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## CCR Trauma/Resilience Tip



Los Angeles County DMH, Continuum of Care Reform Division

## Trauma/Resilience Tip of the Week: Post-Traumatic Stress Disorder

Trauma can have significant and widespread impacts. How someone is affected by a traumatic experience can vary tremendously, based on factors such as the person's age, the type of event experienced, the social supports they have available, and their coping strategies. Symptoms or impacts may appear immediately following a traumatic event, or may emerge over time. In some, but certainly not all cases, serious mental health outcomes such as Post-Traumatic Stress Disorder (PTSD) can emerge.



Research has found that trauma can have a negative impact on:

- Sense of safety
- Emotional self-regulation (i.e., ability to understand emotional experiences and adjust or manage emotions)
- Academic problems
- Self-concept
- Perception of control
- Long-term physical health issues

- Cognitive skills, such as problem solving, concentration, or abstract reasoning
- Emotional distress, such as depression or anxiety
- Interpersonal relationships and social skills
- Aggression, hostility, and risk-taking
- Agitation or irritability