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# Commission on Improving the Status of Children in Indiana

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## Child Trauma Definitions<sup>1</sup>

### **Trauma (3 E's):**

"Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing." (SAMHSA)

### **Trauma Informed (4 R's):**

"A program, organization, or system that is trauma-informed **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system; **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively **resist** re-traumatization." (SAMHSA)

### **ACEs Definition:**

"Adverse childhood experiences (ACEs) are stressful or traumatic events, that occur during the first 18 years of life. ACEs include abuse (physical, sexual, emotional), neglect (physical, emotional), and household challenges such as exposure to domestic violence, mental illness or substance abuse in the household, parental separation or divorce, and having an incarcerated household member. ACEs can have a lasting impact on health and wellbeing." (CDC)

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<sup>1</sup> These definitions were adopted for use throughout Indiana by the Commission on Improving the Status of Children in Indiana on July 10, 2019