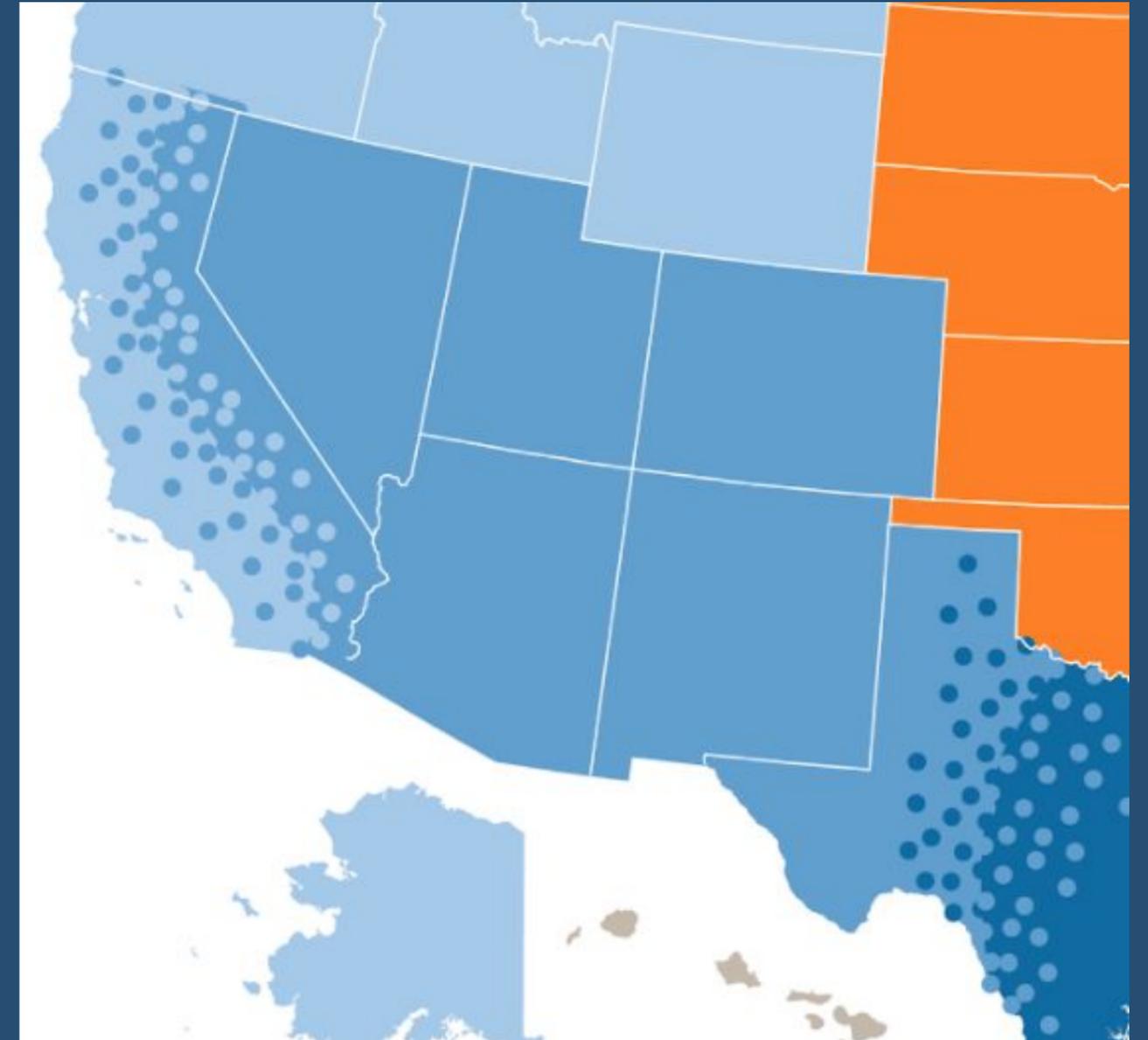


PACEs CONNECTION PRESENTS

Historical Trauma in the American Southwest

Facilitated by

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



AGENDA

- Indigenous Prayer of the Four Directions
- Introduction to PACEs Connection, ACEs, and Historical Trauma
- Historical Trauma in the American Southwest
 - Indigenous Nations and Peoples
 - Asian-Americans and Pacific Islanders
 - Latinx
- Guest speaker
 - Gabriel Nuñez-Soria: *Resilience, Compassion, and Critical Consciousness: Thriving in Spite of Historical Trauma*
- Group discussion (11:30-11:55)

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.

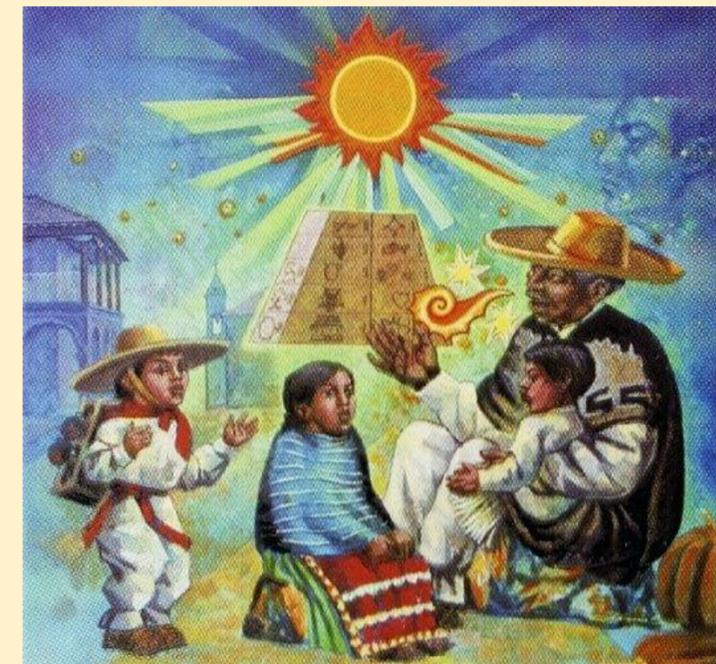
Great Life-Giving Spirit, I face the **West (black)**, the direction of sundown. Let me remember every day that the moment will come when my sun will go down. Never let me forget that I must fade into you. Give me a beautiful color, give me a great sky for setting, so that when it is my time to meet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



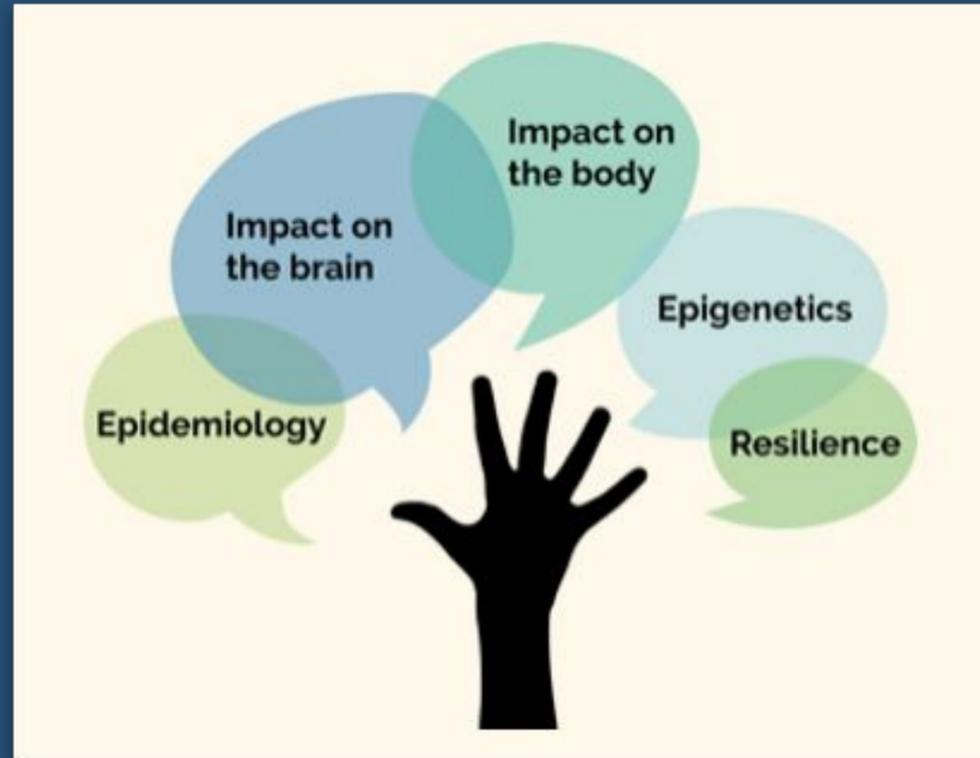
Source: Cultura10.org



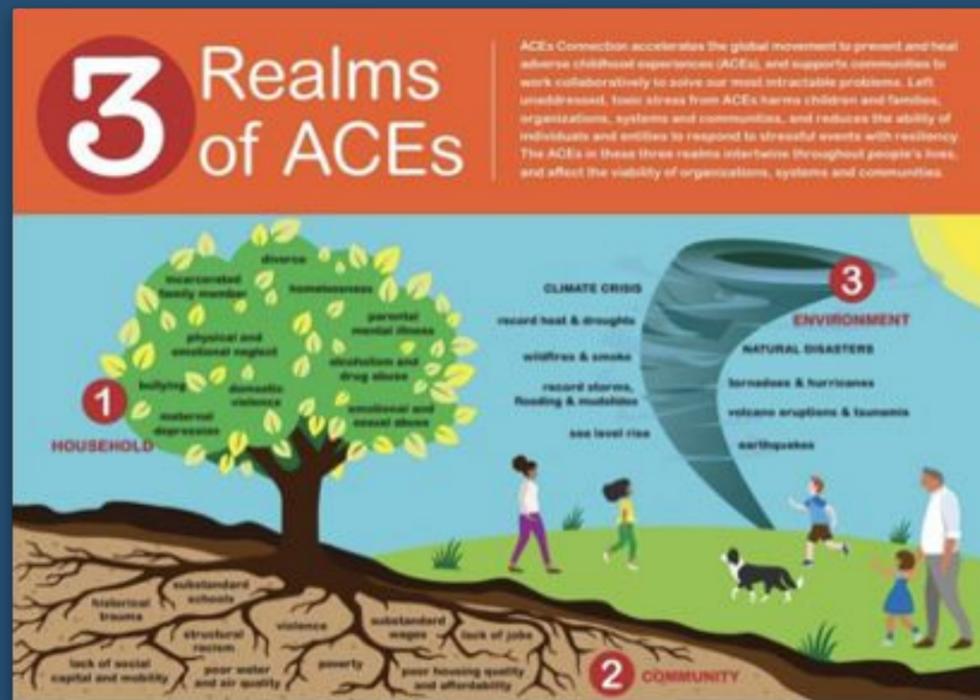
PACES Connection

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 diverse group of people in a social setting. In the foreground, a woman with long blonde hair is seen from the side, her arm around a man's shoulder. Behind them, several other people are smiling and looking towards the right. The background is slightly blurred, suggesting an indoor event or gathering.

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.

- 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.

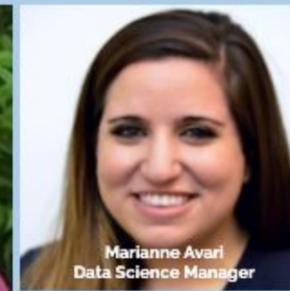
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Graphic Designer



Natalie Audage
Family and Community
Resources Lead



Marianne Avari
Data Science Manager



Dana Brown
Organizational Liaison



Allison Cebulla
Northeast Community Facilitator



Karen Cramer
Northwest Community Facilitator,
including Northern California



Ingrid Cockhren
Director, Cooperative of
Communities



John Flores
California Central Valley, Central
Coast Community Facilitator



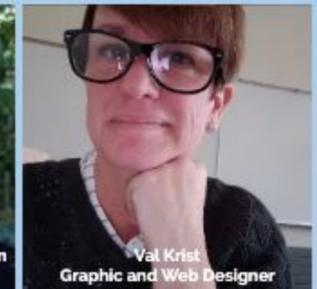
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Midwest Community Facilitator



Lara Kain
Education Lead



Gail Kennedy
Operations and Strategic
Partnerships Lead, Capitol Region
(CA) Community Facilitator



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Graphic and Web Designer



Rafael Maravilla
Network Manager



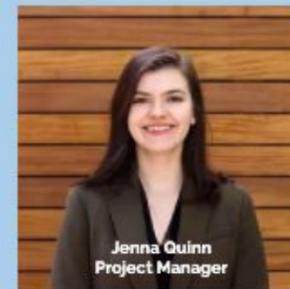
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Media strategist, high-tech
liaison, writer.



Elizabeth Prewitt
Policy Analyst



Donielle Prince
San Francisco Bay Area Community
Facilitator



Jenna Quinn
Project Manager



Samantha Sangenito
Data Science and
Sustainability Lead



Casey Smith Sipp
Midwest Community
Facilitator



Jane Stevens
Founder, publisher

WE SUPPORT COMMUNITIES

PACEs Connection
formerly ACEsConnection

HEAL trauma BUILD resilience

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
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.

ACE Task Force of Shelby County (TN)
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.

ACEs & Resiliency in the Intensive Alternative Family Treatment Network (NC)
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

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"



PACEs Connection Call-to-Action

Become a Member:

- ✓ Connection-Members can **CONNECT** with like-minded individuals around the world.
- ✓ Resources-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

Start a Movement:

- ✓ Community-Healing happens within **COMMUNITY**. Connect with an existing PACEs community or start your own.
- ✓ Consulting-PACEs Connection provides **CONSULTING** services to help create, grow and sustain PACEs communities. Are you ready to take your PACEs Initiative to the next level?

PACES Connection

We're grateful you've joined us!



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Natalie Audage

naudage@pacesconnection.com



John Dovales Flores

jdovalesflores@pacesconnection.com

GUEST SPEAKER



Gabriel Nuñez-Soria, Educator,
PhD Student, and Director
(Trauma-Resilient Educational
Communities (TREC) Department)

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

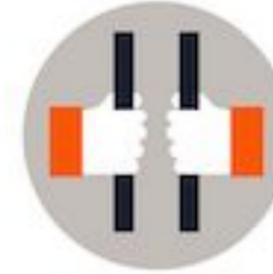


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently

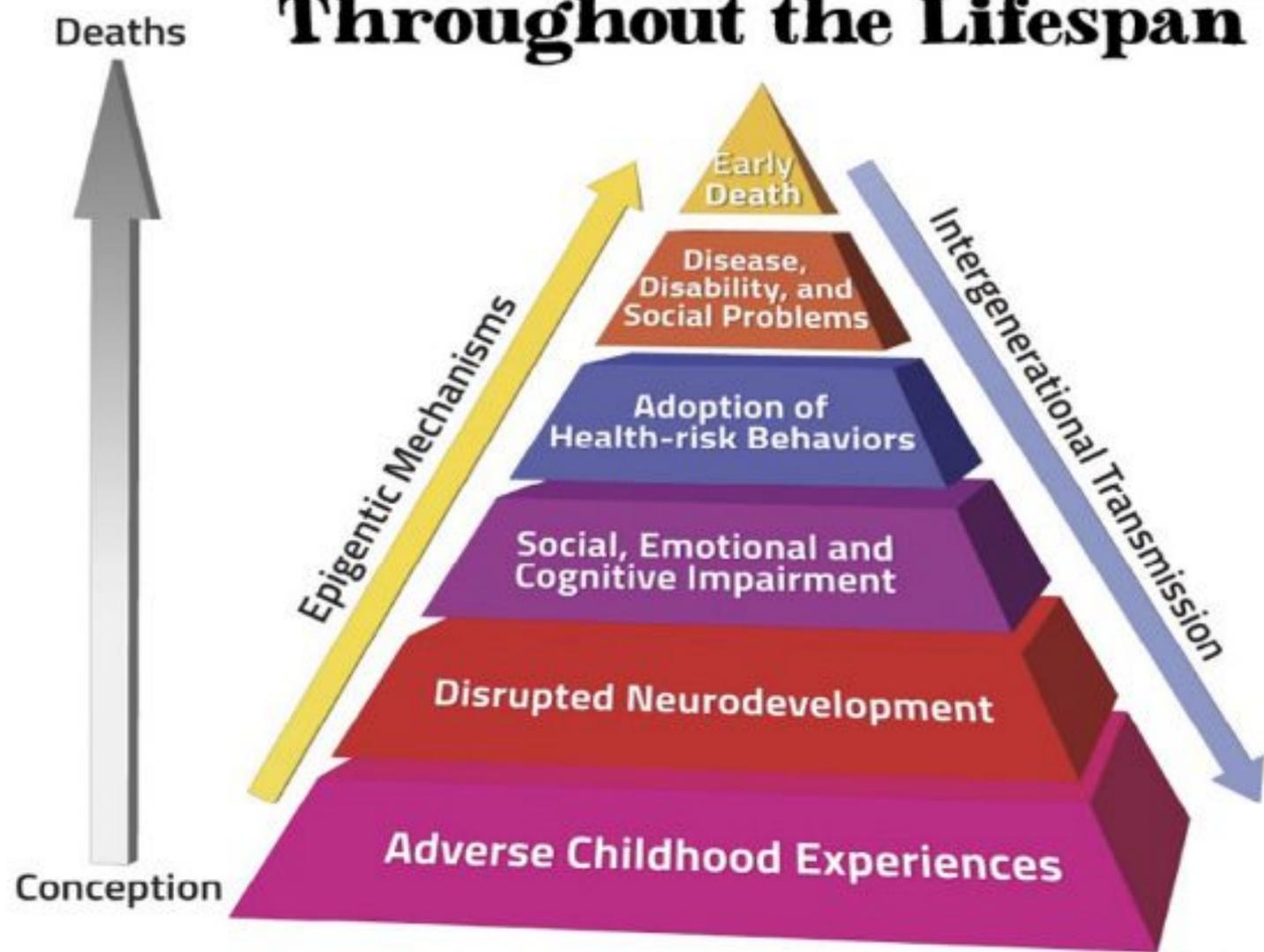


Substance Abuse



Divorce

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



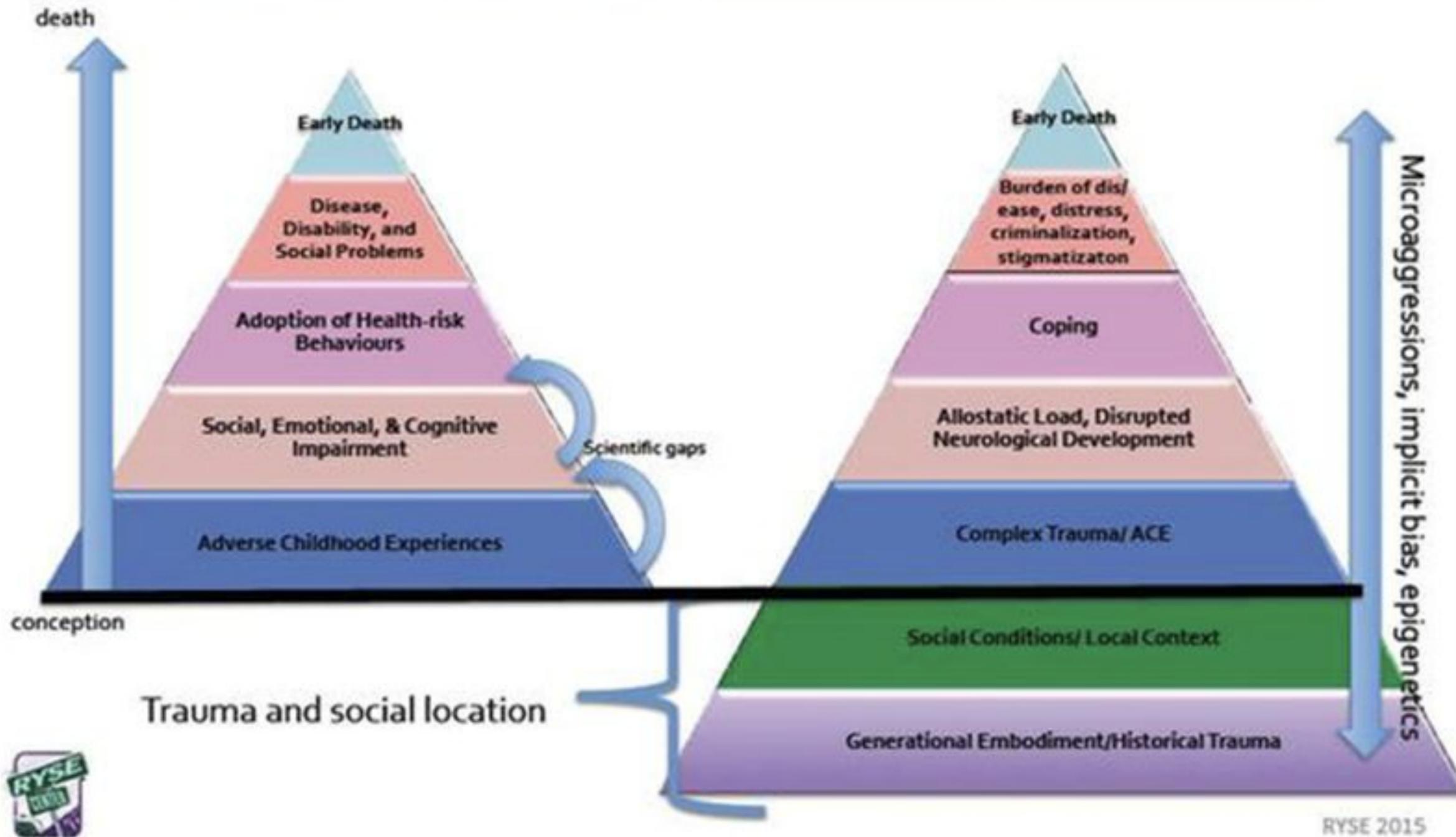
Slide Courtesy of Rob Anda, MD, MS

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



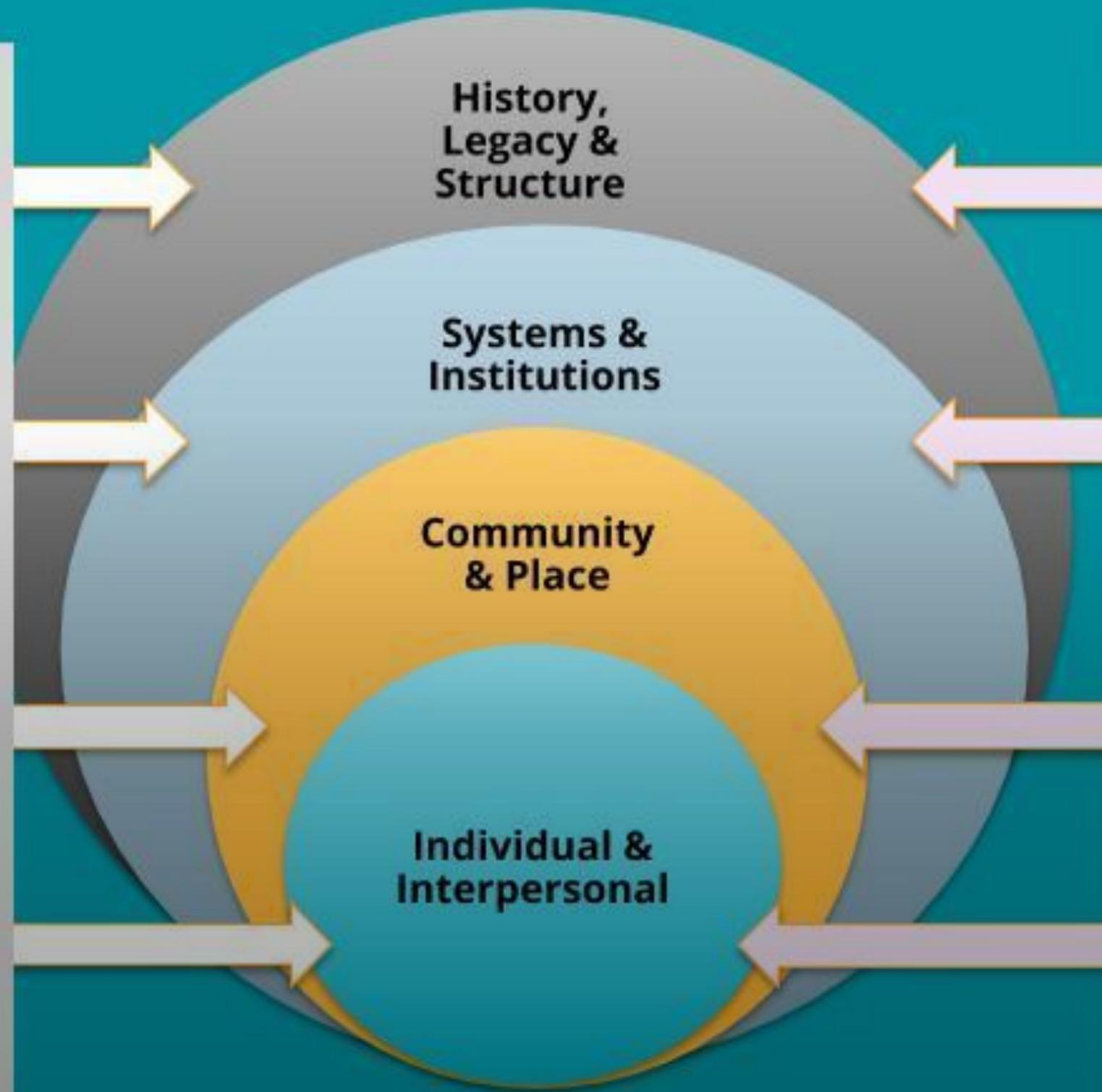
Dehumanization and Distress

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.

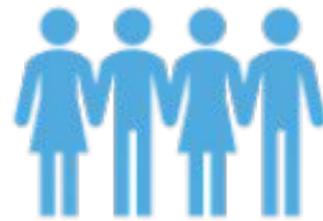
For victims, the memory of trauma may be adaptive for group survival, but also elevates existential threat, which prompts a search for meaning, and the construction of a trans-generational collective self."

-Gilad Hirschberger

Intergenerational Transmission of Trauma 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.

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.

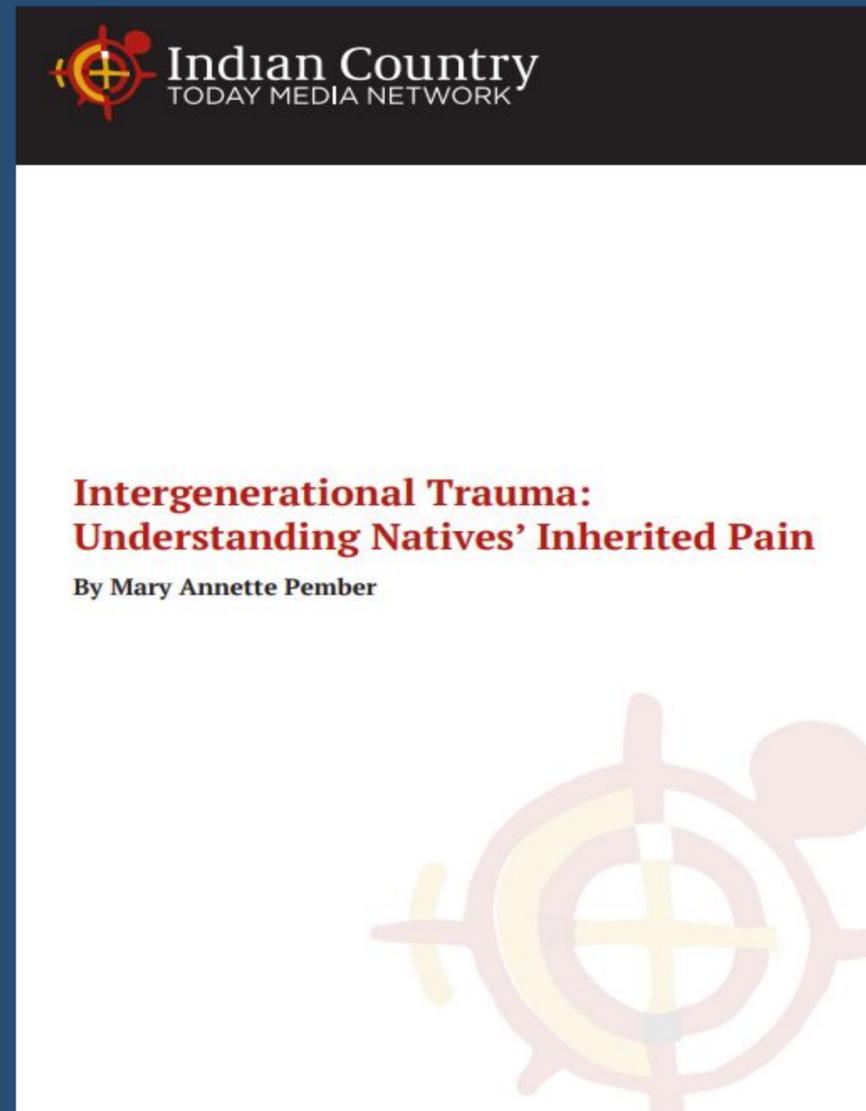
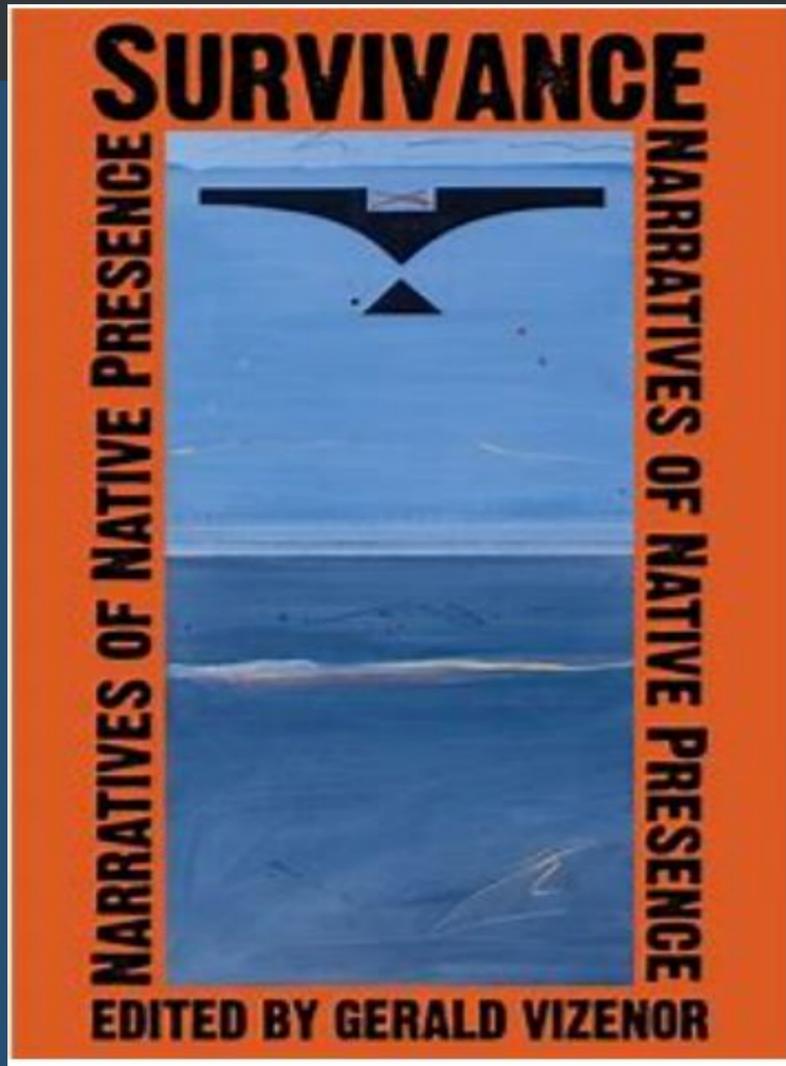




Historical Trauma

- 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."

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>

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

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

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)



Current Health Disparities by Race

- **Infant deaths per 1,000 (2019)¹**
 - Rates higher for Black or African-American (10.62) and American Indian or Alaska Native (7.87) vs. White (4.49)
- **% adults (18-64) without health insurance (2020)²**
 - Percentages higher for Hispanic or Latino (29.7%) and American Indian or Alaska Native (27.3%) vs. White (9.1%)
- **% adults (18+) in fair or poor health (2020)²**
 - Percentages higher for Black or African-American (18.7%) and American Indian or Alaska Native (22.4%) vs. White (12.8%)

¹Infant Mortality in the United States, 2019: Data From the Period Linked Birth/Infant Death File, <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-14.pdf>

²Interactive Summary Health Statistics for Adults: National Health Interview Survey, 2019-20: 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	Hispanic or Latino
Infant deaths per 1,000 live births (2019) ¹	4.49	3.38	7.87	10.62	5.03
% adults aged 18–64 without health insurance coverage (2020) ²	9.1%	8.8%	27.3%	14.5%	29.7%
% adults aged 18+ in fair or poor health (2020) ²	12.8%	8.4%	22.4%	18.7%	16.1%

¹Infant Mortality in the United States, 2019: Data From the Period Linked Birth/Infant Death File, <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-14.pdf>

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Current Health Disparities by Race

- **% men (18+) who current smoke cigarettes (2016-18)¹**
 - Higher percentages for American Indian or Alaska Native (23.0%) and Black or African-American (19.0%) vs. White (16.8%)
- **Age-adjusted suicide rates (2019)²**
 - Rates are highest for American Indian or Alaska Native (22.2) and White (17.6) vs. other races (between 7.1 and 7.4)
- **Leading causes of death (2020)³**
 - COVID-19 #1 cause of death for Hispanic or Latino and American Indian or Alaska Native vs. #3 for other races

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 (2020) via CDC WONDER:
<https://wonder.cdc.gov/controller/saved/D76/D266F218>

Current Health Disparities by Race

	White	Asian American	American Indian or Alaska Native	Black or African-American	Hispanic or Latino
% of men 18+ who currently smoke cigarettes (2016-2018)¹	16.8%	11.7%	23.0%	19.0%	13.3%
Age-adjusted suicide rates (2019)²	17.6	7.1 (Asian or Pacific Islander)	22.2	7.4	7.3
Leading causes of death (2020)³	Heart disease Cancer COVID-19	Cancer Heart disease COVID-19	COVID-19 Heart disease Cancer	Heart disease Cancer COVID-19	COVID-19 Heart disease Cancer

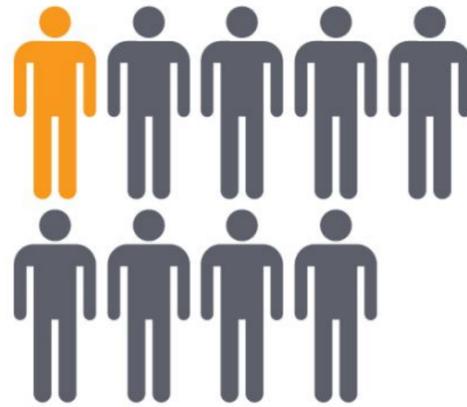
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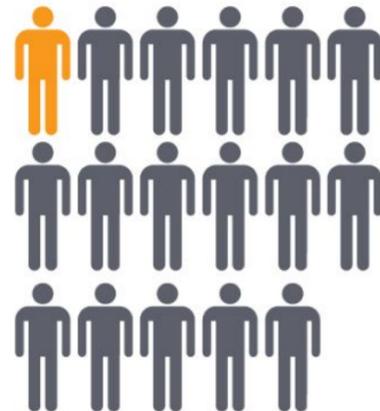
Lifetime Likelihood of Imprisonment of U.S. Residents Born in 2001

All Men



1 in 9

White Men



1 in 17

Black Men



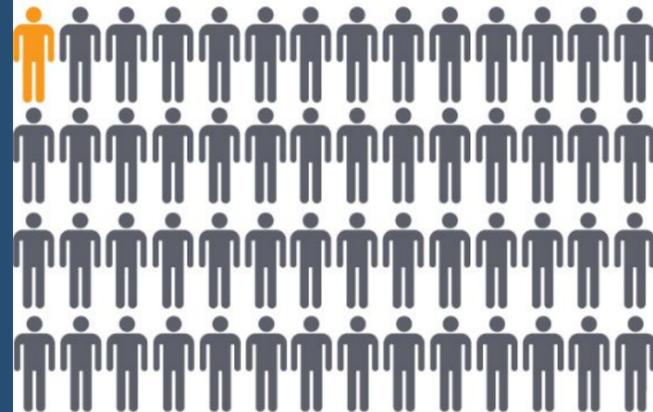
1 in 3

Latinx Men



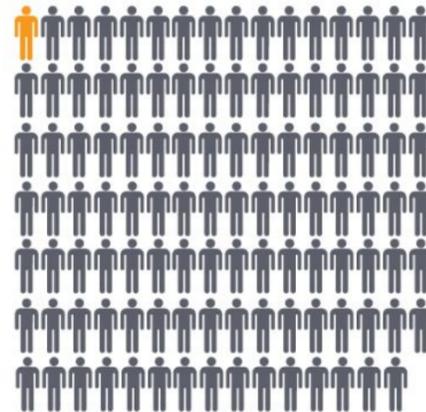
1 in 6

All Women



1 in 56

White Women



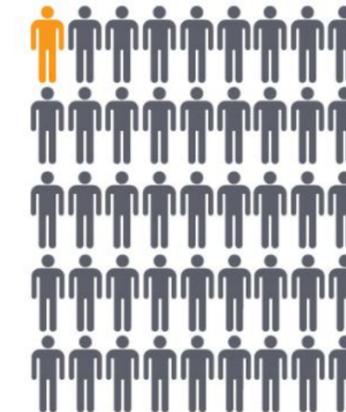
1 in 111

Black Women



1 in 18

Latinx Women



1 in 45

Interacting Layers of Trauma and Healing



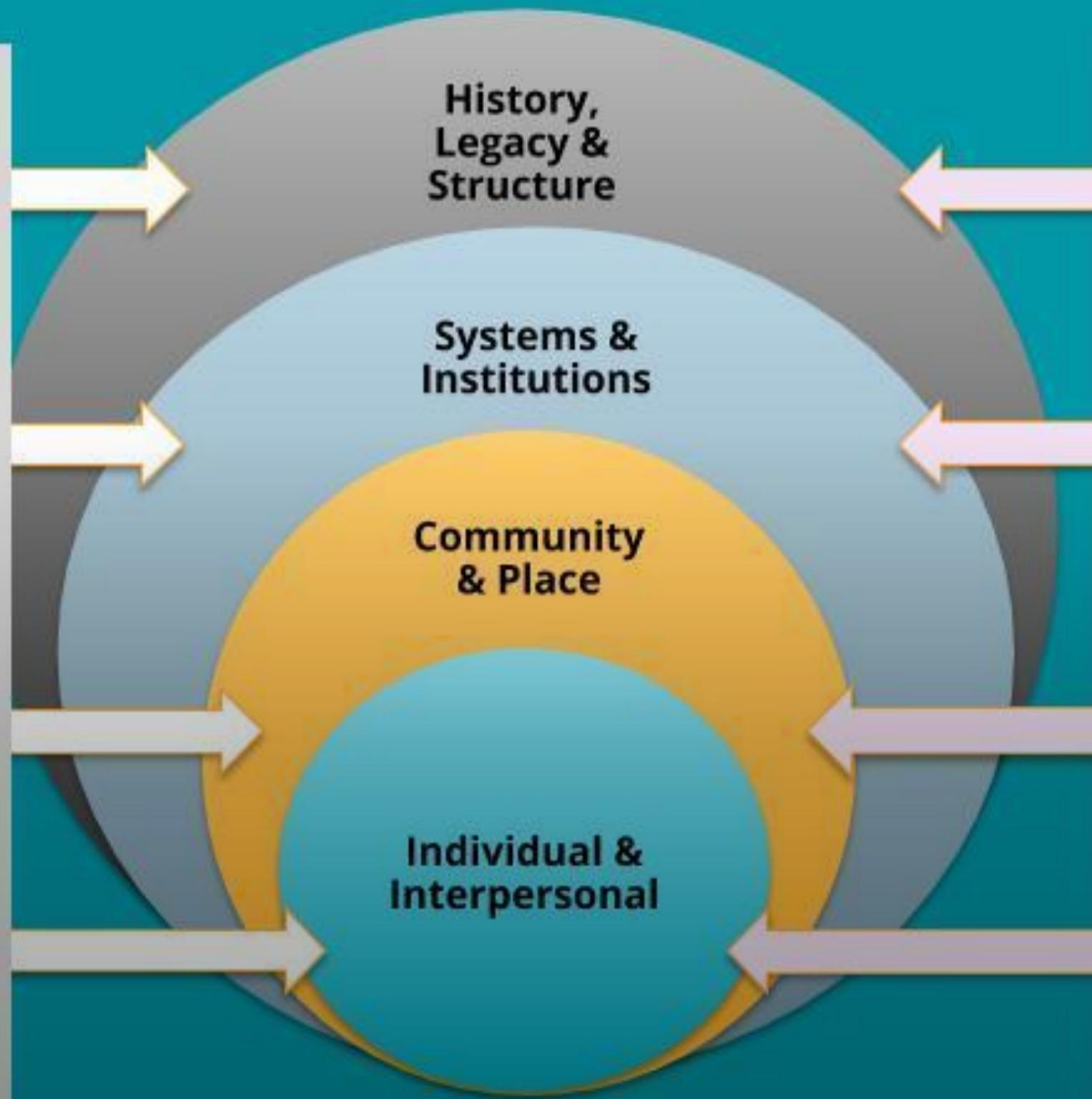
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Examples of Liberation and Healing



- **Reparations**
 - Returning Bruce's Beach to its rightful owners in Los Angeles, CA¹
- **Healing-Centered Practices**
 - No More Deaths in Southern AZ²
- **Base and Power-Building**
 - Border Network for Human Rights³
- **Popular Education and Culture Building**
 - *The Routledge International Handbook of Indigenous Resilience*⁴

¹ <https://ceo.lacounty.gov/ardi/bruces-beach/>

² <https://nomoredeaths.org/about-no-more-deaths/>

³ <https://bnhr.org/>

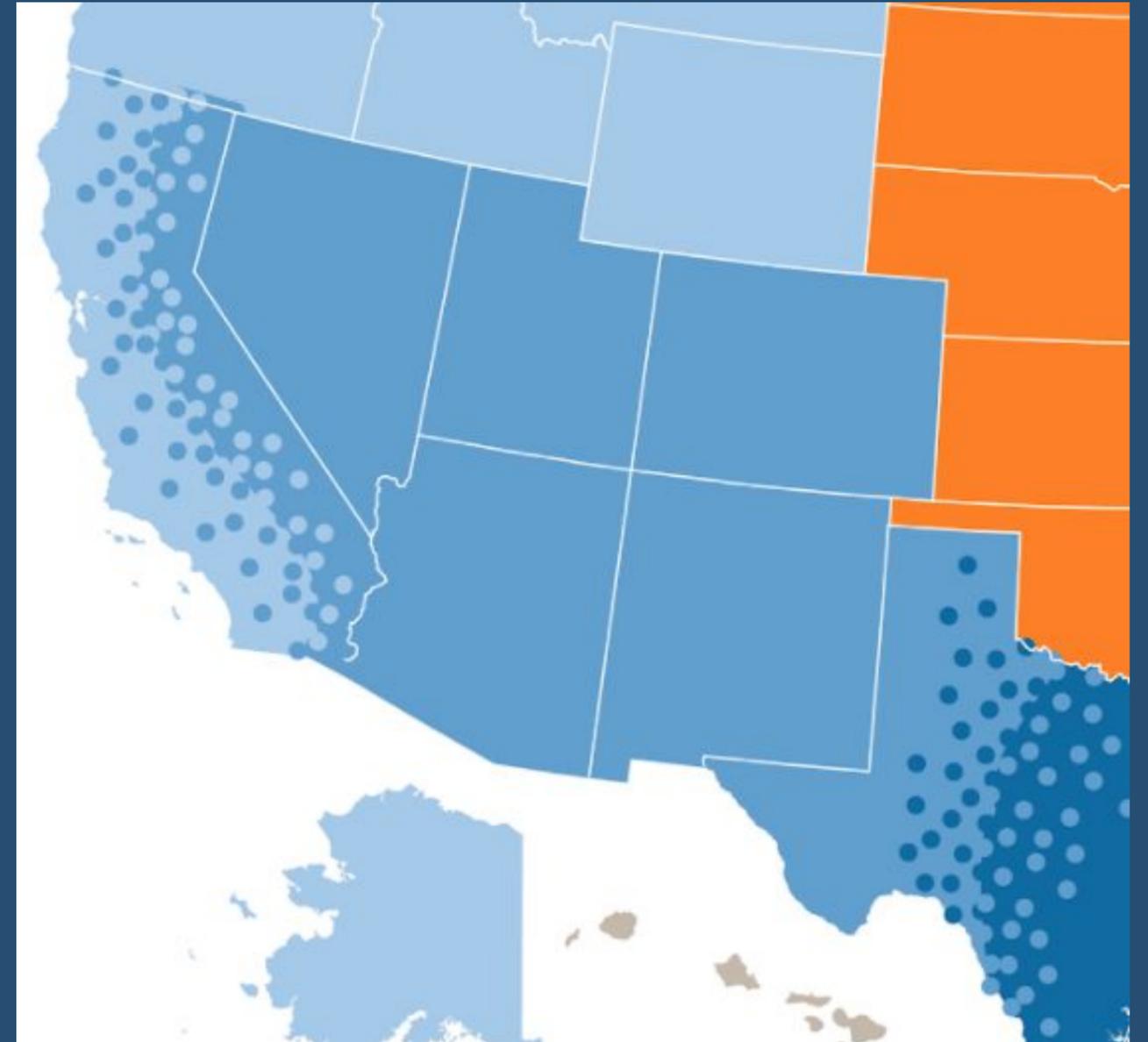
⁴ *The Routledge International Handbook of Indigenous Resilience - 1st Ed*

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?

Historical Trauma in the American Southwest



Indigenous Nations & Peoples in the Southwest



Nation Building The Genocide of Indigenous Peoples includes Mission schools, boarding schools, smallpox, forced assimilation, ethnic cleansing, religious violence

Genocide of indigenous peoples

Atmospheric Distress Missing and Murdered Indigenous Women (MMIW), Family / Community Violence

Lead with Love & Justice Indigenous Warrior Spirit Family's Movement

Image Source: Indigenous Nations and Peoples of the American Southwest

Image Source: Native American Boarding School

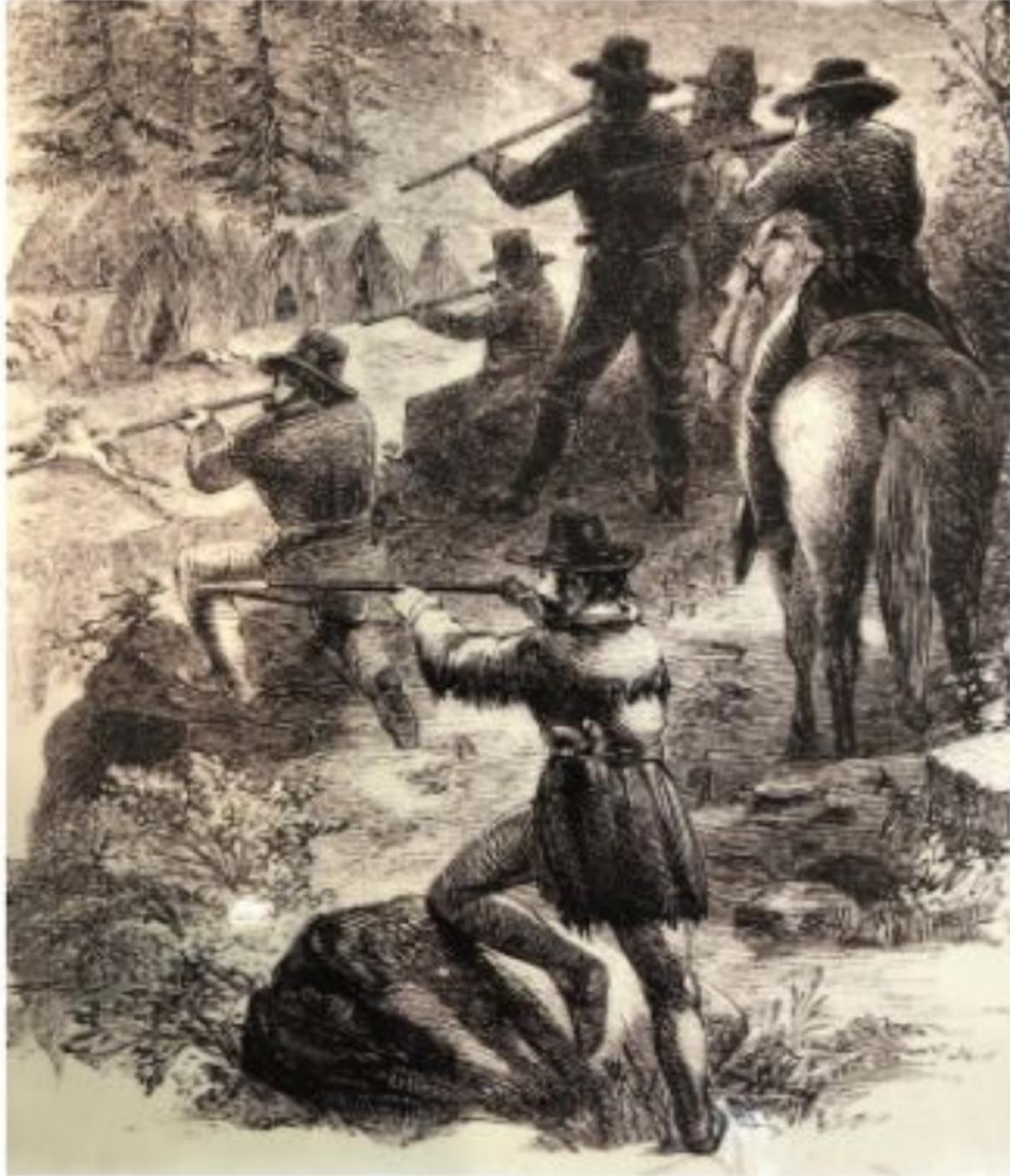


Dr. Maria Yellow Horse Brave Heart describes historical trauma as “...the cumulative emotional and psychological wounding over one’s lifetime and from generation to generation following loss of lives, land and vital aspects of culture.”

*The American Indian holocaust:
Healing historical unresolved
grief.*

Impact of Historical Trauma - The National Native American Boarding School Healing Coalition

Bounty System that paid Settlers to Kill Native Americans



More people should know about the
**BOUNTY SYSTEM THAT PAID SETTLERS
TO KILL NATIVE AMERICANS**



[Bounty System That Paid Settlers To Kill Native Americans - YouTube](#)

[Image Source: Sand Creek Massacre 1864](#)

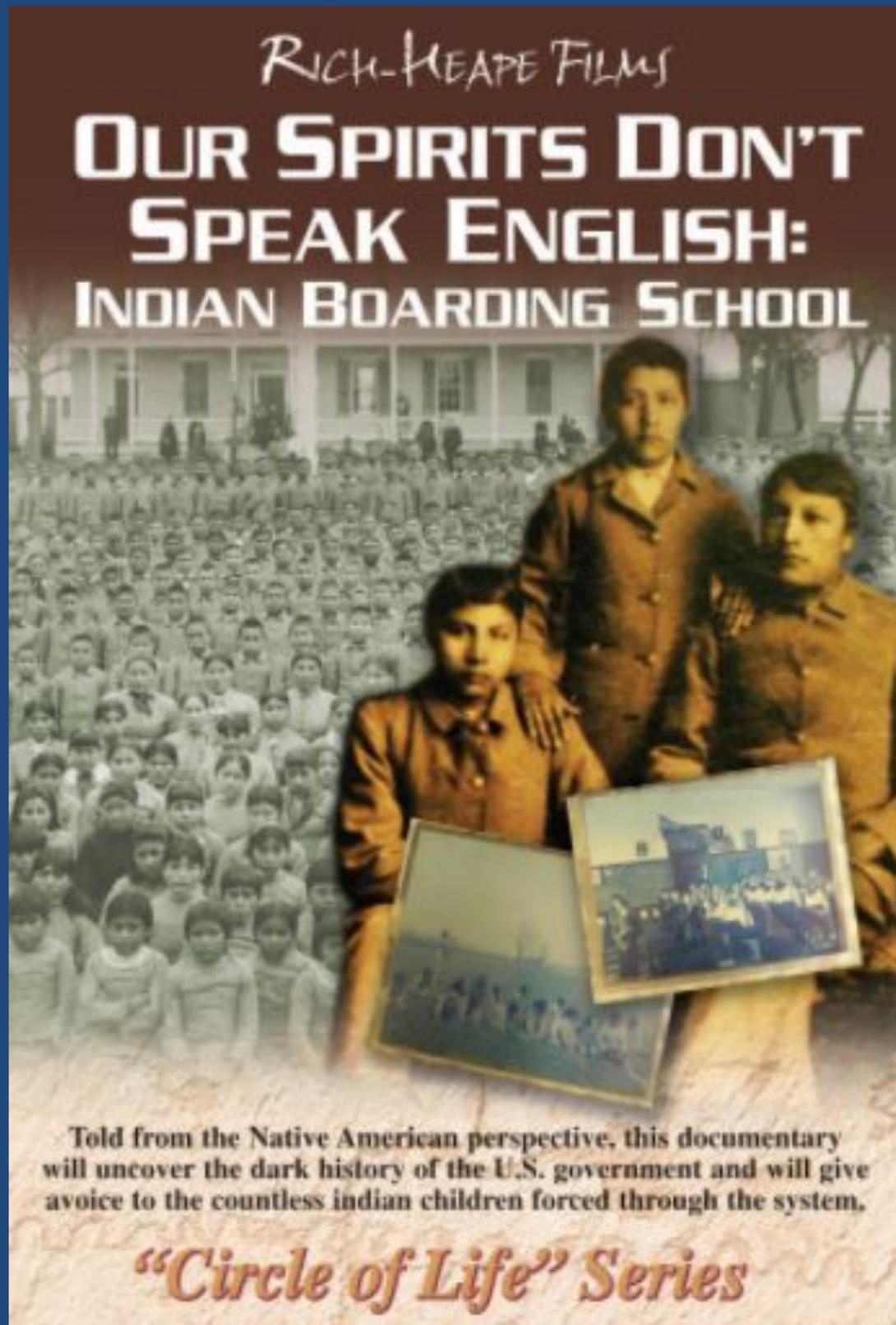


[Image Source: Sand Creek Massacre November 29, 1864](#)



[Sand Creek Massacre National Historic Site \(U.S. National Park Service\) \(nps.gov\)](#)

[Image Source: Native American Boarding Schools](#)



[Image Source: Native American Boarding School](#)



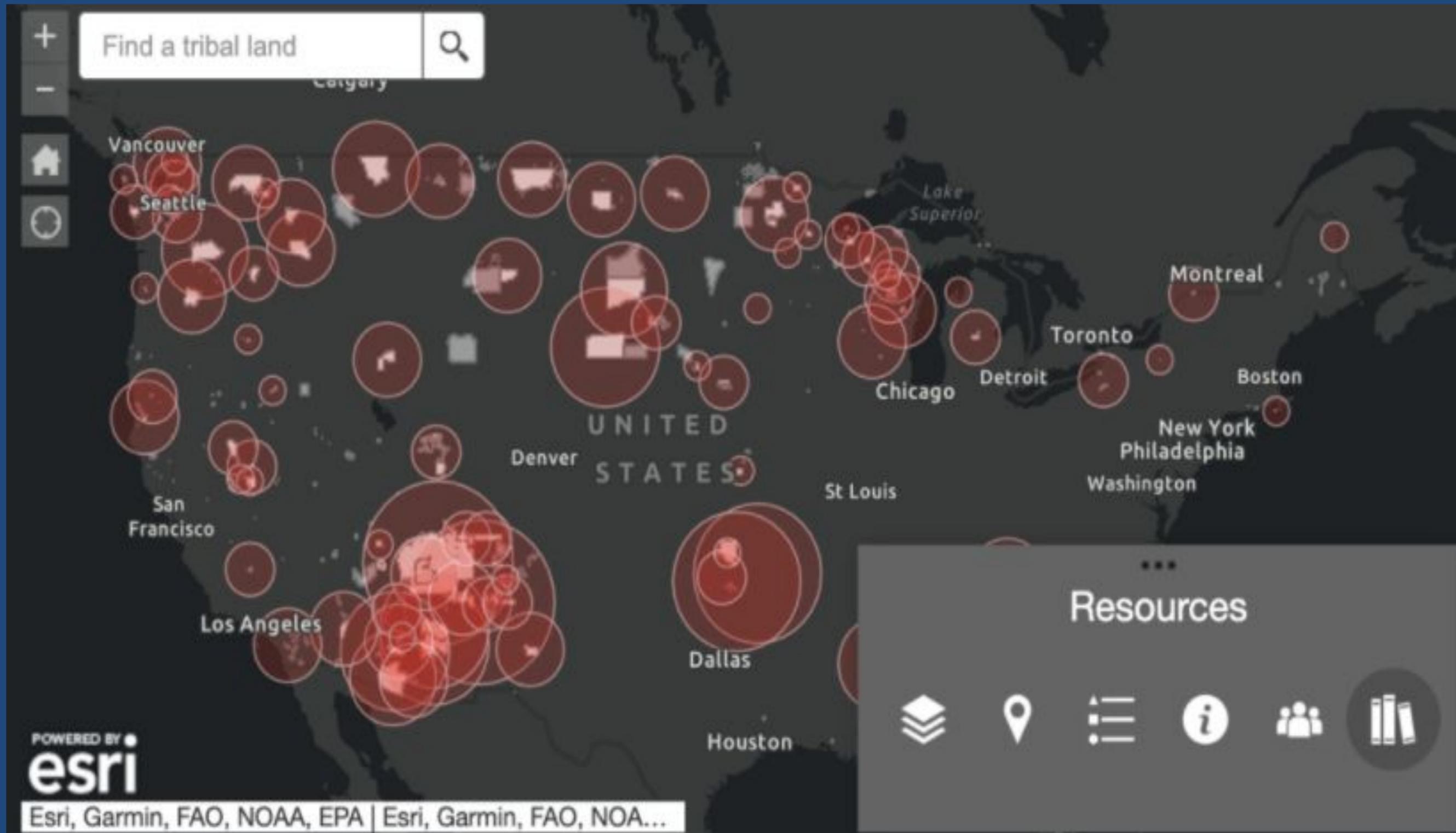
[The Lesser-Told Story Of The California Missions \(hoodline.com\)](http://hoodline.com)



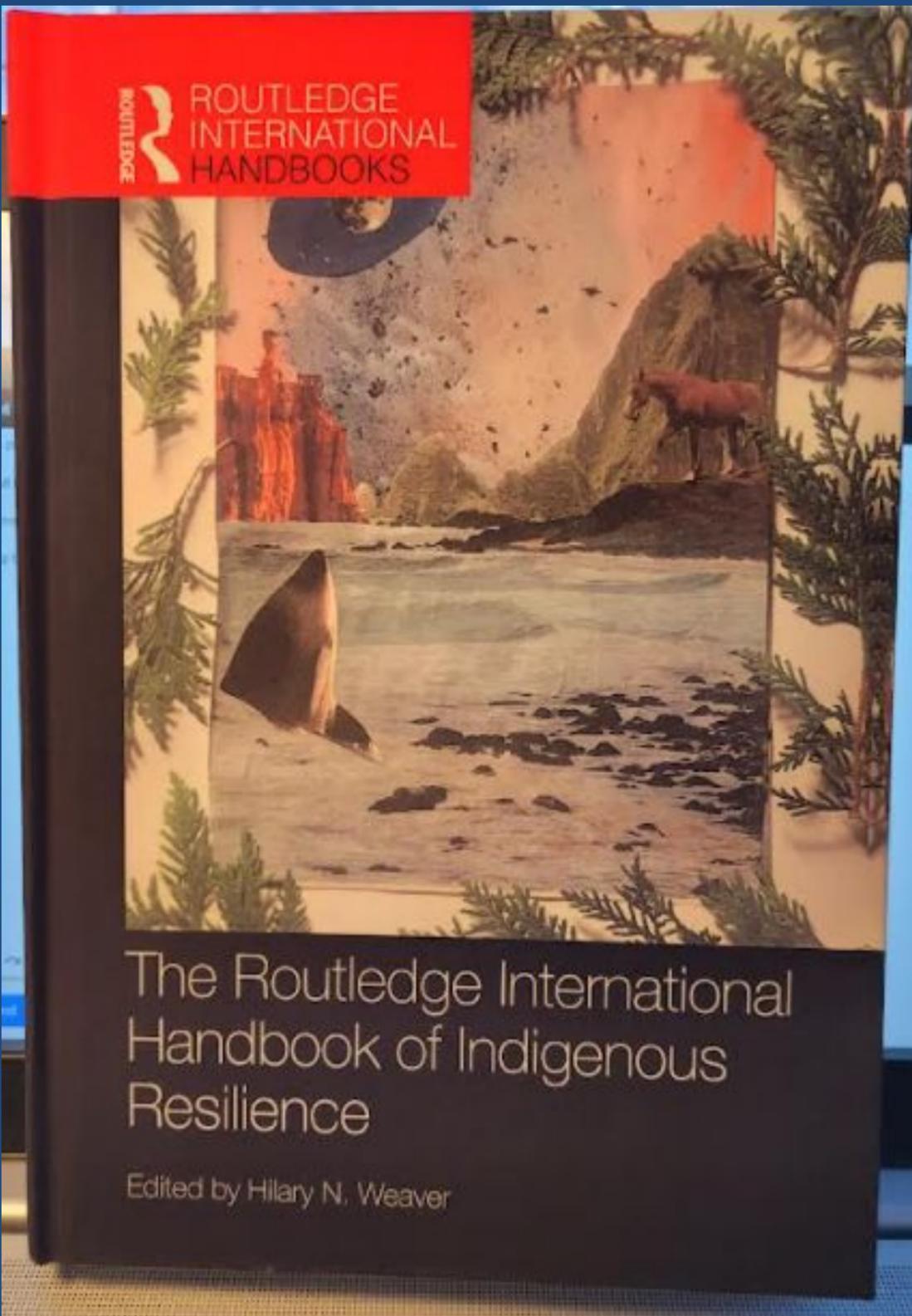
[Historical trauma continues to plague Native communities \(koat.com\)](https://koat.com) Navajo Dine'



[‘Historical trauma’: Native communities grapple with missing and murdered women | Navajo-Hopi Observer | Navajo & Hopi Nations, AZ \(nhonews.com\)](#)



[New data shows COVID-19's disproportionate impact on American Indian, Alaska Native tribes | Hub \(jhu.edu\)](https://www.jhu.edu/)



Indigenous Nations & Peoples

HOME BLOG RESOURCES CALENDAR ASK THE COMMUNITY SURVEYS CHATS MEMBERS

DANA BROWN (PAC... 11)

PACESCONNECTION / COMMUNITIES / INDIGENOUS NATIONS & PEOPLES / BLOG / CALLING UPON THE WARRIOR SPIRIT TO HEAL HISTORICAL TRAUMA: CEREMONY & CONFERENCE (SAN DIEGO, CA)

Calling Upon the Warrior Spirit to Heal Historical Trauma: Ceremony & Conference (San Diego, CA)

DANA BROWN (PACES CONNECTION STAFF) 9/4/18 @ 4:23 PM

WARRIOR SPIRIT CONFERENCE AND CEREMONY

Calling Upon the Warrior Spirit, Inspired by Our Creator, to Heal Historical Trauma Among Native America Through Indigenous Wisdom Conference and Ceremony

October 8th, 9th & 10th 2018

Conference Moderator: Anthony R. Pico, Ph.D., Viejas Band of Kumeyaay Indians

Keynote Speaker: Dr. Vincent J. Felitti, Adverse Childhood Experiences Study (ACEs) Co-Principal Founder

Youth & Elder Panels · Spoken Word Poetry
 Sweat Lodge Ceremony · Traditional Healing Circle
 Foundations of Resiliency · Talking Circle Ceremony
 Creating Trauma-Informed Communities and Schools
 Link between Trauma and Addiction
 Legal Update · ACEs Science
 Indigenous Leadership Practices · Bird Singing
 "Call to Action" Networking Event

Calling Upon the Warrior Spirit to Heal Historical Trauma Conference and Ceremony

October 8, 9 & 10, 2018
 Viejas Resort & Casino, Alpine, CA

Hosted by: Viejas Band of Kumeyaay Indians

Post

Add Comment
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 Manage Blog Post
 Configure Blog
 Leave Community

MANAGE WIDGETS ON BLOG PAGES

Blog Archive

February 2022 (0)	February 2021 (5)
January 2022 (2)	January 2021 (26)
December 2021 (8)	December 2020 (13)
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October 2021 (15)	October 2020 (10)
September 2021 (3)	September 2020 (10)
August 2021 (8)	August 2020 (8)
July 2021 (13)	July 2020 (11)
June 2021 (7)	June 2020 (7)
May 2021 (18)	May 2020 (11)
April 2021 (17)	April 2020 (13)
March 2021 (12)	March 2020 (6)

Collections

- Sovereignty
- Missing and Murdered Indigenous Women

The Routledge International Handbook of Indigenous Resilience

Historical trauma in Asian American Communities

Focus: California Central Valley



Southeast Asian Americans in California



- **Imperialism.** American Imperialism catalyzed mass displacement of Southeast Asian communities fleeing violence in their homelands.
- **Displacement.** According to SEARAC: “Since 1975, over one million refugees from Cambodia, Laos, and Vietnam have been resettled in the United States, making Southeast Asian Americans the largest refugee community in U.S. history”
- **Disinvestment.** SEARAC research shows these communities are disproportionately represented in poor outcomes such as poverty, poor mental health, low educational attainment, and criminalization

Photo Archived with
UCLA Asian American Studies Center

SOURCE:

“School to Deportation Pipeline” brief by Southeast Asian Resource Action Center

Southeast Asian Americans in California



Photo Archived with
UCLA Asian American Studies Center

- 48% of all “APA” live in the West
- Other regions of the US: South (21%), Northeast (20%), Midwest (11%)
- Californians with Indian, Japanese, Chinese, Korean, Cambodian, Vietnamese, and Filipino ancestry are more highly concentrated in the Bay Area and Southern California regions
- 83% of Californians with Hmong ancestry live in the Central Valley, with the largest group in Fresno.
- SEARAC: Southeast Asian refugees are largest refugee community ever to be resettled in the US

SOURCE: Southeast Asian Resource Action Center

Southeast Asian Americans in California



“The work left him a key witness to the fact that, when war-scarred Hmong arrived, there were no government agencies or nonprofits trying to help them get counseling, or even explain the possibility of therapy for what they’d been through”

- Prevalence of undiagnosed post-traumatic stress disorder among elders who escaped that violence.
- Most common diagnoses among the elders are PTSD and major depression.

SOURCE: Sacramento News and Review (2018)

Southeast Asian Americans in California



Photo by Julie Thao in Berkeley News

“When I think about what my family has been through as Hmong Americans, and war refugees from Laos, I get upset.

Not because of what happened to them, but the fact that their story, and our history, has been ignored. I can remember there being just one sentence in my entire high school history book dedicated to the experiences of Hmong people. It didn’t feel fair.”

-Julie Thao in Berkeley News

Historical trauma in Latinx communities in the Southwest



Historical trauma in Latinx communities in the Southwest

TOPICS:

- Intersectional and complex identities
- Mesoamerican history
- Racial violence in Latinx communities in SW
- Missionization of SW
- Forming of the Mexican state
- Early racist propaganda
- White mob violence
- Labor, xenophobia, nativism
- Labor organizing in the early 20th centuries
- Biochemical warfare
- Zoot suit riots & early film
- Social justice organizing in SW
- Neocolonial expansion into Latin America
- Mass incarceration and ICE
- Collective trauma
- Liberation and new wave of activism



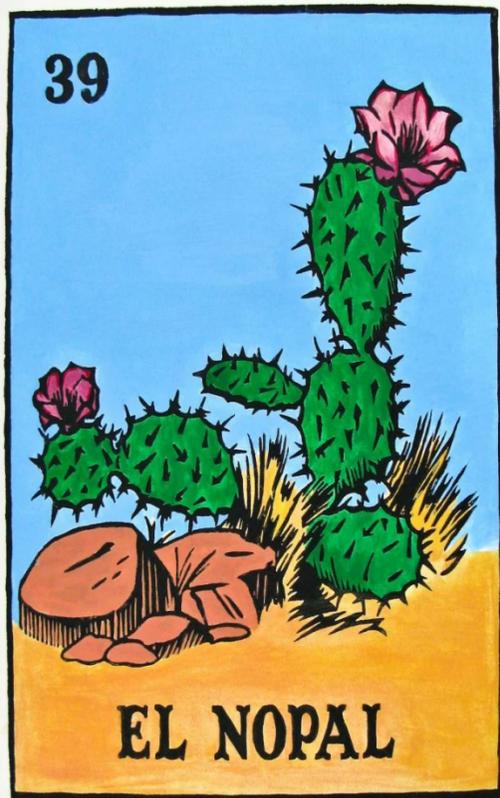
Intersectional and complex identities of Latinx communities



Nosfe X / Chicanx



“Con el nopal en la frente”



TRYING IT OUT – Five-month-old John Flores tries out a sombrero in the watchful arms of his mother, Pearl Flores, during recent Mexican-American Independence Day festivities at the Planada Child Development Center on Cabrillo Street.

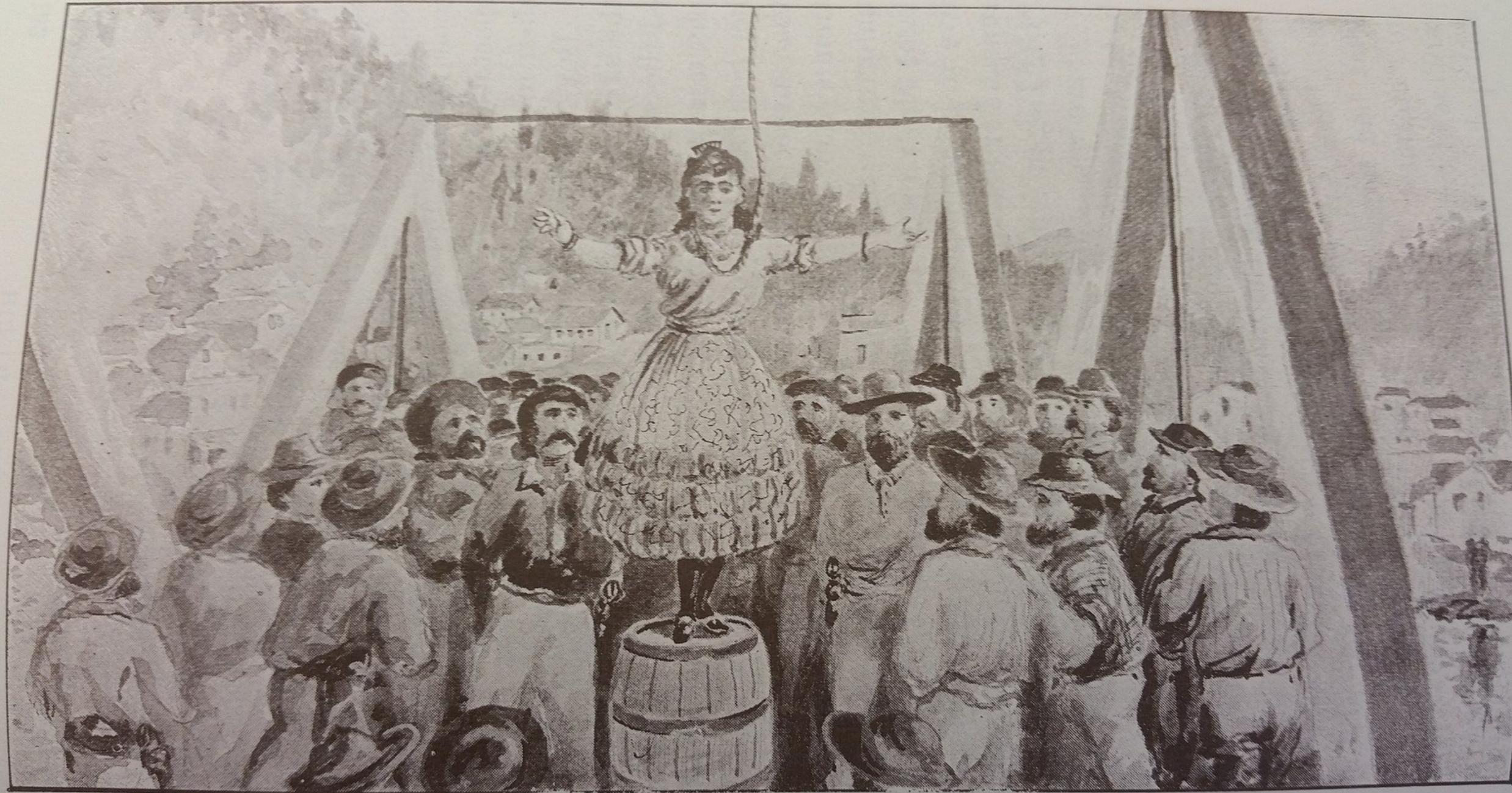
Sun-Star Photo by Jay Sousa



Mesoamerican history



Racial Violence in Latinx and indigenous communities

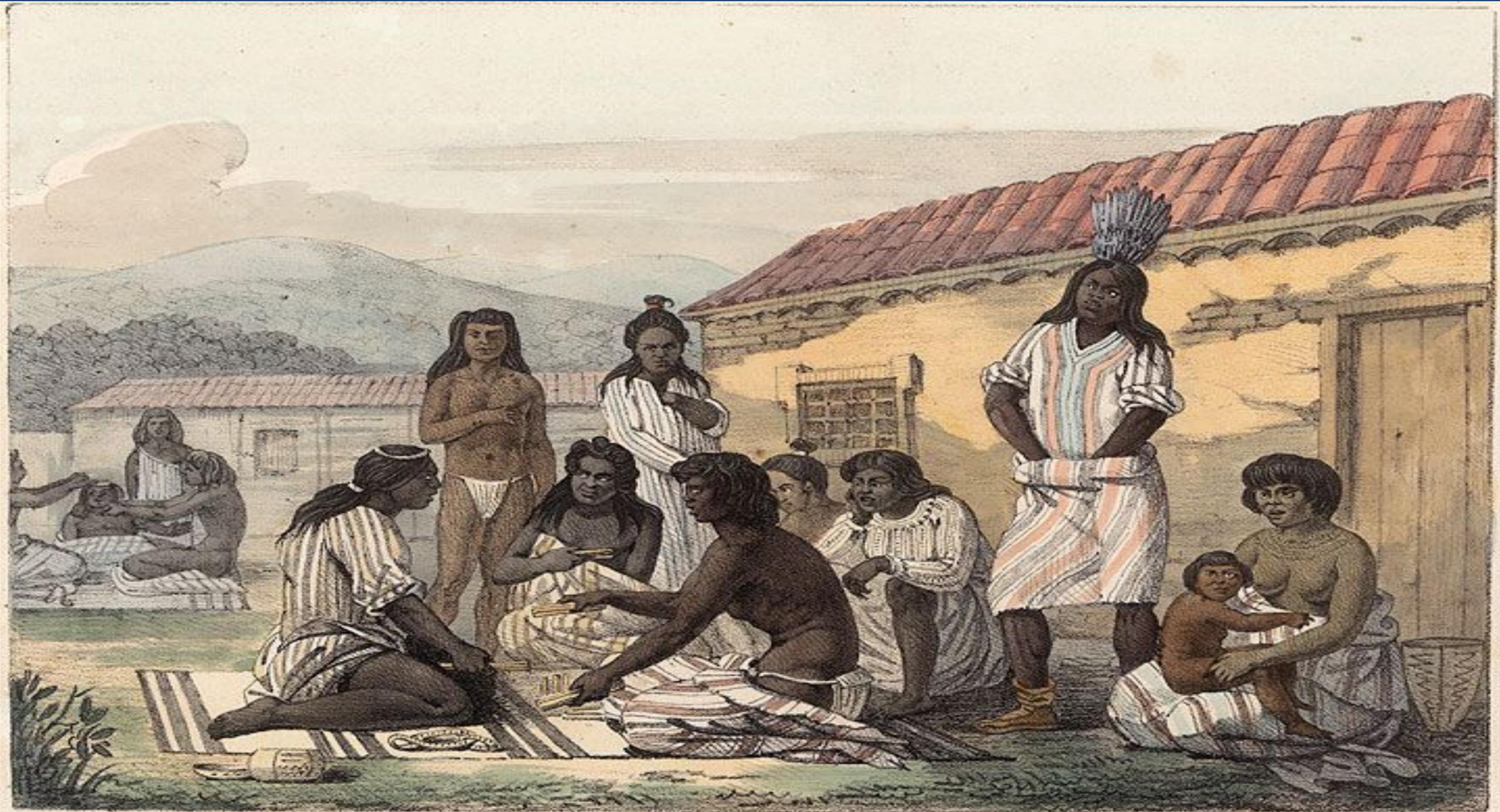


HANGING OF THE MEXICAN WOMAN.

Missionization of the U.S. Southwest



Missionization of the U.S. Southwest



par Nobbia d'après Chaves

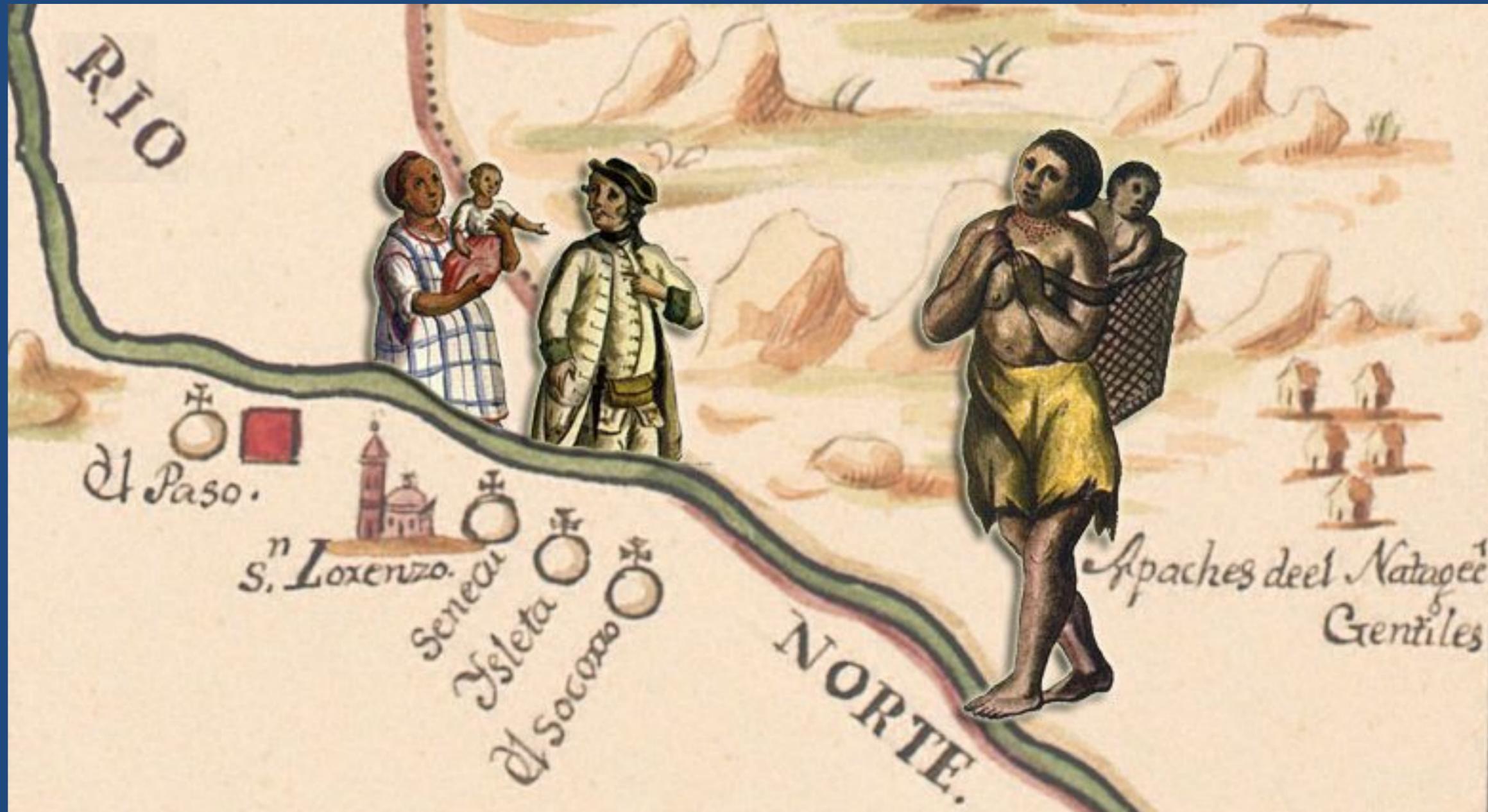
Lith. de Langlumé, r. de l'Abbaye 25.6

Fig. des Habitans de Californie.

Missionization of the U.S. Southwest



Missionization of the U.S. Southwest



Mexicans as villains and enemies of the state



JOAQUIN, THE MOUNTAIN ROBBER.

**WILL BE
EXHIBITED
FOR ONE DAY ONLY!**

AT THE STOCKTON HOUSE!

THIS DAY, AUG. 12, FROM 9 A. M., UNTIL 6 P. M.

**THE HEAD
Of the renowned Bandit!
JOAQUIN!**

AND THE
HAND OF THREE FINGERED JACK!
THE NOTORIOUS ROBBER AND MURDERER.

"JOAQUIN" and "THREE-FINGERED JACK" were captured by the State Rangers, under the command of Capt. Harry Love, at the Arroyo Cantina, July 24th. No reasonable doubt can be entertained in regard to the identification of the head now on exhibition, as being that of the notorious robber, Joaquin Murietta, as it has been recognised by hundreds of persons who have formerly seen him.

Mexican Treacheries and Cruelties.
**INCIDENTS AND SUFFERINGS
IN THE
MEXICAN WAR;**

WITH
Accounts of Hardships endured; Treacheries of the Mexicans; Battles Fought, and Success of American Arms;



The "Heroine of Fort Brown."

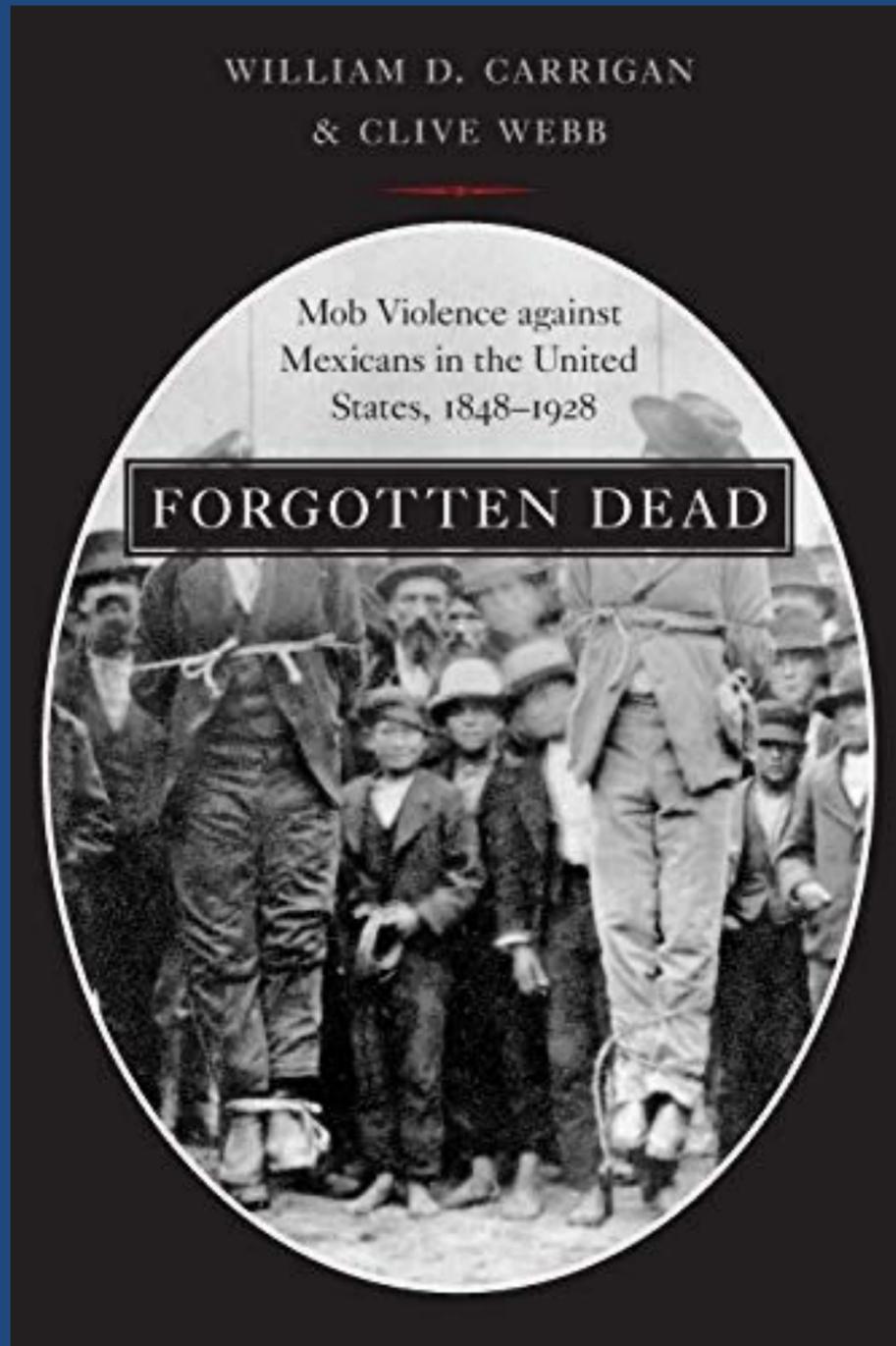
Also, an Account of Valiant Soldiers Fallen,
AND THE PARTICULARS OF THE
**Death and Funeral Services in honor of
Capt. George Lincoln, of Worcester.**

BY A VOLUNTEER RETURNED FROM THE WAR.

BOSTON AND NEW YORK:
1848.

Entered according to Act of Congress, in the year 1847, by LIEUT. G. N. ALLEN.

White mob violence in US Southwest



Jim Crow laws targeting Latino's



Mexican Revolution



1916 Typhus Outbreak blamed on Mexican immigrants and refugees



Mexican labor force and Immigration Act of 1917

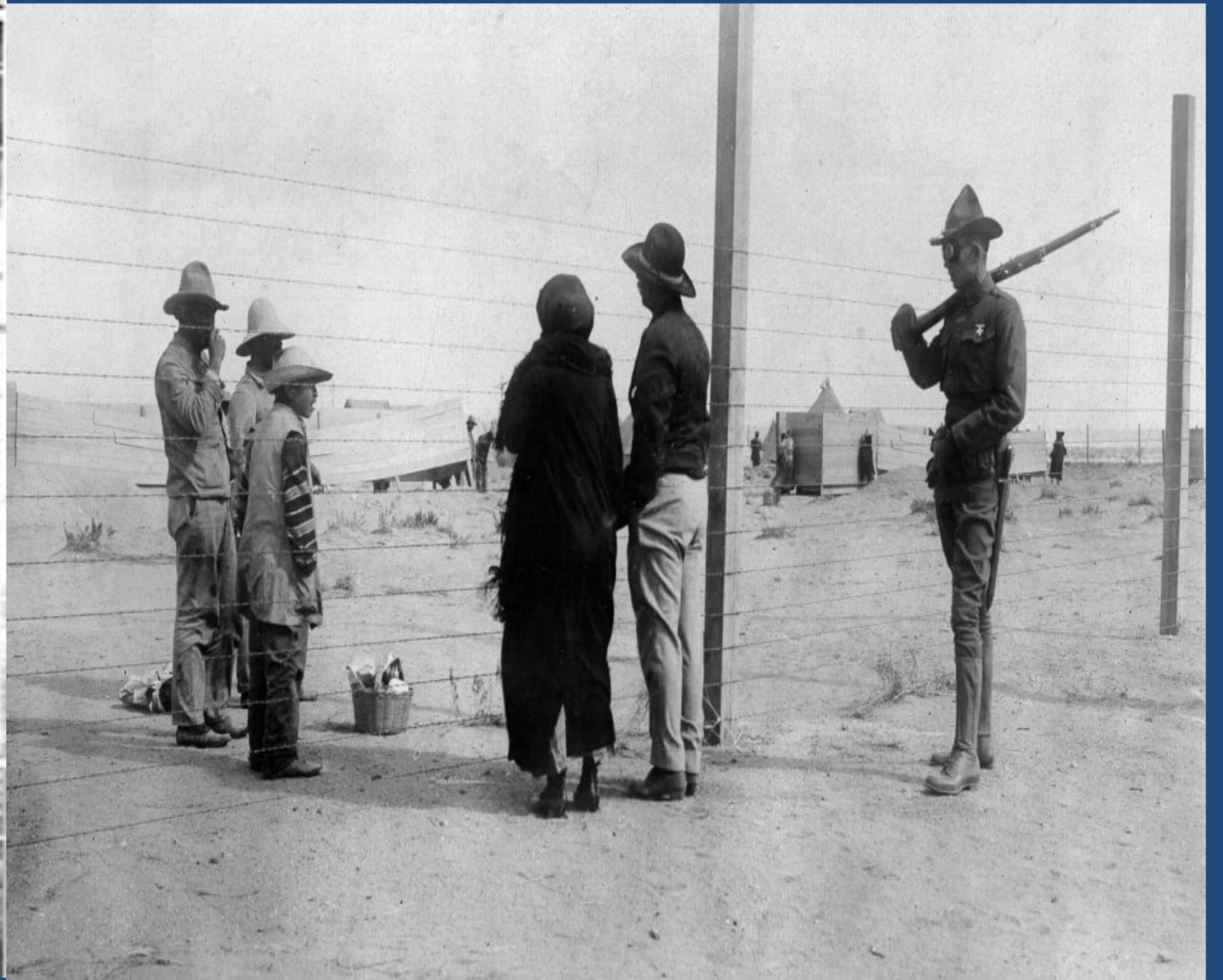
WILL IMPORT MEXICAN LABOR.

Immigration Bars Lifted by Secretary Wilson to Meet Shortage.

Secretary of Labor Wilson last night let down the bars to immigration from Mexico. In a departmental order exemptions are allowed from the head tax, literacy test and contract labor provision imposed by previous regulations. The order is effective today.

In the statement announcing the order, Secretary Wilson says the decision to permit the entry into the United States of illiterates, and other Mexicans, formerly not admissible, was reached in order to assist in meeting the present shortage of unskilled labor.

The order will be revoked when the present emergency has passed and the men imported will be required to return to their own country.



History of deportations and policy connected to labor



COUNTY SAVES LARGE SUM BY MEXICAN REPATRIATIONS

LOS ANGELES, Mar. 4. (CNS)—Saving more than \$2,000,000 to Los Angeles county taxpayers, 36,200 Mexicans have been sent back to their native land during the last two years through a combined repatriation program of the county welfare bureau and the Mexican government.

Besides effecting this huge saving to the county by eliminating them as indigent charges, the repatriates also have reduced the number of unemployed workers competing for jobs.

Frank L. Shaw, chairman of the board of supervisors, who championed the plan two years ago, announced that since 1931 transportation has been furnished by the county to 13,400 Mexicans on 13 special trains, to their native cities in Mexico.

Ricardo Hill, Mexican vice-consulate in Los Angeles, who cooper-

ated with the county in the repatriation program, announced that his office has arranged for transportation of 8800 during the same period while approximately 14,000 have been issued certificates to drive home in automobiles.

More than 1,000,000 pesos have been raised by popular subscription in Mexico, to aid these repatriates in unit agricultural pursuits, Hill declared.

It was estimated by Supervisor Shaw that before the end of 1933, more than 50,000 will have been repatriated from Los Angeles county.

TWINS

WASHINGTON, Iowa. (P)—In the student body of 175 pupils in St. Mary's parochial school here are eight pairs of twins. In addition there are two other children who are twins, but whose sisters are not in the school.

Zimmerman note and US xenophobic propaganda



“Pancho Villa expedition”



U.S. colonial expansion in Puerto Rico and racist propaganda



Mexican labor organizing in the Southwest 1920s-1940s

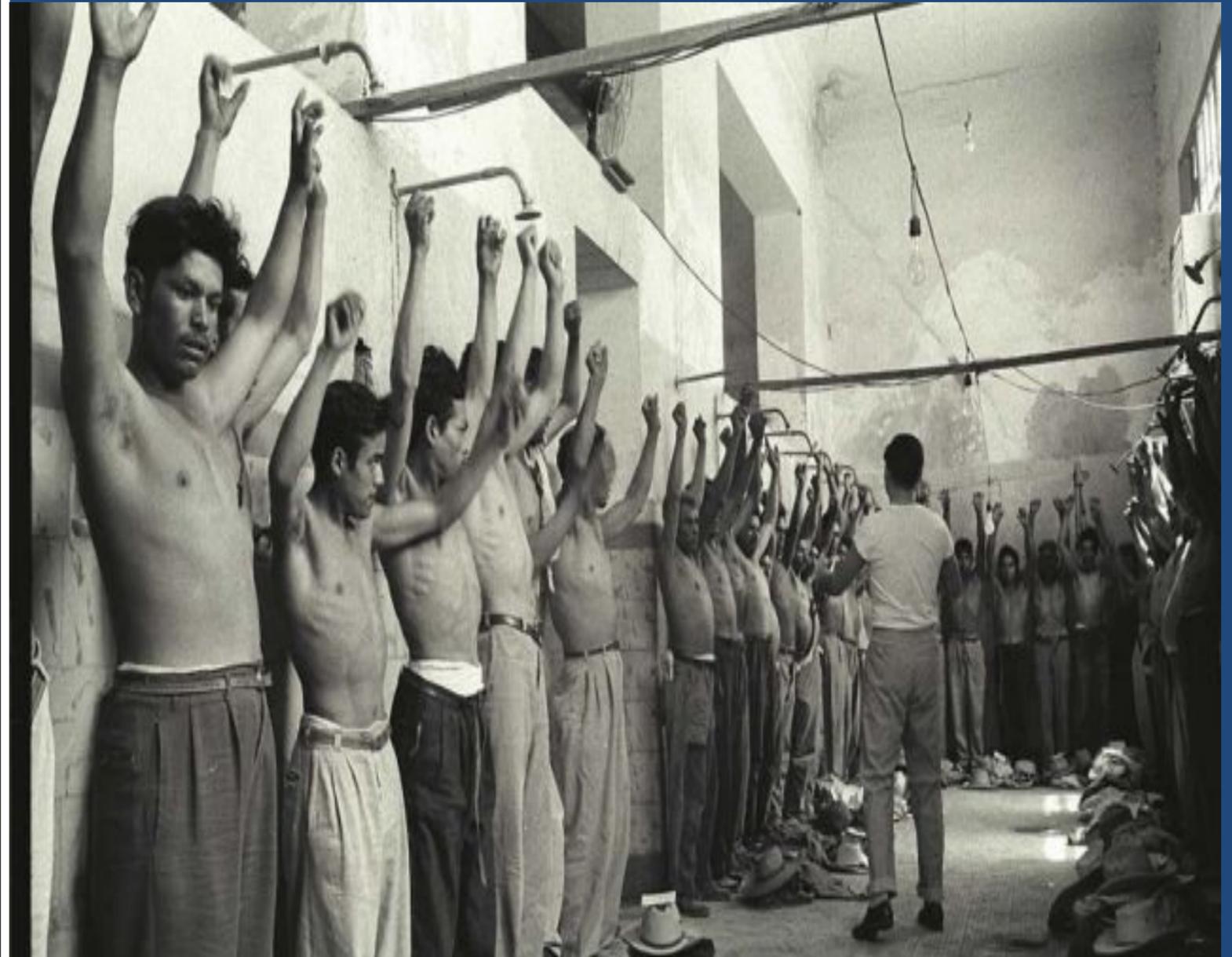
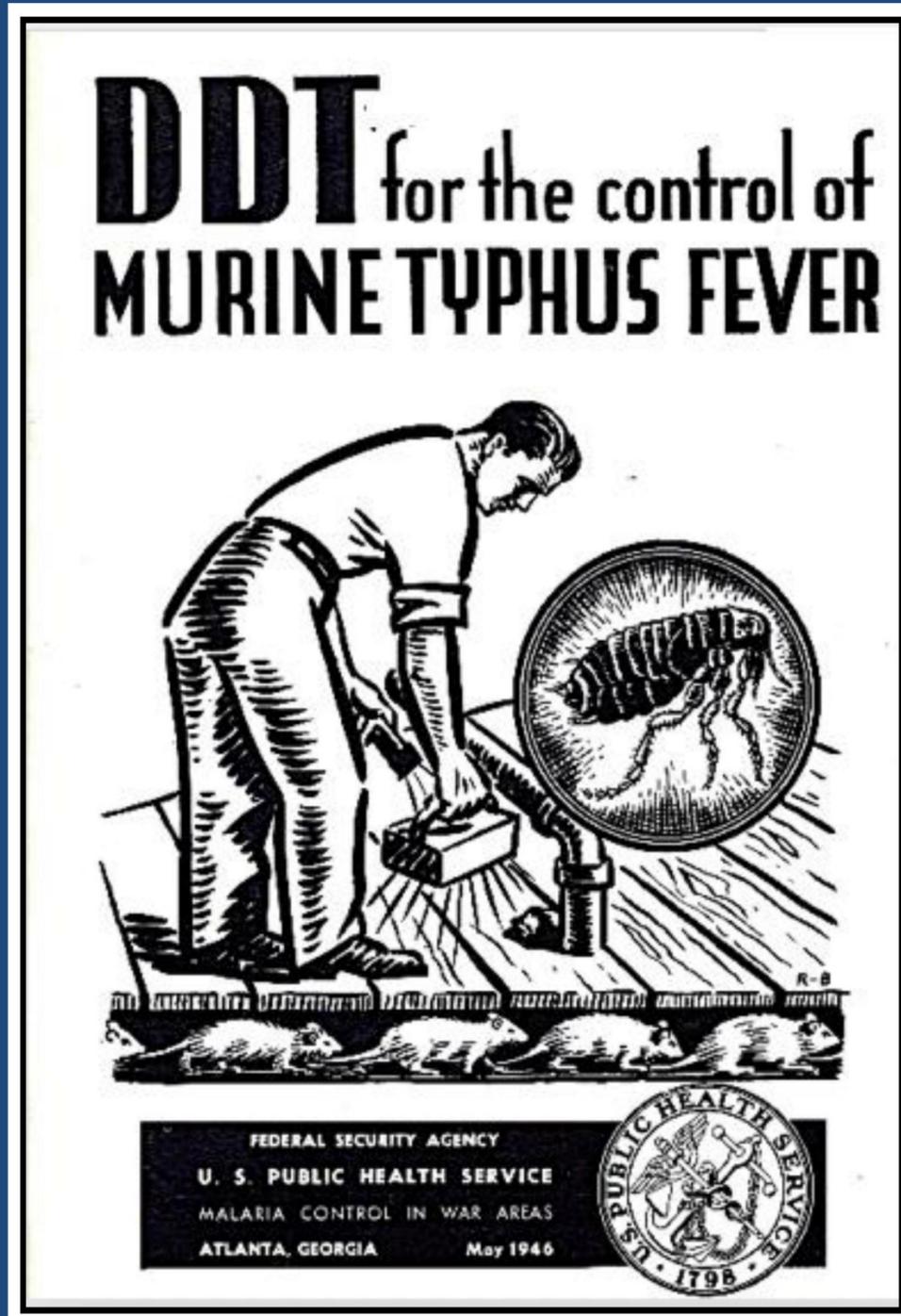


Latinx families in the Southwest and atmospheric distress

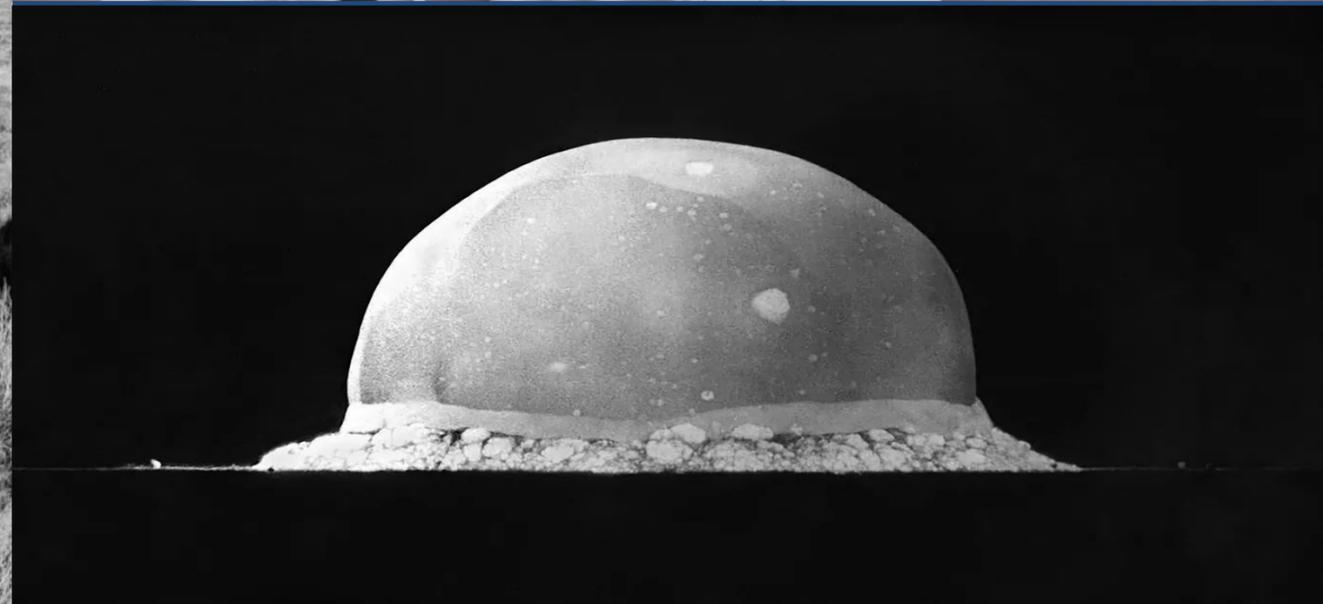




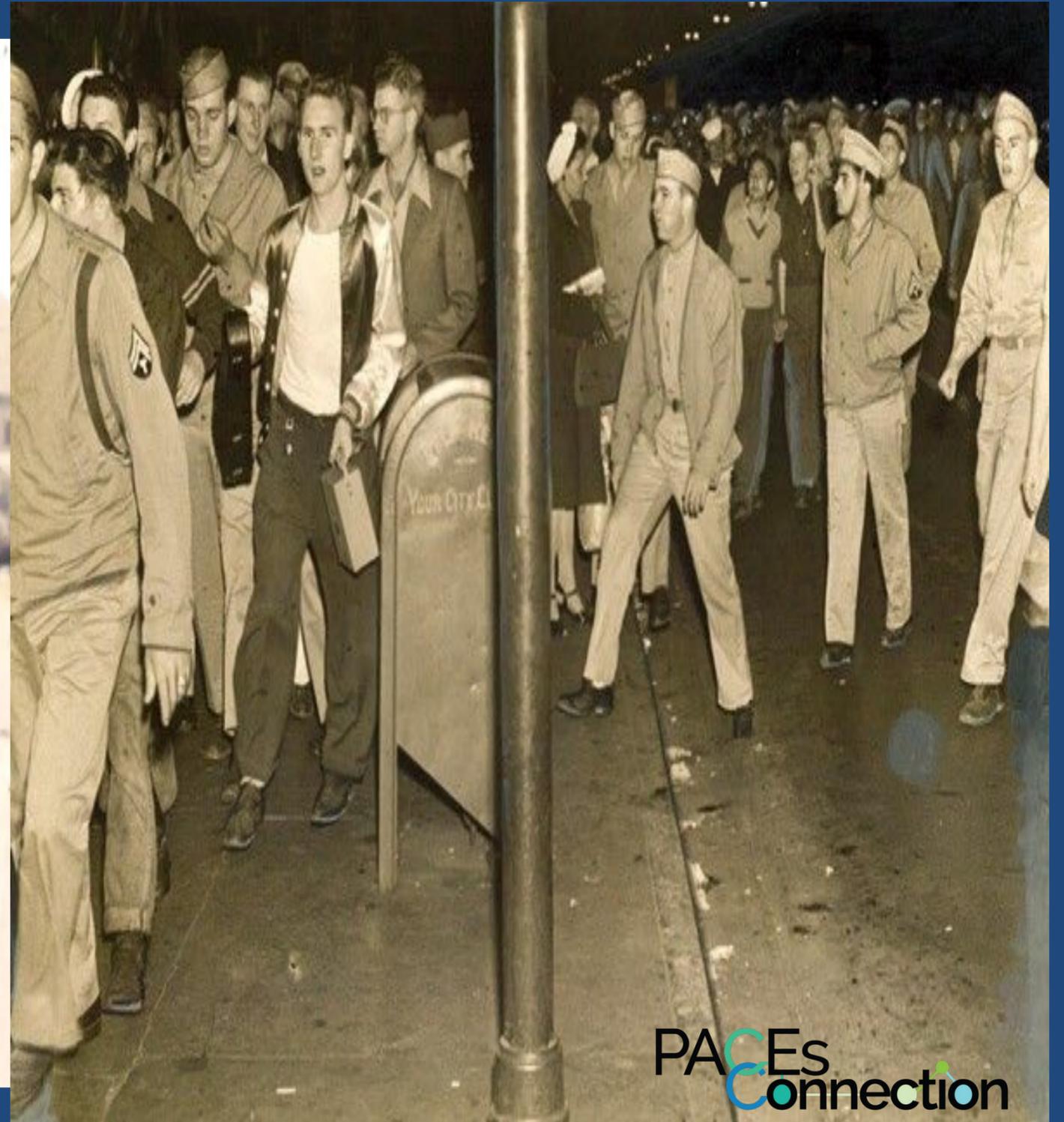
Bio-chemical warfare and use of DDT in the SW



Nuclear testing on native and latinx communities in New Mexico



Resiliency: 1943 Zoot suit riots and the Zoot Suit Era



Early film and Hollywood's history of racist portrayals of Latinos



U.S. contradictions - War, labor necessities, and racism



Military recruitment aimed at Latinos



Bracero's Program

Segregation in public schools in U.S. Southwest



History of labor organizing and social justice movements in the U.S. Southwest



SMendez v. Westminster



RULING GIVES MEXICAN CHILDREN EQUAL RIGHTS
Los Angeles Times (1886-Current File); Feb 20, 1946; ProQuest Historical Newspapers Los Angeles Times (1881 - 1986)
pg. 1

RULING GIVES MEXICAN CHILDREN EQUAL RIGHTS

Segregation of Mexican school-children from others in four Santa Ana school districts yesterday was held by U.S. Judge Paul J. McCormick to be a violation of their guarantees of equal rights under the 14th Amendment of the Constitution.

The opinion was written in connection with a suit filed by five parents of Mexican children asking for relief and an injunction forbidding the school district trustees from placing the Mexican children in separate schools.

The school districts involved were Westminster, Orange Grove, Santa Ana City Schools and El Modeno. The suit also named the superintendents and trustees of the districts.

Judge McCormick overruled a defense contention that segregation being an educational matter, it fell under the jurisdic-

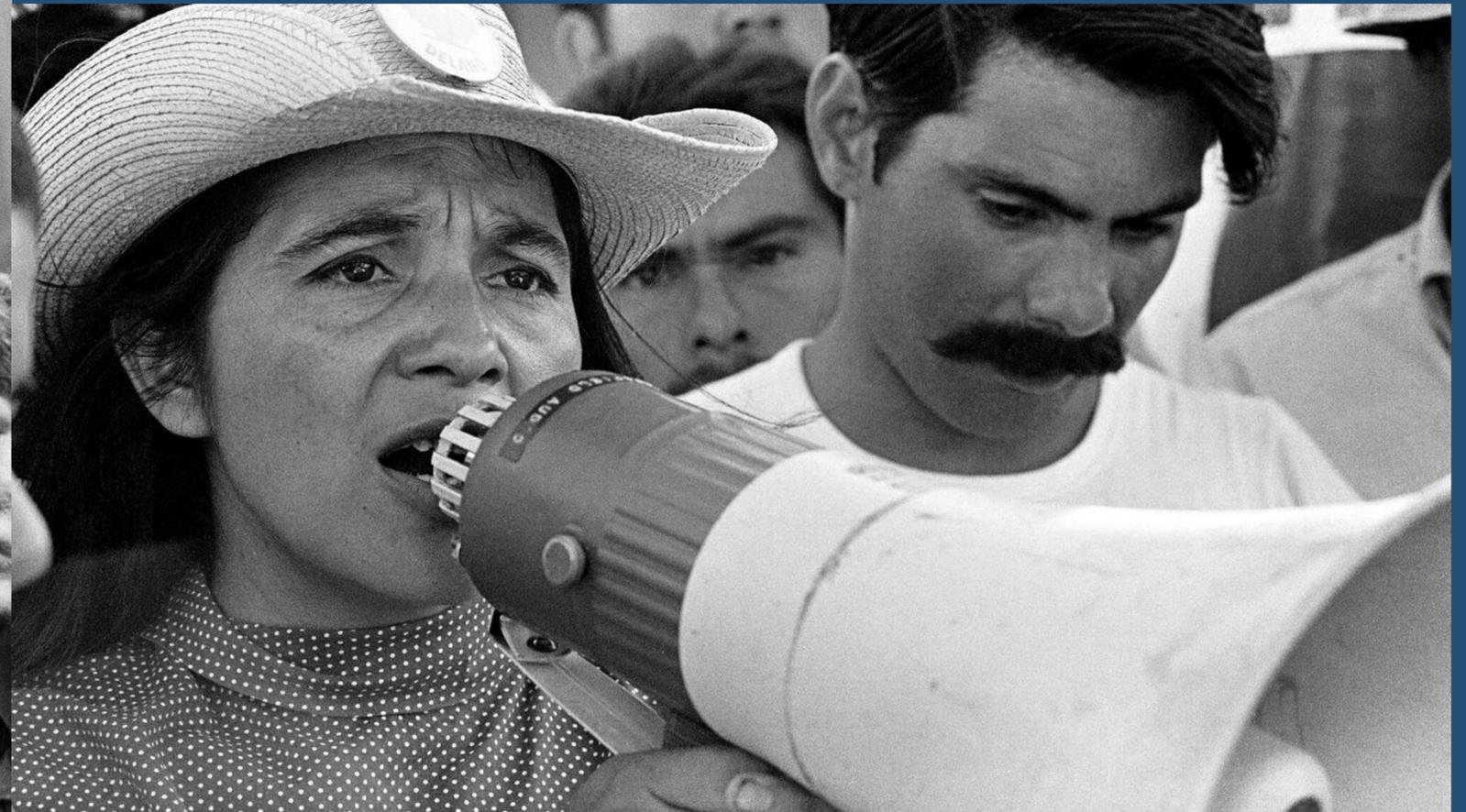
tion of the State. He held that inasmuch as violations of the 14th Amendment were indicated, the Federal court had a right to intervene.

"The evidence clearly shows," the opinion states, "that Spanish-speaking children are retarded in learning English by lack of exposure to its use because of segregation . . ."

"It is also established by the record that the methods of segregation prevalent in the defendant school districts foster antagonisms in the children and suggest inferiority among them where none exists."

Judge McCormick at the same time ordered Attorney David C. Marcus, who represented the parents in the action, to file a petition for an injunction against the defendants within 10 days, indicating that the restraining order would be approved upon the findings of his opinion.

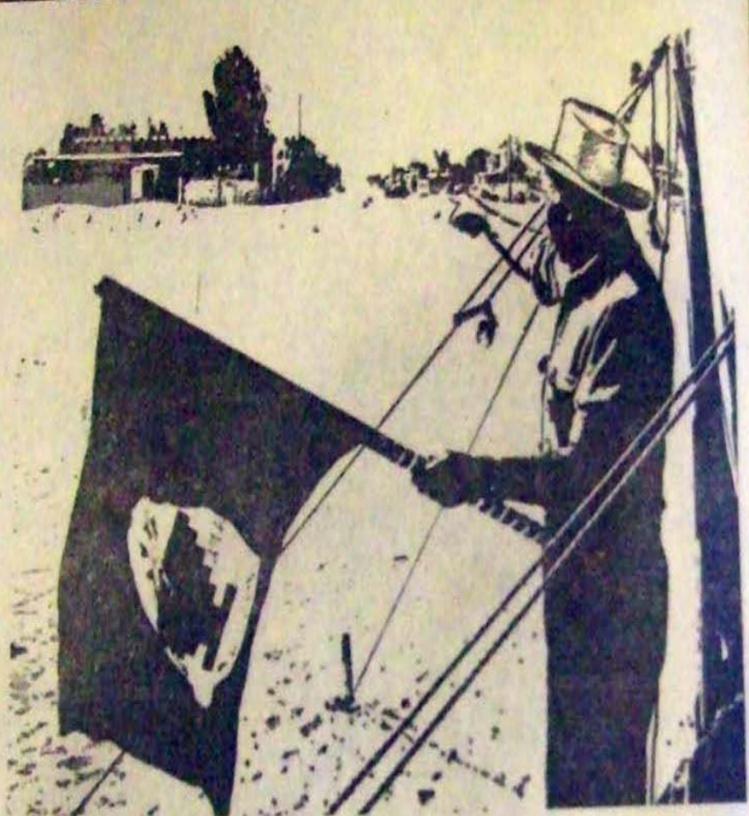
Iconic organizers, the UFW, and singular narratives



Untold history and trauma in UFW and Chicano movement

VOL. 1974, NO. 50

The Chavez border patrol



By Don West
Examiner News Staff

SAN LUIS (Ariz.) — The men huddled around the smoldering campfire ignore the U.S. Border Patrol pickup rolling slowly past them in the half light.

They know the felt-topped officers have grudgingly accepted their presence.

More troublesome is the desert air, chilled by a wind coming up from the Gulf of California as dawn nears and the pungent mesquite smoke that burns the eyes.

Silhouetted around the fire are a cowboy hat, a derby, an air force pilot's cap and a knit watch

UFW stops illegal aliens who slip into U.S. from Mexico

cap. But these men are not remnants of a forgotten ragtag army.

They are links in a human barrier that the United Farm Workers has stretched for 34 miles along the border with Mexico because of dissatisfaction with official attempts to prevent illegal aliens slipping into this country.

Along this section of the "wet line," it's been a quiet night, with the only excitement two stations away. A bag of marijuana had been found dropped beneath a nearby bush.

Manuel Chavez, Cesar's ex-

—Turn to page 8, col. 1

Violence

says p

Drastic step really not w

By Robert Hollis

The violence gripping California be stopped, a state official said after Department of Corrections inmate killings.

Phil Gutrie, chief spokesman of the system, grimly admitted that even taking to end stabbings and beatings not working.

In December, 1972, during a month long lockdown in four prisons, Corrections Director Ronald Proctor vowed to end the endemic violence.

But 1974 is one of the bloodiest years in the history of the system, with 34 persons losing their lives last year.

But only nine days of the more than 100 deaths were known to be at San Quentin.



U.S. intervention in Latin America - Cold War period to today

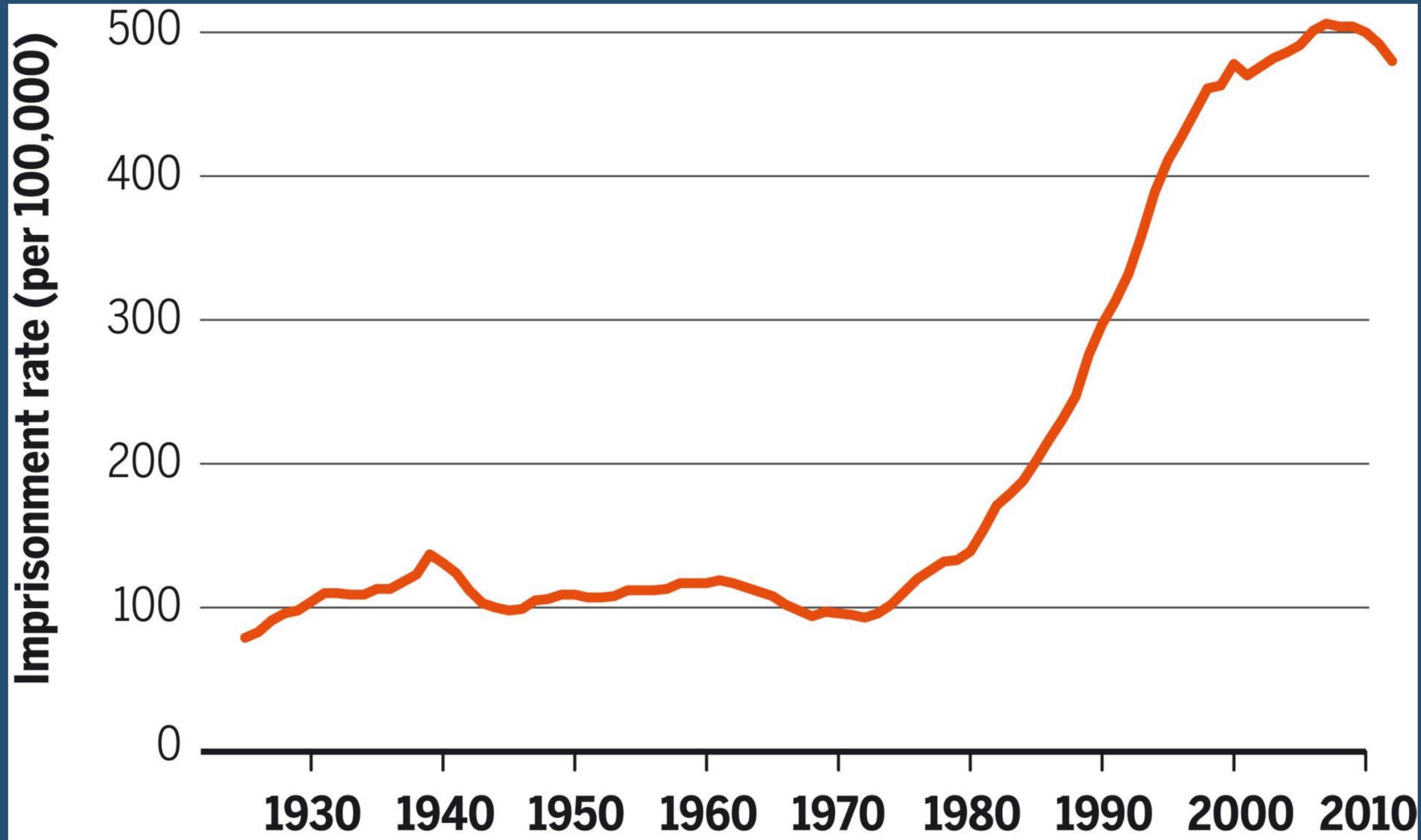


Harvest of Empire - Juan Gonzalez





Mass incarceration and prison expansion from 1971 to present



<https://www.science.org/doi/10.1126/science.abj7781>

In the U.S., Black & Latino people are *imprisoned at disproportionately higher rates than white people*

6X BLACK *the rate*

3X LATINOS *the rate*

Mass incarceration and impacts on Latinx families



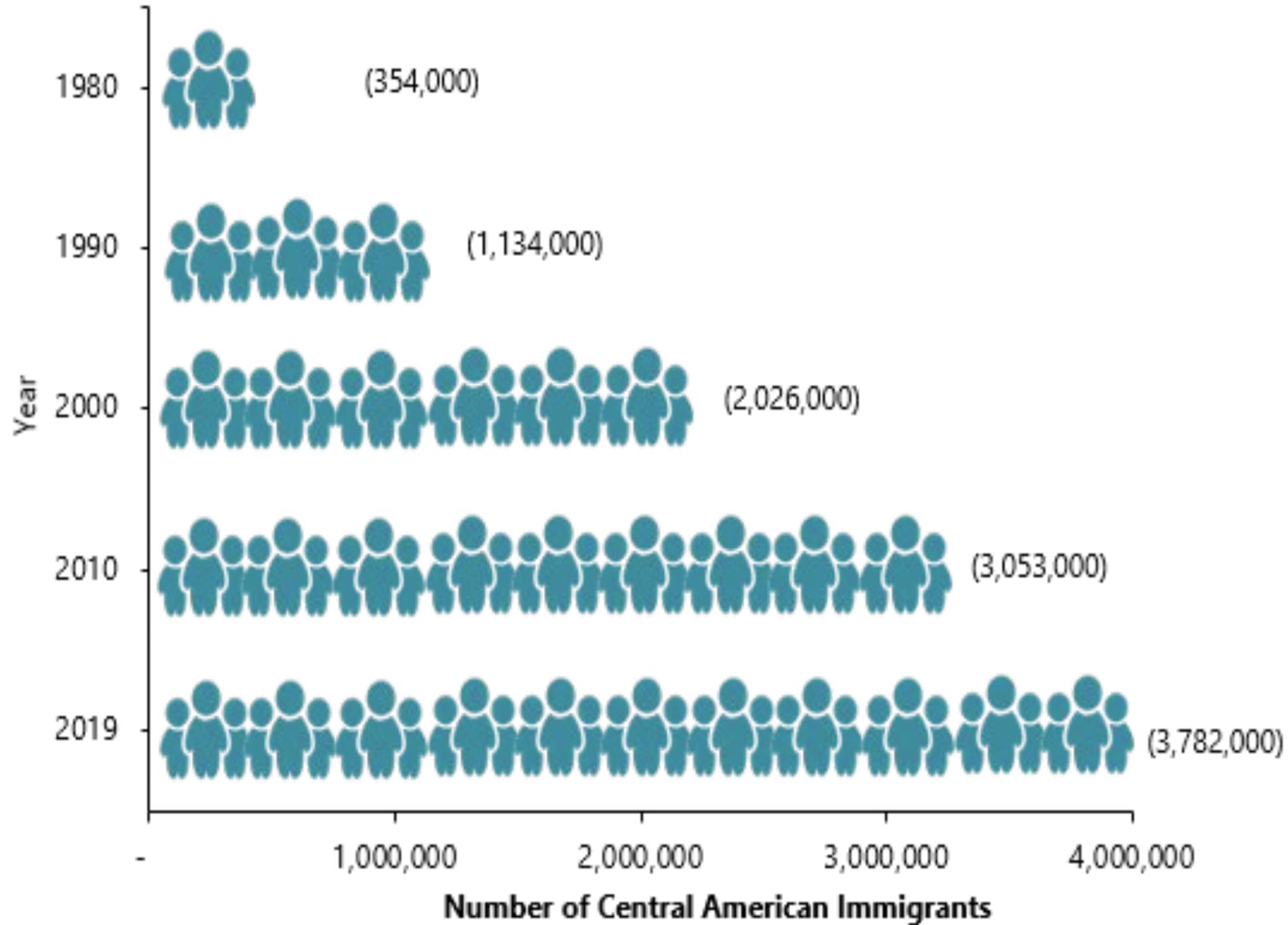
System of mass incarceration and ICE concentration camps

CAUTION



Signs at the border

Influx of immigration from Central America 1980s-2000s

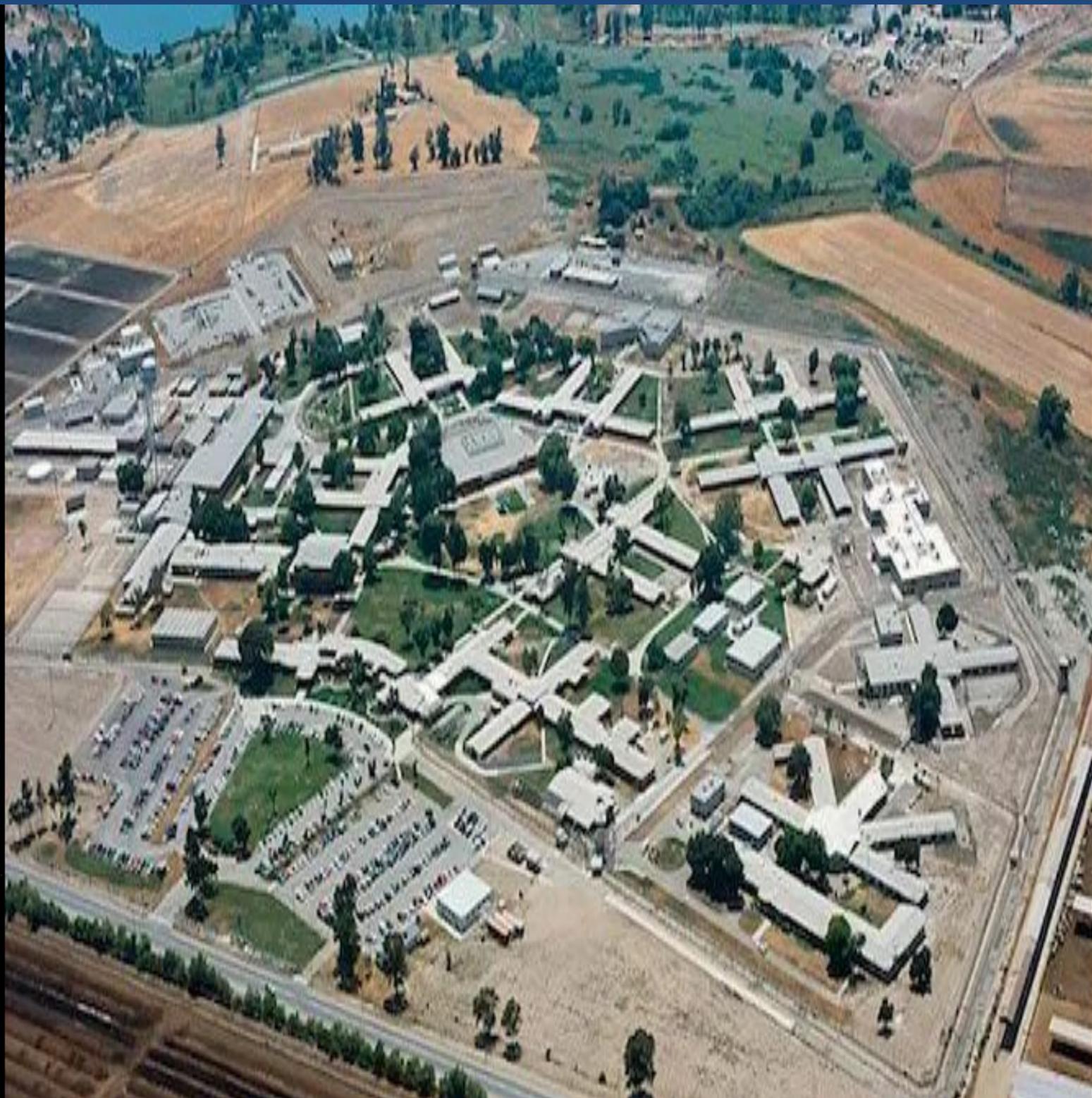


<https://www.migrationpolicy.org/article/central-american-immigrants-united-states>

Modern day concentration camps in the U.S. Southwest



Forced Sterilizations of Latinx women in CA hospitals and prisons



Collective trauma



Disproportionate impacts of Covid Pandemic



New wave of activism and organizing



Latinos in US politics





Latinos will represent **more than 75%** of labor force growth in the next 8 years

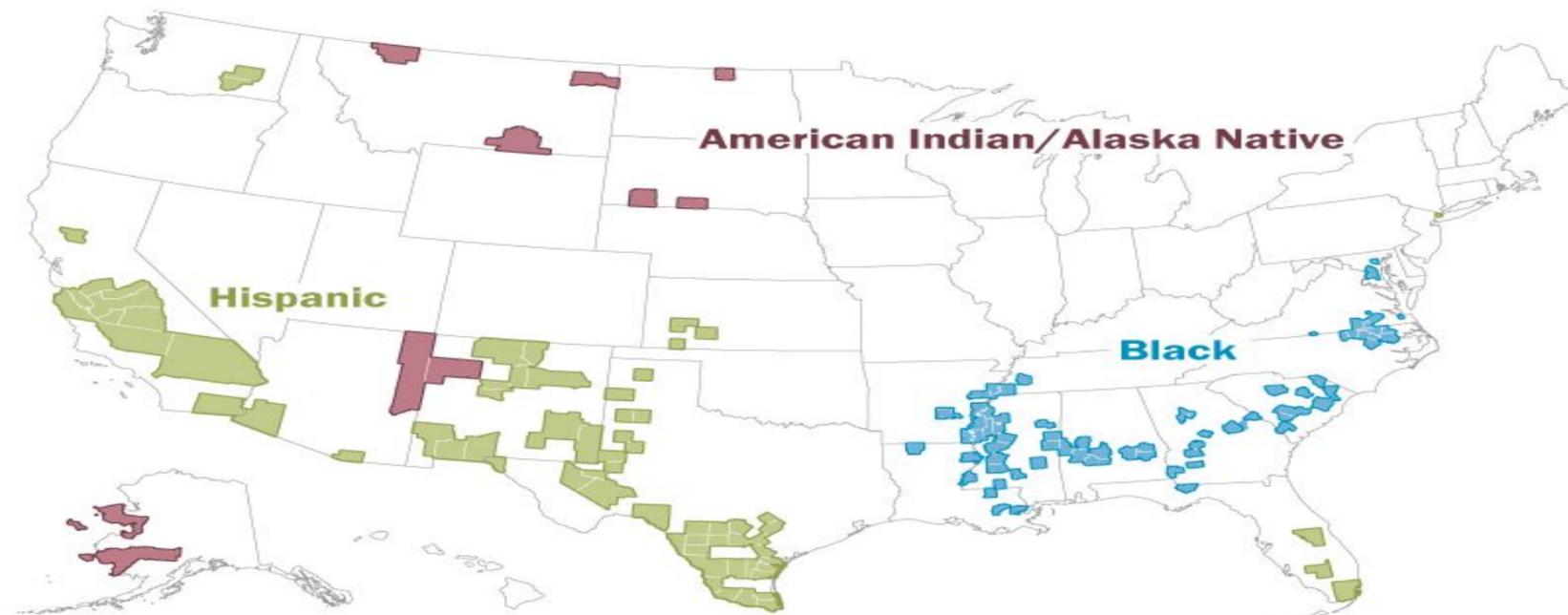


By 2024, **one in five** workers will be Latino



More than **28 million** Latinos in the workforce

In 151 U.S. counties, Hispanic, black or indigenous people are the majority race or ethnicity



Source: Pew Research Center analysis of 2000 decennial census and 2018 Census Bureau population estimates.

Pew Research Center 

Afro-latinas, women, queer and nonbinary folks challenging Latinidad



Resilience, Compassion, and Critical Consciousness: Thriving in Spite of Historical Trauma



Gabriel Nuñez-Soria, Educator,
PhD Student, and Director
(Trauma-Resilient Educational
Communities (TREC) Department)

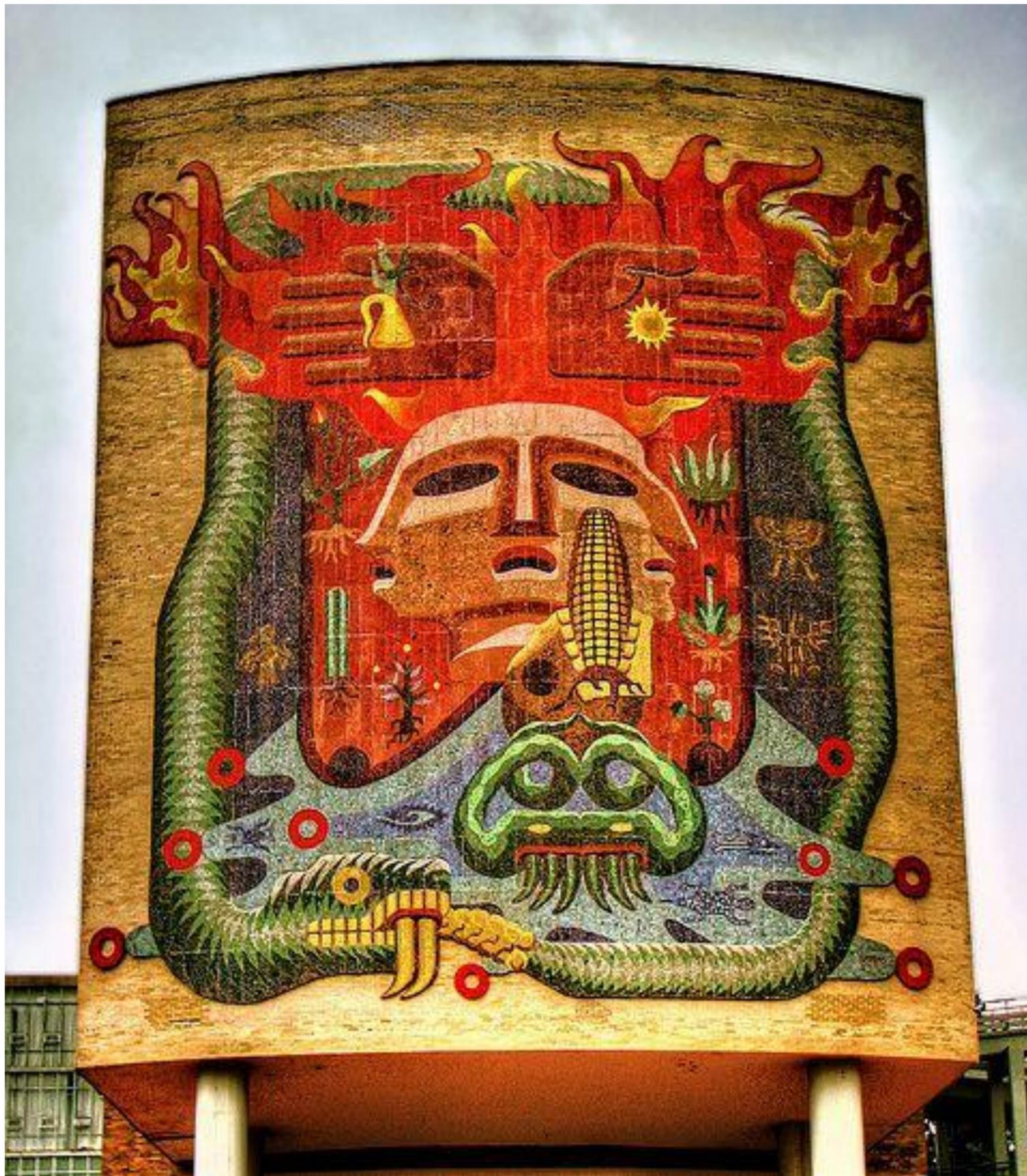
Email: gnunez@llac.org

Gabriel Ramon Núñez-Soria



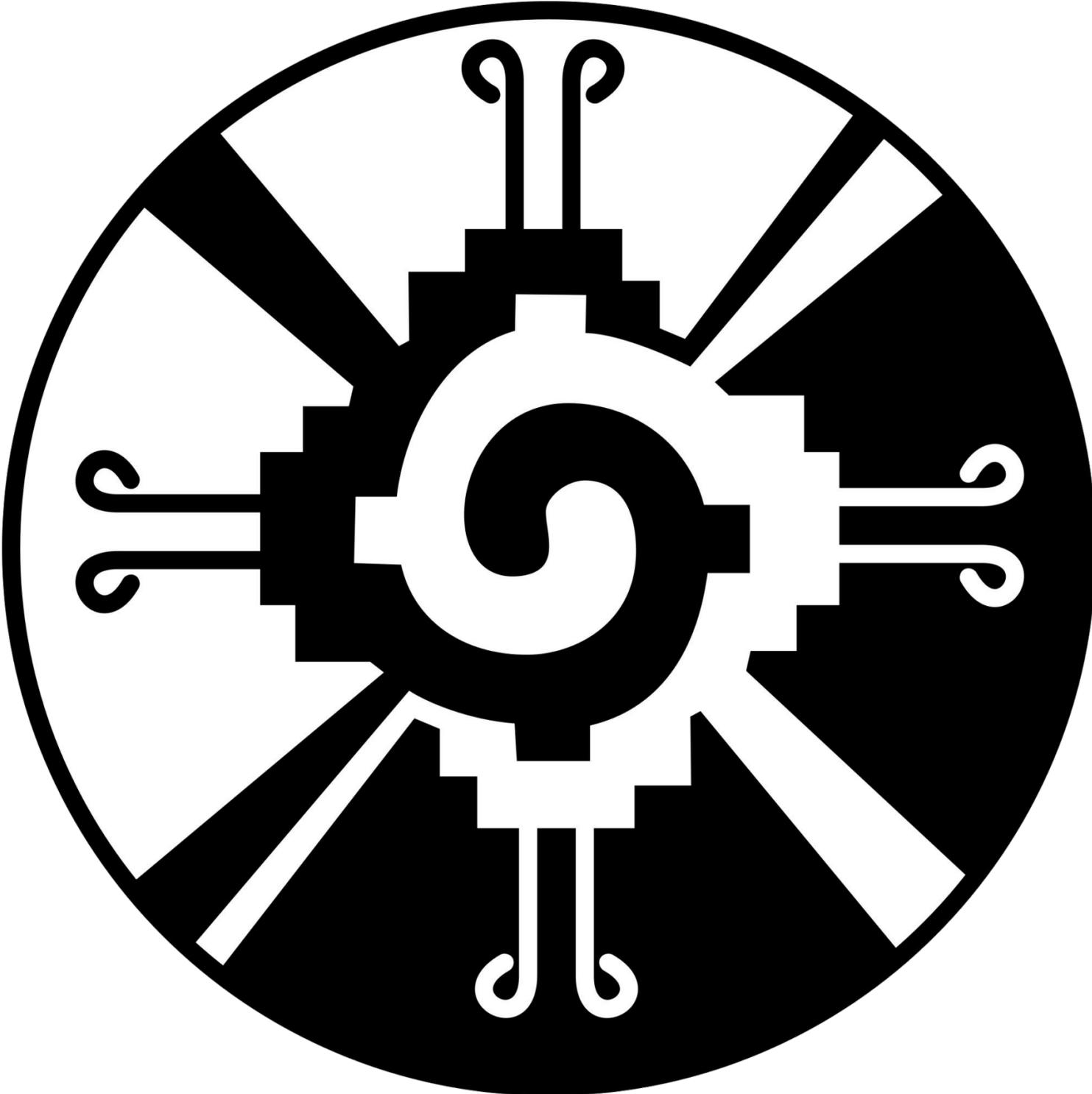


**Family
Familia**



¡Soy Chicano!

Inlak'esh - tu eres mi otro yo
you are my other me



The Celtic Tree of Life



**We're just
babies...**





Pedro Nuñez
(Tata)

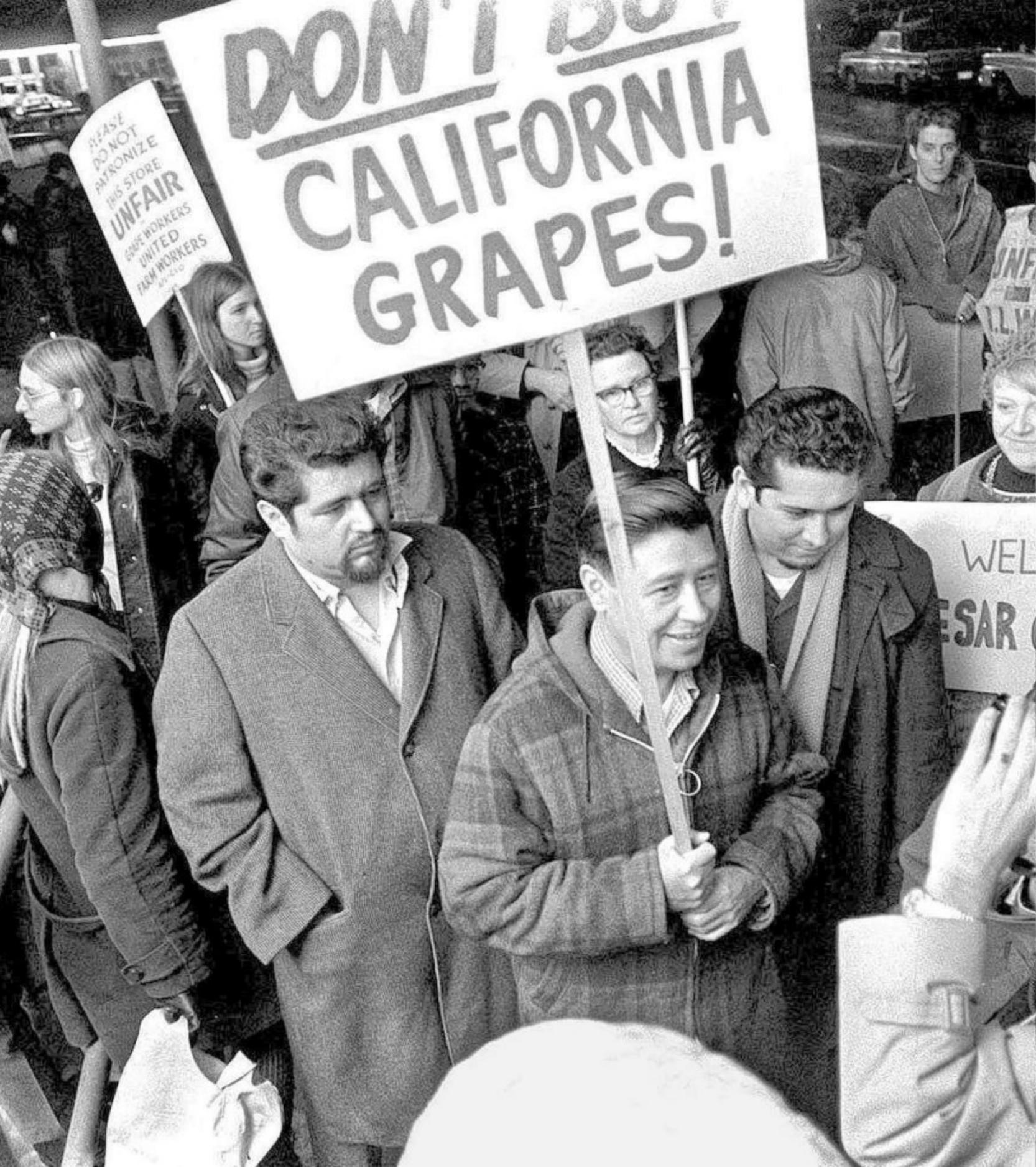
Maria Dolores
Rodriguez
(Nana)

Steven Moran &
Marolyn Fish
(Grandpa & Grandma)

Rene Nuñez &
Caroline Moran
(Papi & Mami)









UNDER CONSTRUCTION
CITY HALL EAST



M.E.Ch.A.
Statewide

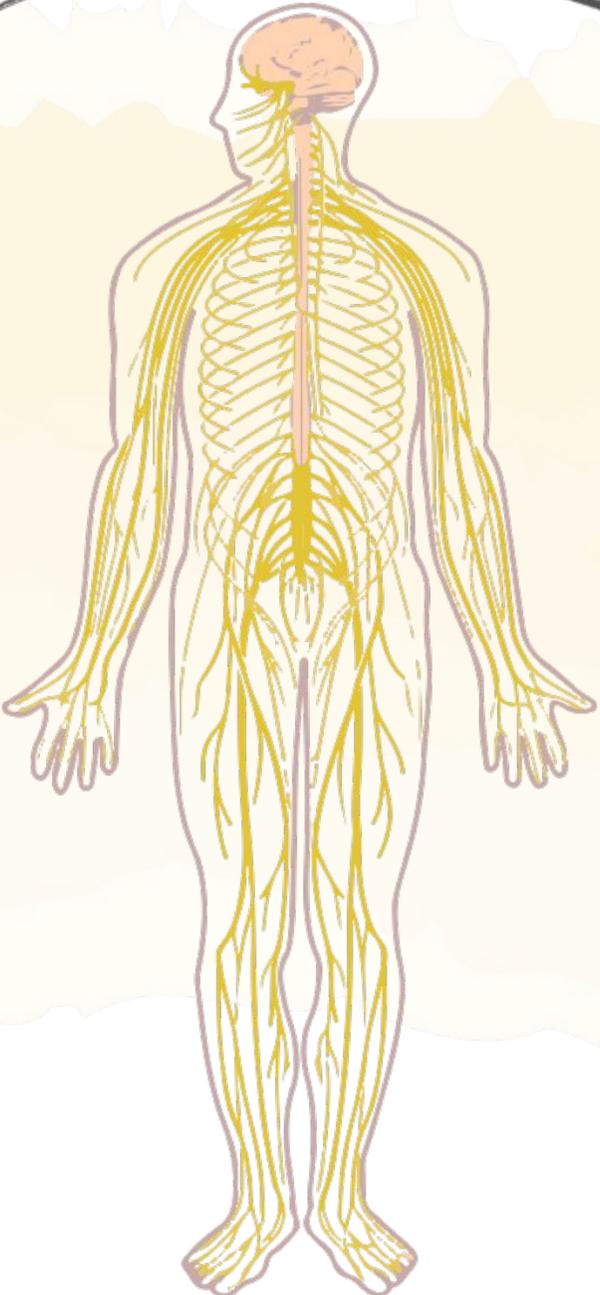


Concilio de madres (padres)



Intergenerational Transmission of

ACEs



- Psychiatric Disorders
- Early & Problem Alcohol, Tobacco, Drugs
- Disability
- Crime
- Homelessness
- Disregulated Emotion
- Relationship Problems
- Risky Sex
- Chronic Disease
- Poverty
- Unemployment
- Job Injury
- Social Isolation
- Learning & Memory Problems

Adaptio

n



Histori
c
Traum
a

Adverse
Childhood
Experienc
es

Epigeneti
cs,
Critical &
Sensitive
Periods

Adverse
Peer
& Adult
Experience
s

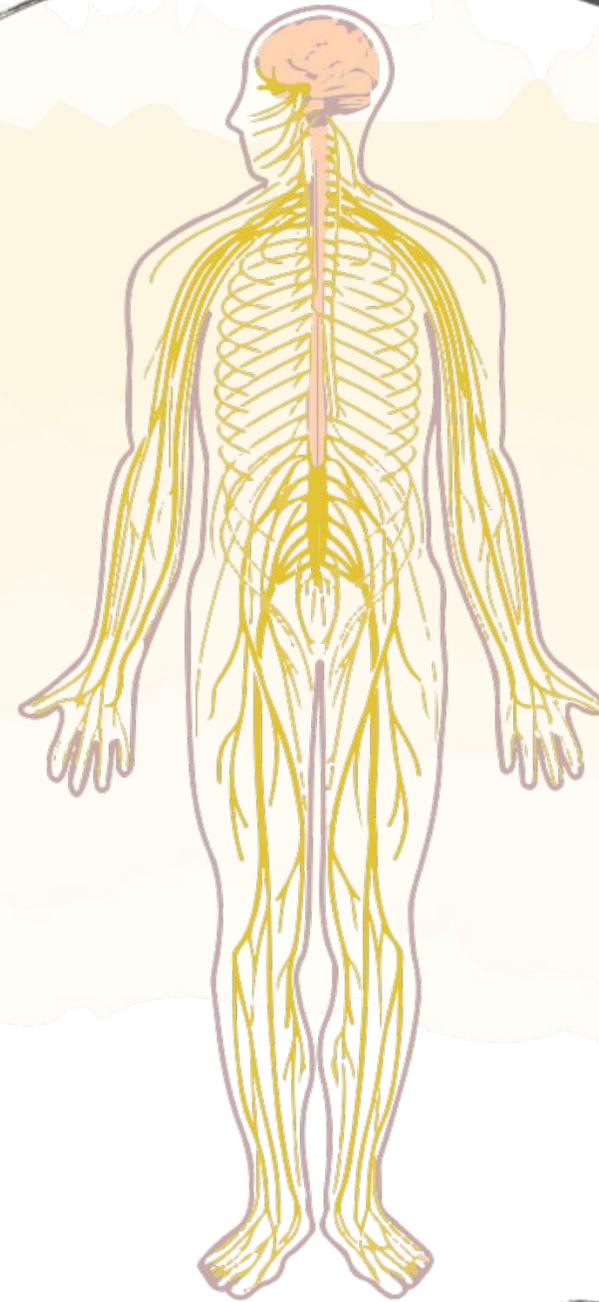
Intergenerational Transmission of PACEs and Resilience

Historic Resilience and Survivance

Positive Childhood Experiences

Epigenetics, Critical & Sensitive Periods

Supportive Peer & Adult Experiences



- Supportive primary relationships
- Emotional and spiritual intelligence
- Supportive communities and families
- Mentorship
- Collective support and learning
- Strategies for survival, thriving, and resilience

Adaptation

Sit-in turns into police brutality February 23rd, 1990

- I was in 7th grade
 - Teacher was being moved due to her support of students (so I thought)
 - Sit-in planned but sprinklers were on
 - Almost 40 police in riot gear with K-9s
 - Students maced and one pinned to fence with billy club against his neck
-





7th Grade
Chicano Park &
Mrs. Duffield



9th Grade English

- Mrs. Lifson
- IQ too low for Seminar
- Mrs. Mariner
- Seminar – 12-15 students
- Only Latino



Prop 187
Stanford

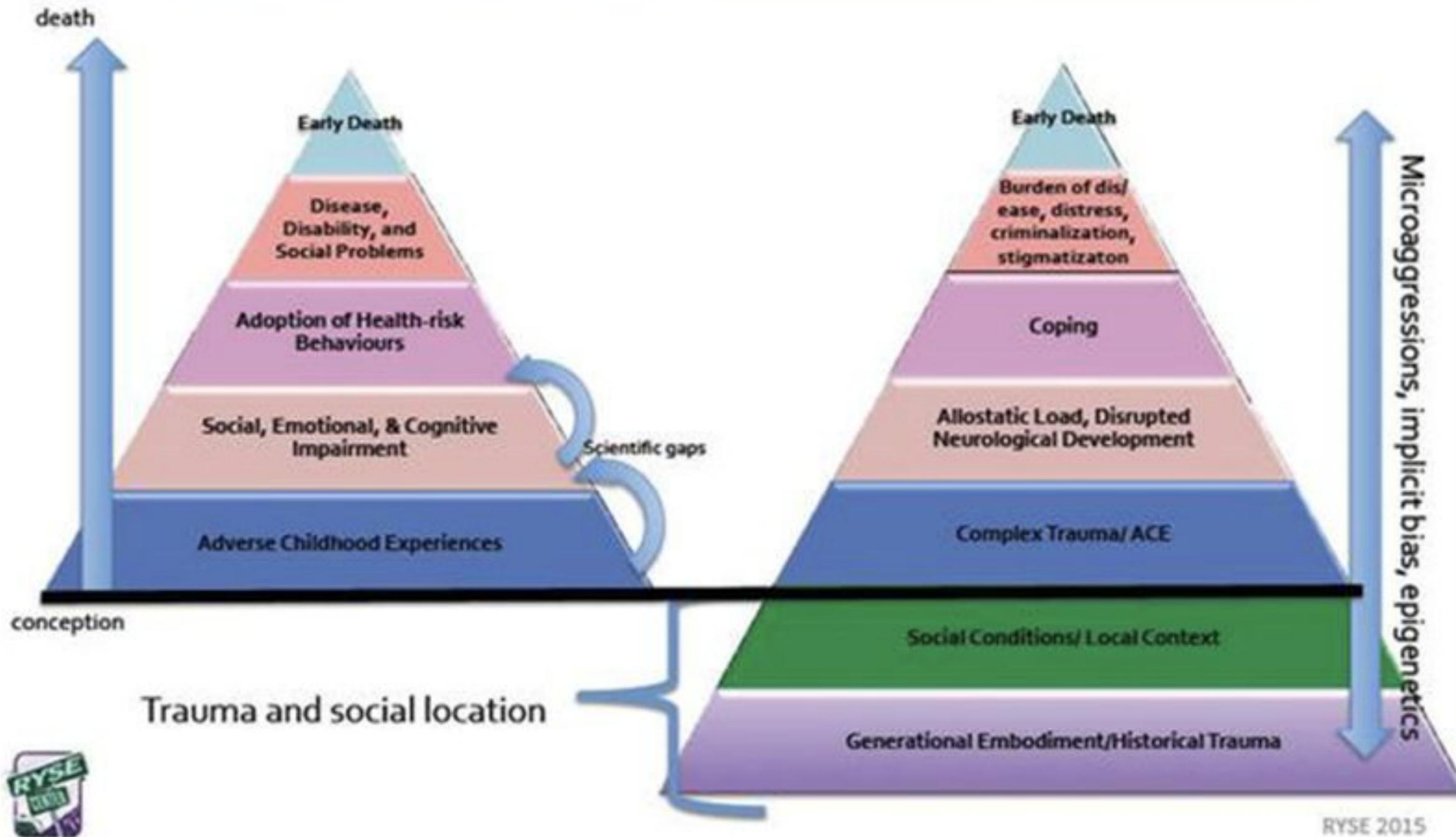
- Education outside of the classroom
 - Spirituality, identity, and culture
- Sweat lodge, sun-dance, horse camp



Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment



RYSE
Center's
Extended
ACEs
Pyramid



Interacting Layers of Trauma and Healing

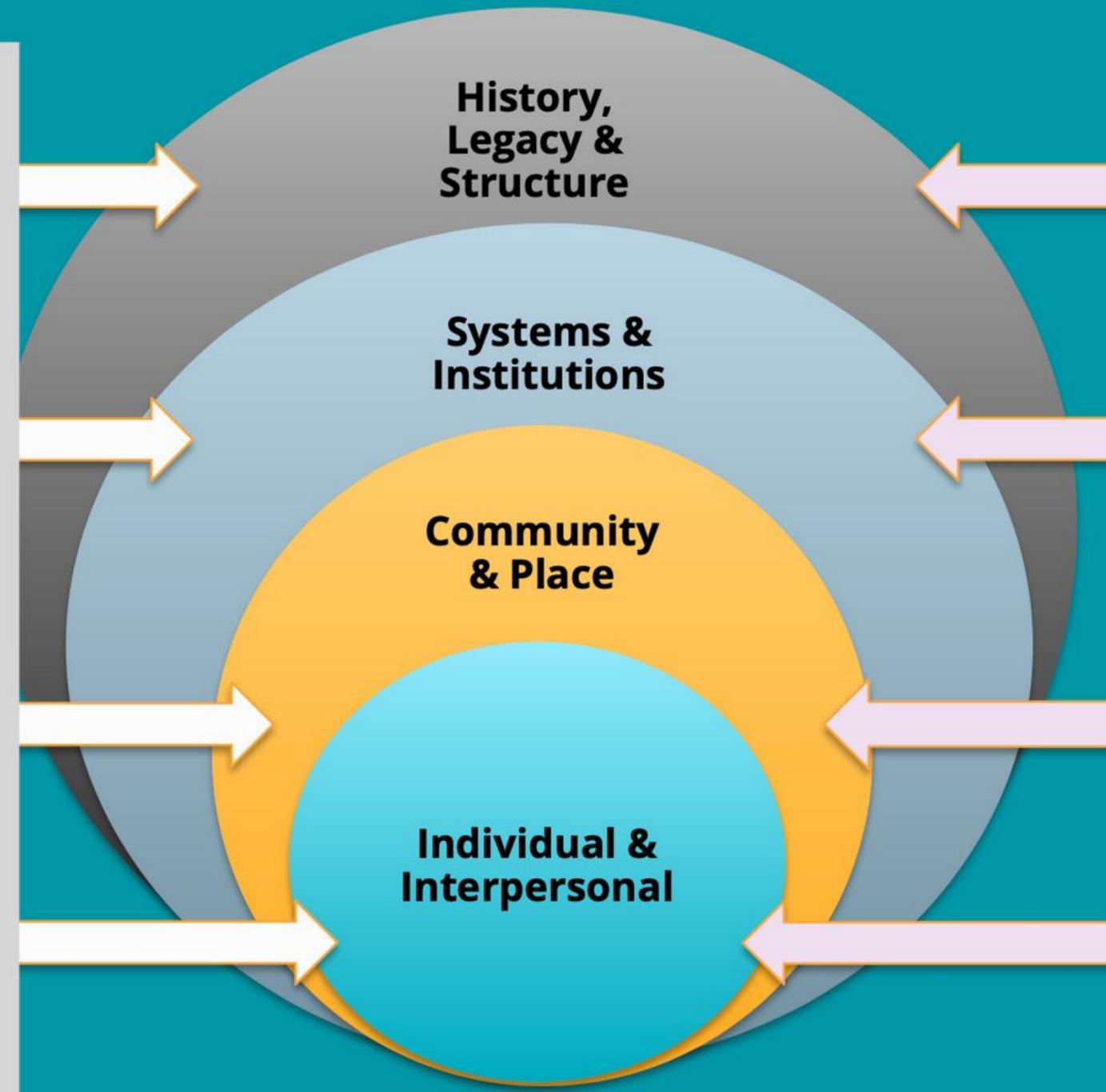
Dehumanization and Distress

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

FINAL NOTES

PACEs science is
a social justice
issue.





PACEs Connection Call-to-Action

Become a Member:

- ✓ Connection-Members can **CONNECT** with like-minded individuals around the world.
- ✓ Resources-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

Start a Movement:

- ✓ Community-Healing happens within **COMMUNITY**. Connect with an existing PACEs community or start your own.
- ✓ Consulting-PACEs Connection provides **CONSULTING** services to help create, grow and sustain PACEs communities. Are you ready to take your PACEs Initiative to the next level?

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?