

# CHILD TRAUMA: CONNECTING THE DOTS



As the number of childhood traumatic events increases, the risk for the following health problems in adulthood increases: depression; alcoholism; drug abuse; suicide attempts; heart and liver diseases; pregnancy problems; high stress; uncontrollable anger; and family, financial, and job problems.<sup>6,7</sup>

**RESILIENCE** is a child's ability to bounce back following difficult times. There are conditions or attributes of an individual, family, or community that can buffer the impact of trauma, helping to lower risk and promote resilience. These are called **protective factors**.<sup>8</sup> Some protective factors include:

#### Individual

- Healthy and strong peer relationships
- High self-esteem
- Emotional self-regulation
- Positive coping skills

#### Family

- Reliable support from caregivers and extended family
- Clear values and expectations for behavior

#### Community

- Presence of mentors
- School engagement with families
- Positive norms
- Opportunities for community involvement

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<sup>1</sup>National Center for Mental Health Promotion and Youth Violence Prevention, 2012; <sup>2</sup>Barth et al., 2008; <sup>3</sup>Duke Early Childhood Study: Egger, 2016; <sup>4</sup>Teplin et al, 2002; <sup>5</sup>Abram et al., 2004; <sup>6</sup>Felitti et al., 1998; <sup>7</sup>Anda et al., 2004; <sup>8</sup> O'Connell, Boat, & Warner, 2009.