

## THE FACTS

# Trauma is everywhere

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**More than 60%**

of adults have experienced at least one Adverse Childhood Experience (ACE) and at least 25% have experienced 3 or more.<sup>1</sup>



**More than 40%**

of adults reported struggling with mental health or substance abuse during the global pandemic - 3X more than in previous years.<sup>2</sup>



**3 in 4 children**

globally, aged 2-4 years, regularly suffer physical punishment and/or psychological violence by parents and caregivers.<sup>3</sup>



**1 in 3 women**

globally have experienced interpersonal violence.<sup>4</sup> That number is disproportionately higher for women of color and trans and nonbinary people.<sup>5</sup>

## THE FACTS

# Resources to heal are not

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## Less than 2

mental health workers are available per 100,000 people in low income countries, compared to over 70 per 100,000 people in high income countries.<sup>6</sup>



## Less than 2%

of global median health budgets is spent on mental health. Per capita mental health spend in Europe is 200X higher than in Africa and Southeast Asia.<sup>7</sup>



## Up to 85%

of people with mental illness in low and middle income countries receive no treatment.<sup>8</sup>



## Racism, poverty & stigma

as well as lack of racial representation and culturally responsive treatments are some of the many barriers blocking BIPOC access to mental health support.<sup>9</sup>

## THE FACTS

# The impact is devastating

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### Physical & mental health issues

ACEs are linked to 5 of the top 10 leading causes of death, heart disease, cancer, respiratory diseases, diabetes, suicide, and depression.<sup>10</sup>



### Life challenges

Trauma is linked with increased risk of alcohol & drug abuse, lower educational attainment, higher unemployment, and lower household income.<sup>11,12</sup>



### Lower life expectancy

Survivors of multiple childhood traumas have an increased risk of premature death, by as much as 20 years.<sup>13</sup>



### Economic cost

ACEs have an annual economic cost of \$1 trillion in lost productivity and healthcare, in North America and Europe, alone.<sup>14</sup>

THE FACTS

# Effects are generational

Biologically & socially

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## Health issues

Children of trauma survivors have greater risk of physical, mental health and developmental issues, e.g. depression, chronic illness.<sup>10</sup>



## Epigenetic changes

Trauma can leave a mark on genes, affecting cell functioning, stress responses, and mental health.<sup>11</sup>



## Cycles of violence

Maltreated children are at greater risk of becoming a victim or perpetrator of violence as an adult.<sup>12</sup>

# Cycles of trauma & harm

perpetuate themselves at the individual, interpersonal, community & institutional level

Adapted from a Pair of ACES: Ellis, W., Dierz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-S93. DOI Information: 10.1016/j.cap.2016.12.011

## COLLECTIVE & INSTITUTIONAL

Racism, sexism, classism, casteism, ableism, homophobia, xenophobia & all forms of systemic oppression & injustice

Violence, conflict & war

Genocide

Poverty

Lack of access to safe, affordable housing, education, healthcare, and healthy food

Lack of opportunity, economic mobility & social capital

Discrimination

Corruption

Climate change

Gentrification

Human trafficking

Mass incarceration

Migration, deportation & family separation

Sexual violence, exploitation & abuse

Domestic, interpersonal & gender based violence

Witnessing violence

Physical & emotional neglect

Discrimination & injustice

Houselessness

Divorce / separation / loss of a loved one

Foster & institutional care

Parental / caregiver depression or mental illness

Bullying & microaggressions

## INDIVIDUAL & INTERPERSONAL

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