



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: What is Resilience?

Trauma can impact individuals in various ways based on the type, frequency, and complexity of the trauma(s). Some people are able to bounce back quickly while others need more extensive care and support to recover. According to SAMHSA 2013, resilience is an individual's ability to cope with adverse experiences and adapt to challenges. This process is developed over time and is highly individualized.



Some factors that contribute to an individual's resilience include:

- Frequency of trauma
- Type of trauma
- Family, social, and cultural support and
- How the trauma is framed after the trauma passes