerusystems.com)