Discussion Questions

1. What are some of the symptoms of psychological trauma?
2. How might adverse childhood experiences contribute to adult psychological trauma?
3. How do the psychological trauma-related behaviors affect the individual’s physical and mental health?
4. What role does Newark’s social and community context described in the case study have in the prevalence of community-level psychological trauma?
5. What role has access to health and health care as described in the case study in community-level psychological trauma?
6. What role have neighborhood conditions and the built environment described in the Newark case study contributed to community-level trauma?
7. How does an individual’s psychological trauma create a challenging situation for the family and community?
8. What institutional relationships in a community may impact mental health and well-being? What are strategies to improve these institutional relationships?
9. What federal, state, and local resources are available to improve the physical and mental health of community residents?