



Trauma

Trauma results from an event, series of events, or set of circumstances that is experienced by a person as physically or emotionally harmful or life-threatening and that has lasting adverse effects on the person's functioning and mental, physical, social, emotional, or spiritual well-being. By understanding trauma, we can better support those we serve and the staff that may experience the vicarious effects of such trauma.

Resources:

[How Trauma Affects People with Intellectual Disabilities](#)

[National Alliance on Mental Illness \(NAMI\)](#)

[Mental Health America of Southwestern PA](#)

Achieva's disability advocates, (The Arc of Greater Pittsburgh and The Arc Erie County), provide information, resources, technical assistance, and individual advocacy on issues that impact children and adults with intellectual disabilities and autism and their families. We work with state and federal legislators and policymakers to ensure that the human, civil and legal rights of people with disabilities are protected and that they are afforded services for them to be included in their communities. We also work with state and federal legislators on budgetary issues that impact people with disabilities. Please contact us at 412.995.5000 x 486, 888.272.7229 x 486 (Toll-Free) or log onto www.achieva.info/contact-advocacy.