



# PACEs Connection

Creating a *much* better normal.

PACEs  
Connection

PACES CONNECTION PRESENTS

# Historical Trauma in the Northeast

Facilitated by Ingrid L. Cockhren, M.Ed.



Brought to you by

# St David's FOUNDATION

PACEs  
Connection





# PACEs Science

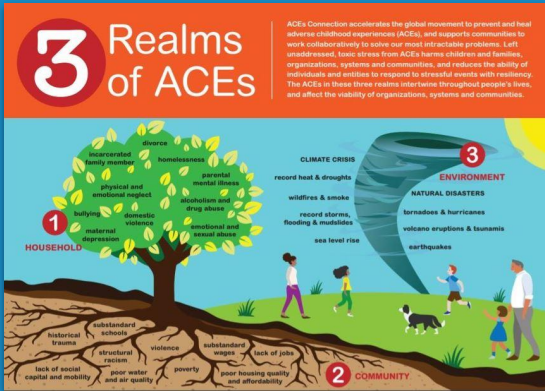
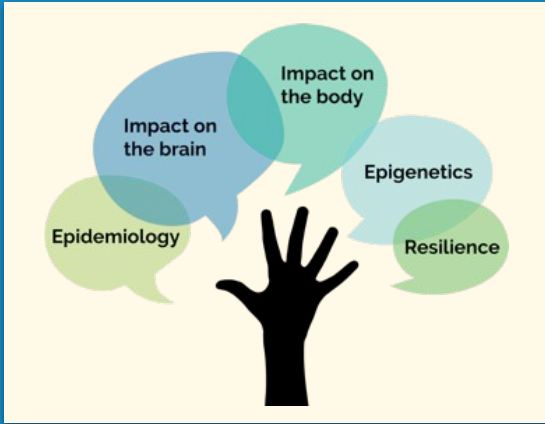
**Epidemiology** ACEs study and expanded ACE surveys.

**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 clear view of the people, while the right half is a dark, semi-transparent overlay containing text.

## 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.

**450+**  
**CITIES, COUNTRIES & STATES**

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

PACEs  
Connection



**WHO WE ARE**

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

**57,000+**  
**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](mailto: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

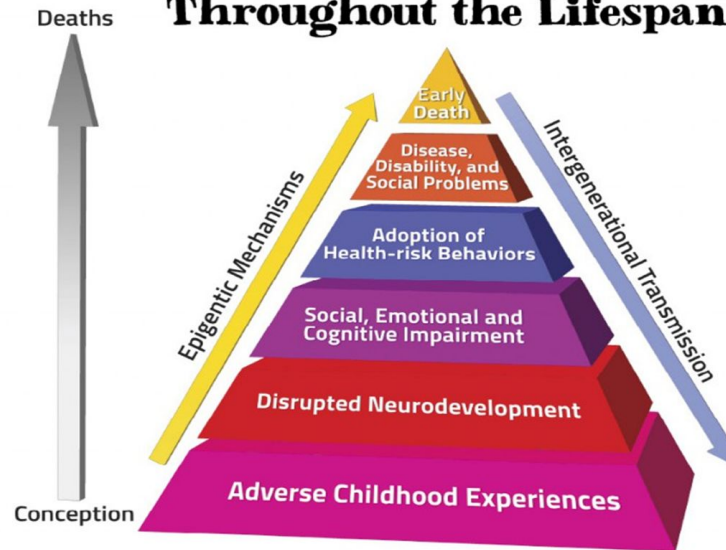


Substance Abuse

# 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



# Critical Race Theory



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



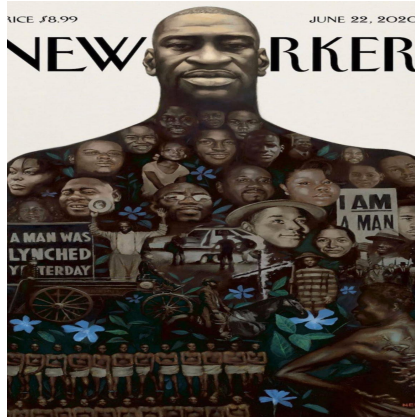
Racism is institutional, not individual.



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



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



## 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.

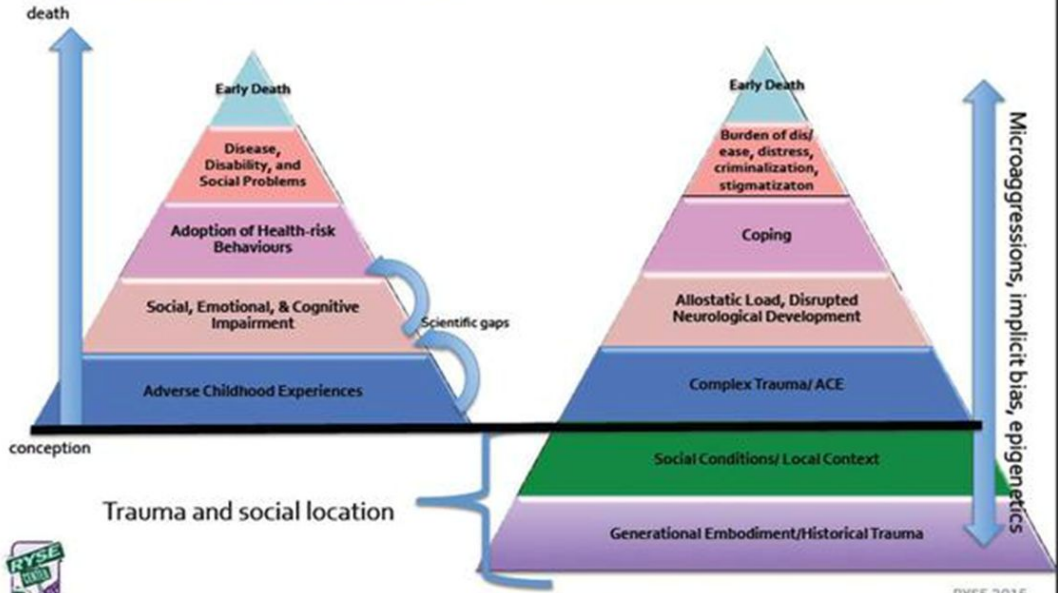
Race-based traumatic stress is a mental injury that can occur as the result of living within a racist system or experiencing events of racism.

# 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

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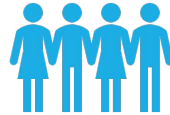
INTERGENERATIONAL  
TRANSMISSION OF  
TRAUMA VIA PARENTING



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.



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## 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
- Colonization
- 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





## Historical & Intergenerational Trauma

Walker & Devereaux 2021  
Oxford Encyclopedia of Social  
Work

<https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1411>

## Historical Trauma

Historical trauma originated with the social construction of subordinate group statuses through migration, annexation of land, and colonialism. The consequences of creating subordinate group statuses include genocide, segregation, and assimilation. Settler colonialism takes land with militaristic control, labels local inhabitants as deviant and inferior, then violently confines and oppresses the original occupants of the land.



## Historical & Intergenerational Trauma

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## Historical Trauma Cont.

Confinement includes relocation, restriction of movement, settlement of lands required for sustenance, as well as confinement in orphanages, boarding schools, and prisons. Historical trauma includes suppression of language, culture, and religion with the threat of emotional, physical, and sexual abuse.



## Historical & Intergenerational Trauma

Walker & Devereaux 2021  
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## Historical Trauma Cont.

Original inhabitant abuse often results in issues with health, mental health, substance abuse, and generational emotional, physical, and sexual abuse. Culturally safe (engagement that respects identity) and trauma-informed social work practices acknowledge the systemic causes of disparities in groups experiencing marginalization and oppression and focus on healing and addressing systemic causes of disparities.

# Groups Most Impacted by Historical Trauma



- Indigenous/Native Americans
- African Americans
- Individuals living in Poverty
- LGBTQI
- Refugees
- Survivors of Natural Disasters & Other



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# 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

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# 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

# Factors that contributed to poor race relations in the Northeast US

- Colonization & Land Theft
- Chattel Slavery
- Immigration
- Great Migration 1910-1970
- World War I 1914-1918
- Red Summer 1919
- Great Depression 1929-1933
- World War II 1939-1945
- Redlining & Suburbanization







# Colonial Settlement

1607 - 1763

## HISTORICAL TRAUMA

Intergenerational transmission of trauma from the trauma early colonial settlers were escaping Europe from (e.g., religious persecution, migration trauma) and oppression, enslavement, and genocide of Native Americans

Virginia

# The 13 Colonies

Rhode Island

Connecticut

New Hampshire

New York

New Jersey

Pennsylvania

Delaware

Maryland

North & South Carolina

**New England Colonies**  
**Settled:** to practice religious freedom  
**Industry:** lumber, ship building, international trade  
**Culture:** small towns and small family farms

**Middle Colonies**  
**Settled:** to set up family farms and businesses  
**Industry:** agriculture trade in wheat, barley, and other grains  
**Culture:** cities and hard goods industries

**Southern Colonies**  
**Settled:** to set up large agricultural trading companies  
**Industry:** plantation farming of tobacco, cotton, and rice  
**Culture:** small towns served plantation trade

The English North American colonial period was 1607 to 1732.

By 1750, the population grew to 2 million, integrating many groups.

Growing disagreements with England, along with shared democratic ideals and trade, led to the Colonial Assembly of 1774.

NOVA BRITANNIA  
 OFFERING MOST  
 Excellent Estates by Planting in  
 VIRGINIA.  
 Exciting all, who are well affected  
 to further the same.

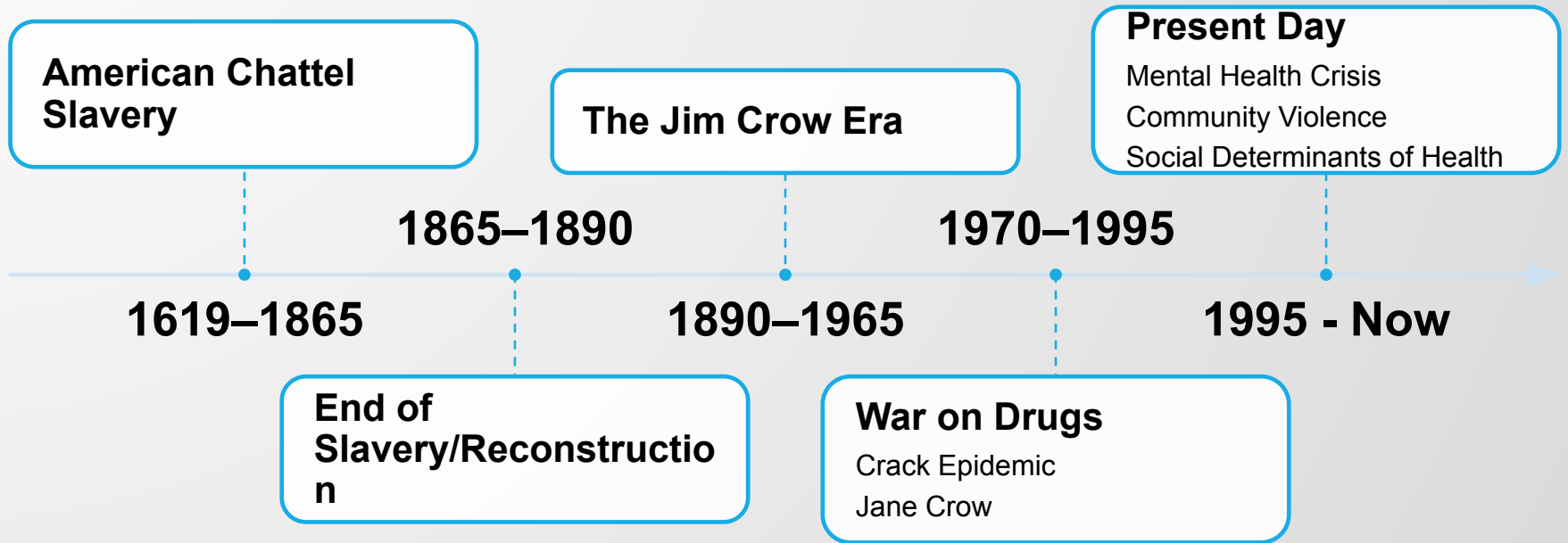
Printed for G. GUY & Co. in  
 his Shop in the Church Lane  
 the Signe of the Bull's Head  
 1699.



# Violence Against Native Americans in the Colonial Northeast

Wars, including the Pequot War (1636 - 1638), King Phillip's War (1675 - 1678) resulting in frequent capture, enslavement, and human trafficking/forced relocation via emigration of indigenous males over the age of 14

# TIMELINE OF THE BLACK EXPERIENCE IN AMERICA





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## 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



THOMAS  
JEFFERSON, THIRD  
UNITED STATES  
PRESIDENT



“Misery is often the parent of the most affecting touches in poetry.-Among the blacks is misery enough, God knows, but no poetry.”

# Violence Against Africans in the Colonial Northeast



Enslavement (via indentured largely via indentured servitude) and human trafficking/forced relocation (via the Trans-Atlantic slave trade) of Africans was supported by early colonial policies such as the 1641 laws passed in the Massachusetts Bay Colony



**“Individuals’ different skin colors were not sufficient to keep these people apart if they came to see their interests in common.”**

-“The Color Line” by Bill Bigelow

# Sowing Seeds for a Nation Divided by Race

- **British colonial policies promoting Native American slaveholding of enslaved Africans**
- **American policies of Native American land dispossession, e.g. doctrine of Manifest Destiny**
- **Exclusionary immigration policies**
- **Mandates requiring enslaved Africans capture as part of U.S.**

# Native American Indigenous Genocide & Land Theft

**By 1891: Decrease in Native American population by 90-95% due to the actions of settlers from Europe and the American policy of Manifest Destiny**

Raphael Lemkin coined the term genocide, describing colonization as 1) intrinsically genocidal, and 2) the outcome of a two stage process:

- Destruction of way of life
- Imposition of colonizer's way of life





# Genocide

The term genocide was coined first in 1944 by Raphael Lemkin.

“By “genocide” we mean the destruction of a nation or of an ethnic group. ... Generally speaking, genocide does not necessarily mean the immediate destruction of a nation, except when accomplished by mass killings of all members of a nation. It is intended rather to signify a coordinated plan of different actions aiming at the destruction of essential foundations of the life of national groups, with the aim of annihilating the groups themselves.

The objectives of such a plan would be the disintegration of the political and social institutions, of culture, language, national feelings, religion, and the economic existence of national groups, and the destruction of the personal security, liberty, health, dignity, and even the lives of the individuals belonging to such groups.

Genocide is directed against the national group as an entity, and the actions involved are directed against individuals, not in their individual capacity, but as members of the national group.”

# Denial of Human Rights to African Americans

**“FREE” NORTHERN STATES POSED INCREASING RESTRICTIONS TO THE RIGHTS OF CITIZENSHIP, INCLUDING CITIZENSHIP ITSELF, BASED ON RACE. BLACK PEOPLE WERE THE TYPICAL EXPRESS TARGETS OF THESE RESTRICTIONS BUT NATIVE AMERICAN AND OTHER GROUPS WERE ALSO EFFECTIVELY EXCLUDED.”**

“These restrictions included, over the course of the first 150 years of nation’s birth (although individual states and jurisdictions sometimes offered more freedom from state/federal statutes):

- Could not vote or serve on juries
- Targeted for mob violence (including burning of black homes and institutions) unrestrained by, and often with the cooperation of law enforcement
- Victimized by daily casual violence, including assault, murder, insults, harassment that went unpunished by law enforcement

# WHAT LAWS WERE PUT IN PLACE?

- The 13th Amendment effectively ended enslavement in America unless for punishment for a crime; this particular clause will present many problems for Black people moving forward.
- The 14th Amendment made the newly freedmen and women citizens of the United States of America, which was supposed to grant them the rights and protections of the Constitution.
- The 15th amendment was supposed to grant free Black men the right to vote.
-

# Northeast States that Denied Voting to Black People

- 1807, New Jersey: Right to vote revoked
- 1818, Connecticut: Right to vote revoked with a grandfathering clause for black men who had previously voted
- 1821, New York: Only black men required to own property in order to vote
- 1838, Pennsylvania: Right to vote revoked



## 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.



# Ellis Island

## January 1, 1892

- 12 million (mostly European immigrants in 62 years
- 1/3 of Americans can trace their ancestry to an immigrant who was processed at Ellis Island
- Great number of Jewish immigrants escaping persecution
- 1800's-largest mass migration in recorded history





## 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.

## Notable Civil Unrest & Race Riots Past

- **New York Draft Riots in Lower Manhattan Irish immigrants killed approximately 120 African Americans 1863**
- **Globe Malleable Iron Works Riot Syracuse, NY Polish & Italian unionized workers attacked Black strikebreakers (Red Summer) 1919**
- **DC Race Riot lasted 4 days and killed 39 White mobs attacked Black neighborhoods due to rumor of rape (Red Summer) 1919**





# The New Deal 1933

## Franklin D. Roosevelt

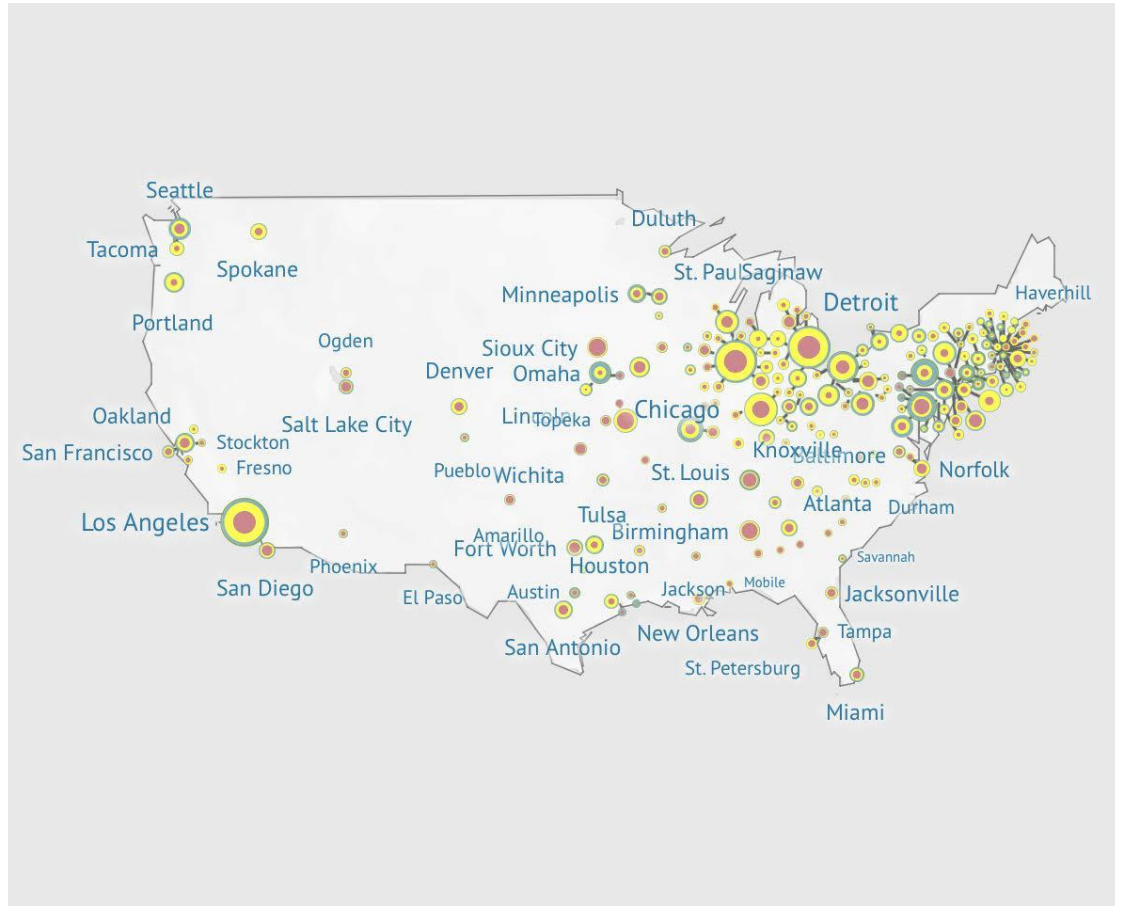
- Resulted in the creation and expansion of suburbs.
- Between 1934 to 1968, 98% of home loans were given to White applicants.
- Construction of highways to provide access to suburbs often demolished existing Black neighborhoods.



# Mapping Inequality

## Redlining in New Deal America

- Suburbanization booms after WWII
- William J. Levitt is the father of the modern suburb
- Redlining becomes a collaborative effort between White homeowners and the real estate & banking industries

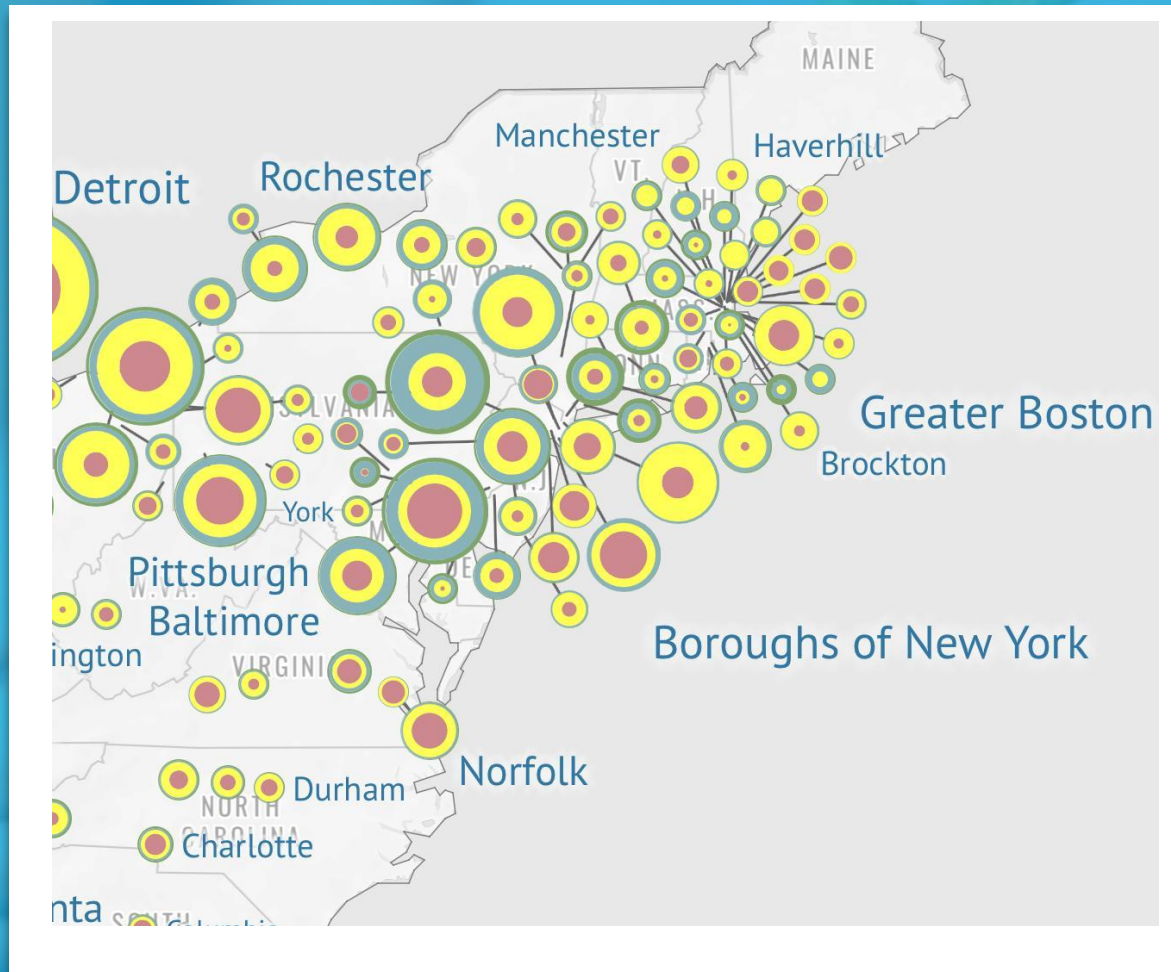




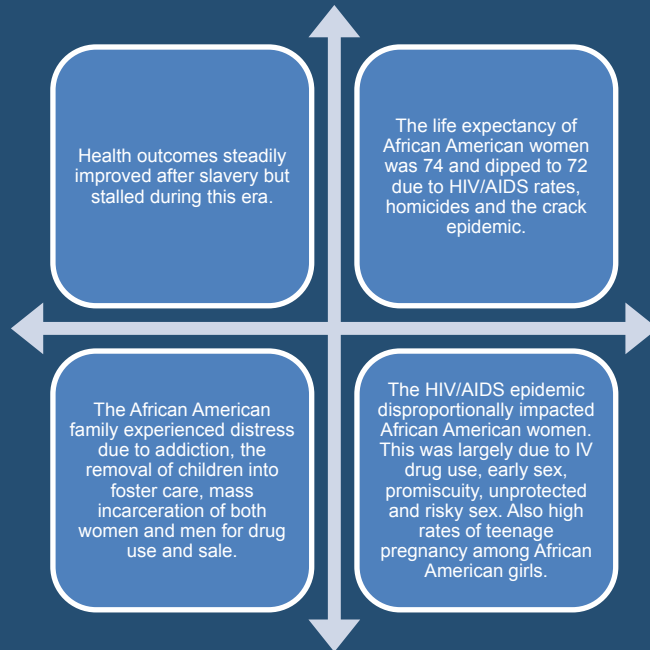
# Mapping Inequality

## Redlining in the Northeast

[dsl.Richmond.edu](http://dsl.Richmond.edu)



# WAR ON DRUGS/CRACK EPIDEMIC (1970-1995) - Through the Lens of Trauma



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## 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





## Disparities for African Americans in the Northeast:

- ❖ Income Gap
- ❖ Home Ownership
- ❖ Incarceration

## Top Disparities for African Americans in the Northeast

**Zippia**

[www.zippia.com/advice/racial-disparities-worststates](http://www.zippia.com/advice/racial-disparities-worststates)

# 15 Worst Cities for Black Americans

- 6. Elmira, NY
- 12. Trenton, NJ
- 14. Rochester, NY

## American City & County

<https://www.americancityandcounty.com/galleries/the-15-worst-cities-for-black-americans/>





# Economic & Housing Inequity

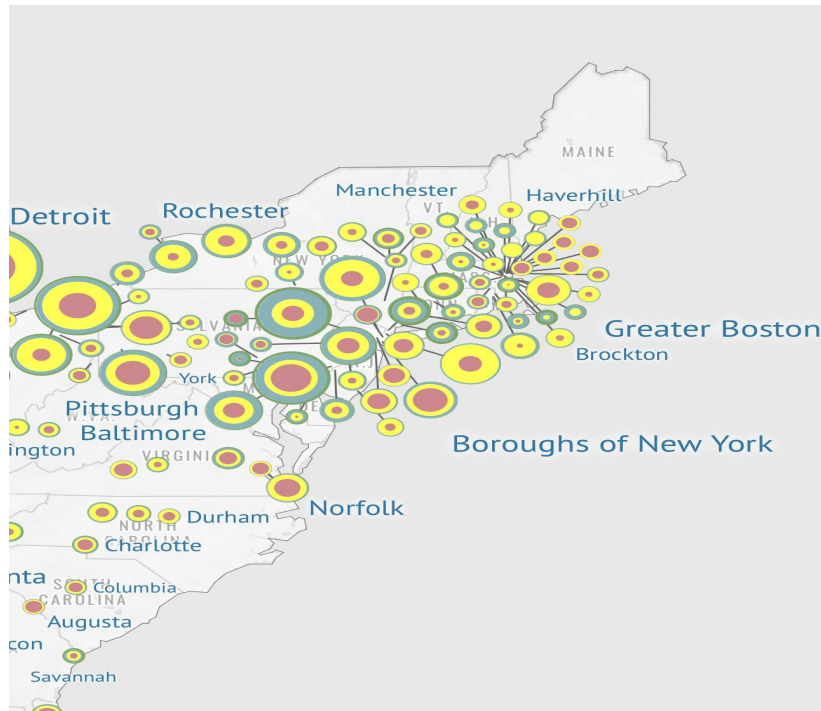
## Housing Discrimination

New York  
New Jersey

## Income Inequality

New York  
Connecticut

## Economic Policy Institute

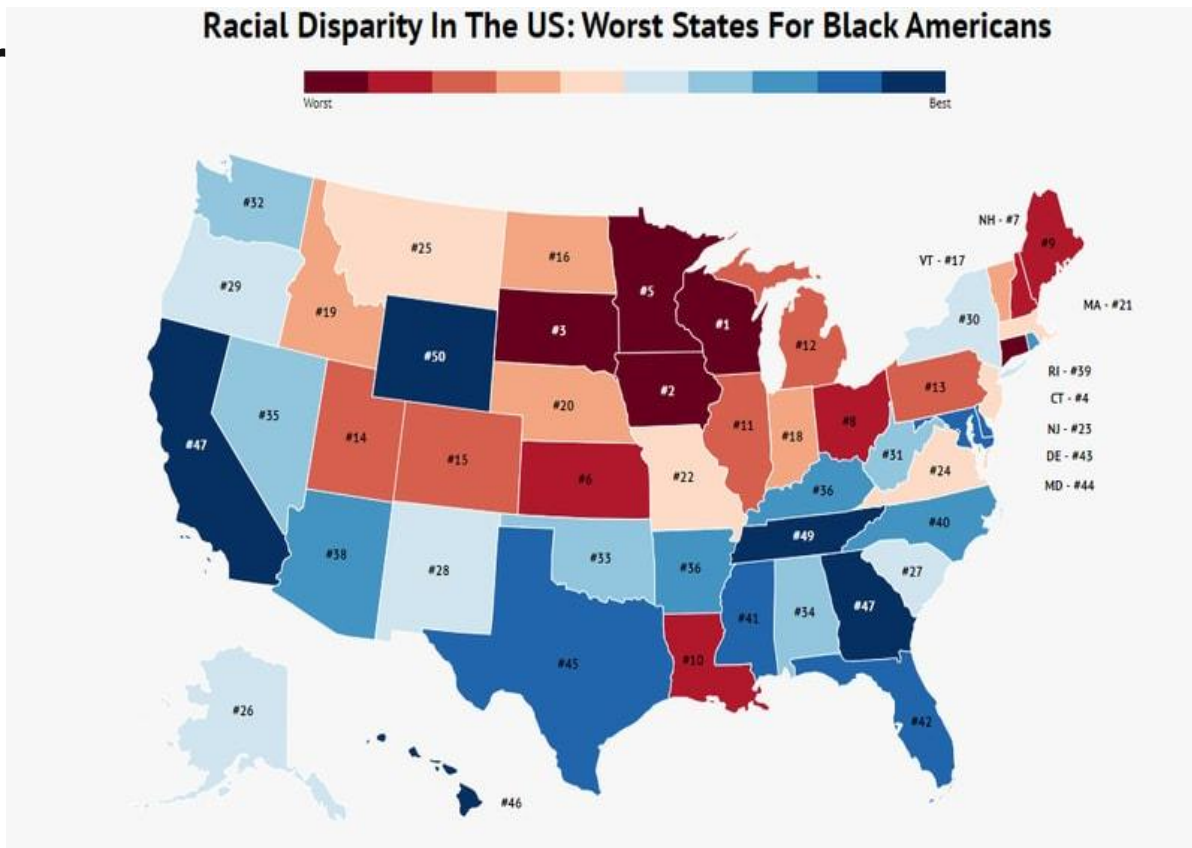


# Top 10 States Worst Racial Disparities for African Americans

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](http://www.zippia.com/advice/racial-disparities-worststates)



# Interacting Layers of Trauma and Healing



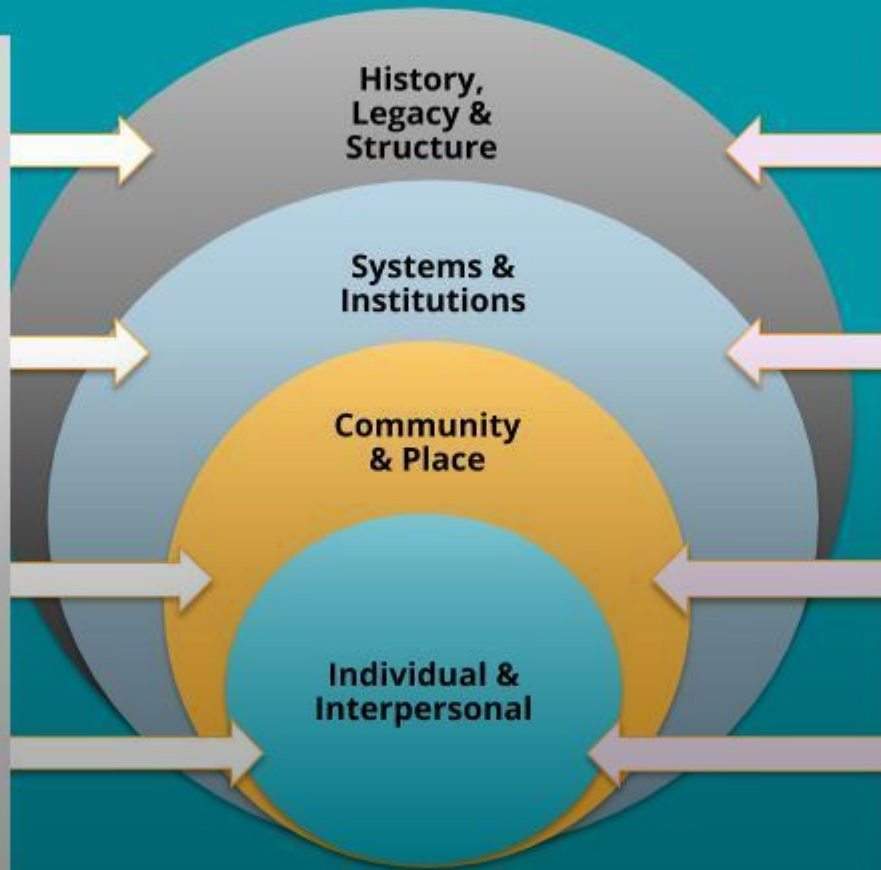
## Dehumanization and Distress

**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

# Interacting Layers of Trauma and Healing



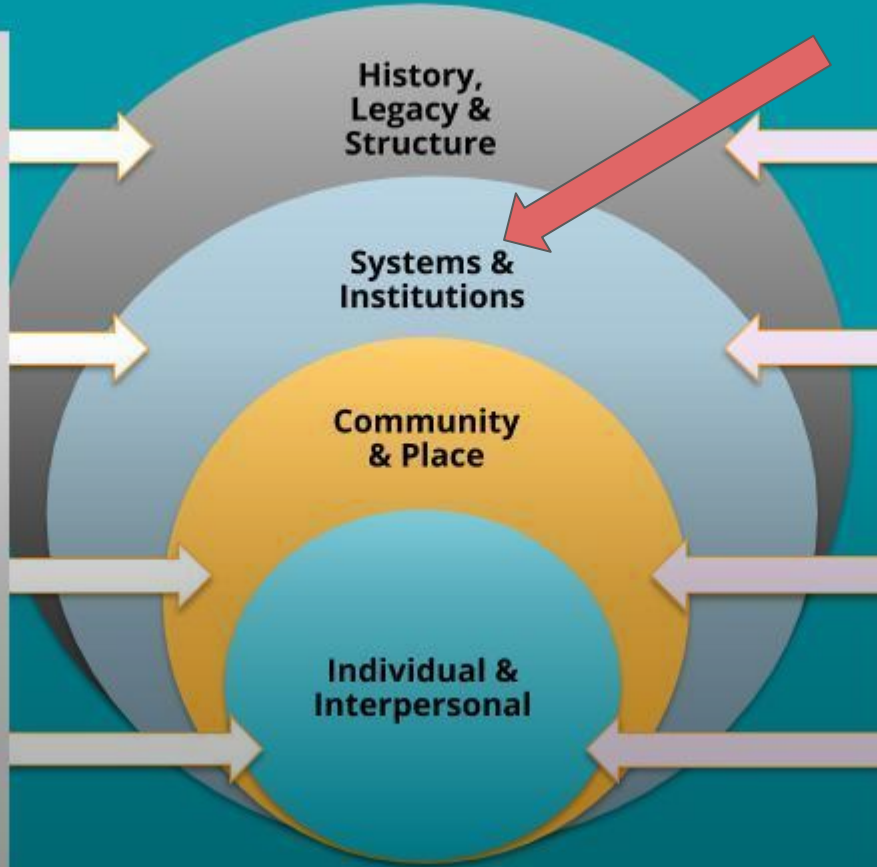
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## FINAL NOTES

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







## PACEs Connection Call-to-Action



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- ✓ **Resources**-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

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

# Thank you!

Ingrid L. Cockhren, CEO:

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