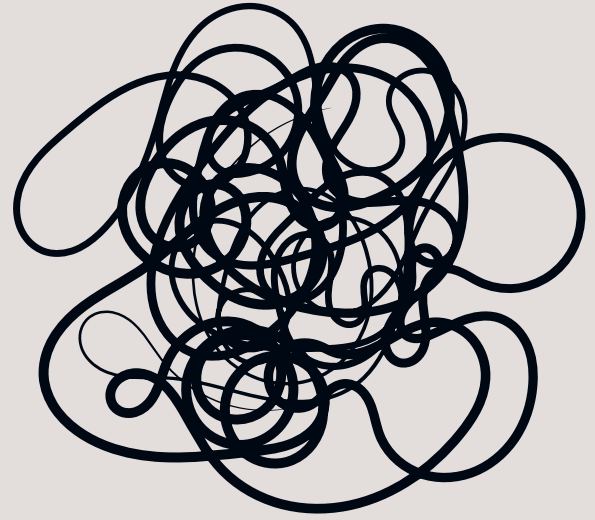


What is trauma?

Trauma is a result from a person being exposed to an event or a series of events that are either emotionally disturbing or life-threatening. Experiencing a traumatic event can result in lasting adverse effects on the person. Traumatic events can happen to anyone at any age and what is traumatic for one person might not be traumatic for another (1).



Example of Traumatic Events(1)

- physical, sexual, or emotional abuse
- childhood neglect
- poverty
- racism, discrimination, oppression
- violence in community or war
- natural disasters

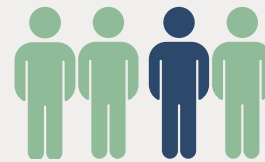


ACEs(3)

ACEs stands for adverse childhood experiences. These experiences can be things like experiencing violence or abuse, witnessing violence, or growing up in a home with people who had substance abuse problems. 62% of adults in the U.S. have reported experiencing at least 1 ACE while 25% have reported experiencing 3 or more ACEs.

Statistics

About 70% of people around the world will experience a traumatic event in their lifetime (2). Trauma can have long-term effects on our health. People who experienced trauma are 2x more likely to smoke, 7x as likely to consider themselves an alcoholic, 10x as likely to have injected street drugs, and 12x as likely to have attempted suicide (1).



Additional Information

There are protective factors that a person can have that can help build resilience and shield someone from the effects of trauma. These factors include things such as having supportive relationships with family, friends, or other people within your community. If you have experienced a traumatic event, finding a counselor and beginning trauma-specific treatments can help (1).

References

- 1) Trauma-Informed Care Implementation Resource Center. (n.d.) *What is trauma?* Retrieved on April 25, 2025 from <https://www.traumainformedcare.chcs.org/what-is-trauma/>
- 2) World Health Organization. (2024, May 27). *Post-traumatic stress disorder*. Retrieved on April 25, 2025 from <https://www.who.int/news-room/fact-sheets/detail/post-traumatic-stress-disorder>
- 3) Centers for Disease Control and Prevention. (2024, October 8). *About adverse childhood experiences*. Retrieved on April 25, 2025 from <https://www.cdc.gov/aces/about/index.html>