

TRAUMA

informed

WHAT IS TRAUMA?

ACUTE TRAUMA

- A single traumatic event
- Natural disaster
- School or community violence
- Severe accident
- Death or loss
- Life-threatening illness

CHRONIC TRAUMA

- Ongoing traumatic events
- Domestic violence
- Ongoing abuse or neglect
- Food or housing insecurity
- Discrimination
- Global pandemic

VICARIOUS TRAUMA

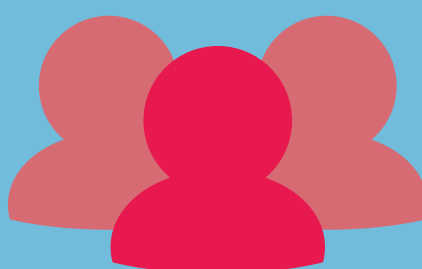


Vicarious trauma is the emotional pain that is felt by people in the helping profession. This is often caused by repeated exposure to other people's acute and chronic trauma stories.

2 OF 3

have experienced at least one traumatic event by the age of 16.

YOUTH



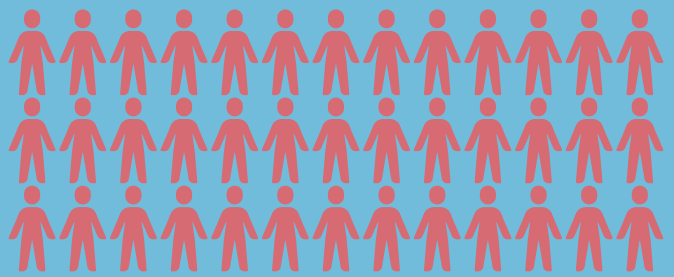
WHY TRAUMA-INFORMED PRACTICE?

- ↑ Increase in Youth Social Emotional Skills
- ↑ Increase in NYOI Scores
- ↑ Increase in Parent Engagement
- ↑ Increase in Staff Satisfaction
- ↑ Increase in Staff Retention
- ↑ Increase in Positive Behavior Choices
- ↑ Increase in Academic Performance
- ↑ Increase in Access to Services
- ↑ Increase in Mental and Emotional Health

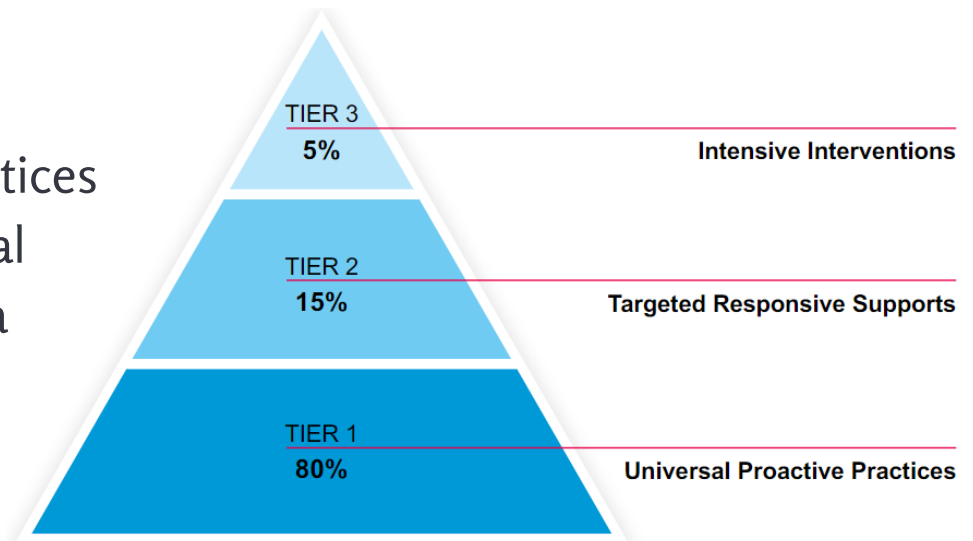
YOUTH MENTAL HEALTH

40% YOUTH

have experienced negative impacts on their mental or social-emotional health during the pandemic.



Trauma-informed practices addresses youth mental health needs through a tiered approach.



4 PHASE OF TRAUMA-INFORMED DEVELOPMENT

1 BUILDING READINESS

Creating favorable conditions to begin the work.

2 TRAUMA AWARE

Building foundational knowledge about trauma.

3 TRAUMA RESPONSIVE

Applying trauma-informed practices to Club services.

4 TRAUMA INFORMED

Institutionalizing trauma-informed practices for sustainability.

WAYS TO GET ENGAGED

TRAUMA-INFORMED RESOURCES

Check out BGCA.net/Trauma-Informed to access trauma-informed resources for youth, staff, families, and much more!

PROFESSIONAL DEVELOPMENT

Choose from a variety of professional development experiences including [self-guided](#) and [facilitated trainings](#), recorded [webinars](#), and [tools](#) to facilitate your own trainings!

TRAUMA-INFORMED DIAGNOSTIC

Use the [Trauma-Informed Diagnostic](#) to determine where your Club or Youth Center should begin your trauma-informed journey.

CONSULTATION

Set up a [consultation](#) with a member of the trauma-informed team any time to learn more!