



PACeS Connection

Creating a *much* better normal.

PACeS
Connection



PACEs Science

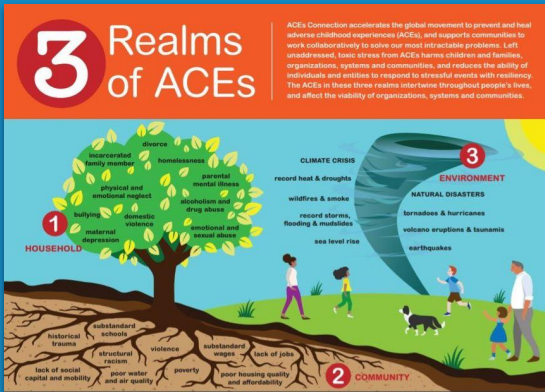
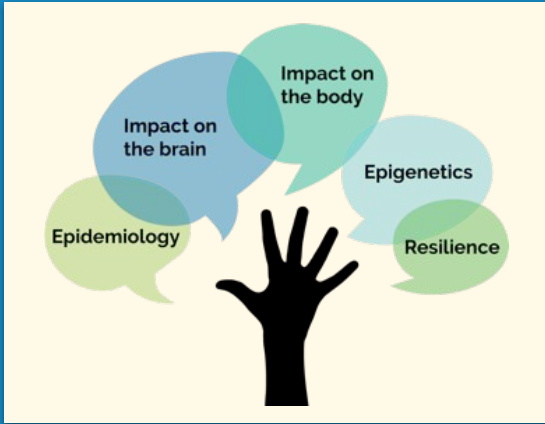
Epidemiology ACEs study and expanded ACE surveys.

Impact on the brain toxic stress caused by ACEs changes structure and function of brain.

Impact on the body health consequences of toxic stress (short & long term)

Epigenetics how toxic stress from ACEs is passed from generation to generation, aka historical trauma.

Resilience brain and body can heal with healthy relationships, healthy organizations, healthy systems, and healthy communities.





PACEs Connection

**Supporting communities to
accelerate the use of ACEs
science...to solve our most
intractable problems.**

A background image showing a person's hands holding two small green seedlings with soil. The image is partially obscured by text overlays.

WHAT WE DO

Connect with support.

We support community ACEs initiatives to create solution-oriented systems.

400+
CITIES, COUNTRIES & STATES

...use free community site, tools,
guidelines on ACEs Connection

PACEs
Connection

A close-up portrait of a young Black woman with long, dark braids, smiling warmly at the camera. She is wearing a dark green top. The background is blurred, showing other people in a crowd.

WHO WE ARE

**The social network
for the PACEs movement.**

52,536+
MEMBERS (AND GROWING)

**...who share best practices
based on PACEs science.**

PACEs
Connection

- We support the ever-expanding ACEs movement by **educating** people about ACEs science.
- We **engage** them in the movement by increasing the number of people who join ACEs Connection.
- We **connect** individuals, organizations and communities with each other to share best practices and to build relationships.



WE SUPPORT COMMUNITIES

The screenshot shows the ACEs Connection website. The header features the logo and a navigation bar with a blue menu bar. A red box highlights the 'COMMUNITIES' link, with a red arrow pointing to it. Below the navigation bar, the 'Communities' section is displayed, showing a list of communities. A red arrow points to the 'Sort Alphabetically' dropdown menu. The communities listed include 'Ohio ACEs Action', 'Orange County (CA) ACEs Connection', and 'Orange County (NC) Resilience Initiative'.

ACEs Connection
Join the movement to prevent ACEs, heal trauma & build resilience.

HOME COMMUNITIES MAP THE MOVEMENT SPEAKERS/TRAINERS MEMBERS VIDEO CALENDAR BLOG ASK COMMUNITY ABOUT

HOME / COMMUNITIES

Communities

Your Communities All Communities

Sort Alphabetically

Ohio ACEs Action
PUBLIC ACTIVE 92 MEMBERS
The purpose of this group is to connect people and organizations in Ohio who are working to address issues related to trauma and ACEs.
Remove Yourself From This Community

Orange County (CA) ACEs Connection
PUBLIC ACTIVE 57 MEMBERS
A platform for community members, professionals and leaders to collaborate across sectors in a movement to prevent Adverse Childhood Experiences (ACEs), heal from trauma, and build resilience in Orange County.
Remove Yourself From This Community

Orange County (NC) Resilience Initiative
PRIVATE ACTIVE 3 MEMBERS
The Orange Resilience Initiative (ORI) is a local coalition whose mission is to lead with equity and engage the community in: preventing toxic stress and adverse

Post

Create Community
Configure Communities

MANAGE WIDGETS ON COMMUNITIES PAGE

Newest Members

TP AF CS
KS JM AM
YH SJ

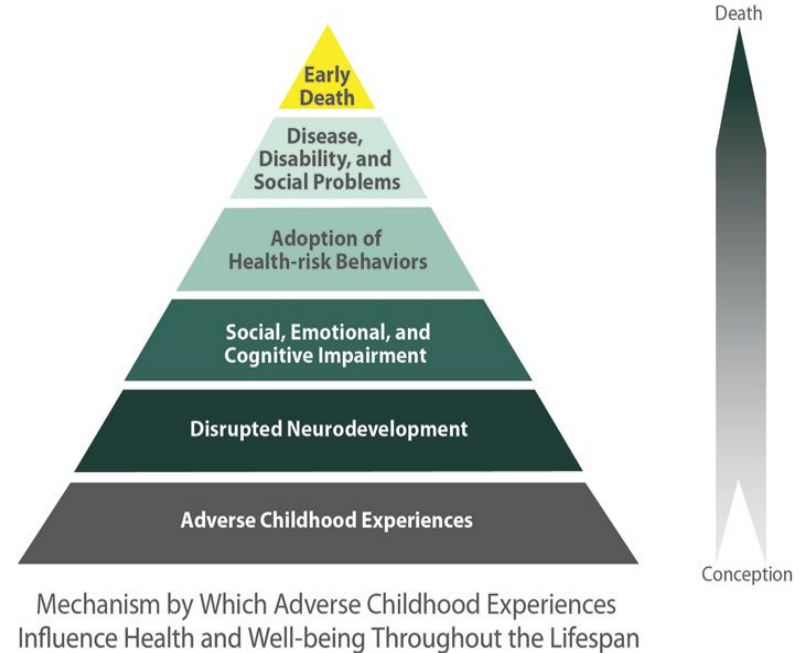
Find an ACEs initiative in your community.

- Go to blue menu bar and click “COMMUNITIES” menu option.
- Sort alphabetically

ADVERSE CHILDHOOD EXPERIENCES

According to the CDC, Adverse Childhood Experiences, or ACEs, are experiences that occur during childhood and account for a wide range of health and social consequences.

ACEs have been categorized into 10 types with each type reflecting either child abuse, child neglect or household challenges that negatively impact brain development, social-emotional growth and overall health and wellbeing.



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



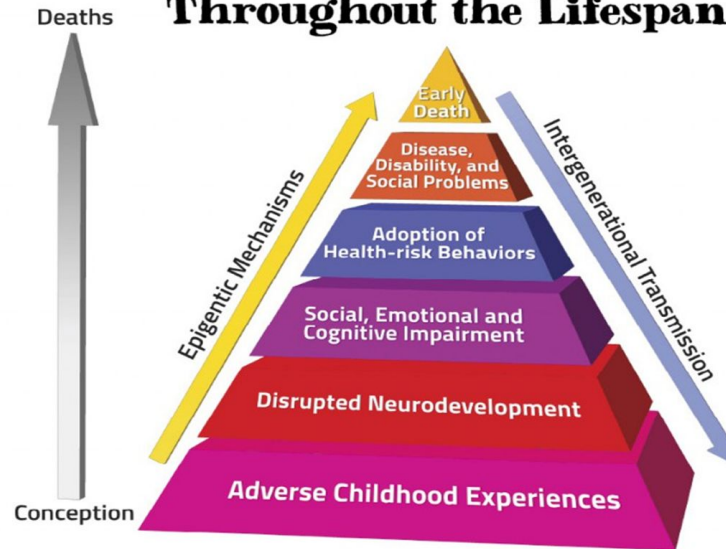
Substance Abuse

ADVERSE CHILDHOOD EXPERIENCES

**DR. VINCENT FELITTI
& DR. ROBERT ANDA**

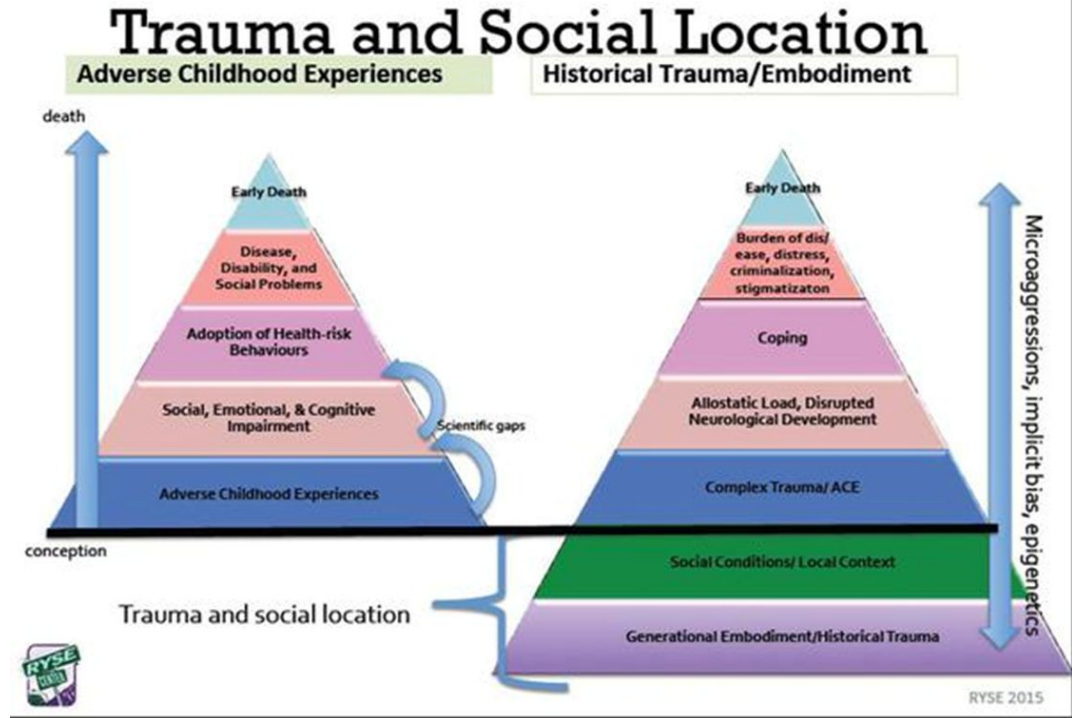
ACES PYRAMID

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Slide Courtesy of Rob Anda, MD, MS

RYSE CENTER EXTENDED ACES PYRAMID



COLLECTIVE TRAUMA

- “Collective trauma is an event, or series of events that shatters the experience of safety for a group, or groups, of people.”
- “These events are different from other forms of traumatic events because of their collective nature. That is, these events are a shared experience that alter the narrative and psyche of a group or community.”
- -Dr. Leia Saltzman, assistant professor at Tulane University School of Social Work





COLLECTIVE TRAUMA

COLLECTIVE TRAUMA DOES NOT OCCUR
IN A VACUUM BUT WITHIN A WIDER
SOCIOPOLITICAL CONTEXT.

COLLECTIVE TRAUMA

WHEN SPEAKING OF COLLECTIVE TRAUMA, NOTING THAT TRAUMA CAN BE BOTH PRIMARY AND SECONDARY IS IMPORTANT. JUST BECAUSE INDIVIDUALS WERE NOT PRESENT FOR A LIFE-THREATENING INCIDENT DOES NOT MEAN IT DID NOT IMPACT THEM.





COLLECTIVE TRAUMA

COLLECTIVE TRAUMA IS A CATAclysmic EVENT THAT SHATTERS THE BASIC FABRIC OF SOCIETY. ASIDE FROM THE HORRIFIC LOSS OF LIFE, COLLECTIVE TRAUMA IS ALSO A **CRISIS OF MEANING**.

COLLECTIVE TRAUMA TRANSFORMS INTO A **COLLECTIVE MEMORY** AND CULMINATES IN A SYSTEM OF MEANING THAT ALLOWS GROUPS TO REDEFINE WHO THEY ARE AND WHERE THEY ARE GOING.

FOR VICTIMS, THE MEMORY OF TRAUMA MAY BE ADAPTIVE FOR GROUP SURVIVAL, BUT ALSO ELEVATES EXISTENTIAL THREAT, WHICH PROMPTS A SEARCH FOR MEANING, AND THE CONSTRUCTION OF A TRANS-GENERATIONAL COLLECTIVE SELF.

-GILAD HIRSCHBERGER



INTERGENERATIONAL TRANSMISSION OF TRAUMA

Researchers were first able to determine that trauma could be transferred through generations while interviewing children of Holocaust survivors in 1966.

It was found that the children of Holocaust survivors displayed PTSD-like symptoms despite being born after the Holocaust ended.

The children self-reported that their parents were “damaged, preoccupied parents” who were “emotionally limited”.

Rakoff, et al. 1966

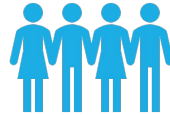
INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA PARENTING



Maladaptive
Coping
Strategies



Survival-based
Parenting
Practices



Social Learning
Theory



Genetics



INTERGENERATIONAL TRANSMISSION OF TRAUMA

- More recent studies have found that trauma is capable of changing an individual's genetic material.
- Children who were exposed to childhood trauma had shorter telomeres, protective caps at the ends of chromosomes.
- Shorter telomeres are correlated with several chronic diseases, as well as cognitive impairment and mental health disorders.

INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA DNA



- According to the National Human Genome Research Institute:
 - Research shows that abuse can leave *epigenetic marks* on genes.
 - These chemical modifications, also known as DNA methylation, change gene expression by silencing (or activating) genes.
 - DNA methylation is an epigenetic mechanism that modifies the function of the genes and affecting gene expression.
 - This can alter fundamental biological processes and adversely affect health outcomes throughout life.

HISTORICAL TRAUMA

- Another term for Intergenerational Transmission of Trauma is Historical Trauma.
- Historical trauma is defined as multigenerational trauma experienced by a specific cultural group.

n.d.

Ross



HISTORICAL TRAUMA

- The term was first coined in the 1980's by Dr. Maria Yellow Horse Braveheart, a Native American social worker.
- Dr. Braveheart defined Historical Trauma as “a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.”
- Dr. Braveheart also stated that historical Trauma was also accompanied by Historical Unresolved Grief.





HISTORICALLY TRAUMATIC EVENTS

- Genocide
- Chattel Slavery
- Mass Incarceration
- Forced Relocation/Displacement
- 9/11 & Other Terrorist Events
- Jim Crow
- Poverty
- Natural Disasters/Pandemics
- Racism & Its Resulting Microaggressions
- Large Scale Economic Downturns
- Police Brutality
- Stripping of Cultural Identity & Practices
- Community Violence
- War

GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

-
- Indigenous/Native Americans
 - African Americans
 - Individuals living in Poverty
 - LGBTQI
 - Refugees
 - Survivors of Natural Disasters & Other Widespread Traumatic Events
 - Children & Adolescents
 - War Veterans
 - Latinx & Muslim Americans**

HISTORICAL TRAUMA SYMPTOMS

- Vulnerability to PTSD & Other Stress Disorders
 - Higher Rates of Violence, to include Domestic Violence & Physical Child Abuse
 - Vulnerability to Depression & Suicide
 - Increased Use of Alcohol & Substances
 - Poverty
 - Lack of Educational Attainment
 - Higher Crime & Incarceration Rates
-

HISTORICAL TRAUMA SYMPTOMS CONT.

- Higher Rates of Unemployment
 - Higher Mortality & Early Death Rates
 - Lower IQ
 - Higher Likelihood of Developmental Delays & Behavioral Problems in Childhood
 - Higher Risk of Child Sexual Abuse
 - Relationship Difficulties
-

“Ground Soil” of Historical Trauma

“Individuals may be exposed to traumatic experiences, which may lead to the transgenerational transmitting of trauma in larger identity groups or within families. Insufficient coping mechanisms with highly stressful and traumatic experiences become a (difficult) psychological legacy.”

Berghof Foundation
www.berghof-foundation.org



Image shows additional ACE:

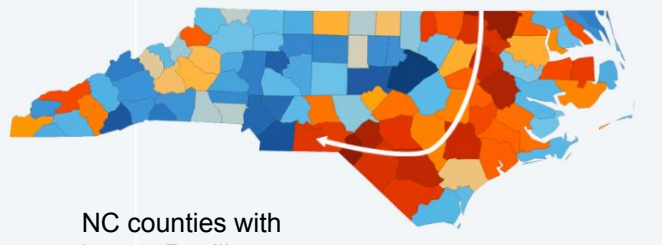
1. Adverse Climate Experiences
2. Adverse Childhood Experiences
3. Adverse Community Experiences
4. Atrocious Cultural Experiences -- Impact macro and socio-historical conditions. Examples include: slavery, genocide, colonization, segregation, forced family separation.

Source: North Carolina Partnership for Children, SmartStart, Building Health & Resilient Communities Across North Carolina

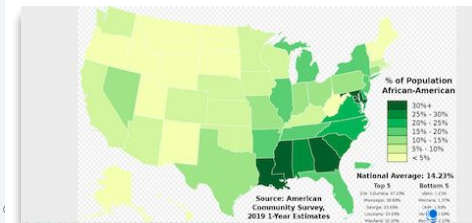
Slavery and Today's "Low Resilience Capacity"

North Carolina Partnership for Children

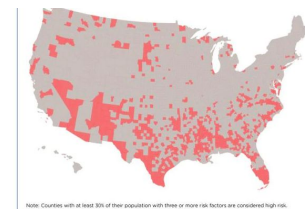
- "Black Belt"
- Low Resilience Capacity Index tracks to counties with most slaves.



From "Building Healthy & Resilient Communities Across North Carolina" report, SmartStart, North Carolina Partnership for Children.



Counties with greatest concentration of Black citizens (From the US Census Bureau)



Counties with 30% of population showing three or more risk factors (U.S. Census Bureau, Community Resilience Estimates)

CRITICAL RACE THEORY



White supremacy is deeply embedded within American society. White supremacy is permanent.



Racism is institutional, not individual.



America's power structure was built to marginalize people of color.



Race is a social construct, a tool to stratify power.



Race:

Refers to the categories into which society places individuals on the basis of physical characteristics (such as skin color, hair type, facial form and eye shape). Though many believe that race is determined by biology, it is now widely accepted that this classification system was in fact created for social and political reasons. There are actually more genetic and biological differences within the racial groups defined by society than between different groups.

Definitions & Key Terms

Anti-Defamation League Glossary

www.adl.org



Merriam Webster Dictionary

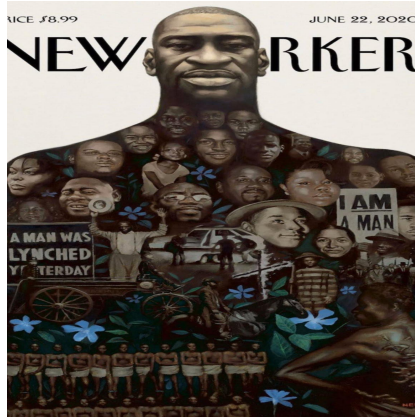
www.merriam-webster.com

Racism

“A belief that race is a fundamental determinant of human traits and capacities and that racial differences produce an inherent superiority of a particular race.”

Institutional Racism

“The systemic oppression of a racial group to the social, economic and political advantage of another.”



Definitions & Key Terms

Mental Health America

www.mhanational.org

Racial Trauma:

Refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes. In the U.S., Black, Indigenous People of Color (BIPOC) are most vulnerable due to living under a system of white supremacy. Also referred to as race-based traumatic stress.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. In some individuals, prolonged incidents of racism can lead to symptoms like those experienced with post-traumatic stress disorder. This can look like depression, anger, recurring thoughts of the event, physical reactions (e.g. headaches, chest pains, insomnia), hypervigilance, low-self-esteem, and mentally distancing from the traumatic events.

Race-based traumatic stress is a mental injury that can occur as the result of living within a racist system or experiencing events of racism.

Native Americans in the South

- Settlers battled tribes throughout the South: Creeks, Seminoles, Cherokees
- American - Indian Wars between 1622 and 1924.



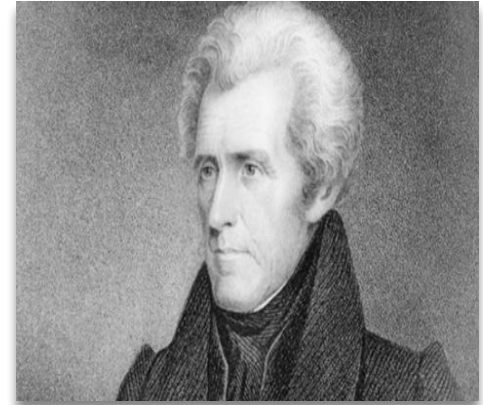
Art source: U.S. Marine Corps - National Archives and Records Administration

Native Americans in the South

- Settlers battled tribes throughout the South
- Resettlement included several tribes
- Cherokee path is called the Trail of Tears. 15,000 Cherokee walked it; more than 4,000 died along the way.




out of its ancestral lands in Georgia in the 1830s.



May 28, 1830: President Andrew Jackson signed the Indian Removal Act. Some 100,000 tribesmen were forced to march westward under U.S. military coercion in the 1830s; up to 25 percent of the Indians, many in manacles, perished en route. (Britannica)

Charleston, July 24th, 1763.

TO BE SOLD,
On THURSDAY the third Day
of AUGUST next,



A CARGO
OF
NINETY-FOUR
PRIME, HEALTHY

NEGROES,
CONSISTING OF
Thirty-nine MEN, Fifteen BOYS,
Twenty-four WOMEN, and
Sixteen GIRLS.
JUST ARRIVED,
In the Brigantine *DEMBIA*, *Francis Bare*, Master, from SIERRA-
LEON, by
DAVID & JOHN DEAS.

GREAT SALE
of
SLAVES
JANUARY 10, 1855

There will be offered for Sale at Public Auction, at the SLAVE MARKET, CHURCHILL'S, LEWINGTON, all the SLAVES of JOHN CARTER, Esquire, of LEWIS COUNTY, KY., the Appointee of the National Intelligencer, who Slaves Landed before, since 23 Passed on the CARTER PLANTATION at OLNEY, KY., for said Country, Kentucky.

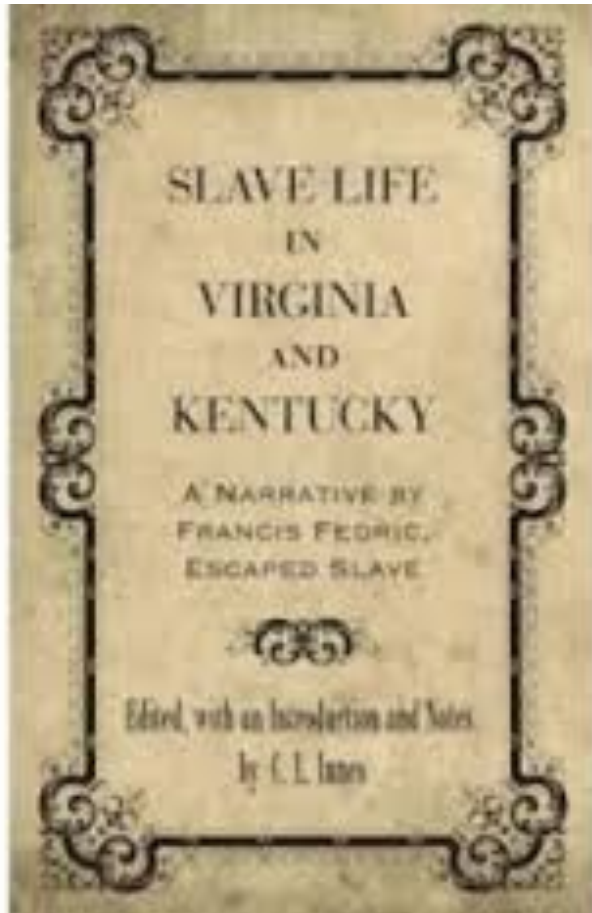
.....

3 Bucks Aged from 20 to 26, Strong, Able-bodied
1 Wench, Sallie, Aged 42, Excellent Cook
1 Wench, Lize, Aged 23 with 6 mo. old Picinny
One Buck Aged 52, good Kennel Man
17 Bucks Aged from twelve to twenty, Excellent

.....

TERMS: Monthly CASH in Advance, to prevent most tedious trade, owing to long accounts to hold. Offers for the entire lot will be entertained previous to sale by addressing the undersigned.

JOHN CARTER, Esq.
P.O. Clarksburg Lewis County, Kentucky



PRIMARY SOURCE EXAMPLES

Francis Frederic was born enslaved on a plantation in Fauquier County, Virginia in approximately 1809. He is most remembered as an abolitionist and author of his own auto-biography *Slave Life in Virginia and Kentucky: A Narrative by Francis Frederic, Escaped Slave*.

In his book, he details his experience as a child; “The dinner hour is about two or three o'clock; the soup being served out to the men and women in bowls; but the children feed like pigs out of troughs, and being supplied sparingly, invariably fight and quarrel with one another over their meals”.

Primary Source Accounts

**Francis Frederic recounts
the feelings of his new
enslaver following the
death of his former
enslaver, Slave Narrative**

“...the conduct of my master caused great perplexity to me and made me indifferent about any such thing. My master was in the habit of sending for all the slave children from the cabins, then standing on the verandah, he would say, "Look! Do you see those horses?" "Yes, Sir," all replied together. "Do you see the cows?" "Yes, Sir." "Do you see the sheep?" "Yes, Sir." "Do you see the mules?" "Yes, Sir." "Look, you niggers! you have no souls, you are just like those cattle, when you die there is an end of you; there is nothing more for you to think about than living. White people only have souls."

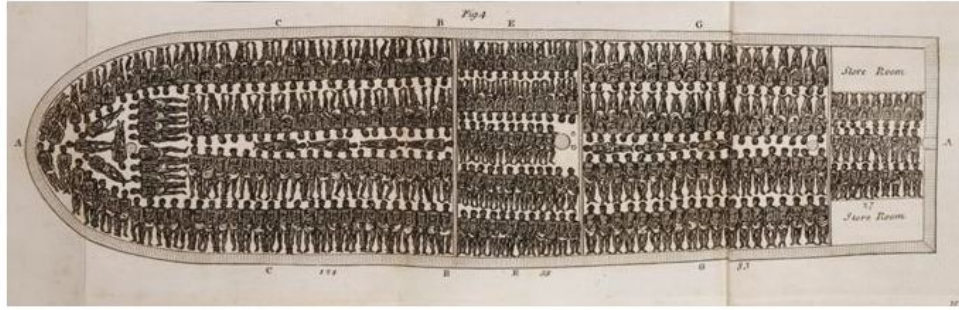
Primary Source Accounts

Robert Knox, *The Races of Men: A Philosophical Enquiry into the Influence of Race Over the Destinies of Nations*, 1862

“Look at the Negro, so well known to you, and say, need I describe him? Is he shaped like any white person Is the anatomy of his frame, of his muscles, or organs like ours? Does he walk like us, think like us, act like us? Not in the least. . . The past history of the Negro, of the Caffre, of the Hottentot, and of the Bosjeman, is simply a blank--St. Domingo forming but an episode. Can the black races become civilized? I should say not: their future history, then, must resemble the past. The Saxon race will never tolerate them--never amalgamate--never be at peace. . . .”

Trauma of Kidnapping, Surviving 6-8 Week Ocean Passage

- Sketch of Slave Ship from Thomas Clarkson
- Map of Slave Trade 1650-1860
- Almost 400,000 slaves brought into America via Charleston.



Sketch of the hold of a slave ship from Thomas Clarkson, *The History of the Rise, Progress and Accomplishment of the Abolition of the African Slave-trade* (London, 1808). (Gilder Lehrman Collection)



Charleston, SC - Point of Entry

Charleston Slave Market - Centuries of Trauma



Woodcut of a slave sale in Charleston - *Charleston Post and Courier*

- Any history of slavery in America begins with Charleston.
- By 1860, there were 4 million slaves in the United States, and 400,000 of them -- 10 percent -- lived in South Carolina.

Brian Hicks - *Charleston Post and Courier*

Rice Plantations

- First major crop
- Slaves in Africa carrying rice and fuel
- Source Wellecom Collection

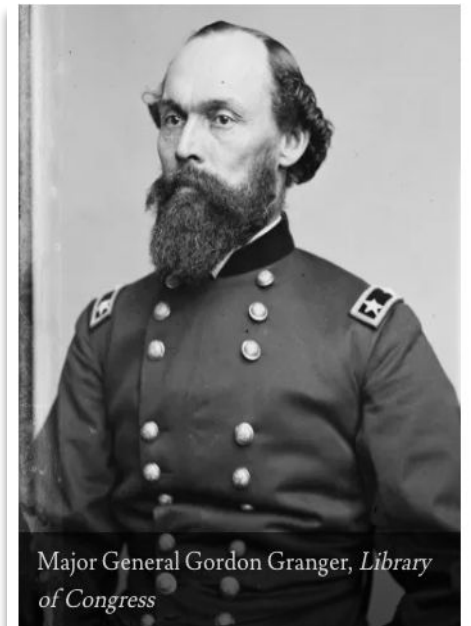
South Carolina's Important Role in African-American History



Slaves were valued for their ability to cultivate rice.

Juneteenth

- Slaves freed by Emancipation Proclamation January 5, 1863
- Slaves in Texas receive notice June 19, 1865
- Juneteenth -- June 19th -- becomes national holiday 156 years later.



Major General Gordon Granger, *Library of Congress*

General Order No. 3, was read by Union Major General Gordon Granger on June 19, 1865, announcing that all slaves were free. It was published in the *The Galveston Tri-Weekly News* on June 20, 1865, the day after General Order No. 3 was issued.



END OF SLAVERY/RECONSTRUCTION (1865-1890)

- Health outcomes for African American women remained mostly consistent due to starvation, poverty & intense labor.
- Slavery was slowly replaced by sharecropping, largely unpaid labor.
- Overt racism and extreme discrimination in Southern states where 90% of African Americans resided.
- Beginning of domestic terrorism against Blacks. Stealing of property, forced relocation, murder/lynchings, rape, arson and mass incarceration. This period was also known as the “Black Holocaust” and lasted into the Jim Crow Era.

1898 Uprising, Wilmington, NC

Also known as

- Wilmington Insurrection
- Wilmington Massacre
- America's only Coup D'Etat

November 10, 1898



ather outside the charred remains of *The Daily Record* after the 1898 massacre. (Library of Congress)

A mass riot and insurrection was carried out by white supremacists who overthrew duly elected black officials, burned office of the black newspaper, killed some 60 people, and ran hundreds of citizens out of town. Event was described, by white press in Wilmington, “as a race riot caused by black people.” Source: *The Atlantic Monthly*,

-
- The 13th Amendment effectively ended enslavement in America unless for punishment for a crime; this particular clause will present many problems for Black people moving forward.
 - The 14th Amendment made the newly freedmen and women citizens of the United States of America, which was supposed to grant them the rights and protections of the Constitution.
 - The 15th amendment was supposed to grant free Black men the right to vote.
 - Lastly, the passage of the Civil Rights Act of 1866 was the first United States federal law to define citizenship and affirm that all citizens are equally protected by the law. It was mainly intended, in the wake of the American Civil War, to protect the civil rights of persons of African descent born in or brought to the United States.
-

WHAT LAWS WERE PUT IN PLACE?


EDUCATION

- The Freedmen's Bureau, later known as The Bureau of Refugees, Freedmen, and Abandoned Lands, was a division of the United States government that was solely established for the provision of practical aid to 4,000,000 newly freed African Americans in their transition from slavery to freedom.
- Despite all the work that was attempted on behalf of the bureau in efforts of assisting African Americans, arguably, the most important and effective of the assistance lies in their work to educate the new citizens.
- Schools that were primarily focused on the education of African Americans began appearing in rural and urban areas alike, however, the newly granted citizenship proved flawed when equality was still severely lacking when it came to school funding and teacher education.



1880 SCHOOL IMAGES

These two images of schools in Paxville, South Carolina show the distinct difference in funding for Black schools in comparison to White schools; this inequality continued from Reconstruction into present day.



PRIMARY SOURCE ACCOUNTS

The separation of the schools, so far from being for the benefit of both races, is an injury to both. It tends to create a feeling of degradation in the blacks, and of prejudice and uncharitableness in the whites.”

— Robert Morris and Charles

Sumner,

in *Roberts v. City of Boston*, 1849

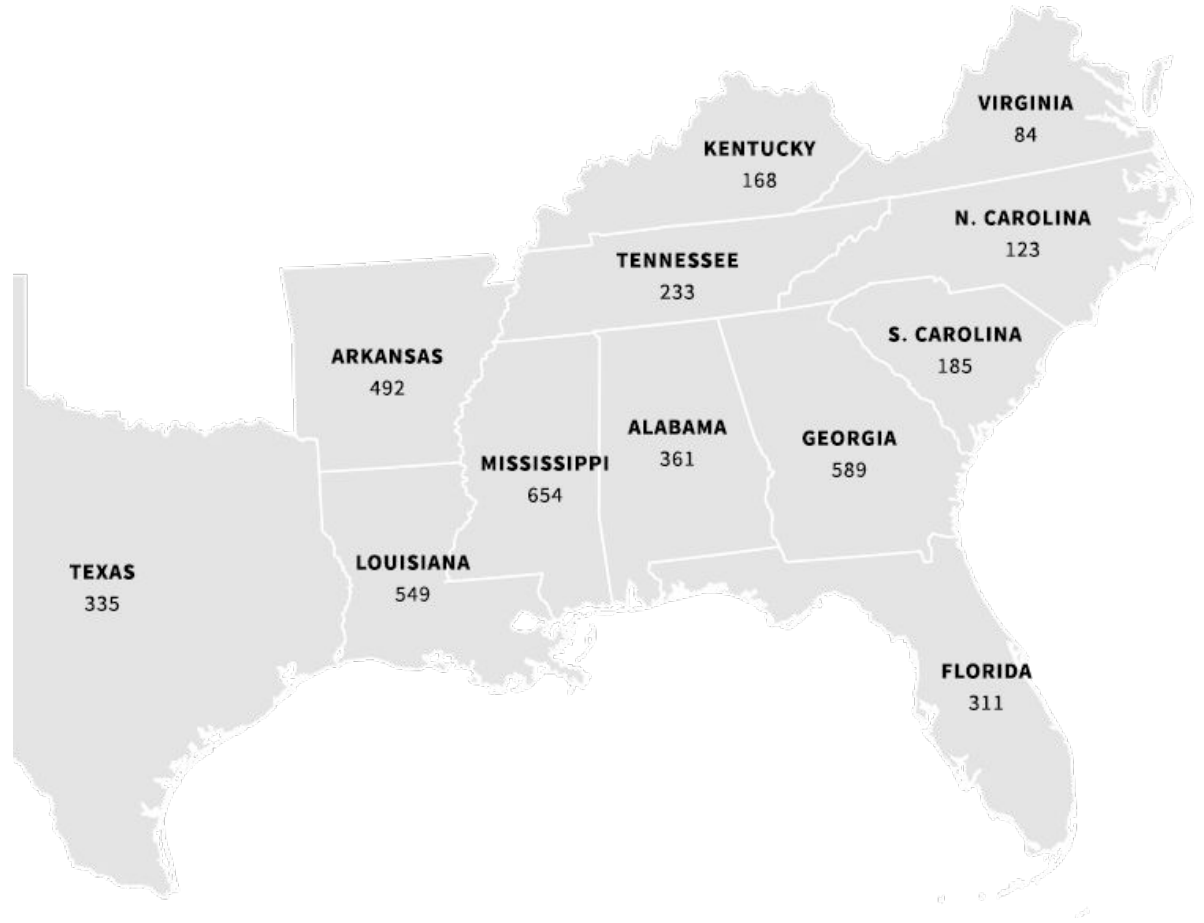


JIM CROW ERA (1890-1965)

- Despite the racism, discrimination and domestic terrorism, the life expectancy of African Americans increased drastically. The average lifespan of a Black woman in 1960 was approx. 66 yrs.
- Improvements in health outcomes were largely due to the Great Migration (1910-1970). By 1970, nearly half of the African American population migrated from the South to the North, West & Midwest.
- African Americans experienced less overt racism and discrimination and were paid a living wage in these regions.
- To this day, African Americans living in the South have poorer health outcomes than those living in other regions of the country.
- Interest in researching the African American community increases. IQ testing and the famous "Doll Test". Also, study in 1966 found that trauma could be passed through generations.

SOUTHERN LYNCHING'S

This graph depicts the numbers of documented lynching's from 1877-1950 in the Southern United States.



1944 YOUNGEST PRISONER EVER EXECUTED IN THE U.S.

George Stinney became the youngest person ever executed in the United States in 1944. He was 14 and accused of killing two young white girls.



FOUR LITTLE GIRLS

Carole Robertson, 14

Denise McNair, 11

Addie Mae Collins, 14

Cynthia Wesley, 14

Four girls killed in a 1963 church bombing.

In addition, two Black boys, age 13 and 16, were killed in the resulting riots.



Primary Source Accounts

Phillip Bailey's recount of the Jim Crow Era as a child, 1960's

“My mother used to insist that I always be in the yard before the sun go down. I could not understand that. Until one day, they call them night riders, they kidnapped a Black kid and they sodomized him and castrated him. My mother said, “Now you see why I want you to stay in the house.” . . . Night riders would come; white guys would come to the Black community in trucks and cars and kidnap Black kids and stuff of that nature. . . .That happened in other communities. . . . I’m sure the adults knew who these people were. But who could they turn to? There was nobody. The NAACP would send people through as representatives, but you had, that was a hush, hush thing and it was held at a church and people were very quiet about where they were going to have these meetings because the church could be burned to the ground. It happened in other communities. . . .Black people just disappeared.”

- 1884-Huie Conorly was a 16-year-old boy from Bogalusa, Louisiana who was accused of attempting to rape a White woman. A mob of fifteen adult men abducted him from his jail cell and hung him from the jail steps, where his body stayed until the next morning.
- 1889- Orion Anderson was a 14-year-old boy from Leesburg, Virginia who was accused of “scaring a White child”. He was abducted from his jail cell and hung from an oil derrick.
- 1901- Fred Rochelle was a 16-year-old boy from Bartow, Florida who was accused of raping and murdering a White woman. He was doused with kerosene and burned during a public spectacle referred to by the local newspaper as a “barbecue”.
- 1918- Maggie and Alma House (sisters, 20 and 14), Major and Andrew Clark (brothers, 20 and 18), from Shubuta, Mississippi were all hanged from the bridge above the Chickasawka River for the murder of Dr. H.L. Johnson, who had supposedly impregnated both young women. Following the lynching, the babies were said to have been seen moving in their mother's stomachs.

LESSER-KNOWN ACCOUNTS OF CHILD LYNCHING'S

CHILDREN BEING CHILDREN

- One of the more prominent issues concerning the lynching of children is that in many cases, children were just being children. For example, in the case of 15-year-old Willie James Howard, who was forced to jump to his death off a bridge and into a river; his only crime was a Christmas Card he sent to a White girl “expressing his affection”.
- Lastly one of the most well-known cases of lynching a child is the case of 14-year-old Emmitt Till who was accused of whistling and grabbing at a White woman while visiting family in Mississippi. It was later found out that Emmitt had a speech impediment and his accuser later recanted her story and said of the assault portion of her story, “that part was not true”.

WAR ON DRUGS/CRACK EPIDEMIC (1970-1995)

- Health outcomes steadily improved after slavery but stalled during this era.
- The life expectancy of African American women was 74 and dipped to 72 due to HIV/AIDS rates, homicides and the crack epidemic.
- The African American family experienced distress due to addiction, the removal of children into foster care, mass incarceration of both women and men for drug use and sale.
- The HIV/AIDS epidemic disproportionately impacted African American women. This was largely due to IV drug use, early sex, promiscuity, unprotected and risky sex. Also high rates of teenage pregnancy among African American girls.
- In the 1980's, Dr. Maria Yellow Horse Braveheart, a Native American social worker, coined the term Historical Trauma, "a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma."



Last Lynching in the U.S.

James Byrd, Jr.
was dragged behind a truck
by three white supremacists
for three miles in Jasper,
Texas on June 7, 1998

Source: The New York Times



Source:
Scenes from
the Life and
Tragic Death of
James Byrd,
Jr.
(Documentary)

“...At some point overnight, the three attacked him, spray painted his face, then used a logging chain to tie him to the rear bumper of the truck. They drove along Huff Creek Road, an isolated path lined thick with pine and sweet gum trees, for three miles as Mr. Byrd was helplessly flung side to side. His naked body — decapitated, dismembered, discarded — was found in front of a black cemetery just outside Jasper.” Source: *The New York Times* 7.9.18.

Photo of Byrd's siblings, *The New York Times* 7.9.18





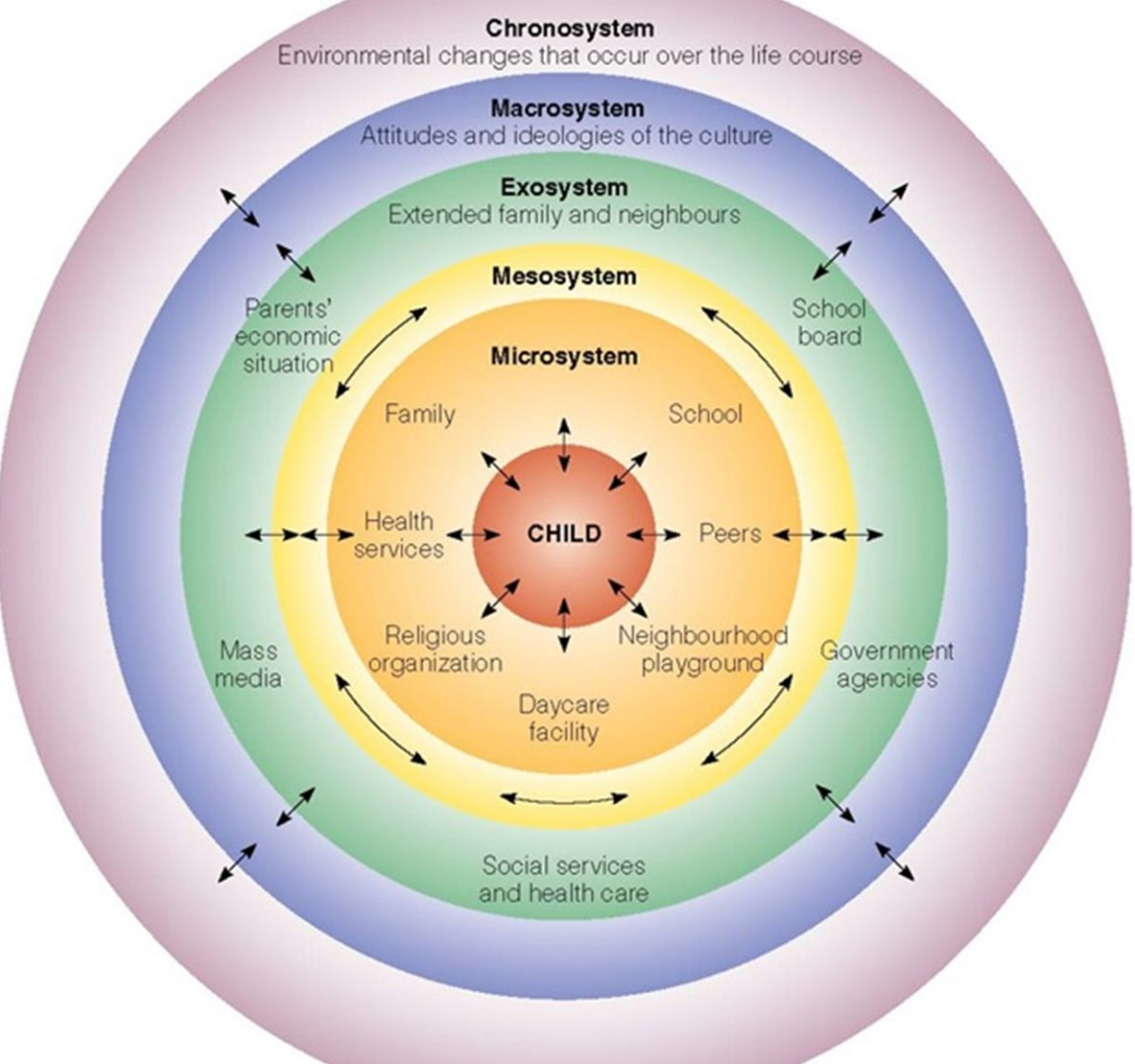
THE WAR ON DRUGS

The war on drugs was a campaign led by the U.S. federal government, with the help of military aid and intervention, with the aim of reducing the illegal drug trade in the United States. The term was popularized by the media shortly after a press conference given on June 18, 1971, by President Richard Nixon—the day after publication of a special message from President Nixon to the Congress on Drug Abuse Prevention and Control—during which he declared drug abuse "public enemy number one".

PRESENT DAY (1995-NOW)

- Despite continued improvement in health outcomes and life expectancy, African Americans still experience poorer health than their White, Latino & Asian counterparts.
- According to the CDC, the health disadvantages in African Americans are due to:
 - Heart Disease
 - Diabetes
 - Stroke
 - Perinatal Issues
 - Cancer
 - Homicide





SOCIAL ECOLOGICAL MODEL OF DEVELOPMENT

-URI
BROFENBRENNER

Interacting Layers of Trauma and Healing



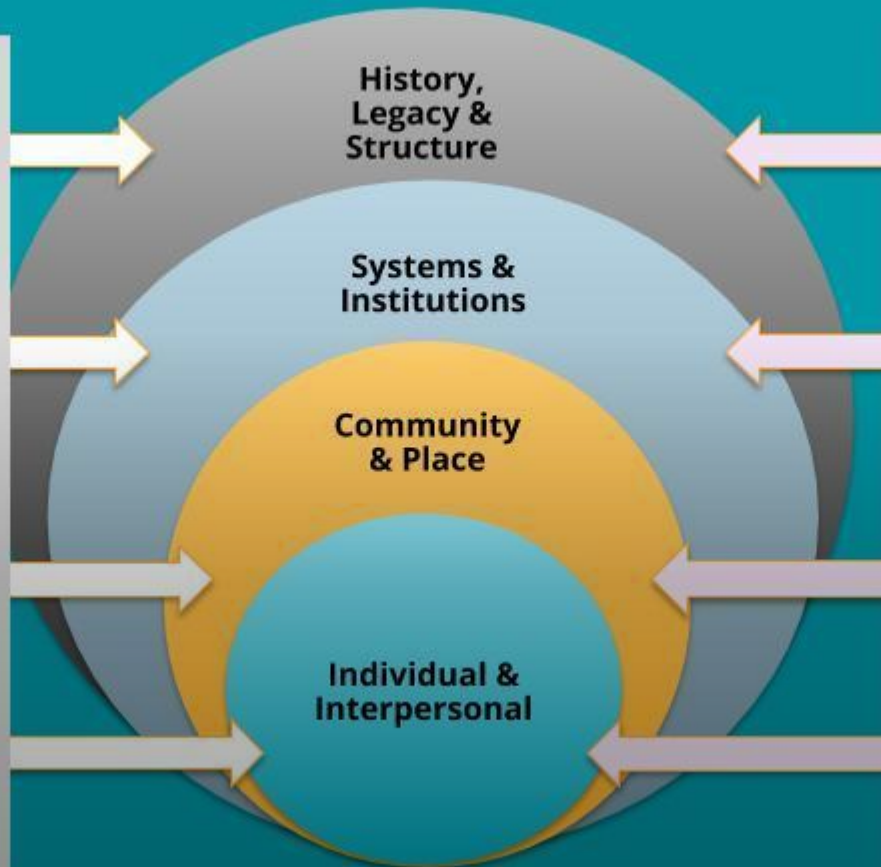
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure



Bethell et al., 2019

JAMA Pediatrics

www.jamanetwork.com/journals/jamapediatrics

Positive Childhood Experiences:

1. **Able to talk with my family about my feelings.**
2. **Felt that my family stood by me during difficult times.**
3. **Enjoyed participating in community traditions.**
4. **Felt a sense of belonging in high school.**
5. **Felt supported by friends.**
6. **Had at least two non-parent adults who took a genuine interest in me.**
7. **Felt safe and protected by an adult in my home.**

FINAL NOTES

**PACeS science is a
social justice issue.**



Thank you!

Ingrid L. Cockhren, Director of Communities

icockhren@pacesconnection.com

Carey Sipp, Regional Community Facilitator

Southern States

csipp@pacesconnection.com