Laying the Groundwork: Advancing Prevention in the Context of Community Trauma

April 18, 2013

WELCOME! WE WILL BEGIN SOON.
Laying the Groundwork: Advancing Prevention in the Context of Community Trauma

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UNITY is funded by the Centers for Disease Control and Prevention and in part by The Kresge Foundation.
How to Use the Technology

- Raise Hand
- Text Chat – undock
- Polling Questions
- PowerPoint Slides
- Audio
Please tell us the name of your organization and where you are joining us from.

Use chat to answer
If you have problems with the technology during the webinar:

- Call iLinc at 1-800-799-4510
- Call Prevention Institute at 510-444-7738
UNITY is funded by the Centers for Disease Control and Prevention, and in part by the Kresge Foundation.
UNITY builds support for effective, scalable, sustainable efforts to *prevent violence before it occurs* so that urban youth can thrive in safe environments with ample opportunities and supportive relationships.
Life in the killing zone

By Anastasia Hendrix
Chronicle Staff Writer

This is a place where die-hard fans congregated last year within walking distance of an 11-year-old's doorstep.

This is a place where 8th-graders learn about percentages and averages by studying homicide statistics from the streets of East Oakland — numbers that represent gunned-down neighbors, schools and even family members.

Violence is the most pervasive part of growing up in East Oakland.

The random bullet — one that barely missed his father, who was relaxing on the couch at the time — came as a shock.

Though the bullet did not hurt Mr. Mendez, it greatly undermined his son's already fragile sense of security.

The small boy says his favorite show, "West-City," which details how to survive living situations such as how to set off the trunk of a car by breaking a light and pulling out wiring so it will burn through and attract other attention.

"It makes me feel better to look like this," Riggs said. "I'm always trying to figure out how to save myself, so I'll just do it if anything bad happens to me."

In his bedroom, located just a few blocks from the area, he has a poster of a football player with the words "unity."
Links Between Violence and Mental Health

MAKING THE CASE

FACT SHEET
Violence and Mental Health

Experiencing, exposure to and fear of violence have known emotional and mental health consequences. These consequences are often lifelong, require extensive treatment, and can, in turn, affect physical health as well as bring stress and consequences to others.

- Youth with past exposure to interpersonal violence (as a victim or witness) have significantly higher risk for Post-Traumatic Stress Disorder (PTSD), major depressive episodes, and substance abuse/dependence (1)
- Women who experience Intimate Partner Violence are 3 times more likely to display symptoms of depression, 4 times more likely to have PTSD, and 6 times more likely to have suicidal ideation (2)

Current research has identified the following mental health conditions as significantly more common among those exposed to violence either directly (e.g., as a victim or perpetrator) or indirectly (e.g., as a witness):
- Multiple mental health conditions (5-9)
- Depression and risk for suicide (1,4,7,10-12)
- Post-Traumatic Stress Disorder (PTSD) (1,10,12)

http://www.preventioninstitute.org/publications
Participants will understand:

- the evolution in our understanding of trauma and its impact on individuals
- how trauma is transmitted and the implications for urban youth
- the strengths and limitations of trauma-informed approaches for individuals
- the need for understanding the impact of community-level trauma and the implications for prevention practice
What Is Trauma?

- Experiences or situations that are emotionally painful
- Chronic adversity (discrimination, racism, sexism, poverty, oppression)
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
ACE Study (Cont.)

- 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
PTSD Symptoms

- Re-experiencing the trauma
- Emotional numbing
- Avoidance
- Increased arousal
Hospital Care

Community Health and Wellness Clinics

Community Mental Health Settings

Schools and After School Programs

Youth Development Programs

Juvenile Justice Programs
Trauma Specific Approach

- Mental health therapies

- **Hospital-based interventions** (National Network of Hospital-Based Violence Intervention Programs - nnhvip.org)

- **Psychological First Aid** (The National Child Traumatic Stress Network and the National Center for PTSD - nctsn.org)

- **The Effective Providers for Child Victims of Violence Program** - The EP Program (American Psychological Association - apa.org)
Synergistic Trauma

AKA Complex Post-Traumatic Stress Disorder

- A psychological injury that results from exposure to multiple sources of trauma.

- The combination of individual trauma from exposures to violence and the trauma from exposures to structural violence.
ROOT CAUSES = STRUCTURAL VIOLENCE

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

Trauma
ES LA FUERZA.
Root Causes Shape...

- Systems
- Neighborhoods
- School
- Families
- Peers
MY NEIGHBORHOOD IS KILLING ME
Building Community Resilience

- Restorative Justice
- Healing Circles
- Reclaim and Improve Public Spaces
- Shift Community Social Norms
- Enhance Social Connections and Networks
- Build Intergenerational Connections and Networks
- Organize and Promote Regular Positive Community Activity

- Providing more of a voice and element of power for community folks around shifting and changing environmental factors as well as the structural factors.
Community-Level Trauma Series

- Provide examples of lessons learned from experienced practitioners
- Explore challenges and opportunities posed by the moderator and the audience
- Identify opportunities to support comprehensive, multi-sector strategies
For UNITY City Network Members

◆ Community Trauma and Prevention: Implications for Practice
  Thursday, May 23, 2013
  11:00am -12:30pm PT / 2:00pm-3:30pm ET

◆ Addressing and Preventing Trauma at the Community Level
  Tuesday, June 18, 2013
  11:00am -12:30pm PT / 2:00pm-3:30pm ET

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