

Fond du Lac County Overarching Health Priority: Trauma-Informed Care

Why it matters: Trauma can affect our health.

Many individuals experience trauma in their lifetime. Trauma is extreme stress that overwhelms a person's ability to cope. It can be an event, a series of events, or set of circumstances that harms a person's physical or emotional well-being.

The term **Adverse Childhood Experiences (ACEs)** is used to describe traumatic, negative life experiences which occur before age 18 and have potential to impact healthy child development. ACEs can have long-term damaging consequences, and are connected to behaviors that can lead to poor health. Examples of ACEs include abuse, neglect and being exposed to violence, substance abuse, or mental illness in the home. (WI DHS, 2018)

Fact: **57%** of WI residents have experienced at least one ACE.

What is Trauma-Informed Care?

Trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. (SAMSHA, 2014)

Our Goal: To create a trauma-informed community.



Comprehensive Service Integration of Fond du Lac County, Inc. (CSI) is a coalition of over 25 community stakeholders who recognize the need to improve the social, emotional and behavioral well-being of all of our residents across the lifespan by reducing stigma, increasing prevention efforts and early identification, and enhancing access to care.

For more information visit www.csfdl.org or our Facebook page.

Overarching Health Priority: Trauma-Informed Care

What does a Trauma-Informed Care approach include?

A program, organization, or system that is trauma-informed:

1. Realizes the widespread impact of trauma and understands potential paths for recovery;
2. Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. Seeks to actively resist re-traumatization.

(SAMHSA, 2018)

What can I do?

Be an active partner in improving community health:

Individual level | Knowledge, Attitude, Skills

- Learn more about ACEs and trauma by visiting fosteringfutureswicsonsin.org

Interpersonal level | Family, Friends, Social Networks

- Build strong, positive relationships - make sure children feel comfortable talking about problems such as bullying and seek appropriate assistance as needed.

Organizational level | Organizations, Schools, Workplaces

- Train key community members (e.g., adults who work with the elderly, youth, and armed services personnel) to identify the signs of depression and suicide and refer people to resources.

Community level | Design, Access, Connectedness, Spaces

- Provide education and outreach to increase the understanding of trauma-informed care and its importance in the community.