

Comparing Childhood and Adult Trauma in Addiction Recovery: A Retrospective Analysis of GoForth Recovery Residents

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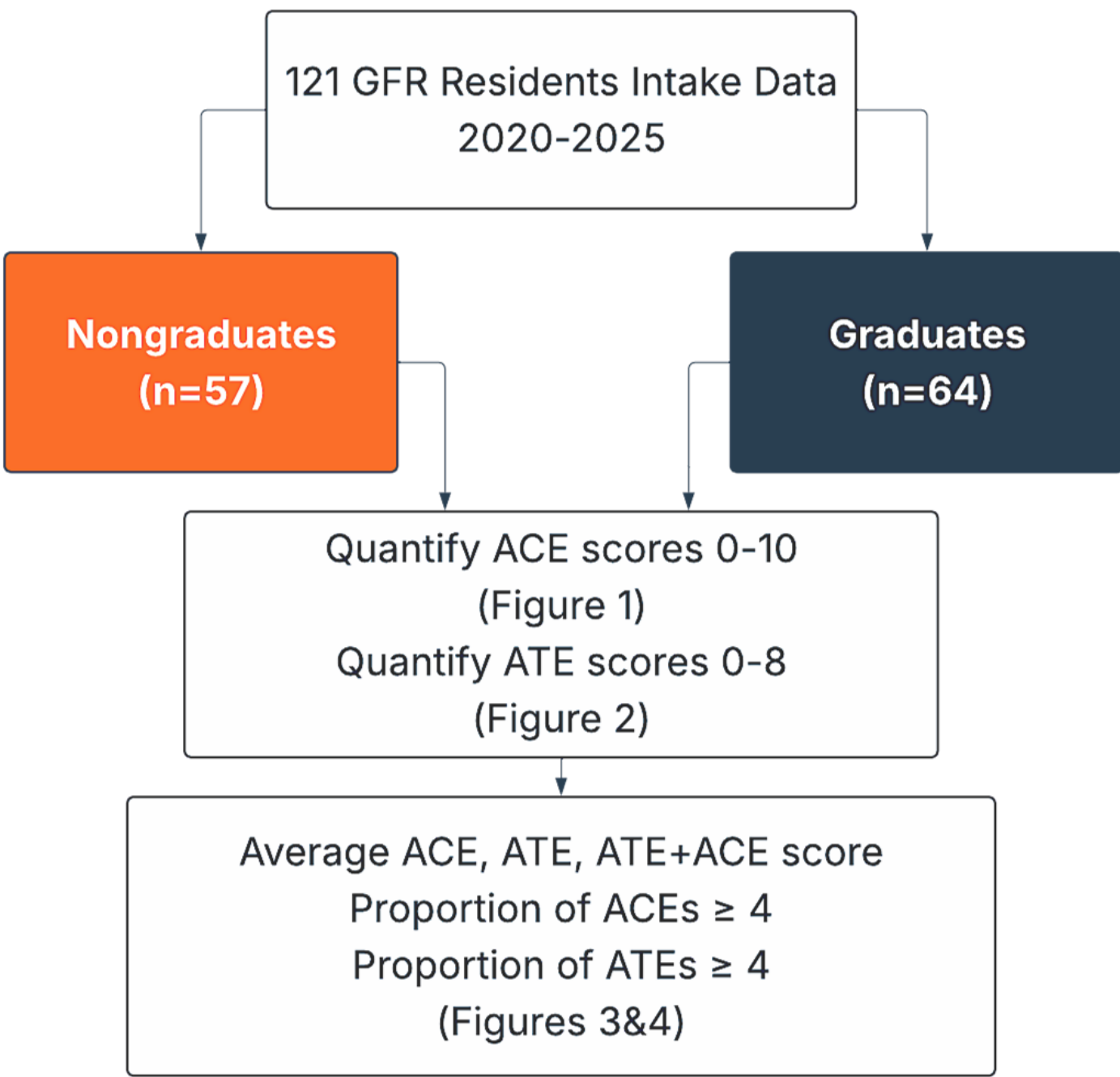
BACKGROUND:

- Higher Adverse Childhood Experiences (ACEs) are associated with poor health, suicide, socioeconomic disadvantage, legal issues, and substance use.¹
- An ACE score of ≥ 4 marks a high-risk threshold, with substantially greater odds of adverse outcomes than lower scores.²
- Higher Adult traumatic experiences (ATEs) associated with depression, PTSD, and substance use, and can worsen recovery and relapse risk.^{3,4}

OBJECTIVE:

- Evaluate whether trauma timing and cumulative burden are associated with recovery, using graduation from an addiction recovery program as a proxy measure.

METHODS:



Childhood and adult trauma does not predict addiction recovery outcomes.

Figure 1. The 10 ACEs⁵

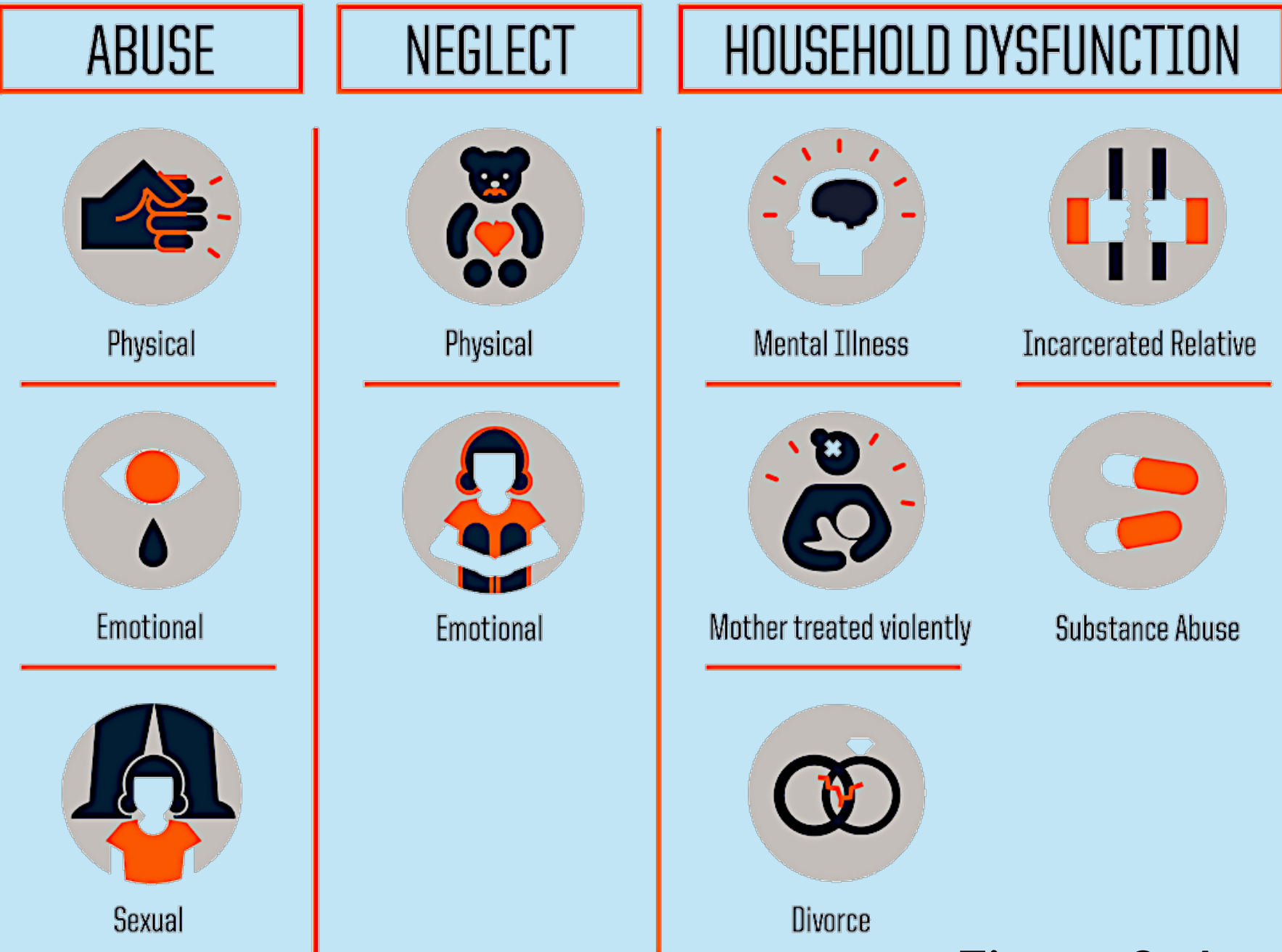


Figure 2: Our 8 ATEs



Figure 3: Average ACE, ATE, ACE + ATE Scores (T-Test)

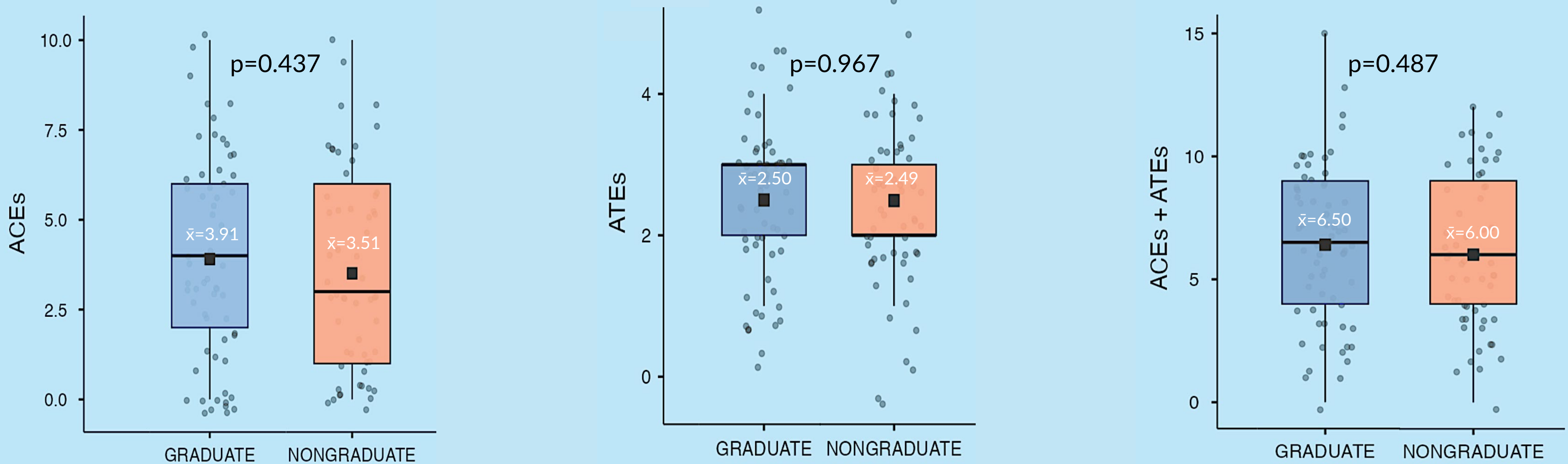
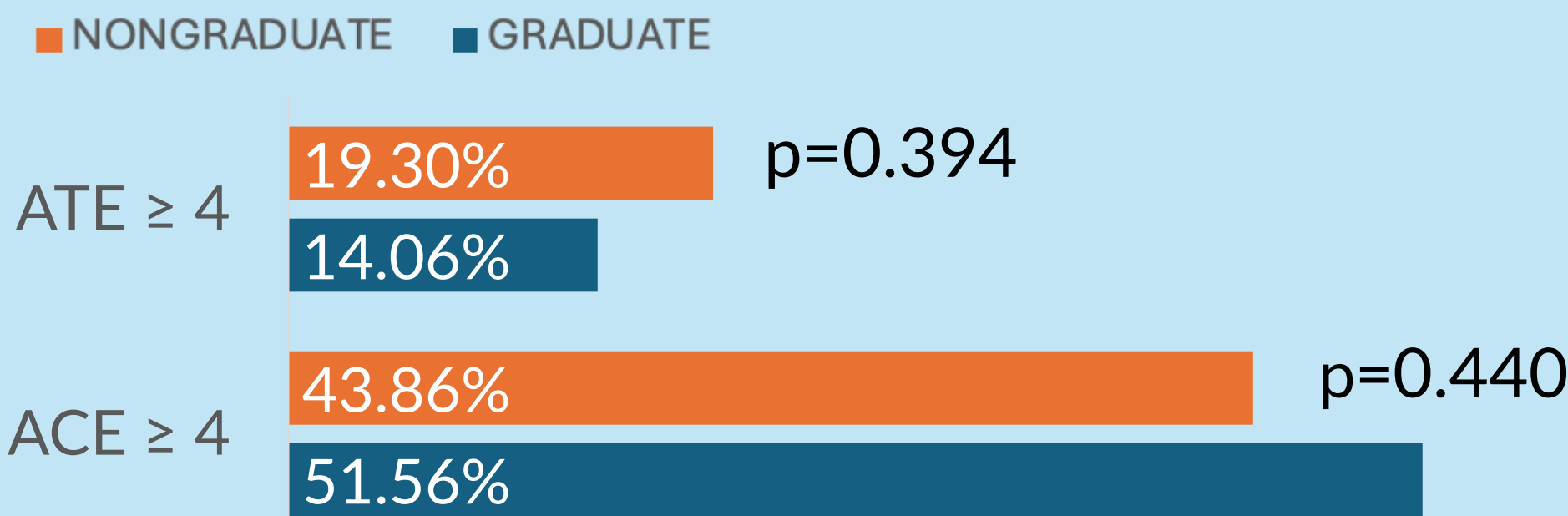


Figure 4: Proportion ACEs/ATEs ≥ 4 By Group (Chi-Squared Test)



1 in 6 adults in general population have ACE score ≥ 4

RESULTS:

No statistical difference in average ACEs, ATEs, or ACE+ATEs between groups, nor in the proportion of individuals with high ACEs or ATEs (≥ 4).

DESCRIPTIVE STATS:

Variable	% of total residents
Homelessness	77.69
Incarceration last 12 mo	71.07
High School Incomplete	56.20
Racial Minority	17.36
Mortality	7.44

CONCLUSION:

- High trauma exposure alone does not determine recovery potential.
- Comparable outcomes across trauma levels suggest that internal strengths and external supports may play a larger role in recovery.
- The structured, supportive recovery model at GoForth Recovery may provide protective environments while strengthening internal capacities such as resilience, purpose, and connection.
- Trauma-informed care should continue to focus on the whole person—mind, body, and spirit—and future work should examine which internal strengths and supportive environments foster resilience and healing.



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