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HOUSE RESOLUTION

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

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

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

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

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

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



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