

The Effects of Trauma on Children and Adults

MONMOUTH COUNTY
OFFICE OF MENTAL HEALTH AND ADDICITON SERVICES

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We are told..."What doesn't kill you makes you stronger."

WRONG!!!!

Cutting edge research tells us that...

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What has happened to so many of our children?

- drinking and drugging to numb the pain



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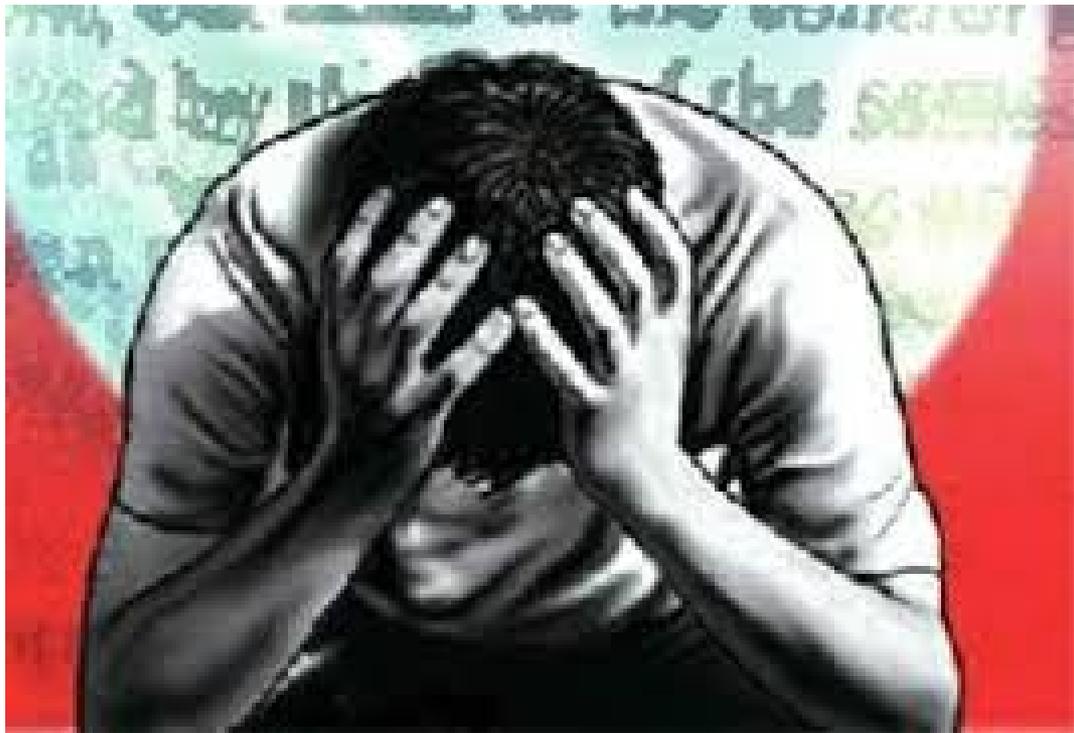
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- inflicting harm on others
- wanting and trying to end their life
- dying

Research suggests...

that approximately 25% of American children will experience at least one traumatic event by the age 16.

A child's reaction to trauma can interfere considerably with learning and/or behavior at school.

...schools can serve as a critical system of support for children who have experienced trauma.

Traumatic Events

- Neglect
- Emotional, physical and sexual abuse
- Domestic Violence
- Addictions in the family
- Harsh and demeaning language toward others
- Exposure to suicide attempts and deaths
- Lack of appropriate supervision
- Being a bully and being bullied

- ◎ The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted (more than 17,000 participants) to assess associations between childhood maltreatment and later-life health and well-being.
- ◎ The ACE Study findings suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States.

63% (10,700) of those in the study reported at least one category of childhood trauma. And of those 63%, over 20% (2,100) experienced 3 or more categories, and 12.5 % reported 4 or more which meets the criteria for Adverse Childhood Experience.

Ask Yourself

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often...**
swear at you, insult you, put you down or humiliate you? **Or...**
act in a way that made you afraid that you might be physically hurt?



Note: According to Dr. Vincent Felitti, one of two original researchers, the one area in which a “yes” answer has been correlated to a slightly higher level of adult negative health outcomes is question #1.

This addresses the issue of “chronic humiliation.”

2. Did a parent or other adult in the household often or very often...
push, grab, slap, or throw something at you? **Or...**
ever hit you so hard that you had marks or were injured?



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3. Did an adult or person at least 5 years older than you ever...
touch or fondle you or have you touch their body in a sexual way? **Or...**
attempt or actually have oral, anal, or vaginal intercourse with you?

4. Did you **often or very often** feel that...

no one in your family loved you or thought you were important or special? **Or...**

your family didn't look out for each other, feel close to each other, or support each other?



5. Did you **often or very often** feel that...

you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? **Or...**

your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

6. Were your parents ever separated or divorced?

7. Was your mother or stepmother, (grandmother):

Often or very often pushed, grabbed, slapped, or had something thrown at her? **Or...**

sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? **Or...**

ever repeatedly hit at for least a few minutes or threatened with a gun or knife?



8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?



9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

10. Did a household member go to prison?

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- 20% with a score of 4 or more has tried to end his/her life

Got an ACE score of 4 or more?

- People were twice as likely to be diagnosed with cancer than someone with a score of zero.
- People were 460% more likely to be facing depression
- Risk of heart disease increased 200%
- **Risk of suicide increased 1200%**

Facing difficult circumstances in childhood...

Increases by 600% your chances of having
chronic fatigue syndrome

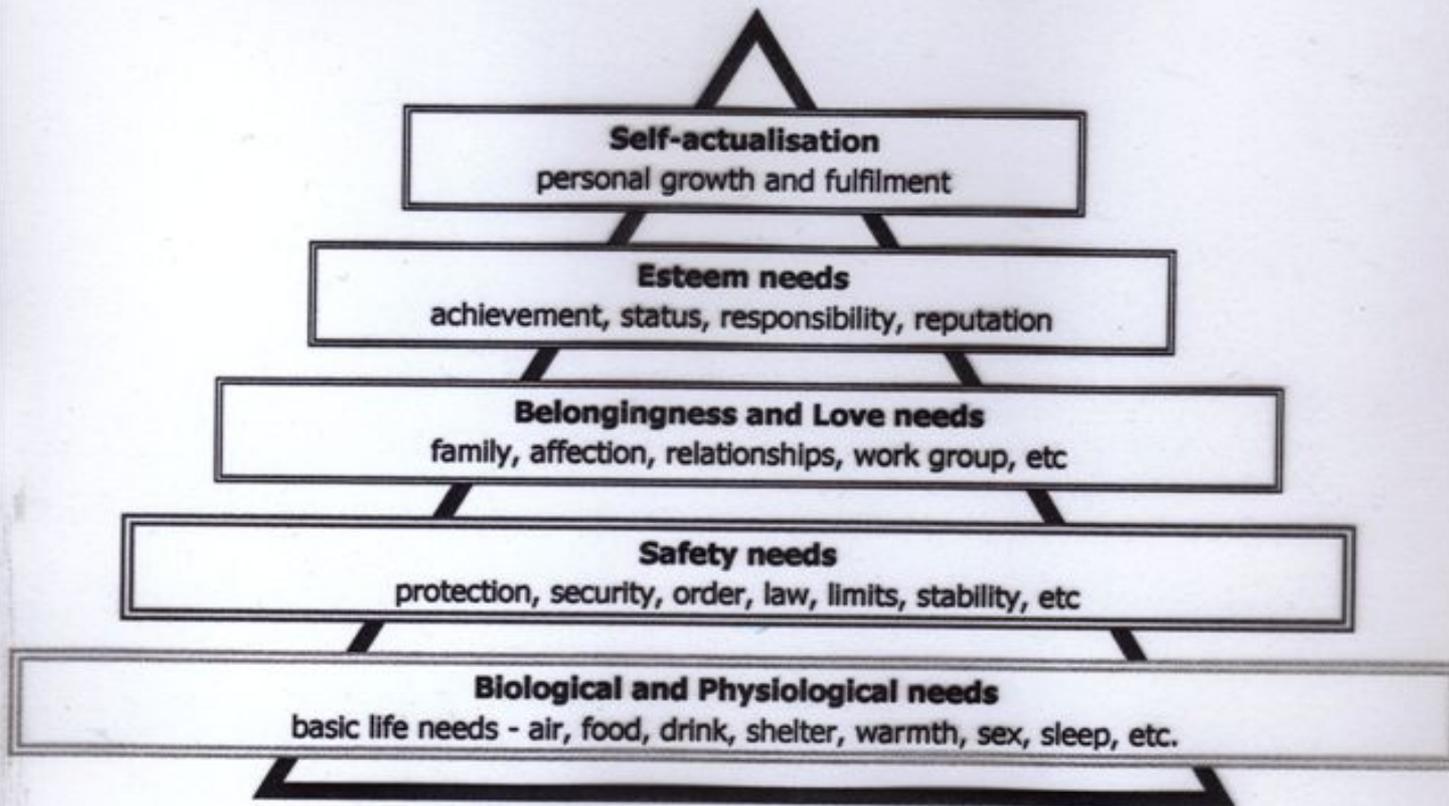
Kids who lose a parent have triple the risk of depression as adults.

Common Stress Responses of Children or Teens

◎ Academic

- Inability to focus or concentrate
- Failing or declining grades
- Incomplete or poor quality work
- Increased absences or refusal to go to school
- Forgetfulness, memory loss
- Inattentiveness
- Daydreaming

Maslow's Hierarchy of Needs (original five-stage model)



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Regardless of your personal score, you can regain or maintain your health by:

- remaining physically active

- paying attention to your body

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- increasing hydration (reducing alcohol/caffeine)
- practicing mindfulness meditation

- So what shall we do?
- Can we change the lens through which we see our children?
- Can we convince others to work with us?

“What society does to its children,
the children do back to society”.

-Cicero

What will you do?

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