

About US



Research to Understand, Recognize, and Respond to the Effects of Trauma

Providers of trauma-informed care recognize the prevalence and impact of trauma and tailor their services to empower survivors, avoid re-traumatizing them, and enhance their well-being. Knowing how to apply and adopt trauma-informed care principles effectively is key to fulfilling the physical, psychological, and social needs of trauma survivors.

Mathematica advances research on trauma-informed care across a range of programs to promote good health and child welfare. We design and conduct data-driven evaluations of programs that use trauma-informed approaches and trauma-specific interventions in different service environments. We also provide technical assistance to grantees that deliver related programs.

PREVENTING AND ADDRESSING CHILDHOOD TRAUMA

Knowing how to apply and adopt trauma-informed care principles effectively is key to fulfilling the physical, psychological, and social needs of trauma survivors.

Children and youth who experience trauma can face significant challenges to their psychological, social, and physical health that can persist into adulthood. Mathematica is evaluating the implementation and outcomes of trauma-informed interventions and evidence-based, trauma-specific services on the well-being of children who may be placed in out-of-home care because of a parent's or caretaker's substance use disorder. For example, we are studying services for post-traumatic stress disorder and related behavioral health needs. The evaluation, sponsored by the Administration for Children and Families and led by Mathematica as part of the Regional Partnership Grants' National Cross-Site Evaluation and Technical Assistance [project](#), includes a pilot cost analysis of selected trauma-specific programs.

At the community level, we have studied five initiatives in Washington State designed to address adverse childhood experiences (ACEs) and improve the outcomes of children and adults. ACEs include abuse, neglect, and household challenges, such as alcohol or other substance use in the home, a mentally ill or suicidal household member, parental separation or divorce, incarceration of a household member, and domestic violence. Our rigorous [evaluation](#) found that communities can create effective, local strategies that reduce the long-term social, emotional, and physical problems related to ACEs.

What Are Adverse Childhood Experiences or ACEs?



PROVIDING CARE FOR VULNERABLE, HIGH-RISK GROUPS

Some vulnerable groups have higher rates of trauma than the general population. Mathematica has conducted environmental scans to identify research on trauma-informed care models for these populations, which include women and children with HIV and American Indian and Alaska Native youth. We have also convened technical expert panels to confer on trauma-informed approaches to care for women and youth living with HIV. Through this work, we are providing information about how to address physical and behavioral health needs in ways that are sensitive to the experiences of trauma survivors.

We are also studying trauma-informed approaches used in programs for low-income fathers re-entering the community after serving time in prison. The goal is to build the knowledge base on sources of trauma in this population, identify how programs can apply trauma-informed approaches, and disseminate findings to practitioners.

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