



## Trauma-Informed Pennsylvania

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening.

Trauma has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Trauma-Informed care seeks to build an understanding of trauma into systems and organizations to help people flourish.

Learn more about Resilient PA or join our coalition:

- Visit [bit.ly/PAResilient](https://bit.ly/PAResilient)
- Call 717-238-7365 x206
- Email [amanda@uwp.org](mailto:amanda@uwp.org)



## Growing and Flourishing in PA

Trauma-informed care realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.

Resilient PA strives to foster resilient Pennsylvania youth, families and communities through promoting trauma-informed care and systems across sectors as well as promoting efforts to reduce risk factors and increase protective factors for youth and families to break cycles of family and community trauma.



United Way  
of Pennsylvania