

Peoria, IL Trauma Informed Awareness Day

WHEREAS, Adverse Childhood Experiences, or ACE's, are traumatic experiences that include physical or emotional abuse, sexual abuse, physical or emotional neglect, household dysfunction, divorce, domestic violence, substance abuse of household members, untreated mental illness, community violence, natural disasters or incarceration of a household member occurring during childhood have a profound effect on a child's developing brain and body and result in poor health during adulthood; and

WHEREAS, Strong, frequent, or prolonged stress in childhood by adverse childhood experiences can become toxic stress, affecting the development of a child's brain architecture and stress response systems, and have a strong correlation between number of ACE's and negative health behaviors and an increased risk for disease in adults, affecting one in seven women and one in eight men; and

WHEREAS, ACE's appear to be a root cause of many of our most challenging health and social problems including smoking, substance abuse, obesity, heart disease, low birth weight, unemployment, depression and suicide, being transmitted from one generation to the next without adequate family intervention and support; and

WHEREAS, It is more effective and less costly to positively influence the architecture of a young child's developing brain than to attempt to correct poor learning, health and behaviors later in life; and

WHEREAS, Trauma- informed care is an approach that can bring greater understanding and more effective ways to prevent, identify, and support and serve children, adults, families and communities; and

WHEREAS, Trauma-informed care is not a therapy or an intervention, but a principle-based, culture change aimed at recognizing strengths and resiliency as well as helping those who have experienced trauma; and

WHEREAS, A trauma-informed Peoria enhances the ability of children and families to adapt, cope and thrive despite trauma, and supports the mental well-being of our community, be it

Resolved, That we declare May 15th, 2019 as Trauma-informed Awareness Day in Peoria to highlight the impact of trauma and the importance of prevention and community resilience through trauma-informed care, encouraging all community members and agencies to become trauma-informed.