

Childhood Trauma and It's Relationship with Substance Use Among Adolescents

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Overview

- o Objectives
- o What is Trauma?
- o Prevalence
- o Trauma and Substance Use Among Adolescents
- o Resources

Objectives

- o Understanding dynamics of trauma
- o The correlation between trauma and substance use among adolescents
- o Recognizing the signs of substance use among adolescents
- o Identify available resources for treatment

What are some causes of trauma?

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What is Trauma?

- o **Trauma is a distressing or disturbing experience or event.**
 - o Indirect or Direct
 - o Physical, Verbal, and/or Mental
- o **Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster.**
 - o **Longer term reactions**
 - o Unpredictable reactions
 - o Flashbacks
 - o Strained relationships
 - o Negative physical reactions

(American Psychological Association, 2017)


What is Trauma? cont.

- o "There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds."
-James M. Thompson, *Michael's Eye*
- o "After all, when a stone is dropped into a pond, the water continues quivering even after the stone has sunk to the bottom."
- Arthur Golden, *Memoirs of a Geisha*


Prevalence

- According to the National Institute on Drug Abuse, as of December 2016 more than 50% of teens have used an illicit substance by their 12th grade school year.

A Closer Look



Let's Connect



Trauma and Substance Use Among Adolescents

- o Affects of Trauma
 - o Physical
 - o Mental
- o Environmental Influences
 - o Social
 - o Cultural
 - o Economical
- o Signs of Substance Use

Resources

References

Healing of Trauma

"Beneath the surface of the protective parts of trauma survivors there exists an undamaged essence, a Self that is confident, curious, and calm, a Self that has been sheltered from destruction by the various protectors that have emerged in their efforts to ensure survival. Once those protectors trust that it is safe to separate, the Self will spontaneously emerge, and the parts can be enlisted in the healing process"

— Bessel van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

Contact Information
