

Addressing Historical and Contemporary Racial Inequities

Indiana Trauma-Informed, Recovery-Oriented Systems of Care (TI-ROSC)

Tuesday, July 13th, 11:30-1:00pm E.T.

Today's Presenters



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Today's Agenda



- What is Historical/Intergenerational Trauma and its impacts?
- What is Systemic Trauma and its impacts?
- What can we do?

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What is Trauma?

**Definition (SAMHSA Experts 2012) includes
three key elements**

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*

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Intergenerational (Historical) Trauma

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”



Intergenerational/Historical Trauma Events



Genocides



Slavery



Pandemics



Massacres



Prohibition/destruction
of cultural practices



Discrimination/Systemic
prejudice



Forced relocation

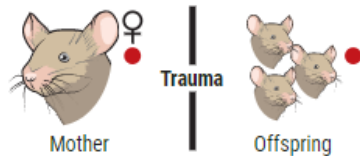
Epigenetics

Troubled offspring

To explore how trauma affects generations of mice, researchers stressed mother mice. Their pups then exhibited both molecular and behavioral changes, such as taking more risks on an elevated maze. These changes persisted for up to five generations.

- Trauma experienced
- Behavioral changes
- Epigenetic changes, such as methylation of DNA and alteration of RNA

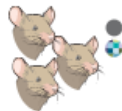
Mother separated from pups and traumatized. Mother often ignores pups.



Three-month-old male offspring mated with untraumatized females.



Offspring show epigenetic and behavioral changes without having experienced trauma.



Breeding carried out for six generations.

(...)

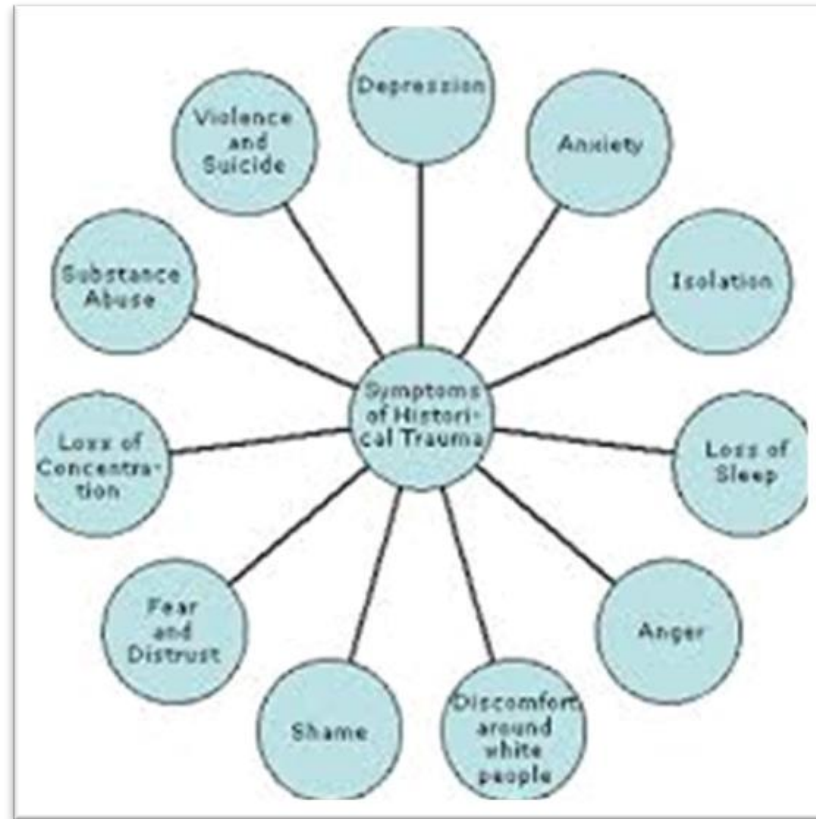
V. ALTOUNIAN/SCIENCE



<https://www.sciencemag.org/news/2019/07/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how>

Intergenerational/Historical Trauma Response

- Fear and Anxiety
- Sadness
- Grief
- Anger
- Guilt
- Regret
- Change in behavior
- PTSD/Depression



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Intergenerational (Historical) Trauma Effects



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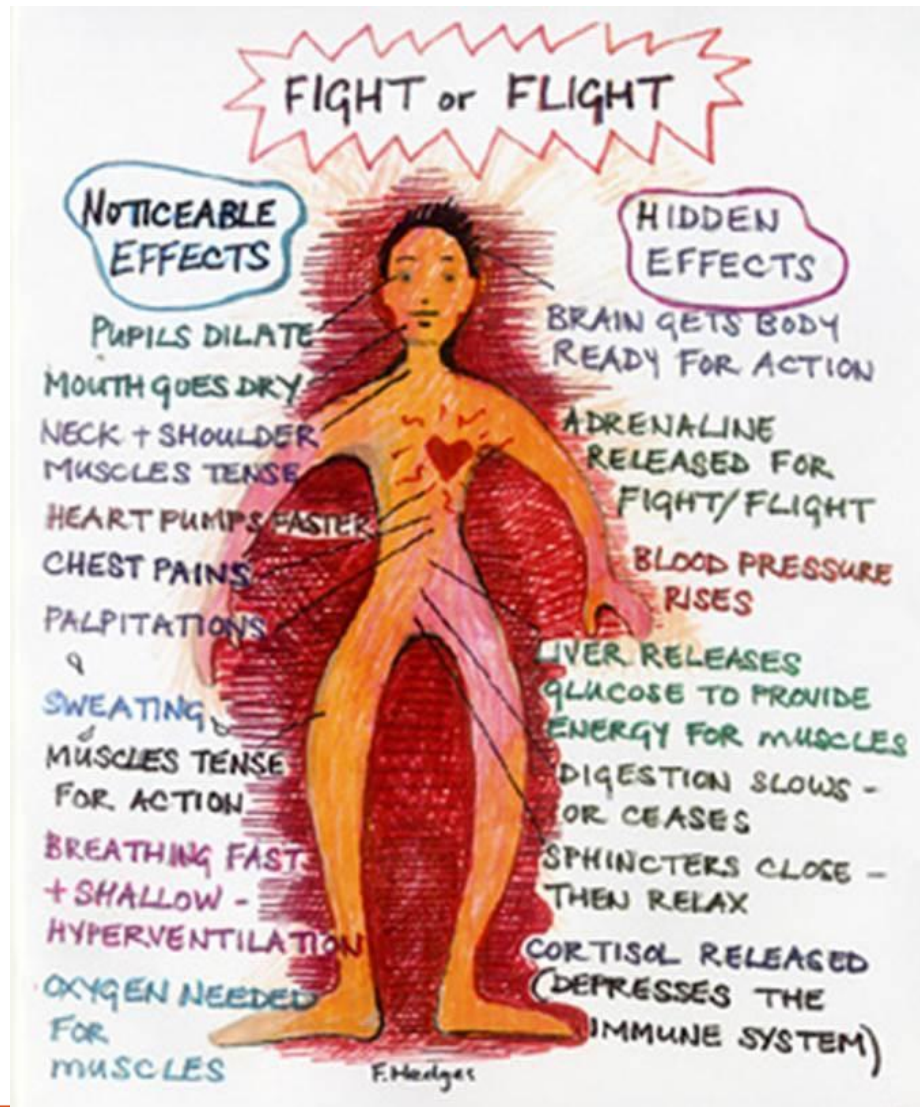
Trauma Shapes Beliefs



- Worldview
- Identity
- Spirituality

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Trauma's Impact on the Body



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Impact of Trauma on Behavior Triggers

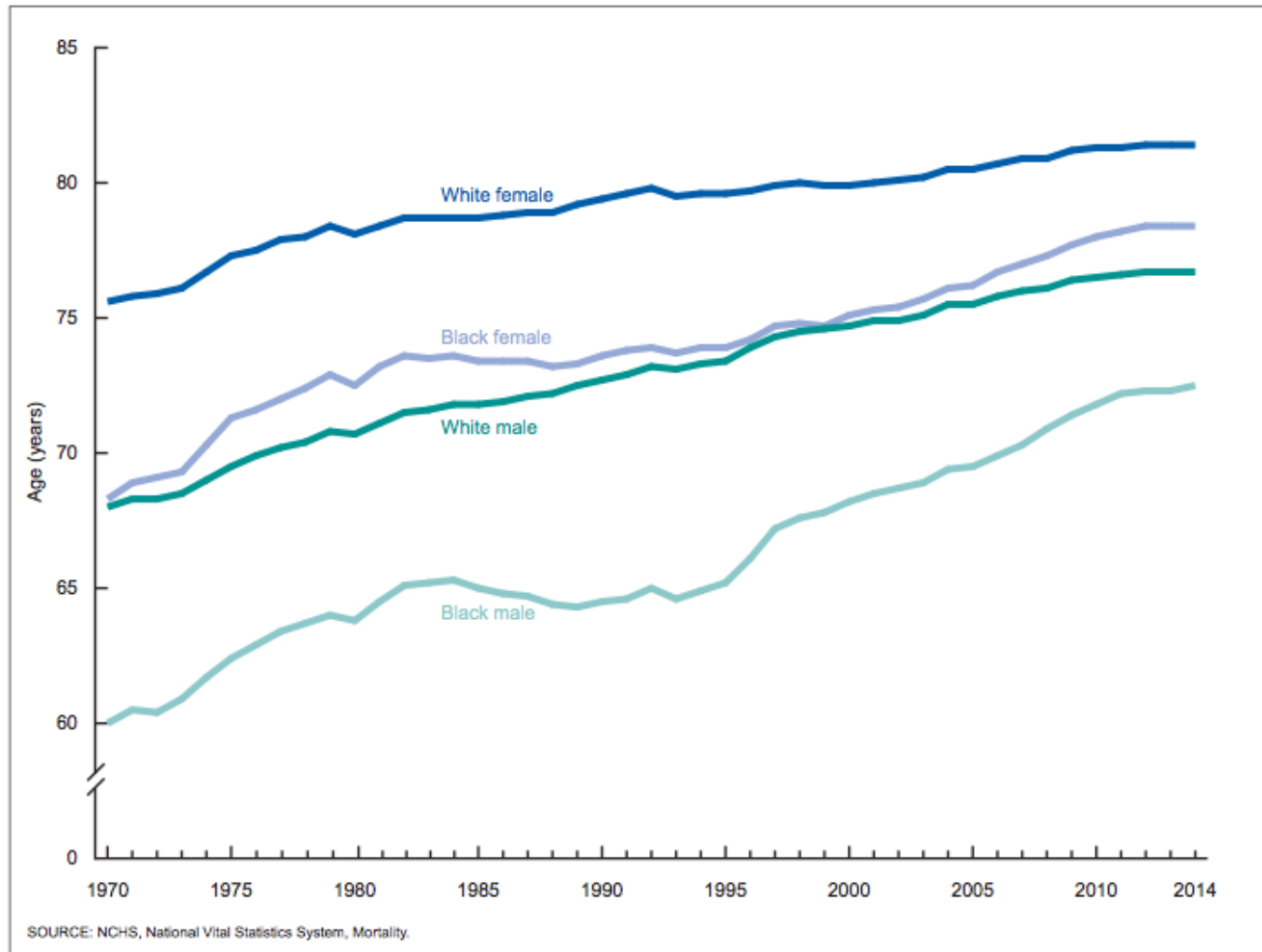
External reminders of traumatic event

- *Smell*
- *Sound*
- *Sight*
- *Touch*
- *Taste*

Internal reminders of traumatic event

- *Emotions*
- *Thoughts*

U.S. Life Expectancy by Race & Gender



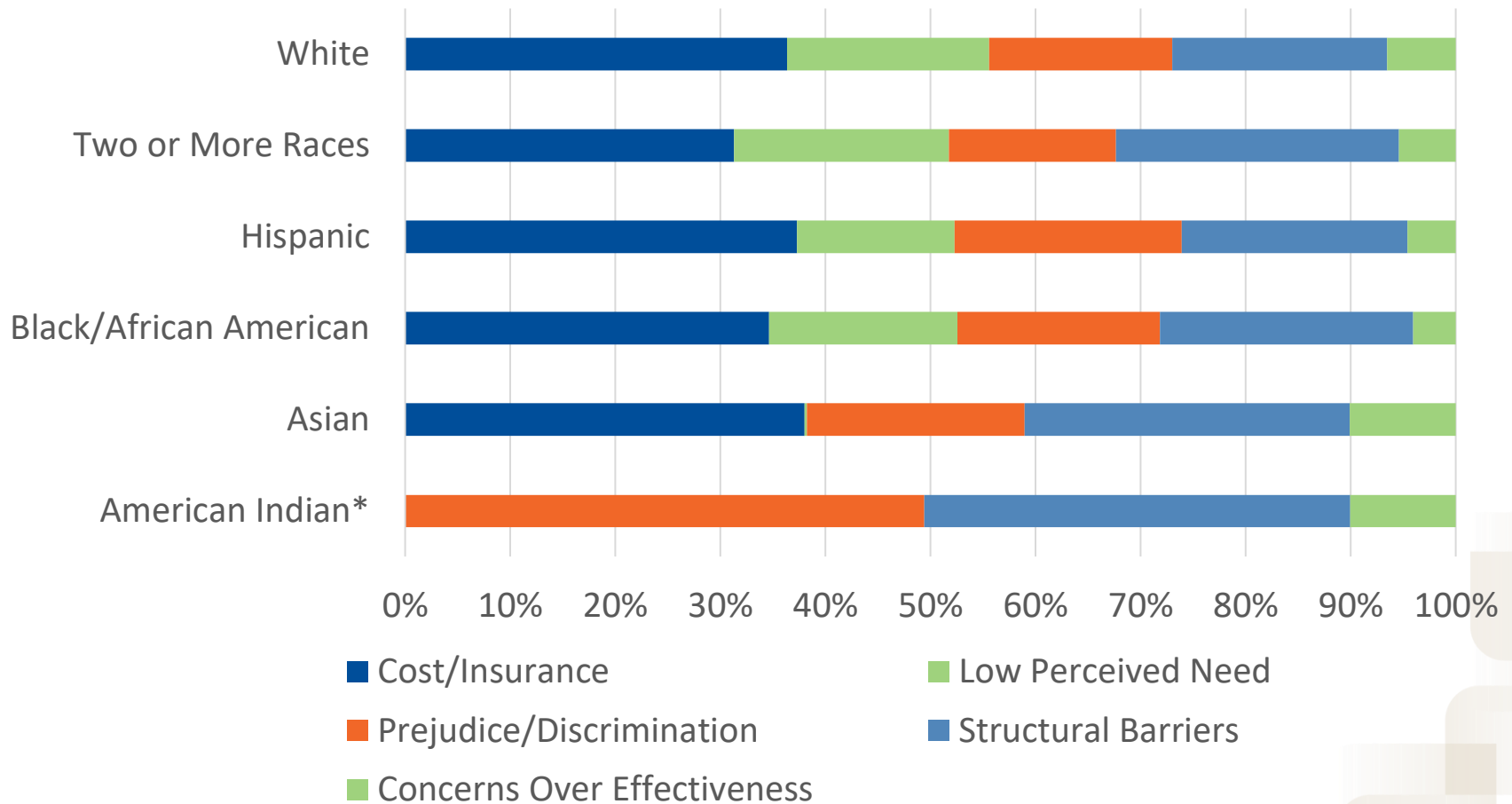
Source: Centers for Disease control and Prevention. (2016, June 30). National Vital Statistics Reports, 65(4). Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf

Behavioral Health Disparities for BIPOC Populations

- According to the [Agency for Healthcare Research and Quality \(AHRQ\)](#) racial and ethnic minority groups in the U.S. are
 - Less likely to have access to mental health services
 - Less likely to use community mental health services
 - More likely to use emergency departments
 - More likely to receive lower quality care
- African American consumers are diagnosed with psychotic disorders at a rate of **3 - 4** times higher than White consumers
- Latino American/Hispanic consumers are diagnosed with psychotic disorders on average approximately **3** times higher than White consumers

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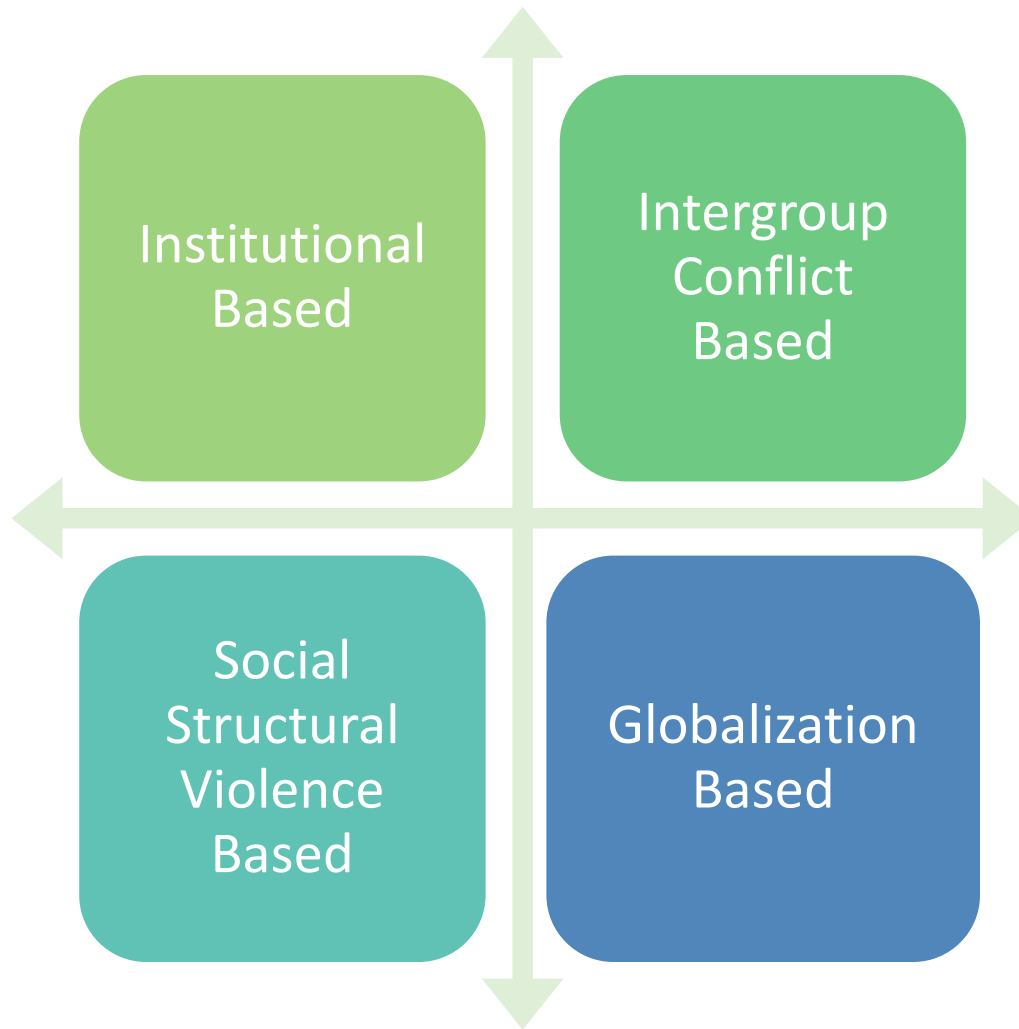
Barriers to Pursuing Mental Health Care



*Low precision; no estimate reports

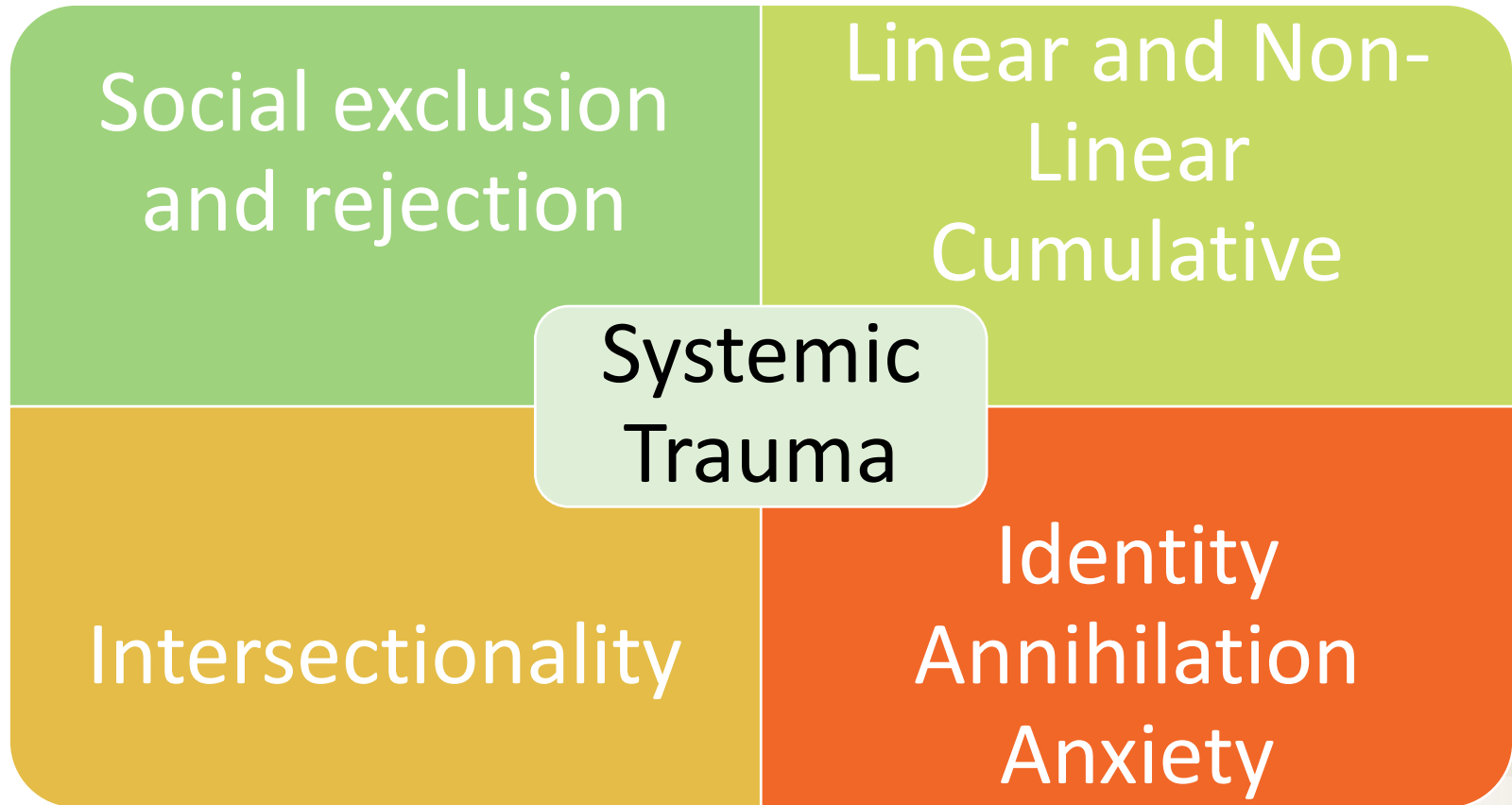
Substance Abuse and Mental Health Services Administration, Racial/ Ethnic Differences in Mental Health Service Use among Adults. HHS Publication No. SMA-15-4906. Rockville, MD: Substance and Mental Health Services Administration, 2015

Four Sources of Systemic Trauma



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Dynamics of Systemic Trauma



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Figure 2

Social Determinants of Health

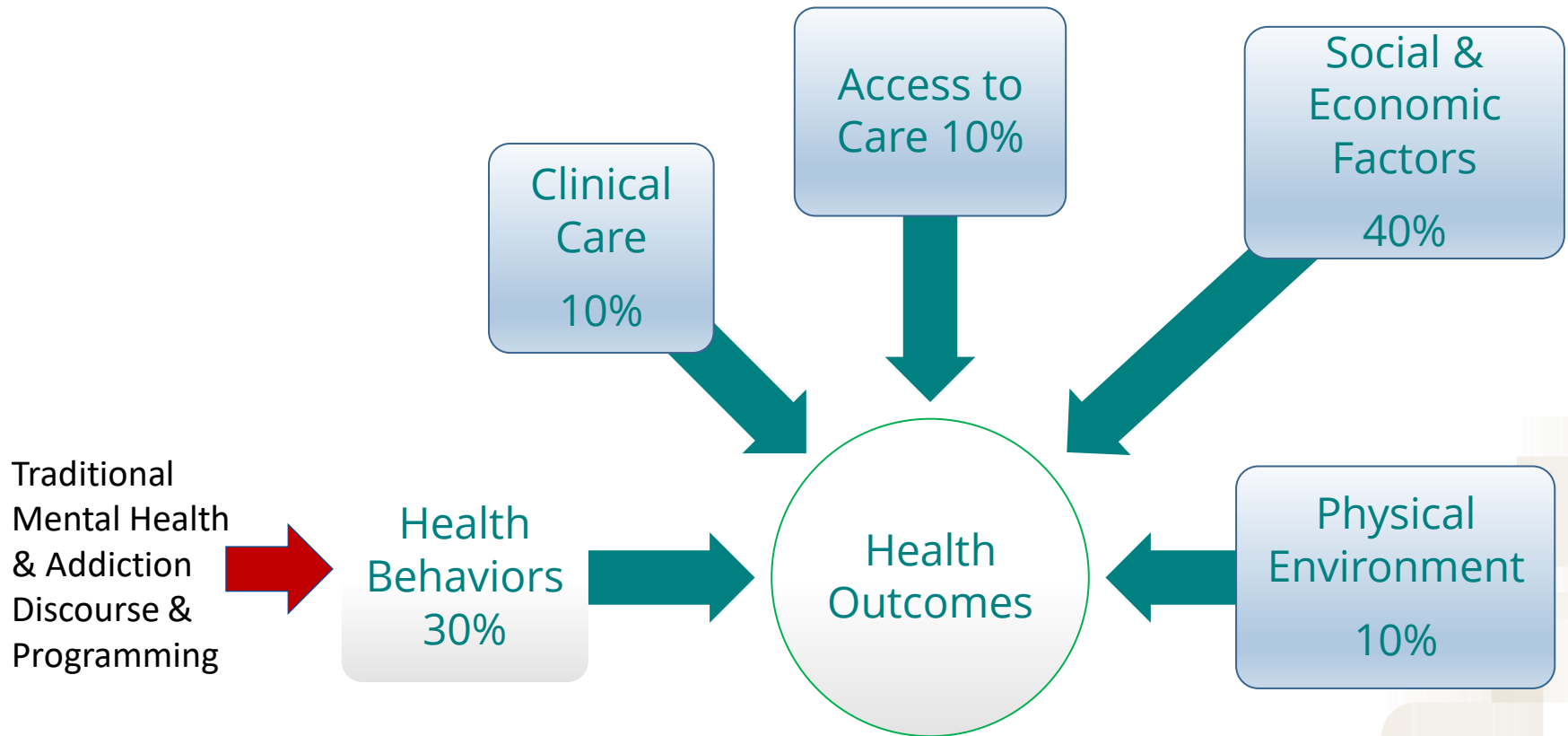
Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				
Health Outcomes					
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations					



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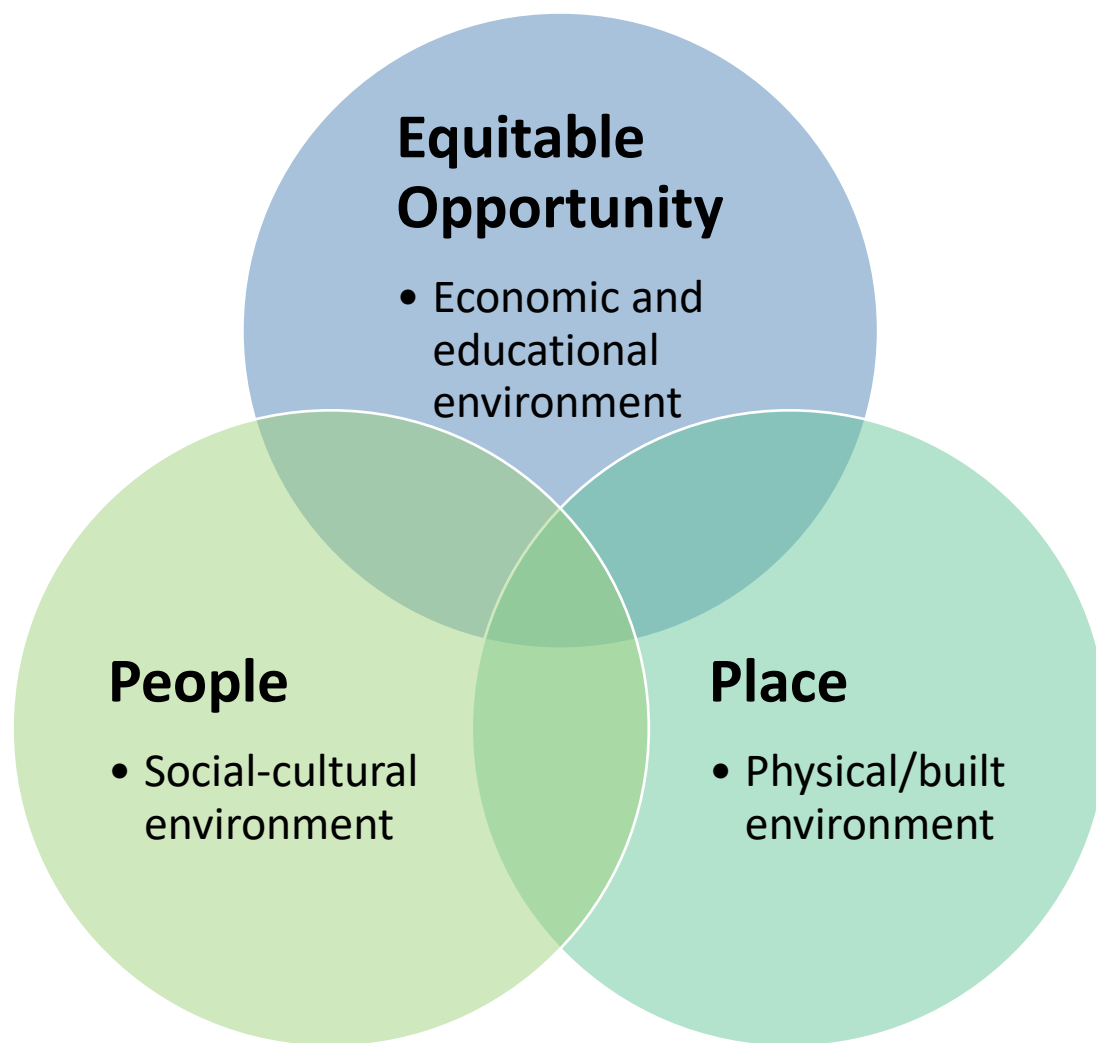


Determinants of Health



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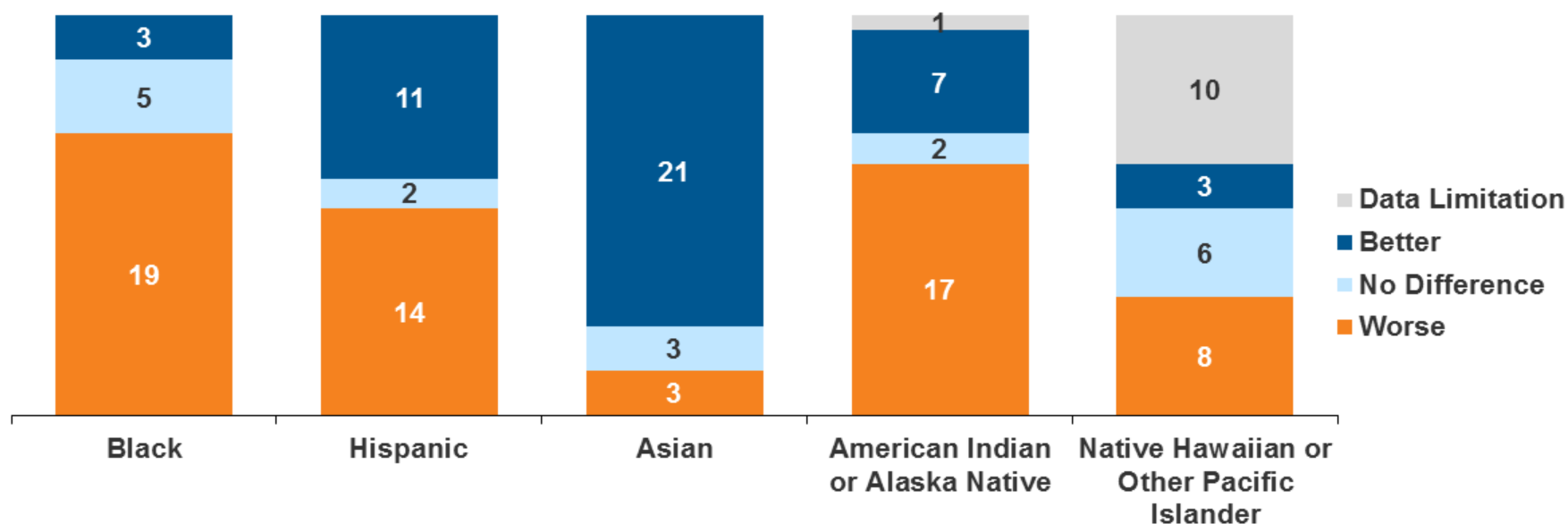
Symptoms of Systemic Trauma in Communities



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Figure 1

Number of Measures for which Group Fared Better, the Same or Worse Compared to Whites



Note: Measures are for 2018 or the most recent year for which data are available. "Better" or "Worse" indicates a statistically significant difference from Whites at the $p < 0.05$ level. No difference indicates no statistically significant difference. "Data limitation" indicates data are no separate data for a racial/ethnic group, insufficient data for a reliable estimate, or comparisons not possible due to overlapping samples. AIAN refers to American Indians and Alaska Natives. NHOPI refers to Native Hawaiians and Other Pacific Islanders. Persons of Hispanic origin may be of any race but are categorized as Hispanic for this analysis; other groups are non-Hispanic.



Important Definitions and Differentiation

Discrimination

- the unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex

Prejudice

- preconceived opinion that is not based on reason or actual experience

Oppression

- unjust treatment or abuse carried out by leadership to maintain power

Racism

- one group having the power to carry out systematic discrimination through the institutional policies and practices of the society and by shaping the cultural beliefs and values that support those racist policies and practices.

Systemic Oppression (Trauma)

- the practices, laws and customs embedded within society's institutions and upheld by police, government and society meant to keep certain social categories in power while unjustly restricting other groups based on difference

Antiracism

- The policy or practice of opposing racism and promoting racial tolerance

Effects of Systemic Trauma and Institutional Racism on Clients



Effects of Systemic Trauma and Institutional Racism on Staff

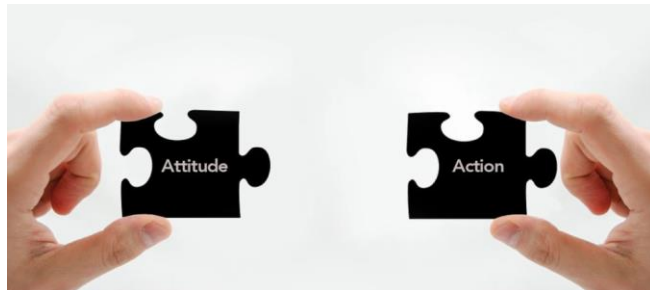


<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565803/>



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Moral Injury

Shay definition: Moral Injury is 1) the violation of what is right by 2) someone in authority 3) in a high stakes situation. This kind of moral injury correlates to betrayal and rage and to higher rates of co-morbidity with PTSD (Jordan, 2017).

Brock Definition: Moral injury is a response to trauma when a person or group's existing core moral foundations are unable to justify, process, and integrate trauma into a reliable identity and meaning system that sustains relationships and human flourishing. It results from:

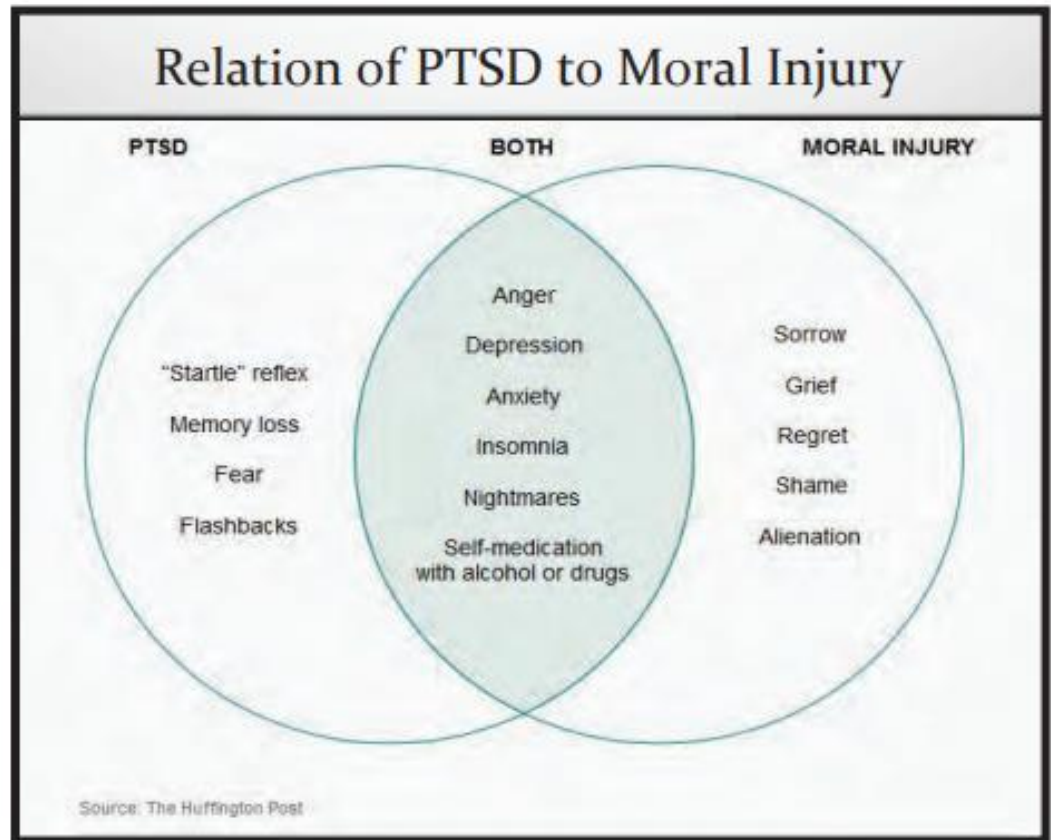
- A. Being betrayed by people and/or institutions that should have been trusted to be moral and do the right thing;
- B. Committing, witnessing, imagining, or failing to prevent acts or events that can be judged as harmful or evil and that violate foundational social and ethical rules;
- C. Being involved in events or contexts where violations of taboos or acts of harm leave one feeling contaminated by evil or "dirty;" or
- D. Surviving conditions of degradation, oppression, and extremity.

https://www.voa.org/moral-injury-center/pdf_files/moral-injury-identity-and-meaning



Some Moral Emotions

- Guilt
- Shame
- Embarrassment
- Alienation
- Sorrow
- Remorse
- Outrage/Anger
- Disgust
- Contempt
- Revenge



The above diagram created by William Nash, M.D., USN ret., Greater Los Angeles VA

https://www.voa.org/moral-injury-center/pdf_files/moral-injury-identity-and-meaning

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Healing Forest

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water or less sun. You never blame the lettuce.

-Thich Nhat Hanh



We need to have...



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Protect All Voices



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Cultural Safety 5 Principles



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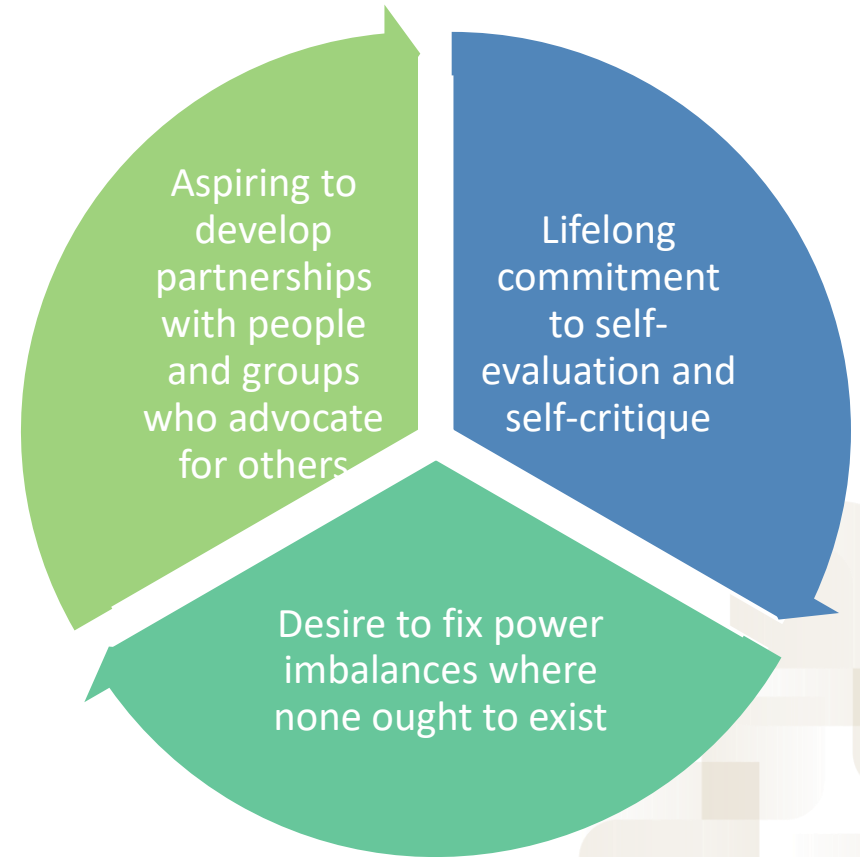
Cultural Humility

Cultural Humility is another way to understand and develop a process-oriented approach to competency.

“the ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]”

Hook et al, 2013

-Tervalon & Murray-Garcia, 1998



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Trauma-Informed, Resilience-Oriented Teams: Why Is It Important to Engagement?

If you are not activating engagement, you are probably accidentally excluding



- Build engaging habits
- The work demands support
- Mitigates risk of burn out and vicarious trauma
- Enhances the commitment of staff to the organization and the work
- Strengthens the competency of all

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Team Actions

- Normalize attempts to label and uncover bias
- Recognize contributions of others even when they are not present
- Hold yourself accountable before others
- Engage in difficult team conversations
- Show genuine concern for others



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Mutuality is the Key to Healthy Relationships

There is true partnering and leveling of power differences between staff and clients and among organizational staff from direct care staff to administrators. There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach.



4 Essential Ways to Building Mutuality:

1. Make sure people feel cared about and appreciated
2. Honor your word
3. Consider how your decisions and behaviors affect or benefit each other
4. Always be there for each other

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Cultural Adaptation of Interventions

Relevance

- Is this health topic relevant to the target population?

Evidence base

- What is the best intervention to address this health topic within this population?

Stage of Intervention

- What stage(s) of the intervention program should be adapted?

Ethnicity

- What elements of ethnicity are most important to consider for this population?

Trends

- What are the shifting trends within this population?

Liu, et. Al, 2012

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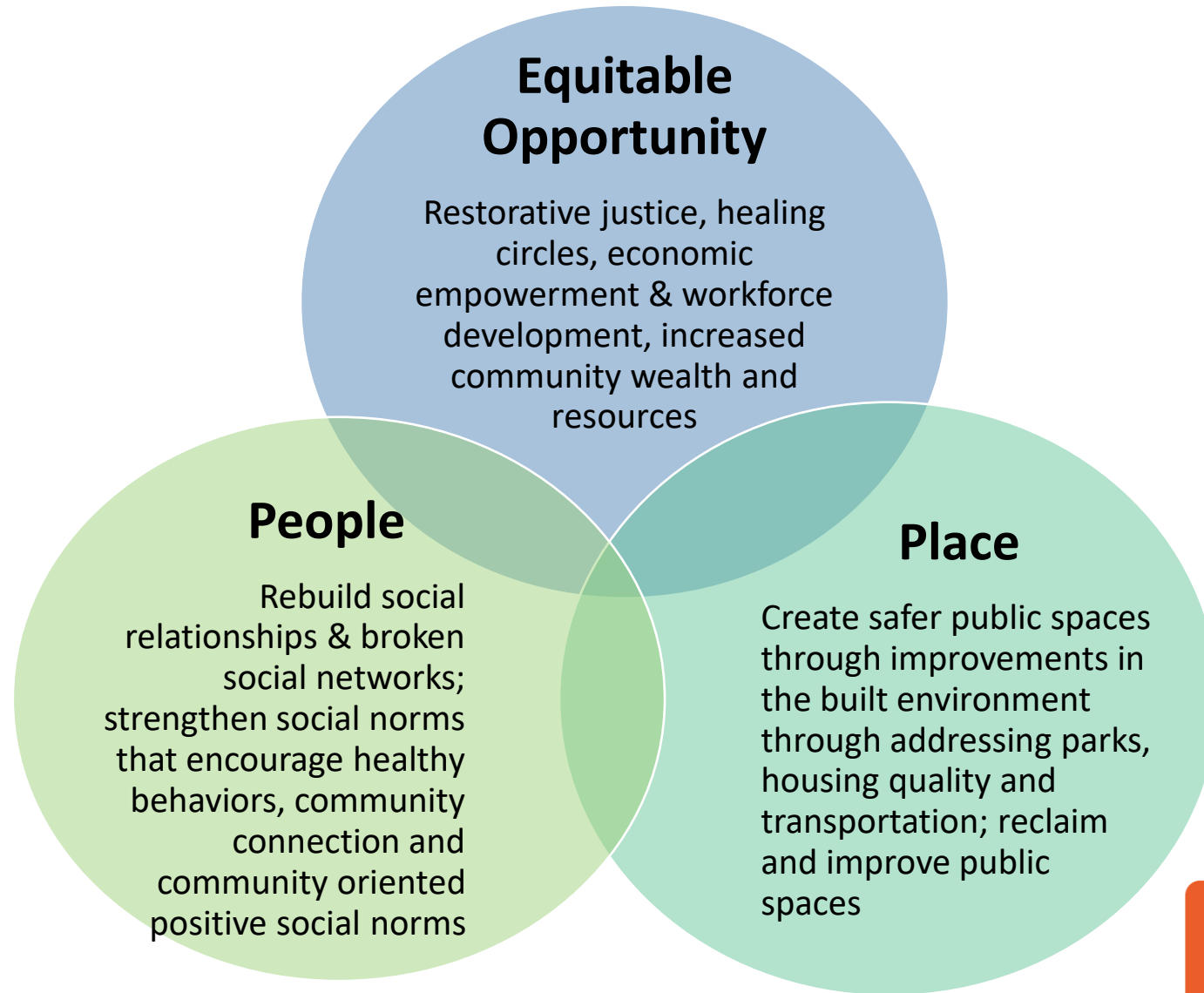
Build Protective Factors

- Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event
- Environment
 - A reliable support system (friends, family)
 - Access to safe and stable housing
 - Timely and appropriate care from first responders
- Behaviors
 - Good self care, such as sleeping at least 8 hours a night
 - Eating nutritious foods
 - Exercise
 - Practicing good boundaries
 - Using positive coping mechanisms vs. negative coping mechanisms



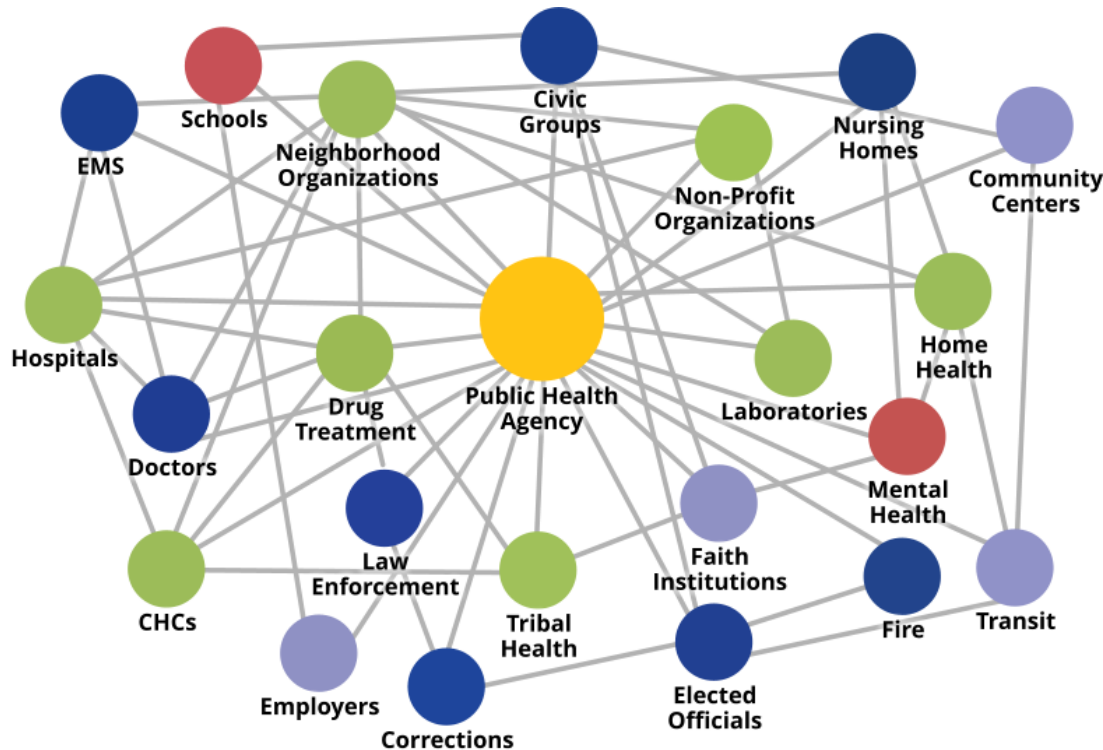
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Strategies for Building Community Resilience



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Community-level interventions



- Engaging in systemic advocacy efforts.
- Community education and outreach.
- Community-level interventions and partnership.

Source: Centers for Disease Control and Prevention, 2018

Strategies for Addressing Historical Trauma

Teaching cultural and community history

Teaching how historical trauma creates risk for health, social, and relationship problems

Supporting opportunities for developing self-awareness, self-worth, and cultural identity

Teaching life skills

Teaching strategies to cope with stress and regulate emotions

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Social Determinants of Health



- Conditions of birth
- Nutrition Safe and habitable housing
- Environmental exposures
- Biological/genetic influences
- Psychosocial behaviors (tobacco, alcohol, illicit drugs)
- Stress/hopelessness/deprivation
- Education Financial security
- Occupational opportunities & conditions
- Politics: influence, voice, advocacy

The Unjust Distribution of Health Conditions

Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



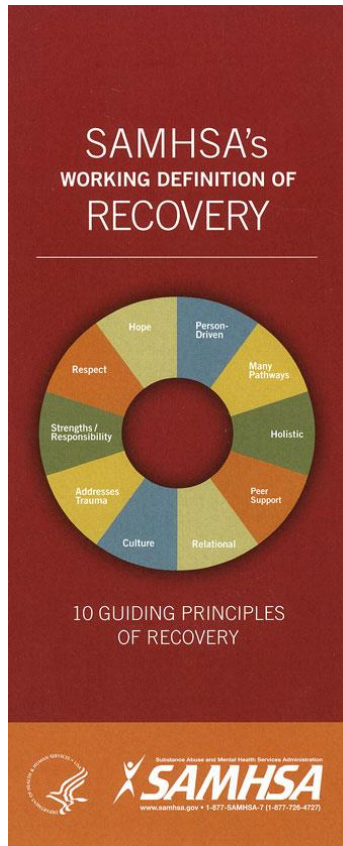
All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

Trauma and Recovery Capital

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SAMHSA's Working Definition of Recovery



A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (SAMHSA, 2011)

10 Guiding Principles:

- Hope
- Respect
- Strengths/Responsibility
- Addresses Trauma
- Culture
- Relational
- Peer Support
- Holistic
- Many Pathways
- Person-driven

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A Story of the Healing Forest

A misty forest scene with tall, thin trees and a teal color palette. The image has a monochromatic teal or cyan tint. The forest is dense with tall, slender trees that stretch upwards, their trunks creating a rhythmic pattern. The ground is covered in low-lying vegetation and moss. The atmosphere is hazy and ethereal, with light filtering through the canopy in a soft, diffused manner. The overall mood is serene and mysterious.



The Healing Forest becomes a Recovery Ecology



Recovery Capital: Definition

Stores Ledger Account [Simple]

Name: _____
Code No: _____
Description: _____

Maximum Level: _____
Minimum Level: _____
Reorder Level: _____
Reorder Quantity: _____

Date	Particulars or Reference	Receipts			Issues	
		Qty. Units	Rate ₹	Amount ₹	Qty. Units	Rate ₹
2015 Jan 1	G.R.N. No					

Recovery Capital is the sum of the strengths and supports – both internal and external – that are available to a person to help them initiate and sustain long-term recovery from addiction.

(Granfield and Cloud, 1999, 2004; White, 2006)

Creating and Reinforcing Recovery Capital



Essential Ingredients for Sustained Recovery:

- Safe and affordable place to live
- Steady employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Health and wellness
- Recovery support networks
- Sense of belonging and purpose
- Community and civic engagement

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Consequences of Addiction Can Deplete Recovery Capital



- Limited education
- Minimal or spotty work history
- Low or no income
- Criminal background
- Poor rental history
- Bad credit; accrued debt; back taxes
- Unstable family history
- Inadequate health care

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Culture of Recovery





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