

THE IMPORTANCE OF BECOMING TRAUMA-INFORMED



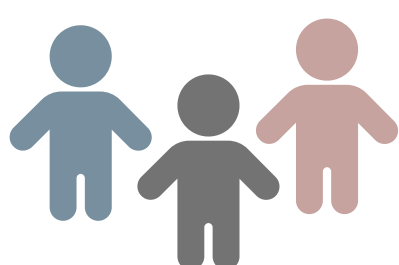
1 in 5 adults lives with a mental health condition.



\$748 BILLION ANNUALLY

The cost of childhood trauma in the U.S.

12 MILLION CHILDREN



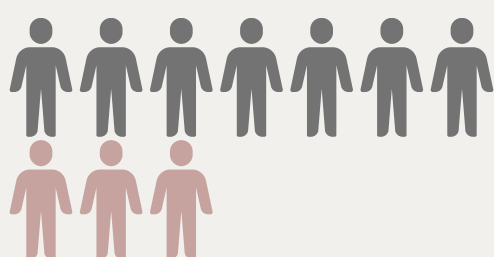
face trauma exposure each year.



70%

of adults in behavioral healthcare report trauma.

Trauma is linked to 7 of 10 leading causes of death.



Trauma-Informed
GROUNDING PRACTICES

lower cortisol and reduce stress in minutes.



TRAUMA-INFORMED TRAINING



builds stronger teams, families, and communities.

SAFETY



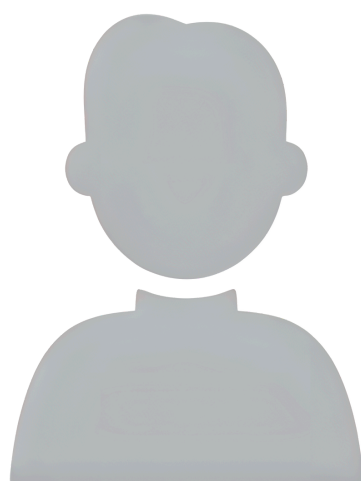
is the first step to healing.

Connection fosters belonging,



and it's the heart of recovery.

Even one trauma-informed professional can change the culture of a whole workplace.



100%

of communities benefit when safety and trust are prioritized.



Healing multiplies outward

SAFE SPACES

ripple benefits across families and communities.

