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SENATE RESOLUTION

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WHEREAS, Building an Illinois that can thrive now and in the future requires a steady commitment to supporting the physical, mental, and emotional well-being of all of the State's residents; and

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WHEREAS, Equitable strategies are needed to ensure that all residents have the supports at home and in their communities that build a well-being, buffer against negative experiences, foster resilience, and make it possible to thrive; and

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WHEREAS, Trauma, which may include adverse childhood experiences and other experiences across the life-course, disrupts health and well-being, making it more difficult for people to reach their potential and participate fully in their communities; and

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WHEREAS, The landmark Adverse Childhood Experiences (ACEs) Study identified a profound connection between poor health during a person's adulthood and ACEs, which include physical, emotional, and sexual abuse, physical and emotional neglect, and household stressors such as domestic violence, separation or divorce involving household members, substance abuse, untreated mental illness, or incarceration of a household

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1 member; and

2 WHEREAS, ACEs studies have also found a strong correlation
3 between the number of ACEs and a person's risk for health and
4 social outcomes that include cancer, cardiovascular disease,
5 diabetes, smoking, substance abuse, depression, obesity,
6 unplanned pregnancies, low birth weight, suicide attempts,
7 workplace absenteeism, unemployment, lower educational
8 achievement, and lower wages; and

9 WHEREAS, Individuals with six or more ACEs are at risk, on
10 average, to live 20 years less than those individuals with
11 zero ACEs; and

12 WHEREAS, Findings from the Illinois 2017 Behavioral Risk
13 Factor Surveillance Survey (BRFSS) Illinois ACEs Response
14 Collaborative found that almost 60% of non-institutionalized
15 adults in Illinois say they had at least one ACE; this number
16 equates to almost five million Illinois residents;
17 approximately 16% of Illinois adults reported four or more
18 ACEs; and

19 WHEREAS, BRFSS data also showed that approximately 20% of
20 African American adults in Illinois report four or more ACEs,
21 compared to 15% of white residents; and

1 WHEREAS, ACEs are not the only potentially traumatic
2 experiences that can influence health across the lifespan;
3 extensive research demonstrates that community experiences
4 such as gun violence, lack of educational or economic
5 opportunities, poor or unaffordable housing, and lack of
6 community cohesion can have the same detrimental effects on
7 later health outcomes in individuals as ACEs; and

8 WHEREAS, These adverse community experiences are the
9 result of historical traumas, such as slavery and genocides,
10 and subsequent systemic inequities and oppression, such as
11 racism; racism, which can include power inequalities,
12 prejudices, stereotypes, discrimination, beliefs, and a
13 systemic lack of access to essential supports including
14 healthcare, has been directly linked to reduced physical and
15 mental health in communities and individuals; and

16 WHEREAS, As a result of these historical traumas and
17 subsequent systemic inequities, Black and Latinx residents in
18 Illinois are more likely to live in neighborhoods with
19 restricted access to essential resources such as education and
20 economic opportunities, healthy food choices, safe and
21 affordable housing, and behavioral and physical healthcare;
22 like adverse childhood experience, these have all been linked
23 to health and social outcomes that include reduced life
24 expectancy, higher rates of infant and maternal mortality,

1 high rates of asthma, higher rates of lead poisoning, and
2 higher vulnerabilities to public health pandemics, including
3 COVID-19; and

4 WHEREAS, These health inequities have been compounded and
5 exacerbated by the COVID-19 Pandemic, which has
6 disproportionately affected Black and Latinx communities in
7 Illinois; Black and Latinx residents are more likely to
8 contract and more likely to die from the disease than white
9 residents; Black and Latinx Americans are also significantly
10 more likely to have COVID-19 be a "major threat to their
11 general health and well-being" than the overall population;
12 and

13 WHEREAS, Immigrant and refugee populations have been under
14 the additional strain of stigmatizing rhetoric and an
15 immigration system that fosters fear, mistrust, isolation, and
16 injustice; and

17 WHEREAS, Robust research demonstrates that positive
18 supports and experiences, such as stable and nurturing
19 relationships and equitable access to food, housing, health
20 care, financial resources, and other fundamentals of lifelong
21 health and well-being can buffer against the effects of
22 adversity and build resilience; and

1 WHEREAS, Resilience, the capacity to adapt and thrive in
2 the face of adversity through strengths-based methods, can be
3 built in individuals throughout the lifespan through
4 trauma-informed, healing-centered care principles and
5 practices such as trustworthiness and reliability,
6 establishing physical and emotional safety, and providing
7 opportunities for empowered decision-making; and

8 WHEREAS, Trauma-informed, healing-centered care is not a
9 therapy or an intervention but is a principle-based, culture
10 change process aimed at recognizing strengths and resiliency
11 as well as helping people who have experienced trauma heal;
12 and

13 WHEREAS, Healthy and thriving communities are also
14 fostered through these same trauma-informed, healing-centered,
15 resilience-building principles; and

16 WHEREAS, It has been shown to be cost effective and
17 sustainable to build programs and policies that foster
18 positive experiences and are dedicated to the prevention and
19 mitigation of traumatic experiences and their potential
20 effects on physical and mental well-being and health,
21 particularly in childhood; and

22 WHEREAS, This can be seen in allocated resources, as well

1 as the creation of policies that acknowledge trauma and its
2 effects on the health of individuals and communities, and how
3 historical and contemporary systemic oppression may lead to
4 potentially traumatic events such as adverse childhood
5 experiences and adverse community experiences; and

6 WHEREAS, The State of Illinois has previously recognized
7 the impact of ACEs on its residents' health and how
8 trauma-informed, healing-centered principles, policies, and
9 practices can prevent and mitigate the adverse health outcomes
10 associated with trauma, such as Trauma-Informed Awareness Day
11 in 2019, the passage of the Children of Incarcerated Parents
12 Bill of Rights, and the creation of the Whole Child Task Force
13 introduced by the Illinois Legislative Black Caucus, as well
14 as local resolutions recognizing Trauma-Informed Awareness Day
15 in communities such as Winnebago County and the City of
16 Chicago; and

17 WHEREAS, These same trauma-informed, healing-centered
18 principles, policies, and practices must also recognize the
19 detrimental effect that systemic oppressions such as racism
20 can have on the health of individuals and communities and how
21 these are, in fact, traumatic experiences with the same
22 potential adverse health outcomes as ACEs; and

23 WHEREAS, The COVID-19 pandemic has made these systemic

1 inequities more apparent and impactful, and a comprehensive
2 response must recognize the role of racism and other
3 oppressions in contraction of the disease, patient outcomes,
4 and vaccine and treatment distribution; and

5 WHEREAS, The State's commitment to the support of a
6 trauma-informed Illinois must be expanded to include
7 recognition of the role that systemic policies and oppression
8 have played in the creation and impact of trauma and
9 communities; and

10 WHEREAS, This recognition must include a racially-just and
11 healing-centered approach with an acknowledgment of the
12 additional potential burden of trauma faced by Black and
13 Latinx residents in Illinois and the United States; and

14 WHEREAS, The inclusion of recognizing the issue of
15 systemic oppression and its impact on the creation of
16 historical, community, and individual trauma will allow for a
17 more thorough and effective response to reduce and eliminate
18 health disparities in Illinois; and

19 WHEREAS, A trauma-informed, healing-centered Illinois can
20 work to dismantle these systemic inequities and address the
21 effects of racism and poverty, while working to prevent
22 continued disparities; and

1 WHEREAS, This expanded definition of a trauma-informed,
2 healing-centered Illinois enhances the ability of individuals
3 and communities to adapt, cope, and thrive, including during
4 difficult times, supporting the physical and mental well-being
5 of everyone in Illinois; therefore, be it

6 RESOLVED, BY THE SENATE OF THE ONE HUNDRED SECOND GENERAL
7 ASSEMBLY OF THE STATE OF ILLINOIS, that we declare May 25, 2021
8 as Trauma-Informed Awareness Day in Illinois to highlight the
9 impact of trauma and the importance of prevention of adversity
10 and fostering individual and community resilience through
11 trauma-informed, healing-centered care; and be it further

12 RESOLVED, That we encourage all officers, agencies, and
13 employees of the State of Illinois whose responsibilities
14 include individuals throughout the life course and
15 communities, including the Office of the Governor, the State
16 Board of Education, the Department of Human Services, the
17 Department of Children and Family Services, the Department of
18 Public Health, the Department of Juvenile Justice, and
19 Department of Corrections to become informed regarding
20 well-documented, short-term, long-term, and
21 multi-generational impacts of adverse childhood experiences,
22 toxic stress, systemic racism, and other potentially traumatic
23 experiences for children, adults, and communities and to

1 become aware of and implement evidence-based and
2 racially-just, trauma-informed, healing-centered care
3 practices, tools, and interventions that promote positive
4 experiences and racial justice to build resilience in
5 individuals and communities so that they will be able to
6 maximize their well-being and thrive.