

Trauma Defined

What is trauma?

Event that threatens or causes harm to another, including a loved one or someone close to the child

Five trauma truths

- Trauma is Real.
- Trauma is Toxic.
- Trauma is Prevalent.
- Children Need Positive Adult Support.
- Children are Resilient.

Resilience Defined

- The capacity to withstand or to recover quickly from difficulties; toughness

Resilient People

- Bounce Back
- Are Flexible
- Rebound
- Persevere
- Stay Balanced

Resiliency factors

- Biological
- Psychological
- Family
- Community
- Cultural

Protective factors

- Beliefs
- Life Skills
- Problem Solving
- Conflict Management
- Social Skills
- Anger Management
- Good Health

Trauma Defined

External Factors

- Intimate family relationships
- School
- Community
- Church Extracurricular activities
- Peer Support

Building internal protective factors

- Support (I Have)
- Self-Esteem (I Am)
- Self-Efficacy (I Can)

Factors you can influence

- Unsafe conditions
- Low self-efficacy
- Unsupportive relationships
- Low self-esteem

Building a resilience toolkit

- Claim My Calm
- Find My Safe Zone
- Name Your Feelings
- Building Connections
- Know My State (Emotional)

Be the Change!

References

Georgia State University: Andrew Young School of Social Work. (2023). Participant Guide. April 2023. Professional Excellence Program: Child Welfare Training Collaborative