

Effects of Historical Trauma in African Americans

Facilitator
Dr. Carlian W. Dawson
[AZCAAR](#)

GOAL FOR TODAY

Critical Thinking

- About Yourself
- Your Family
- Young People You May Know
- Your Job
- Your Community
- Society as a Whole

IT IS NOT MY GOAL TO

- Make You Feel Bad or Sad
- Shame You
- Blame You
- Attack You
- However, Some Of You May Feel “Triggered”

WHAT I WANT IS

- To Inform You
- Make You Aware
- Advance Your Body of Knowledge

HISTORICAL AND RACIAL TRAUMA IS R.E.A.L

- **Ravaging**
- **Engulfing**
- **Awful**
- **Long-Lasting**

WHAT IS TRAUMA?

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

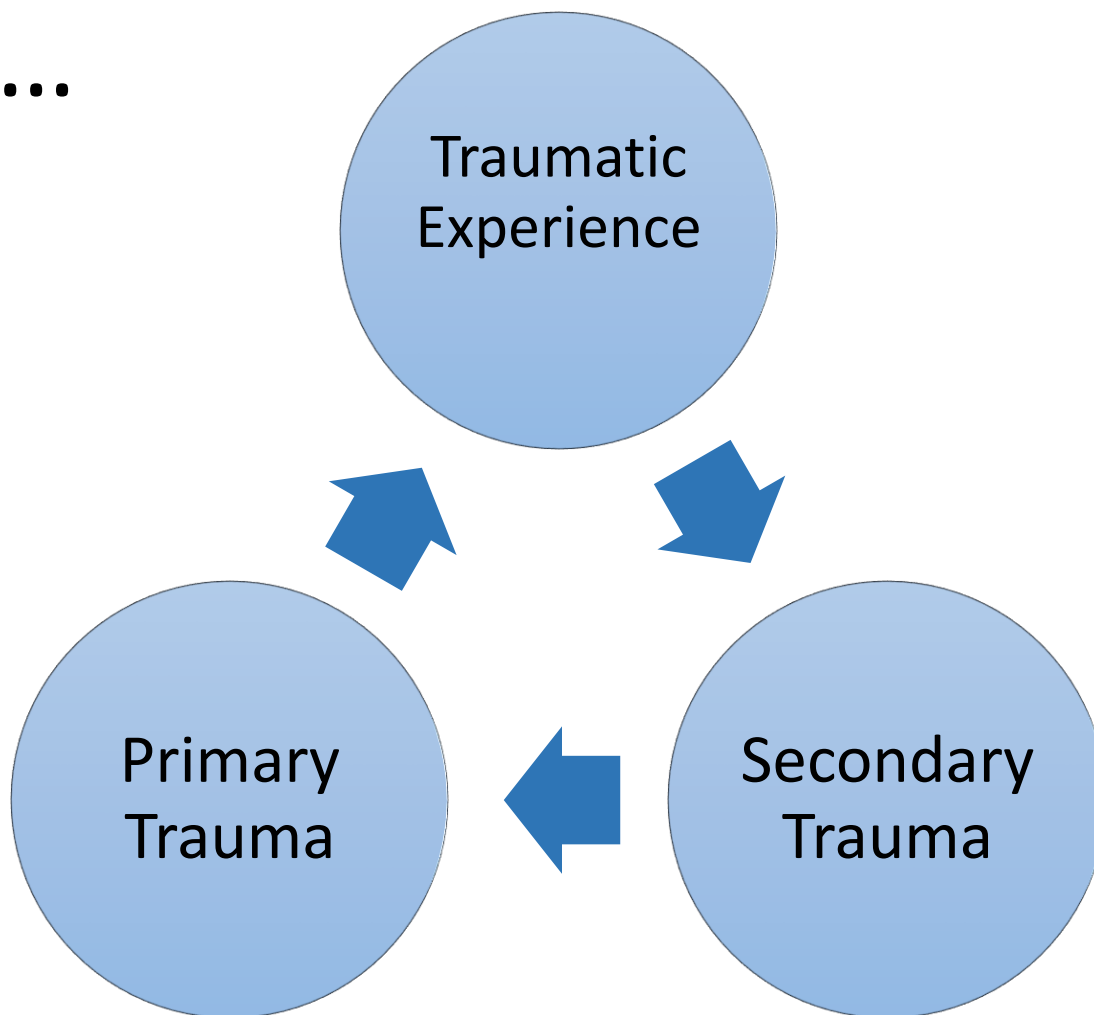
(Bruce Perry, 2018)

When loosely applied

- 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 is...

Personal Trauma Experience



Observing/witnessing
Traumatic events
experienced by
others(especially a
loved-one or
caregiver)

Hearing/reading
about traumatic
events experienced by
others (especially a
loved-one or
caregiver)

The Adverse Childhood Experiences (ACES)



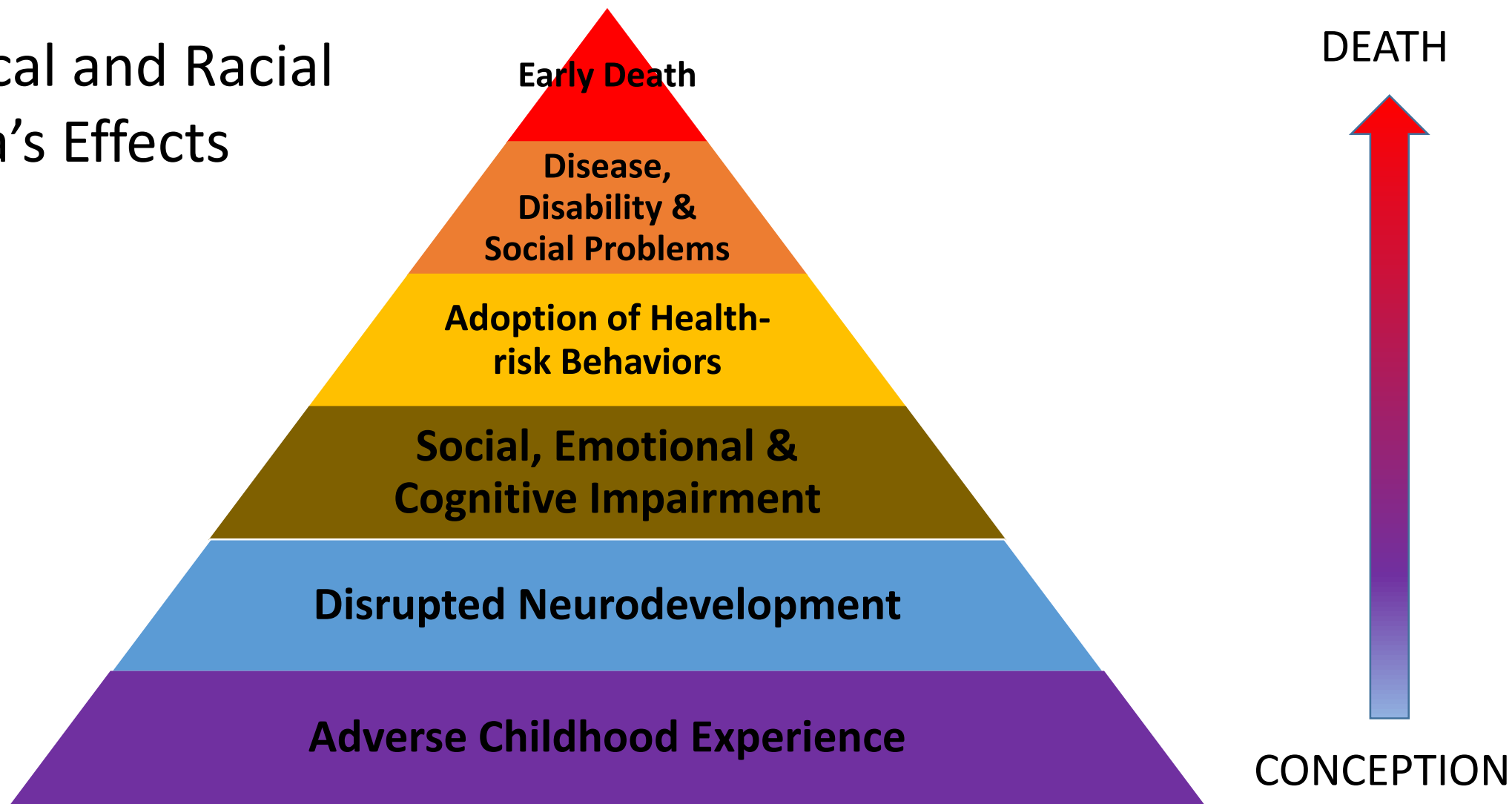
GROUP OF SLAVE-CHILDREN ON BOARD THE "DAPHNE."

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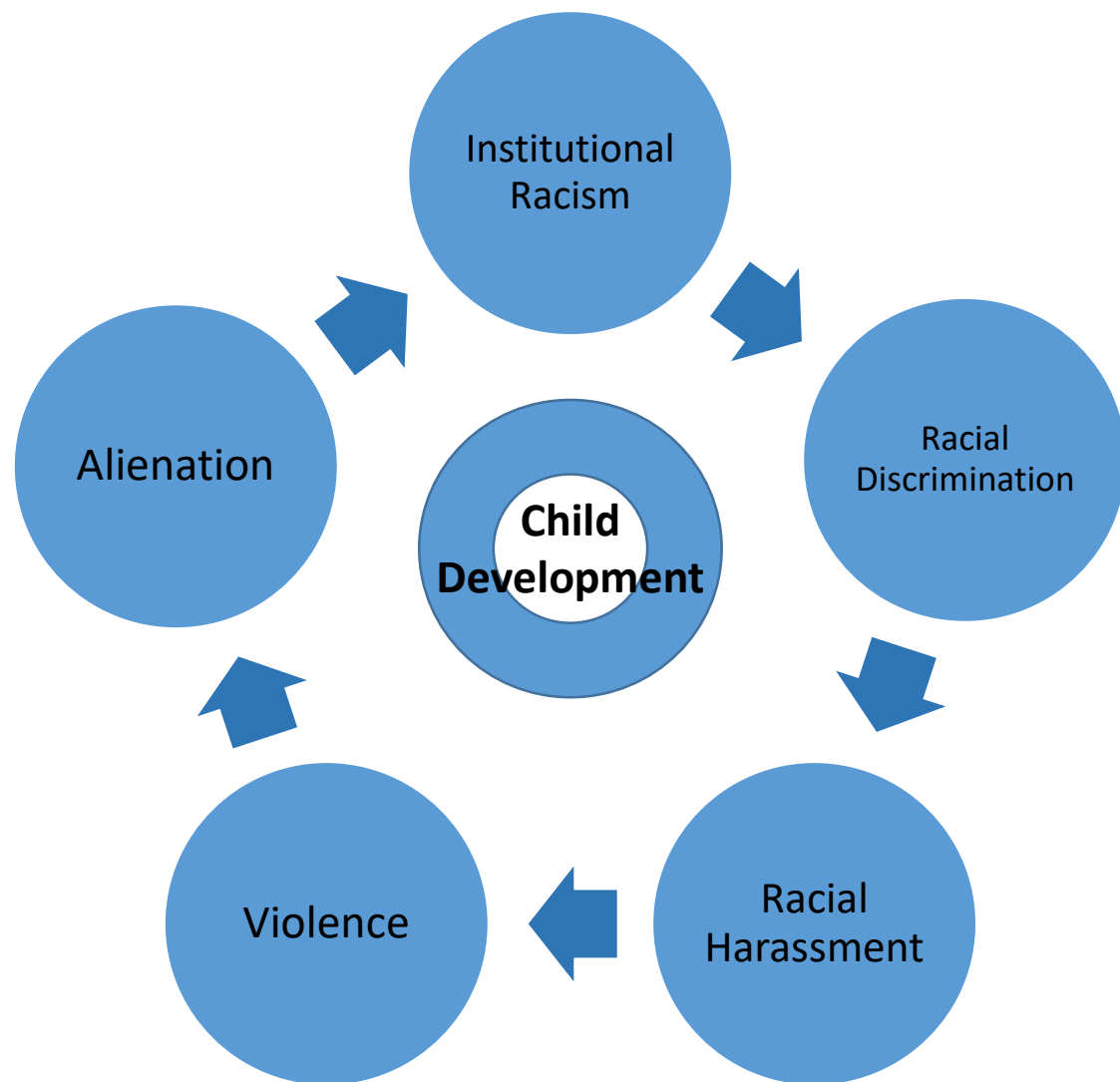
(From a Photograph by the Author.)

- It is trauma that takes place in child's life before age 18
- How many of you actually lived and experienced slavery?

Historical and Racial Trauma's Effects



Types of Race-Related Traumatic Experiences



HOW DOES TRAUMA GET CREATED?

- High Intensity Episodic Events
 - Domestic violence, abuse, neglect, etc.
- Low Intensity with High Frequency
 - Creates cumulative harm from chaotic, aggressive, punitive environments, inconsistent child rearing practices, family instability – financially, emotionally, residentially
- Low Intensity with Continual Environmental Activation
 - Bullying, constant bickering in the home

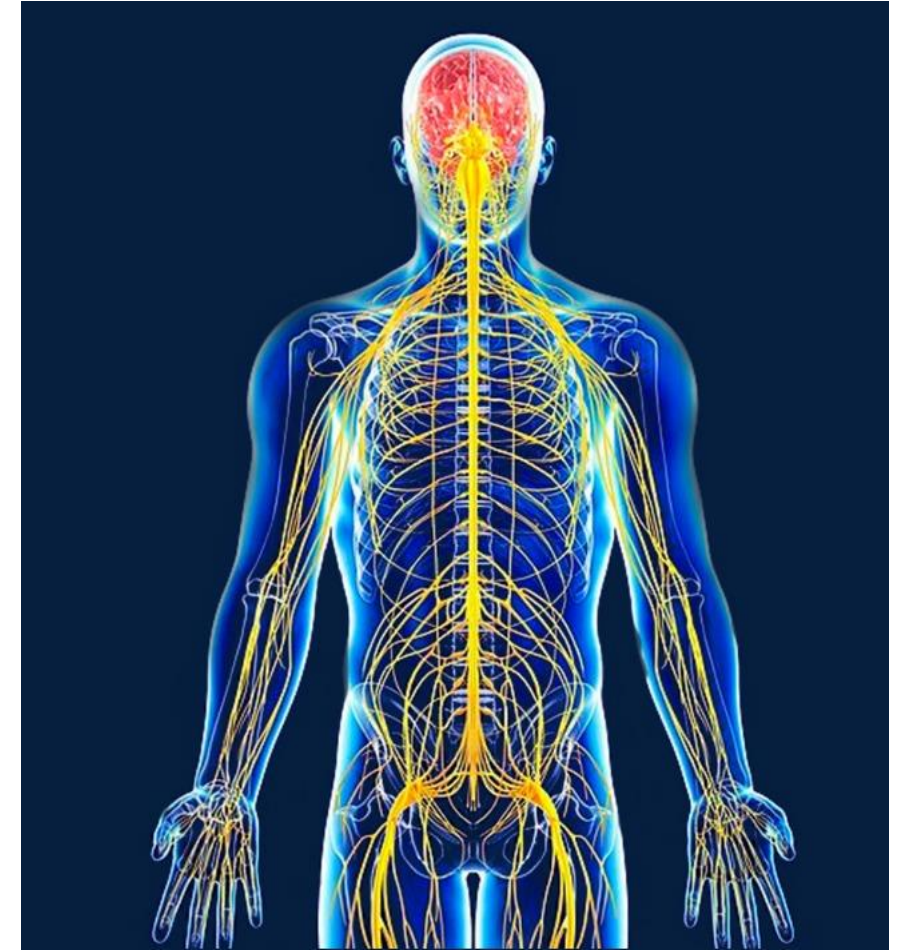


CHILD TRAUMATIC STRESS

A child's exposure to traumatic events overwhelms their ability to cope with what they have experienced or witnessed.

SCIENTIFIC ADVANCES

Are driving a paradigm shift
in understanding how child
development impacts
human health and disease
across the lifespan



STRESS RESPONSE RECOVERY

It can take up to an hour for sympathetic nervous system to return to normal levels when a threat has been removed.



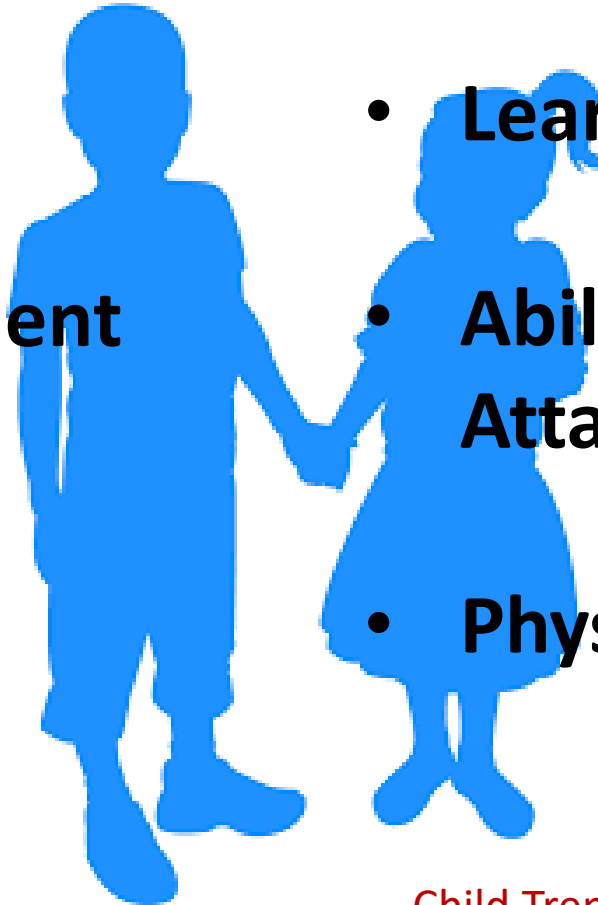
IF THE ALARM SYSTEM HAS BEEN ON A LOT

- Reactive Behaviors are Physiologically Correct, Regardless How Annoying, Illegal or Immoral
- We Have to Get Youth Out of the Alarm System to Improve Outcome



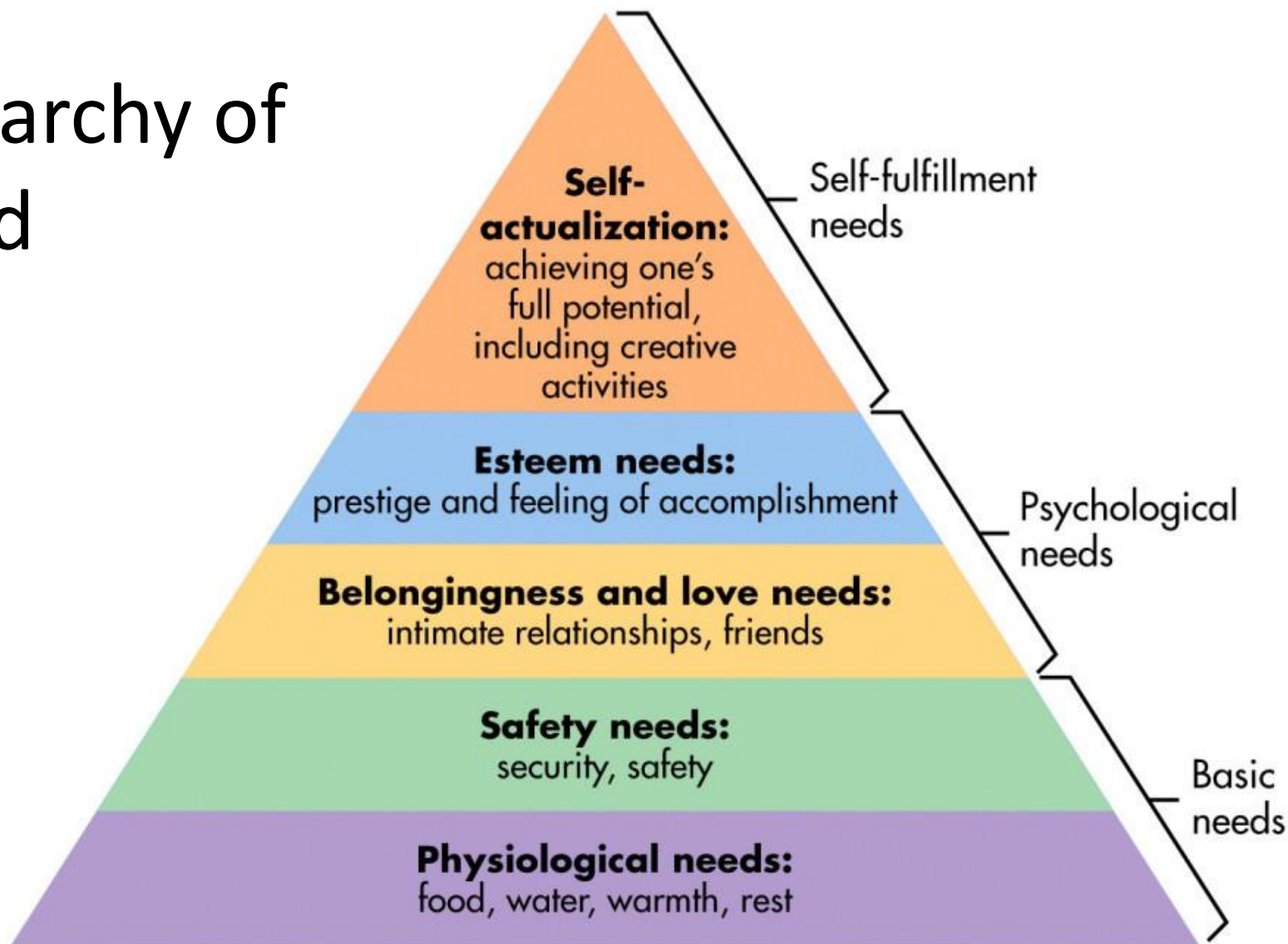
TRAUMA IN EARLY CHILDHOOD AFFECTS

- **Brain Structure**
- **Cognitive Development**
- **Social-Emotional Development and behavior**
- **Learning**
- **Ability to Form Healthy Attachments to Others**
- **Physical Health**



Child Trends & National Center for Children in Poverty

Maslow's Hierarchy of Needs Pyramid



NEUROSEQUENTIAL MODEL – STATE DEPENDENT FUNCTIONING

By Dr. Bruce Perry

CALM	Neocortex	Abstract/Reflective/ Future Oriented Problem Solver	100 to 120 IQ Above Average	You've got time to think things through even when reacting
ALERT	Limbic	Concrete Routine	80 to 110 IQ	Feeling Stressed
ALARM	Diencephalon	Emotional Reactive	60 to 90 IQ (The more stressed your state, the less intelligent you become)	With chronic treat comes problem solving inability
FEAR	Brainstem	(Not Thinking) Reactive Reflexive – Behavior and Problem Solving	50 to 70 IQ Behavior less mature	When you operate from trauma, you can't function "normally". Can't think clearly.

WHAT KIND OF TRAUMA DO YOU THINK THESE CHILDREN, YOUR GREAT-GREAT GRANDPARENTS, EXPERIENCED?

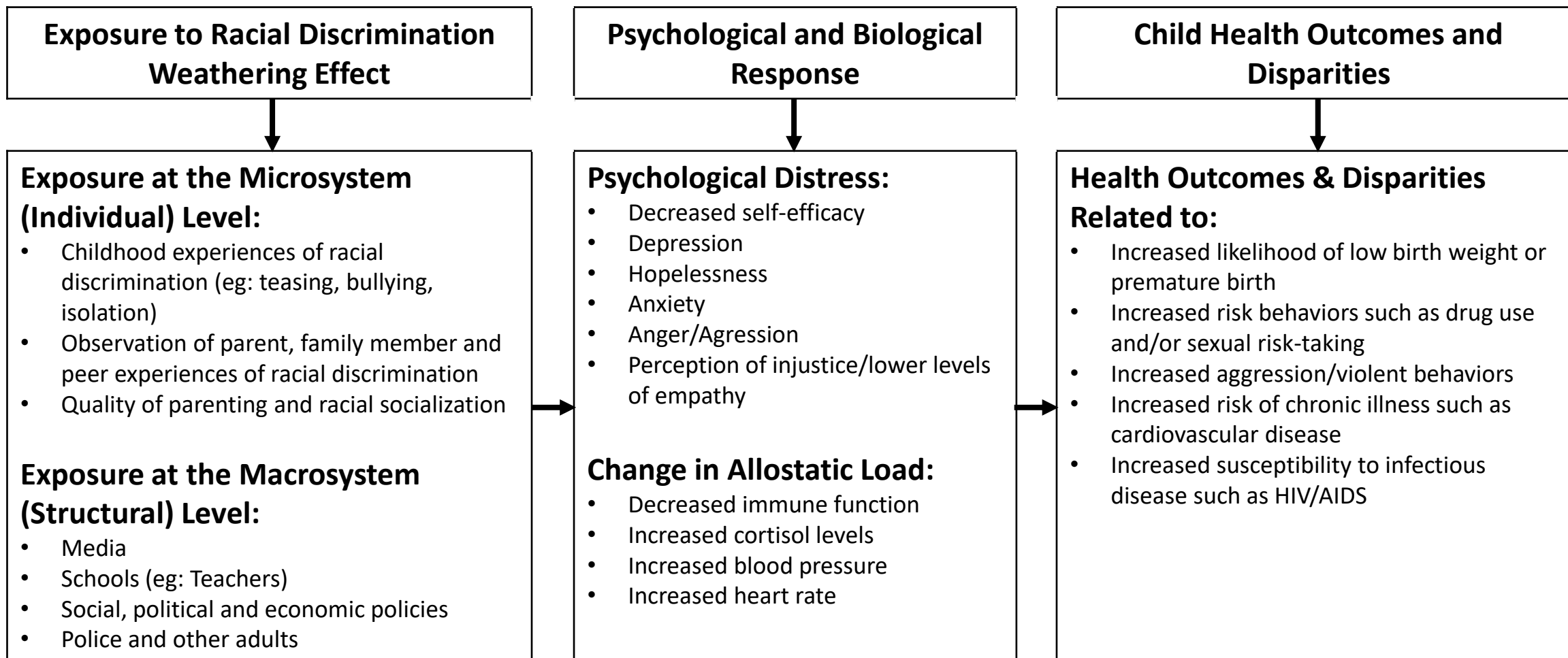


GROUP OF SLAVE-CHILDREN ON BOARD THE "DAPHNE."

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(From a Photograph by the Author.)

THE “WEATHERING” EFFECT TO ALLOSTATIC LOAD



TRAUMA EXPERIENCED THROUGH ACES

Strong Predictor of Later Social Functioning, Well-Being, Health Risks, Disease, and Death.



ACEs OUT of 100 PPEOPLE

33%
Report No ACEs

- With 0 ACEs**
- 1 in 16 are Smokers
 - 1 in 69 are Alcoholic
 - 1 in 480 use Drugs
 - 1 in 14 has Heart Disease
 - 1 in 96 Attempts Suicide

51%
Report 1-3 ACEs

- With 3 ACEs**
- 1 in 9 are Smokers
 - 1 in 9 are Alcoholic
 - 1 in 43 use Drugs
 - 1 in 7 has Heart Disease
 - 1 in 10 Attempts Suicide

16%
Report 4-10 ACEs

- With 7+ ACEs**
- 1 in 6 are Smokers
 - 1 in 6 are Alcoholic
 - 1 in 30 use Drugs
 - 1 in 6 has Heart Disease
 - 1 in 5 Attempts Suicide

COPING SOLUTIONS



What are conventionally viewed as **Public Health problems** are often **personal solutions** to long concealed embarrassing, shame-filled adverse childhood experiences (ACEs).

HIGH RISK TEEN BEHAVIORS

- May not be the core **problem**
- They may be **coping** devices
- A way to feel safe or just better
- Dismissing as “bad habits” or “self destructive behavior” misses their functionality



ACEs DON'T EXPLAIN EVERYTHING

Many Individuals with High ACE Scores ***DO NOT*** have Poor Health Outcomes



CONSEQUENCES OF NOT GETTING IT RIGHT



ACEs ARE A PIPELINE TO PRISON



Childhood and Adult Trauma Experiences of Incarcerated Persons and their Relationship to Adult Behavioral Health Problems and Treatment Intl. Journal of Environ Res Public Health. 2012 May; 9(5): (1908-1926. Published online 2012 May 18. [Healing Invisible Wounds: Why Investing in Trauma-Informed Care for Children Makes Sense](#)

TRAUMA IN THE CLASSROOM

- Classrooms are Designed for “Regulated” Kids
- 1/3 of Kids have Trauma History
- “Universal Precautions”
- Can’t teach Kids in Dysregulation
- Kids Can’t reflect on Their Behaviors Until they are “Regulated”

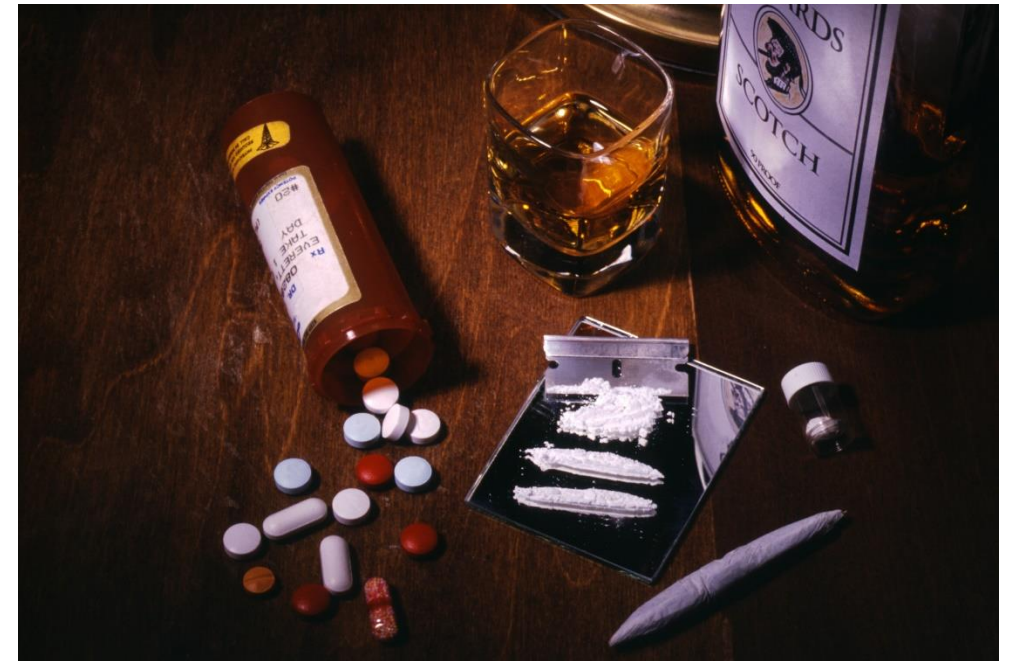


ACEs and ADDICTION

Findings Suggest:

- A major factor, if not the main factor, underlying addiction are ACEs that have not healed and are concealed from awareness by shame, secrecy and social taboo.
- ***“It’s hard to get enough of something that almost works.”***

Vincent Felitti, MD



ESSENTIAL INTERVENTION

- Avoid Activating Stress Response System
- Regulate Youth Relationally
- Love and relationship Before Rules
“Connection Before Correction”
- Create Environment of Felt and Real Safety



ESSENTIAL INTERVENTION

- Adults Must Regulate Themselves No Matter What Kids Do
- “Dysregulation is as infectious as the flu!”



CHANGE, LIKE HEALING, TAKES TIME.

Veronica Roth

- When the Environment is Regulated, Behaviors Will Change
- After a child is regulated, it can take 2 to 3 months per year for behaviors to stop (eg: 7 year-old could take 14 to 21 months)



BUILDING RESILIENCE

- ACEs are US
- 70% of us have experienced ACEs
- We are the SOLUTION

STRENGTHS BASED APPROACH

- CPR is essentially Breathing for someone until they can breath for themselves
- The Strengths Based Approach is believing in someone until the they can believe in themselves

AT LEAST 1 STABLE, CARING AND SUPPORTIVE RELATIONSHIP



ACEs Often Last a Lifetime...But they Don't Have To

- Healing Can Occur
- The Cycle Can Be Broken
- Safe, Stable, Nurturing Relationships Heal



“In my end is my beginning.”
~ T.S. Eliot, Four Quartets

“It is easier to build strong children
than to repair broken men.”
~ Frederick Douglass (1817-1895)



RESOURCES

- [ACEs Connection](http://www.acesconnection.com/)
<http://www.acesconnection.com/>
- [Arizona ACEs in Action](http://www.acesconnection.com/g/Arizona-aces-in-action)
<http://www.acesconnection.com/g/Arizona-aces-in-action>
- [National Child Traumatic Stress Network](http://www.nctsn.org)
<http://www.nctsn.org>
- [Harvard Center for the Developing Child](https://developingchild.harvard.edu/)
<https://developingchild.harvard.edu/>
- [Strengthening Families Protective Factors](https://www.cssp.org/young-children-their-families/strengtheningfamilies/about)
<https://www.cssp.org/young-children-their-families/strengtheningfamilies/about>
- [Arizona Trauma Institute](https://aztrauma.org/)
<https://aztrauma.org/>

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THANK YOU FOR COMING.

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<https://azcaar.org>