

“Lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) youth experience trauma at higher rates than their straight peers. Common traumas experienced by these youth include bullying, harassment, traumatic loss, intimate partner violence, physical and sexual abuse, and traumatic forms of societal stigma, bias, and rejection.”

- The National Child Traumatic Stress Network

Adverse Childhood Experiences (ACEs)

“(ACEs involve) any of the following traumatic experiences: emotional abuse, emotional neglect, physical abuse, physical neglect, and/or sexual abuse in childhood and/or adulthood.”

- CDC

Examples of this include experiencing violence, abuse, or neglect, witnessing violence in the home or community, or having a family member attempt or die by suicide. Traumatic experiences cause LGBTQ and gender-nonconforming adolescents to report higher rates of depression, self-harm, suicidal ideation, and other physical and mental health issues.

Historical Trauma

“Cumulative emotional and psychological wounding across generations, which emanates from trauma inflicted upon population groups due to their membership in those groups”

- Administration for Children and Families

These experiences, shared by communities, can result in cumulative emotional and psychological wounds that are carried across generations. An example this is the stigma associated with HIV/AIDS and the LGBTQ population and the generational experience of loss from HIV/AIDS.

Trauma Informed Approach

Using a trauma-informed approach means you are delivering behavioral health services while understanding the impact trauma may have had to the environment, the community, and the individual. An example of this when working with an individual, you not only think about the type of trauma that they may have faced, but instead you also think about what environment they live in (how is it affecting them?) and think about their community (are they supportive?).

“When trauma informed, you realize that there is widespread impact from trauma, you recognize the signs and symptoms that suggest trauma has occurred, you respond by integrating knowledge and appropriate response to trauma into practice, programs and policy and resist doing anything that would be re-traumatizing.”

- Substance Abuse and Mental Health Services Administration

Psychological Trauma

“Psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world.”

- Help Guide

Psychological trauma often brings up sad/distressed emotions, memories, and anxiety. It often leaves victims feeling disconnected from the world (delete comma) and distrusting towards others, including those who they are close to. An example of this is trauma of being “othered” from a heterosexist perspective or the potential trauma of parental and family rejection.

Resilience

“Resilience means being able to adapt to life’s misfortunes and setbacks”

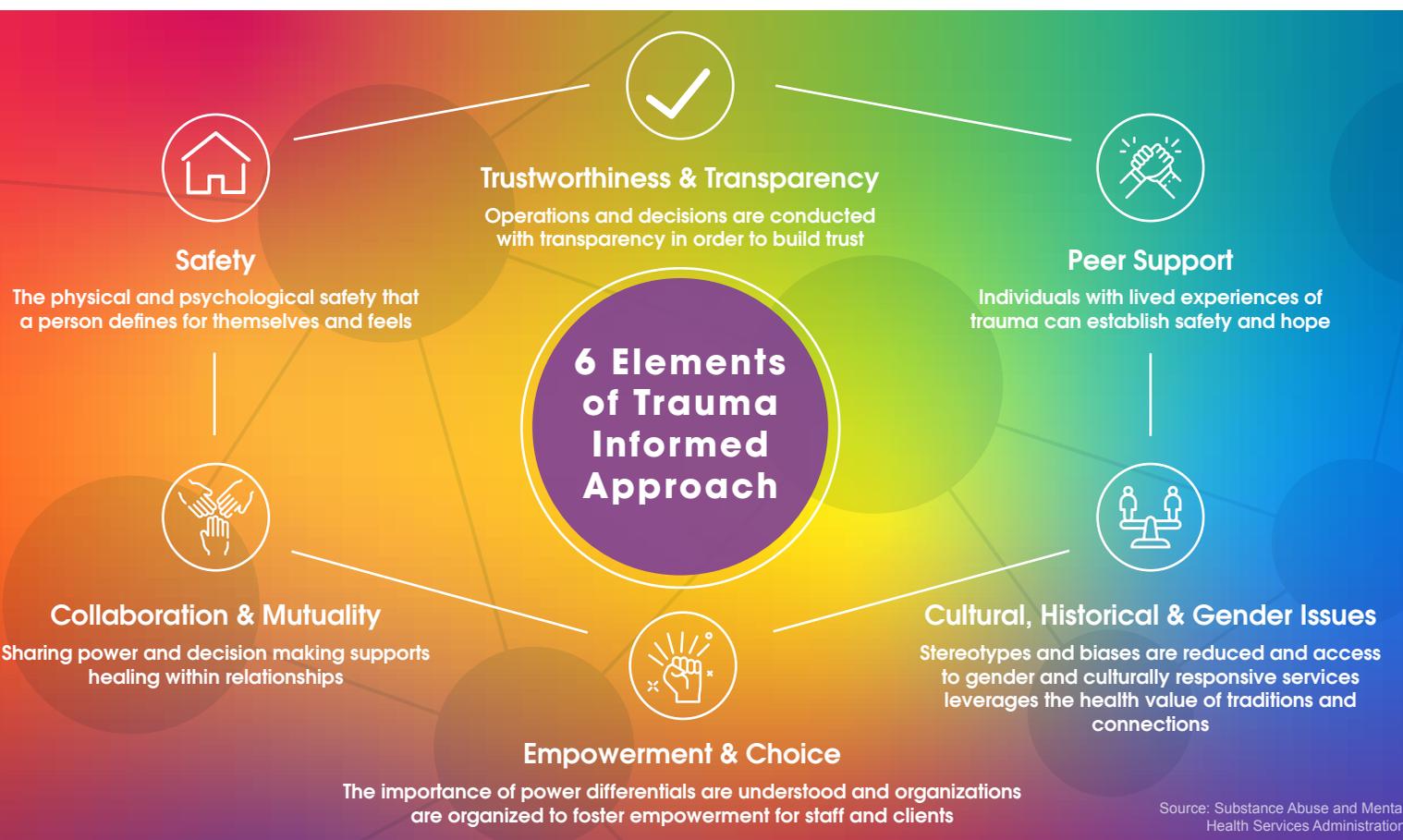
- Mayo Clinic

All services—including educational, behavioral, and health services—are most effective when they support the development of resilience. Resilience is not the answer to all problems; however, it is definitely a key part of living life to the fullest.

Signs & Symptoms of Trauma*

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Having unexplained aches and pains, such as constant stomachaches or headaches - Feeling helpless or hopeless
- Excessive smoking, drinking, or using drugs, including prescription medications - Worrying a lot of the time; feeling guilty but not sure why
- Thinking of hurting or killing yourself or someone else
- Having difficulty readjusting to home or work life

*Source: Substance Abuse and Mental Health Services Administration



“How to Build Resiliency.” Mayo Clinic, Mayo Foundation for Medical Education and Research, 27 Oct. 2020, www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311#:~:text=Resilience%20means%20being%20able%20to,to%20build%20your%20own%20resilience.
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 “Preventing Child Abuse & Neglect [Violence Prevention] Injury Center|CDC.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 15 Mar. 2021, www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html.
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