


**It's Like a Jungle,
Sometimes It Makes Me Wonder:
Healing Communities & Restoring
Community Resiliency**



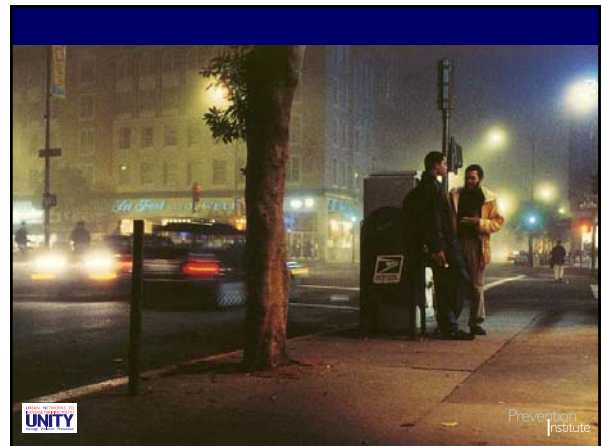
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University of California, San Francisco

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California

Echo Parenting & Education
2017 Changing the Paradigm Conference
Social & Historical Trauma
March 16, 2017

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**It's Like a Jungle,
Sometimes It Makes Me
Wonder How I Keep
From Going Under...**

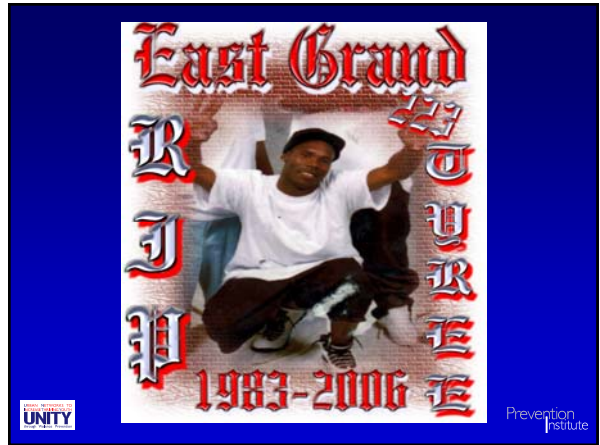
"The Message" (1982)

Grandmaster Flash and the Furious Five

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ACE Study

A collaborative effort by the Centers for Disease Control and the Kaiser Health Plan Department of Preventive Medicine in San Diego

- ◆ Recurrent physical abuse
- ◆ Recurrent emotional abuse
- ◆ Contact sexual abuse
- ◆ An alcohol and/or drug abuser in household
- ◆ An incarcerated household member
- ◆ A household member who is chronically depressed, mentally ill, institutionalized or suicidal
- ◆ Mother is treated violently
- ◆ One or no parents
- ◆ Emotional or physical neglect

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What's the relationship between ACEs, violence and symptoms of community trauma?

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Synergistic Trauma



The combination of :

- ◆ individual trauma from multiple, chronic and repeated exposures to violence - **Complex Post Traumatic Stress Disorder (C-PTSD)** is a condition that results from chronic or long-term exposure to emotional trauma over which a victim has little or no control and from which there is little or no hope of escape, such as in cases of: domestic emotional, physical or sexual abuse. This exposure results in the lack or loss of control, helplessness, and deformations of identity and sense of self. C-PTSD is distinct from, but similar to, post-traumatic stress disorder (PTSD), somatization disorder, dissociative identity disorder, and borderline personality disorder.
- ◆ and the trauma of structural violence.

Structural Violence

- ◆ Structural violence refers to harm that individuals, families and communities experience from the economic and social structure, social institutions, relations of power, privilege and inequality and inequity that may harm people and communities by preventing them from meeting their basic needs.

ROOT CAUSES

- Poverty
- Inequality
- Racism
- Sexism
- Classism
- Oppression
- Power Dynamics
- Heteronormativity

STRUCTURAL FACTORS

<p><u>Economic</u></p> <ul style="list-style-type: none"> - Inequality - Housing - Education - Employment 	<p><u>Political</u></p> <ul style="list-style-type: none"> - Political Power - Social Policy 	<p><u>Social-Cultural</u></p> <ul style="list-style-type: none"> - Gender dynamics/relations - Ideologies - Culture of Violence - Individuality 	<p><u>Institutions</u></p> <ul style="list-style-type: none"> - Financial Institutions - Schools & Universities - Government - Media - Criminal Justice System - Social Services
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ENVIRONMENTAL FACTORS

<p><u>Neighborhood Effects</u></p> <ul style="list-style-type: none"> - Concentrated Poverty - Population Density - Social Organization - Social Control Mechanisms - Availability of Drugs and Alcohol - Availability of Weapons - Community Violence - Parental Guidance & Involvement 	<p><u>Family Factors</u></p> <ul style="list-style-type: none"> - Composition - Structure - Relations - Family Violence - Child Abuse - SES - Housing Situation 	<p><u>Peer Group Factors</u></p> <ul style="list-style-type: none"> - Social Supports - Social Basis - Social Attachment - Primary Activities - Connection to Institutions
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INDIVIDUAL LEVEL FACTORS

<p><u>Developmental Factors</u></p> <ul style="list-style-type: none"> - Experiences - Exposure to Violence - School Attachment & Achievement - Value System - Sense of Self Efficacy - Self Esteem - Genetics - Neurological/Psychosocial 	<p><u>Emotional State</u></p> <ul style="list-style-type: none"> - Fear - Frustration - Anxiety - Stress - Hopelessness - Isolation - Resilience 	<p><u>Motivation</u></p> <ul style="list-style-type: none"> - Power - Revenge - Retaliation - Self Defense - Domination - Justice - Charisma - Defiance
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Root Causes

- ◆ Poverty
- ◆ Racism
- ◆ Oppression
- ◆ Inequality
- ◆ Sexism
- ◆ Power Dynamics
- ◆ Classism
- ◆ Heteronormativity



Structural Factors

<p><u>Economic</u></p> <ul style="list-style-type: none"> ◆ Inequality ◆ Housing ◆ Education ◆ Employment <p><u>Political</u></p> <ul style="list-style-type: none"> ◆ Political power ◆ Social policy 	<p><u>Social-Cultural</u></p> <ul style="list-style-type: none"> ◆ Racial dynamics/relations ◆ Gender dynamics/relations ◆ Ideologies ◆ Culture of violence ◆ Individuality 	<p><u>Institutions</u></p> <ul style="list-style-type: none"> ◆ Financial institutions ◆ Schools and universities ◆ Government ◆ Media ◆ Criminal justice system ◆ Social services
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Environmental Factors

<p><u>Neighborhood Effects</u></p> <ul style="list-style-type: none"> ◆ Concentrated poverty ◆ Population density ◆ Social organization ◆ Social control mechanisms ◆ Availability of drugs and alcohol ◆ Availability of weapons ◆ Community violence ◆ Parental guidance & involvement 	<p><u>Family Factors</u></p> <ul style="list-style-type: none"> ◆ Composition ◆ Structure ◆ Relations ◆ Family violence ◆ Child abuse ◆ SES ◆ Housing situation 	<p><u>Peer Group Factors</u></p> <ul style="list-style-type: none"> ◆ Social supports ◆ Social basis ◆ Social attachment ◆ Primary activities ◆ Connection to institutions
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Individual Level Factors

Psycho-Social Factors <ul style="list-style-type: none"> Developmental factors Experiences Exposure to violence School attachment and achievement Value system Sense of self efficacy Self esteem Genetics Perceived opportunities 	Emotional State <ul style="list-style-type: none"> Fear Frustration Anger Anxiety Stress Hopelessness Helplessness Isolation Jealousy 	Motivation <ul style="list-style-type: none"> Power Revenge Retaliation Self defense Domination Justice Catharsis Deterrence
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Individual Level Factors

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Root Causes = Structural Violence

- Poverty
- Inequality
- Racism
- Sexism
- Oppression
- Power Dynamics

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Trauma

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What about Community Trauma?

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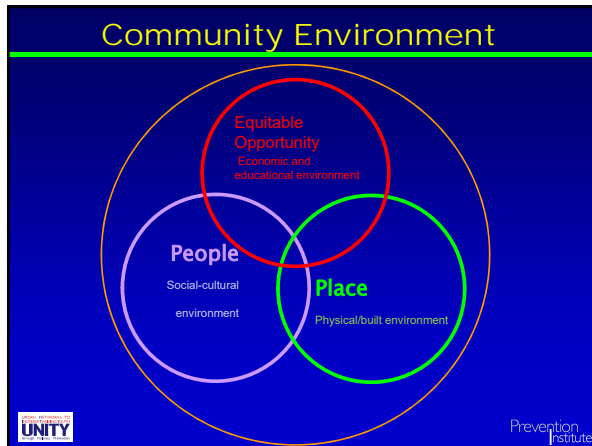
Toward a Resilience Framework to Address and Prevent Community-Level Trauma

Community trauma is not just the aggregate of individuals in a neighborhood who have experienced trauma from exposures to violence. There are manifestations, or symptoms, of community trauma.

Community Trauma is:

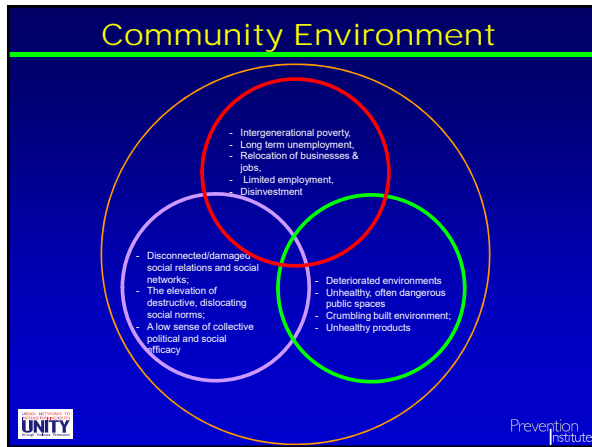
- Cumulative and synergistic impact of regular incidents of interpersonal violence
- Historical and intergenerational violence
- Continual exposure to structural violence

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Symptoms of Community Trauma

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Physical/Built Environment

A small Venn diagram with the same three circles as the previous slide, but with the word 'PLACE' in large green letters to the right. The text below reads: 'Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment.'

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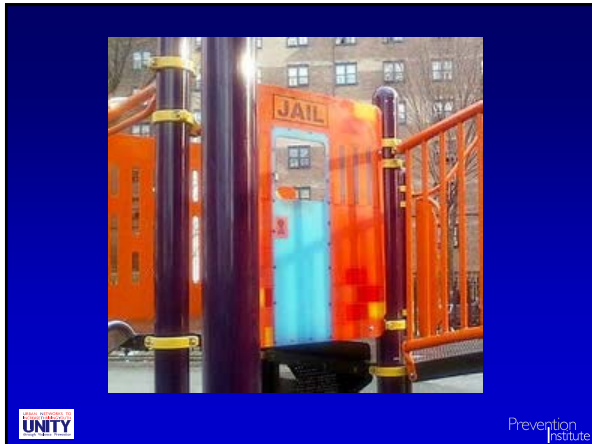


Economic/Educational Environment

A small Venn diagram with the same three circles as the previous slide, but with the word 'OPPORTUNITY' in large red letters to the right. The text below lists symptoms:

- Intergenerational poverty
- Long term unemployment
- Relocation of businesses, corporations and jobs
- Limited employment opportunities
- Government and private disinvestment

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Social-Cultural Environment

PEOPLE

- **Damaged, fragmented or disrupted:**
 - social relations (esp. intergenerational)
 - social networks and
 - infrastructure of social support
- **Low sense of collective political and social efficacy**
- **Elevation of destructive social norms promoting violence and unhealthy behaviors over affirming, community oriented positive social norms**

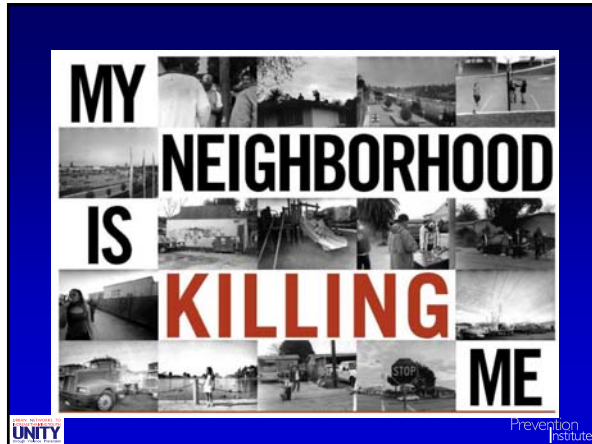


Community Factors

- Physical or Built Environment
- Structure of Opportunities
- Social Organization
- Social Networks
- Social Relationships
- Social Norms

Community Trauma Symptoms



- Physical or Built Environment
- Structure of Opportunities
- Social Organization
- Social Networks
- Social Relationships
- Social Norms



The Key



A Framework for Preventing Violence
And Building Community Resilience

Building Community Resilience
Requires Comprehensive
and Sustained Policy and Action

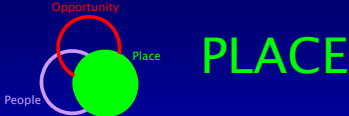


Toward a Resilience Framework to Address and Prevent Community-Level Trauma



- ◆ **Community resilience:** the ability of a community to recover from and/or thrive despite the prevalence of adverse conditions.
- ◆ In the context of community-level trauma, this means putting the conditions in place in which the community can heal from trauma and/or be protected against the impact of trauma.



Physical/Built Environment







- Create safer public spaces through improvements in the built environment by addressing parks, housing quality and transportation
- Reclaim and improve public spaces



TRAUMA INFORMED COMMUNITY BUILDING A Model for Strengthening Community in Trauma Affected Neighborhoods *Bridge Housing - San Francisco*

Strategies focused at: Individual, Interpersonal,
Community, and Systems level

- De-escalates chaos and stress
- Fosters resiliency
- Strengthens social connections
- Recognizes trauma



Taking Back Public Spaces

New Orleans



NOLA.com



A Family Place Library

Chester, Penn.




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Stronghold Society

Pine Ridge Reservation




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Economic/Educational Environment



EQUITABLE OPPORTUNITY

- ◆ Restorative Justice
- ◆ Healing Circles
- ◆ Economic empowerment/opportunity and workforce development
- ◆ Strategies to increase community wealth and resources that can resist the economic pressures that result in dislocation and gentrification

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Restorative Justice

Oakland, CA



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ROOTS OF SUCCESS | ENVIRONMENTAL LITERACY CURRICULUM



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YouthBuild u.s.a.
Rebuilding our communities and our lives.



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Social-Cultural Environment


PEOPLE



- Rebuild and revitalize:
 - social relationships, esp. intergenerational
 - social networks
 - infrastructure of social support
- Strengthen and elevate social norms promoting: healthy behaviors, community connection and community orientation
- Establishing collaborations promoting these community level strategies while rebuilding community social networks

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Culturally-Relevant Approaches to Mental Health



New York Times

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The Healing Generations Project

Salinas, CA



La Cultura Cura is a transformative 'health and healing' philosophy, which recognizes that within individual, family and community cultural values/traditions/indigenous practices, exists the path to healthy development, restoration, and lifelong well-being.

National Compadres Network

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Lakota Mental Health First Aid

Rosebud, SD



- ◆ Wagluhtata Pi (Offering of Food & Tobacco)
- ◆ Wacante Ognaka (Compassion)
- ◆ Wokicunpte (Words of Sympathy)
- ◆ Wotakuye (Kinship – Addressing people as our relatives)
- ◆ Wokigna (Comfort)

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Social-Cultural Environment

PEOPLE

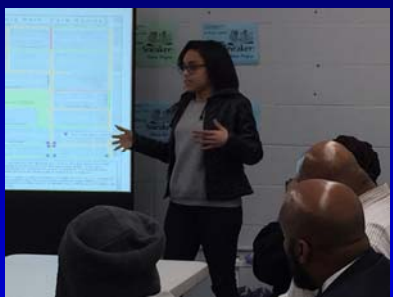


- Change the narrative about community and the people in it
- Shift community social norms
- Organize and promote regular positive community activity
- Provide a voice and element of power for community folks around shifting and changing environmental factors as well as the structural factors

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Teens in Action

Louisville, KY



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YouthSpeaks, Get Lit, Urban Word


SF Bay Area, Los Angeles, New York City



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RYSE

Richmond, CA



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Building Community Resilience

- Sustainable Community Economic Development
- Restorative Justice
- Healing Circles
- Reclaim and Improve Public Spaces
- Shift Community Social Norms
- Enhance Social Connections and Networks
- Rebuild Intergenerational Connections and Relationships
- Organize and Promote Regular Positive Community Activity
- Providing more of a voice and element of power for community folks around shifting and changing environmental as well as structural factors.

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