



PACEs Connection

Creating a *much* better normal.

PACEs
Connection



PACEs Science

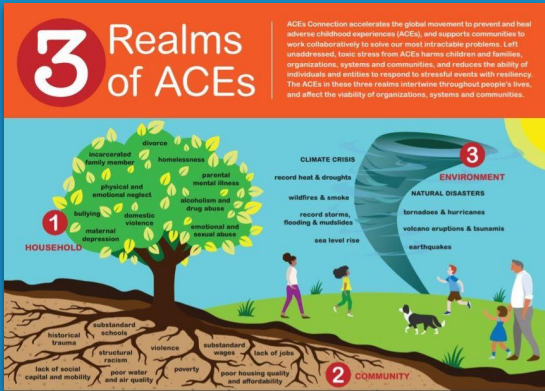
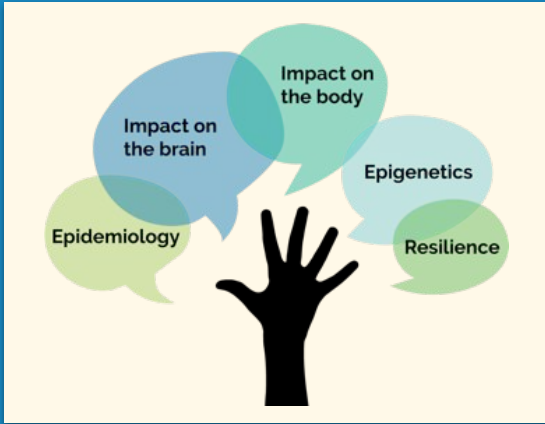
Epidemiology ACEs study and expanded ACE surveys.

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

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

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

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



A group of diverse people, including a woman with glasses and a man with a beard, are smiling and interacting in a community setting. The image is split into two halves: the left half shows a close-up of people, and the right half is a darker, blurred version of the same scene.

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 PACEs Connection

PACEs
Connection



WHO WE ARE

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

56,000+
MEMBERS (AND GROWING)

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

**PACEs
Connection**



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?

✓ **Questions?**

communitysupport@pacesconnection.com



INSTITUTIONAL RACISM +
HISTORICAL TRAUMA = PRESENT
DAY DISPARITY

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

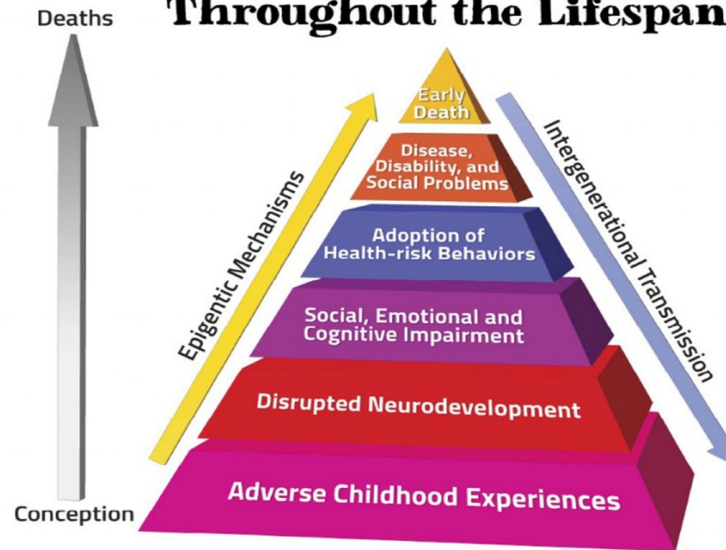


Substance Abuse

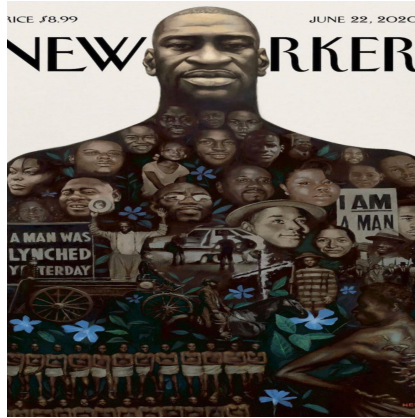
ADVERSE CHILDHOOD EXPERIENCES

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

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



Slide Courtesy of Rob Anda, MD, MS



Definitions & Key Terms

Mental Health America

www.mhanational.org

Racial Trauma:

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

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

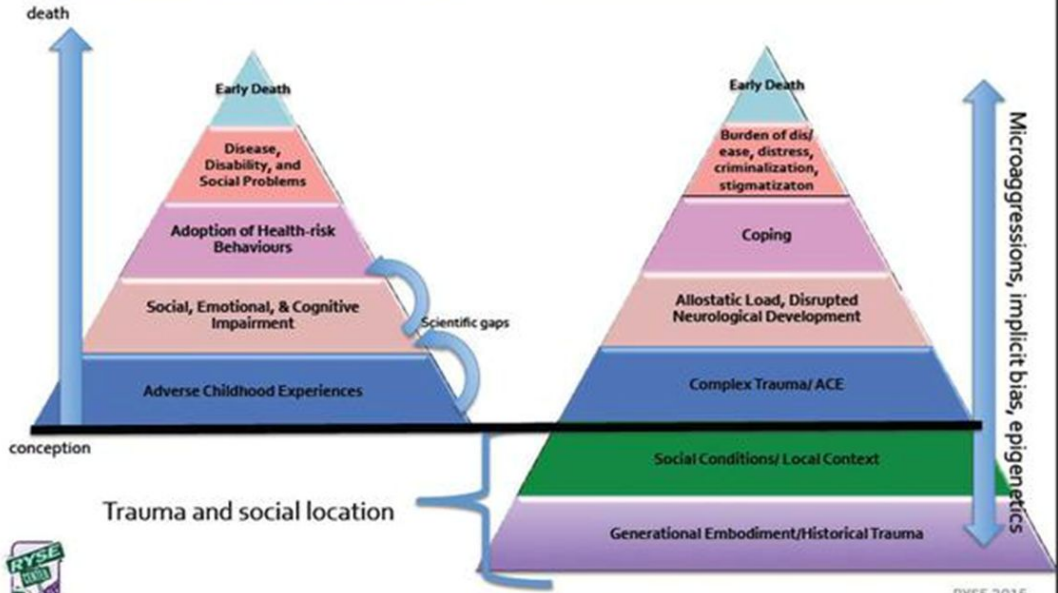
Race-based traumatic stress is a mental injury that can occur as the result of living within a racist system or experiencing events of racism.

RYSE CENTER EXTENDED ACES PYRAMID

Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment



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.

-GIL AD HIRSCHBERGER



INTERGENERATIONAL TRANSMISSION OF TRAUMA

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

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

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

Rakoff, et al. 1966

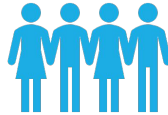
INTERGENERATIONAL
TRANSMISSION OF
TRAUMA VIA PARENTING



Maladaptive
Coping
Strategies



Survival-based
Parenting
Practices



Social Learning
Theory



Genetics



INTERGENERATIONAL TRANSMISSION OF TRAUMA

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

INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA DNA



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

HISTORICAL TRAUMA

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

n.d.

Ross,



HISTORICAL TRAUMA

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





HISTORICALLY TRAUMATIC EVENTS

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

GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

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

HISTORICAL TRAUMA SYMPTOMS

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

HISTORICAL TRAUMA SYMPTOMS CONT.

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

“Ground Soil” of Historical Trauma

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

Berghof Foundation
www.berghof-foundation.org



Image shows additional ACE:

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

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



END OF SLAVERY/RECONSTRUCTION (1865-1890)

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



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.

Factors that contributed to poor race relations in the Midwest US

- Great Migration 1910-1970
- World War I 1914-1918
- Great Depression 1929-1933
- Dust Bowl 1930's
- World War II 1939-1945



Notable Lynchings & Race Riots Past

- Murder of Joe Coe in Omaha, Nebraska 1891
- East St. Louis Race Riots in E. St. Louis, Illinois 1917
- Murder of Will Brown sparked the Omaha Race Riots of 1919 (Red Summer)
- Murder of 17 year old Eugene Williams sparked the Chicago Race Riots of 1919 (Red Summer)
- The arrest of Dick Rowland sparked the Tulsa Massacre and Bombing of Black Wallstreet in Tulsa, Oklahoma 1921



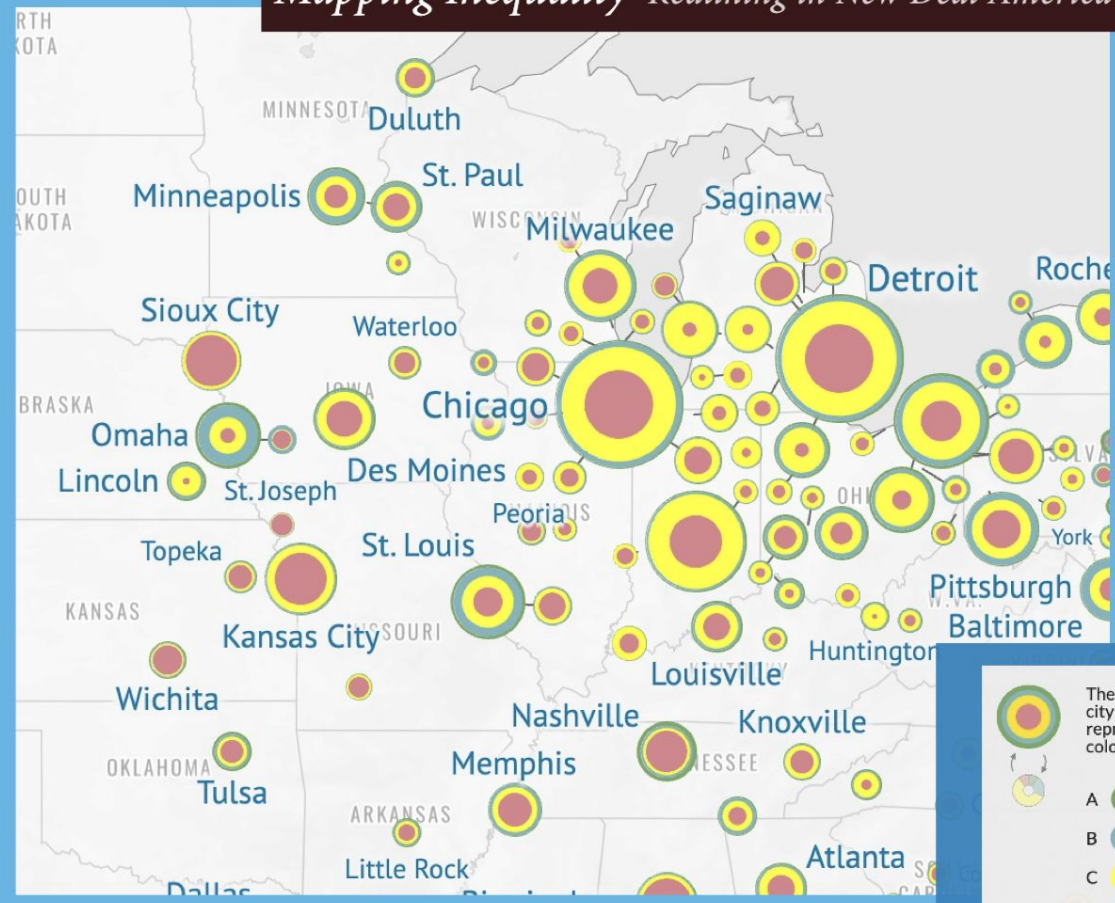
The New Deal 1933

Franklin D. Roosevelt

- Resulted in the creation and expansion of suburbs.
- Between 1934 to 1968, 98% of home loans were given to White applicants.
- Construction of highways to provide access to suburbs often demolished existing Black neighborhoods.



Mapping Inequality Redlining in New Deal America



The size of each circle represents the area in that city that HOLC graded, with each color representing the proportion of the city graded and colored.

- A "Best"
- B "Still Desirable"
- C "Definitely Declining"
- D "Hazardous"

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."





Mass Incarceration

World Population Review

www.worldpopulationreview.com

Midwestern States:

In the Top Ten Highest Prison Population...

- ◆ Ohio
- ◆ Illinois
- ◆ Michigan

In the Top Ten Highest Prison Rates...

- ◆ Oklahoma
- ◆ Idaho

Notable Police Brutality, Race Riots & Protests Present

- Police killing of Timothy Thomas sparked the Cincinnati Riots of 2001
- Police killing of 12 year old Tamir Rice sparked protests in Cleveland, Ohio in 2014
- Police killing of Michael Brown sparked the Ferguson Unrest in Ferguson, Missouri in 2014
- Police killing of Philando Castile sparked protest in St. Paul, Minnesota in 2016
- Police killing of George Floyd in Minneapolis, Minnesota sparked an international protest in 2020



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





Top Disparities for African Americans in the Midwest

Zippia

www.zippia.com/advice/racial-disparities-worststates

Disparities for African Americans in the Midwest:

- ◆ Income Gap
- ◆ Educational Outcomes
- ◆ Home Ownership
- ◆ Incarceration

15 Worst Cities to Move to in the U.S. for African Americans

1. **Milwaukee-Waukesha WI**
2. **Racine WI**
3. **Waterloo-Cedar Falls IA**
4. **Minneapolis-St. Paul-Bloomington MN**
5. **Danville IL**
6. **Niles-Barton Harbor MI**
7. **Peoria IL**
8. **Rockford IL**
9. **Springfield IL**
12. **Kankakee IL**

24/7 Wallstreet

<https://247wallst.com/>



Racial Disparities in 4th Grade Educational Outcomes Math-Reading-Science

Wisconsin
Minnesota
Missouri
Illinois
Michigan
Ohio
Nebraska
Indiana
Kansas
Iowa
South Dakota

National Report Card
www.nationalreportcard.gov

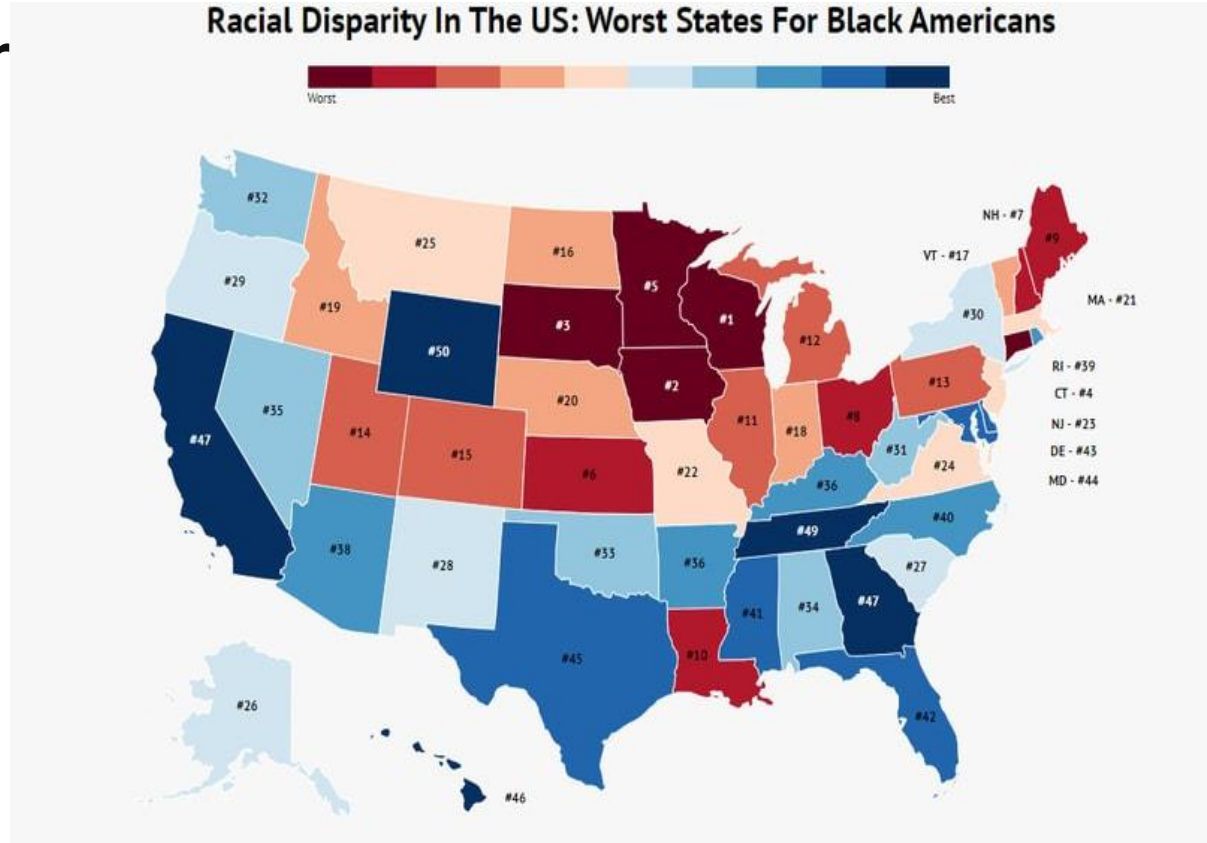


Top 10 States Worst Racial Disparities for African Americans

1. Wisconsin
2. Iowa
3. South Dakota
4. Connecticut
5. Minnesota
6. Kansas
7. New Hampshire
8. Ohio
9. Maine
10. Louisiana

Zippia

www.zippia.com/advice/racial-disparities-worststates



HISTORICAL TRAUMA

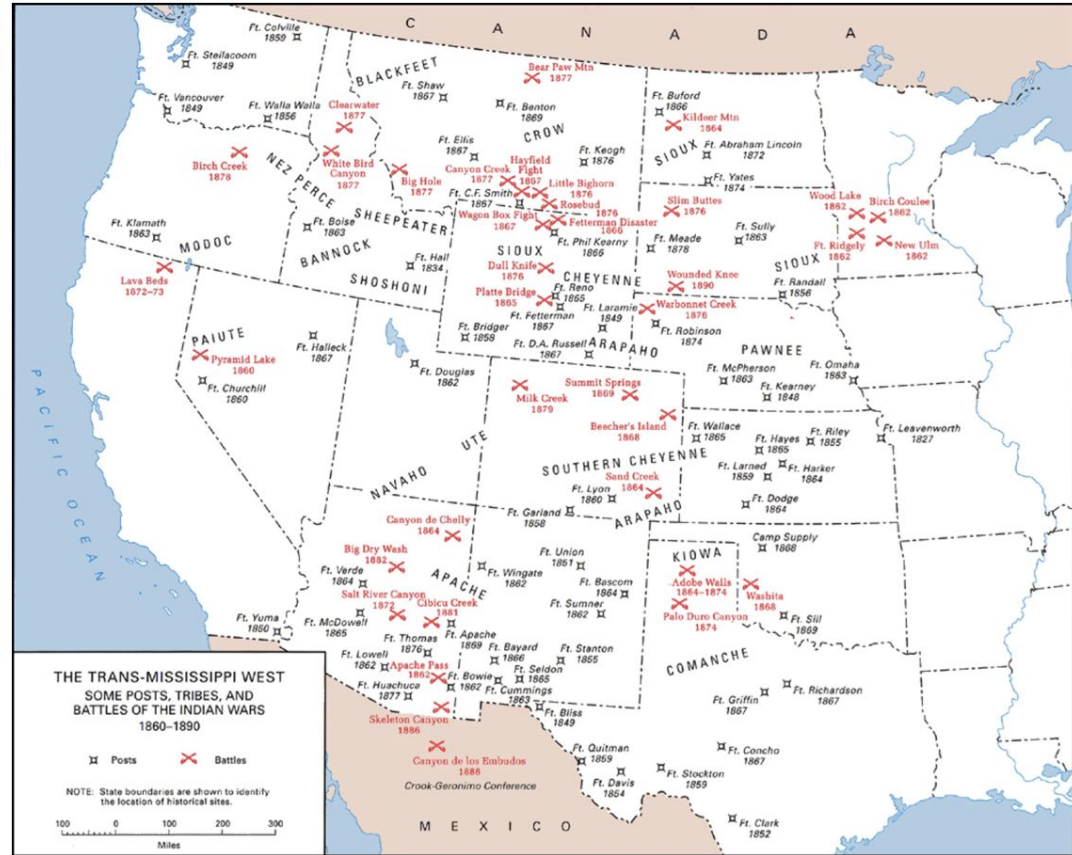
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Native Americans in the Midwest - The American Frontier Wars

- Many of these wars that occurred in the US between 1622 - 1924 occurred in the Midwest, including:
 - Gnadenhutten Massacre in Ohio (1782): 96+ indigenous persons killed
 - The Black Hawk War in Illinois & Michigan (1832): 442+ indigenous persons killed
 - Wounded Knee Massacre in South Dakota (1890): 150+ indigenous persons killed

([Encyclopedia Britannica, 2021](#);
[History.com, Nov. 2019 & May 2019](#))



(Office of the Chief of Military History, United States Army, 2005)

The Indian Removal Act & the Trail of Tears

- The Indian Removal Act of 1830 was the catalyst that prompted forced migration of Native Americans via the Trail of Tears
- Indigenous nations including the Chickasaw, Choctaw, and Creeks, were some of the first indigenous people forced to relocate west of the Mississippi



Government Policy & Native American Historical Trauma

- **The Indian Appropriations Act of 1851** created the Indian reservation systems
- **The Dawes Act of 1887** divided Indian reservations into individual plots of land and established a system of Indian schools to assimilate Indians into White culture
- **The Indian Reorganization Act of 1934** aimed to restore Indian culture, return surplus land, and improve reservation infrastructure, resulting in modern reservations
- **The “Indian Relocation Program”** in the 1950s - 1960s aimed to get Indians into urban areas with job training programs

([History.com, March 2019](https://www.history.com/march-2019))

INDIAN LAND FOR SALE

GET A HOME

OF

YOUR OWN

*

EASY PAYMENTS



PERFECT TITLE

*

POSSESSION

WITHIN

THIRTY DAYS

FINE LANDS IN THE WEST

IRRIGATED
IRRIGABLE

GRAZING

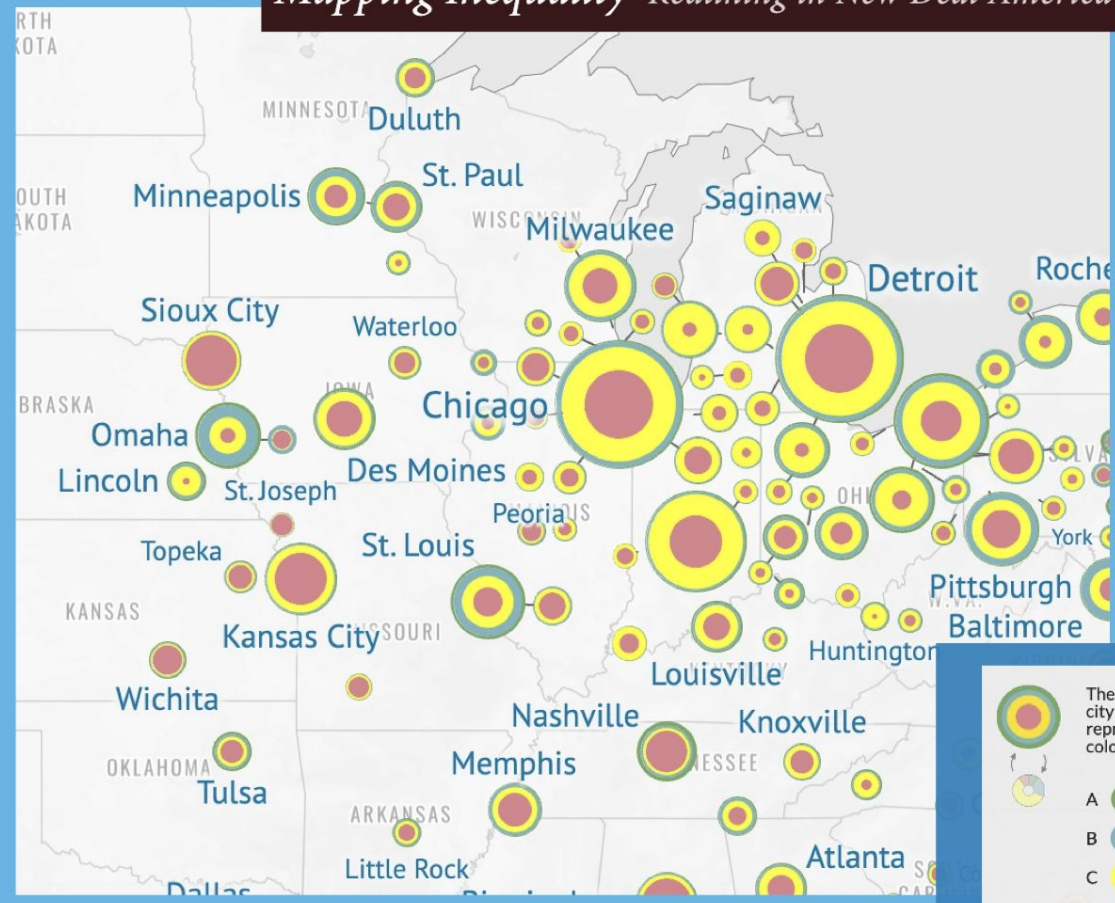
AGRICULTURAL
DRY FARMING

IN 1910 THE DEPARTMENT OF THE INTERIOR SOLD UNDER SEALED BIDS ALLOTTED INDIAN LAND AS FOLLOWS:

Location.	Acres.	Average Price per Acre.	Location.	Acres.	Average Price per Acre.
Colorado	5,211.21	\$7.27	Oklahoma	34,664.00	\$19.14
Idaho	17,013.00	24.85	Oregon	1,020.00	15.43
Kansas	1,684.50	33.45	South Dakota	120,445.00	16.53
Montana	11,034.00	9.86	Washington	4,879.00	41.37
Nebraska	5,641.00	36.65	Wisconsin	1,069.00	17.00
North Dakota	22,610.70	9.93	Wyoming	865.00	20.64

([Library of Congress, 2021](https://www.libraryofcongress.org/))

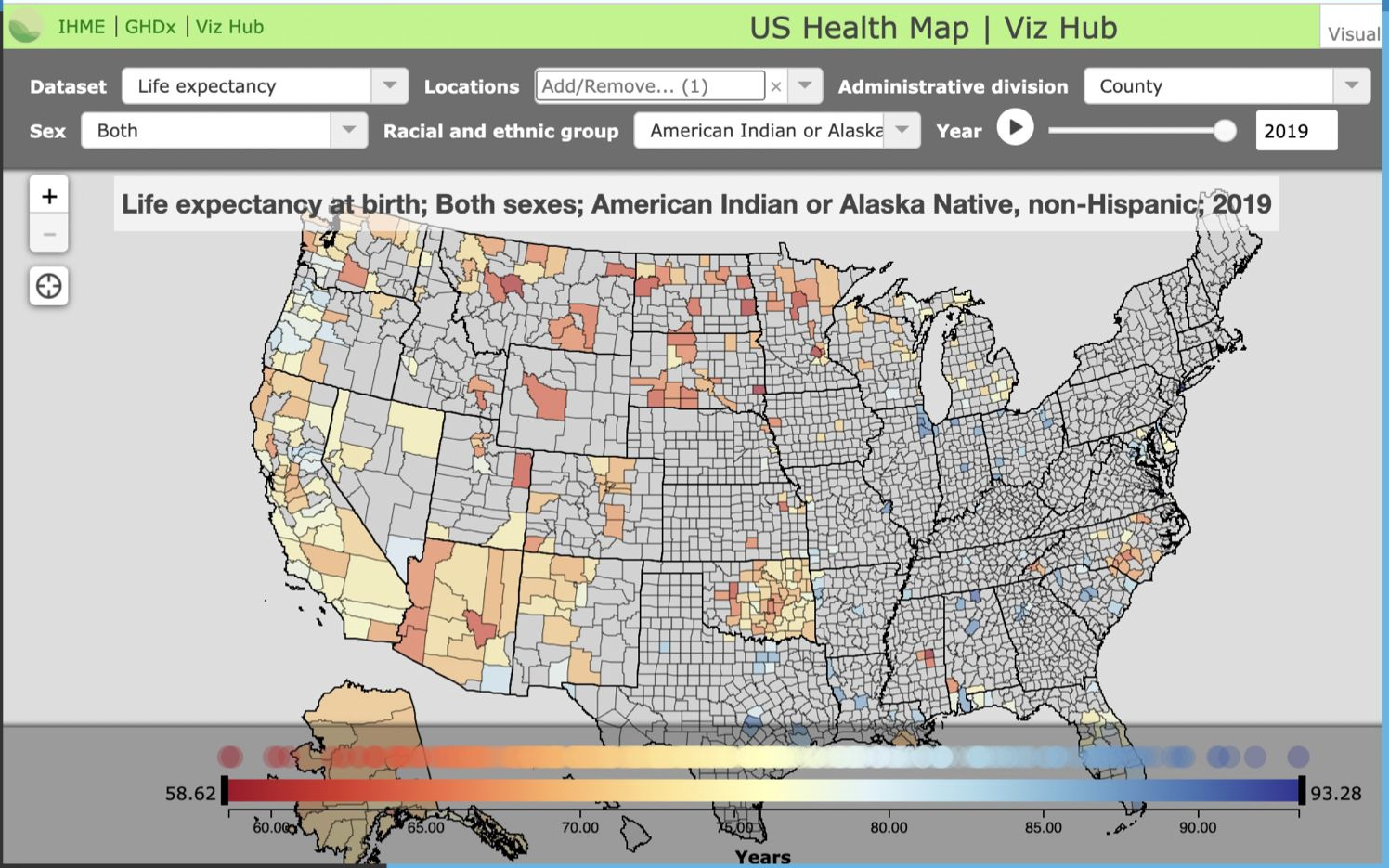
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SDOH Inequities Among Native Americans in the Midwest



Interacting Layers of Trauma and Healing



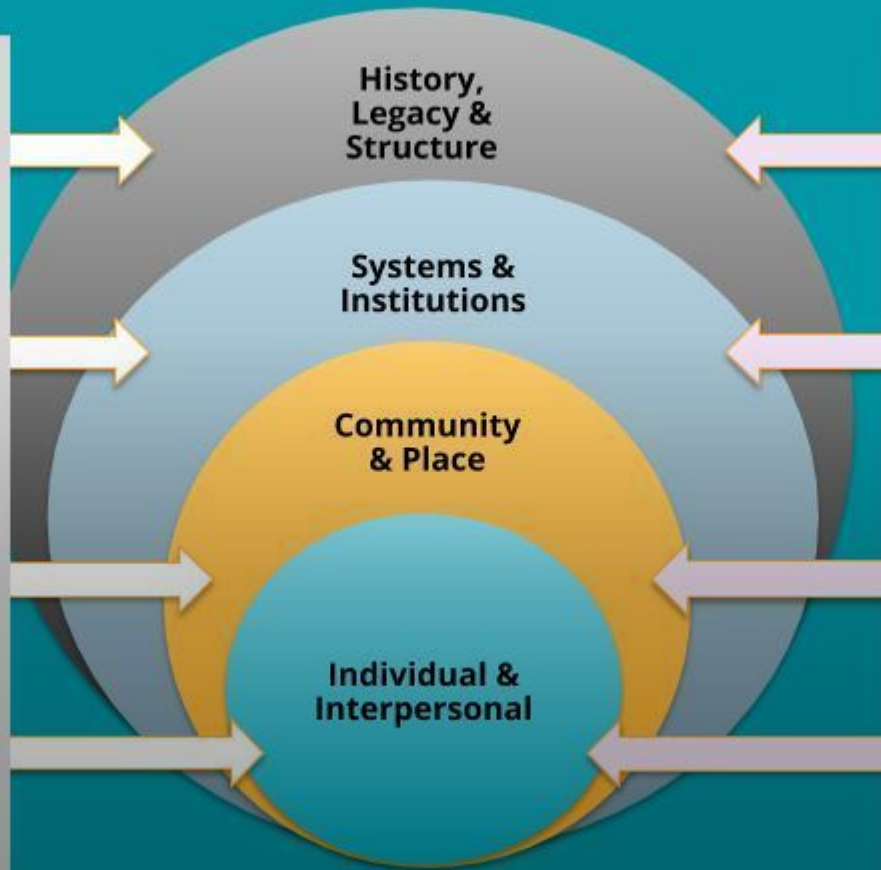
Dehumanization and Distress

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.





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communitysupport@pacesconnection.com

Thank you!

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Dr. Porter Jennings-McGarity, Director of CQI & Criminal Justice

Consultant:

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