The importance of using a trauma-informed approach

What is trauma?

- Somatic abuse
- Physical abuse
- Sexual neglect
- Loss of a loved one
- Domestic violence
- Witnessing violence
- Bullying
- Shame
- Fear
- Anxiety

Trauma is pervasive

- 46% of U.S. children reported having at least one traumatic event.
- 70% of children witness or experience a traumatic event before turning 4.
- More than 30% of children are exposed to traumatic events by age 16.

The impact of trauma

- Increased incidences of childhood trauma are correlated with increased risk of problems with:
  - PTSD
  - Increased likelihood to attempt suicide
  - Increased likelihood to become an alcoholic
  - Increased likelihood to be absent from work
  - School-to-prison pipeline
  - Low literacy
  - High dropout rates
  - Low achievement
  - Behavioral problems such as psychopathology

- It negatively affects:
  - Mood
  - Cognitive behavior
  - Physical health

A trauma-informed approach

- 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

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