

# Childhood Trauma:

It's Effecting the Quality of Life  
for Everyone in Memphis

*Whether You Realize It or Not...*

## PROBLEMS THAT PLAGUE MEMPHIS OFTEN ROOTED IN CHILDHOOD TRAUMA

### CHILDHOOD TRAUMATIC STRESS

When a child experiences or witnesses a frightening, dangerous or violent event, emotional & physical reactions of terror & helplessness can occur. Children who have repeated exposure to trauma may develop reactions that persist & affect their daily lives. These effects can have profound & long-lasting effects well into adulthood. Without treatment, traumatic events can affect the brain and nervous system & increase health-risk behaviors.\*1

### HEALING IS CRITICAL

Effective evidence - based treatments for childhood trauma exist, & The Memphis Resilience Project is committed to delivering these resources to under-served communities. Research shows that early intervention can significantly reduce symptoms, decrease the need for more intensive services, and improve outcomes.\*5

### CRIME

More than 80% of juvenile justice-involved youth report experiencing trauma, with many having experienced multiple, chronic, and pervasive interpersonal traumas. This exposure places them at risk for emotional, behavioral, developmental, and legal problems.\*1

### VIOLENCE

In 2021, there were 1,362 juvenile incidents in which some type of gun was used. This is 30% increase from 2020.\*2

### DRUG ABUSE

In surveys of adolescents receiving treatment for substance abuse, more than 70% of patients had a history of trauma exposure.\*3

### GENERATIONAL POVERTY:

A person with 4 or more ACEs (Adverse Childhood Events associated with trauma) is more than 2x as likely to earn less than \$10,000 & nearly 2.5X more likely to be out of work. \*4