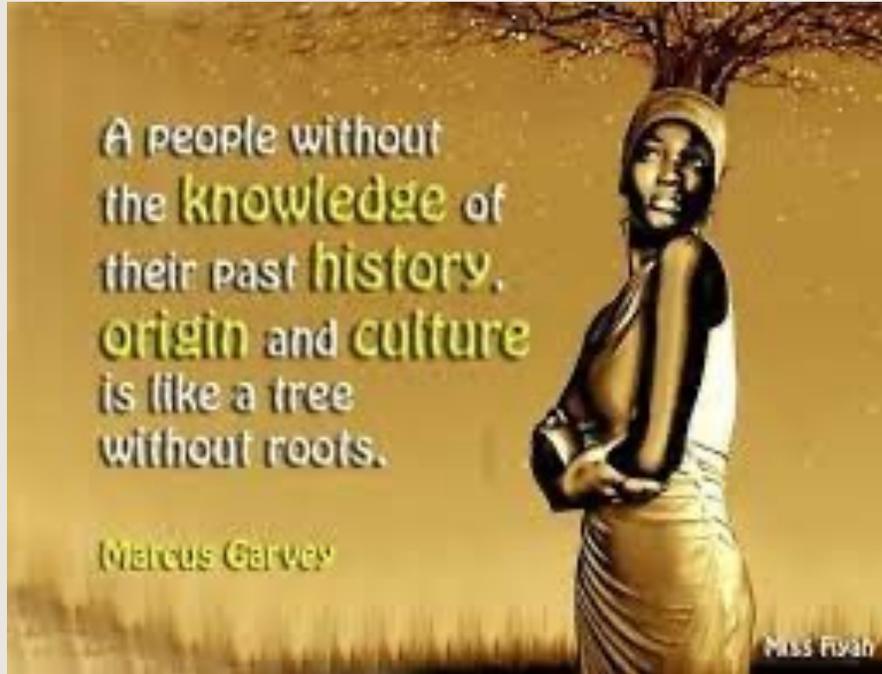




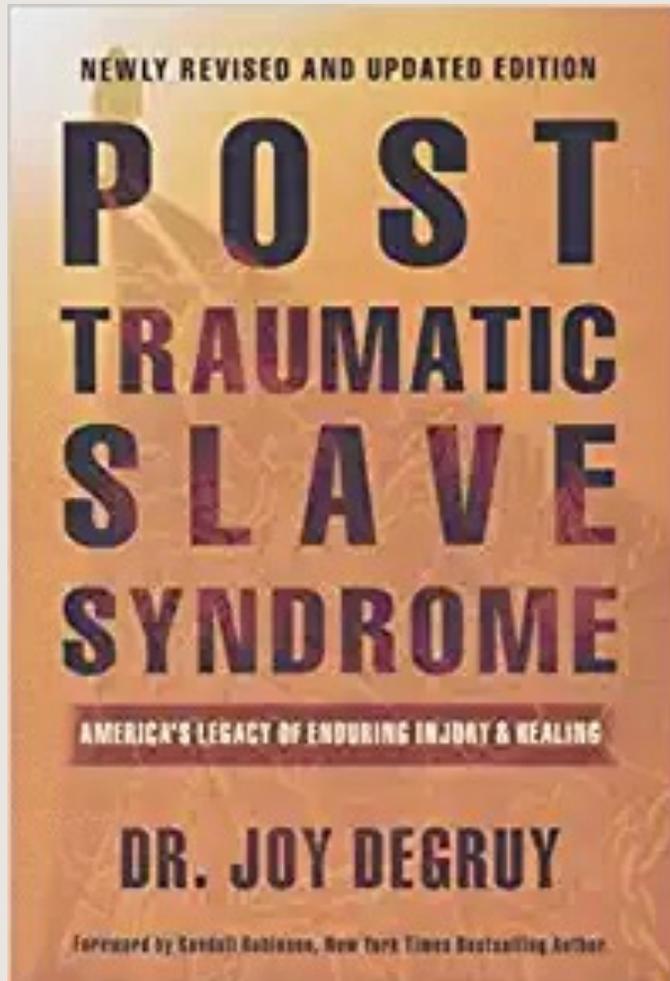
# The Intersectionality of Historical & Generational Trauma

*Jeri C. Perkins, MSW*

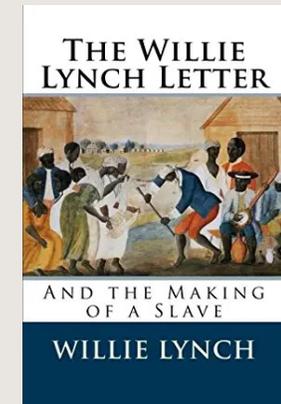
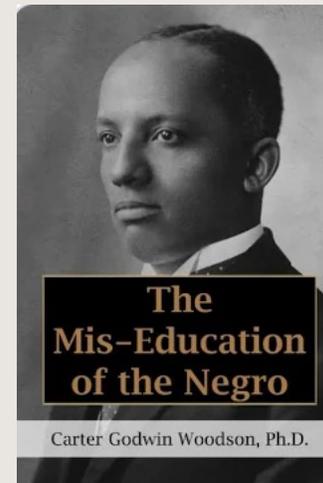


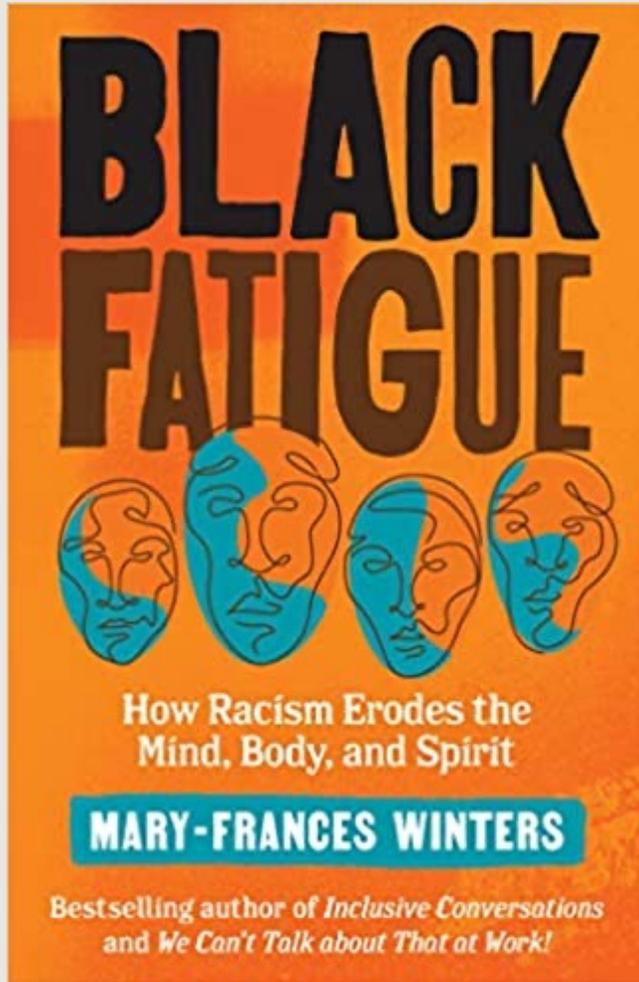


*Our Time to Heal is*  
**NOW**



- ✓ *Historical & Generational Trauma*
- ✓ *Breaking Generational Curses*
- ✓ *Intersectionality of Identity*
- ✓ *Willie Lynch "Crabs in a Barrel" Divide & Conquer Mentality*





- ✓ **On Intersectionality of Identity: Visualizing the Invisibility of Black Women**
- ✓ **Connecting with networks of resources and community to enhance Quality of life outcomes & lessen the burden of “Black fatigue.”**
- ✓ **Seeking culturally relevant, culturally sensitive, culturally inclusive, & culturally appropriate evidenced – based health and mental health care services tailored to meet individualized needs.**

# *How to Minimize the burden of Black Fatigue*

- ✓ *Practice Mindfulness & Intentionality*
- ✓ *Strategically navigating racist and oppressive systems and institutions*
- ✓ *You can't use the master's tools to dismantle the master's house.*

*Audre Lorde, Feminist LGBTQIA+ activist*

- ✓ *However, you can use the master's tools and learn how to strategically navigate racist and oppressive health and mental health care systems and institutions built on stigma, bias and judgement.*

*Jeri Perkins, MSW*

# *Protective Factors*

- ✓ Assigning value to culture as a strength and not a deficit
- ✓ Natural healing traditions
- ✓ Self-advocacy
- ✓ Self-acceptance
- ✓ Self-awareness
- ✓ Self-determination
- ✓ Self-efficacy
- ✓ Self-reflection
- ✓ Spiritual healing traditions
- ✓ Resiliency



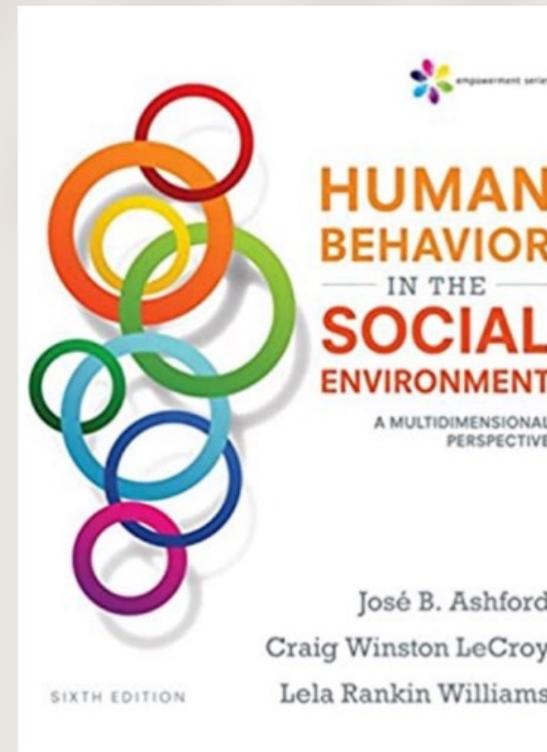
## *Power of Personal Narratives*



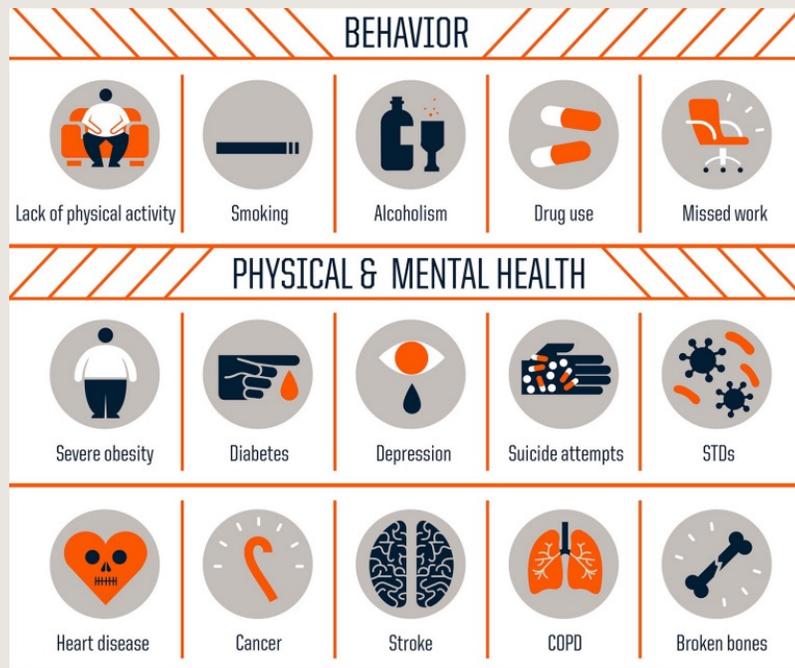
## *Serenity Prayer*

# Person-in environment theory

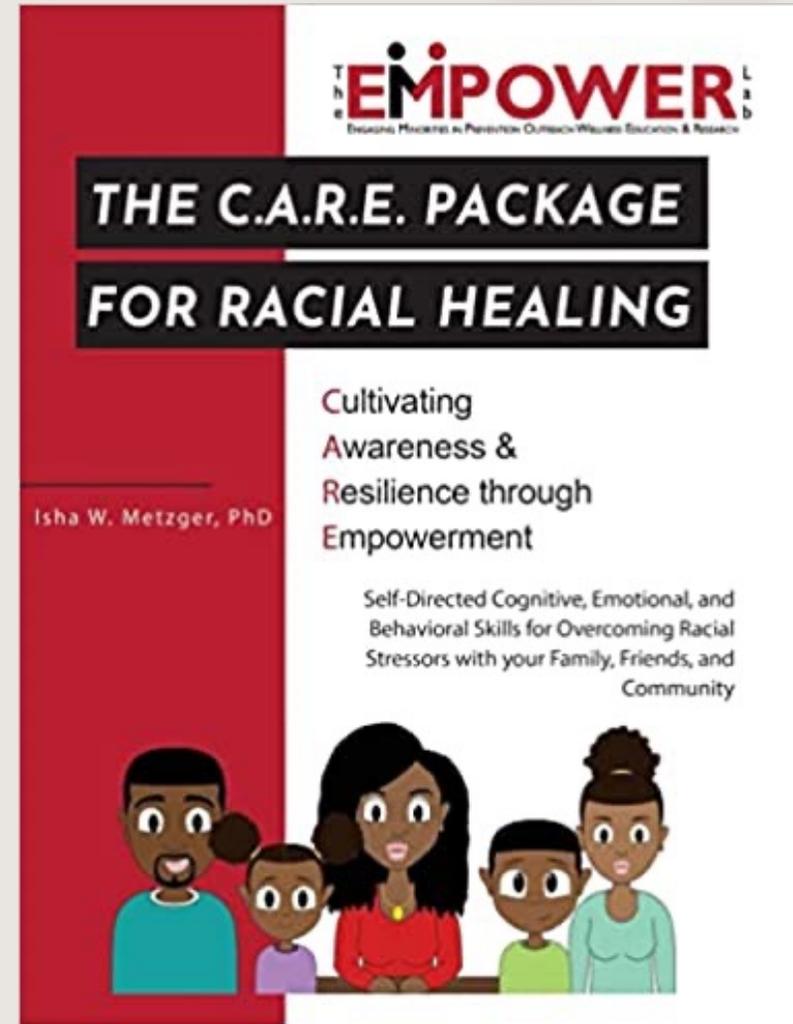
- States that factors in a person's environment influences their decision-making, actions, behavior, and subsequent life path and life trajectory
- Be **intentional** about practicing "Radical Self-Care," and healthy coping skills as a means of self-preservation
- By design health & mental healthcare systems and institutions were built on inequities that lead to disparities in health outcomes for Black women and children
- According to the Black Mamas Matter Alliance, "Ending the Black maternal health crisis is about advancing equity."



# Adverse Childhood Experiences (ACEs)



We Empower ACEs



# *Access to Social Determinants of Health*

- Health disparities are rooted in systemic and institutional racism and oppression, stigma, unfair judgement, and bias
- Quality of life indicators and predictors of health outcomes
- Lack of access to these resources can create accumulated challenges and barriers
  - Equitable Education
  - Economic Advancement
  - Quality Affordable Healthcare
  - Safe neighborhoods
  - Nutritious food
  - Educational advocacy resources to increase knowledge base, raise awareness and enhance quality of life outcomes

✓ **Historical & Generational Trauma**

✓ **Cultural as a strength & not a deficit**

✓ **Breaking Historical & Generational Curses** ✓ **Collective Responsibility**

✓ **Holistic Health, Wellness, Well-being, & Healing**

✓ **Resiliency as a Protective Factor**

✓ **Strengths-based Perspectives**

**Richard Schwartz, PhD**

✓ **Unlearning & Relearning**

✓ **Creating boundaries to challenge conditioning**

**Internal Family Systems (IFS)**

✓ **Practicing internal emotional regulation**

✓ **Power of Language**

✓ **Culturally relevant healthy coping skills**

✓ **Cultural inclusivity**

✓ **Cultural sensitivity**

✓ **Power of Self**

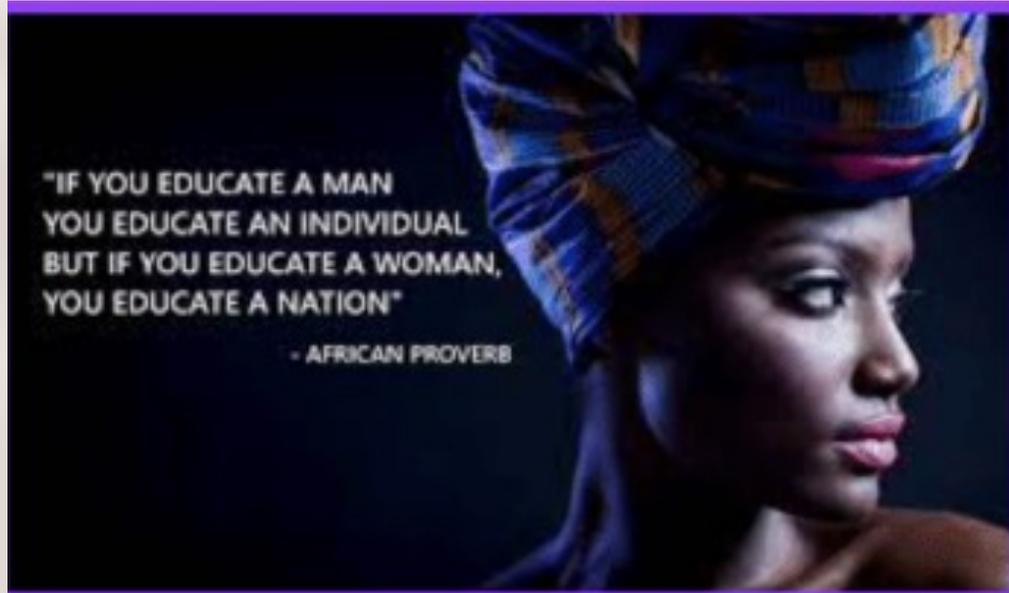
✓ **Culturally appropriate interventions**

✓ **Cultural humility**

**X Normalizing disfunction**

**X Learned helplessness**

**X Codependency**



# Educate to Liberate

*Stop perpetuating white supremacy in Black/African American spaces. Cancel ALL the "Isms," Colorism, Texture ism, Featurism, Ageism, and Other ism. Creates Division between us as a people through the manifestation of internalized racism and oppression.*

# *Radical Solutions Outside of Systems & Institutions to Create Change*

**By design health and mental healthcare systems and institutions were not designed to meet the needs of Black/African American women, children and families**



**Historical & Generational trauma within the mainstream medical model and exploitation caused harm and mistrust between Black/African American communities rooted in systemic and institutional racism and oppression**



**Thus, we are breaking Historical & Generational curses by deciding to take ownership of our health and mental health care treatment by seeking culturally competent providers.**

# Resources

- ✓ The teachings of brother [Marcus Garvey](#)
- ✓ The teachings of Carter G. Woodson, Ph.D., "[The Mis-Education of the Negro](#)"
- ✓ The teachings of Dr. Joy DeGruy, "[Post Traumatic Slave Syndrome](#): America's Enduring Legacy of Injury & Healing."
- ✓ The teachings of [Dr. Mary Frances-Winters](#), "[Black Fatigue: How Racism Erodes the Mind, Body & Spirit.](#)"
- ✓ **[Richard C. Schwartz, Ph.D. - The Founder of Internal Family Systems](#)**
- ✓ Dr. Isha Metzger's [The C.A.R.E. Package for Racial Healing](#)
- ✓ **[On intersectionality: visualizing the invisibility of Black women](#)**
- ✓ [Social Roots Foundation](#) eliminating the stigma and shame associated within accessing mental health resources in Black/African American and Native/Indigenous communities
- ✓ Visit [Impact Action Network.com](#) to learn more about the work of Ms. Jeri Perkins, MSW
- ✓ Email: [ImpactActionNetwork@gmail.com](mailto:ImpactActionNetwork@gmail.com) to schedule your free coaching call