trauma is:
an event or set of circumstances experienced by an individual as harmful or threatening and has a lasting and negative effect on the individual's emotional, psychological or physical well-being.

1 in 4 U.S. children experience a traumatic event before the age of four years.

67% of U.S. adults have been impacted by a traumatic childhood experience.

And in communities with high concentrations of poverty, closer to 80% of adults have been impacted by childhood trauma.

Resilient Lehigh Valley is a multi-sector partnership of organizations and community members committed to creating a trauma-informed, unified and resilient Lehigh Valley through education and collaboration.

Become a member today.

For more information, visit www.resilientlehighvalley.org.

- Abuse – physical, emotional, sexual
- Neglect – physical, emotional
- Domestic violence
- Substance abuse in the home
- Incarcerated care provider
- Family member with mental illness
- Witnessing or hearing violence
- Discrimination
- Foster care
- Bullying
- Natural disasters
- Life-threatening accidents
- Divorce
- Death of a parent or caregiver

Supported by United Way of the Greater Lehigh Valley
the power of trauma-informed service systems

Recognizes and responds to the impact of traumatic stress on children, caregivers and service providers. Programs and agencies implement trauma awareness, knowledge and skills into their organizational cultures, practices and policies. They work to maximize an individual’s physical and psychological safety, facilitate recovery and support their ability to thrive.

- Make resources and training available on trauma exposure, its impact and treatment on an ongoing basis
- Engage in efforts to strengthen the resilience and protective factors of children, families and adults impacted by and vulnerable to trauma
- Emphasize continuity of care and collaboration across child, family and adult service systems
- Maintain an environment of care for staff that addresses, minimizes and treats vicarious trauma and increases staff wellness
- Address the intersections of trauma with culture, history, race, gender, location and language and be responsive to the unique needs of diverse communities
- Commit to utilizing trauma-informed practices and de-escalation techniques on a consistent basis
- Develop policies and practices to create a sense of physical and emotional safety for clients and staff

Trauma-informed agencies, programs and service providers should:

Individuals who experience trauma are:

- 6x more likely to have behavioral problems in school
- 11x more likely to abuse drugs
- 7x more likely to become involved in violence
- 3x more likely to be absent from work
- 4x more likely to abuse alcohol
- 15x more likely to attempt suicide

Those who experience significant trauma are more likely to have a shortened lifespan of 20 years.

Talk with your workplace about becoming a trauma-informed system today.

www.resilientlehighvalley.org

education

In addition, educators should:
- Create a trauma-informed learning environment
- Integrate emergency management and crisis response
- Evaluate and revise discipline policies and practices
- Integrate social and emotional learning
- Evaluate student needs and connect with appropriate trauma-informed services

what’s the impact?
- Improved academic achievement
- Improved school climate
- Improved satisfaction and sense of safety for all
- Improved staff retention
- Reduced student behavioral outbursts and referrals
- Reduced vicarious trauma

justice

In addition, justice providers should:
- Screen for trauma exposure and related symptoms
- Assess and treat traumatic stress and associated mental health symptoms
- Provide support for staff to cope with vicarious trauma and compassion fatigue
- Foster open discussion on mental health and ensure staff are aware of the impact of vicarious trauma

what’s the impact?
- Improved environmental safety
- Improved officer well-being
- Reduced recidivism
- Reduced vicarious trauma

health and human services

In addition, health providers should:
- Screen for trauma exposure and related symptoms
- Assess and treat traumatic stress and associated mental health symptoms
- Create a trauma-informed environment
- Provide support for staff to cope with vicarious trauma and compassion fatigue

what’s the impact?
- Improved client care and health
- Improved staff well-being
- Improved diagnostic process and plan to provide appropriate support and services
- Reduced staff burnout