

In This Issue

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Trauma Informed Care (TIC) has been evolving since the 1970s when the term Post Traumatic Stress Disorder (PTSD) was first used to describe substance use and mental disorders in soldiers returning from the Vietnam War. Over time, behavioral experts have come to realize that any past trauma and current behavior may be linked. When referring to children, we add the term “Adverse Childhood Experiences,” or ACEs, to our lexicon, and now understand that ACEs have “a tremendous impact on future violence victimization and perpetrations, and lifelong health and opportunities.”¹

This issue of the Delaware Journal of Public Health includes articles by Delaware experts, and covers a range of topics from ACEs to domestic violence, racism to dementia. This issue also includes Delaware’s County Health Rankings Report (CHR) for 2022, which includes several new tools and findings, making this report the most useful to date. This year the theme of the Rankings is “A Just Recovery to Achieve Economic Security and Health for All.” The full Rankings can be accessed at <https://www.countyhealthrankings.org/>

As we learn to live with COVID-19, perhaps the best lessons are based on what we already knew from common sense and empathy: handwashing, wearing a mask in close quarters, and getting vaccinated will help to slow the spread. Most importantly, recognizing that, as the CHR puts it, “The COVID-19 pandemic both revealed and worsened barriers to health and well-being such as racism, discrimination and disinvestment.” Thus, we have the opportunity to be our best selves while also following the science. We must continue to pursue science-based public health policies which arc us towards justice for all.

As always, we welcome reader input and theme suggestions, as well as submissions. Stay well!

References

1. Voices, L. (2021, Apr). A micro-history of trauma informed care. <https://www.lostvoices.org/a-micro-history-of-trauma-informed-care/>

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