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Intergenerational Trauma and Its Impacts

June 15, 2021

Today's Presenter

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- National Council for Mental Well-Being

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GROUND RULES™

One Person talks at a time

do not interrupt

what happens in group stays in group

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What is Trauma?

Definition (SAMHSA Experts 2012) includes

three key elements

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced,** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*

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Intergenerational (Historical) Trauma

"Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences."

Intergenerational/Historical Trauma Events

Genocides

Slavery

Pandemics

Massacres

Prohibition/destruction of cultural practices

Discrimination/Systemic prejudice

Forced relocation

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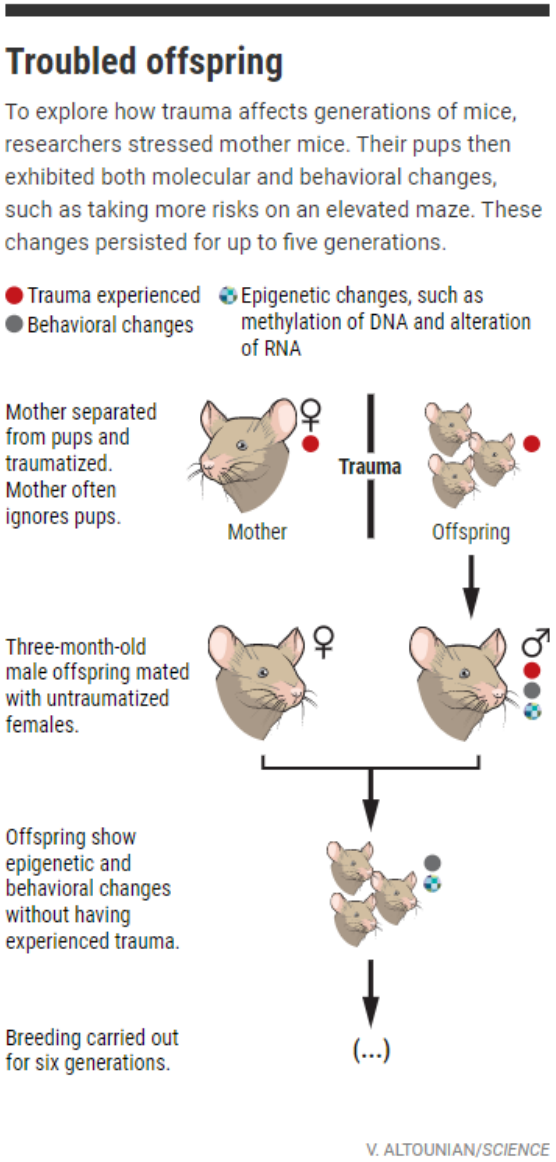
Epigenetics



https://www.sciencemag.org/news/2019/07/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how

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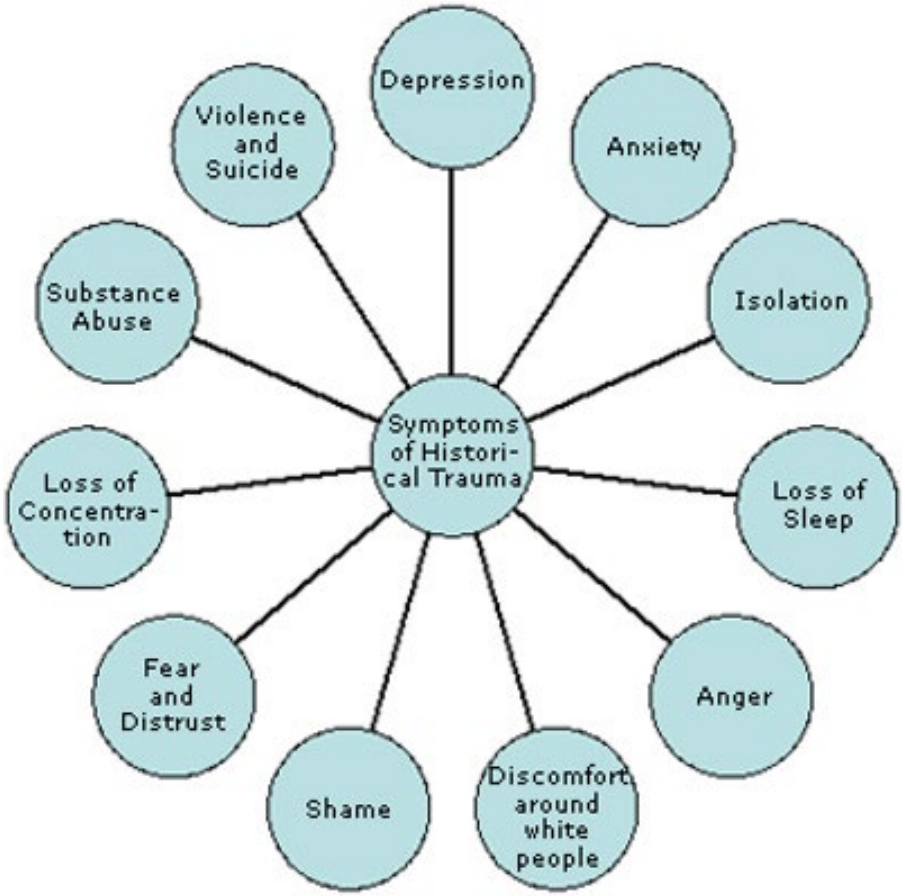
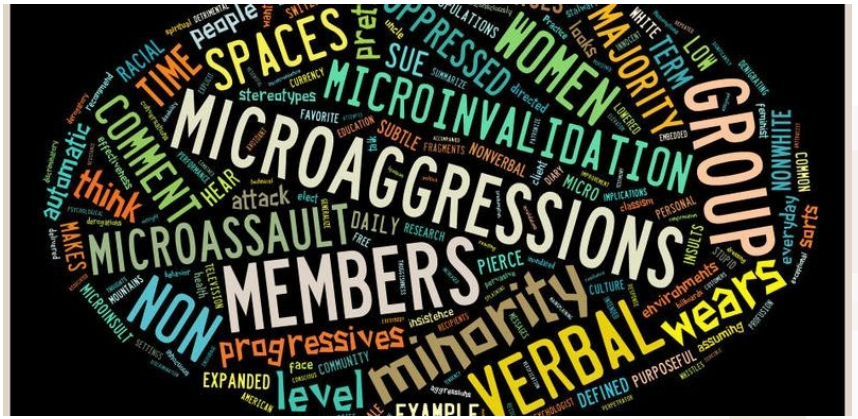
Intergenerational (Historical) Trauma Effects



Historical Trauma Perpetuated Today

Microaggressions are everyday experiences of discrimination, racism, and daily hassles that are targeted at individuals from diverse cultural groups (Evans-Campbell, 2008).

- Using endearments
- Same behavior, different description
- Benevolent Sexism
- Underestimating
- Attribution Bias



Evans-Campbell T. Historical trauma in American Indian/Native Alaska communities: a multilevel framework for exploring impacts on individuals, families, and communities. J Interpers Violence. 2008 Mar;23(3):316-38. doi: 10.1177/0886260507312290. PMID: 18245571.

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What is Implicit Bias?

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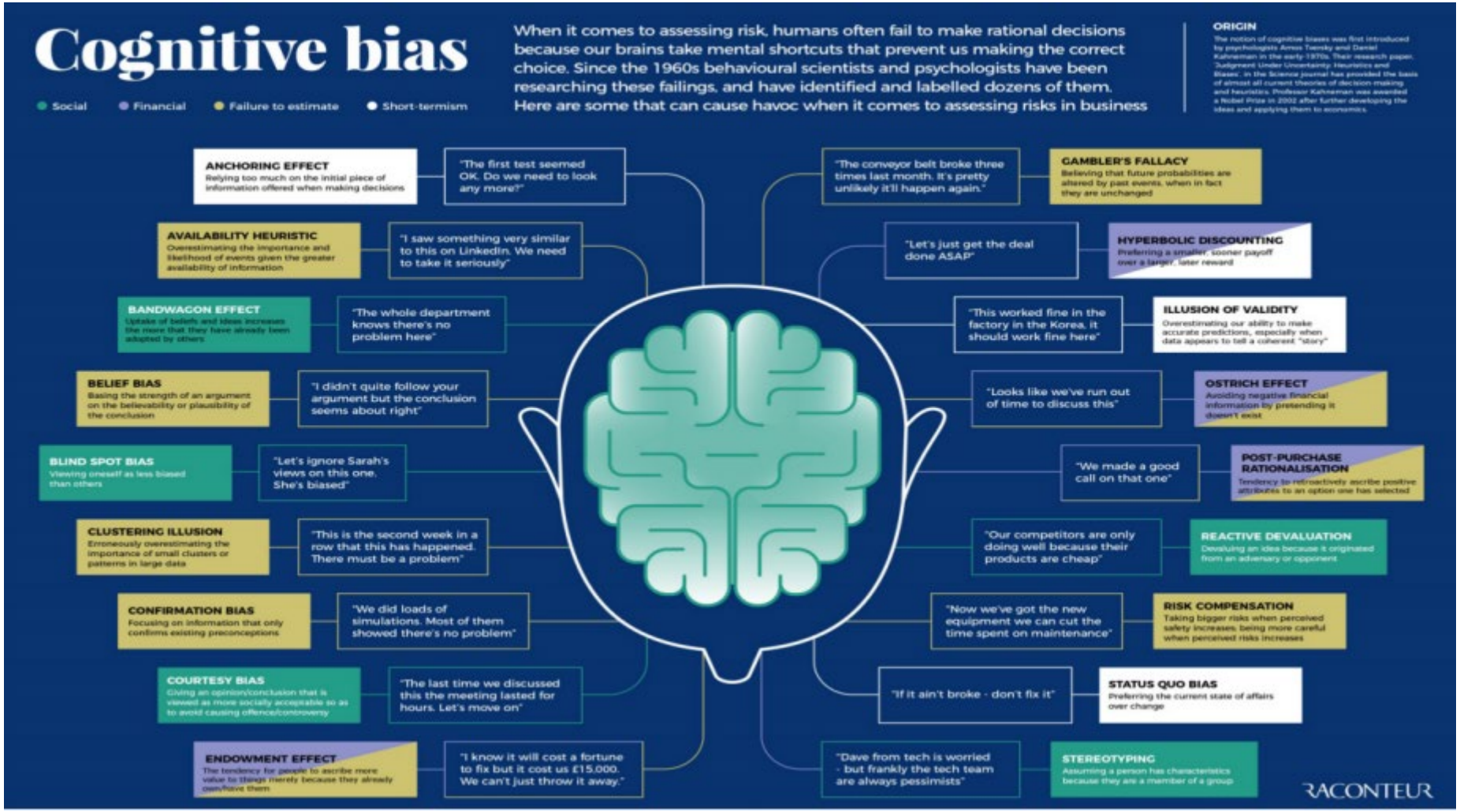
Automatic Associations

- Explicit Bias
- Attitudes and Stereotypes
- Prejudice



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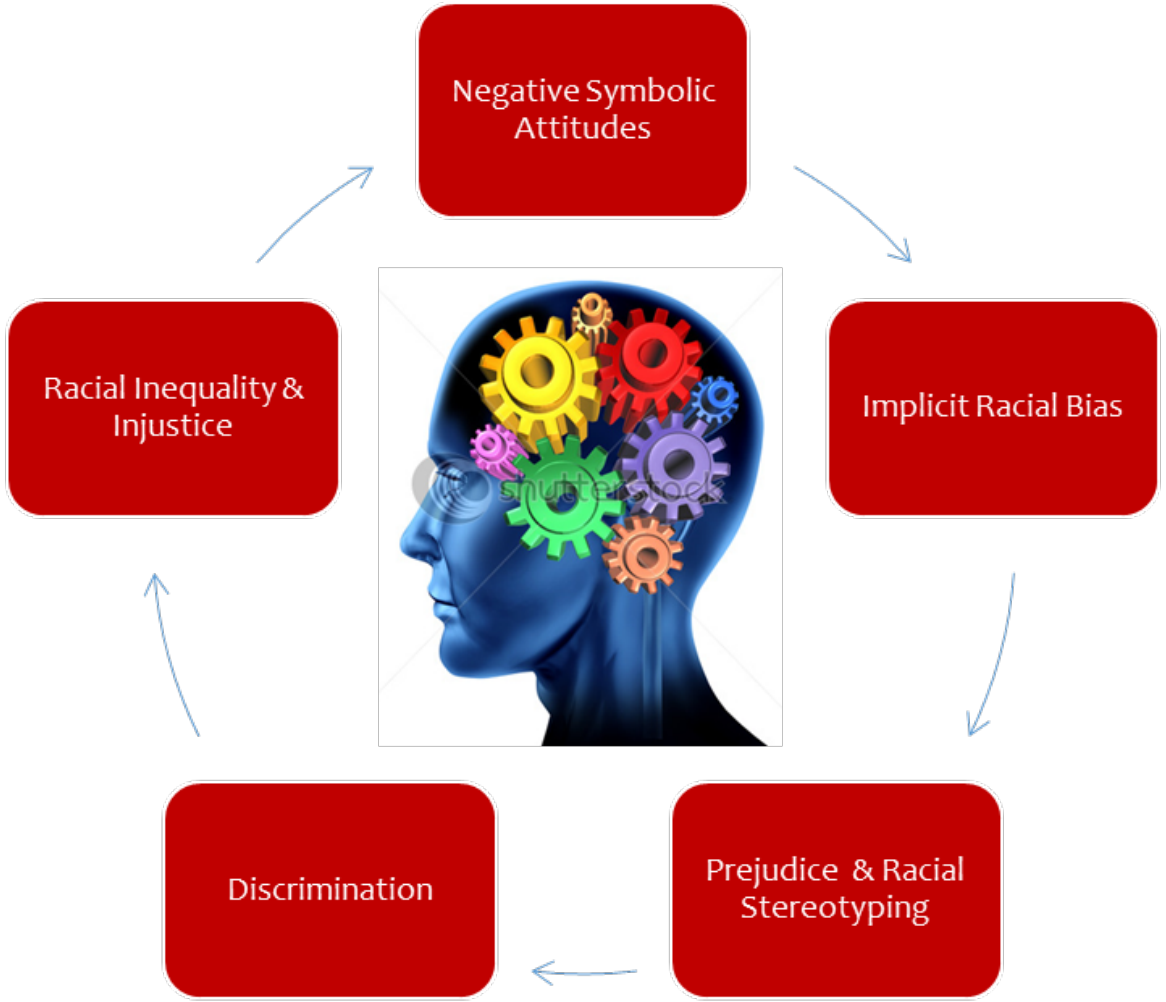
Real World Implications



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Behavioral Health Disparities for BIPOC Populations

- According to the Agency for Healthcare Research and Quality (AHRQ) racial and ethnic minority groups in the U.S. are
  - Less likely to have access to mental health services
  - Less likely to use community mental health services
  - More likely to use emergency departments
  - More likely to receive lower quality care

- African American consumers are diagnosed with psychotic disorders at a rate of 3 - 4 times higher than White consumers

- Latino American/Hispanic consumers are diagnosed with psychotic disorders on average approximately 3 times higher than White consumers

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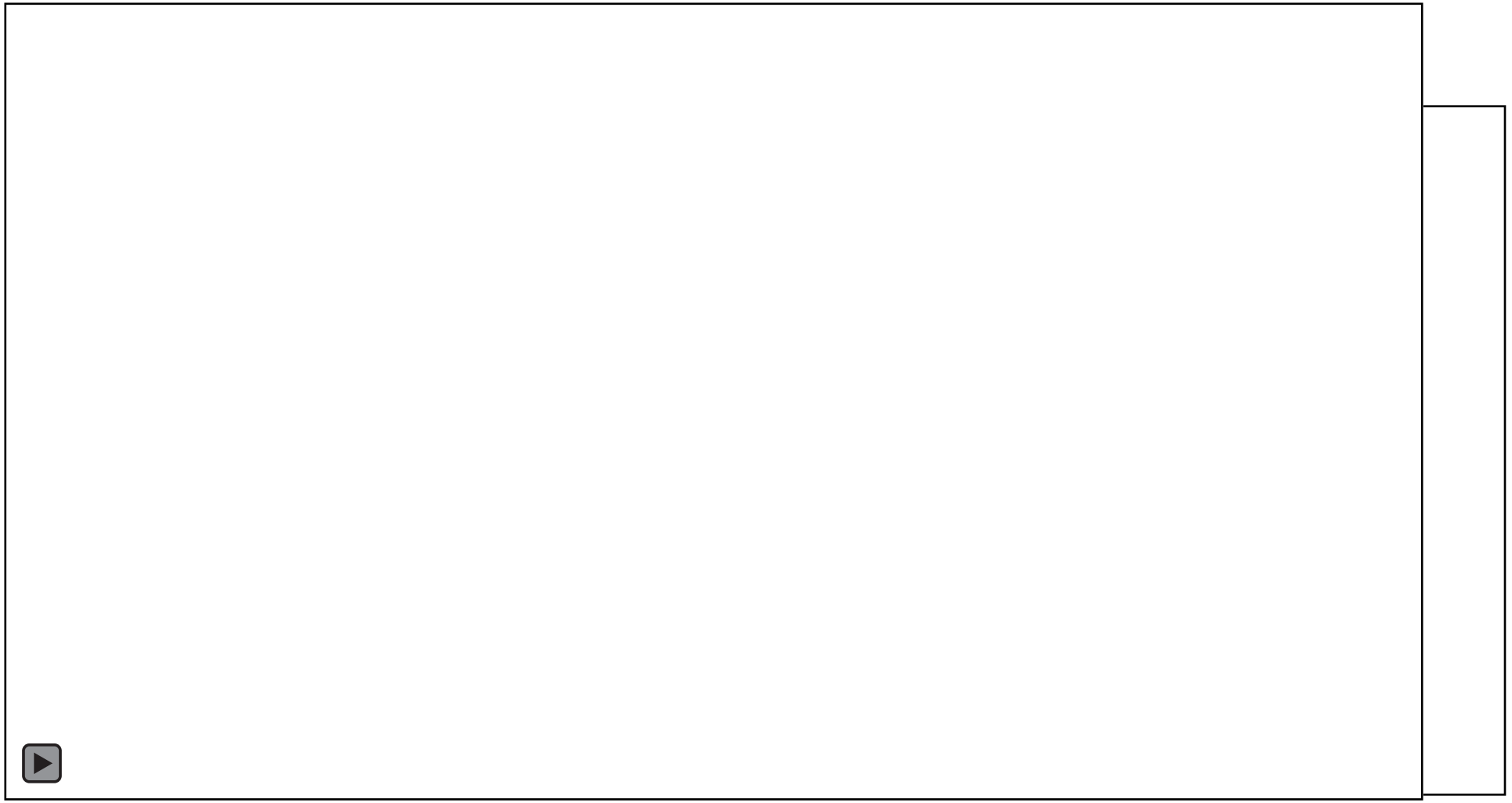
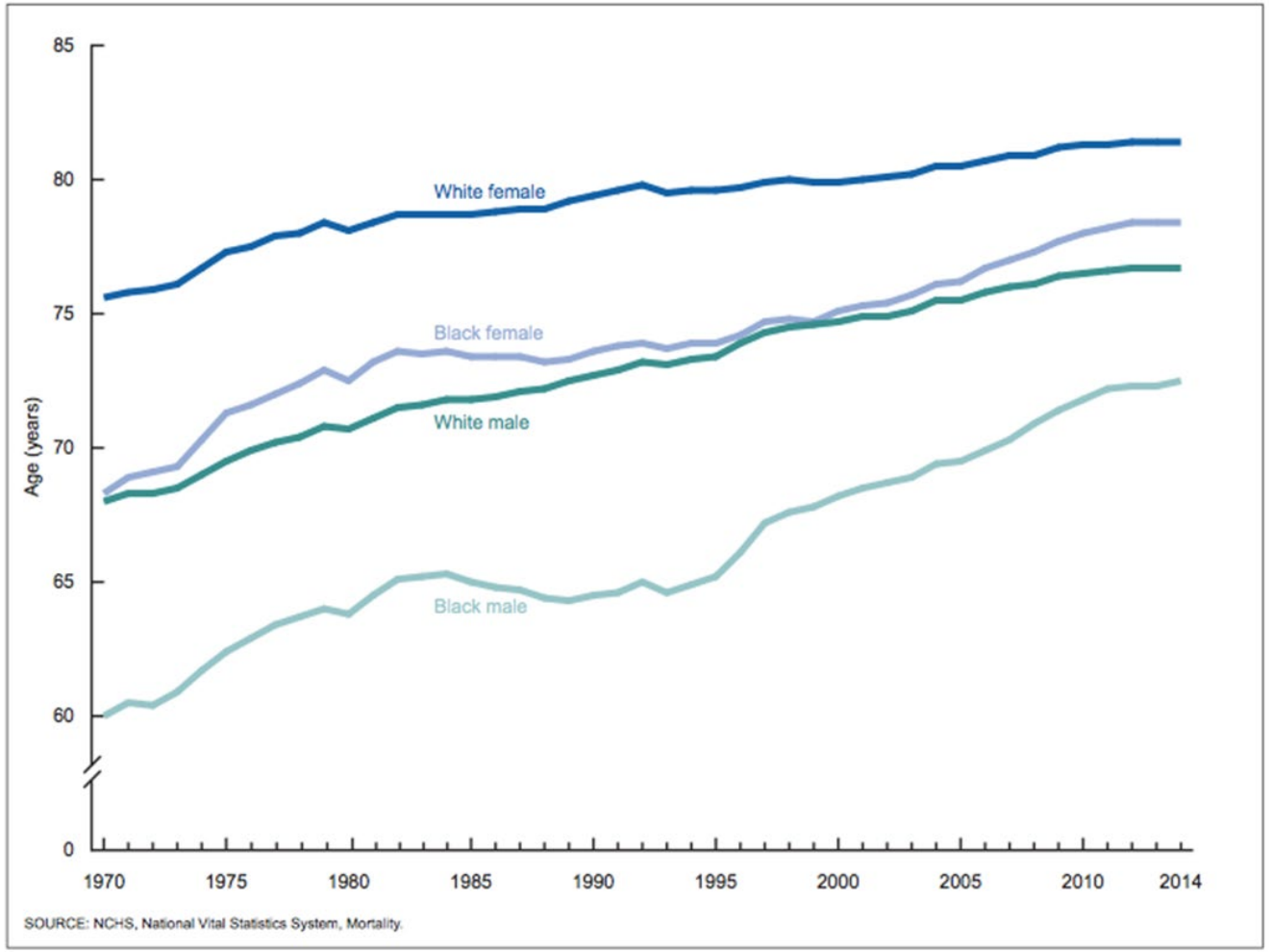
Implicit Bias in Daily Life: Gender



U.S. Life Expectancy by Race & Gender



Source: Centers for Disease control and Prevention. (2016, June 30). National Vital Statistics Reports, *65*(4). Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf

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Implicit Bias in Daily Life: Education

The U.S. Department of Education reports that black students are suspended or expelled at a rate three times greater than white students.

And, while Black students make up 18% of preschool enrollment, they represent 48% of the preschool students receiving at least one out-of-school suspension.

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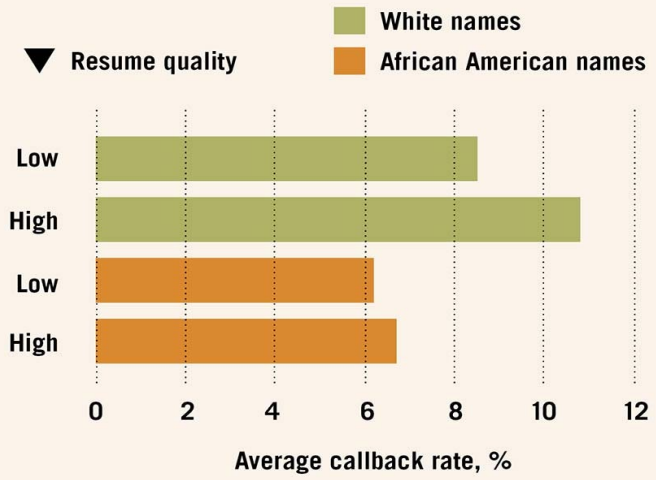
Implicit Bias in Daily Life: Employment

Racism in a resume

Job applicants with African American–sounding names got fewer callbacks.



Source: Bertrand and Mullainathan, 2004

Cindy Smyth

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OBJECTIVE

An administrative assistant position requiring strong organization and planning skills to provide exceptional support to a vice president in the financial industry.

SKILLS SUMMARY

- Six years experience as an office assistant supporting two senior managers in Finance and Marketing.
- Exceptional computer knowledge for analyzing reports in Excel and for building PowerPoint presentations.
- Experience with coordinating meetings within various financial departments.

SKILLS AND EXPERIENCE

ORGANIZATION AND PLANNING

- Planned and scheduled company-wide meetings for teams of senior managers.
- Coordinated time-sensitive seminars, presentations, and flights in a professional manner.
- Organized thousands of records and managed filing system containing confidential information.

Intersectionality

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Important Definitions and Differentiation

Discrimination	• the unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex
Prejudice	• preconceived opinion that is not based on reason or actual experience
Oppression	• unjust treatment or abuse carried out by leadership to maintain power
Racism	• one group having the power to carry out systematic discrimination through the institutional policies and practices of the society and by shaping the cultural beliefs and values that support those racist policies and practices.
Systemic Oppression (Trauma)	• the practices, laws and customs embedded within society's institutions and upheld by police, government and society meant to keep certain social categories in power while unjustly restricting other groups based on difference
Antiracism	• The policy or practice of opposing racism and promoting racial tolerance

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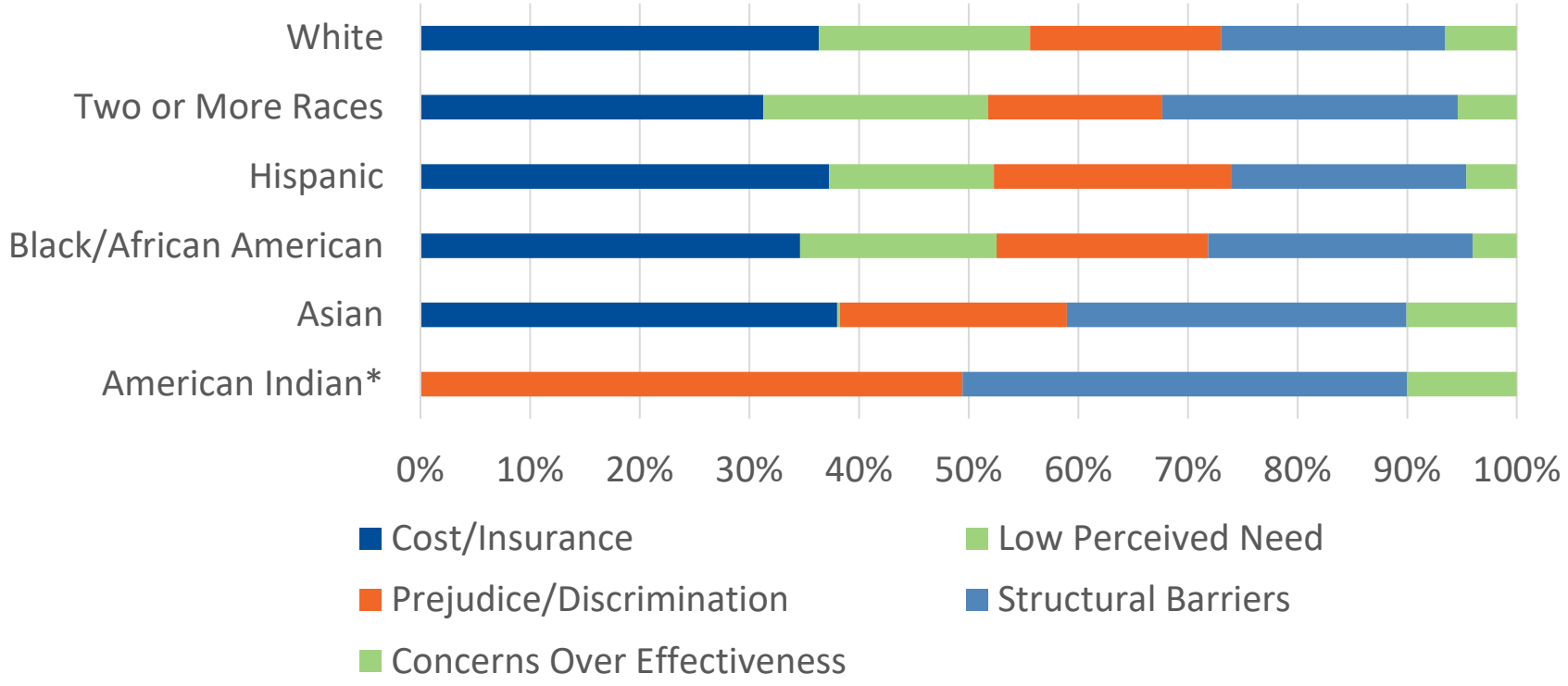
Barriers to Pursuing Mental Health Care



*Low precision; no estimate reports

Substance Abuse and Mental Health Services Administration, Racial/ Ethnic Differences in Mental Health Service Use among Adults. HHS Publication No. SMA-15-4906. Rockville, MD: Substance and Mental Health Services Administration, 2015

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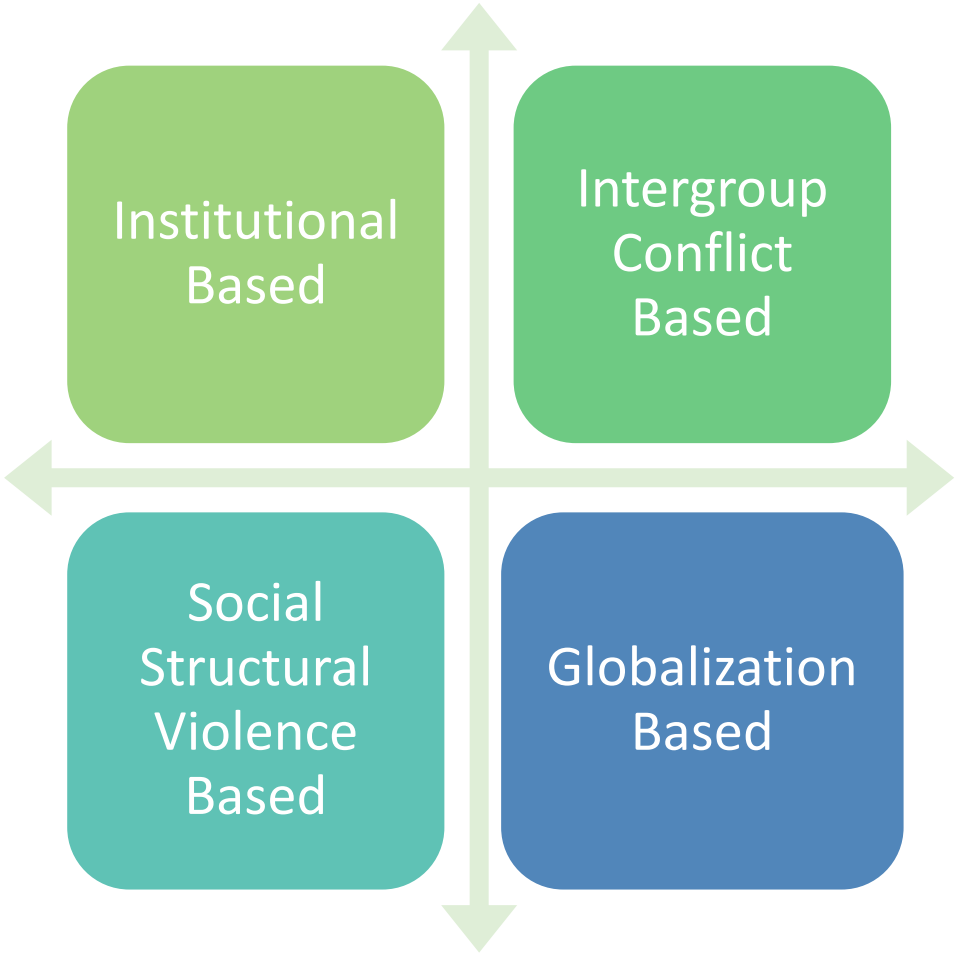
Four Sources of Systemic Trauma



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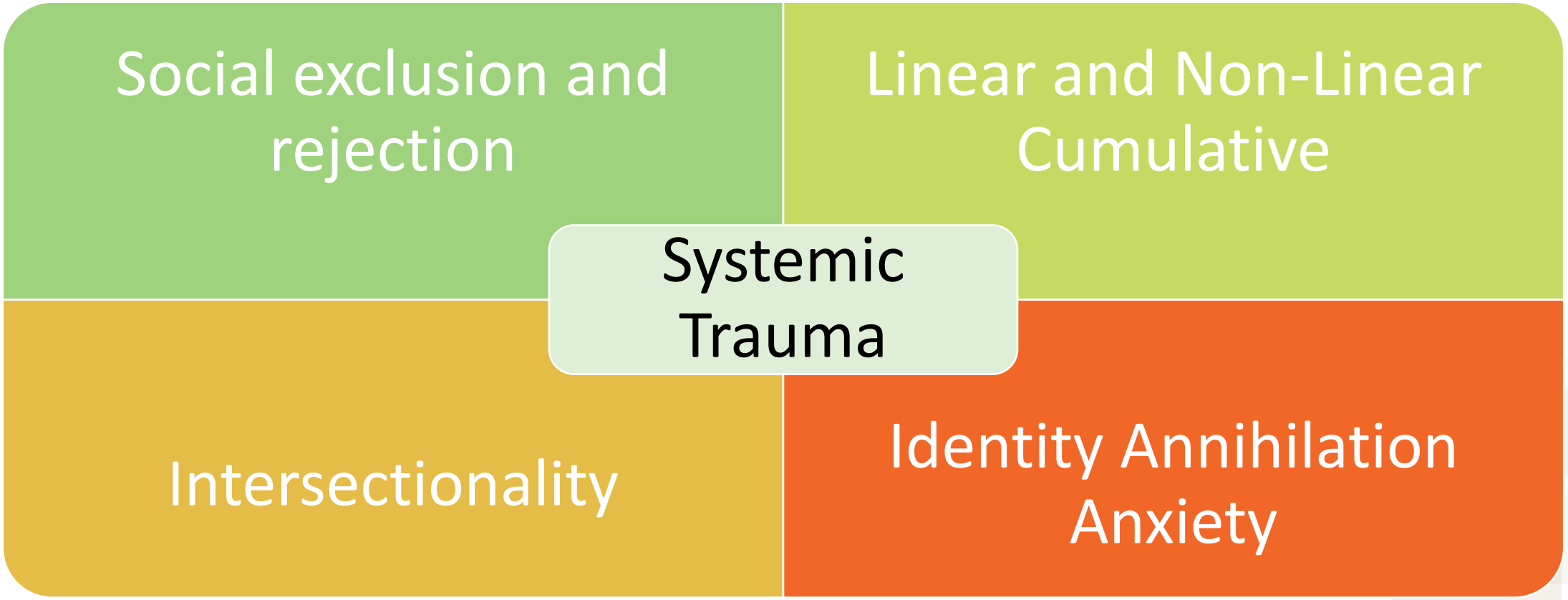
Dynamics of Systemic Trauma



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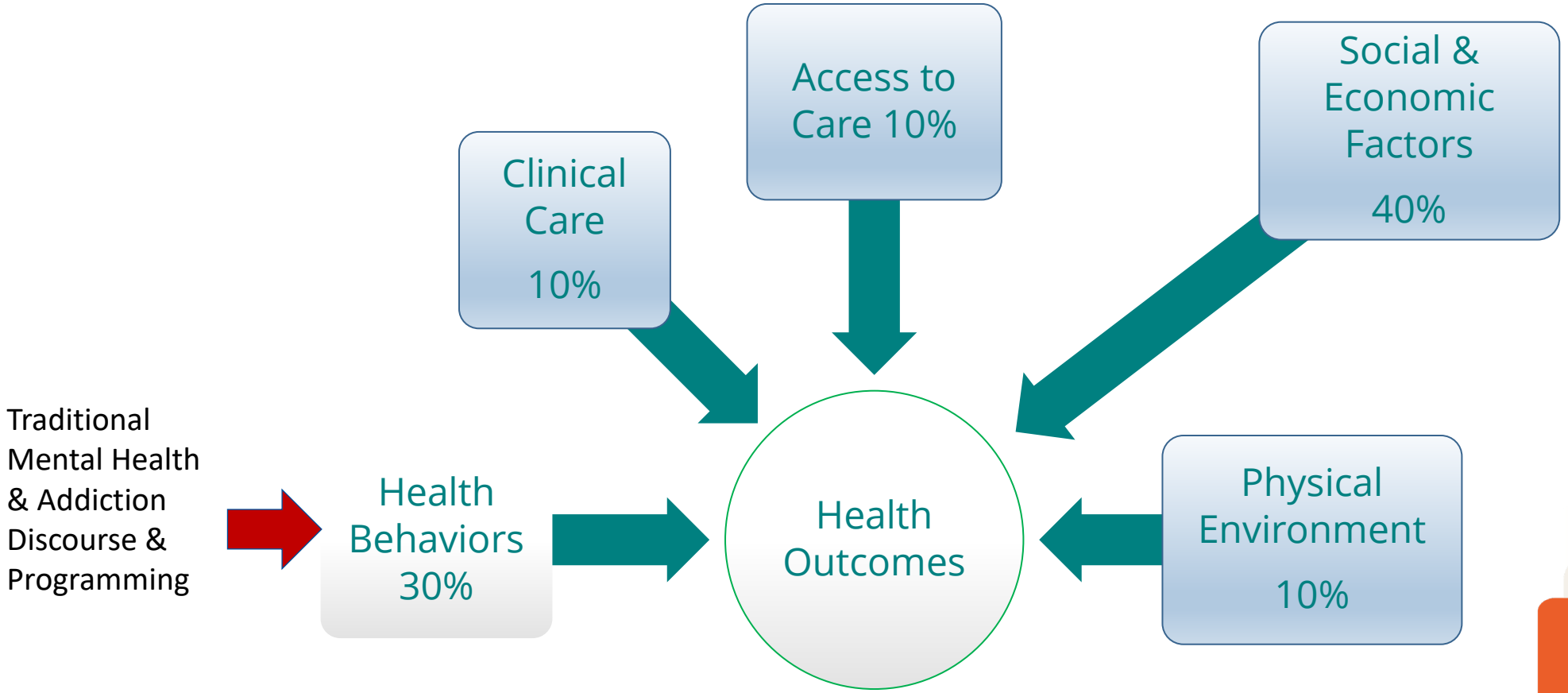
Determinants of Health



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Symptoms of Systemic Trauma in Communities

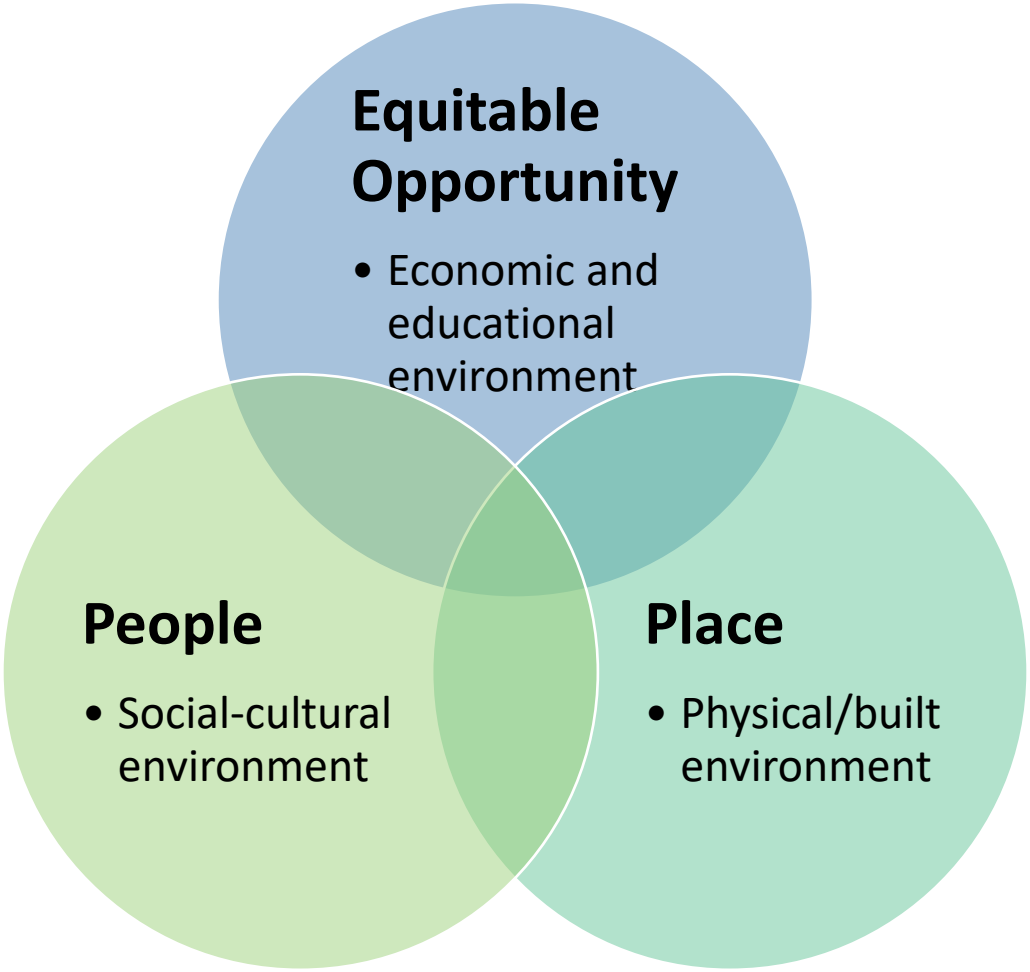

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Figure 2

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

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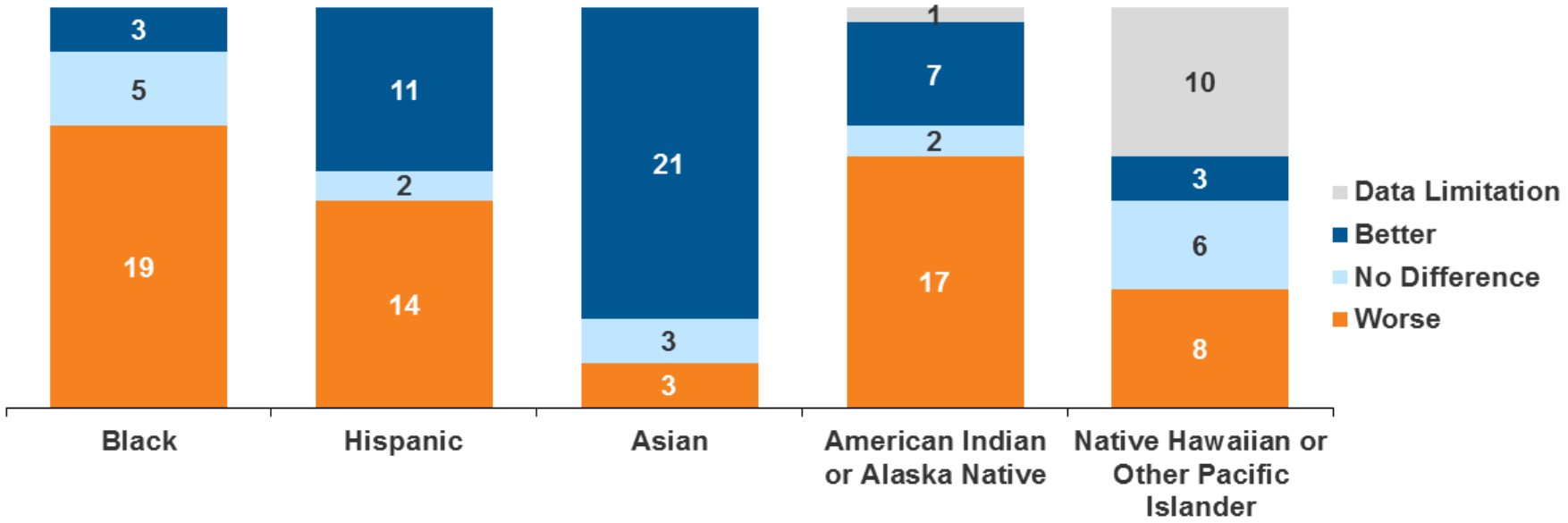
Figure 1

Number of Measures for which Group Fared Better, the Same or Worse Compared to Whites



Note: Measures are for 2018 or the most recent year for which data are available. "Better" or "Worse" indicates a statistically significant difference from Whites at the p<0.05 level. No difference indicates no statistically significant difference. "Data limitation" indicates data are no separate data for a racial/ethnic group, insufficient data for a reliable estimate, or comparisons not possible due to overlapping samples. AIAN refers to American Indians and Alaska Natives. NHOPI refers to Native Hawaiians and Other Pacific Islanders. Persons of Hispanic origin may be of any race but are categorized as Hispanic for this analysis; other groups are non-Hispanic.

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Effects of Systemic Trauma and Institutional Racism on Clients

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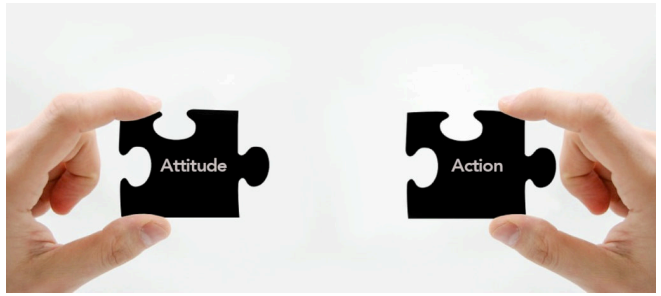
Effects of Systemic Trauma and Institutional Racism on Staff



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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565803/

Moral Injury

Shay definition: Moral Injury is 1) the violation of what is right by 2) someone in authority 3) in a high stakes situation. This kind of moral injury correlates to betrayal and rage and to higher rates of co-morbidity with PTSD (Jordan, 2017).

Brock Definition: Moral injury is a response to trauma when a person or group's existing core moral foundations are unable to justify, process, and integrate trauma into a reliable identity and meaning system that sustains relationships and human flourishing. It results from:

A. Being betrayed by people and/or institutions that should have been trusted to be moral and do the right thing;

B. Committing, witnessing, imagining, or failing to prevent acts or events that can be judged as harmful or evil and that violate foundational social and ethical rules;

C. Being involved in events or contexts where violations of taboos or acts of harm leave one feeling contaminated by evil or "dirty;" or

D. Surviving conditions of degradation, oppression, and extremity.

Some Moral Emotions

- Guilt
- Shame
- Embarrassment
- Alienation
- Sorrow
- Remorse
- Outrage/Anger
- Disgust
- Contempt
- Revenge

https://www.voa.org/moral-injury-center/pdf_files/moral-injury-identity-and-meaning

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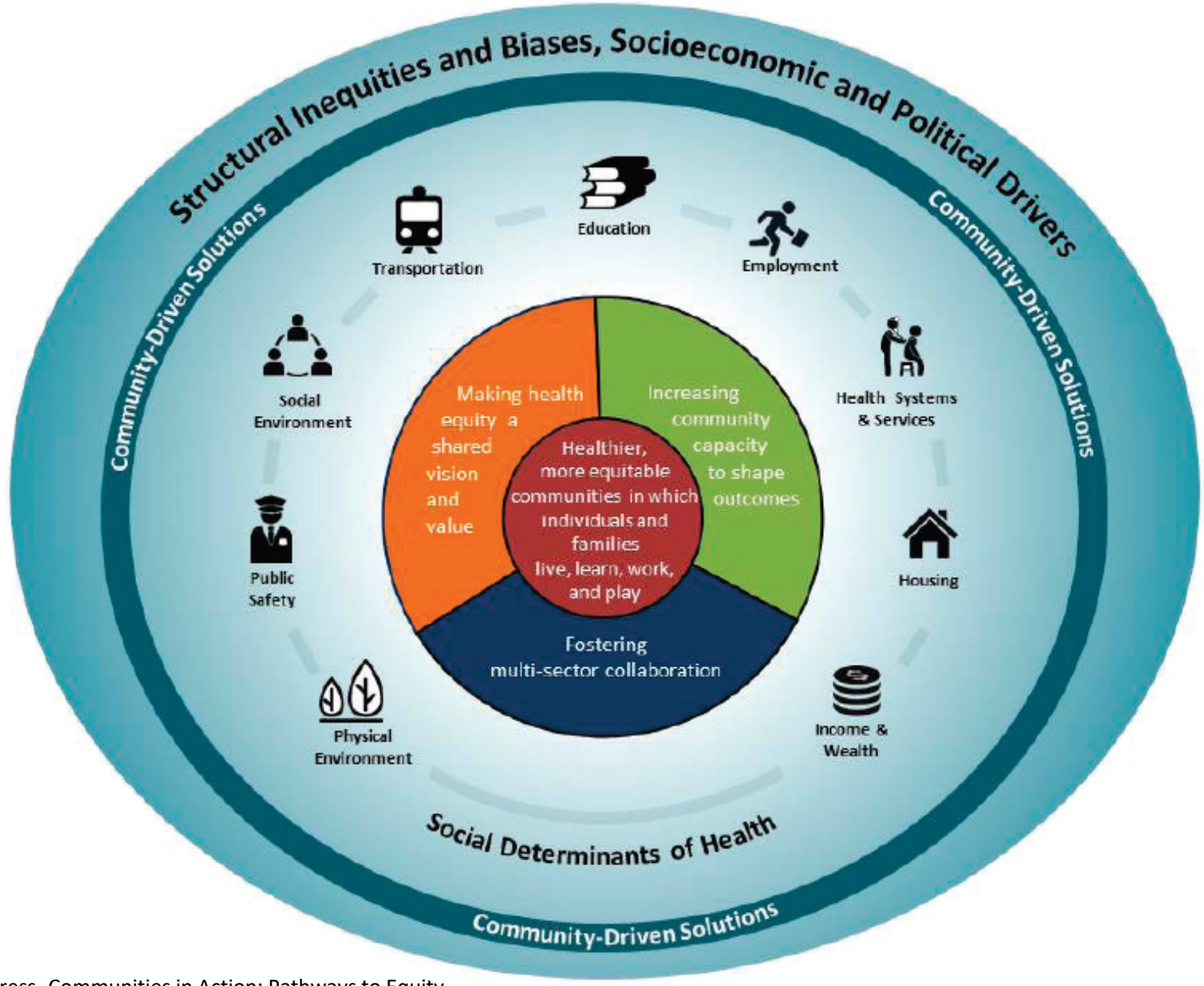

Source: National Academies Press- Communities in Action: Pathways to Equity

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When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water or less sun. You never blame the lettuce.

-Thich Nhat Hanh

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Protect All Voices

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Cultural Safety

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Micro-affirmations

Implications for Action:

- People can and should pay attention to the “small things”
- Principle of appreciative inquiry are relevant: “leading” rather than “pushing” building on strengths and success rather than first identifying faults and weaknesses
- Small things are especially important with respect to feelings
- Whenever a question is brought to us about how to change offensive behavior, own & teach the principles of changing behavior and explore options about how to do it

Excerpted with permission from an article by Mary Rowe: Micro-affirmations & Micro-inequities, Rowe, M. Journal of the International Ombudsman Association, Volume 1, Number 1, March 2008.

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Cultural Adaptation of Interventions

Relevance	• Is this health topic relevant to the target population?
Evidence base	• What is the best intervention to address this health topic within this population?
Stage of Intervention	• What stage(s) of the intervention program should be adapted?
Ethnicity	• What elements of ethnicity are most important to consider for this population?
Trends	• What are the shifting trends within this population?

Liu, et. Al, 2012

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Principles of a Trauma Informed, Resilience-Oriented and Equity Approach

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Trauma-Informed, Resilience-Oriented Teams: Why Is It Important to Engagement?

If you are not activating engagement, you are probably accidently excluding

- Build engaging habits
- The work demands support
- Mitigates risk of burn out and vicarious trauma
- Enhances the commitment of staff to the organization and the work
- Strengthens the competency of all

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Cross-Cultural Communication

Ten Strategies for Effective Cross-Cultural Communication

Recognize our Humanity

We're all just trying to survive

We frequently observe misplaced Coping Strategies

We are all part of the problem therefore we can all be part of the Solution

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Questions

thank
you