

CCR Trauma Tip



Los Angeles County DMH, Continuum of Care Reform Division

The Continuum of Care Reform Division, Training and Coaching Unit will provide regular Trauma Tips to help all of us become better informed and able to promote resiliency and recovery.

What is Trauma?

Trauma, as explained by SAMHSA in 2014, results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life threatening and has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Many of us have experienced some form of trauma in our lives to different degrees. Whether it is due to the loss of a loved one (YES! including our beloved pets), the loss of a job, or being involved in an accident. Some of us are able to manage the effects of trauma but some are not so fortunate; and the trauma(s) experienced or regularly faced impact everything from brain development and functioning to how he or she engages with others and respond to the world we live in. It is important that we understand what trauma entails and how we can use a trauma-informed care approach to help children, youth, and families manage the effects of trauma.



Trauma Tip of The Week

Self-care is an important aspect in managing the symptoms of trauma and protecting yourself from further direct or indirect trauma. It is helpful to engage in regular exercise that includes cardiovascular workouts, i.e. brisk walking, jogging, aerobics, dancing, spinning, bicycling, swimming, etc. Try to incorporate a physical activity into your routine this week.

Please direct any question or comments to:

CCRTraining@dmh.lacounty.gov