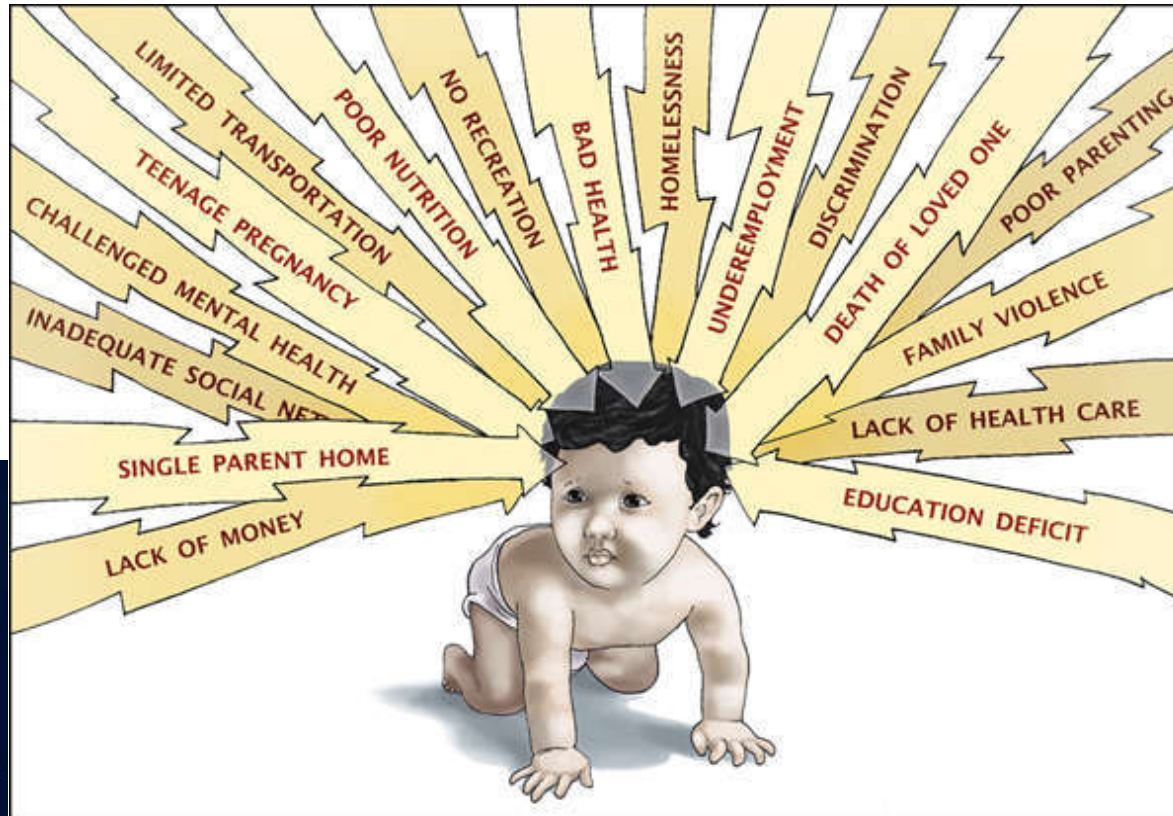


# BREAKING THE CYCLE OF TRAUMA



# ADVERSE CHILDHOOD EXPERIENCES

## PERSONAL

- PHYSICAL ABUSE
- VERBAL ABUSE
- SEXUAL ABUSE
- PHYSICAL NEGLECT
- EMOTIONAL NEGLECT

## FAMILY RELATED

- A PARENT WHO'S AN ALCOHOLIC
- A MOTHER WHO'S A VICTIM OF DOMESTIC VIOLENCE
- A FAMILY MEMBER IN JAIL
- A FAMILY MEMBER DIAGNOSED WITH A MENTAL ILLNESS
- THE DISAPPEARANCE OF A PARENT THROUGH DIVORCE, DEATH OR ABANDONMENT

## ADDITIONAL FACTORS

- RACISM, BULLYING
- WATCHING A SIBLING BEING ABUSED
- LOSING A CAREGIVER (GRANDMOTHER, MOTHER, GRANDFATHER, ETC.)
- HOMELESSNESS
- SURVIVING AND RECOVERING FROM A SEVERE ACCIDENT
- WITNESSING A FATHER BEING ABUSED BY A MOTHER
- INVOLVEMENT WITH THE FOSTER CARE SYSTEM
- INVOLVEMENT WITH THE JUVENILE JUSTICE SYSTEM,



## A HEALING ENVIRONMENT

**TRAUMA-INFORMED CARE SHIFTS THE FOCUS FROM “*WHAT’S WRONG WITH YOU?*” TO “*WHAT HAPPENED TO YOU?*”**

### **NAVOS SERVICES INCORPORATES**

- AN APPRECIATION FOR THE HIGH PREVALENCE OF TRAUMATIC EXPERIENCES IN PATIENTS THAT RECEIVE MH SERVICES
- POSSESS A COMPREHENSIVE KNOWLEDGE OF THE PROFOUND NEUROLOGICAL, BIOLOGICAL, PHYSIOLOGICAL AND SOCIAL IMPACTS OF TRAUMA AND VIOLENCE ON PATIENTS
- PRESUMES THAT ALL PATIENTS THAT ENTER OUR ENVIRONMENT HAVE SOME HISTORY OF TRAUMATIC STRESS
- CREATES ENVIRONMENTS AND SYSTEMS OF CARE THAT ARE TRAUMA INFORMED



A MEMBER OF THE MULTICARE BEHAVIORAL HEALTH NETWORK

# CHILDREN YOUTH & FAMILIES PROGRAM

IN HOME SERVICES

INFANT EARLY CHILD  
MENTAL HEALTH

PARENTING SKILLS

SCHOOL BASED  
SERVICES

- STRONG RELATIONSHIPS IN EARLY CHILDHOOD OFTEN DETERMINE SUCCESS LATER IN LIFE. TRAUMATIC EXPERIENCES AND FAMILY DISRUPTION CAN INTERRUPT THE DEVELOPMENT OF THESE RELATIONSHIPS. WE HELP CHILDREN AND FAMILIES GET BACK ON TRACK.
- TREATMENT AT NAVOS IS TAILORED TO FIT YOUR FAMILY—YOUR PARTICULAR NEEDS AND STRENGTHS, YOUR SITUATION, YOUR CULTURE AND VALUES. WE DON'T BELIEVE ONE SIZE TREATMENT FITS ALL; EVERYTHING WE DO BEGINS WITH WHAT MAKES YOU UNIQUELY YOU
- OUR PROGRAMS FOR INFANTS AND YOUNG CHILDREN ARE REALLY PROGRAMS FOR YOUR WHOLE FAMILY. OUR THERAPISTS WILL PARTNER WITH YOU TO CREATE A SUPPORT PLAN SPECIFIC TO YOUR CIRCUMSTANCES, VALUES AND CULTURE. WE CAN OFTEN MEET WITH YOU IN YOUR HOME OR AT A COMMUNITY MEETING PLACE, AND MEETING TIMES CAN BE FLEXIBLE TO ACCOMMODATE YOUR FAMILY'S SCHEDULE