

PACEs CONNECTION PRESENTS

Historical Trauma in the American Northwest

Facilitated by

Dana Brown, Donielle Prince, John Dovaes Flores, Natalie Audage



Indigenous Prayer of the Four Directions

Great Spirit of Light, come to me out of the **East (red)** with the power of the rising sun. Let there be light in my words, let there be light on my path that I walk. Let me remember always that you give the gift of a new day. And never let me be burdened with sorrow by not starting over again.

Great Spirit of Love, come to me with the power of the **North (white)**. Make me courageous when the cold wind falls upon me. Give me strength and endurance for everything that is harsh, everything that hurts, everything that makes me squint. Let me move through life ready to take what comes from the north.

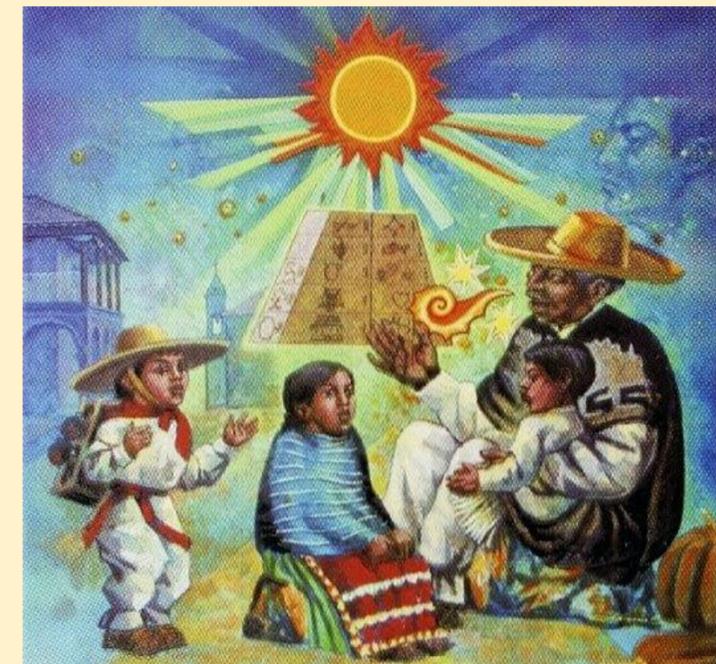
Great Life-Giving Spirit, I face the **West (black)**, the direction of sundown. Let me remember every day that the moment will come when my sun will go down. Never let me forget that I must fade into you. Give me a beautiful color, give me a great sky for setting, so that when it is my time to meet you, I can come with glory.

Great Spirit of Creation, send me the warm and soothing winds from the **South (yellow)**. Comfort me and caress me when I am tired and cold. Unfold me like the gentle breezes that unfold the leaves on the trees. As you give to all the earth your warm, moving wind, give to me, so that I may grow close to you in warmth. Man did not create the web of life, he is but a strand in it. Whatever man does to the web, he does to himself.

As written by Chief Seattle of the Suquamish and Duwamish Native American tribes. Source: Legends of America



Source: Wikipedia



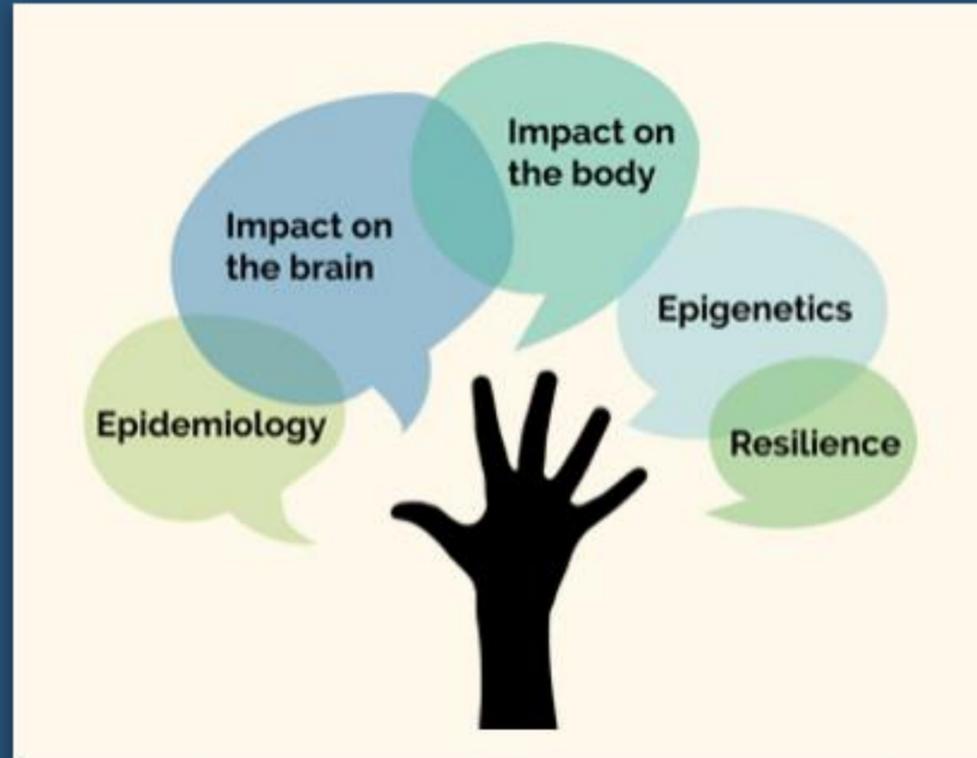
Source: Cultura10.org



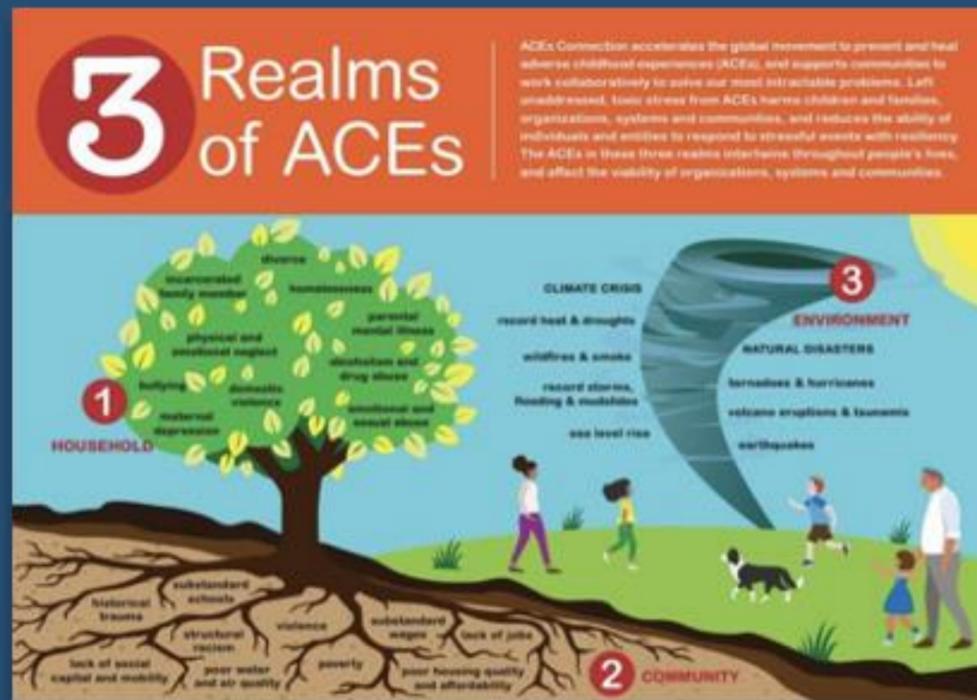
PACES Connection

Creating a **much** better normal

PACEs Science



- **Epidemiology** PACEs 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



A photograph of a group of people in a social setting. In the foreground, a woman with long blonde hair is hugging a man with dark hair from behind. They are both smiling. In the background, other people are visible, including a woman with dark hair who is also smiling. The lighting is warm and indoor.

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

WHO WE ARE



The social network
for the PACEs movement.

54,514+

MEMBERS (& GROWING)

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

PACEs
Connection

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



PACES Connection

We're grateful you've joined us!



Dana Brown

DBrown@pacesconnection.com



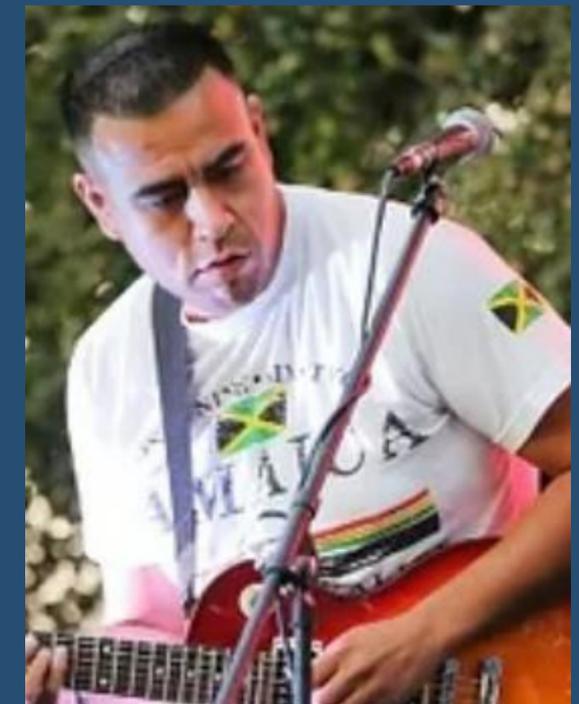
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WE SUPPORT COMMUNITIES

PACEs Connection
formerly ACEs Connection

HEAL trauma
BUILD resilience
PREVENT ACEs

JOIN the movement
PACEs = Positive & Adverse Childhood Experiences

Our name has changed, but we will still be the same healing-centered social network you rely on. [Click here to learn more.](#)

HOME COMMUNITIES BLOG RESOURCES CALENDAR ASK THE COMMUNITY MEMBERS DONATE ABOUT US

HOME / COMMUNITIES

Communities

Your Communities All Communities

Sort Alphabetically

16 Strong Project
PUBLIC ACTIVE 33 MEMBERS
16 Strong works with adolescents to empower resilience to ACEs through educational workshops, school partnerships, and community outreach. We strive to continue conversations that help young people recognize and navigate the challenges they are facing as a result of ACEs.
Remove Yourself From This Community

ACE Task Force of Shelby County (TN)
PUBLIC ACTIVE 60 MEMBERS
We raise community awareness about the role of trauma in health - mental, physical and behavioral - and to create an innovative paradigm shift in the medical system. This will be carried out through the creation of warm, accessible and inviting parenting sites that create relationships to help families prevent and intervene early in the trauma affecting their children.
Remove Yourself From This Community

ACEs & Resiliency in the Intensive Alternative Family Treatment Network (NC)
PUBLIC ACTIVE 8 MEMBERS
The Intensive Alternative Family Treatment @ Network in North Carolina strives to reduce the impact of ACEs of youth, families, treatment parents and staff by focusing on resiliency and healing through a team approach. The IAFT@ network, Strong Families, Safe Homes, Nurturing Communities where everyone will have the supports, they need to overcome challenges and thrive.

ACE center task force of shelby county

Post

+ Create Community
≡ Configure Communities

MANAGE WIDGETS ON COMMUNITIES PAGE

Looking for communities in your state? Use the search button above and search by your states abbreviation to find a complete list!

Don't see a PACEs Initiative for your Community? Interested in starting one? Contact the appropriate Community Facilitator for your region:

US Communities

- > Northeast, Mid-Atlantic, & Southwest states
Contact: Alison Cebulla
- > Southern states
Contact: Carey Sipp
- > Midwest states
Contact: Porter Jennings-McGarity
- > Washington, Oregon, Montana, Wyoming, Idaho, Alaska, and Hawaii
Contact: Karen Clemmer
- > California
 - > Northern California
Contact: Karen Clemmer

Find a
PACEs initiative
in your community.

- Go to blue menu bar and click the “communities” menu option
- Then click “sort alphabetically”

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



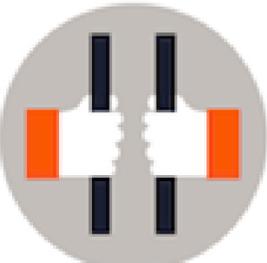
Mental Illness



Mother treated violently



Divorce

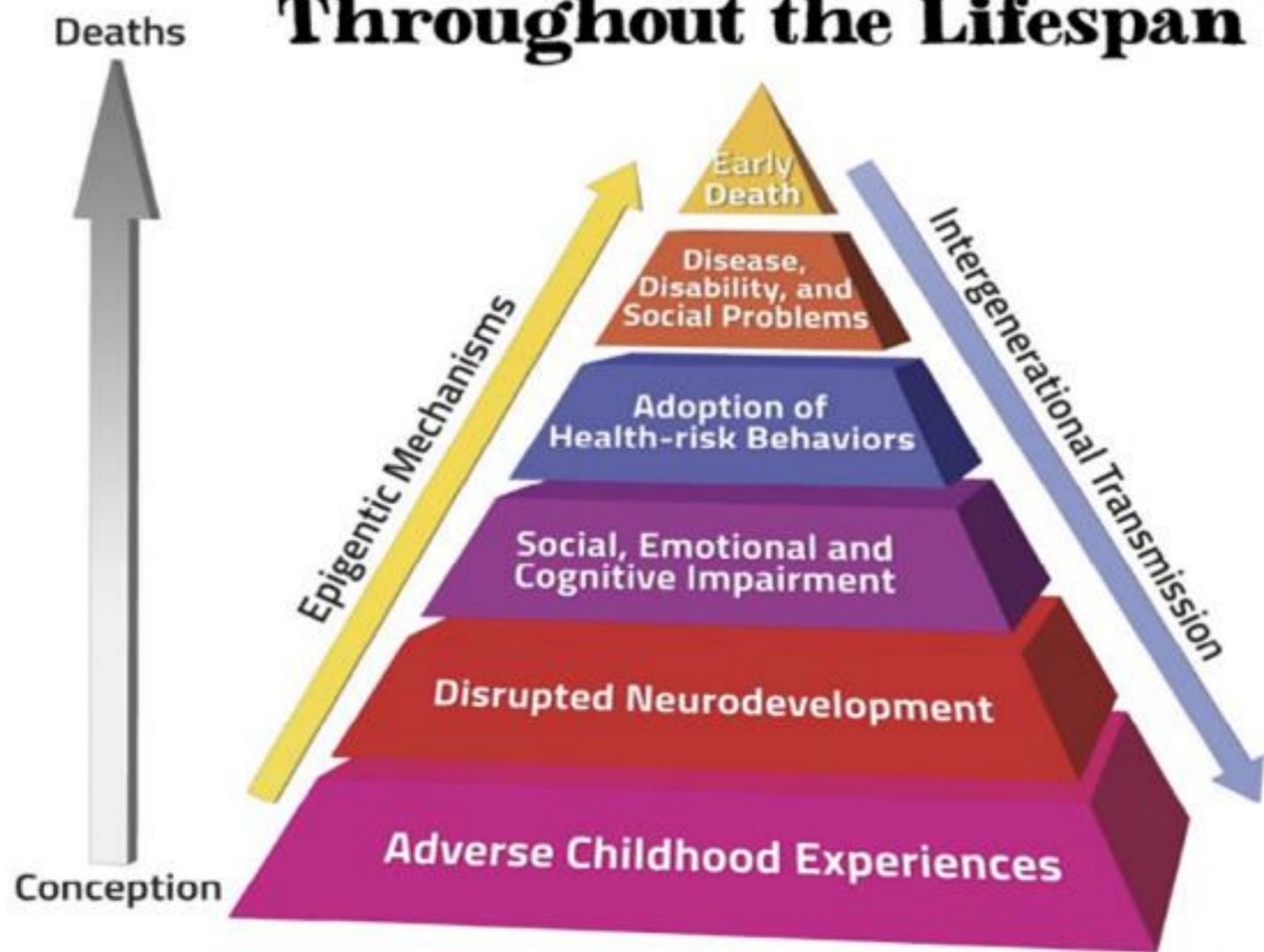


Incarcerated Relative



Substance Abuse

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



Slide Courtesy of Rob Anda, MD, MS

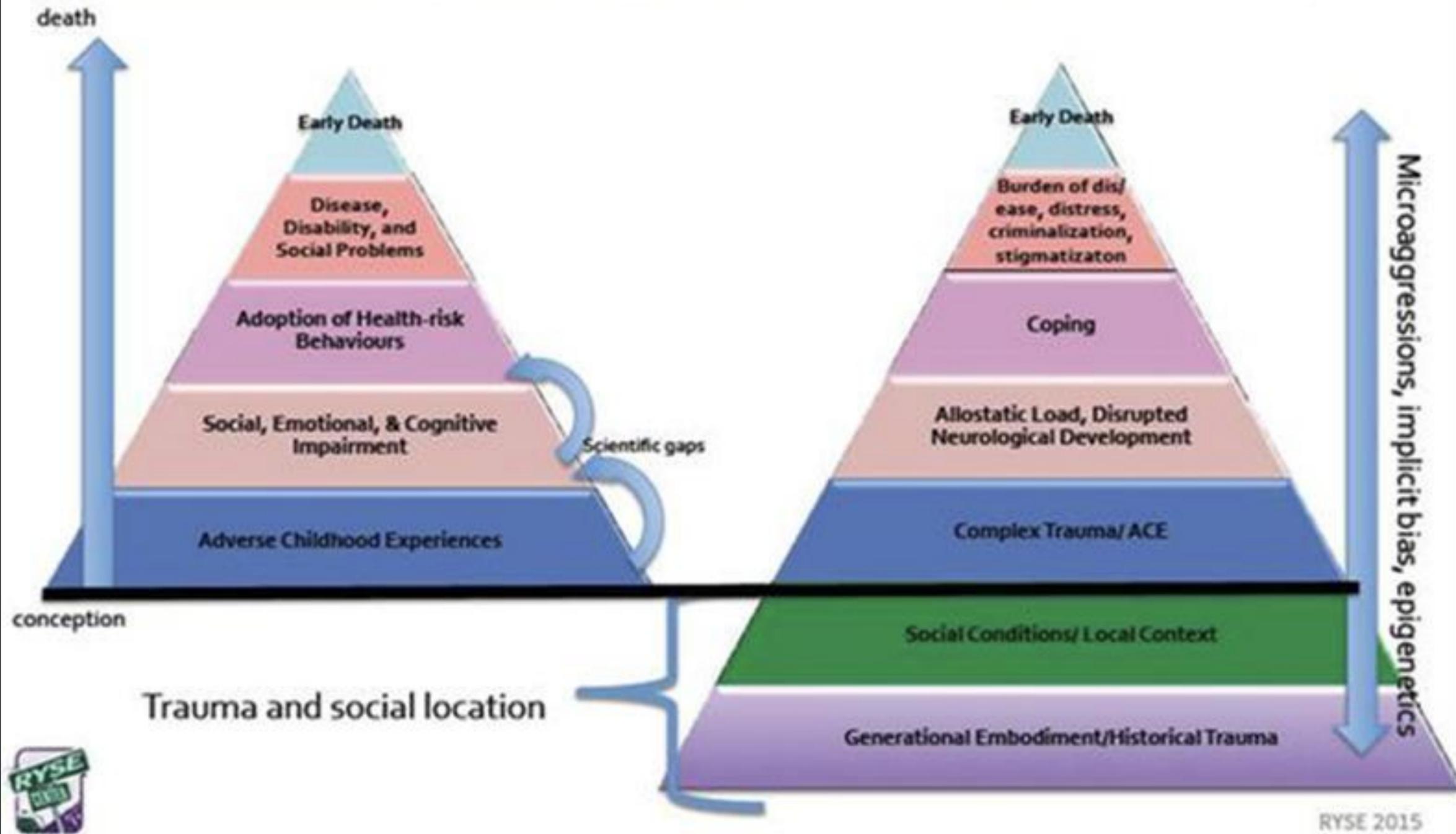
ACEs Pyramid

Dr. Vincent Felitti &
Dr. Robert Anda

Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment



RYSE
Center's
Extended
ACEs
Pyramid

Interacting Layers of Trauma and Healing



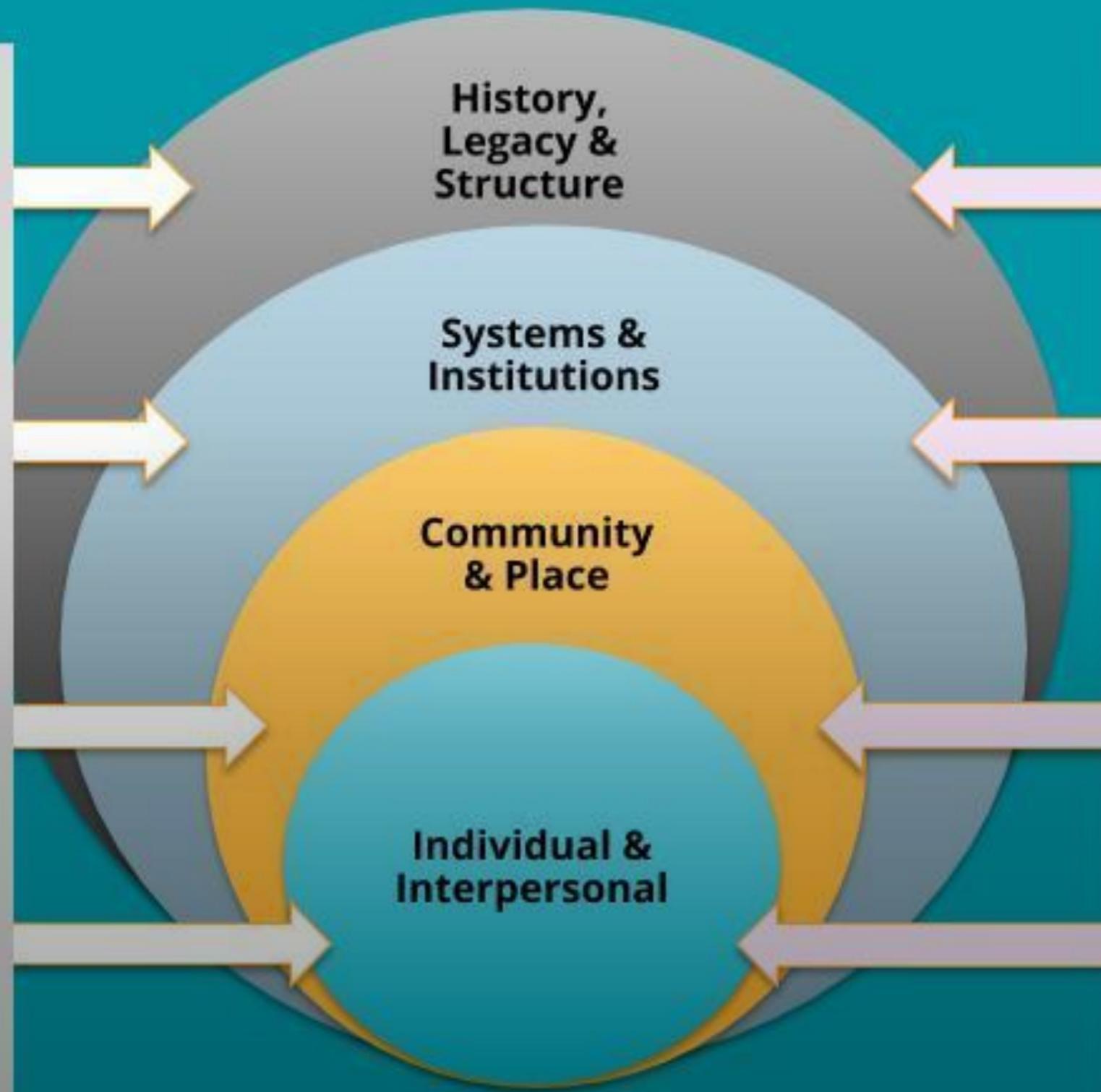
Dehumanization and Distress

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

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, Tulane University
School of Social Work



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

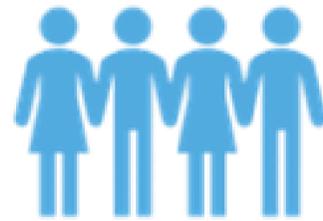
Intergenerational Transmission of Trauma

- 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.”

Intergenerational Transmission of Trauma via Parenting



Maladaptive
Coping
Strategies



Social Learning
Theory



Survival-based
Parenting
Practices

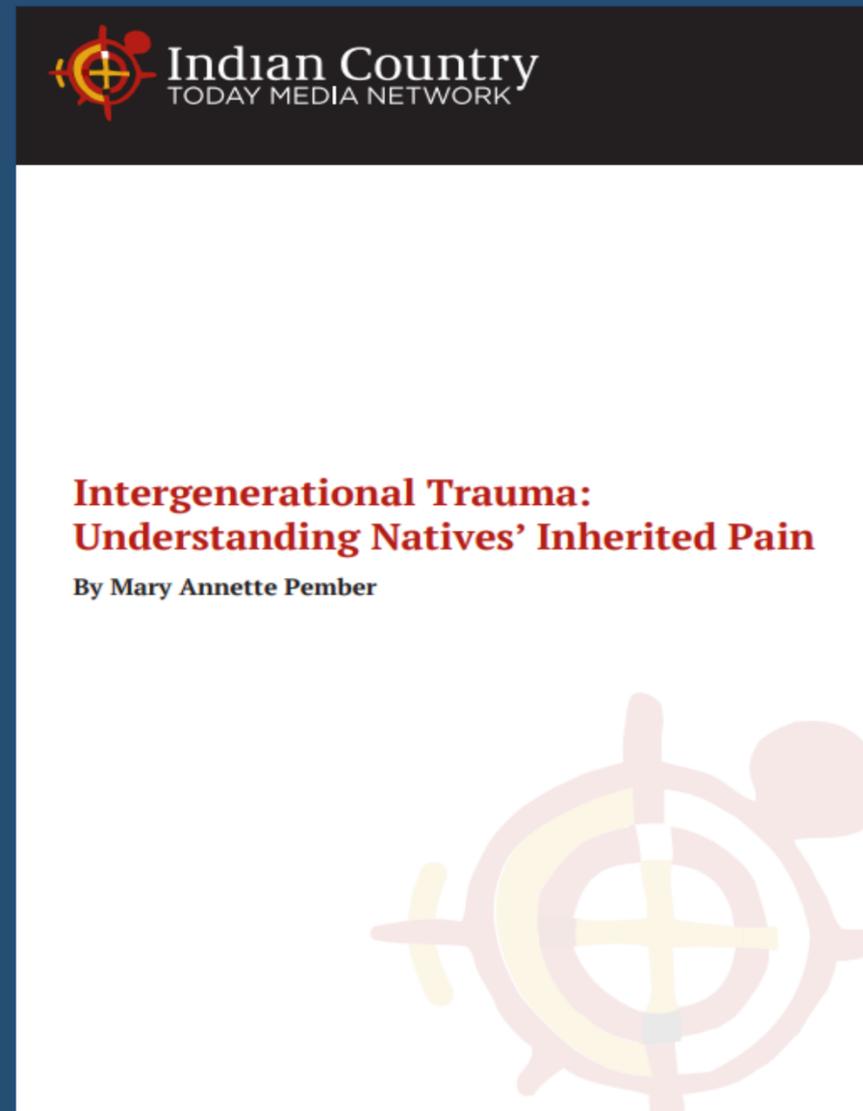
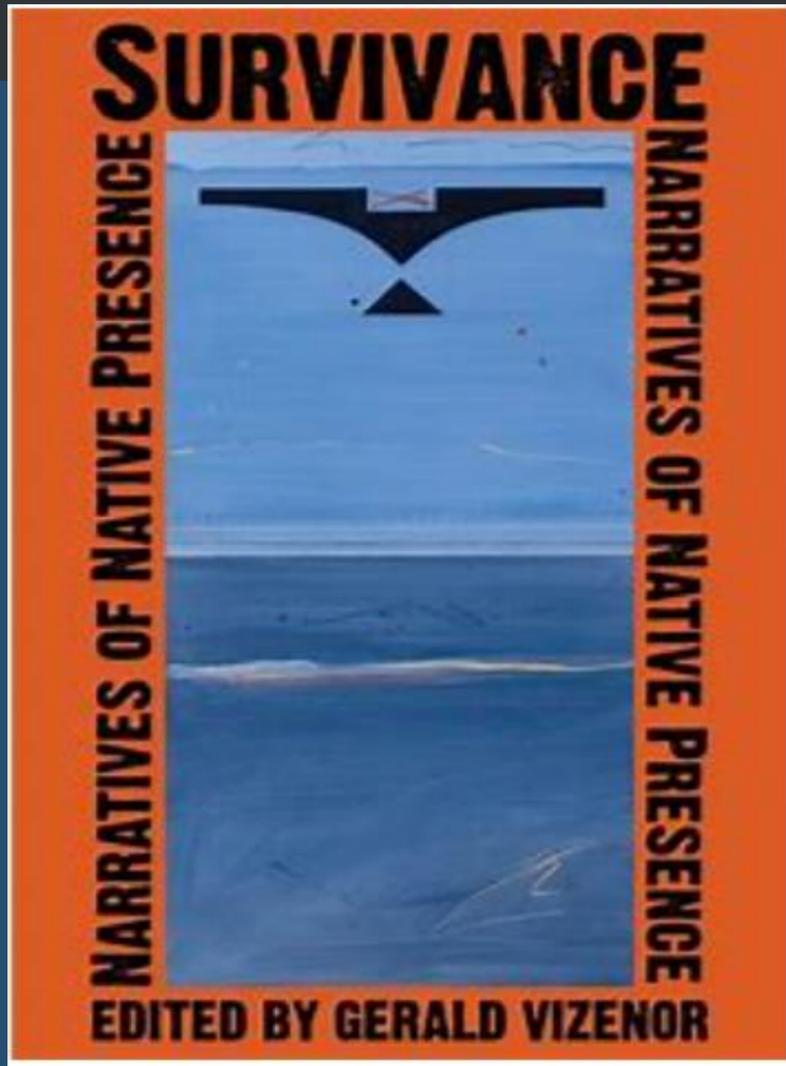


Genetics

Intergenerational Transmission of Trauma via DNA

- 
- Trauma is capable of changing genetic material.
 - **Telomere shortening**
 - Children exposed to childhood trauma had shorter *telomeres*, protective caps at the ends of chromosomes.
 - Shorter telomeres are correlated with several chronic diseases, cognitive impairment, and mental health disorders.
 - **Epigenetic marks**
 - 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, which can alter fundamental biological processes and adversely affect health outcomes throughout life.

Intergenerational Transmission of Survivance



“Scientific developments such as epigenetics can offer exciting new insights not only into how our bodies react not only to trauma but also how we manage to survive it.

Native peoples ability to maintain culture and sense of who they are in the face of such a traumatic history suggests an inherited resilience that bears scientific examination as well, according to Gone.”

-Mary Annette Pember, Intergenerational Trauma: Understanding Natives' Inherited Pain, <https://amber-ic.org/wp-content/uploads/2017/01/ICMN-All-About-Generations-Trauma.pdf>

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.





Historical Trauma

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

Historically Traumatic Events

- Genocide
- Chattel slavery
- Mass incarceration
- Forced relocation/displacement
- Terrorist events (e.g., 9/11)
- Jim Crow
- Poverty
- Natural disasters/pandemics
- Racism and its resulting microaggressions
- Large scale economic downturns
- Police brutality
- Stripping of cultural identity and 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

Historical Trauma Symptoms

- Vulnerability to PTSD and other stress disorders
- Higher rates of violence, including domestic violence and physical child abuse
- Vulnerability to depression and suicide
- Increased use of alcohol and substances
- Lack of educational attainment
- Higher crime and incarceration rates
- Higher rates of unemployment
- Higher mortality and early death rates
- Lower Intelligence Quotient (IQ)
- Higher likelihood of developmental delays and behavioral problems in childhood
- Higher risk of child sexual abuse

"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



Additional ACEs:

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

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

Definitions & Key Terms



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."

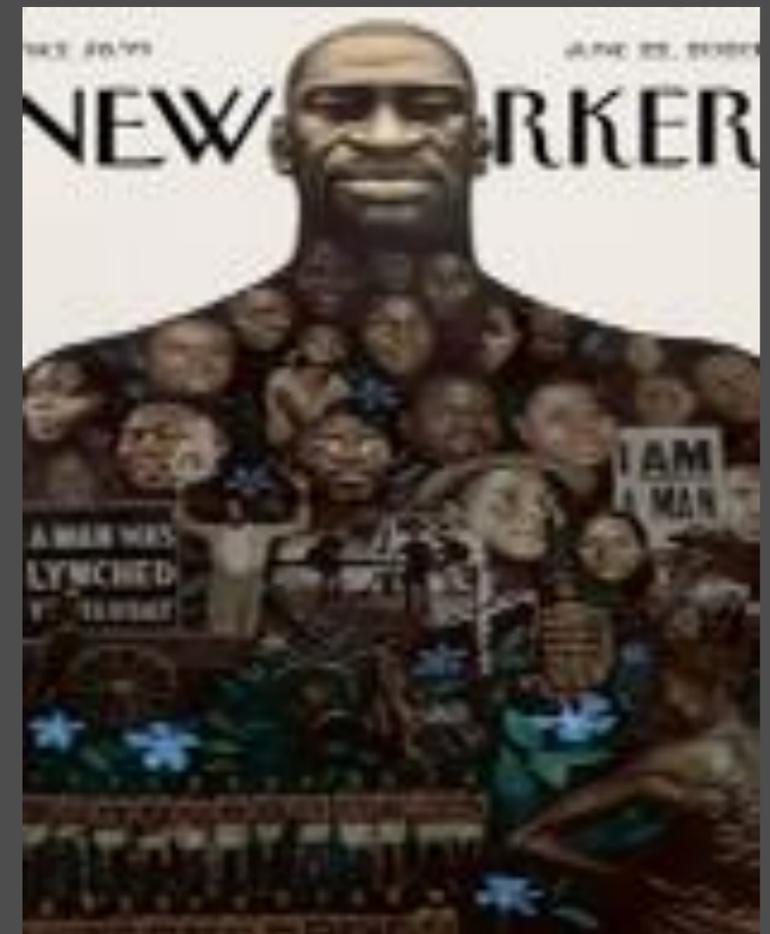
Definitions & Key Terms

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. (Mental Health America)



Interacting Layers of Trauma and Healing



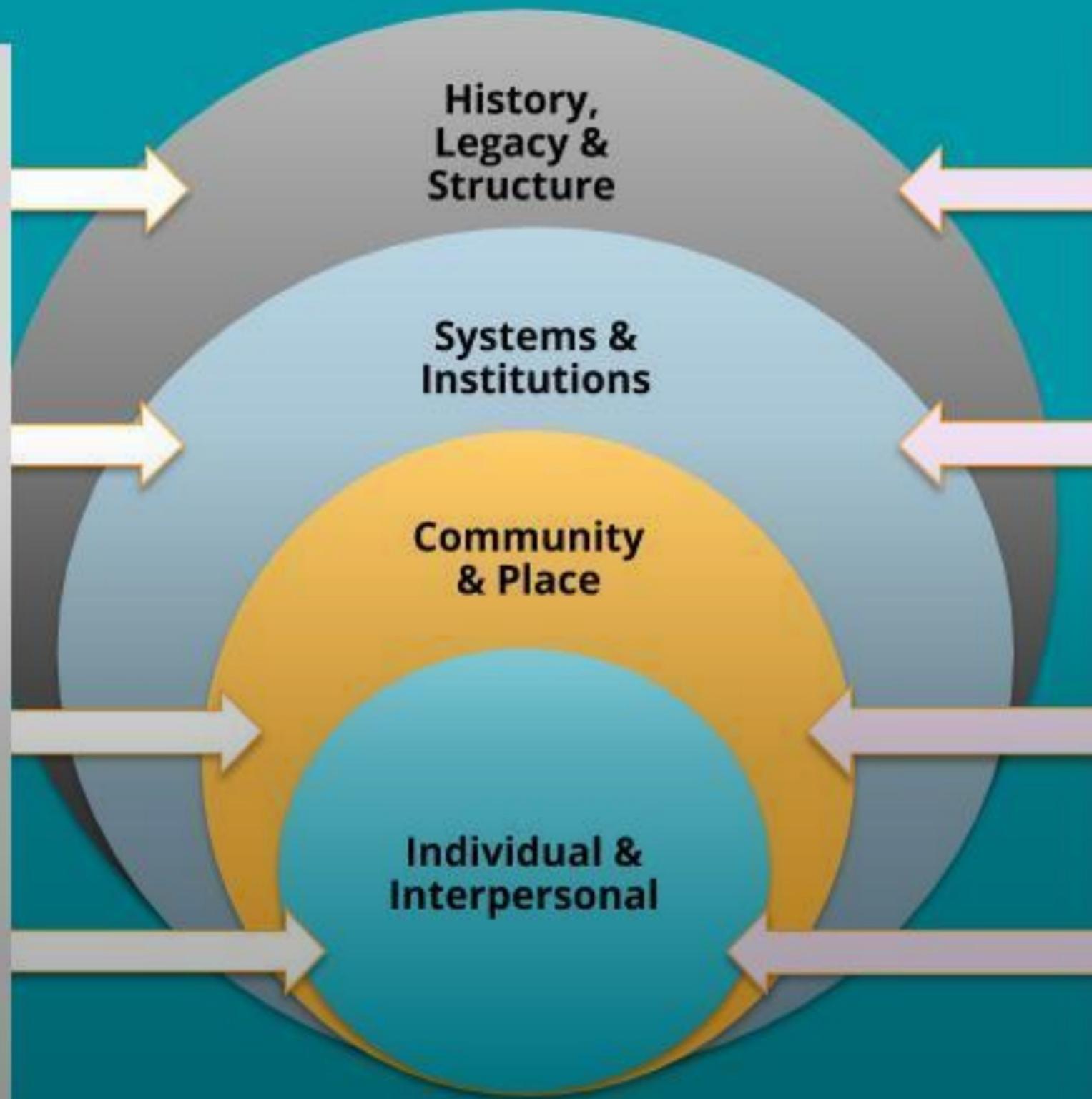
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Historical Trauma in the American Northwest



Jeffrey Ostler, Beekman Professor of Northwest and Pacific History at the University of Oregon, has spent the better part of three decades researching the American frontier. His conclusion: the wars the US government waged against Native Americans from the 1600s to the 1900s differed in a fundamental way from this country's other contemporaneous conflicts. "Against Native nations and communities," he says, "it was genocidal war."

Mr. Ostler believes that in their description of the conflicts with Native Americans, mainstream political and historical discourses in the United States have often obscured this deadly distinction.

[Historian Examines Native American Genocide, its Legacy, and Survivors | Around the O \(uoregon.edu\)](https://uoregon.edu)

Understanding Historical Trauma and Native Americans



Dr. Maria Yellow Horse Brave Heart is a Hunkpapa, Oglala Lakota and a professor at the University of New Mexico. She is the first person to develop the theory of historical unresolved grief and the first to describe historical trauma in such a rich and comprehensive way.

Dr. Brave Heart talks about the process of moving forward from historical grief:

“First is confronting the historical trauma. Second is understanding the trauma. Third is releasing the pain of historical trauma. Fourth is transcending the trauma.”



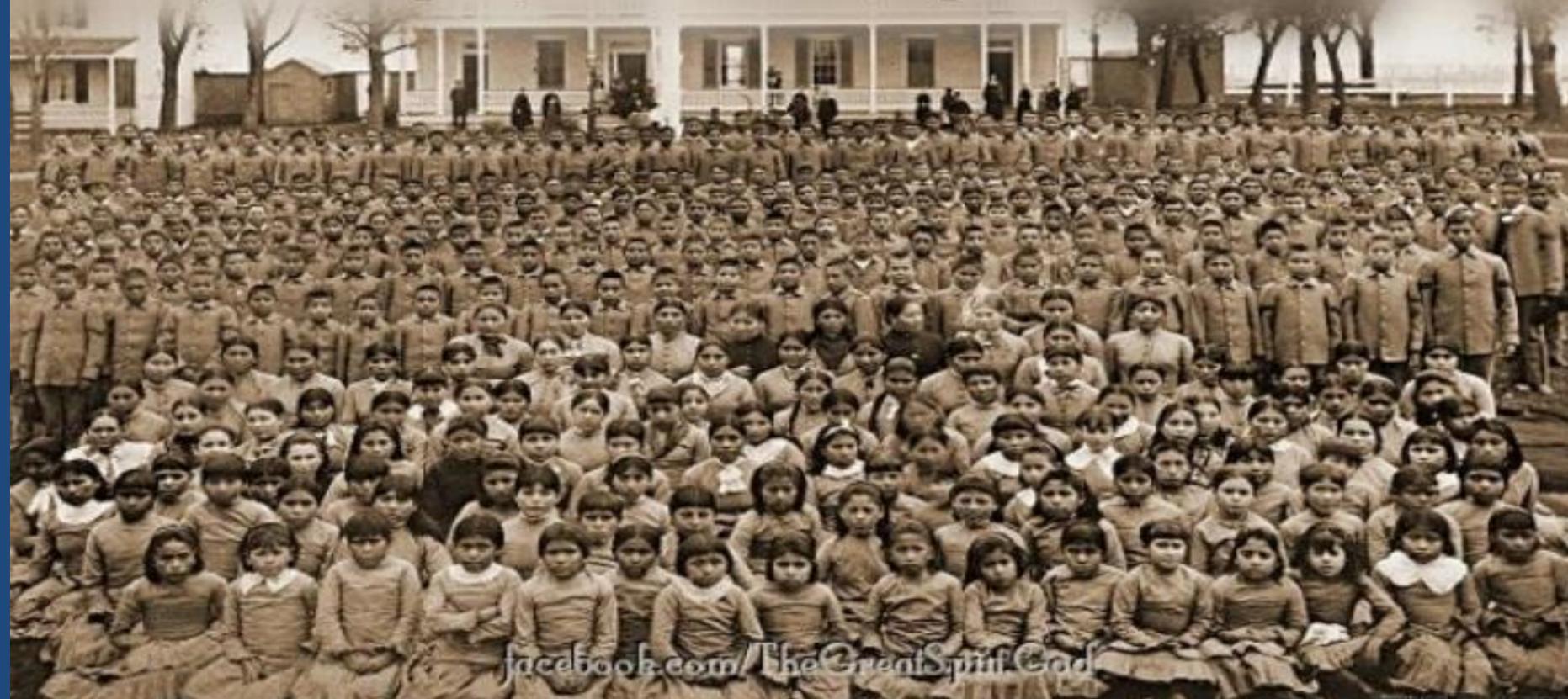
Dr. Maria Yellow Horse Brave Heart describes historical trauma as “...the cumulative emotional and psychological wounding over one’s lifetime and from generation to generation following loss of lives, land and vital aspects of culture.”

The American Indian holocaust: Healing historical unresolved grief.

[Impact of Historical Trauma - The National Native American Boarding School Healing Coalition](#)

Historical trauma is entirely different than consciously holding onto the past when it resides in your ancestral memory and DNA. It results in numerous defense mechanisms, developmental malfunctions, and behavioral issues. This is scientific and is supported in studies.

~Tony Ten Fingers/Wanbli Nata'u, Oglala Lakota



HISTORICAL LOSS SCALE

One study conducted in 2004, a group of researchers surveyed adult Native Americans who had children.

These participants were generations removed from many of the historical traumas that had been inflicted on the Native American people.

- **36% had daily thoughts about the loss of traditional language in their community**
 - 34% experienced daily thoughts about the loss of culture.
 - 24% reported feeling angry regarding historical losses
- **49% provided they had disturbing thoughts related to these losses.**
 - Almost half (46%) of the participants had daily thoughts about alcohol dependency and its impact on their community.
 - 22% of the respondents indicated they felt discomfort with White people
- **35% were distrustful of the intentions of the dominant White culture due to the historical losses the Native American people had suffered.**

(Whitbeck et al., 2004)

[Conceptualizing and measuring historical trauma among American Indian people - PubMed \(nih.gov\)](#)

1862 Pacific Northwest Smallpox Epidemic



The Haida tribe is one of the oldest tribes in Native American history.

The Haida tribe was affected by the epidemic and lost much of its population. It is estimated that the population of the Haida tribe prior to smallpox was around 6,600 and after smallpox ravaged them their population was reduced to around 830.

[Haida Tribe Facts and History](#)

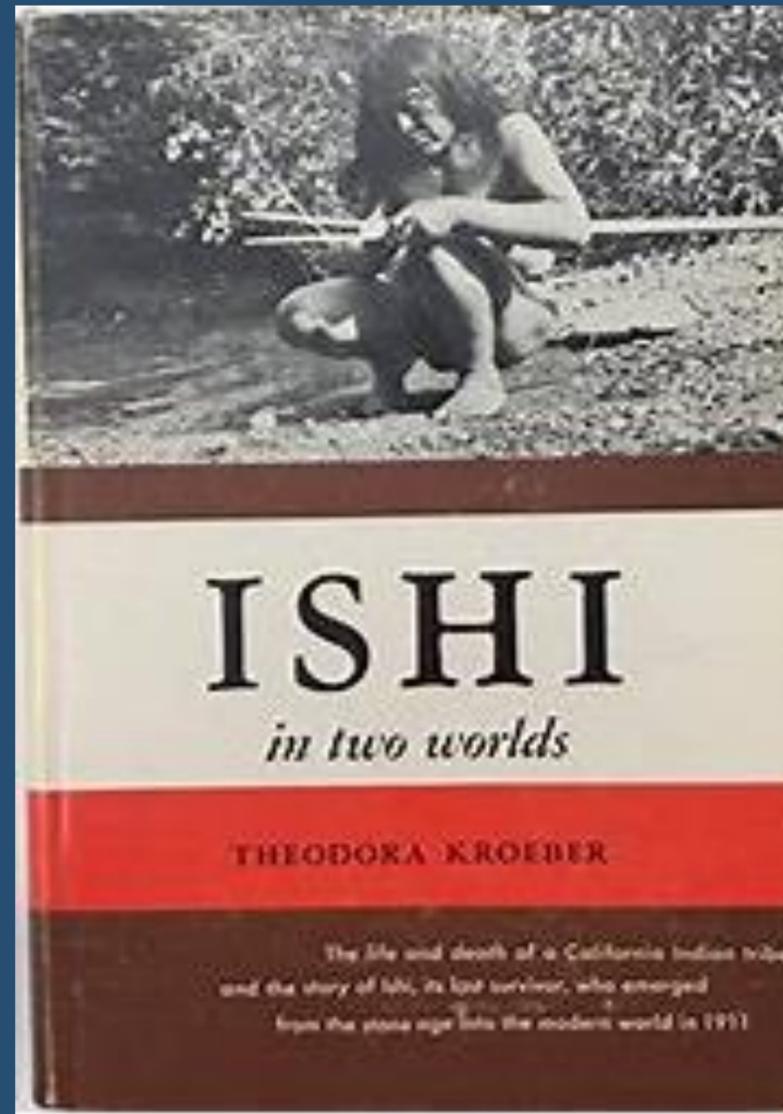
Ishi, who was described as the last surviving member of the Native American **Yahi tribe**, is discovered, at age 50, in Oroville, California on August 29, 1911.

Ishi was taken in by anthropologists at the University of California, Berkeley, who both studied him and hired him as a janitor. He lived most of his remaining five years in a university building in San Francisco.

His life was depicted and discussed in multiple films and books, notably the biographical account, *Ishi in Two Worlds* published by Theodora Kroeber in 1961.

[Ishi](#)

[Image: Source](#)



[Image: Source](#)

This is a newspaper clipping with a large headline and several columns of text. The main headline reads 'LEAST CIVILIZED MAN TELLS HIS TALE BY SIGNS'. To the right of this headline is a sub-headline: 'Aborigine, Whose Tongue No Man Can Understand'. Below the main headline are three sub-articles: 'Last of Wildest Indian Tribe in America Describes Passing of Band', 'Two Bucks Drown, Squaw Dies From Lack of Water, He Alone Survives', and 'Redman in Weird Pantomime and Incantation Graphically Relates the Tragedy'. A small box at the top right contains the text 'Aborigine, Whose Tongue No Man Can Understand'. A large photograph of a man, presumably Ishi, is positioned on the right side of the clipping. The text below the photograph begins with '[Special Dispatch to The Call] ROVILLE, Aug. 30.—In the weird pantomime which has in all ages been the medium through which people of different tongues converse the Indian found on Monday in the mountains near Oroville today told the story of his wanderings.' The clipping ends with the text 'The tale, more firmly confirms the belief that the Indian is the least civilized man in the United States, and the last surviving members of the Deer Creek Indians the most uncivilized Indian band in America.' and 'The fact that the surveying party which drove the remnant of the tribe from their Deer creek fastnesses said that they encountered four of these wild Indians, three bucks and a squaw, makes it almost certain that this Indian is the last of his tribe.' The bottom of the clipping is partially cut off, showing the words 'LATER WEDDING DAY'.

[Image: Source](#)

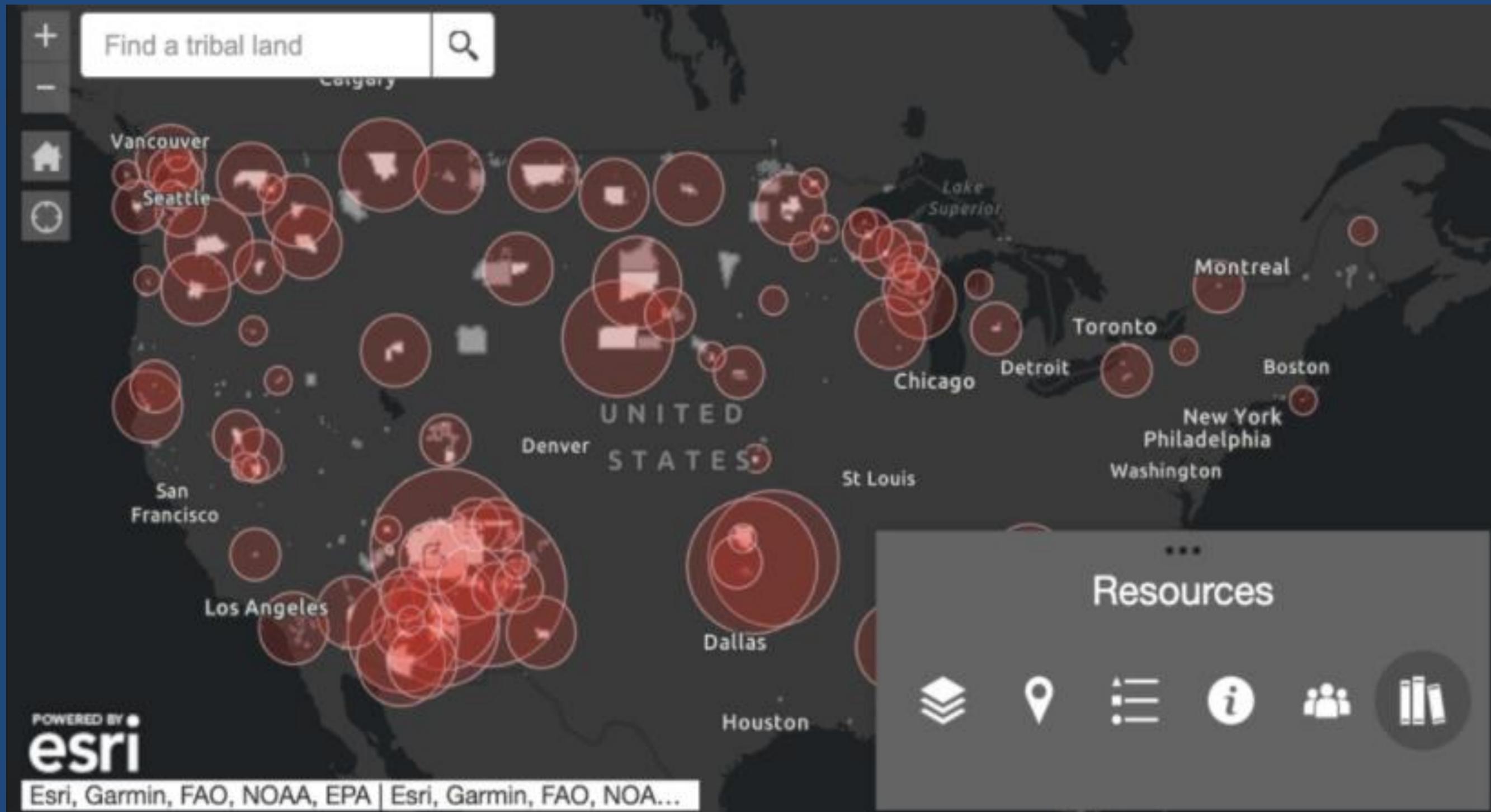
In current times, the Dakota Access Pipeline represents another affront to Native American sovereignty and further marginalization of Native American peoples; in this instance, the Sioux tribe located in Standing Rock, North Dakota.

There are two primary issues the Sioux have against the pipeline: The pipeline will contaminate drinking water and damage sacred burial sites. Originally, the pipeline was designed to go through Bismarck, North Dakota but was rejected by the citizens there because they didn't want to risk contaminating their drinking water.

The ensuing Standing Rock protests that took place, after the pipeline was redirected through Sioux land, arguing they deserve the same rights and considerations as the citizens of Bismarck.



[Indian Removal Act: The Genocide of Native Americans – UAB Institute for Human Rights Blog](#)



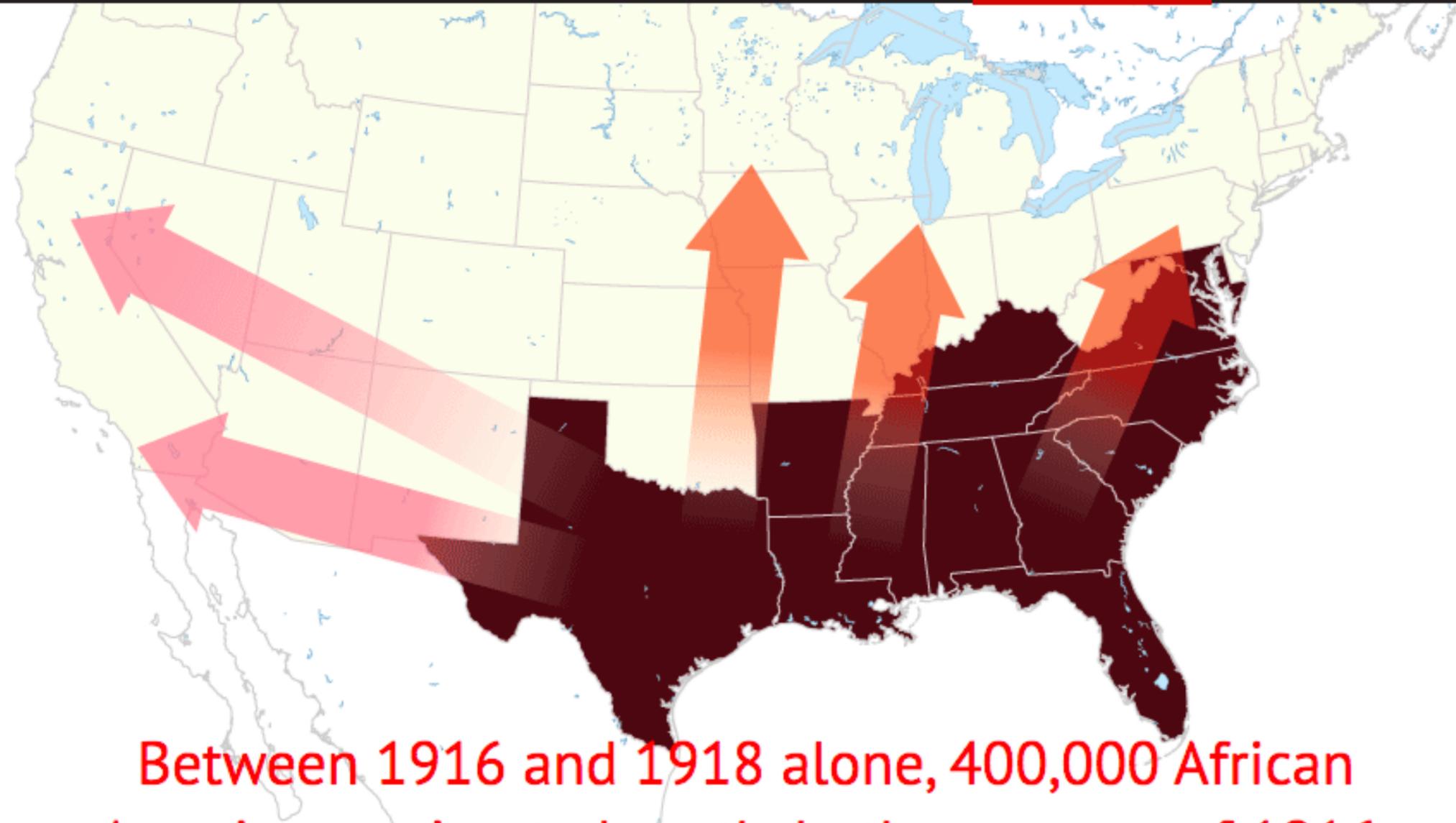
[New data shows COVID-19's disproportionate impact on American Indian, Alaska Native tribes | Hub \(jhu.edu\)](https://www.hub.jhu.edu/news/new-data-shows-covid-19s-disproportionate-impact-on-american-indian-alaska-native-tribes)

African Americans in the American Northwest

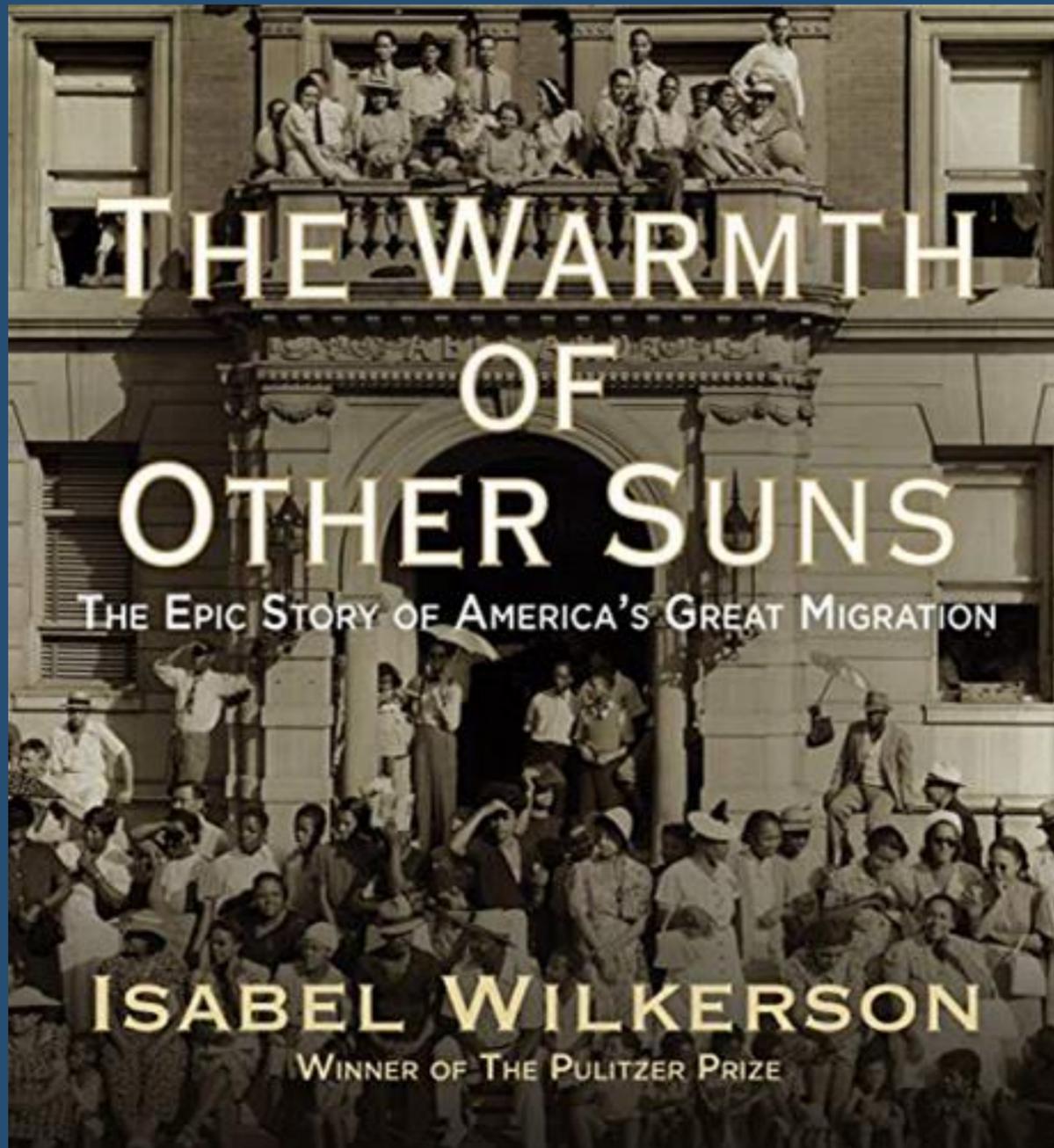


Image Credit: Included in *The Warmth of Other Suns* by Isabel Wilkerson

The Great Migration: Movement of 6 million African Americans from the South



Between 1916 and 1918 alone, 400,000 African Americans migrated north. In the summer of 1916, the Pennsylvania Railroad helped more than 10,000 African Americans move in order to employ them.



- Northwest movement was part of the Great Migration* during which 6 million African Americans fled the South
- Isabel Wilkerson's The Warmth of Other Suns captures the human stories that animate this struggle to leave behind the Jim Crow South.
- The Great Migration saw a total of six million African Americans leave the South in two waves (1916-1930; 1940-1970)

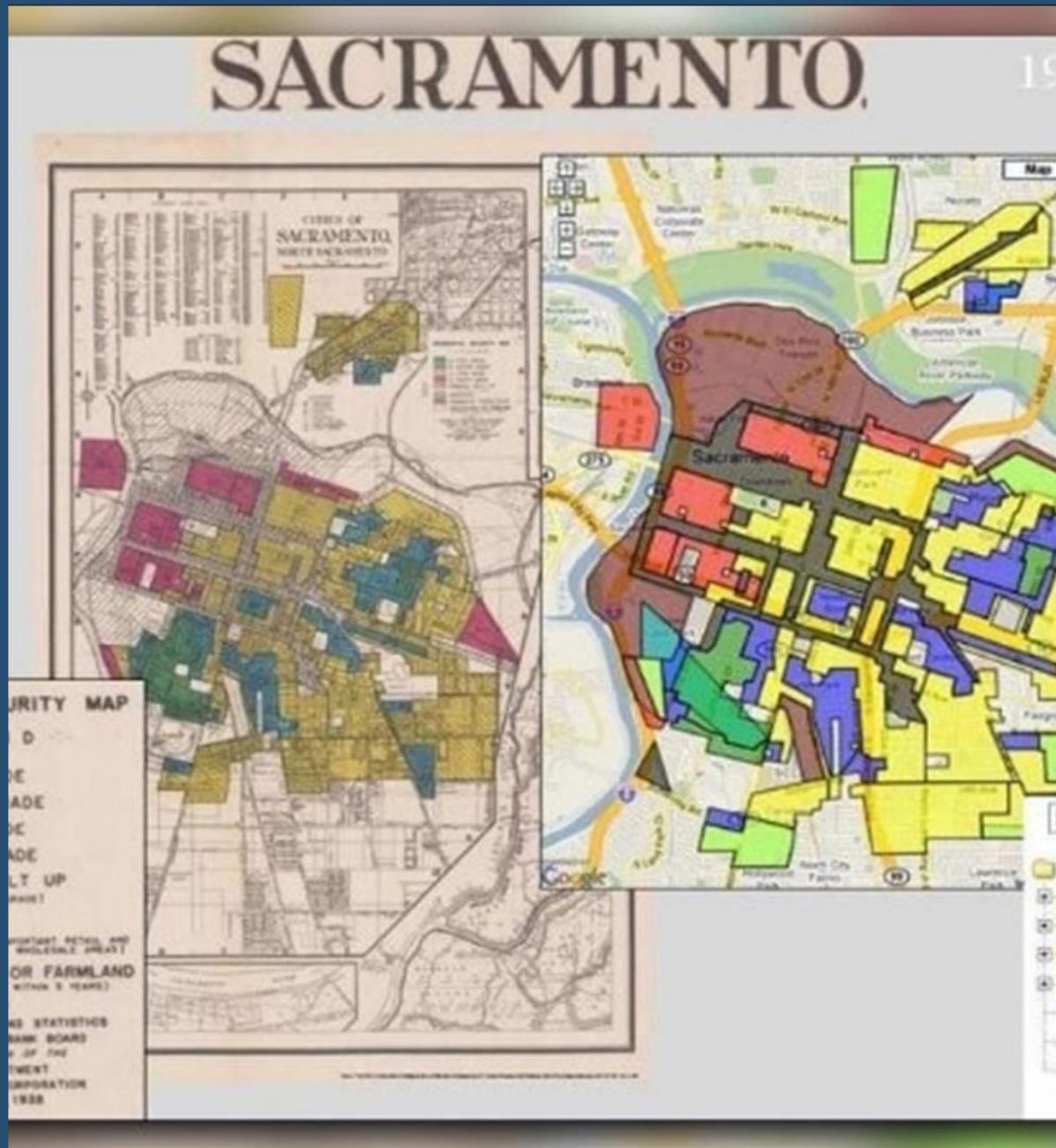
Reality of Anti-Blackness in the Northwest



Segregation from Coast to Coast

“The myth of de facto segregation denies this recent history and prevents us from adopting policies to undo it. If we understood the important role that our government played in segregating our nation, we would feel a greater obligation to press our government to integrate it. But if we believe that segregation was an unintended byproduct of private forces, it is too easy to say there is little now that can be done about it”.

-Richard Rothstein, “Color of Law”



In East Sacramento, a homeowner discovered her deed included a Covenant requiring that the property be “restricted to persons of the Caucasian Race [sic] forever.”

Nearby Davis CA:

“No persons except those of the white Caucasian race shall use, occupy or reside upon any residential property in the tract of land hereinabove described, or any future subdivision thereof, except when employed as a servant or domestic in the household of a white Caucasian tenant or owner

....for the sole reason that they [the owner] believe possession and occupancy by such persons would have a prejudicial effect upon the value of other property to said subdivision and in future units thereof.”

Oregon

Pioneer Square in Portland, Oregon



- Portland dubbed “America’s Whitest City” - and yet at the forefront of police repression of George Floyd protests
- Long history of statewide racial exclusion/ expulsion encoded into law
- Led to nearly universal statewide exclusionary housing policy at the local level

Washington

Seattle Neighborhoods with Restrictive Racial Covenants

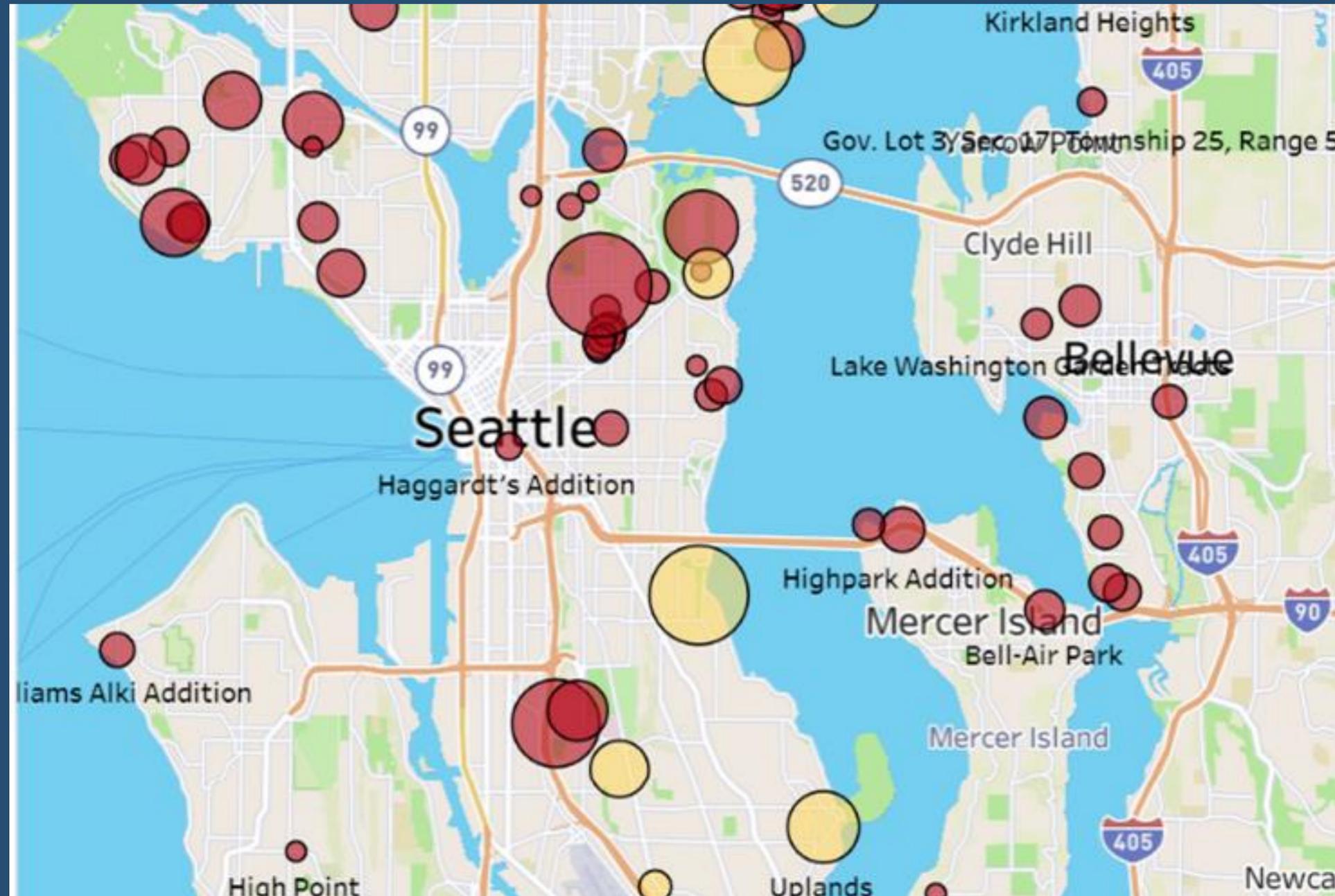


Image credit: University of Washington's Civil Rights and Labor History Project

Seattle (Kings County area) Database of Race Restrictive Covenants

Seattle neighborhoods:

CITY	NEIGHBORHOOD	SUBDIVISION (PLAT)	RACIAL RESTRICTION	PARCELS COVERED
Seattle/West	Alki	Williams Alki Addition	The lot, nor any part thereof, shall not be sold to any person either of whole or part blood, of the Mongolian, Malay, or Ethiopian races, nor shall the same nor any part thereof be rented to persons of such races.	28
Seattle/West	Arbor Heights	Roxbury Heights	No person of any race other than the white race shall use or occupy any building or any lot, except this covenant shall not prevent occupancy by domestic servants of a different race domiciled with an owner or tenant.	280
Seattle/West	Arroyo Heights	Fairchild Addition No. 1	No person of any race other than the White or Caucasian race shall use or occupy any building or any lot, except that this covenant shall not prevent occupancy by domestic servants or a different race domiciled with an owner or tenant.	85
Seattle/South	Beacon Hill	Jefferson Park Addition Div.1	No person other than one of the Caucasian race shall be permitted to occupy any portion of any lot in said plat or any building thereon except a domestic servant actually employed by a Caucasian occupant of said lot or building.	220
Seattle/South	Beacon Hill	Ladd's 2nd Addition and Jefferson Park Addition #2	No person other than one of the Caucasian race shall reside on any of said described premises excepting that a domestic servant in the actual employ of an occupant may reside in the home of his master.	~600
Seattle/South	Beacon Hill	Avon Crest Addition	Labeled a "Restricted District" in newspaper ads	21

Asian-American & Pacific Islander communities in the American Northwest



Historical Background

- 19th Century 1850-1900:
 - Gold Rush
 - People vs. Hall
 - Anti-immigration policy/propaganda
 - Transcontinental Railroad
 - Burlingame Treaty of 1868
 - Chinese Exclusion Act of 1882
 - Racial violence & massacres
- 20th-21st Century 1900-2021
 - St. Louis World's Fair 1904
 - Anti Filipino Riots/Yakima Valley
 - Executive Order 9066
 - US intervention in Southeast Asia
 - 9-11 Asian discrimination
 - SARs/COVID Discrimination



Gold rush period (1848-1855)

- Merchants, miners, laborers
- California 1860 census
 - CA population 379,994
 - Population of Chinese in CA. at 1860, 34,933.
 - 24,282 miners
(Chung, 2011)
- Migration to NW
- Height of Chinese Immigration in NW
1870-1900
 - Over 300,000 1852-1882
(Yung, Chang,, Lai, 2006)



Chung's 2011 study

- Early mining towns:
 - John Day, Oregon
 - Tuscarora, Nevada
 - Island Mountain, Nevada
- Widespread racial discrimination did not deter migration to U.S.
- Maintained cultural practices despite oppression



Anti-immigrant policies

- Foreigner Miners Tax - California 1850



HARPER'S WEEKLY

A JOURNAL OF CIVILIZATION

Vol. XXIII.—No. 1185.] NEW YORK, SATURDAY, SEPTEMBER 13, 1879. [WITH A SUPPLEMENT, FROM TEN CENT.

POLITICAL ASSASSINATIONS.

"TAKING THE CONSEQUENCES."



"THE NIGGER MUST GO," AND "THE CHINESE MUST GO."
THE POOR BARBARIANS CAN'T UNDERSTAND OUR CIVILIZED REPUBLICAN FORM OF GOVERNMENT.

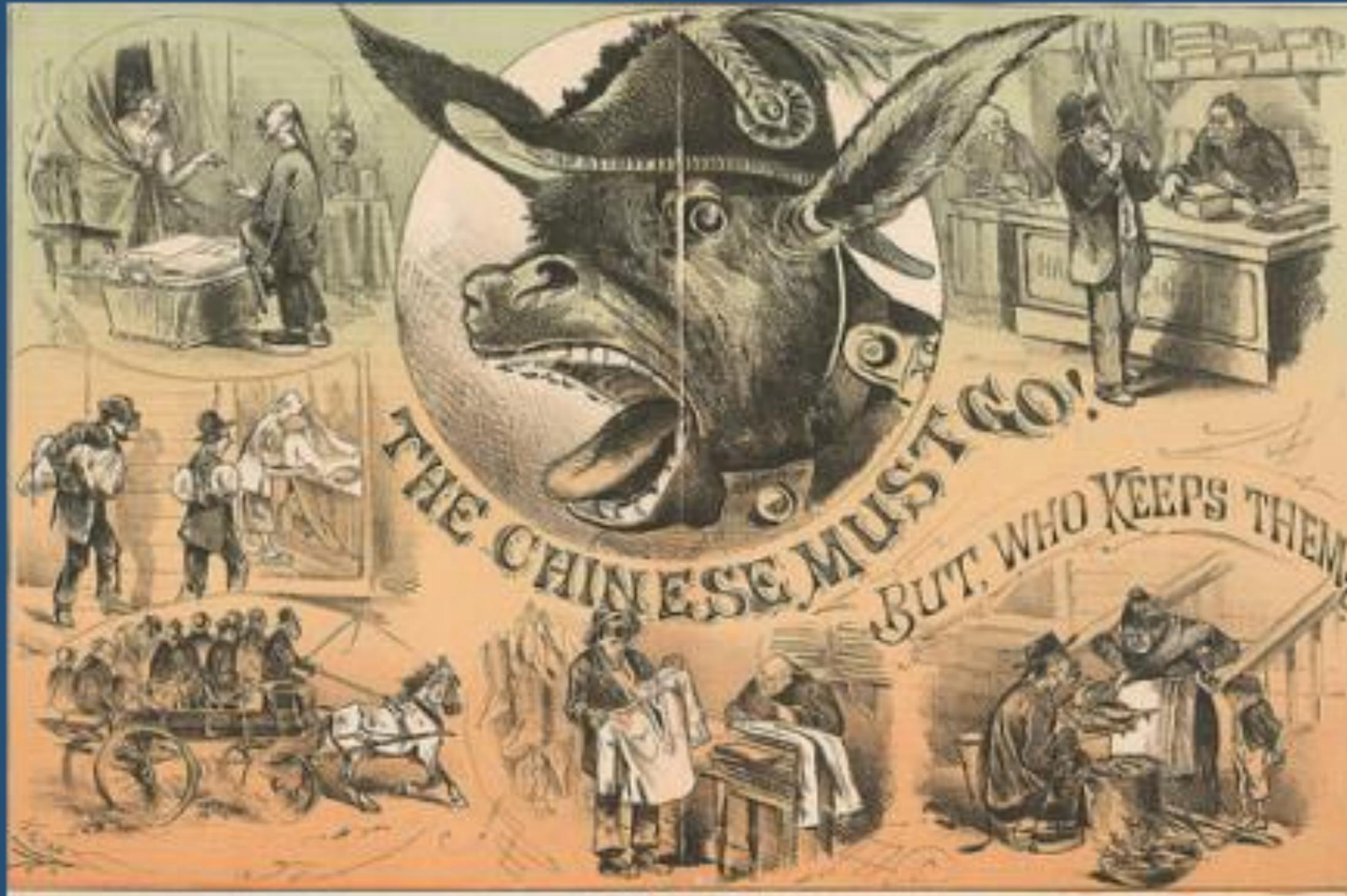
People v. Hall (1854)

<https://immigrationhistory.org/item/people-v-hall/>

Anti-Immigrant propaganda

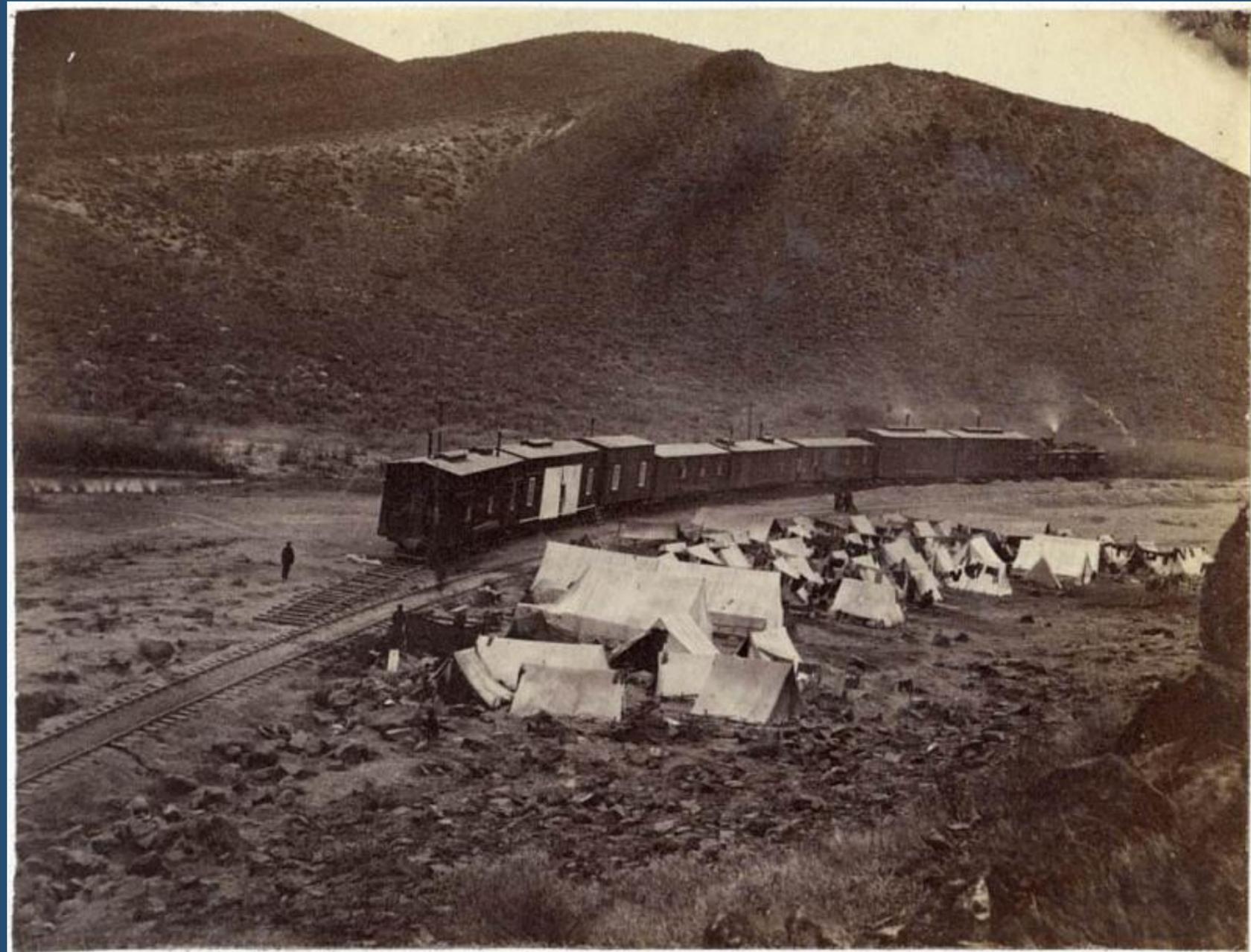


Anti-Coolie Act 1862



Construction of Chinatowns

- Oakland, CA
- San Francisco, CA
- Seattle, WA
- Walla Walla, WA
- Portland, OR
- Salem, OR



<http://plainshumanities.unl.edu/encyclopedia/doc/egp.asam.011>

Transcontinental Railroad construction



- **Transcontinental railroad construction 1863-1869**
- **10-15,000 Chinese workers** worked for the Central Pacific Railroad
- 1868, **90% of CPRR workforce**



<https://americanhistory.si.edu/american-enterprise/new-perspectives/forgotten-workers>
<https://chcp.org/Chinese-Railroad-Workers>

Burlingame Treaty of 1868



460

HARPER'S WEEKLY.

[July 18, 1868.]

THE YOUNGEST INTRODUCING THE OLDEST.
AMERICA. "Brothers and Sisters, I am happy to present to you the Oldest Member of the Family, who desires our better acquaintance."

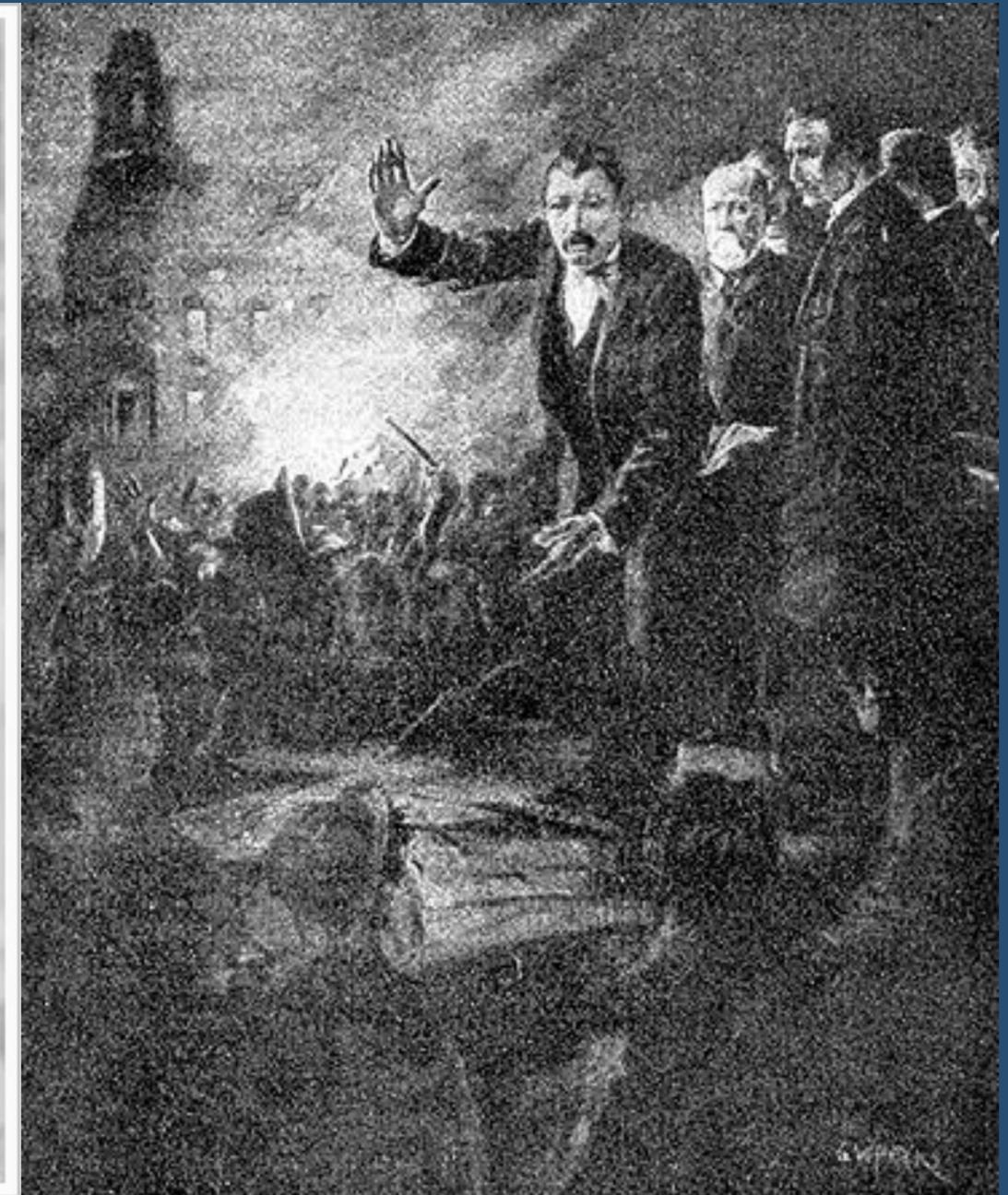
San Francisco Chronicle 1873

THEY ARE COMING
900,000 STRONG.

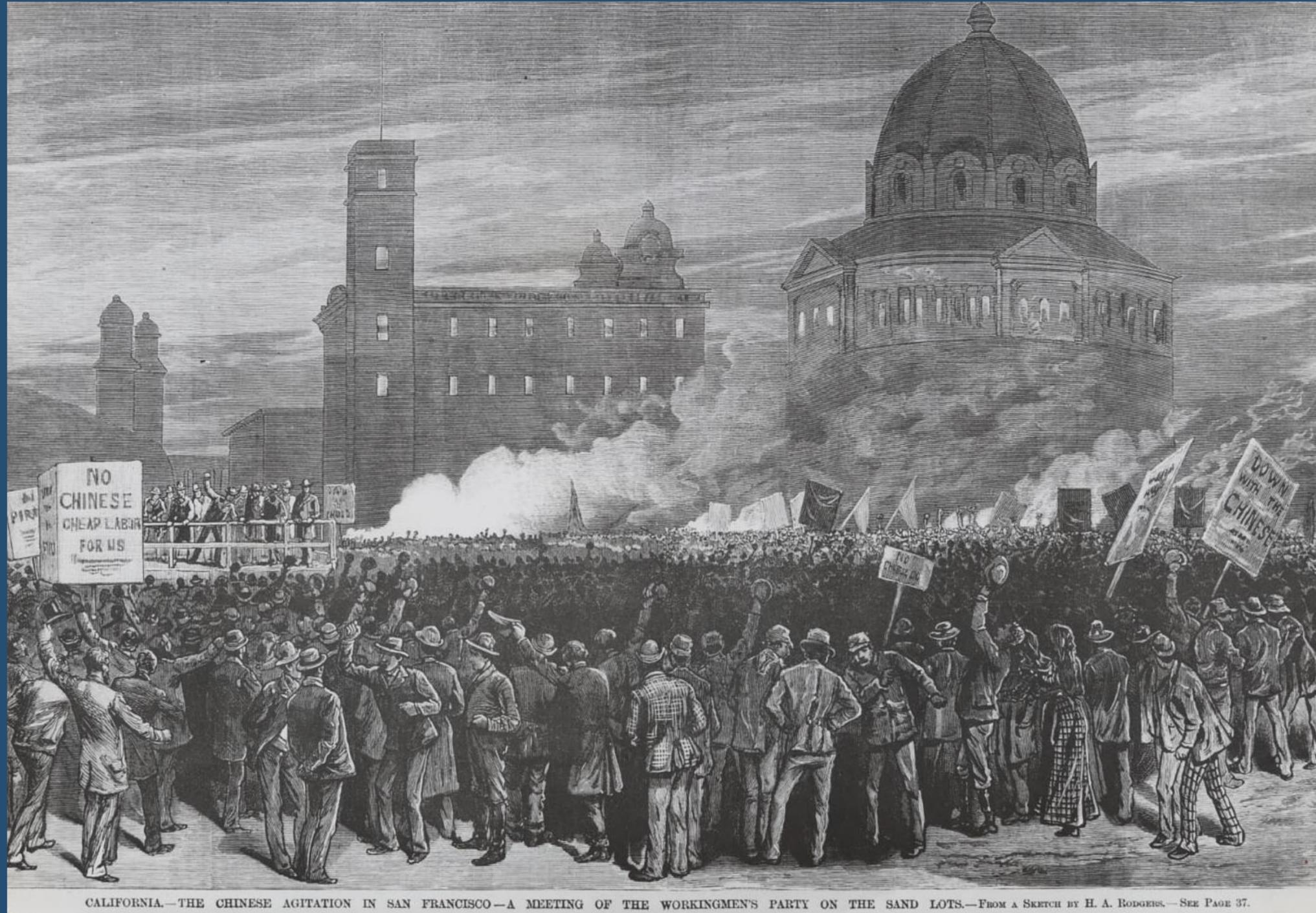
—

WILL BE ISSUED IN A FEW DAYS, A
work of 150 pages, on the **CHINESE**
INVASION, with a map showing the Chinese
Quarters, Stereoscopic Views and Illustrations.
Nations of the Earth take Warning.

au23 1w Wlt



San Francisco riots of 1877



Chinese exclusion act of 1882

July 23, 1892

CHINESE?

NO! NO! NO!

Come to 10th and A Streets at 7:30
Monday evening and express your
opinion on the Chinese question.

SHALL WE HAVE

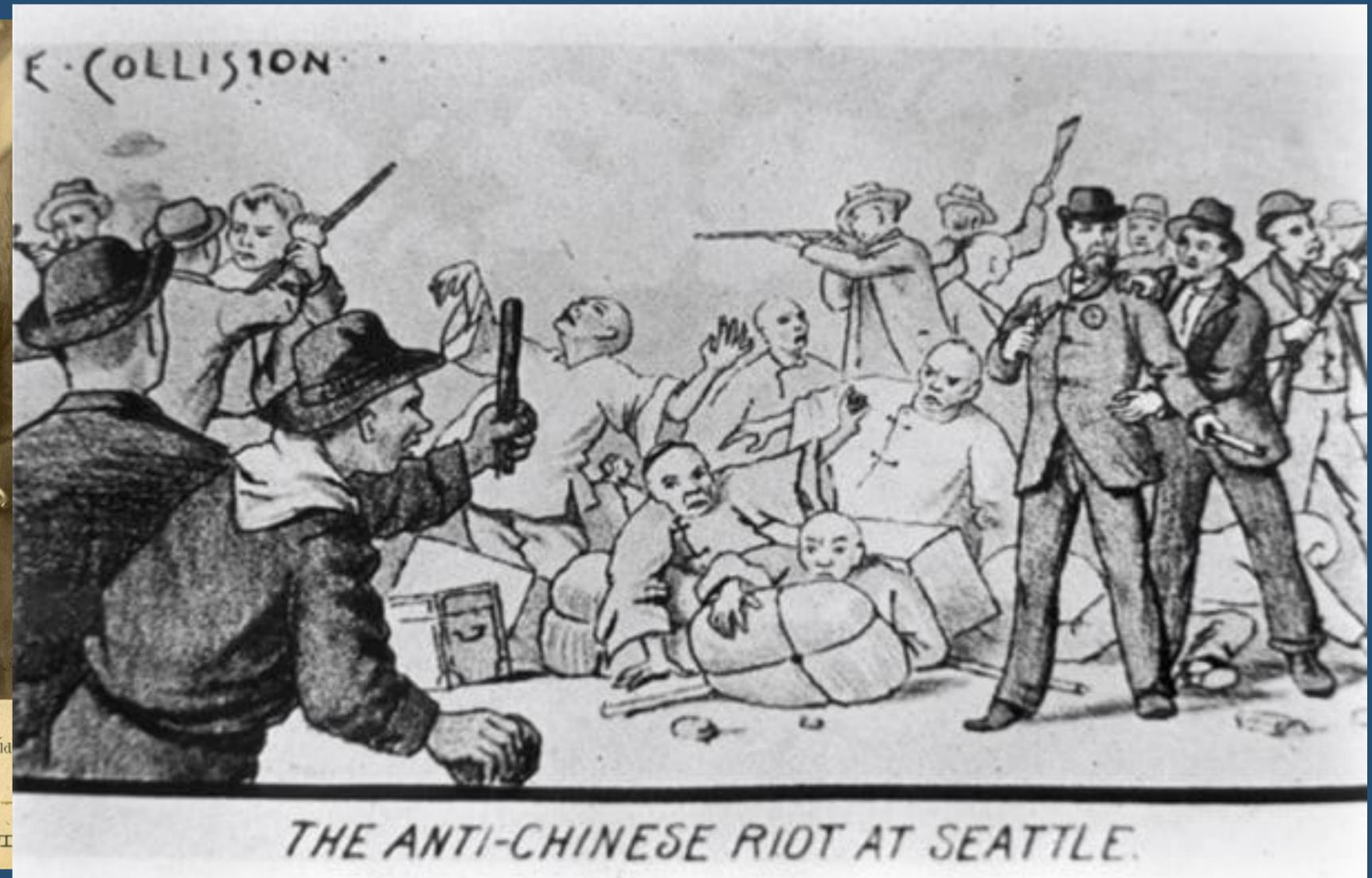
CHINESE

NO! NO! NO!

Image courtesy of the
Washington State Historical Society, Tacoma

Toculma Expulsion 1885 & Seattle riot 1886

- Anti-Chinese militias



Bellingham's Riots 1907



Yakima Valley Riots, WA.

Filipino Club bombing Stockton Ca. 1930

THE WEATHER
SAN FRANCISCO BAY REGION—Very mild tonight and Thursday.
SAN JOAQUIN VALLEY—Fair tonight and Thursday with local fog and drizzle.

Stockton Daily Record

STOCKTON, SAN JOAQUIN COUNTY, CALIFORNIA—WEDNESDAY, JANUARY 29, 1930
Twenty Pages

FILIPINO CLUB BOMBED

New Government Forming in Spain; Pantages in New. Try for Freedom

STRIFE HERE MAY BE BACK EXPLOSION

FEDERATION HEADQUARTERS ON SOUTH SAN JOAQUIN STREET 1, WRECKED BY DYNAMITE EXPLOSION

OFFICERS DECLARE DIFFERENCES AMONG ISLANDERS MAY BE CAUSE OF ALLEGED BOMBING HERE

The American Filipinos were here again in Stockton at an early hour this morning when the front of the headquarters of the Filipino Federation of America, 244 South San Joaquin street, was blown away by a "large charge of dynamite." It is thought there were nearly forty Filipinos here at the time of the explosion and the cause of the explosion was not known. The explosion was reported in the Stockton Record.

DYNAMITE WRECKS FILIPINO CENTER



Private Confabs Bring Naval Parley Important Concessions

EMMY DESTINN, NOTED OPERA SINGER, DIES IN CZECH HOME

DOCTORS SAY SHOWMAN IS FAILING FAST

CLERGY TAKES HAND IN SUE BROWN CASE TO AID OFFICIALS

DISORDER MARK FALL OF CABINET

ANGINA PECTORIS AILMENT HOLDING DEATH THREAT GIVEN AS REASON FOR RELEASE OF MILLIONAIRE

LOS ANGELES, Jan. 29.—(Associated Press)—A hearing on the petition of Alexander Pantages, convicted of a criminal assault, was continued until 4:30 p. m. today after two doctors, one a county physician, had testified he was a victim of angina pectoris, a heart disease and that further incarceration might prove fatal.

STOCKTON, Jan. 29.—(United Press)—The piano soloist, Emory Destinn, died today at Budapest, Czechoslovakia. She was 31 years old.

Miss Destinn became one of the most famous figures of European opera of the first quarter of the century. She was born at Prague, Bohemia, February 20, 1878, the daughter of Emanuel Kitzl, and began her education as a violinist under Lachner.

From 1895 to 1898 she studied under Maria Lowow-Destinn, whose name she adopted. In 1903 she joined the Royal Opera Company in Berlin.

She appeared first as soloist in the "Flying Dutchman" and as Medea in "Egmont" at Covent Garden in 1908, later creating the title role in Puccini's "Madama Butterfly" and Paganini's "Egmont." Her other favorite roles were Aida, Helene, Nedda, Ariadne, Venus, Zita and Medea in "Andra Chatter."

Her hobby was writing and she

YAKIMA MORNING HERALD

YAKIMA, WASH., FRIDAY, DECEMBER 11, 1930

MOBS DRIVE FILIPINOS FROM VALLEY TOWN

ELDER ACCUSED

FARM CONFERENCE DISAGREES ABOUT RELIEF MEASURE

CANADA TO UNVEIL CROSS RAISED FOR AMERICAN BUDDIES

BROTHERS SLAM AT GOLF TABLE BY WASHED MAN

HUNDREDS LEAVE AFTER WARNINGS OF DEATH MADE




King Alfonso Selected Gen. Berenguer de Portolano to Replace Dictatorship of Primo

First Indications Point to Restoration of Constitutional Government

MADRID, Jan. 29.—(Associated Press)—Gen. Donato Paganano

https://depts.washington.edu/depress/yakima_valley.shtml
https://depts.washington.edu/civilr/kkk_yakima.htm

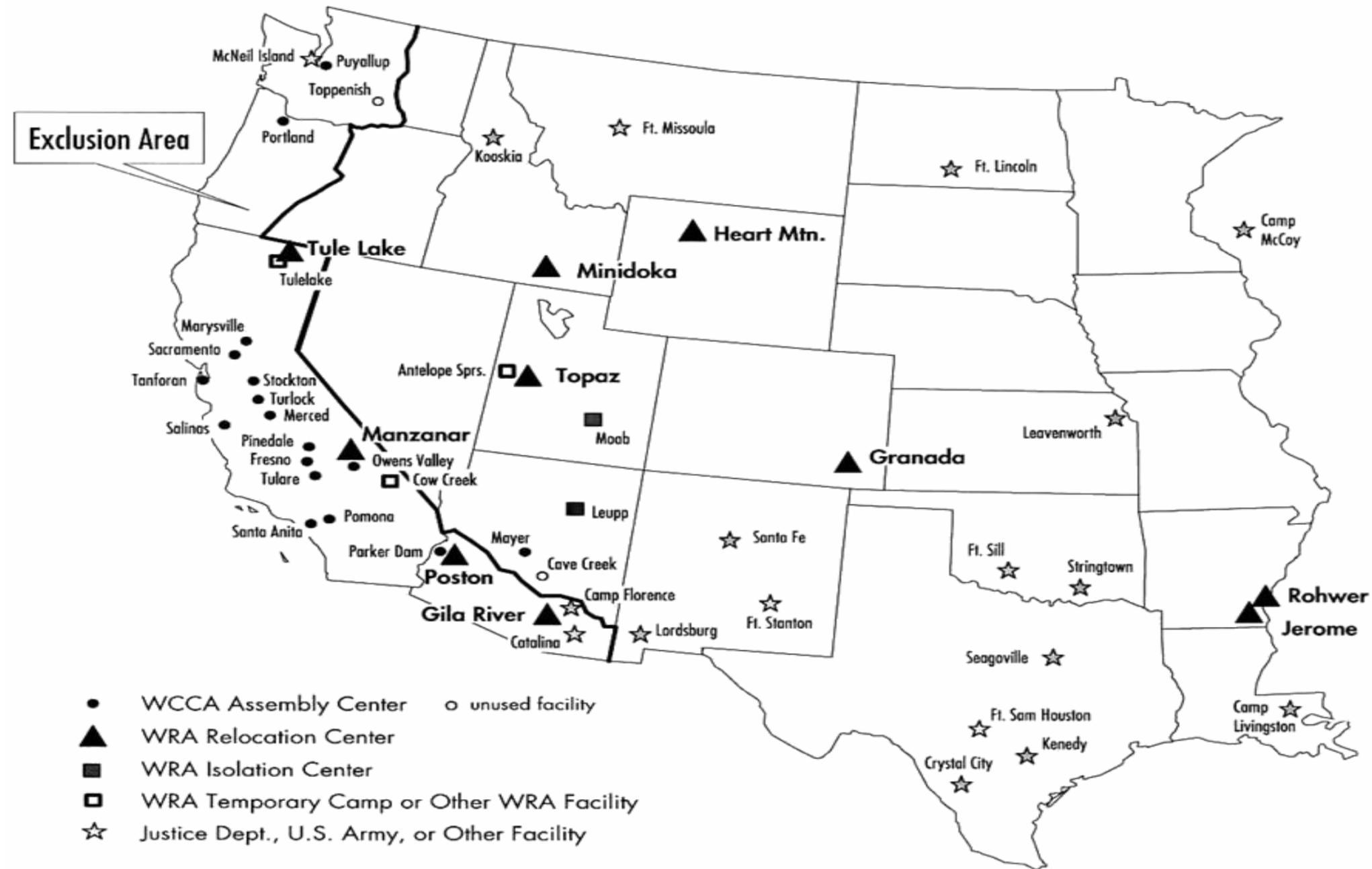


Executive Order 9066



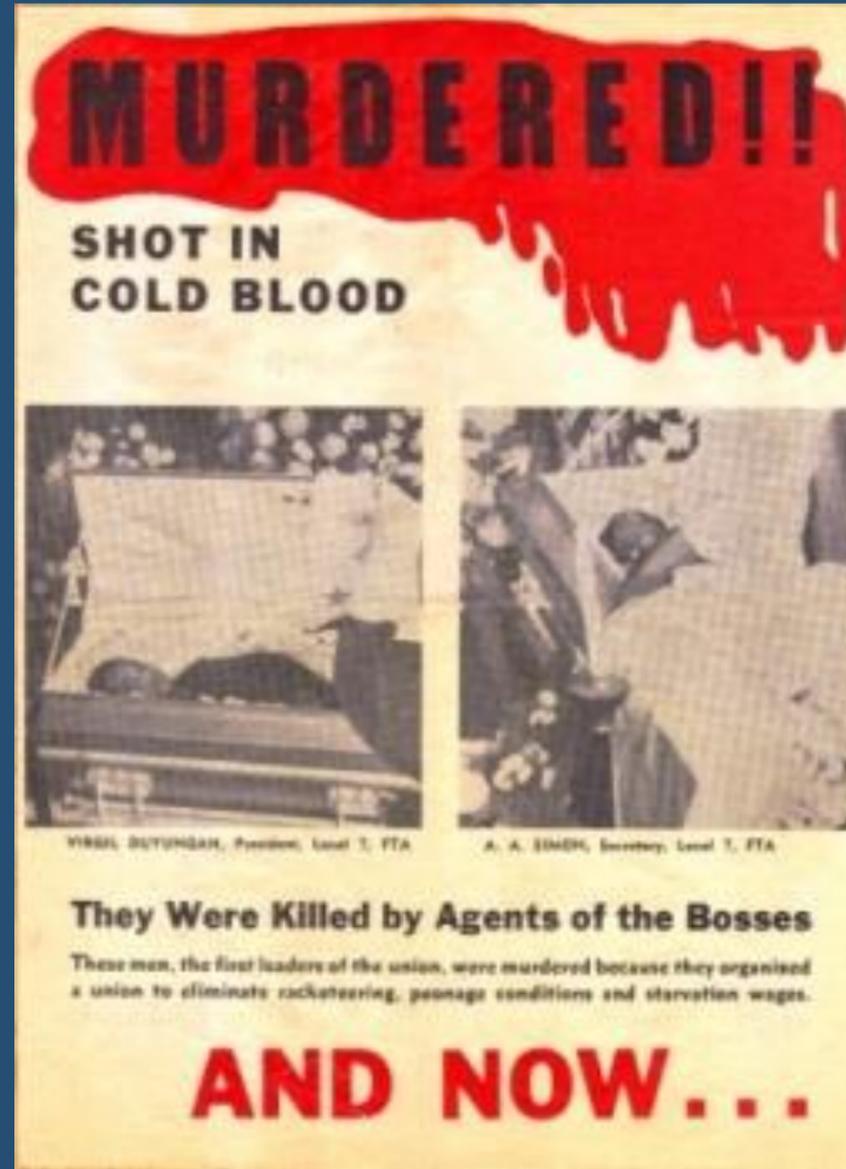
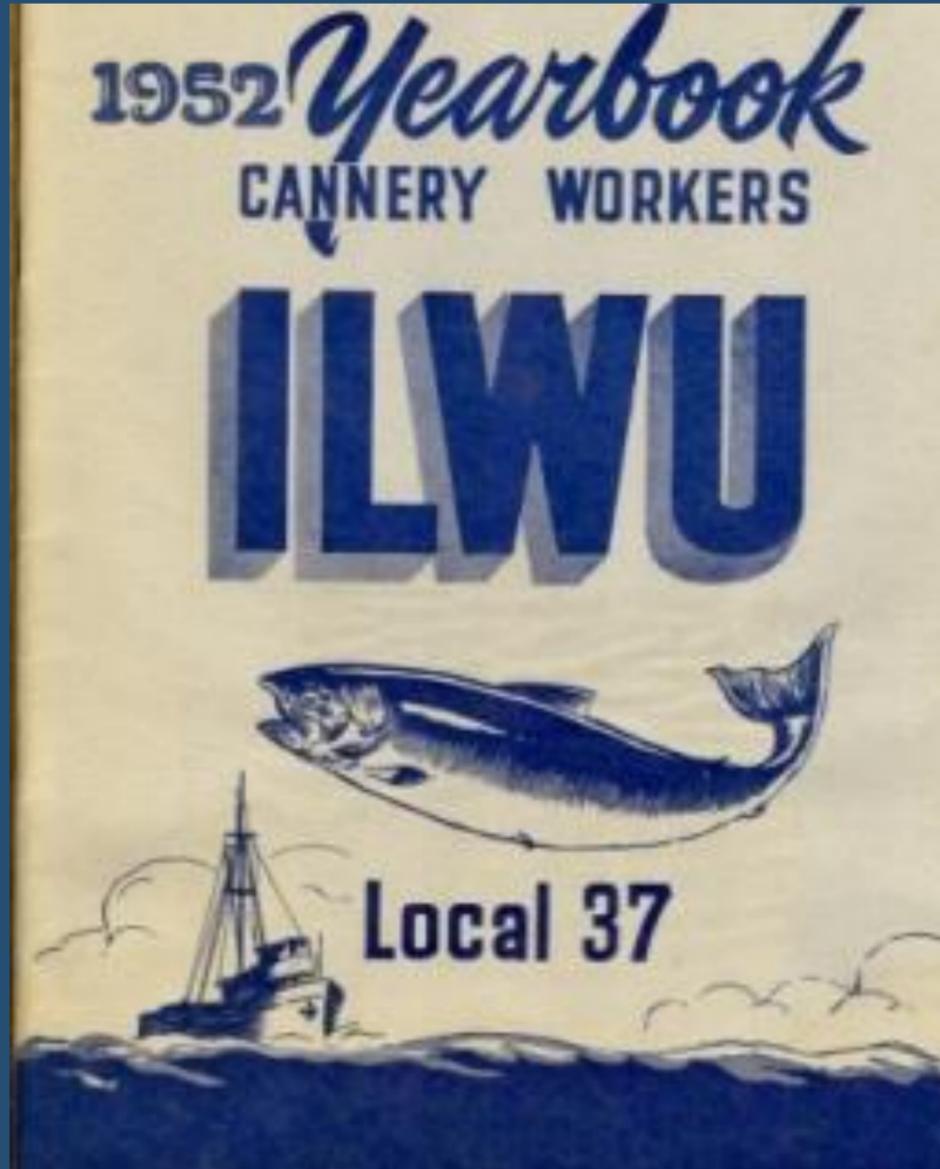
<https://www.fdrlibrary.org/executive-order-9066>

Japanese Internment Camps





Filipino Labor organizing in NW



<https://depts.washington.edu/civilr/news-mabanag.htm>

US intervention in Southeast Asia/ Hart Celler Immigration Act



Hmong and Cambodian communities in NW



Model Minority Myth



<https://www.nbcnews.com/news/asian-america/50-years-later-challenging-model-minority-myth-through-remodelminority-n493911>

Model Minority Myth

How model minority myth can affect the AAPI community and other communities?



- Asian-american students often get less help and support professionally and academically
- It overlooks the diversity and different cultures within Asia
- It gets rid of empathy and attention to groups within the AAPI community
- AAPI can also get handouts and privileges due to this stereotypes. This in turn adds conflicts and tension between the AAPI community and other minorities.

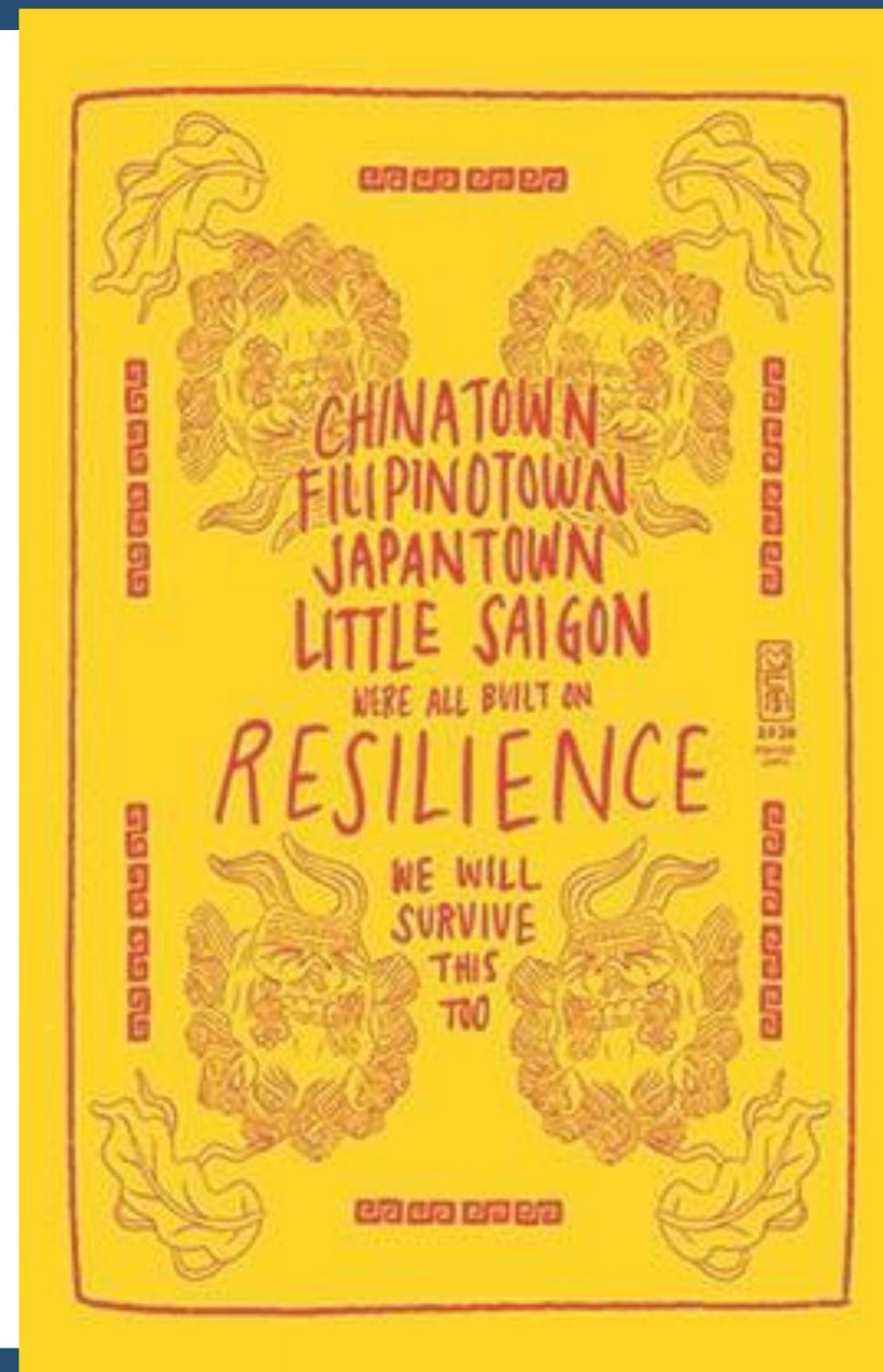
Post 911 Discrimination

Swarm Singh

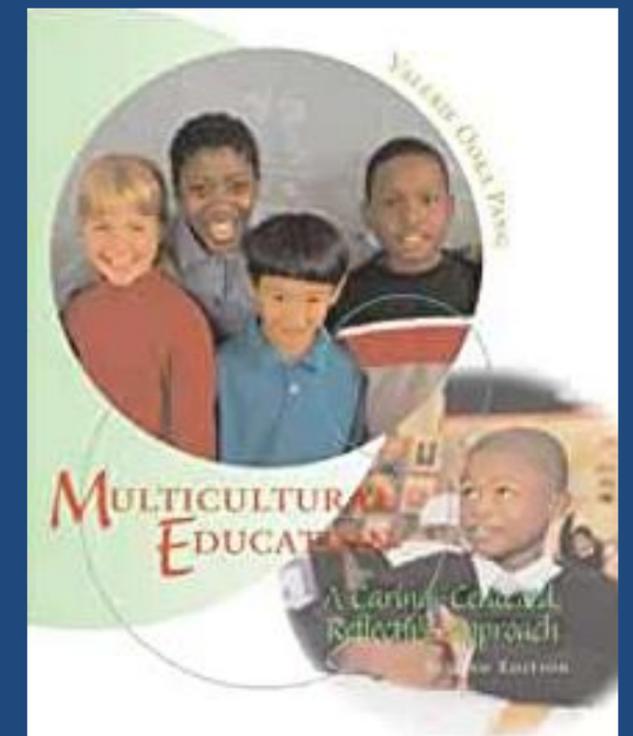
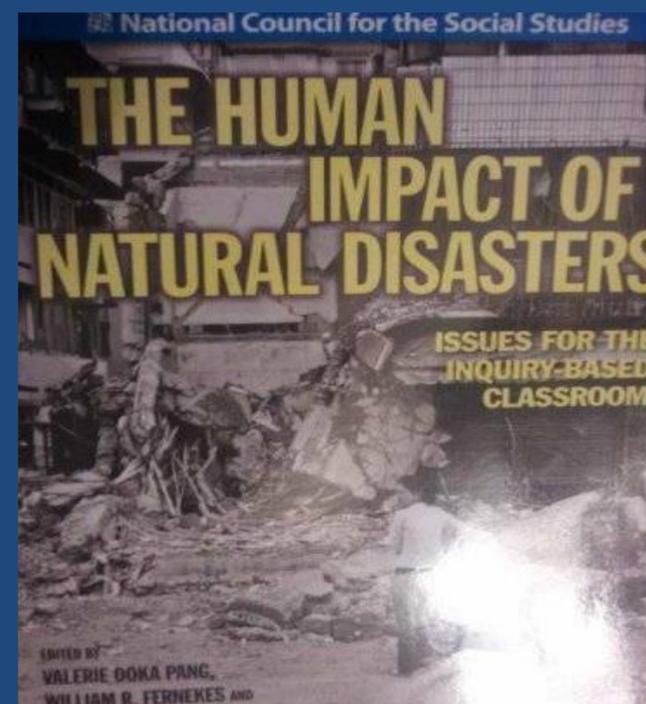
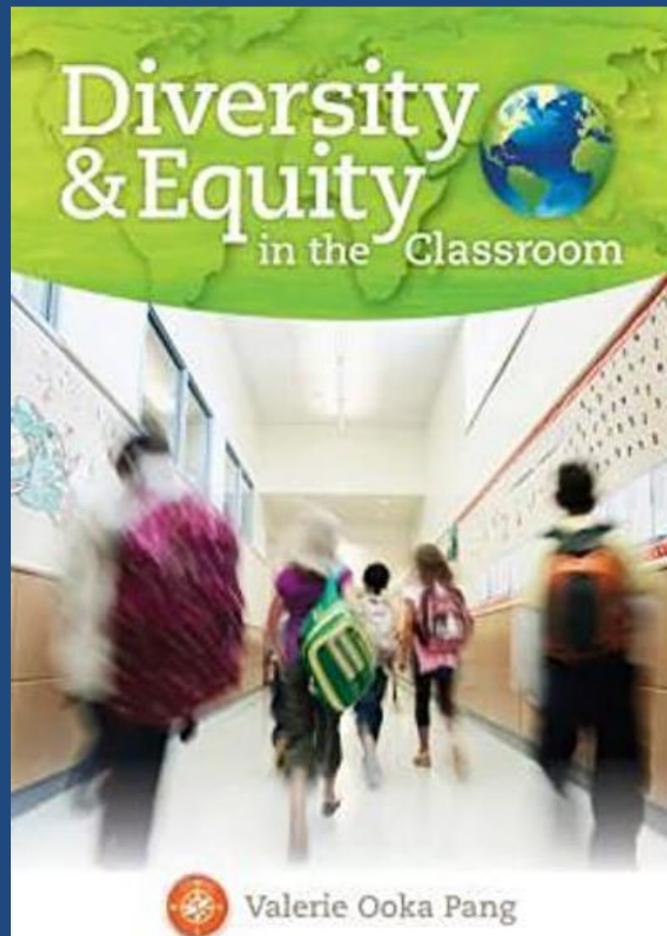
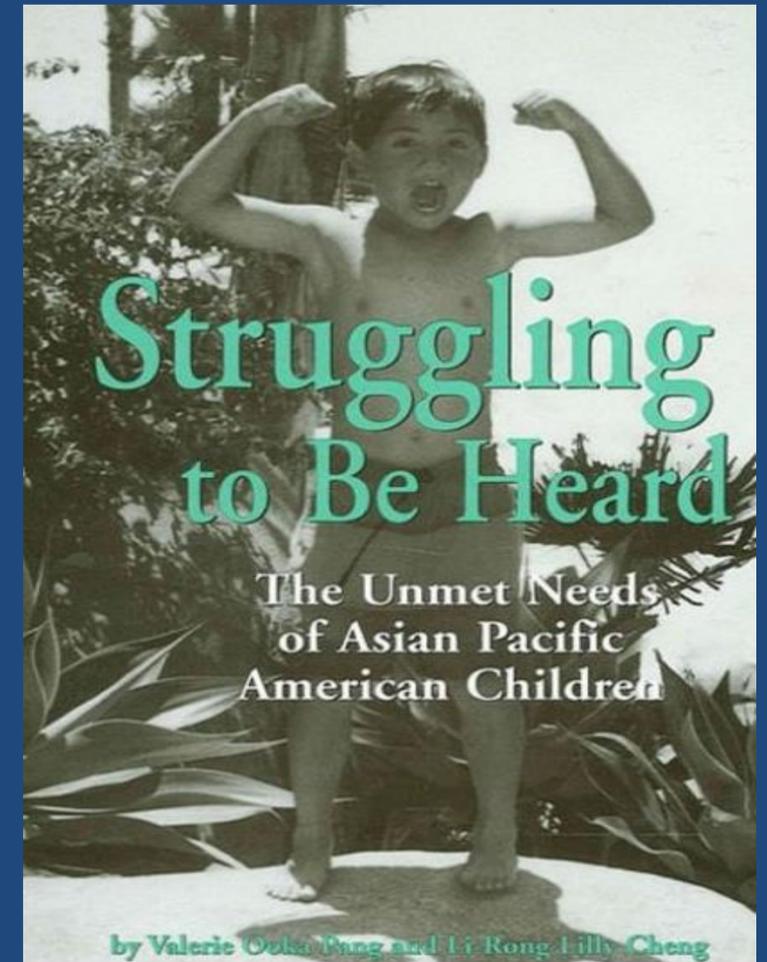
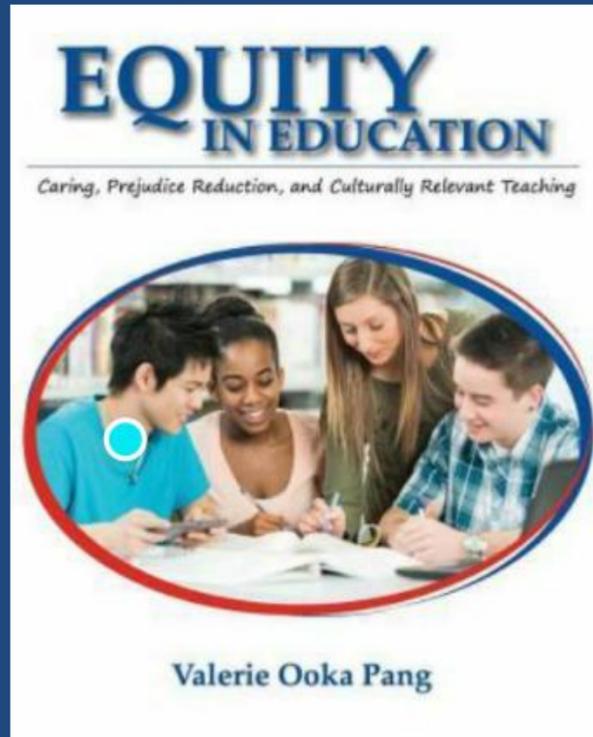


<https://www.hindustantimes.com/india-news/us-man-jailed-for-attacking-indian-origin-sikh-cab-driver-with-hammer-in-seattle/story-a98nKQN3gpa61VGSV3cA7I.html>

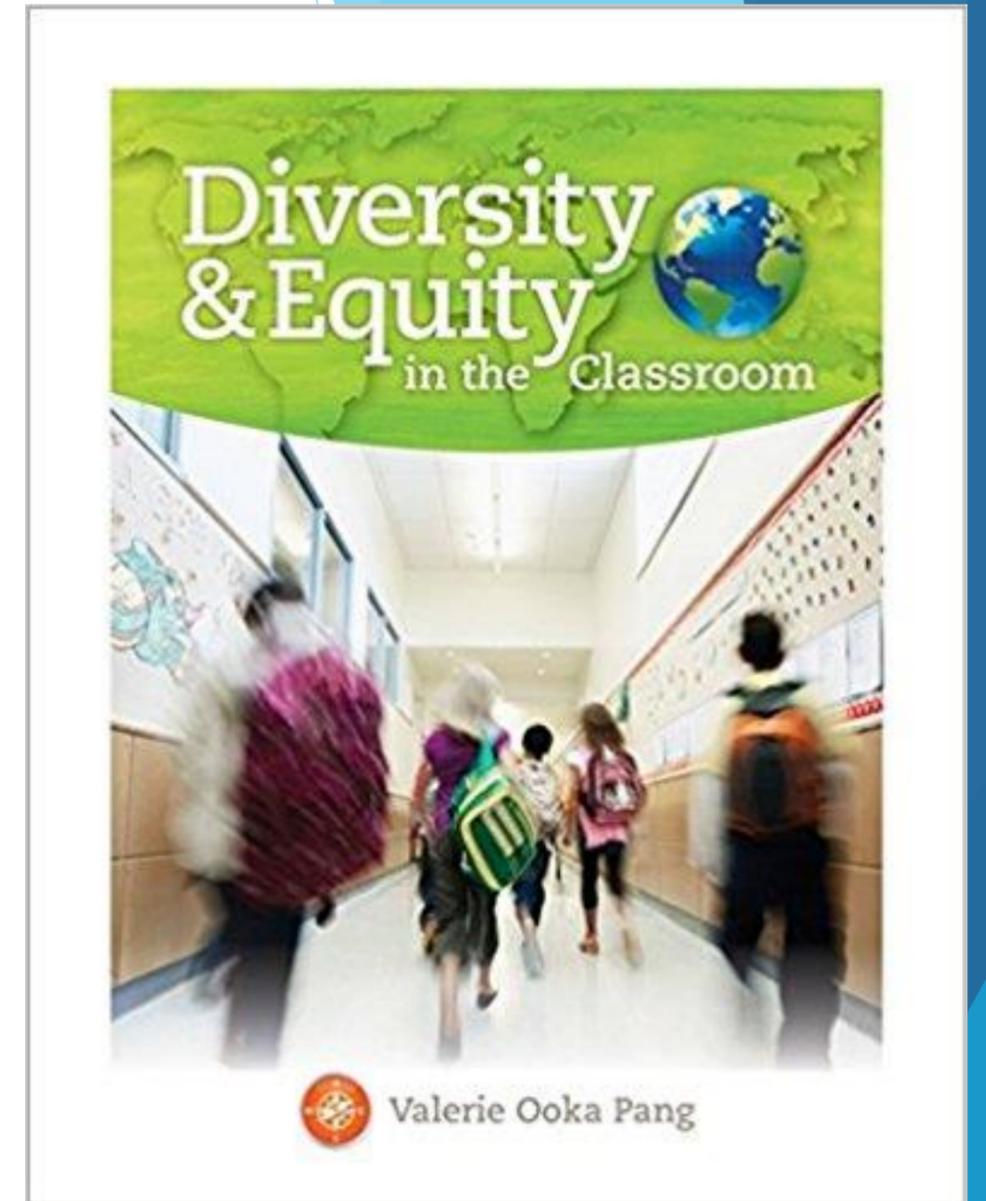
SARs and COVID discrimination



Subject Matter Expert: Dr. Valerie Ooka Pang



Born in the USA: Japanese American Incarceration and Issues of Equity



Valerie Ooka Pang

My Mom, Marie



Seattle and Ellensburg, Washington

Map of Washington Cities and Roads



Trauma-Chronic, Bullying leads to fear, anxiety, depression, withdrawn, avoidance, self-loathing

- ▶ Institutional Racism-Mass Incarceration
- ▶ Oppression
- ▶ Took Away Constitutional Rights
- ▶ Dehumanization

Shigetoshi and Takeko Horiuchi 1917



Horiuchi Family Around 1936, Seattle, WA

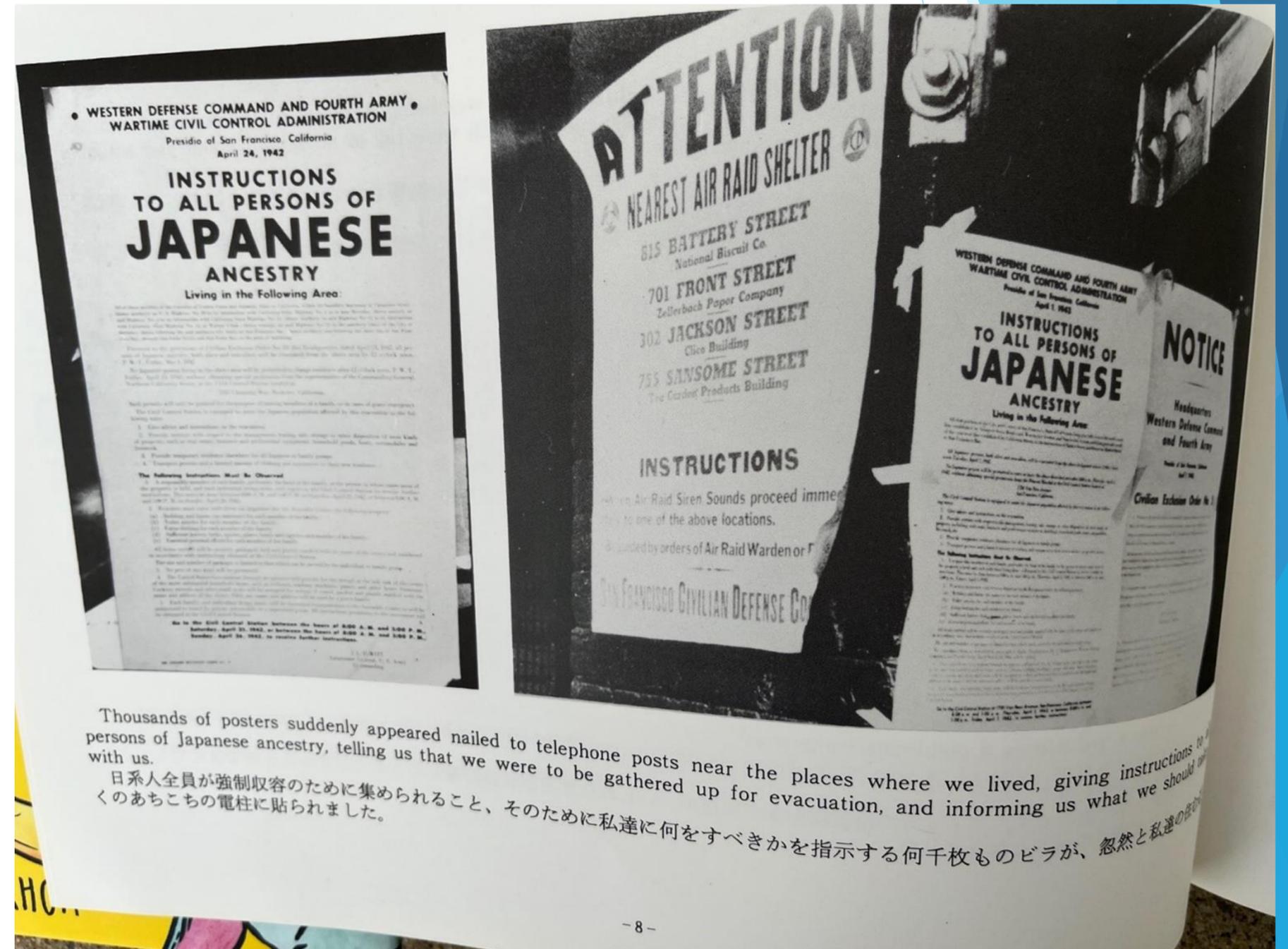


Japanese American Values- Equity,
Hard Work, **Community**, Trust,
Loyalty, Harmony, Conform

- ▶ Grin and Bear it!
- ▶ “Gaman”
- ▶ No Complaining
- ▶ Daruma San
- ▶ Painting by Alan Lau



Executive Order 9066, February 19, 1942 This Was Minidoka, Jack Yamaguchi



Thousands of posters suddenly appeared nailed to telephone posts near the places where we lived, giving instructions to persons of Japanese ancestry, telling us that we were to be gathered up for evacuation, and informing us what we should do with us.
日系人全員が強制収容のために集められること、そのために私達に何をすべきかを指示する何千枚ものビラが、忽然と私達の住居のあちこちの電柱に貼られました。

Trauma- No Country, Ostracized, Shunned, Extreme Fear, Throw Away All Japanese Materials



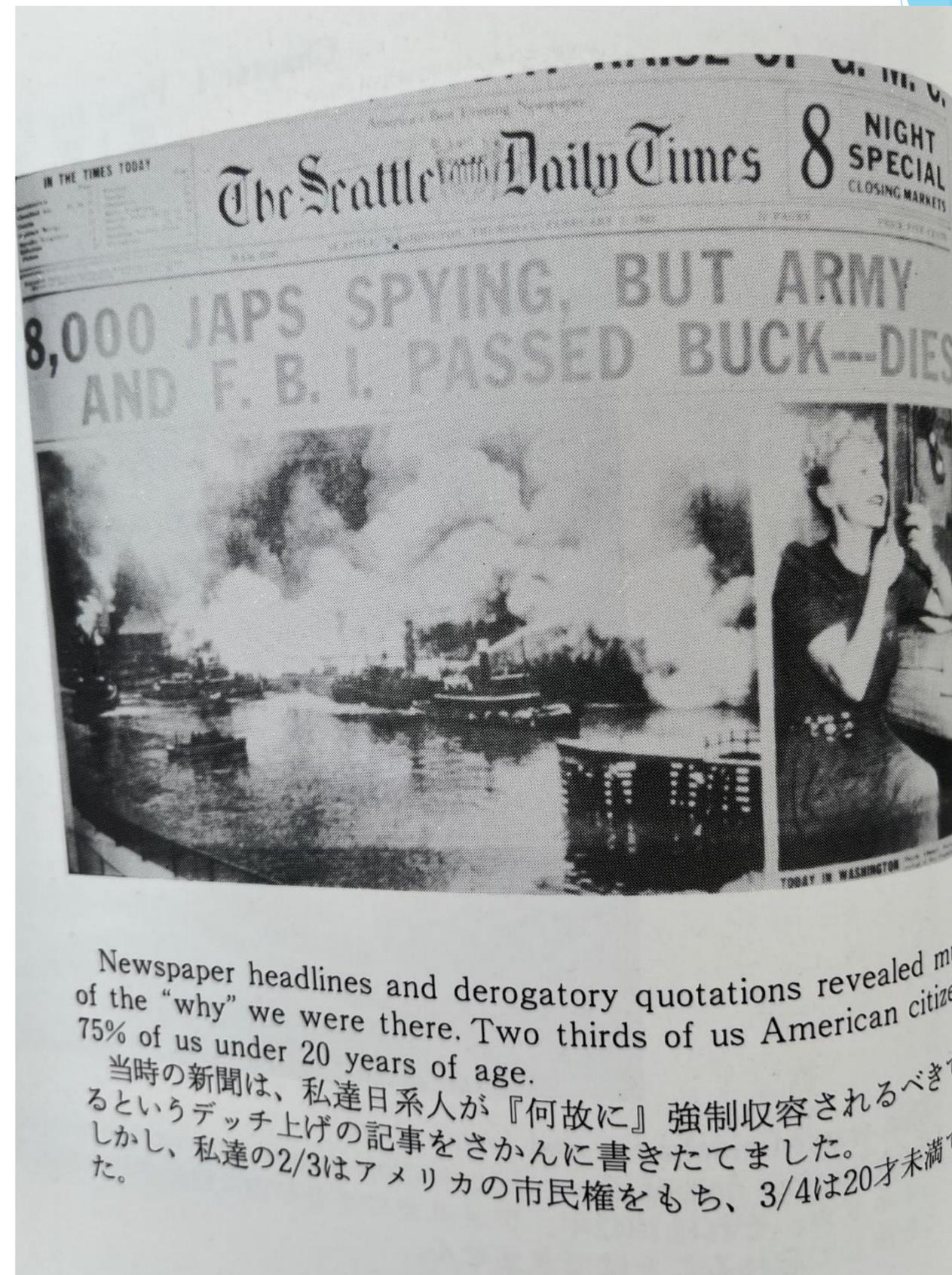
Leaving Seattle: Items to come back to



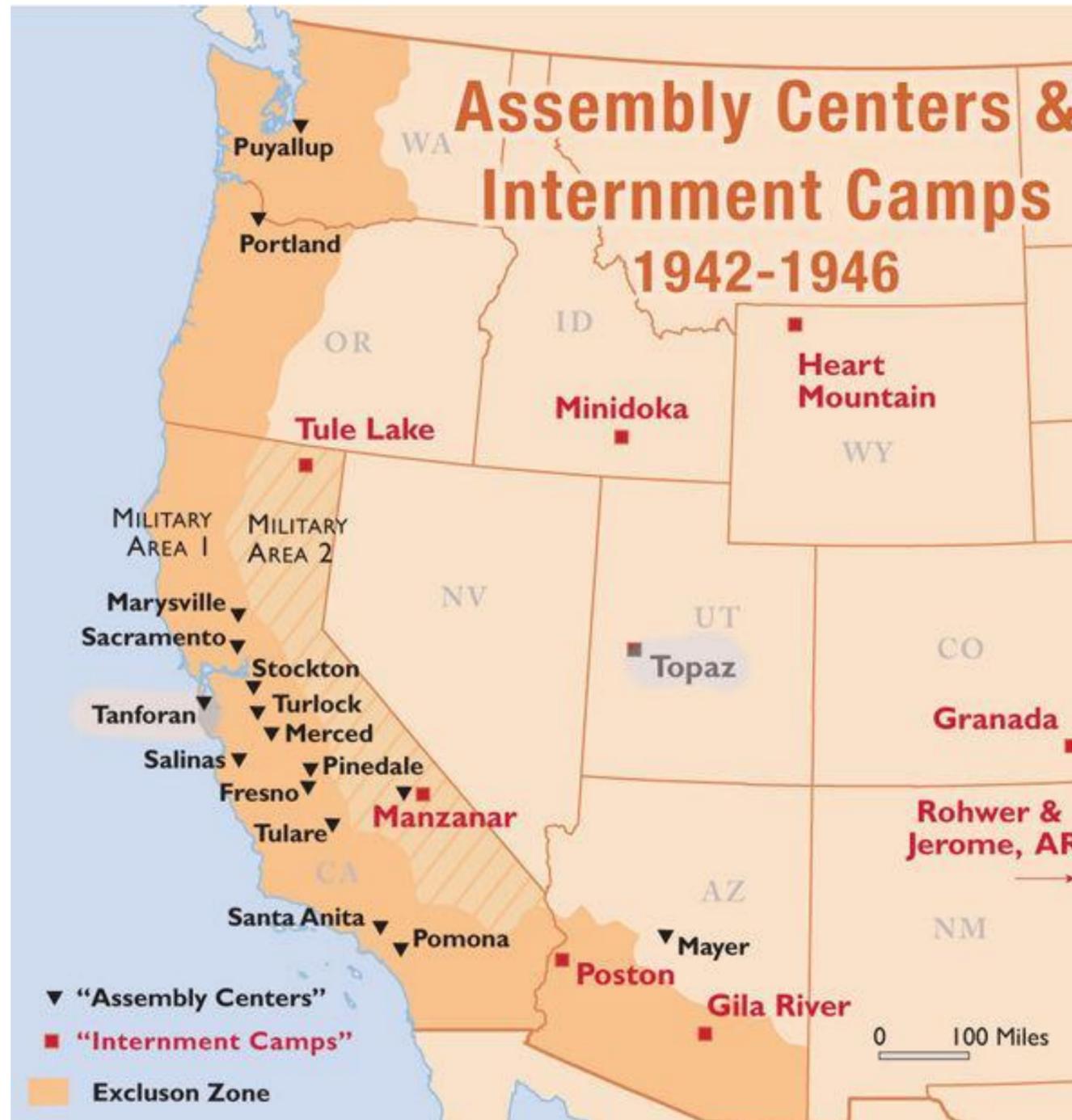
Media Hysteria Seattle Times

Use of Terms Like
Japs and
Spying in title
Not true

This was Minidoka
Jack Yamaguchi



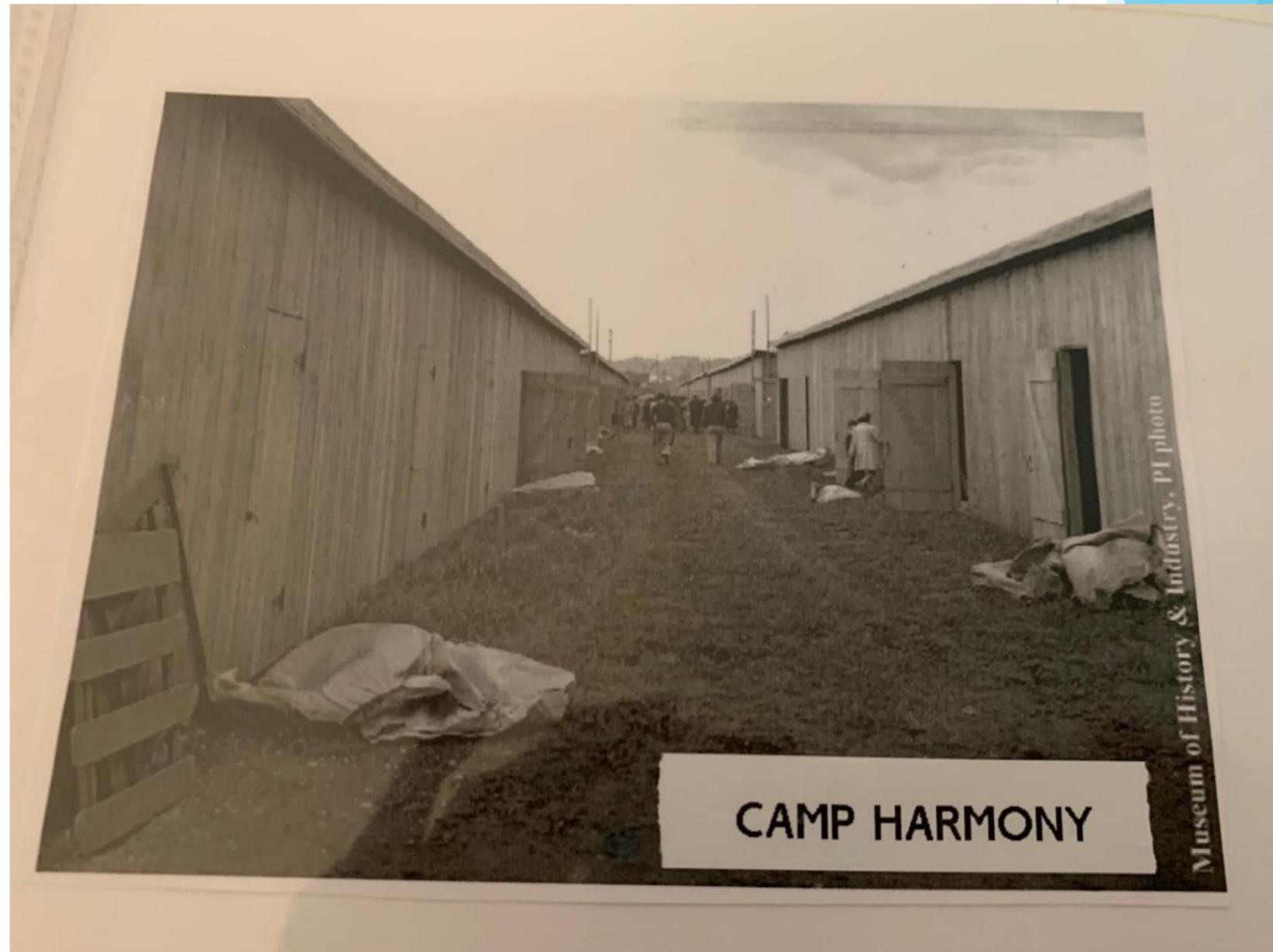
US West Coast, Prohibited and Restricted Military Zones 1941-1945



Puyallup Fairgrounds, Horiuchis

May 9, 1942

- ▶ E.O. 90665 February 19, 1942
- ▶ Camp Harmony Euphemism
- ▶ Living in Horse Stalls
- ▶ This was Minidoka Yamaguchi

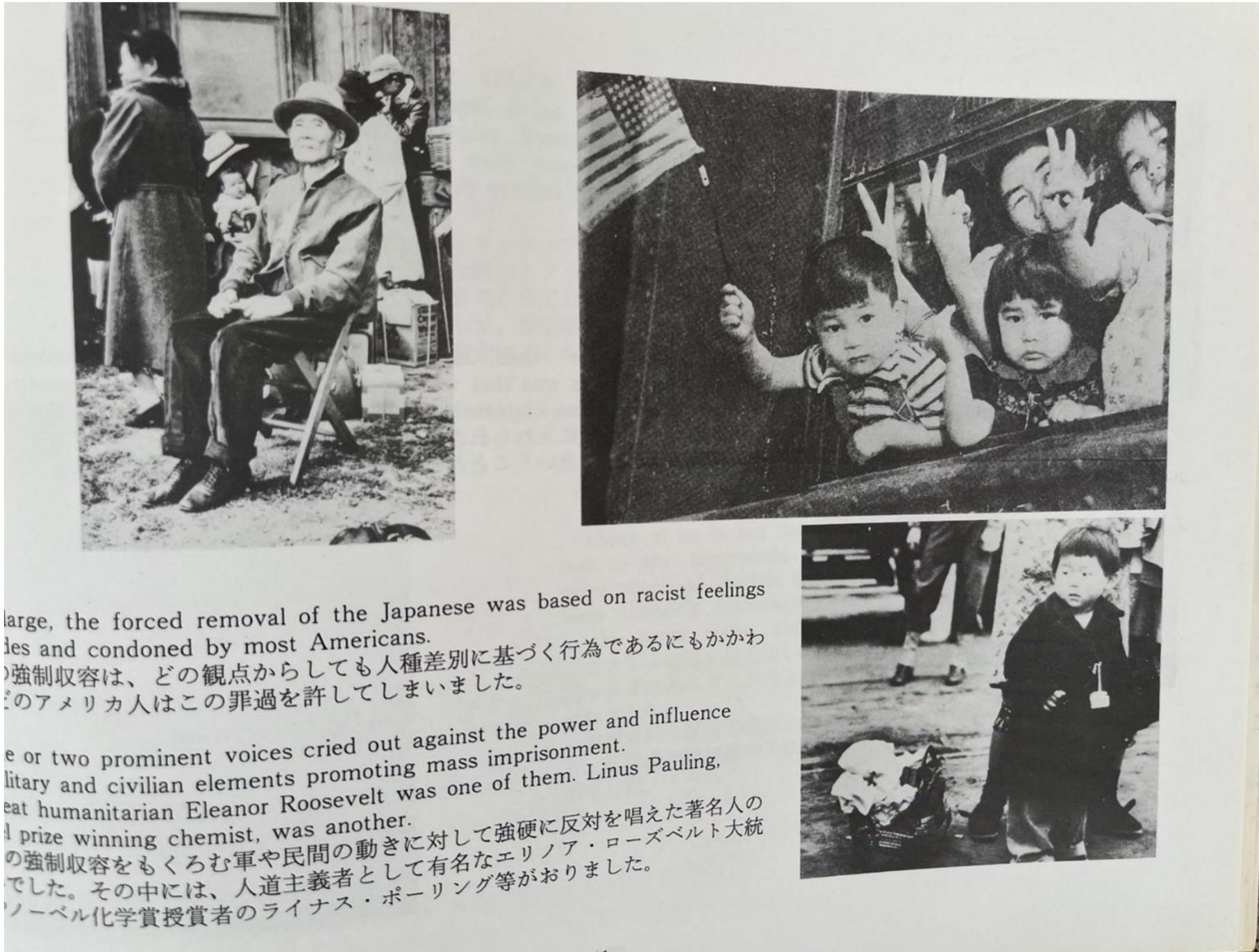


Minidoka in Jerome County, Idaho

Dakota Sioux “fountain or spring of water”



Removal by Train to Minidoka, Shades Drawn, Shame



Minidoka, Hunt, Idaho

Aug 23, 1942

Minidoka website, NPS



Dehumanization- Powerful Strategy of US Government-No Privacy- Mine Okubo, Tule Lake, Densho

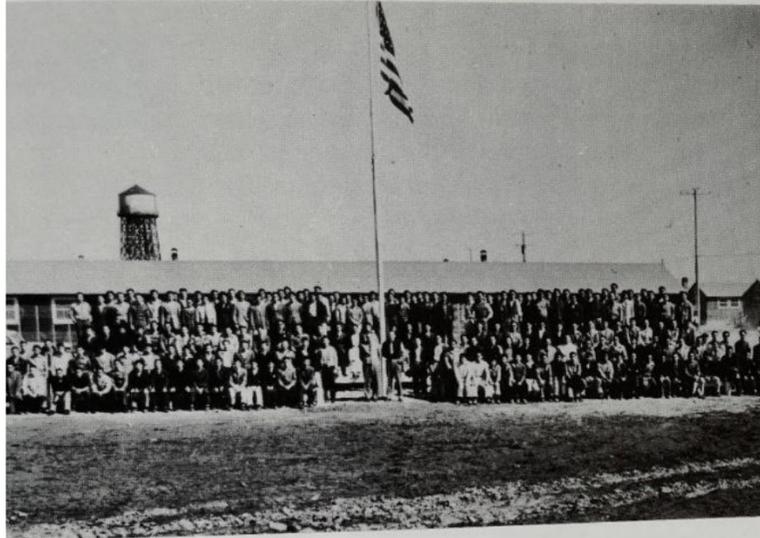


Prison Facilities-Minidoka Block 10 NOT CAMPS



442nd Most Decorated Regiment during WWII

Volunteers from Minidoka, about 300 This Was Minidoka



When registration was completed, more than 300 men from Minidoka had volunteered to serve in a combat team with thousands of men of Japanese ancestry from Hawaii. They formed what was known as the 442nd Central Postal Directory.

この時、ミネドカから300人余りの二世志願兵が手続きを完了させ、ハワイ出身の数千人の日系人と共に戦場に赴きました。彼等は、後々まで語り伝えられるあの有名な第442戦闘部兵士として戦闘に参加しました。

Soldiers on their last furlough took leave of their imprisoned parents and friends and boarded the convoy that took them to the train, then Army camp, and overseas.

This was the scene that took place outside the gate at Minidoka when the boys left for Fort Snelling, Minnesota.

最後の休暇を過ごした兵士達は、キャンプに依然として捕らわれの身となっている両親や友人に別れを告げ、トラックに乗り込みました。彼等は陸軍のキャンプで訓練の後、ヨーロッパ戦線へと赴いて行きました。

この写真はミネソタ州フォート・スネリングに向けて出発する若者達を、ミネドカのゲートの前で撮影したものです。



S/Sgt. Francis Kinoshita, a native of Seattle, one of many young men from Minidoka who volunteered to serve in the United States Army, gave his life fighting with the famed 442nd Central Postal Directory.

His parents, Mr. and Mrs. F. Kinoshita, receiving the American flag during solemn memorial services.

フナシタ・フランシス・キノシタ二等軍曹、シアトル出身。父と母、F. キノシタ氏夫妻、シフトル出身の若者の一人でした。彼等は、後々まで語り伝えられるあの有名な第442戦闘部兵士として戦闘に参加しました。命を捧げました。この写真は、彼等の戦死を悼む追悼式で星条旗を拝受しています。

After War Experiences University of Washington



After the War

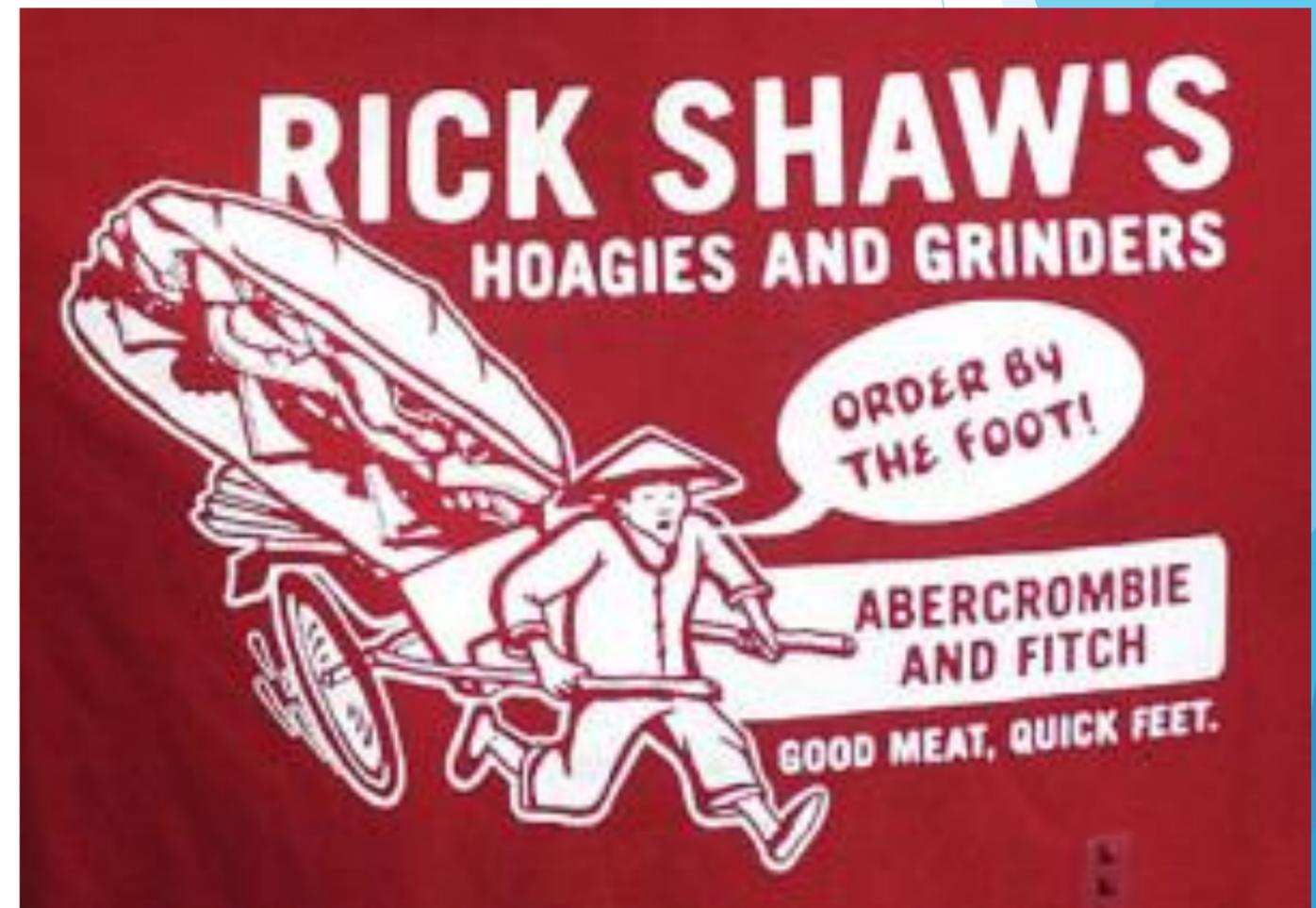
- ▶ Couldn't Get House Back
- ▶ Couldn't Find Apartment To Rent
- ▶ Had to Live with a White Family (FBI)
- ▶ Japanese are clean, You have to take a bath
- ▶ Uncle was like indentured servant, butler
- ▶ "I am Chinese" Buttons Others Wore



Civil Liberties Act of 1988



Racism Continues: Abercrombie and Fitch, 2002



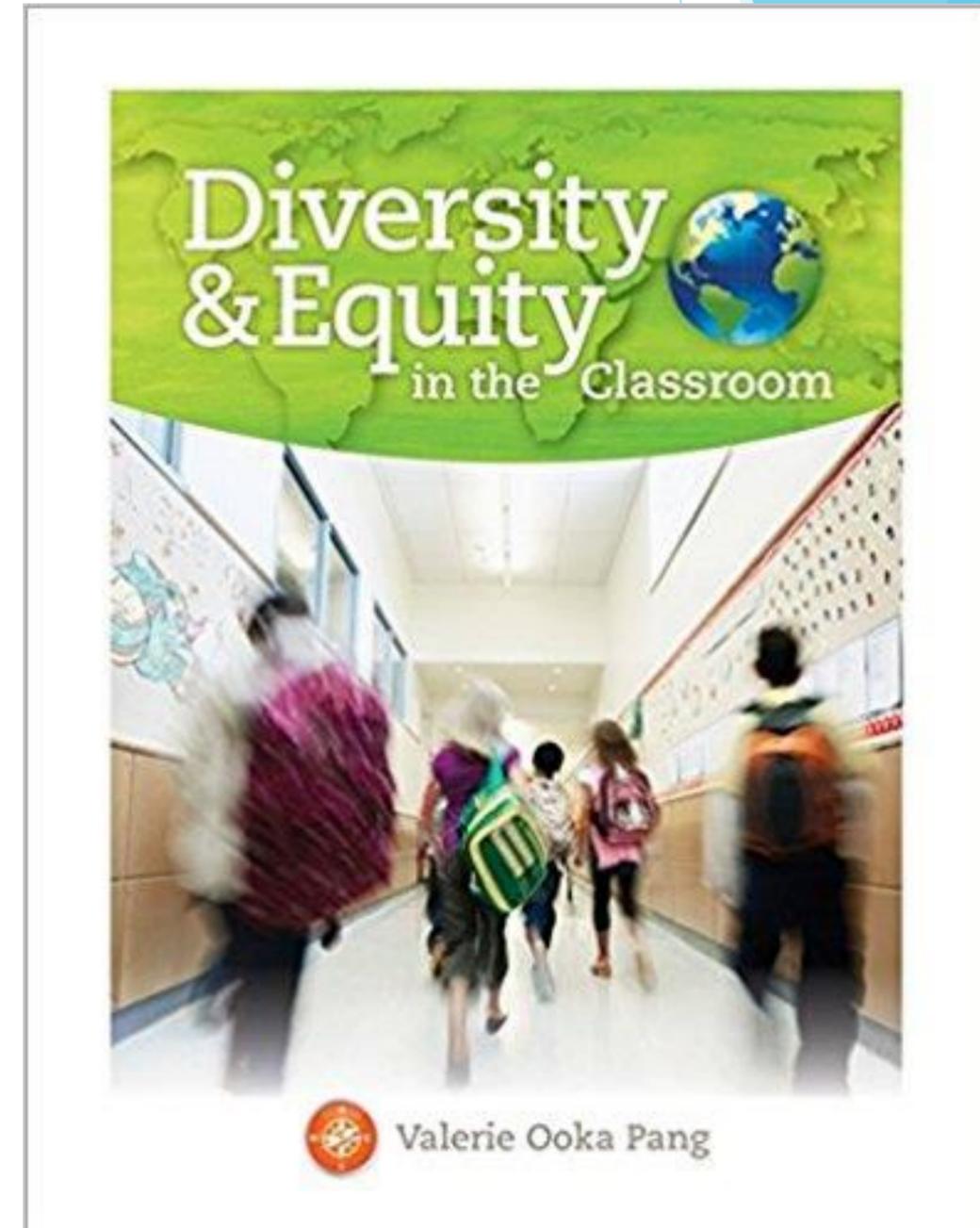
Coeur d'Alene, Idaho



Fourth Generation, Aware, Activist, Public Service



Please Find Out More About All Types of
Oppression, Stand Up and Speak Out-
Valerie Ooka Pang



Continued Discrimination

- **Hate crimes**
 - **61.8%** of the 8,263 hate crimes were related to race/ethnicity/ancestry¹
 - **10,370** hate incidents against Asian American and Pacific Islander (AAPI) persons from March 19, 2020, to September 30, 2021²
- **Perception of discrimination**
 - Americans who said there is a lot of or some discrimination against the following groups, according to Pew Research in March 2021³:
 - **79%** against Black people
 - **76%** against Hispanic people
 - **71%** against Asian people
 - **40%** against white people

¹FBI 2020 hate crime statistics: <https://www.justice.gov/hatecrimes/hate-crime-statistics>

²Stop AAPI Hate: <https://stopaapihate.org/national-report-through-september-2021/>

³Pew Research Center: [Majorities in U.S. say Black, Hispanic, Asian people face discrimination](#)

Current Health Disparities by Race

	White	Asian American	American Indian or Alaska Native	Black or African-American
Infant deaths per 1,000 live births (2018) ¹	4.63	3.63	8.15	10.75
% adults aged 18–64 without health insurance coverage (2019) ²	10.2%	7.2%	32.9%	14.3%
% adults aged 18+ in fair or poor health (2019) ³	14.1%	9.3%	25.0%	20.2%

¹Health, United States, 2019, table 19 <https://www.cdc.gov/nchs/data/nvsr/nvsr69/NVSR-69-7-508.pdf>

²National Vital Statistics System – Mortality data (2019) via CDC WONDER: <https://wonder.cdc.gov/controller/saved/D76/D99F517>

³Interactive Summary Health Statistics for Adults: National Health Interview Survey, 2019: https://wwwn.cdc.gov/NHISDataQueryTool/SHS_adult/index.html

Current Health Disparities by Race

	White	Asian American	American Indian or Alaska Native	Black or African-American
% of men 18+ who currently smoke cigarettes (2016-2018)¹	16.8%	11.7%	23.0%	19.0%
Age-adjusted suicide rates (2019)²	17.6	7.1 (Asian or Pacific Islander)	22.2	7.4
Leading causes of death (2019)³	Heart disease Cancer Chronic lower respiratory disease	Cancer Heart disease Stroke	Heart disease Cancer Accidents (unintentional injuries)	Heart disease Cancer Accidents (unintentional injuries)

¹Health, United States, 2019, table 19 <https://www.cdc.gov/nchs/data/nvsr/nvsr69/NVSR-69-7-508.pdf>

²Trends in Suicide Rates by Race and Ethnicity in the United States (nih.gov): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155821/>

³National Vital Statistics System – Mortality data (2019) via CDC WONDER: <https://wonder.cdc.gov/controller/saved/D76/D99F525>

Examples of Liberation and Healing



- **Listening and Validating:** Stop AAPI Hate encourages reporting of hate crimes and shares data regularly.¹
- **Redistribution:** Native American tribes, such as the Nez Perce (ID) and Yurok (N. CA), have purchased land that once belonged to them.²
- **Building a Beloved Community:** Sche'lang'en Village (WA) housing arrangement for Lummi Tribe parents seeking to reunite with their children in foster care, homeless families, those overcoming addictions, and women fleeing domestic violence.³
- **Reparations:** California's reparations committee⁴
- **Base and Power-Building:** Black Lives Matter working to "eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes."⁵

¹<https://stopaapihate.org/actnow/>

²<https://www.youtube.com/watch?v=2EkXGhQmgFk>

³<https://imprintnews.org/family/a-village-apart/57033>

⁴<https://calmatters.org/california-divide/2021/06/california-reparations-committee-direct-payment/>

⁵<https://blacklivesmatter.com/about/>



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

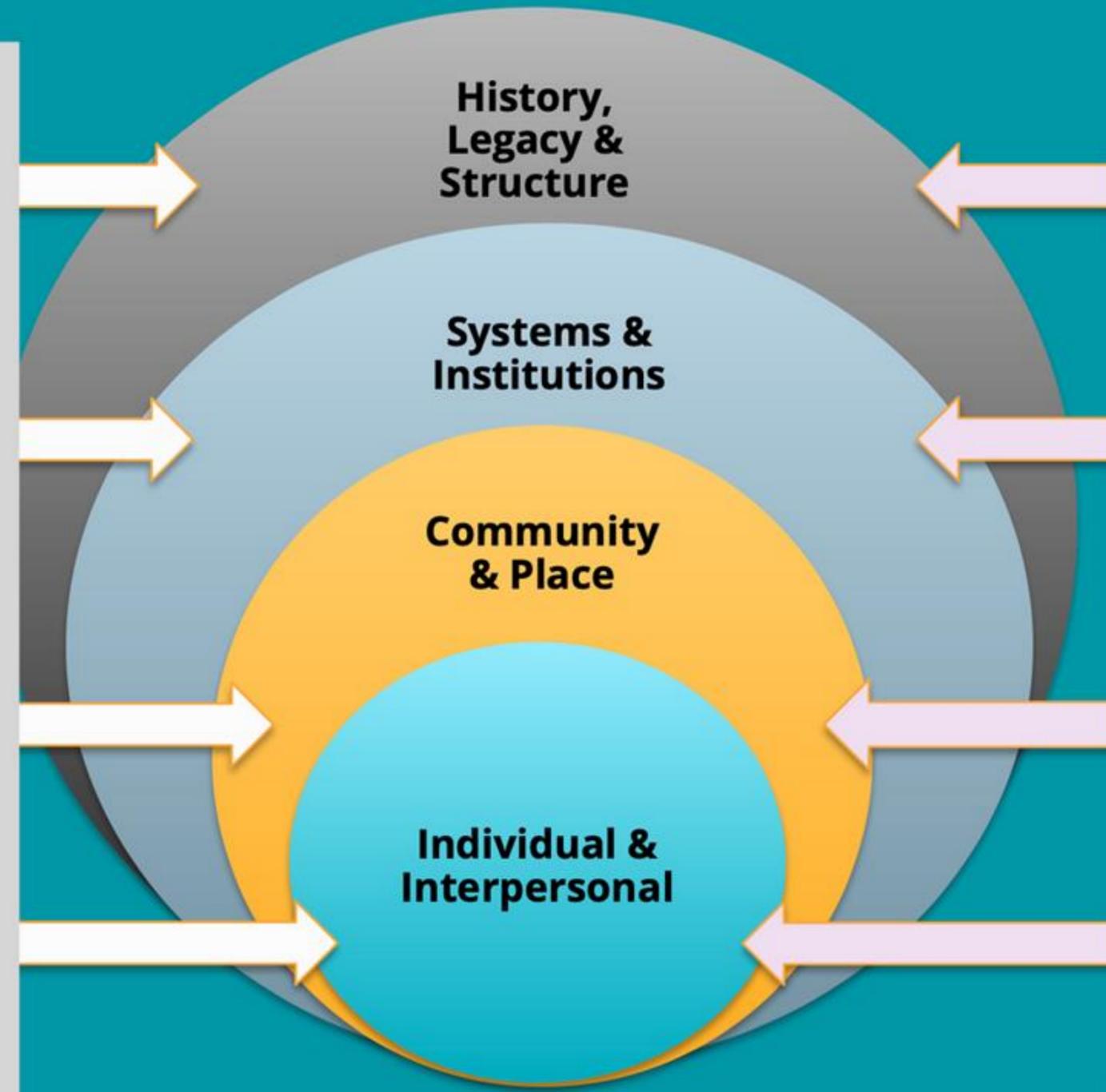
Liberation and Healing

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



Discussion Questions

What links can you make between historical trauma and current-day events and/or issues in your community?

What historical trauma do you need to learn more about to better understand the needs of members of your community and/or how things are structured in your community?

FINAL NOTES

PACEs science
is a social justice
issue.

