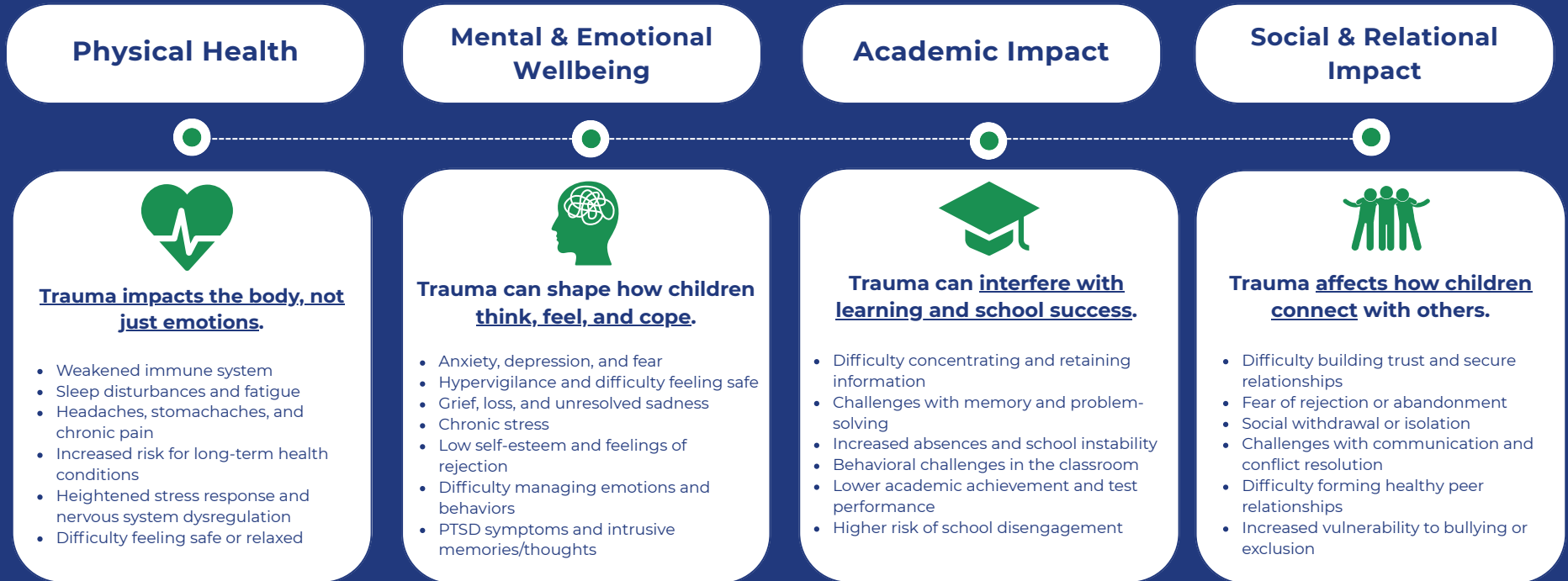


Impact of Child Welfare-Related Trauma

Removal from the home. Multiple placements. Instability. Separation. Loss. Uncertainty. Unmet emotional needs. These experiences can create trauma that impacts every aspect of a child's life. The chart below demonstrates how child-welfare-related trauma has a ripple effect on children and families who experience adoption, foster care, and kinship care.



Healing and Resilience

The effects of trauma do not have to define a child's future. With the right relationships, supports, and services, children can heal, build resilience, and thrive. Healing is strengthened by:

- Stable, nurturing relationships that create safety, trust, and connection
- Permanency and belonging that help children feel secure, valued, and connected
- Trauma-informed supports that recognize how past experiences can shape behavior, emotions, and development
- Cultural and family connections that strengthen identity, continuity, and a sense of belonging
- Adoption-competent mental health care that understands the unique and ongoing impacts of separation, loss, grief, identity, and permanency

When children are surrounded by understanding, stability, and connection, positive ripple effects can reach every part of their lives, supporting stronger relationships, improved well-being, greater success in school, and hope for the future.

A Path Forward

Adoption competent care recognizes the lifelong impact of trauma, loss, and separation while helping children and families build safety, connection, and stability. Permanency-centered, adoption competent support can improve relationships, academic success, emotional health, and overall quality of life for children and families impacted by child welfare. **The National Center for Adoption Competent Mental Health Services** is helping systems and professionals build pathways toward lasting wellbeing. For more information, check out our website:

<https://bridges4mentalhealth.org/>