



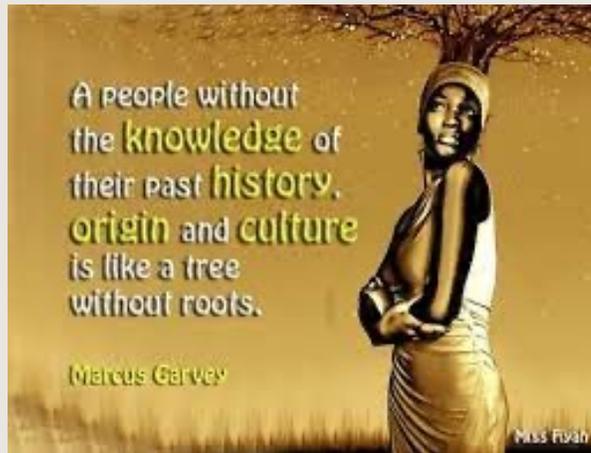
# The Intersectionality of Historical & Generational Trauma

*Jeri C. Perkins, MSW*

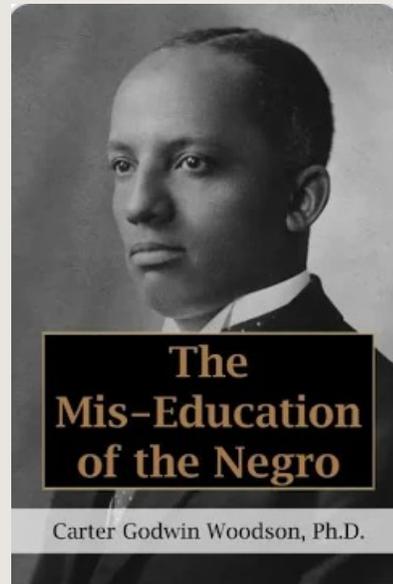


ADVOCACY CONSULTING AGENCY

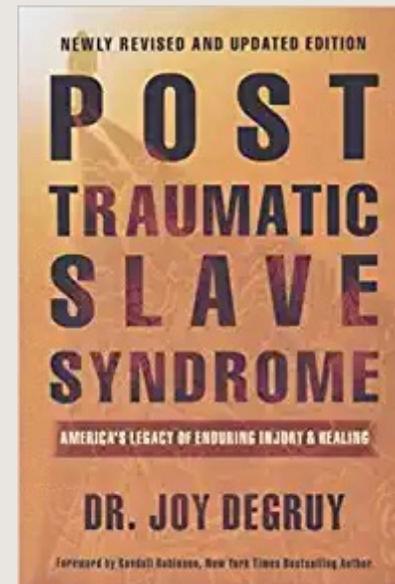
## *Intersectionality of Identity*



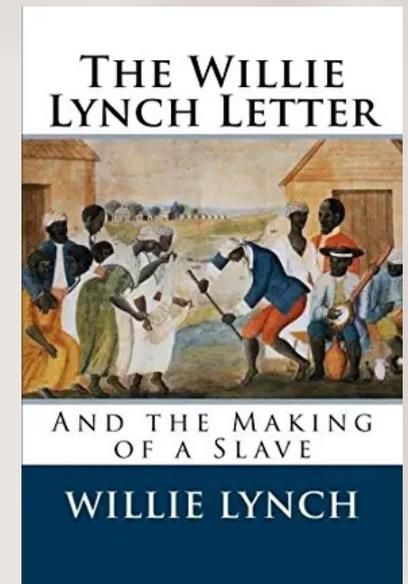
## *Breaking Generational Curses*



## *Historical & Generational Trauma*

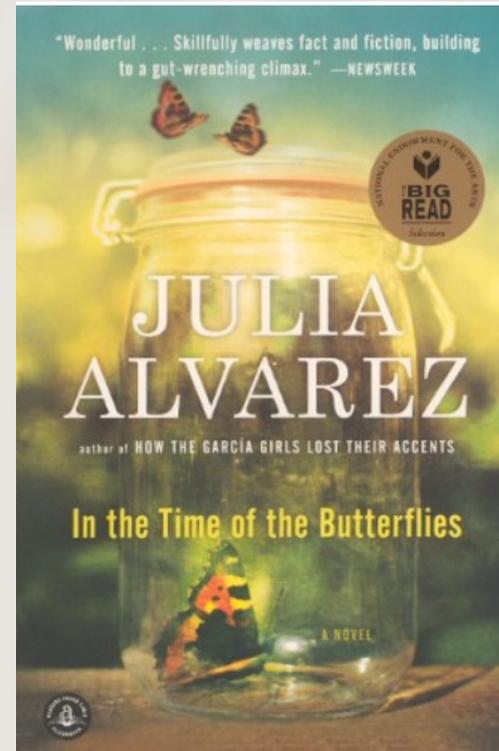


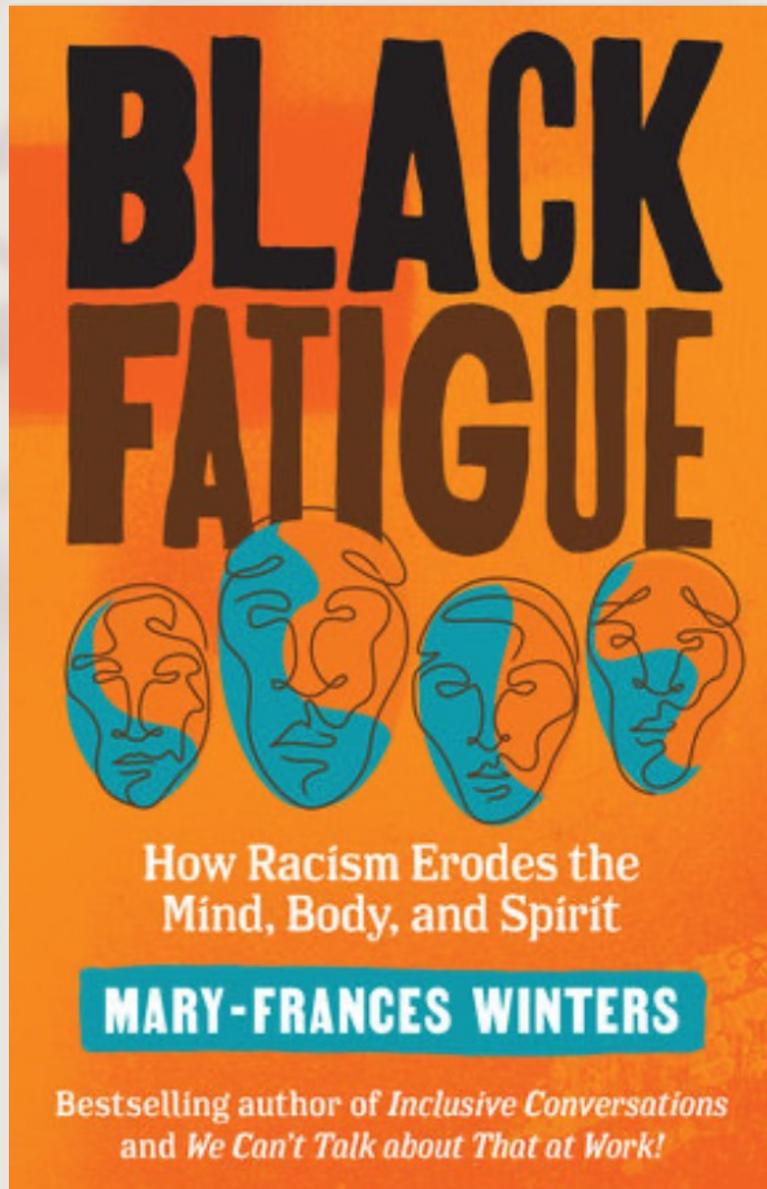
## *Willie Lynch “Crabs in a Barrel” Divide & Conquer Mentality*



# The Mirabal Sisters, Dominican Republic

- ✓ Click the [link](#) to learn more about the influence of Minerva, Mate, Patria, & Dede.
- ✓ Click the [link](#) to purchase "In the Time of the Butterflies," by Award-winning author Julie Alvarez
- ✓ "Quiet Women Seldom Make History"
- ✓ **What is a historical figure in your family and or community that inspires you as Gandhi would say, "to be the change that you want to see occur in the world?" \***





## *How to Minimize the burden of Fatigue*

- ✓ Validating your thoughts, feelings and emotions
- ✓ Practicing Mindfulness & Intentionality
- ✓ Use of Evidenced-based healthy coping skills that are culturally relevant to Black/African American and Hispanic/Latino/Latina children, families and communities
- ✓ Strategically navigating systemic and institutional racism and oppression in academic, professional and community settings
- ✓ Seeking Representation in educators, mentors, coaches, health, and mental healthcare provider
- ✓ **Are you able to identify situations experienced by Black/Brown people in academic, professional and community settings that may attribute to the burden of fatigue?**
- ✓ **What are some educational and advocacy resources that you and or your family and or community can utilize to minimize stressors and fatigue? \***

# THE C.A.R.E. PACKAGE FOR RACIAL HEALING



Isha W. Metzger, PhD

**C**ultivating  
**A**wareness &  
**R**esilience through  
**E**mpowerment

*Self-Directed Cognitive, Emotional,  
and Behavioral Skills for Overcoming  
Racial Stressors with your Family,  
Friends, and Community*



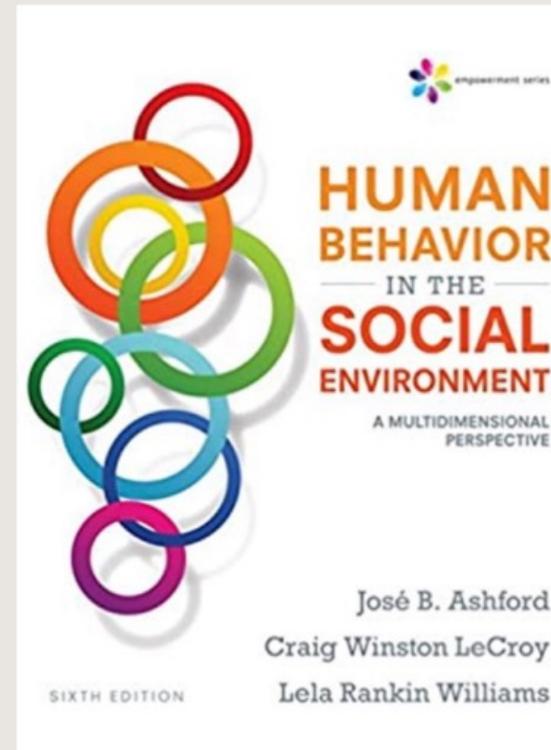
- ✓ Click the [link](#) to learn more about Dr. Isha Metzger's work and access evidenced-based educational and advocacy resources that are culturally relevant to the needs of Black/African American and Hispanic/Latino/Latina children, families and communities.
- ✓ [We Empower ACES](#)

# *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.*

**What role does person-in environment theory play in your community, home, work, and school environments?**

**What boundaries can you set to navigate challenges and or barriers in your environment related to harmful practices that may cause trauma?**



# *Social Determinants of Health*

**Systems and institutions were not designed to meet the needs of Black/African American and Hispanic/Latino/Latina children, families and communities.**

**Systemic & Institutional racism and oppression and unfair structural conditions, creates lack of access to SDOH, accumulated challenges and barriers and Generational cycles of poverty**

**Access to (quality affordable healthcare, equitable education, safe neighborhoods, nutritious food, and ext). Are quality of life indicators and predictors of health outcomes)**

**= pathway to upward mobility**

# *Collective Responsibility Lens & Adverse Childhood Experiences (ACES)*

- ✓ **Breaking Generational Curses**
- ✓ **Culturally appropriate**
- ✓ **Culturally competent**
- ✓ **Culturally inclusive**
- ✓ **Culturally relevant**
- ✓ **Culturally sensitive**
- ✓ **Healthy coping skills**
- ✓ **Unlearning & Relearning  
Learned Behaviors**

## **We Can Create Positive Childhood Experiences**



### **Strengthen families' financial stability**

- Paid time off
- Child tax credits
- Flexible and consistent work schedules



### **Promote social norms that protect against violence**

- Positive parenting practices
- Prevention efforts involving men and boys



### **Help kids have a good start**

- Early learning programs
- Affordable preschool and childcare programs



### **Teach healthy relationship skills**

- Conflict resolution
- Negative feeling management
- Pressure from peers
- Healthy non-violent dating relationships



### **Connect youth with activities and caring adults**

- School or community mentoring programs
- After-school activities



### **Intervene to lessen immediate and long-term harms**

- ACEs education
- Therapy
- Family-centered treatment for substance abuse

✓ **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**

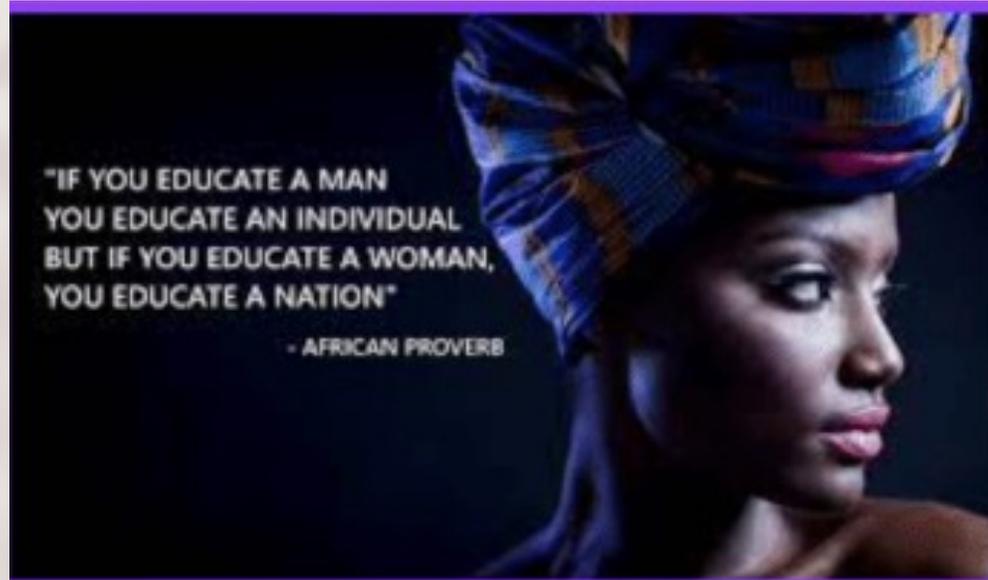
✓ **Cultural humility**

**X Normalizing disfunction**

**X Learned helplessness**

**X Codependency**

# *Educate to Liberate*



- ✓ *What does the phrase "Educate to Liberate Mean to you? \**
- ✓ *Breaking Historical and Generational Curses*
- ✓ *Understanding the role structural and systemic and institutional racism and oppression plays in our environment, lived and shared experiences and access to college and career readiness opportunities*

# Intersectionality theory

- ✓ At the intersection of race/ethnicity, gender, Socioeconomic Status (SES), gender identity, sexual orientation, and cultural and religious background there are various factors that play a role in a person's identity and the different levels of privilege and oppression that they experience
- By design systems and institutions were built on inequities that lead to disparities in health outcomes for Black/African American and Hispanic/Latino/Latina communities.
- According to the Black Mamas Matter Alliance, "[Ending the Black maternal health crisis is about advancing equity.](#)"
- ✓ Be **intentional** about practicing "Radical Self-Care," and healthy coping skills as a means of self-preservation



# *Protective Factors*

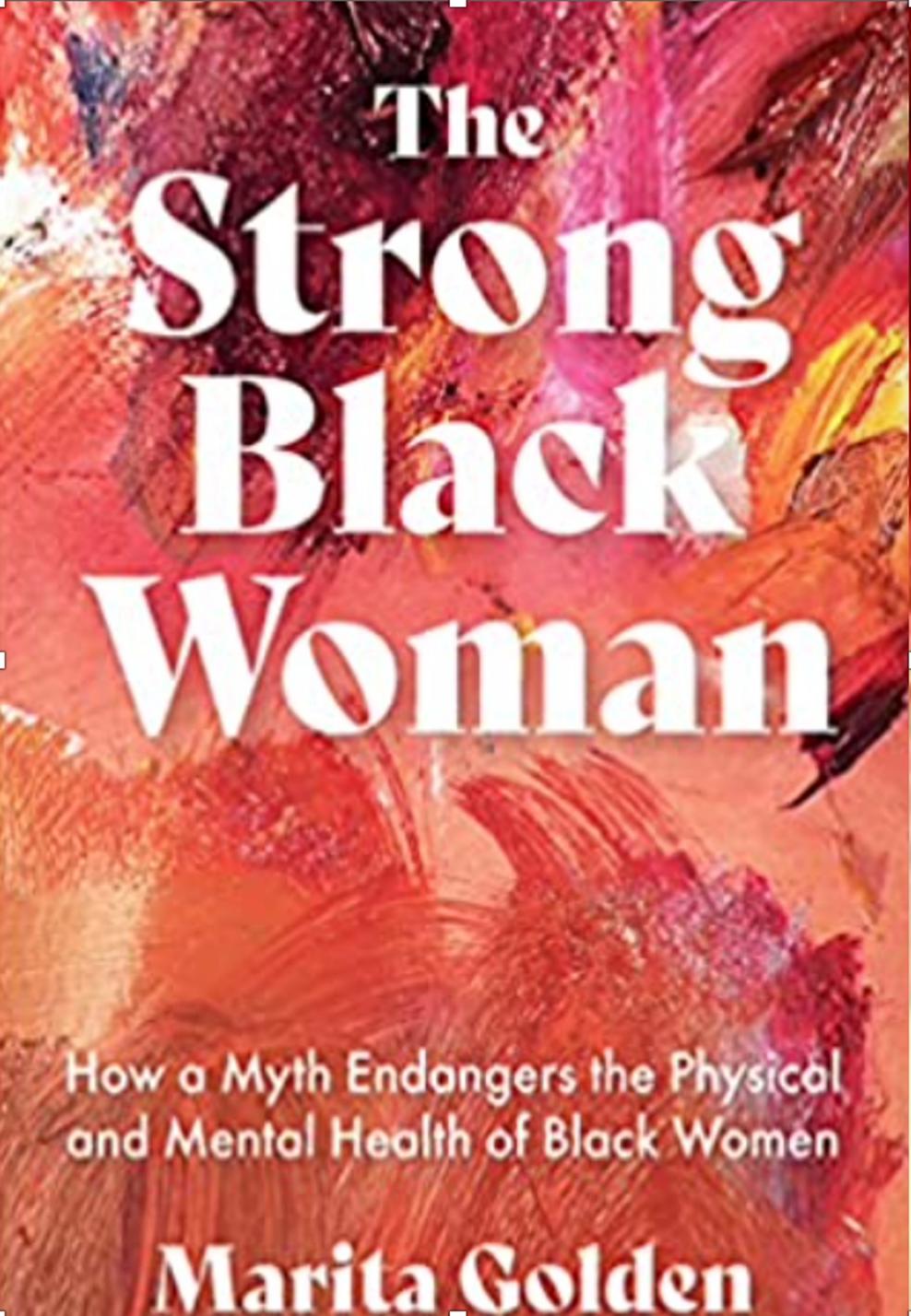
- ✓ Power of Personal Narratives
- ✓ Strengths-based perspectives
- ✓ Assigning value to yourself
- ✓ Self-advocacy = Self-determination = Self-efficacy
- ✓ Resiliency
- ✓ Culture as a strength and not a deficit
- ✓ **What are some protective factors that empower you to overcome challenges and or barriers and meet goals and or milestones? \***



**Youth Leadership Institute**

***"You have to know where you come from to know where you are going." -Ms. H***

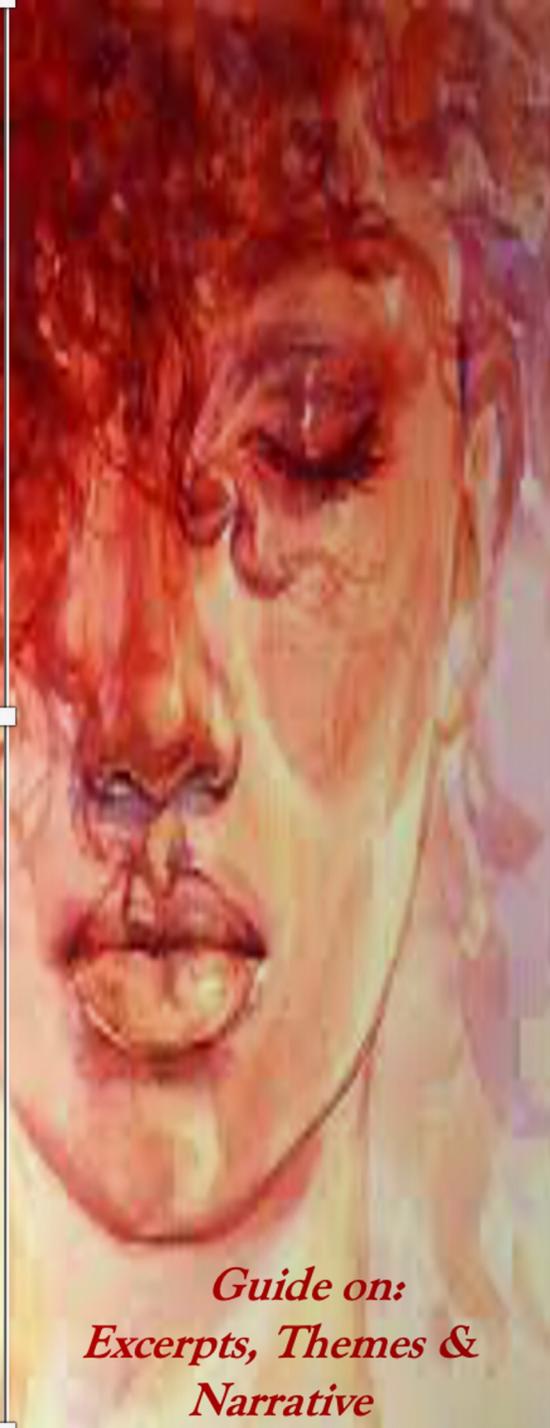
Click the link to learn more about [AGUILA Youth Leadership Institute](#)



# The Strong Black Woman

How a Myth Endangers the Physical  
and Mental Health of Black Women

**Marita Golden**



*Guide on:  
Excerpts, Themes &  
Narrative*



*Our Time to UNITE is NOW*

*“L’Union Fait La Force. United We Stand &  
Divided We Fall.”*



*Representation  
Matters!!! Positive  
Affirmations &  
Nightly  
Manifestations*

- ✓ "SPEAKER SAY'S" Change the Narrative
- ✓ "AUDIENCE SAY'S" Narrative Changer
- ✓ "SPEAKER SAY'S" Blaze the Trail
- ✓ "AUDIENCE SAY'S" Trailblazer
- ✓ "SPEAKER SAY'S" Create your own vision for the future
- ✓ "AUDIENCE SAY'S" Visionary
- ✓ "WE ALL SAY" My ancestors are within me. I WILL NOT FAIL!!!
- ✓ "WE ALL SAY" I AM MY ANCESTORS WILDEST DREAMS!!!
- ✓ "WE ALL SAY" RESIELENCY IS THE GREATEST PROTECTIVE FACTOR THAT OUR ANCESTORS GAVE US!!!

# Resources

- The teachings of brother [Marcus Garvey](#)
- Carter G. Woodson, PhD. [The Mis-Education of the Negro](#)
- [The Strong Black Woman](#): How A Myth Endangers the Physical and Mental Health of Black Women
- The teachings of [Dr. Mary Frances-Winters](#), “[Black Fatigue: How Racism Erodes the Mind, Body & Spirit.](#)”
- Dr. Isha Metzger’s [C.A.R.E. Package for Racial Healing](#)
- The teachings of Dr. Joy DeGruy, “[Post Traumatic Slave Syndrome](#): America’s Enduring Legacy of Injury & Healing.”
- [In the Time of the Butterflies](#), by Julia Alvarez
- 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 30 minute coaching call
- The Strong Black Woman virtual and in-person townhall COMING SOON!!!