

## Law Enforcement plays a Vital Role in Reducing Trauma

Trauma-aware approaches can help officers de-escalate tense situations, prioritize empathy, and cultivate trust, thereby reducing the potential for trauma to escalate.

- An exploration of trauma's far-reaching impact on individuals and communities
- Real-life success stories showcasing the power of trauma-informed policing
- Practical strategies for implementing trauma-aware approaches in daily law enforcement operations

Join the movement towards healing and reducing trauma in the communities you serve.

Together, let's pave the way for a safer, more compassionate society, one interaction at a time.



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# ACE's, Hope, and Resilience for Law Enforcement Officers



## What are ACEs?

Adverse Childhood Experiences are traumatic events that occur during childhood (0-17). They have lasting, negative effects on health, well-being, and opportunity.

About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional



Mental Illness



Parent Treated Violently



Divorce



Incarcerated Relative



Substance Abuse

### HOUSEHOLD CHALLENGES

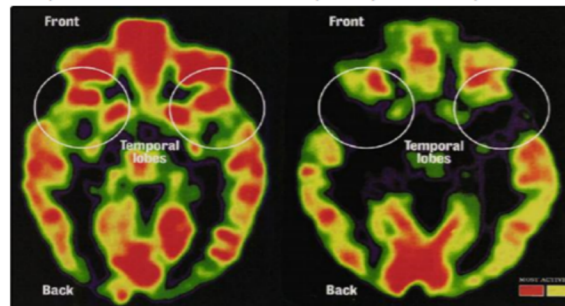


## Brain Development:

Toxic stress in early childhood has profound effects on brain structures and functions that develop later in childhood. These functions include the mediation of emotional responses, social interaction and abstract thinking.

### A Healthy Brain:

Has more activity in the temporal lobes



### An Abused Brain:

Has less overall activity, especially in the temporal lobes

## What is Paraverbal Communication?

Paraverbal communication includes our tone, volume, and cadence. These factors impact the behavior of those we are communicating with, especially those with ACEs.

Mirror neurons offer valuable insights into empathy, understanding, and social dynamics. Officers often find themselves navigating complex human interactions and understanding how mirror neurons function can be a game-changer in the field.

