

Trauma: The Effects of the Pandemic on African American Families

Presenter

Dr. Carlían W. Dawson

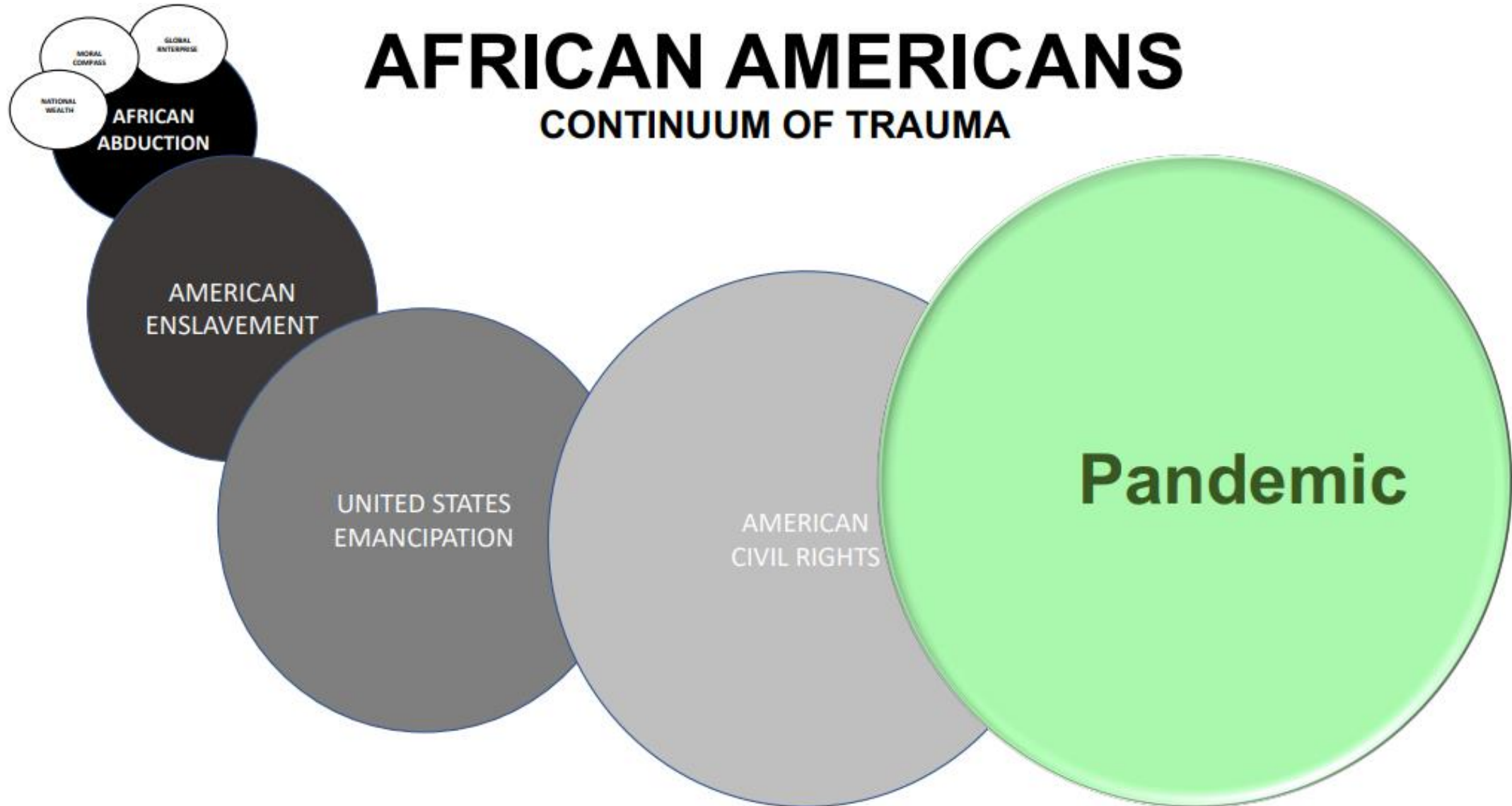
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The information we will be covering in this workshop can be difficult to hear, challenging to understand and process.





THE LEGALIZATION OF TRAUMA ON AFRICAN AMERICANS

- 1600 – Start of Slavery in America (1619)
- 1700 – Declaration of Independence Adopted (1776)
 - U.S. Constitution (1787)
- 1800 – Emancipation Proclamation (1863)
 - Reconstruction (1865)
- 1900 – Circular 3591 Makes Slavery Illegal (Jim Crow, 1942)
- 2000 – Mass Incarceration

This is the Existence of American History

RACISM IS FOUNDATIONAL

Structural or Institutional

- **Structural racism** is expressed through patterns of social institutions e.g. Government organizations, schools, banks, and courts of law that implicitly or explicitly discriminate against individuals from historically marginalized groups (Tricia Rose, 2019).

RACISM IS FOUNDATIONAL

Systemic

- **Systemic** – policies and practices entrenched in established institutions, which result in the exclusion or promotion of designated groups. It differs from overt discrimination in that no individual intent is necessary (Tricia Rose, 2019).



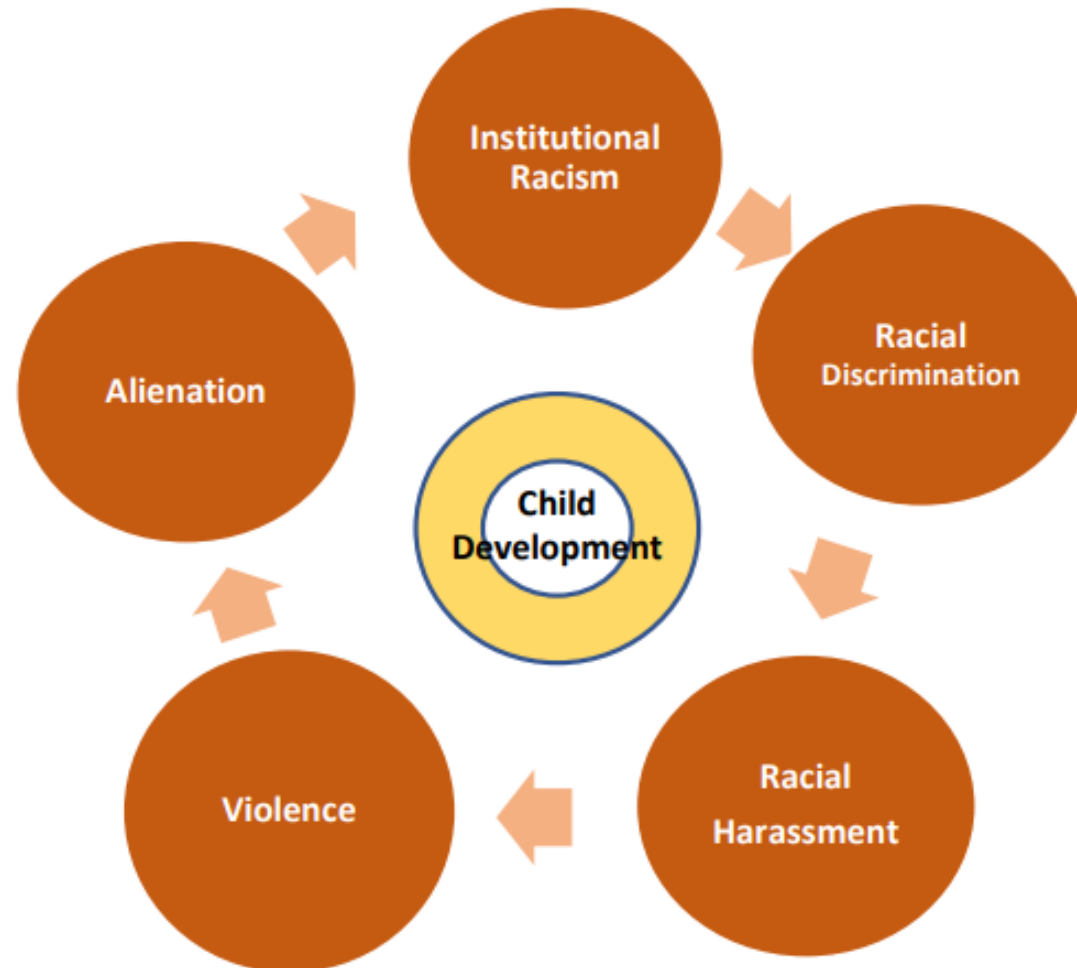
OUR TRAUMA WAS ORGANIZED CRIME AGAINST AFRICAN AMERICANS

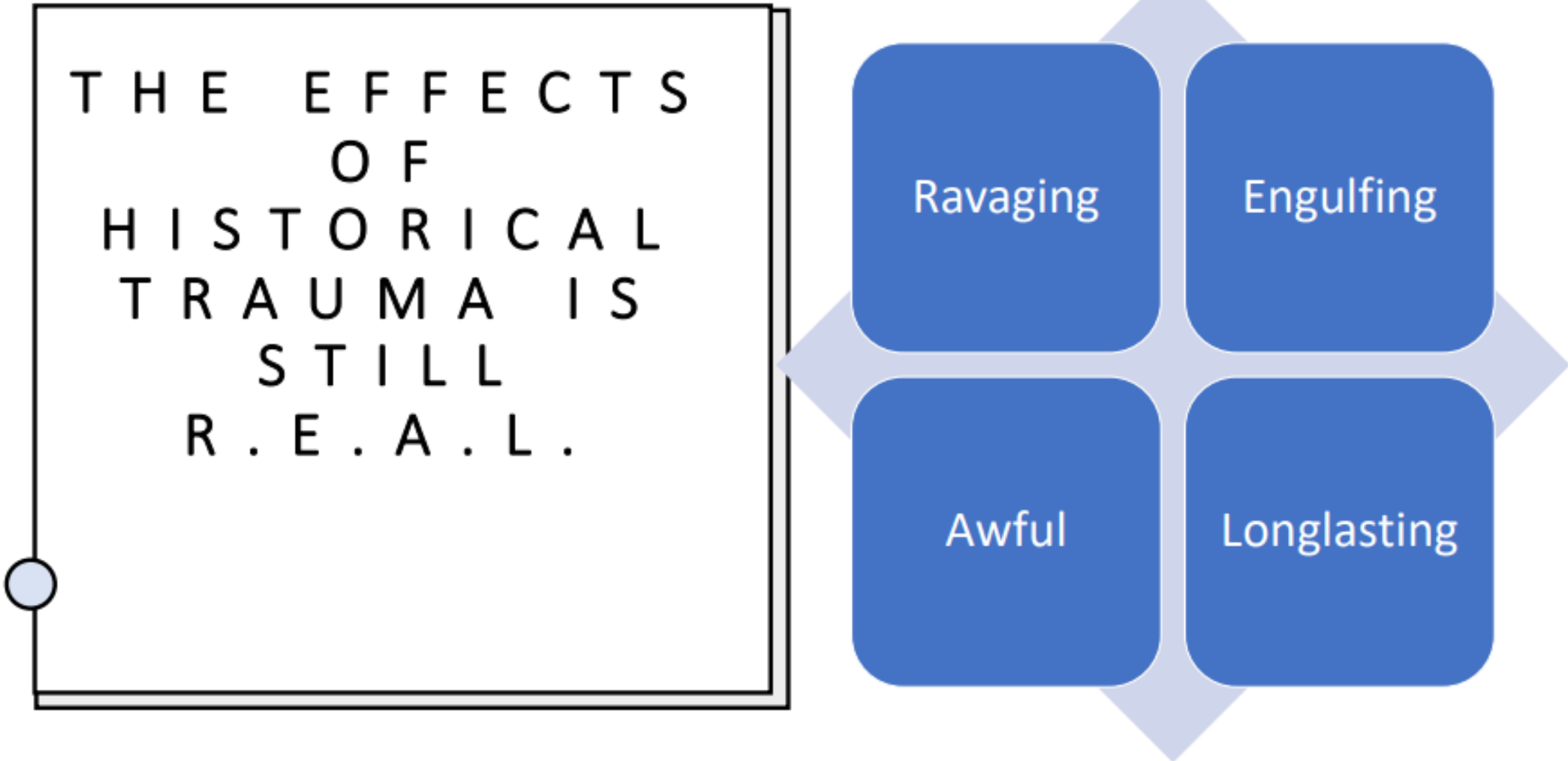
- ENSLAVEMENT (246 years of brutality)
- RUNAWAY SLAVE PATROL
- RAPE OF BLACK WOMEN
- MEDICAL EXPERIMENTATION
- SLAVE CODES/BLACK CODES
- SHARECROPPING
- DISENFRANCHISEMENT
- MANDATORY SEGREGATION
- BANS ON BLACK JURY SERVICE AND VOTING
- LYNCHINGS & MOB VIOLENCE
- IMPRISONING PEOPLE TO DO UNPAID WORK
- DISEMPOWERING BLACK ENTREPRENEURS
- BANS ON MARRIAGE FOR INTERRACIAL COUPLES
- 'REDLINING' TO PROFIT REALTORS & BANKERS
- EMPLOYMENT DISCRIMINATION
- EDUCATIONAL DISCRIMINATION
- BIASED LAWS & POLICING PRACTICES
- WHITE FLIGHT
- CULTURAL ERASURE & ATTACKS
- SUBPRIME MORTGAGES
- MASS INCARCERATION
- RACIST MEDIA REPRESENTATION
- ILLEGAL SHOOTINGS
- DRIVING WHILE BLACK
- LIVING WHILE BLACK
- AND SO MUCH MORE...

AND HOW ARE THE CHILDREN DOING?

- Children experience the outputs of structural racism through places where they live, education, where they learn, economic means, what they have and legal means, how their rights are executed (www.AAPpublications.org).

Type of Race-Related Trauma Experiences





HISTORICAL TRAUMA

- We experience the environment through our senses and our DNA
- DNA and the environment interact
- Hostile environments change DNA (epigenetics)
- People with co-morbidities at risk (heart disease, diabetes, obesity, asthma)
- Chronic disease driven by stressful environment (ACEs and adult trauma)

WE ARE STILL BEING TRAUMATIZED

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



People with 6+ ACEs can die

20 yrs

earlier than those who have none

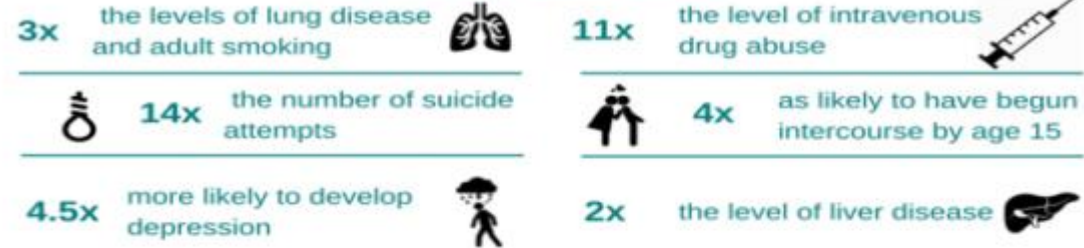


1/8 of the population have more than 4 ACEs



www.7030.org.uk
@7030Campaign

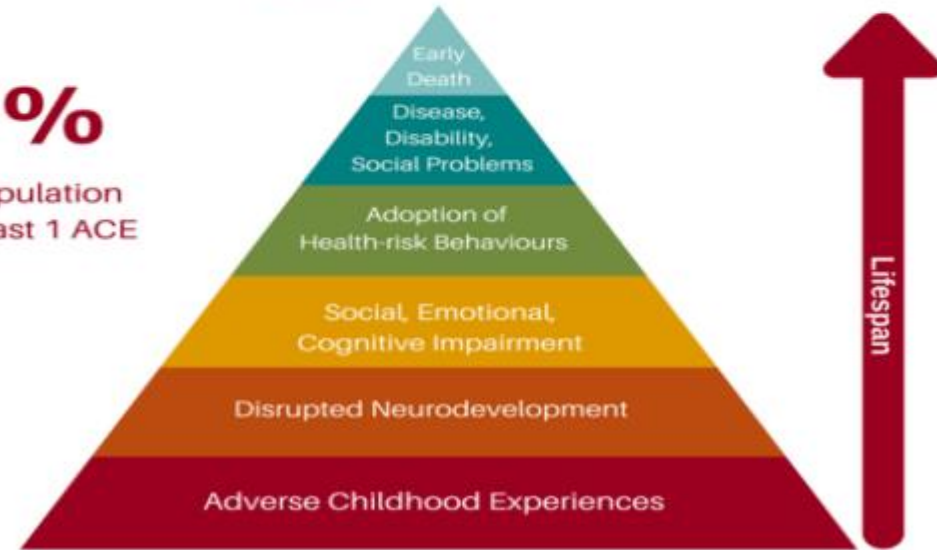
4 or more ACEs



“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67%
of the population have at least 1 ACE



2020 THE YEAR THAT CHANGED EVERYTHING

- Pandemic
- Racial and Civil Unrest
- Irresponsible Leadership
- Economic Injustice
- Wealth Gap
- Insurrection
- National Leadership Change
- Natural and Unnatural Disasters
 - Fire
 - Water
 - COVID-19

RACISM IS A PANDEMIC!

- Racism is the common belief that some cultural groups are either inferior or superior to others due to their distinct abilities, qualities and characteristics.
- Racism is the normalization and legitimization of an array of dynamics-historical, cultural, institutional and interpersonal-that routinely advantage whites while producing cumulative and chronic adverse outcomes for people of color (Tricia Rose).

BEFORE THE PANDEMIC

- I understood what I was doing
- I was in a community
- Could see and touch my family and friends
- My family/friends could see and touch me
- We were together in the same place at the same time

SINCE THE PANDEMIC

- Don't trust being around anybody
- Take the vaccination or not
- Need to always protect myself through physical distance/mask
- Work in fear
- Feel insecure in my abilities to work effectively
- Constantly questioning myself "Am I good enough?" "Am I doing enough?"
- Concerns about the work environment

THE CHANGING FACE OF LIFE

The structure of life has changed. It's gone from one where we relax, interact, gather, eat and play, go into their respective offices with their respective co-workers.

- Talking, bonding and working together – to
 - Staying at home
 - Going to school on-line
 - Getting on-line
 - Trying to learn
 - Using a multitude of online platforms without formal training

THIS PANDEMIC HAS BEEN TRAUMATIZING AND ADDS TO OUR CURRENT TRAUMA...

- To our bodies
 - Minds
 - Emotions
 - Spirt
 - Physical Well-being
 - Mental Well-being
 - Emotional

IS THIS THE NEW NORMAL?

- Resilience is Possible
- We can still Survive, Thrive and Flourish!

HOW DO WE GET OUT OF IT?

CONSCIENTIZATION...

The process of becoming aware of the contradictions existing within oneself and in society and gradually being able to bring about personal and social transformation.

COUNT THE NUMBER OF 'F's IN THE FOLLOWING...

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EX[ERIENCE OF MANY YEARS OF EXPERTS.

CONSCIENTIZATION...

The process of becoming aware of the contradictions existing within oneself and in society and gradually being able to bring about personal and social transformation.

ACCORDING TO DR. BRUCE PERRY

Trauma can be defined as a psychological, emotional response to an event or an experience that is deeply distressing or disturbing.

- Being involved in an accident
- Having an illness or injury, losing a loved one, or going through a divorce
- Rape or torture
- History – past events; the formal record or study of past events

TRAUMA

- A deep wound to the soul (mind, body, spirit)
- History of Inequity
 - This trauma began the ‘slow death’ process that began when we were captured and forcibly removed from the continent of Africa.



BEYOND RESILIENCE: FLOURISH

- To prosper with sustained, continuous, steady, strong growing well (Foundation for Healthy Generations)

PCEs (POSITIVE CHILDHOOD EXPERIENCES)

- People can go through horrible traumas i.e. divorce, death, job loss, ...a large array of things and still come out looking pretty good, IF we have somebody who is supporting us (Dr. Sege).

THIS IS HOW WE WIN...EVERYTIME

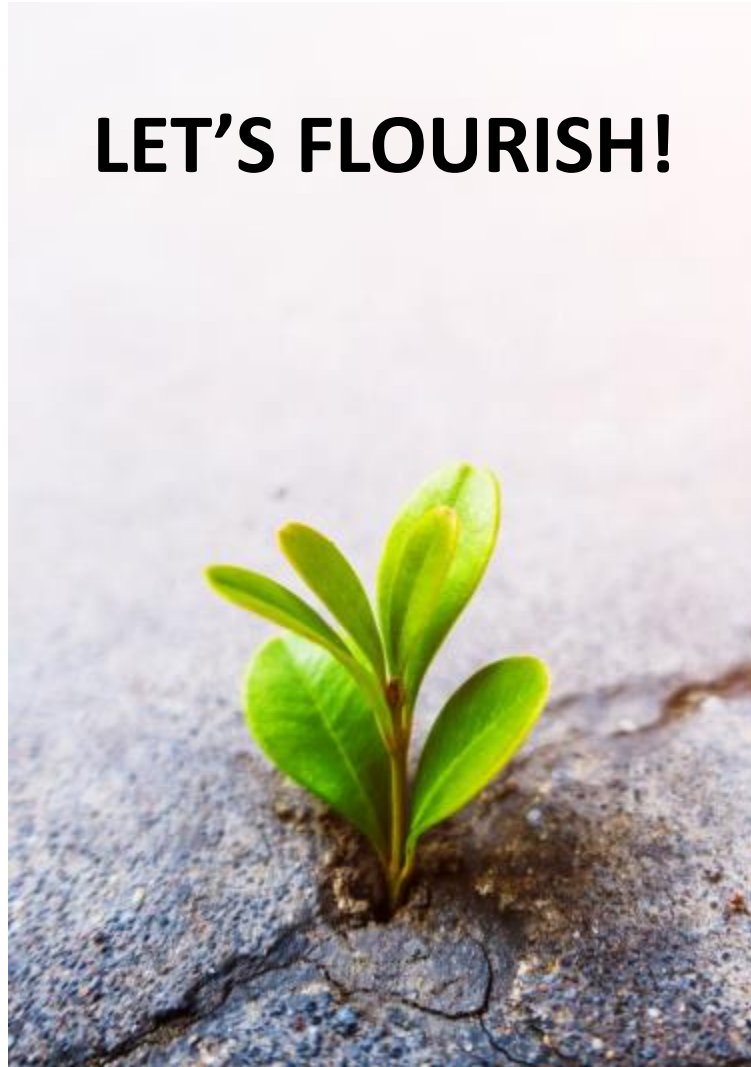
PCEs – Positive Childhood Experiences questions asked how often respondent:

Felt able to talk to their family about feelings

Felt their family stood by them during difficult times

Enjoyed participating in community traditions (Dr. Sege)

LET'S FLOURISH!



ABOUT OUR SPEAKER: DR. CARLIAN DAWSON

Dr. Carlian Dawson has more than 40 years broad-based experience as a teacher, principal (retired), educational and executive business consultant, associate professor, director of diversity for a major land grant university, and a non-profit director. She develops and facilitates training for educators and business professionals at every level.

Dr. Dawson has invaluable experience as one of the developers and Master Trainer-of-Trainers for Adverse Childhood Experiences (ACEs) for the AZ ACEs Consortium and the Neurosequential Model for Caregivers (NMC) with the Arizona Council of Human Service Providers.

Dr. Dawson has a steady approach and a reflective nature which makes her approachable by all. One of Dr. Dawson's greatest strengths is her willingness to provide input and ask clarifying questions thereby establishing a positive cultural and climate leading to personal and professional success.

A graduate from Grand Canyon University, Dr. Dawson also has Masters' Degrees from Arizona State University in both Multicultural Education and School Administration and a Doctorate in Educational Leadership from Illinois State University.

She has been married for 35 years to Roy and they have 7 children and 8 grandchildren. Dr. Dawson is an active member of Delta Sigma Theta Sorority, Inc., Phoenix Metropolitan Alumnae Chapter and is an AZCAAR board member.

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THANK YOU!
Questions you may have?

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