

## ABOUT FELTON CCOR™

CLIENT-CENTERED

OUTCOMES

RESEARCH

Developed in 2016, Felton CCOR™ (*see-core*) aspires to provide exceptional training and technical assistance to mental health providers and organizations to leverage their experience in the service of innovation, health equity, and sustainable impact.

As a public mental health-focused training and technical assistance resource, Felton CCOR™ grounds its work in the belief that stakeholder and community insights are fundamental for transformative change. At the forefront of CCOR's work is the intersection of culture/race/ethnicity, social adversity, and access to quality services.



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CLIENT-CENTERED OUTCOMES RESEARCH

## EARLY PSYCHOSIS And Trauma

*what you need to know about*

### FOCUS AREAS

- ✓ Making the Connection
- ✓ A Peer's Perspective
- ✓ Trauma Statistics

## MAKING THE CONNECTION

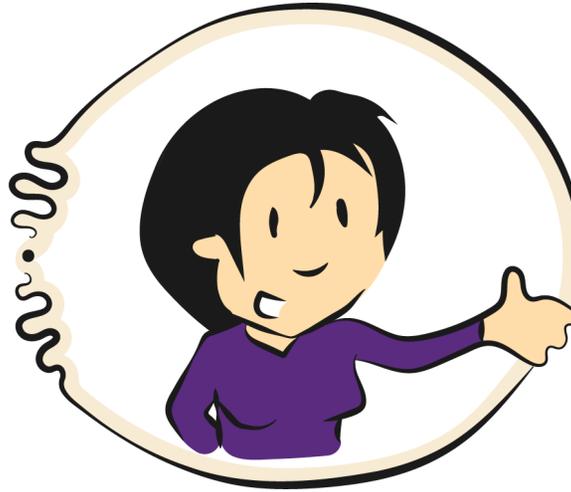
Trauma is one of the most significant risk factors for developing psychosis.

Although there are now dozens of studies linking childhood adversity, trauma and other major life stressors to psychosis, these relationships remain under-recognized by members of the public and by mental health professionals.

Types of trauma or adversity that have been connected to the development of psychosis include sexual and physical abuse, bullying, neighborhood violence, and early disruptions to relationships with primary caregivers (for example passing through multiple foster care placements or experiencing the death or incarceration of a parent).

Structural discrimination (for example racism, racial segregation, and poverty) also significantly increases the risk of developing psychosis.

In addition, many forms of trauma experienced after (or stemming from) a diagnosis can significantly shape the experience of voices, psychosis and/or distress, such as hearing the voice of an abuser. These include trauma experienced due to involuntary treatment, discrimination and/or social exclusion.



## A PEER'S PERSPECTIVE

*“My voices started when I was a kid, in the midst of experiences of serious abuse, and I always knew they were connected.”*

*Other things that happened later in my life have also clearly influenced my voices. However, in my experience clinicians rarely ask me about these connections and I feel like trauma mostly just gets swept under the rug.”*

## TRAUMA & PSYCHOSIS STATS

A growing body of research attests to the high prevalence of trauma among individuals with psychosis and to the developmental links between adversity and psychosis onset.

- The attributable increased risk for psychosis from childhood adversity is 33% (Varese et al., 2015).
- Childhood trauma is significantly more prevalent in young people at ultra high risk for psychosis compared to healthy controls, with a mean prevalence rate of 86.8% (kraan et al., 2015).
- Patients attending early psychosis clinics report high rates of childhood trauma: 54% report emotional abuse, 28% report sexual abuse, 46% report emotional neglect and 42% report physical neglect (Duhig et al., 2015).

To learn more, please visit [felton.org/ccor](https://felton.org/ccor)