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Traumatic Experience

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The traumatic experience has gained popularity among researchers in understanding how adolescent children are involved in drugs. Hence, with the increased number of adolescent children being involved in substance abuse, there is a need to understand the reason behind children being raised and the trauma they experienced while they were young. This paper will focus on a journal article written by Carliner et al. (2016) to analyze how trauma in childhood is connected with substance abuse in the adolescent. Again, it will concentrate on trauma-informed analysis and provide trauma-informed recommendations based on the information obtained from the article.

The Trauma

Carliner et al. (2016), states that the majority of the children in the United States have faced psychological trauma particularly domestic violence and abuse before the age of eleven. This has resulted in an increased probability of getting into substance abuse during their adolescence stage. Violence has significant effects on children's growth because they will be affected emotionally as well as physically. Although many parents especially those involved in drug abuse do not realize the effect of violence on their children, they will come to recognize it when it has already happened. Carliners et al. (2016) added that 10,000 children in the United States have suffered from trauma due to domestic violence. Children who have observed or have been victims of emotional, sexual or physical abuse are at higher risk of obtaining health challenges when they are adults.

Children always want to feel secured and protected by their caregivers to develop trust with them. However, when they are faced with violence and other risky conditions, they may

lose trust in their caregivers and thus taking time to heal and feel safe again. According to ¹ Columbia University's Mailman School of Public Health (2018), emotional and psychological trauma occurs due to unexpected stressful actions that break their sense of security thus making children feel helpless and in a dangerous environment. Therefore, trauma can make individuals suffer from disturbing emotions, anxiety and memories hence making individuals feel disconnected and incapable of trusting other people. When parents and caregivers are violent to the child, they will feel isolated leading to trauma. Traumatic experiences always comprise a risk to life and this will make children feel overwhelmed despite it not causing physical harm.

Identification

While the research was conducted in the United States urban population, violence resulted in increased children's traumatic experience that made urban environment deal with the challenge of increased drug abuse by children during their adolescence stage. According to Carliner et al. (2016), abuse and domestic violence were found to have a great detrimental effect on children hence augmenting the likelihood of all types of substance abuse such as marijuana, prescription drugs and cocaine in their adolescent years. Similarly, while many parents who were involved in drug abuse such as alcohol intake led to their children being at risk of using marijuana and other drugs due to the forms of children exposed to trauma. Parents and caregivers who consumed drugs at home provided easy access to children which represented a biological predilection to substance use and acted as a way of solving stress or designate an absence of caregivers' engagement or inattention.

Society is also affected by traumatic experiences to children by dealing with an illicit drug in the community. Despite working on helping the children to get away with drugs, there have been increased cases of illegal drugs in urban areas. Adolescence substance abuse is an

antecedent to damaging substance use, mental illness and other behavioral problems during adulthood. Furthermore, increased circulation of illicit drugs will result in an increased population in the area to use the drugs and this will have significant effects on society. Consequently, concentrating on the adjustable health behaviors in adolescence may aid in changing the course of poor social and health results that are related to childhood trauma.

Safety is a critical aspect in making children not suffer from traumatic experiences because it will make them feel relieved and protection may make them progress better methods of dealing with their daily activities and survive in their environment. For example, children may exceedingly be sensitive to the attitudes of other individuals and trying to understand what adults are feeling around themselves as well as realizing how to behave (Columbia University's Mailman School of Public Health, 2018). Behavior is something that is learned and shaped when a person is at a younger age, their society needs to develop better measures of making their children develop into acceptable society norms from a young age. For that reason, children may suppress their emotions from others and not allow them to recognize whether they are afraid or angry. This has a substantial impact on the community as parents will not be able to help their children in the case, they are faced with different emotions which might affect their lives.

Trauma-Informed Analysis

Every person is susceptible to traumatic experience when they are subjected to emotional and physical abuse, violence natural calamities or other activities that might interfere with their normal well-being. However, children are the most vulnerable population that can be affected and change their life forever, from their behaviors and emotional and physical reactions. According to Brockie et al. (2015), traumatic events are risky or startling actions that create a danger to children's life or their body veracity. Similarly, children may suffer from traumatic

experiences not only when they are involved in threatening activities but also through witnessing the acts such as violent behaviors because their sense of security depends on the apparent protection of their caregivers.

Carliner et al. (2016), stated that the possibility of traumatic experiences in childhood is connected with the dangers of illicit substance abuse during the adolescence stage. The results presented by this source proves the effects of exposing children to traumatic experiences during their early years. The same source added that the community should be adjustable and take the issue of this health behavior into considerations as children will always go into drug use to address traumatic reminiscences and deal with the stressful occurrences. Traumatic events can start substantial emotions and physical actions that can persevere after an activity (Columbia University's Mailman School of Public Health, 2018). Thus, kids may sense fear, vulnerability, and psychological challenges including vomiting. Nevertheless, children require protection that will make them feel safe regardless of where they are and thus developing their well-being as well as growth. Emotionally and physically developed individuals can have significant achievements in their life through following their careers and pursuing their education well.

Children who are incapable of defending themselves and do not have protection from their caregivers will face the effects of traumatic experiences and feel overwhelmed with the intensity of physical and emotional responses. This will lead to increased cases of insecurity in the community and as an adolescent will have to make gangs (Shin et al., 2018). Gangs and theft emerge in society as the adolescent will need to get finances to support them in getting drugs. Therefore, adverse childhood experiences are linked to several dangerous behaviors and mental health problems during their adolescence age. Additionally, the association between the type of

involvement ² of adverse childhood experience and dangerous behaviors and mental health challenges differ among individuals.

Trauma-Informed Practice Recommendations

When children are exposed to adverse traumatic experiences their risk of contracting severe health problems increases. Some of the risk problems include substance abuse that may lead to lung and liver diseases and depression. However, the community can seek help and get the best assistance on how to help children move on from the experiences and avoid the issues of substance abuse through better trauma-informed approaches. Trauma-informed care provides patients with acquittances to realize their life experiences and offer effectual care. The trauma-informed approach to be used should be based on a clinical model because it will help to engage children in the treatment process. A traumatic experience is both a physical and emotional challenge and thus requires medical help. Menschner & Maul (2019), stated that a child should first develop an understanding with the provider and hence undergo the trauma screening. As physicians are trained on ways to treat certain types of traumas, the patient will be helped on medication and training until they recover.

In summation, children who pass through adverse trauma experiences are faced with significant challenges in their lives. For example, one of the problems as mentioned above is drug abuse. Drug abuse has substantial effects on children such as the increased risk of health problems. On the other hand, the community also is impacted by children who have passed through traumatic experiences because they will have to deal with increased illicit drugs and the emergence of gangs. However, trauma-informed approaches can be used to help children with traumatic experiences using the clinical model. Through engaging them in screening and treatment.

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