1. Epidemiology: Experiences in childhood of abuse, neglect, or trauma are common, up to 65% of KC residents. You weren't born bad, you weren't responsible for these things. To understand your life you have to know what affected it.

2. Child development: People with high trauma scores are more likely to act out, run away, withdraw. Brains that are bathed in toxic stress have a hard time learning, trusting, and forming relationships.

3. Toxic stress for adults: Adults with high trauma scores have more mental and physical illness, more drug use, more gambling and other problem behaviors, and lower life expectancies.

4. Historical trauma means this kind of stuff can be passed from parents to kids (epigenetics) if there is no intervention.

5. Resilience research shows that you can help this with self-soothing techniques, with trauma-informed schools, ERs, and communities, or with cognitive behavioral therapy. You can heal. The brain is plastic; it wants to get better.
Share your story about trauma or resilience today.

ACES
Adverse Childhood Experiences Survey