



# PACES Connection

Creating a **much** better normal

Supporter

# St David's FOUNDATION

PACEs CONNECTION PRESENTS

# Historical Trauma in the American South

Facilitated by

Ingrid Cockhren and Carey Sipp





## PACEs Connection Call-to-Action

### Become a Member:

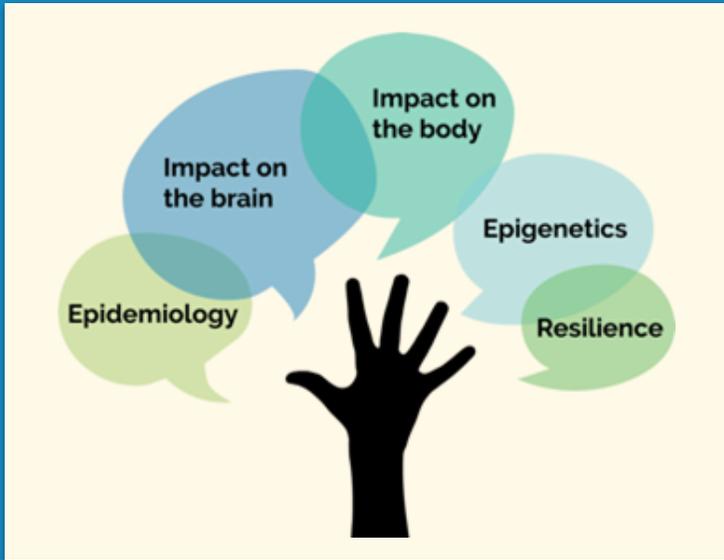
- ✓ **Connection**-Members can **CONNECT** with like-minded individuals around the world.
- ✓ **Resources**-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

### 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?

# AGENDA

- Introduction to PACEs Connection, ACEs, and Historical Trauma
- Historical Trauma in the American South
- Group discussion and Q&A



# PACEs Science

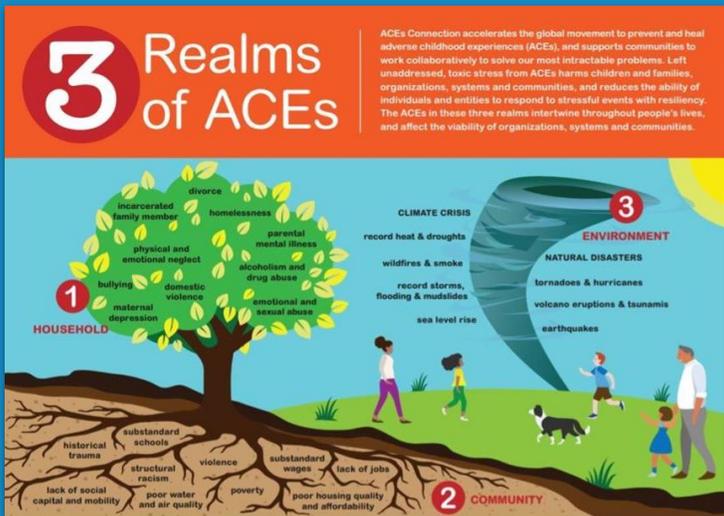
**Epidemiology** ACEs study and expanded ACE surveys.

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

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

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

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





## PACEs Connection

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



**WHAT WE DO**

**Connect with support.**

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

**430+**

**CITIES, COUNTRIES & STATES**

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

**PACEs  
Connection**



**WHO WE ARE**

The social network  
for the PACEs movement.

**56,536+**  
**MEMBERS (AND GROWING)**

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

PACEs  
Connection

# WE SUPPORT COMMUNITIES

# Find an ACEs initiative in your community.

The screenshot shows the ACEs Connection website interface. At the top, the logo "ACEs Connection" is displayed with the tagline "Join the movement to prevent ACEs, heal trauma & build resilience." Below the logo is a blue navigation bar with the following menu items: HOME, COMMUNITIES, MAP THE MOVEMENT, SPEAKERS/TRAINERS, MEMBERS, VIDEO, CALENDAR, BLOG, ASK COMMUNITY, ABOUT, and a search icon. A red box highlights the "COMMUNITIES" menu item, and a red arrow points to it. Below the navigation bar, the page content is divided into several sections. On the left, there is a "Communities" section with a "Your Communities" and "All Communities" toggle. Below this, there are three community listings: "Ohio ACEs Action" (Public, Active, 92 Members), "Orange County (CA) ACEs Connection" (Public, Active, 57 Members), and "Orange County (NC) Resilience Initiative" (Private, Active, 3 Members). A red arrow points to a "Sort Alphabetically" dropdown menu. On the right side of the page, there is a "Post" button, a "Create Community" button, and a "Configure Communities" button. Below these buttons is a "Newest Members" section displaying a grid of member avatars with initials: TP, AF, CS, KS, JM, AM, YH, and SJ. The "PACES Connection" logo is visible in the bottom right corner of the page.

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



## **Creating Resilient Communities**



## **Growing Resilient Communities**

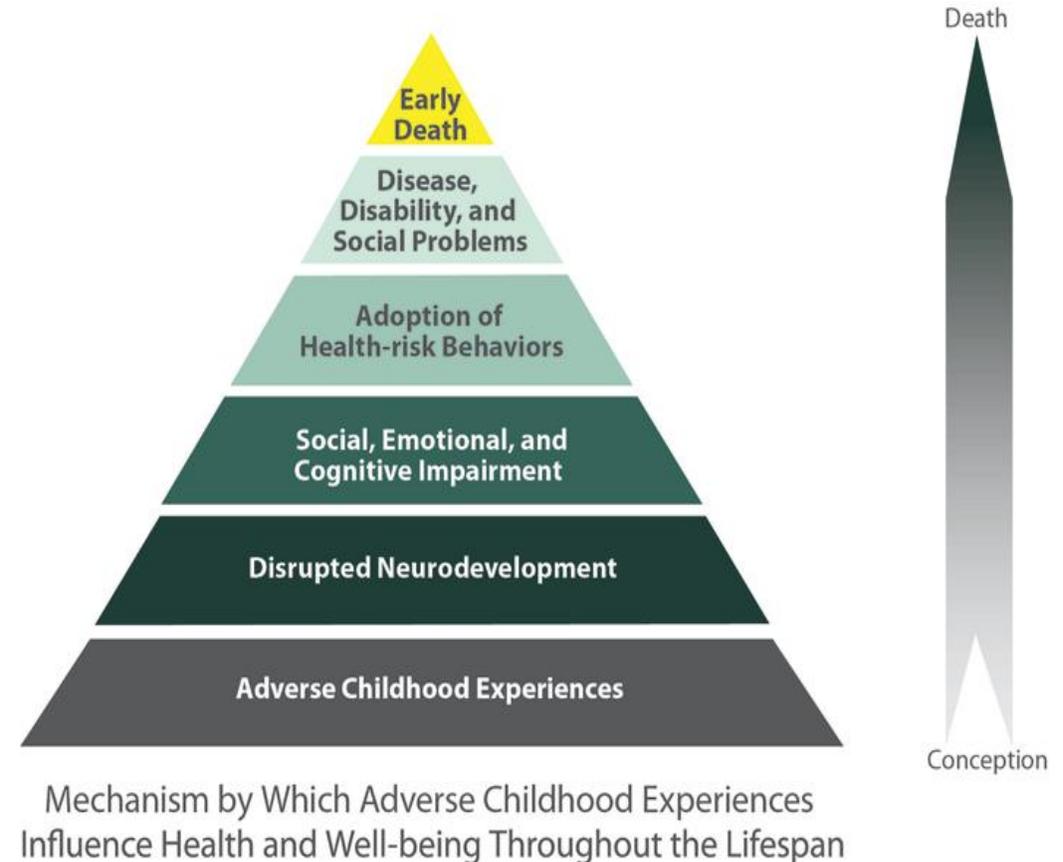


## **Sustaining Resilient Communities**

# ADVERSE CHILDHOOD EXPERIENCES

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

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



## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

# ADVERSE CHILDHOOD EXPERIENCES

# COLLECTIVE TRAUMA

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





# COLLECTIVE TRAUMA

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

# COLLECTIVE TRAUMA

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





# COLLECTIVE TRAUMA

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

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

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

-GILAD HIRSCHBERGER



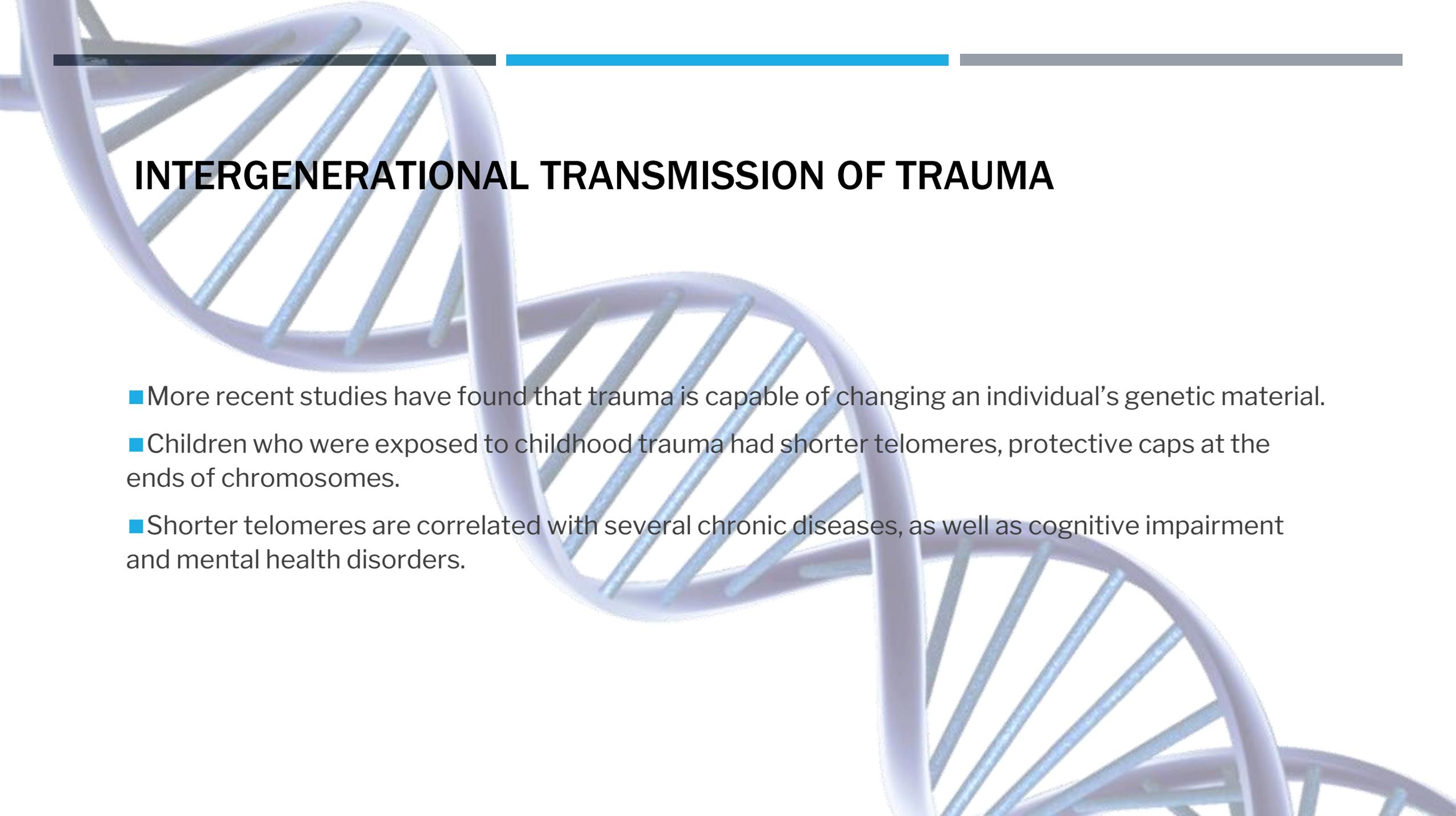
# INTERGENERATIONAL TRANSMISSION OF TRAUMA

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

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

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

Rakoff, et al. 1966



## INTERGENERATIONAL TRANSMISSION OF TRAUMA

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

---

# INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA DNA



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

# HISTORICAL TRAUMA

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

Ross, n.d.



# HISTORICAL TRAUMA

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





# HISTORICALLY TRAUMATIC EVENTS

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

---

# GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

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

---

# HISTORICAL TRAUMA SYMPTOMS

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

---

# HISTORICAL TRAUMA SYMPTOMS CONT.

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

# “Ground Soil” of Historical Trauma

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

Berghof Foundation  
[www.berghof-foundation.org](http://www.berghof-foundation.org)



Image shows additional ACE:

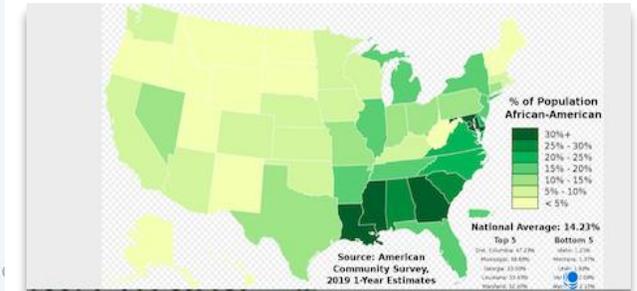
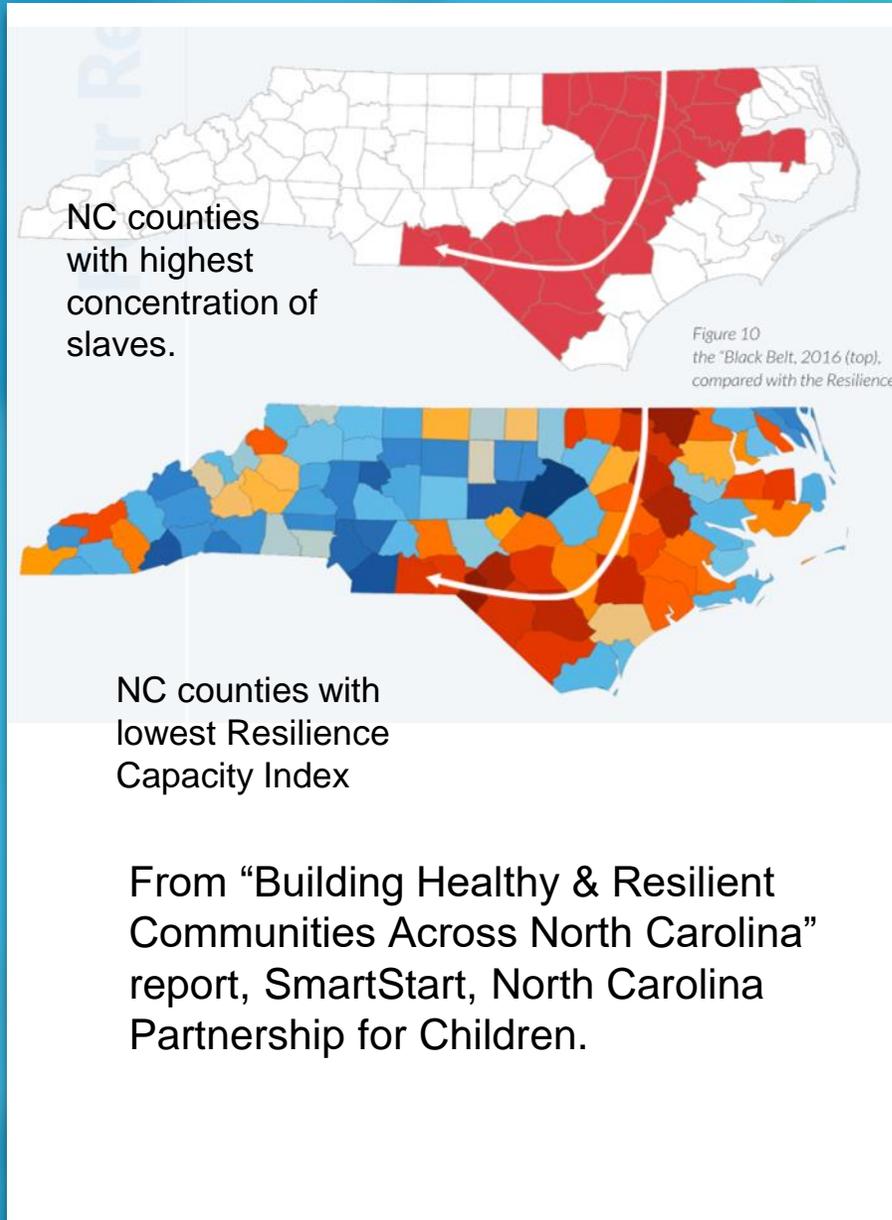
1. Adverse Climate Experiences
2. Adverse Childhood Experiences
3. Adverse Community Experiences
4. Atrocious Cultural Experiences -- Impact macro and socio-historical conditions. Examples include: slavery, genocide, colonization, segregation, forced family separation.

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

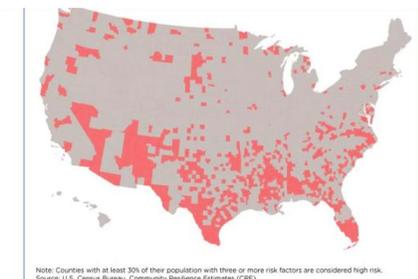
# Slavery and Today's "Low Resilience Capacity"

North Carolina Partnership for Children

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



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



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

---

# CRITICAL RACE THEORY



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



Racism is institutional, not individual.



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



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



## Race:

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

## Definitions & Key Terms

Anti-Defamation League

Glossary

[www.adl.org](http://www.adl.org)



## Merriam Webster Dictionary

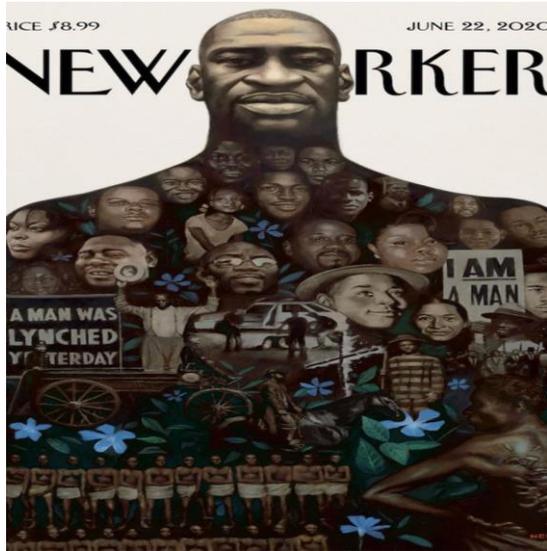
[www.merriam-webster.com](http://www.merriam-webster.com)

## Racism

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

## Institutional Racism

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



## Definitions & Key Terms

### Mental Health America

[www.mhanational.org](http://www.mhanational.org)

## Racial Trauma:

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

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

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

## Colonial view of Native American peoples

### Eight Stages of White Settler-Colonial Denial

1. **“They didn't exist”** **(terra nullius)**  
Complete denial of Indigenous presence in a given area (country, province, etc). Includes denial of Indigeneity, e.g. “Indigenous Peoples are Settlers too”.
2. **“If they did, they weren't here”** **(terra nullius)**  
Denial that Indigenous People inhabit/travel/harvest/exist in a specific area. Often based on euro-centric definitions of evidence of occupation.
3. **“If they were, they didn't use the land”** **(doctrine of discovery)**  
Denial that Indigenous People have a connection with the Land. Often based on euro-centric worldviews of the land as something to be owned and extracted.
4. **“If they did, they didn't deserve it”** **(great chain of being)**  
Denial that Indigenous People have rights to their Lands. Often based on euro-centric value judgements of “primitive vs. civilized”, “nomadic vs. sedentary”.
5. **“If they did, they lost it”** **(right of conquest)**  
Denial that Indigenous People retain their rights to their Lands. Often based on colonially imposed European systems of law / “might makes right” worldviews.
6. **“If they didn't, it doesn't matter any more”** **(Westphalian sovereignty)**  
Denial that Indigenous Rights are still binding and take precedence. Often based on false claims of supremacy of colonial legal institutions and systems.
7. **“If it does, we need to move on”.** **(liberalism)**  
Denial that violations of Indigenous Rights requires redress. Often based on claims redress is “disruptive/unfair/reverse racism” & false calls for “equality”.
8. **“If we can't, we are you”** **(self-indigenization)**  
Denial of separateness of Indigenous Peoples and Rights. Often based on attempts to reduce Indigenous Rights to Human Rights, claim Indigeneity, etc.

# Native Americans in the South

- Settlers battled tribes throughout the South: Creeks, Seminoles, Cherokees
- American - Indian Wars between 1622 and late 1800s



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

## Southern Native American Culture Kinship and Clan

largely regulated by kinship.

The Cherokee farmed, and had been farming for thousands of years, living in permanent villages with substantial houses. Before their removal, the Cherokee had a higher literacy rate than the non-Indian Americans. Their literacy in their advanced language – they had a newspaper – was not recognized by settlers.

-National Park Service



An artist's impression of Town Creek, a South Appalachian Mississippian culture town with ceremonial mound in North Carolina, ancestors of the Cherokee people.

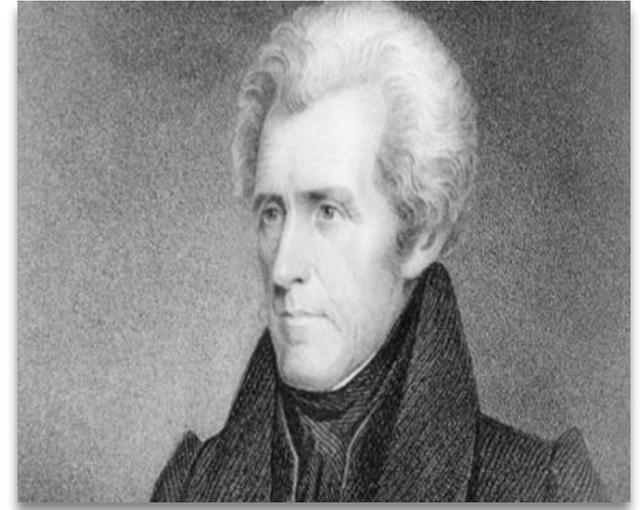
# Native Americans in the South

## Andrew Jackson and “Resettlement” Trail of Tears

- 125,000 Native Americans lived in Georgia, Tennessee, Alabama, North Carolina and Florida – land their ancestors had cultivated for generations.
- Working on behalf of white settlers who wanted to grow cotton on the Indians’ land, the federal government forced them to leave their homelands.



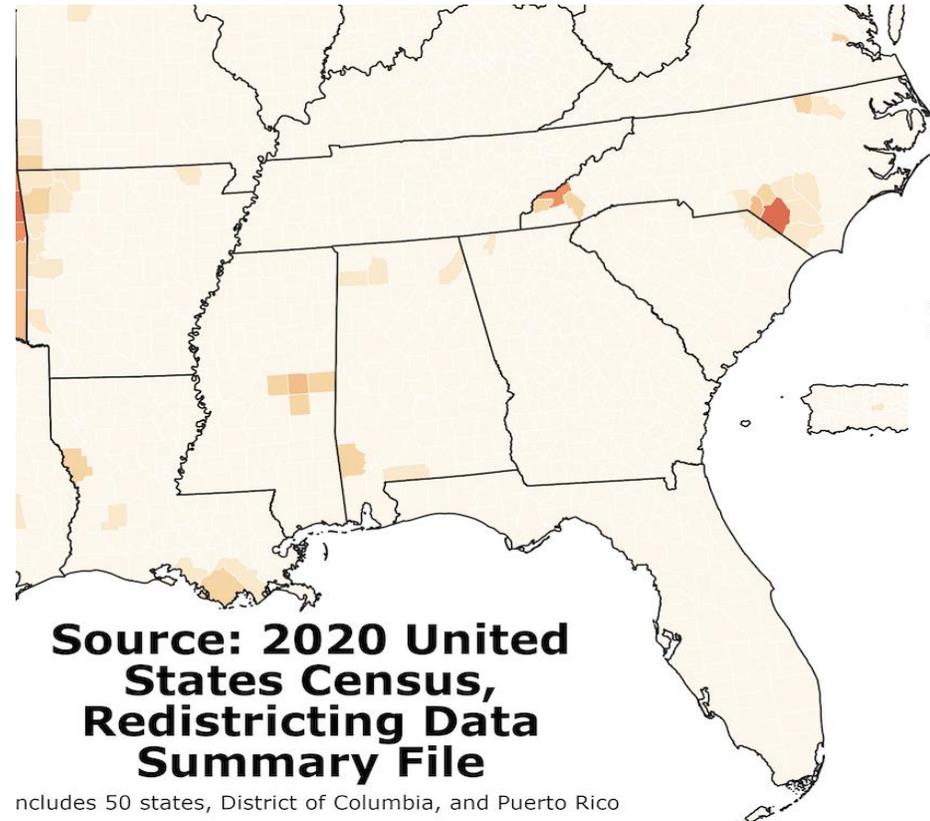
out of its ancestral lands in Georgia in the 1830s.



May 28, 1830: **President Andrew Jackson** Signs the Indian Removal Act. This leads to **Trail of Tears** in which some 100,000 indigenous people are relocated to western states. An estimated 15,000 people died on the walk westward.

# Native Americans in the South

Indian Removal Act of 1830 did what it was created to do. Some 100,000 indigenous people were relocated to western states during the Trail of Tears in which an estimated 15,000 people died.



**Source: 2020 United States Census, Redistricting Data Summary File**

includes 50 states, District of Columbia, and Puerto Rico

# Boarding Schools



Native American boarding schools were established – mostly by religious groups – to strip Native Americans of their culture. Shown above, a Cherokee school in North Carolina.

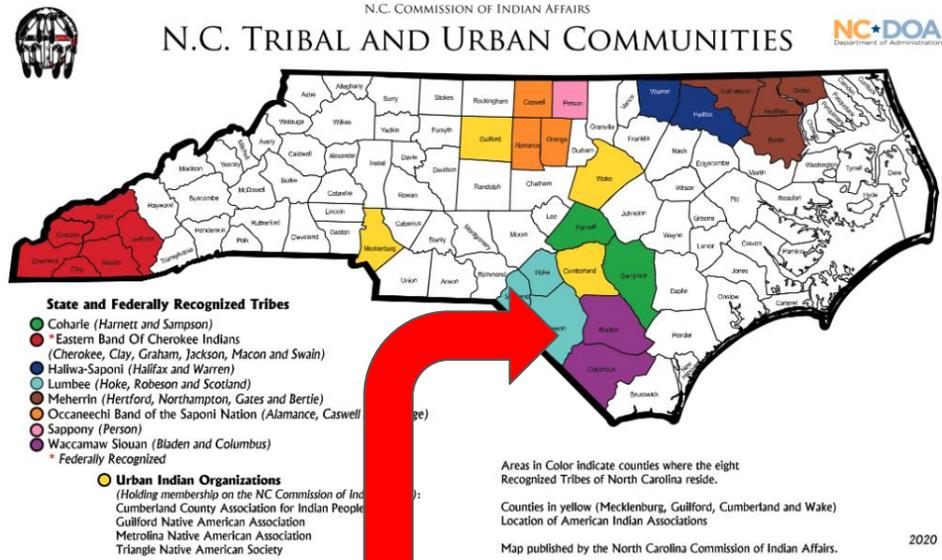
# Native Americans in the South

The Lumbee Tribe is most prevalent in Robeson County, which is a member of the PACEs Connection Cooperative of Communities.

Robeson Co. Overcoming Adversity through Resilience (ROAR), an initiative funded by Healthy Blue, is focused on improving the health and wellbeing of caregivers, families, and children in the foster care system.



## NC Tribal and Urban Communities Map



**Robeson County** has the largest AIAN population in North Carolina with 48,708 people, or 41.8% of the county population (the largest demographic group in the county).

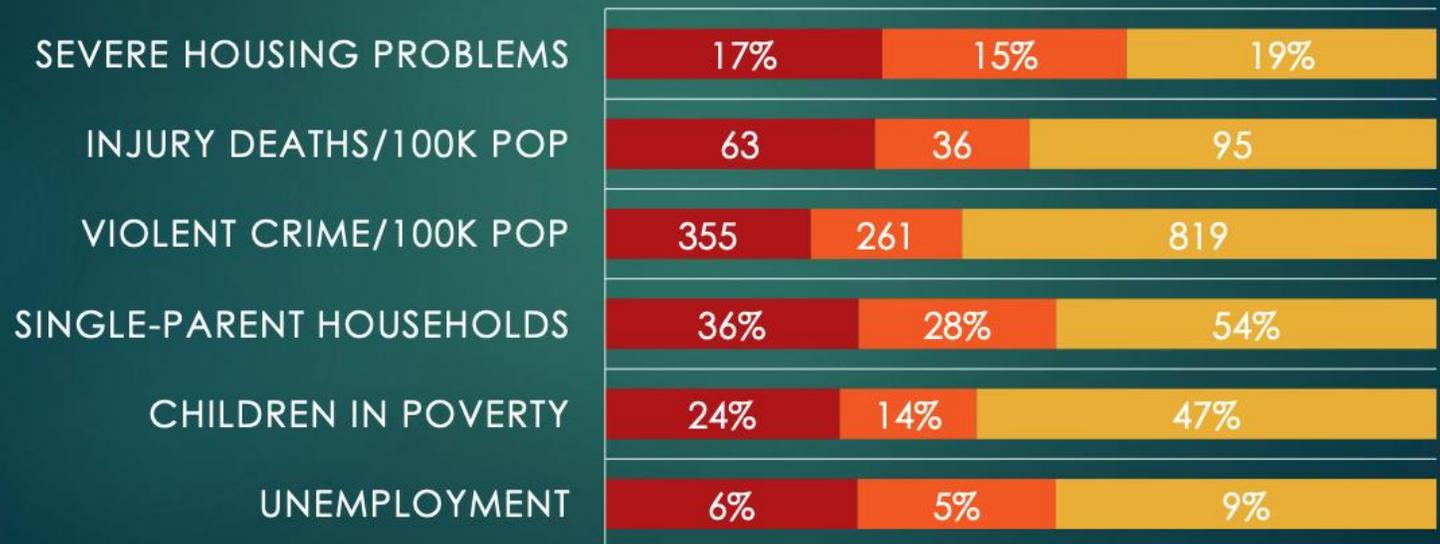
## Current outcomes the largest indigenous population in the South, Robeson County North Carolina

- Higher percentages of disparities in all areas
- Similar outcomes in other Southern States

### HEALTH OUTCOMES AND BEHAVIORS

#### SOCIAL/ECONOMIC FACTORS

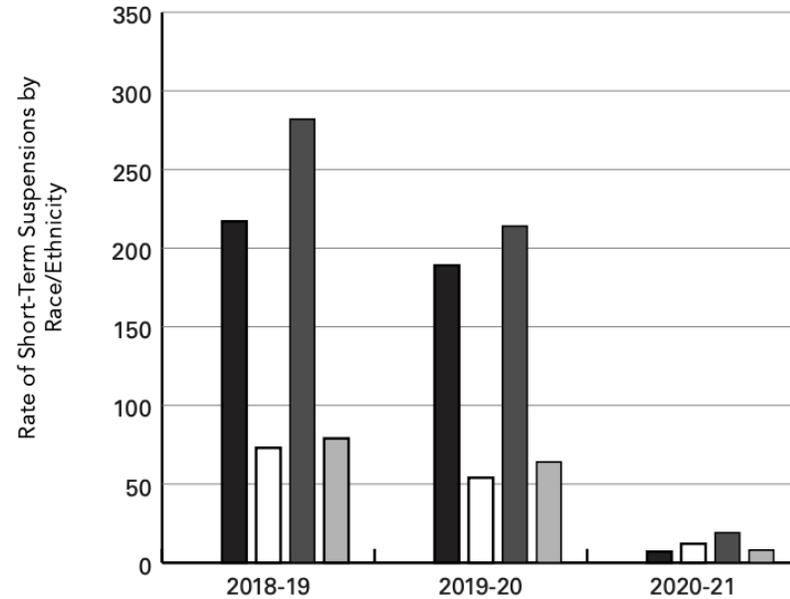
■ NC ■ Wake ■ Robeson



# Educational Outcomes in North Carolina

Native American and Black students receive short-term suspensions at more than twice the rate of White and Hispanic students; their dropout rates are almost twice as high.

**SHORT-TERM SUSPENSIONS RATE (PER 1,000 ENROLLED)<sup>2</sup>, BY RACE/ETHNICITY**



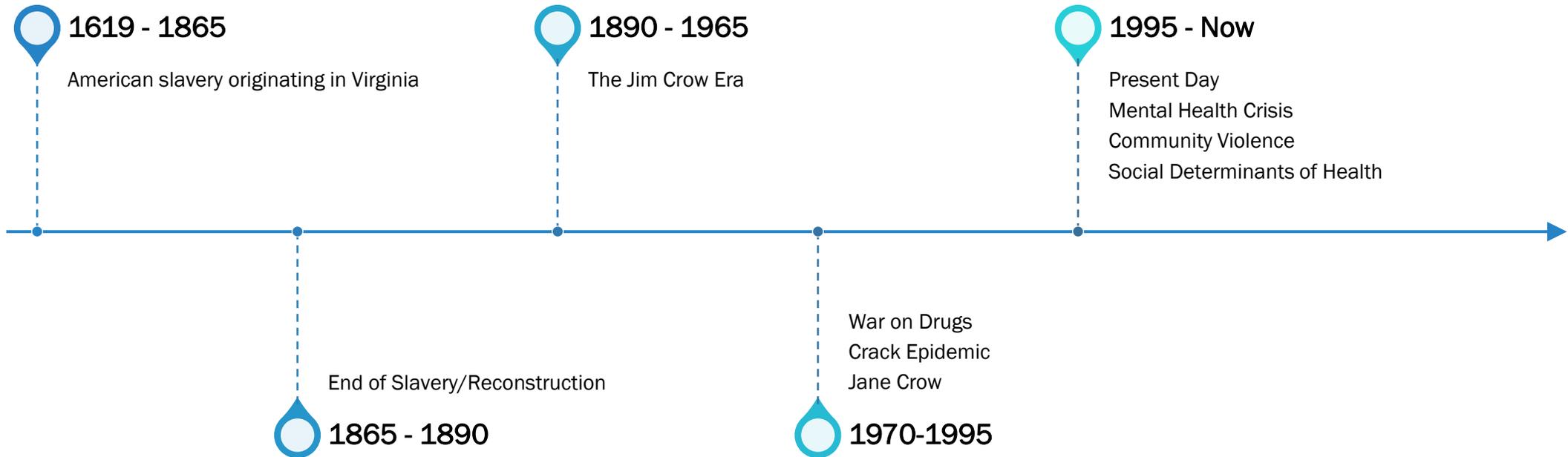
Year	American Indian	White	Black	Hispanic
<b>Short-Term Suspensions by Race/Ethnicity</b>				
<b>2018-19</b>	3935	54368	109882	22110
<b>2019-20</b>	3282	39111	81892	18628
<b>2020-21</b>	112	8479	7090	2292
<b>Short-Term Suspensions Rate (Per 1,000 Enrolled)<sup>2</sup>, By Race/Ethnicity</b>				
<b>2018-19</b>	217	73	282	79
<b>2019-20</b>	189	54	214	64
<b>2020-21</b>	7	12	19	8

American Indian
  White
  Black
  Hispanic

The table below compares the 2020-21 academic performance of American Indian students to that of White students in five academic areas. Also included are data on the four-year cohort graduation and dropout rates for the 2020-21 school year.

Data Comparisons	American Indian Students	White Students	Difference (Percentage Points)
EOG Reading	28%	58.7%	30.7
EOG Math	20.5%	54.3%	33.8
EOC Math I	15.9%	25.1%	9.2
EOC English II	43.8%	70.1%	26.3
EOC Biology	31.6%	58.6%	27.0
Four Year Cohort Graduation Rate	83.4%	90.3%	6.9
Dropout Rate	2.1%	1.1%	2.0

# TIMELINE OF INSTITUTIONAL RACISM



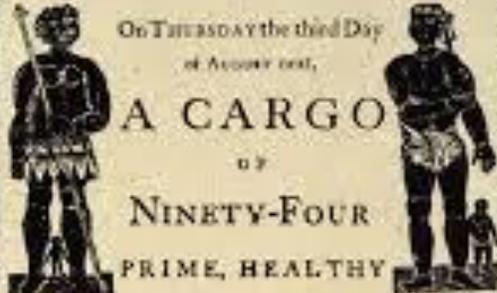
## SLAVERY (1619-1865)

- According to the Gilder Lehrman Institute of American History:
  - Average Lifespan of slaves approx. 23-25 yrs.
  - Approximately 6-8 % died in childbirth
  - ½ of infants died before 1 yr.
  - Death before 14 yrs. twice as high as Caucasian children
  - High early death rate for slaves due to poor diet, intense labor, intense stress, lack of medical attention and communicable disease
  - Drapetomania-mental illness characterized by irrational desire to escape slavery



Christiana, July 24th, 1763.

TO BE SOLD,  
 On THURSDAY the third Day  
 of AUGUST next,  
 A CARGO  
 OF  
 NINETY-FOUR  
 PRIME, HEALTHY



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

**GREAT SALE**  
 of  
**SLAVES**  
 JANUARY 10, 1855

There will be offered for Sale at Public Auction, at the 11, 9th Market, CHICAGO, ILLINOIS, all the SLAVES of JOHN CARTER, Esq., of LEWIS, (for 100, 000, 000, the Amount of the National Debt), a Freedman, (The Slave Listed Below, Born at 23 Years on the CARTER PLANTATION at DUMKE'S RUN, Lewis County, Kentucky.)

.....

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

.....

TERMS: - Strictly CASH on Sale, to wit: - Cash must be paid on delivery, and by contract to take effect by the sale, but will be completed previous to sale by addressing the undersigned.

**JOHN CARTER, Esq.**  
 Po. Clarksburg      Lewis County, Kentucky

## Primary Source Accounts

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

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

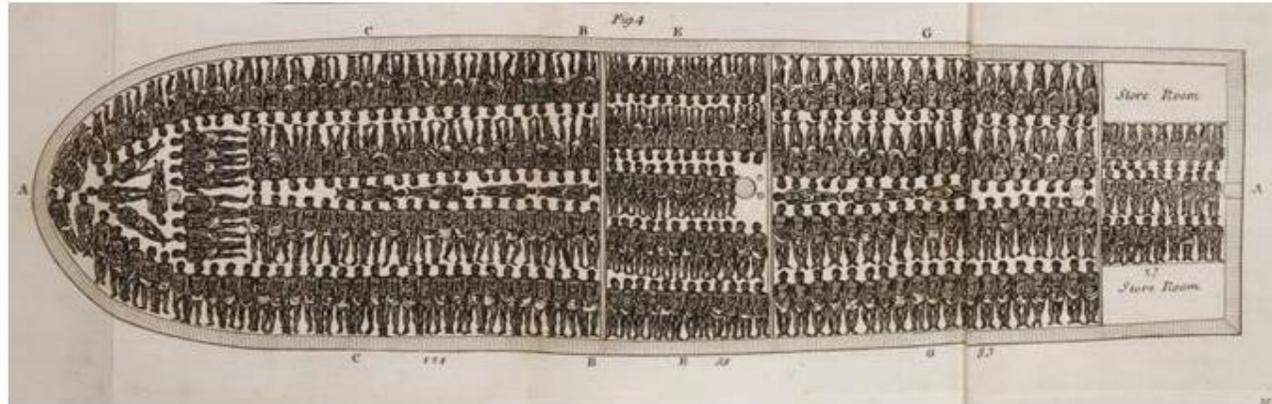
## Primary Source Accounts

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

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

# Trauma of Kidnapping, Surviving 6-8 Week Ocean Passage

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



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



# Charleston, SC - Point of Entry

## Charleston Slave Market - Centuries of Trauma



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

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

Brian Hicks - *Charleston Post and Courier*

# Rice Plantations

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

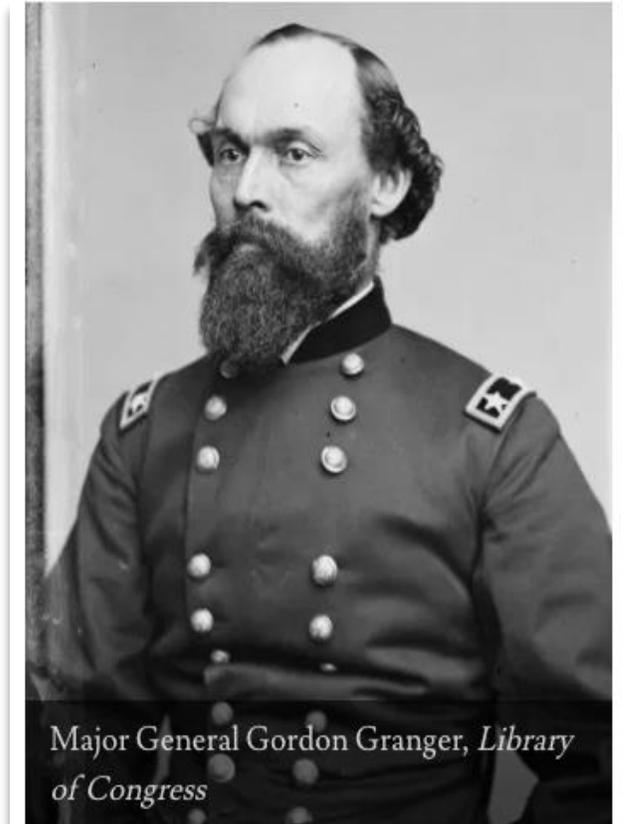
South Carolina's Important Role in African-American History



Slaves were valued for their ability to cultivate rice.

# Juneteenth

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



Major General Gordon Granger, *Library of Congress*

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

Juneteenth did not appear in Southern states like Florida and Alabama until the early 20th century



- While Juneteenth represents freedom, it also symbolizes how emancipation was delayed for enslaved people in the deepest parts of the Confederacy, as well as how white supremacy prevailed and countered goals of Reconstruction.



## END OF SLAVERY/RECONSTRUCTION (1865-1890)

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

# 1898 Uprising, Wilmington, NC

Also known as

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

**November 10, 1898**



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

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

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

---

# **WHAT LAWS WERE PUT IN PLACE?**

---

# EDUCATION

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



## 1880 SCHOOL IMAGES

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



# PRIMARY SOURCE ACCOUNTS

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

— Robert Morris and Charles Sumner,  
in *Roberts v. City of Boston*, 1849



## JIM CROW ERA (1890-1965)

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

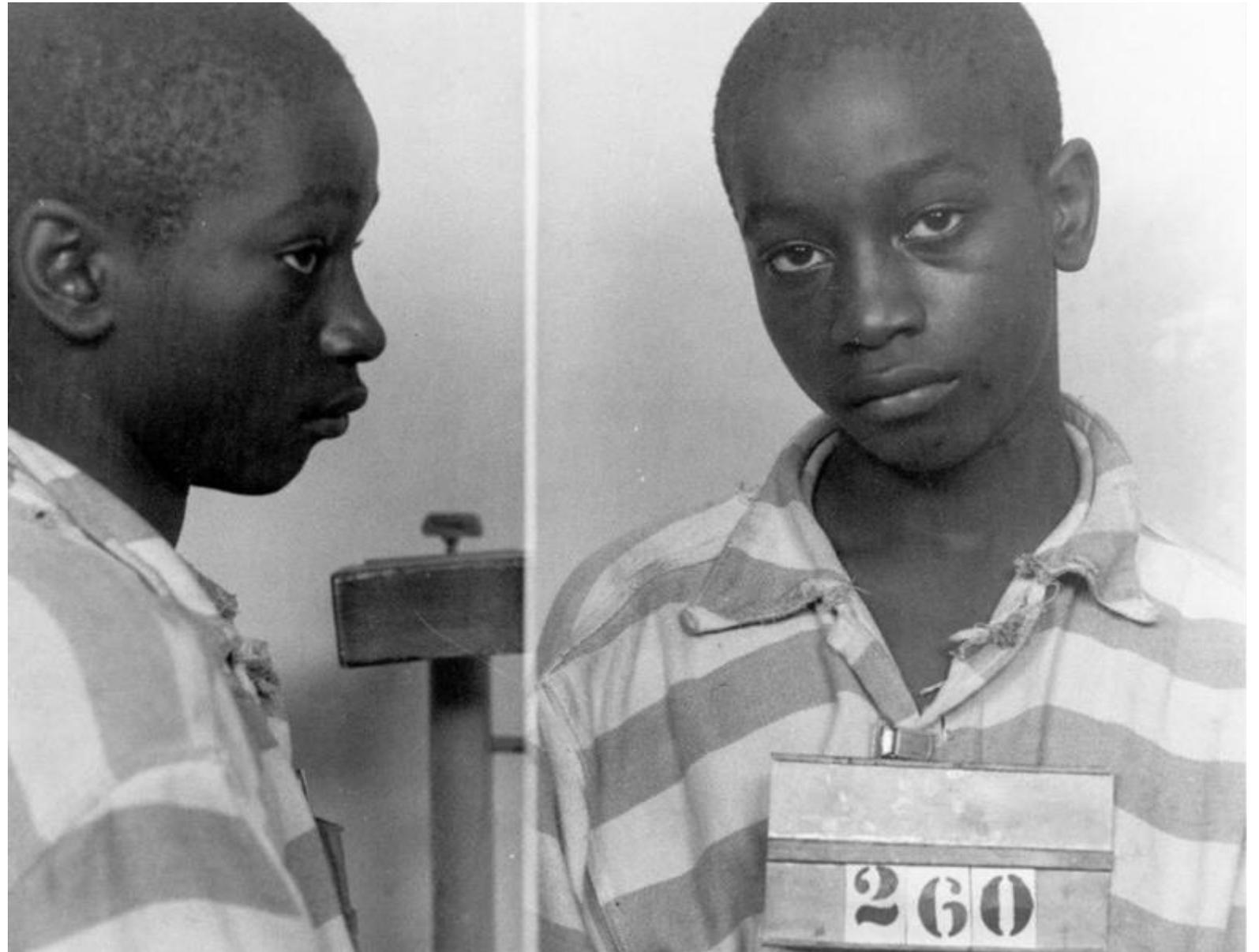
# SOUTHERN LYNCHINGS

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



## 1944 YOUNGEST PRISONER EVER EXECUTED IN THE U.S.

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



## FOUR LITTLE GIRLS

Carole Robertson, 14

Denise McNair, 11

Addie Mae Collins, 14

Cynthia Wesley, 14

Four girls killed in a 1963 church bombing.

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



## Primary Source Accounts

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

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

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

## LESSER-KNOWN ACCOUNTS OF CHILD LYNCHING'S

## CHILDREN BEING CHILDREN

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

# WAR ON DRUGS/CRACK EPIDEMIC (1970-1995)

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



# Last Lynching in the U.S.

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

Source: The New York Times



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

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

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





# THE WAR ON DRUGS

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

# Historical Disparities in the Criminalization of Black Communities in Southern States Persist

- Throughout prisons in the Southern United States, Black people are **5x more likely to be incarcerated** in state prisons, and while incarcerated are **8x more likely to be placed in solitary confinement** and **10x more likely to be held there for exceedingly long periods of time**



On August 8, 2022, the UN will review the United States' compliance with the International Convention on the Elimination of All Forms of Racial Discrimination for the first time since 2014.

---

## PRESENT DAY (1995-NOW)

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



# Interacting Layers of Trauma and Healing



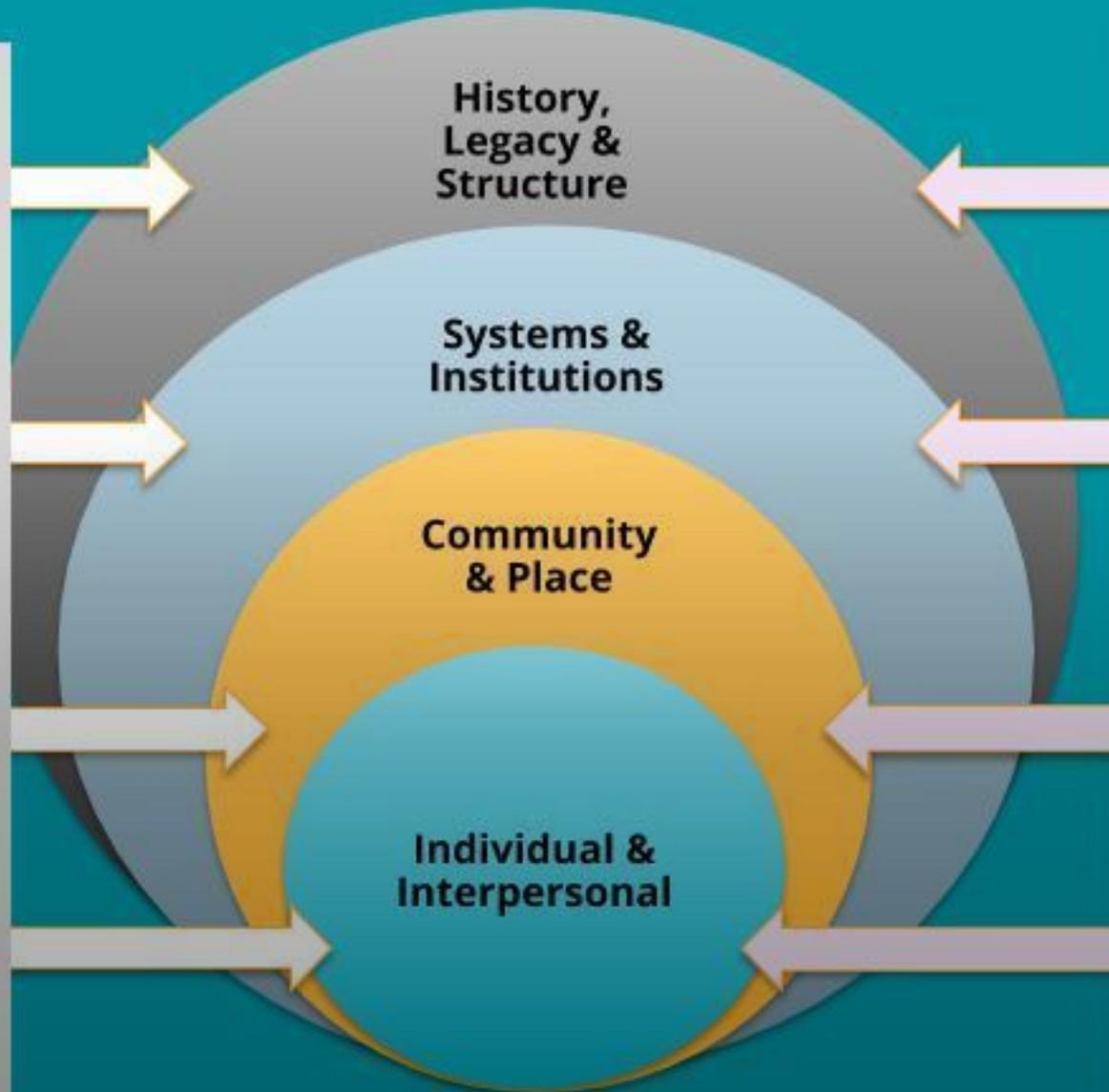
## Dehumanization and Distress

**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: How did we do?

The purpose of this brief survey is to gather feedback from participants regarding PACEs Connection events in order to improve future offerings.

We appreciate your help in evaluating this learning experience!



# Thank you!

**Ingrid L. Cockhren, Chief Executive Officer**

[icockhren@pacesconnection.com](mailto:icockhren@pacesconnection.com)

**Carey Sipp, Director of Strategic Partnerships**

[csipp@pacesconnection.com](mailto:csipp@pacesconnection.com)