**Goal 2: Create a common understanding of trauma-related vocabulary**

**Trauma:**

Trauma results from an event(s) or circumstances perceived as physically or emotionally harmful or life-threatening and could have lasting adverse effects on the individual’s functioning and well-being.

**Trauma-Informed:**

A mindset which recognizes and responds to the impact of trauma, by including knowledge about trauma into policies, procedures, practices and everyday life.

**ACES:**

Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have [substance use disorders](http://www.samhsa.gov/disorders/substance-use). ACEs are strongly related to the development and prevalence of a wide range of health problems from birth to eighteen years old, including those associated with substance misuse.

ACEs include: Physical abuse, Sexual abuse, Emotional abuse, Physical neglect, Emotional neglect, Intimate partner violence, Mother treated violently, Substance misuse within a household, Household mental illness, Parental separation or divorce, Incarcerated household member

**Resilience:**

The ability to recover from difficult life experiences and, often, to be strengthened by, and even transformed by, those experiences

**Trauma-Lens:** A way of viewing an individual and their needs and behaviors in light of what they may be going through or have gone through and how that shapes their feelings, thinking and reactions in everyday life. For instance, instead of asking ‘What’s wrong with you?’, ask ‘What happened to you?’

**Protective Factor:** Circumstances and/or characteristics in individuals, families, and communities which enhance a person’s ability to deal with stressful events. Protective factors decrease risk and increase the health and wellbeing of children, individuals, families, and community.

**Risk Factor:** Circumstances and/or characteristics in individuals, families or communities, which decrease a person’s ability to respond to stressful events. Risk factors could have a negative impact on the health and wellbeing of children, individuals, families, and community.

**Child Welfare:** The concept that a child’s well-being is the responsibility of the entire community.

**Strengths-based Approach:** A mindset that recognizes the strengths of an individual, family or system, by working toward enhancing those strengths through empowerment.