



TRAUMA INFORMATION SHEET

How Common is Trauma?

Nearly 35 million, which is about HALF of children in the United States have experienced one or more serious types of childhood trauma. Nearly 1/3 of U.S. youth ages 12-17 have experienced two or more types of childhood adversity that can affect their future physical and mental health (*National Survey of Children's Health*, <https://acestoohigh.com/2013/05/13/nearly-35-million-u-s-children-have-experienced-one-or-more-types-of-childhood-trauma/>)

More than 40% of children in New Jersey have experienced one or more adverse childhood event, and this may have been exacerbated by the pandemic. (<https://www.njspotlight.com/2021/02/childhood-traumas-aces-adverse-childhood-experiences-new-nj-plan-damage-abuse-neglect-pandemic-effects/>)

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's **223.4 million people**. More than 33% of youths exposed to community violence will experience Post Traumatic Stress Disorder, a very severe reaction to traumatic events. (*National Council for Behavioral Health*, <https://www.thenationalcouncil.org/>)

The New Jersey Department of Human Services' Division of Mental Health & Addiction Services recognizes that national statistics indicate that 43%-81% of adults in psychiatric hospitals and up to 2/3 of individuals in substance abuse treatment have experienced trauma. (<https://www.state.nj.us/humanservices/divisions/dmhas/tic.html>)

What Types of Experience CAN Cause Trauma? Remember that everyone is different, and one event or set of circumstances can cause trauma for one person but not another. The supports that someone receives during or after can make a big difference too. *This is not an exhaustive list*

- Death of a family member or close friend
- Serious accident or life-threatening illness
- Community Violence
- Sexual/physical/psychological abuse
- Homelessness or housing insecurity
- Racism
- Poverty
- Harassment/discrimination for real or perceived gender identity
- Harassment/discrimination for real or perceived sexual orientation
- Police Violence/harassment
- Domestic/family violence
- Neglect

- Surviving war or disaster
- Hunger/food insecurity
- Immigration issues (having crossed the border in harsh conditions, adjusting to a new culture and language, leaving family behind, undocumented status)
- Family member in prison

How Does Trauma Show Up? *This is not an exhaustive list*

- Lack of impulse control
- Difficulty regulating emotions
- Lack of empathy
- Fatigue
- Academic challenges: difficulty concentrating – kids with trauma tend to zone out, staying on task is important but hard when triggered, it is hard to come up with answers on the spot, hard to remember/retain information
- Tantrums
- Fighting
- Drug and alcohol abuse
- Difficulty with relationships
- Anxiety
- Migraines, back pain, other health issues
- A drive to “overachieve”
- Lack of motivation
- ADHD and/or OOD diagnosis – often a marker for trauma
- Tendency towards violence