

What Does it Mean to be Trauma-Informed?



REALIZE the widespread impact of trauma and understand the different ways to heal and recover



RECOGNIZE the signs of trauma in the community, families, friends, and others



RESPOND by including knowledge about trauma into everything people do, including work



RESIST re-traumatization of not only children but adults who may have had their own experience with trauma by understanding that behaviors and decisions can be influenced by these histories of trauma

Building bridges to resiliency and well-being



What is Trauma Responsive Frederick?

A collaborative of your friends, neighbors, colleagues and supporters who are working together to help make Frederick a *trauma-informed and trauma-responsive county* through education, partnerships, and advocacy at all levels of the community, including at the state level.

If you have any questions, would like assistance, would like to donate to the effort, or join the collaborative, please contact us at:

traumaresponsivefrederick.org



Connecting the
Community to

Hope and Healing

What Do I Need to Know About Trauma and Why?

A trauma experience is any event that directly or indirectly threatens the life or well-being of an individual that changes their vision of themselves and their place in the world.

Trauma can happen in both life's large and small moments and can negatively change you. Trauma comes in many forms.

When exposed to a stressful or frightening event, most people's chemical responses in their brains will return to "normal", but others may have long-term changes in their brains that can lead to a change in behavior and influence decisions. Understanding trauma and its impact on a person's choices and behaviors is the first step to healing and recovery, decreases stigma, and clears a pathway for many to resiliency.

The pandemic has increased the amount of traumatic stress people have experienced.

The consequences of trauma may be hard to identify. Trauma is what you say is traumatic for you.

Experiences that Can Cause Trauma

- Abuse (*verbal, sexual, or physical*)
- Loss of job or housing
- Accidents
- Assaults
- Death of loved one(s)
- Bullying
- Divorce
- Domestic violence
- Incarceration
- Lack of food
- Abandonment
- Natural disasters
- Military service
- Pandemic
- Neglect

Different Types of Trauma

- Individual (*accident or abuse*)
- Collective (*pandemic/9-11*)
- Vicarious (*caring for COVID-19 patients*)
- Acute (*assault*)
- Community Based (*gang violence*)
- Early Childhood (*bullying or sexual abuse*)
- Complex (*multiple traumas*)

Symptoms

Symptoms of prior trauma could include but are not limited to:

- Sleep issues
- Struggles with relationships
- Nightmares
- Chronic tiredness
- Feelings of shame
- A lack of self worth
- Anxiety
- Panic attacks
- Addiction
- Depression
- Avoidance behaviors
- Flashbacks
- Excessive attention or focus on certain things, people, or situations

Trauma is Very Common

60% OF MEN **50% OF WOMEN**

will experience at least one traumatic event in their lifetime

MEN are more likely to experience trauma in the form of accidents, physical assault, combat, or witness death or injury.

WOMEN are more likely to experience sexual assault, domestic violence, and child sexual assault.

When you interact with someone who has mental health, substance use, or trauma-related challenges, try to understand them better by asking yourself...

What happened to them?

instead of

What is wrong with them?

Everyone's decisions and behaviors are based in part on their experiences. Recognizing this is the first step towards understanding trauma and trauma-informed practices.

Our mission is to decrease exposures to trauma, decrease re-traumatization, decrease stigma, and improve the resilience of our community.

Knowledge is power.

traumaresponsivefrederick.org