

Spotlight on Trauma & Coping

There is an intersection between trauma, coping, and substance misuse. Studies show that about 61% of adults have had at least one adverse childhood experience (ACE) according to the CDC. Childhood trauma manifests in many ways and when carried into adulthood, it can create a cycle of adverse experiences that affect future generations.

Trauma prevention and intervention strategies are more important than ever post-COVID. During the height of the pandemic there were heightened feelings of unsafety, struggles with increased time spent in stressful family environments. Earlier ACEs studies highlighted traumatic events in the household as primary factors leading to future substance abuse, misuse, and lack of feeling safe and secure. Current ACEs studies have expanded the categories of traumatic events to include experiences such as exposure to racism, discrimination, and historical trauma. Effective coping skills or a brilliant strategy increases levels of resilience and feelings of wellbeing.

Coping strategies include:

1. Developing healthy relationships (internal and external support)
2. Teaching self-regulation skills
3. Encouragement
4. Increasing self-esteem
5. Promoting independence and strength
6. Modeling healthy behavior when dealing with difficult situations
7. Early intervention and mental health care

Resources:

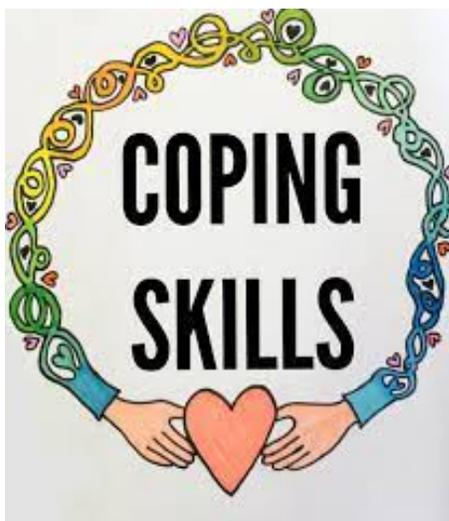
[Why Historical Trauma is Critical to Understanding Black Mental Health](#)

[Addressing Childhood Trauma Starts with Family Support](#)

[Violence Prevention](#)

[ACEs and Minorities](#)

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.



For further Information & support:

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