

Activity: Trauma and drug use

Question: How might experiences of collective trauma change the likelihood of people using drugs?

Please take notes and choose someone who will share back to the large group.

Collective trauma:

- “Adverse community experiences - an **aggregate of trauma experienced by community members** or an event that impacts a few people but has **structural and social traumatic consequences...**
- “Collective trauma can **break social ties, communality, and undermine previous supportive resources...**”

Examples of collective trauma:

- Discrimination, oppression, racism, community poverty...
- COVID pandemic
- Overdose epidemic
- War
- Neighborhood divestment
- Natural disasters
- Genocide

Optional resource:

- [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#)



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Question: How might experiences of shock traumas change the likelihood of people using drugs?

Please take notes and choose someone who will share back to the large group.

Shock trauma: Sudden, often unexpected, one-time incidents that can be traumatic.

Examples of shock trauma:

- Isolated violent incident
- Vehicular crashes
- Severe injury
- Job loss
- Natural disaster
- Drug overdose

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Question: How might experiences of extended traumas change the likelihood of people using drugs?

Please take notes and choose someone who will share back to the large group.

Extended trauma: ongoing, repeated incidents that can be traumatic.

Examples of extended trauma:

- Experiences of ongoing abuse and neglect
- Incarceration (self or loved one)
- Serious illness (self or loved one)
- Homelessness
- Financial challenges
- Forced migration

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Question: How might experiences of generational traumas change the likelihood of people using drugs?

Please take notes and choose someone who will share back to the large group.

Generational trauma: trauma that occurs for parents/caregivers, and/or previous generations and affects how children grow and develop.

Examples of generational trauma:

- Psychological, physical, sexual abuse
- Living with someone who used substances
- Living with someone with mental illness
- Violence against mother or stepmother
- Incarceration of household member(s)
- History of genocide
- History of enslavement

Optional resource:

- [ACEs infographic](#)

