Addressing and Preventing Community Trauma:
A Framework for Community Resilience and Healing

Dr. Howard Pinderhughes

Addressing and Preventing Community Trauma: A Framework for Community Resilience and Healing

Building Bridges to Healthy & Resilient Communities
California School-Based Health Alliance
2021 School Health Conference
November 4, 2021

Howard Pinderhughes, PhD
Professor of Social and Behavioral Sciences

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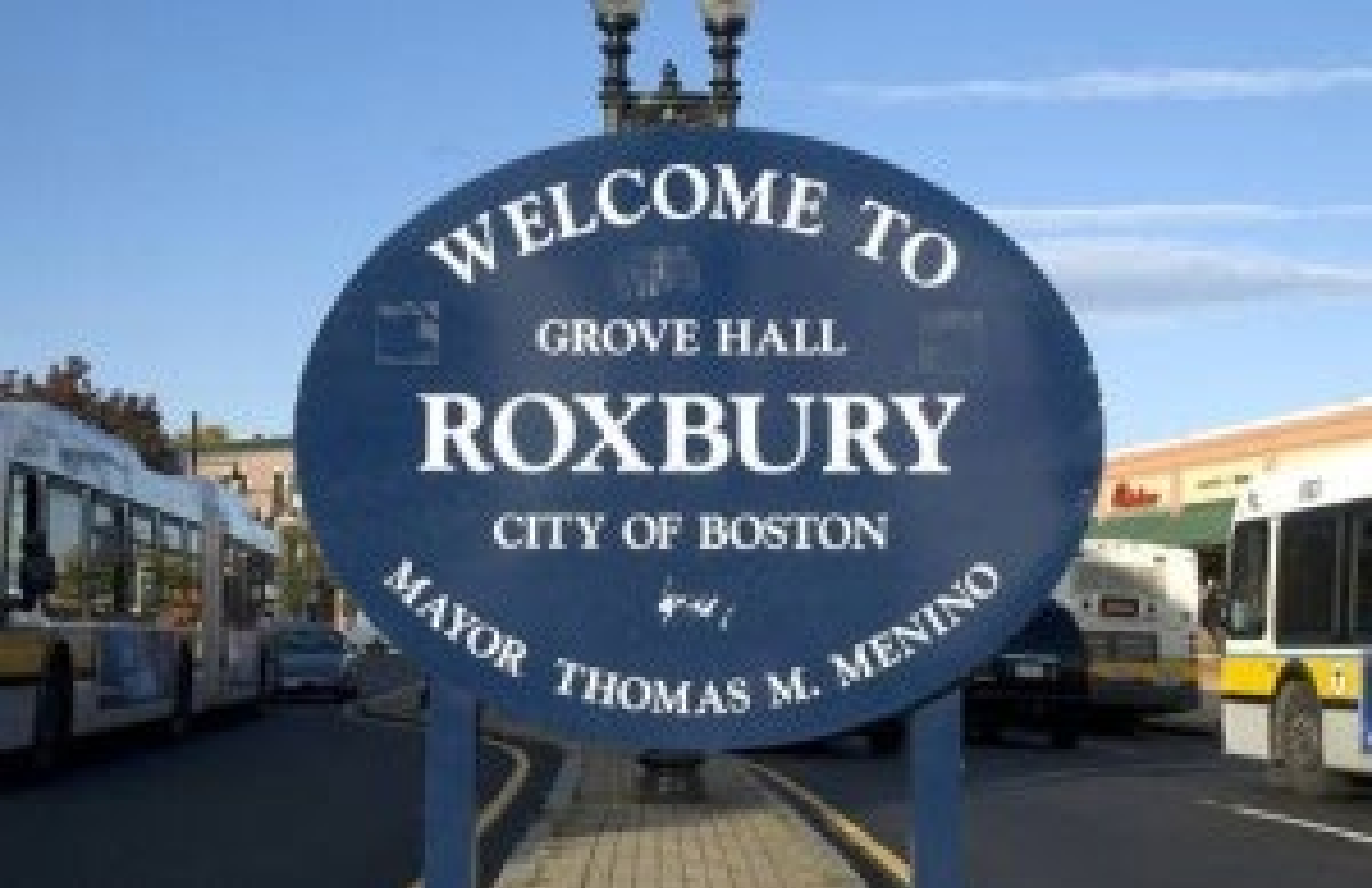
'67

1967, a riot erupted in the Grove Hall neighborhood. At left, a man is arrested. At right, police stood in the street on June 1 as tensions mounted.

Photos by Bob Dean/

The forgotten riot that sparked Boston's racial unrest

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It's like a jungle, sometimes It makes me wonder how I keep from going under…

- Lyrics from "The Message" by Grandmaster Flash and the Furious Five (1982)

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Accepted into gang, then shot to death

13-year-old killed on Valencia only hours after joining

Bayron Alvarado-Martinez

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Root Causes

Structural Factors

Environmental Factors

Individual Level Factors

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Root Causes = Structural Violence

- Poverty

- Inequality

- Racism

- Sexism

- Oppression

- Power Dynamics

Trauma

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(Pinderhuges et al., 2015)
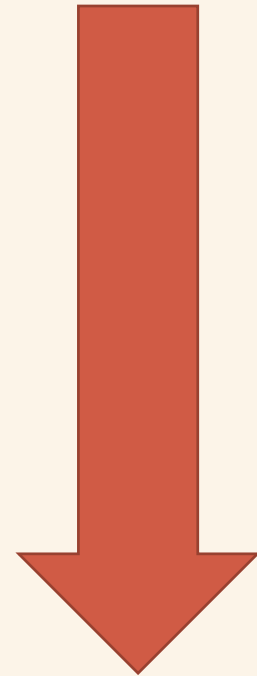
Structural Violence

Structural violence refers to harm that individuals, families, and communities experience from the economic and social structures; social institutions; relations of power, privilege, and inequality; and inequity that harm people and communities by preventing them from meeting their basic needs.

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(Pinderhuges et al., 2015)

Structural Factors

Economic

- Inequality
- Housing
- Education
- Employment

Political

- Political power
- Social policy

Social - Cultural

- Racial dynamics/relations
- Gender dynamics/relations
- Ideologies
- Culture of violence
- Individuality

Institutions

- Financial institutions
- Schools and universities
- Government
- Media
- Criminal justice system
- Social services

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(Pinderhuges et al., 2015)

Environmental Factors

Neighborhood Effects
- Concentrated poverty
- Population density
- Social organization
- Social control mechanisms
- Availability of drugs and alcohol
- Availability of weapons
- Community violence
- Parental guidance and involvement

Family Factors
- Composition
- Structure
- Relations
- Family violence
- Child abuse
- SES
- Housing situation

Peer Group Factors
- Social supports
- Social basis
- Social attachment
- Primary activities
- Connection to institutions

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(Pinderhuges et al., 2015)

Individual Level Factors

Psycho - Social Factors

- Developmental factors
- Experiences
- Exposure to violence
- School attachment and achievement
- Value system
- Sense of self efficacy
- Self esteem
- Genetics
- Perceived opportunities

Emotional State

- Fear
- Frustration
- Anger
- Anxiety
- Stress
- Hopelessness
- Helplessness
- Isolation
- Jealousy

Motivation

- Power
- Revenge
- Retaliation
- Self defense
- Domination
- Justice
- Catharsis
- Deterrence

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(Pinderhuges et al., 2015)

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(Pinderhuges et al., 2015)

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(Pinderhuges et al., 2015)

Foundational ACEs Study

A collaborative effort by the Centers for Disease Control and the Kaiser Health Plan Department of Preventive Medicine in San Diego

- Recurrent physical abuse
- Recurrent emotional abuse
- Contact sexual abuse
- An alcohol and/or drug abuser in household
- An incarcerated household member

- A household member who is chronically depressed, mentally ill, institutionalized, or suicidal
- Mother is treated violently
- One or no parents
- Emotional or physical neglect

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(Felitti et al., 1998)

Synergistic Trauma

The combination of :

- Individual trauma from multiple, chronic, and repeated exposures to violence - **Complex Post Traumatic Stress Disorder   (C-PTSD**)

- The trauma of structural violence

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(Pinderhuges et al., 2015)

What about Community Trauma?

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Toward a Resilience Framework to Address and Prevent Community -Level Trauma

Community trauma is not just the aggregate of individuals in a neighborhood who have experienced trauma from exposures to violence. There are manifestations, or symptoms, of community trauma.

Community Trauma is:

- Cumulative and synergistic impact of regular incidents of interpersonal violence
- Historical and intergenerational violence
- Continual exposure to structural violence

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(Pinderhuges et al., 2015)

Community Environment

Equitable Opportunity
Economic and Educational Environment

Place
Physical/Built Environment

People
Social-Cultural Environment

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Symptoms of Community Trauma

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Community Environment

- Intergenerational poverty
- Long term unemployment
- Relocation of businesses and jobs
- Limited employment
- Disinvestment

- Deteriorated environments
- Unhealthy, often dangerous public spaces
- Crumbling built environment
- Unhealthy products

- Disconnected/damaged social relations and social networks
- The elevation of destructive, dislocating social norms
- A low sense of collective political and social efficacy

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(Pinderhuges et al., 2015)

Physical/Built Environment

Equitable
Opportunity

People

Place

Deteriorated environments and unhealthy, often dangerous public spaces within a crumbling built environment.

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(Pinderhuges et al., 2015)

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Economic/Educational Environment

Equitable Opportunity

People

Place
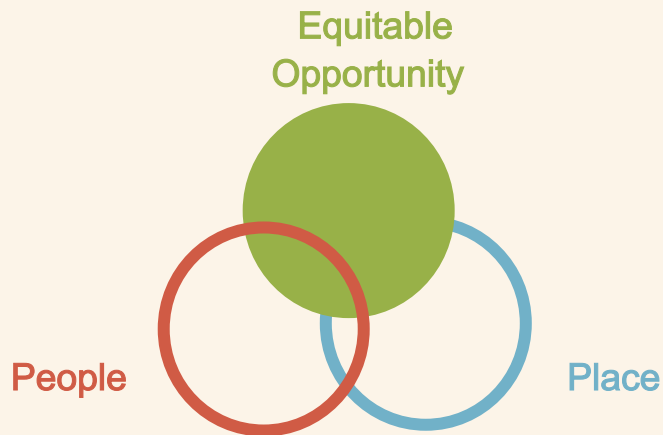
Opportunity

- Intergenerational poverty
- Long term unemployment
- Relocation of businesses, corporations, and jobs
- Limited employment opportunities
- Government and private disinvestment

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(Pinderhuges et al., 2015)

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Social - Cultural Environment

Equitable
Opportunity

Place

People
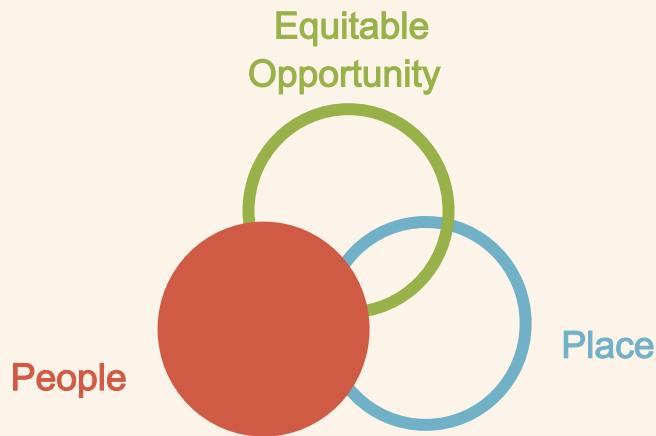
Damaged, fragmented or disrupted:
- social relations (especially intergenerational)
- social networks and
- infrastructure of social support

- Low sense of collective political and social efficacy

- Elevation of destructive social norms promoting violence and unhealthy behaviors over affirming, community - oriented, positive social norms

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(Pinderhuges et al., 2015)

...geberto Mendoza, sixth-grader at the E.G. Reems Academy of Technology and Art in Oakland

MIKE KEPKA/T...

Life in the
killing zone

By Anastasia Hendrix
CHRONICLE STAFF WRITER

Violence is the most pervasive part of growing up in East Oakland
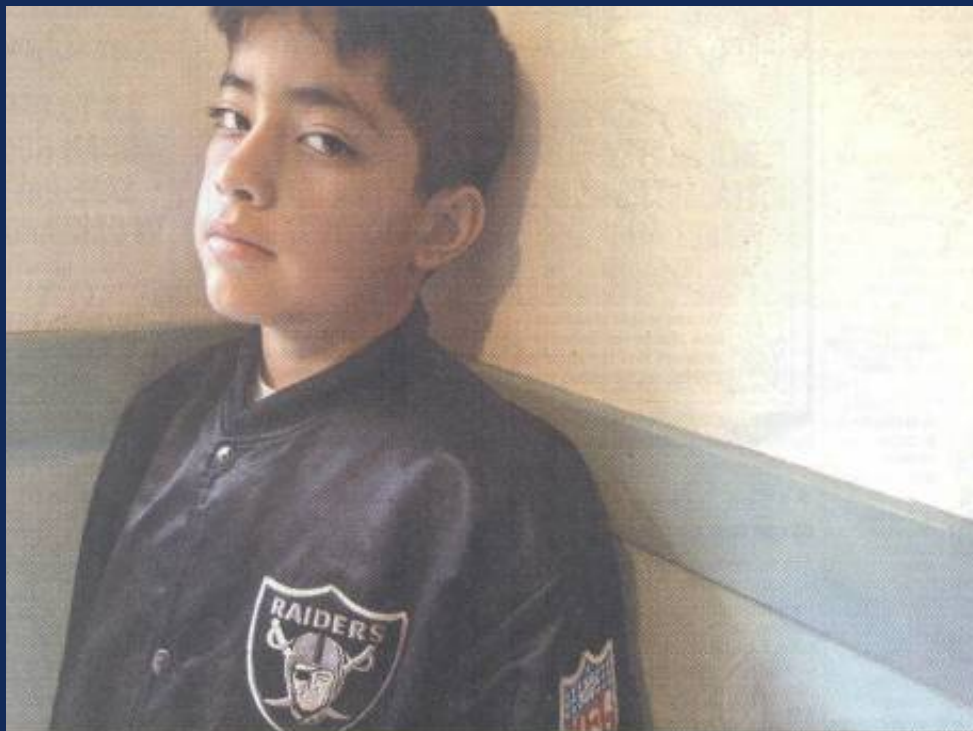
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This is a place eighth-graders learn about percentages and averages by studying homicide statistics from the streets that surround their classroom — numbers that represent gunned-down neighbors, friends and even family members.

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This is East Oakland — where unrelenting violence affects even the smallest matters of everyday life. Take 11...

random bullet — one that barely missed his father, who was relaxing on the couch at the time.

Though the bullet did not hurt Mr. Mendoza, it gravely wounded his son's already fragile sense of security.

The small hole sits in the...

his favorite show: "Worst-Case S... which details how to survive life... ing situations such as how to es... the trunk of a car by breaking o... light and pulling out wiring so th... can fit through and attract other ... tention.

"It makes me feel better to la... like this," Rigo said. "I'm always ... of ways to save myself, so I'll kno... do if anything bad happens to m...

In his bedroom, located just a... from the kitchen, Rigo has tr...

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Community Factors

- Physical or Built Environment

- Structure of Opportunities

- Social Organization

- Social Networks

- Social Relationships

- Social Norms

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(Pinderhuges et al., 2015)

Community Trauma Factors

- Physical or Built Environment

- Structure of Opportunities

- Social Organization

- Social Networks

- Social Relationships

- Social Norms

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(Pinderhuges et al., 2015)

MY NEIGHBORHOOD IS KILLING ME

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The Key

A Framework for Preventing Violence And Building Community Resilience

Building Community Resilience Requires <u>Comprehensive</u> and <u>Sustained</u> Policy and Action

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(Pinderhuges et al., 2015)

Toward a Resilience Framework to Address and Prevent Community -Level Trauma

- Community resilience: the ability of a community to recover from and/or thrive despite the prevalence of adverse conditions.

- In the context of community -level trauma, this means putting the conditions in place in which the community can heal from trauma and/or be protected against the impact of trauma.

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(Pinderhuges et al., 2015)

Physical/Built Environment

Equitable Opportunity

People

Place
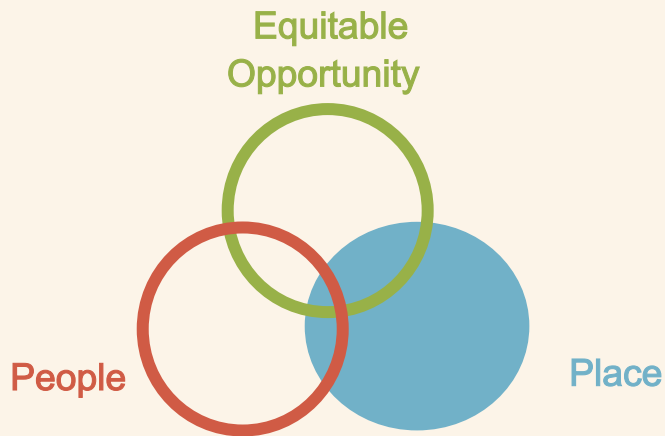
- Create safer public spaces through improvements in the built environment by addressing parks, housing quality, and transportation

- Reclaim and improve public spaces

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(Pinderhuges et al., 2015)

TRAUMA INFORMED COMMUNITY BUILDING
A Model for Strengthening Community in Trauma Affected Neighborhoods

Bridge Housing   - San Francisco

Strategies focused at individual, interpersonal, community, and systems level

- De-escalates chaos and stress

- Fosters resiliency

- Strengthens social connections

- Recognizes trauma

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Stronghold Society

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www.strongholdsociety.org

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Economic/Educational Environment

Equitable Opportunity

People

Place
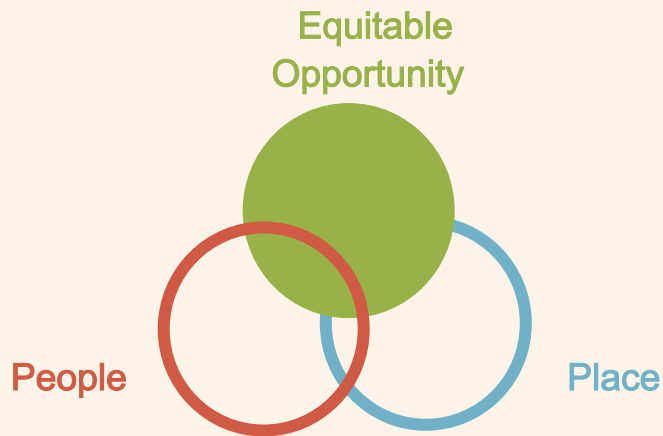
- Restorative Justice
- Healing Circles
- Economic empowerment/ opportunity and workforce development
- Strategies to increase community wealth and resources that can resist the economic pressures that result in dislocation and gentrification

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(Pinderhuges et al., 2015)

Restorative Justice, Oakland, California

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ROOTS OF SUCCESS | ENVIRONMENTAL LITERACY CURRICULUM

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The Healing Generations Project

Salinas, California

La Cultura Cura is a transformative 'health and healing' philosophy, which recognizes that within individual, family and community cultural values/traditions/indigenous practices, exists the path to healthy development, restoration, and lifelong well-being. - *National Compadres Network*

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Lakota Mental Health First Aid

Rosebud, South Dakota

- Wagluhtata Pi (Offering of Food & Tobacco)
- Wacante Ognaka (Compassion)
- Wokicunpte (Words of Sympathy)
- Wotakuye (Kinship – Addressing people as our relatives)
- Wokigna (Comfort)

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Social - Cultural Environment

Equitable Opportunity

People

Place
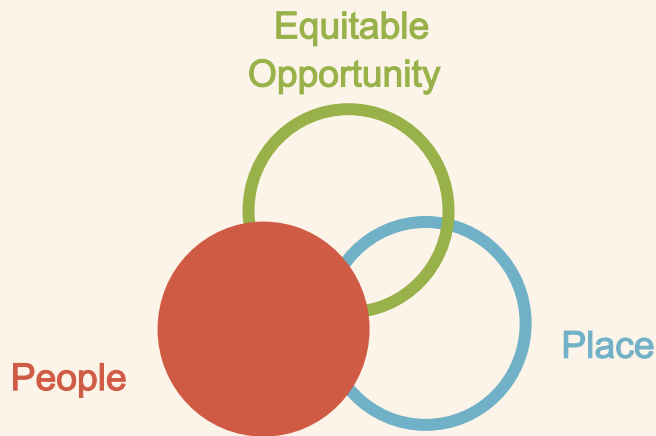
- Change the narrative about community and the people in it

- Shift community social norms

- Organize and promote regular positive community activity

- Provide a voice and element of power for community folks around shifting and changing environmental factors as well as the structural factors

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(Pinderhuges et al., 2015)

Teens in Action
Louisville, Kentucky

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YouthSpeaks , Get Lit, Urban Word

San Francisco Bay Area, Los Angeles, New York City

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RYSE

Richmond, California

2016 RYSE Film Festival
Truth be told: Justice Through My Eyes
Get you tickets @ tinyurl.com/truthbetoldfilms
Sponsored by RYSE
October 22nd 7pm
EBCPA
339 11th Street
Richmond, CA 94801

"Young people have always been the drivers of change. The visionaries. The ones to imagine and forge new worlds..."

- The Audacity to Lead with Love & Rage

RICHMOND RYSE U.N.I.T.Y

RYSE CENTER

Trauma and Social Location

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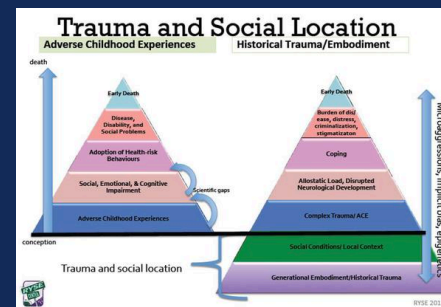
Building Community Resilience

- Sustainable community economic development

- Restorative Justice

- Healing Circles

- Reclaim and improve public spaces

- Shift community social norms

- Enhance social connections and networks

- Rebuild intergenerational connections and relationships

- Organize and promote regular positive community activity

- Providing more of a voice and elements of power for community folks around shifting and changing environmental as well as structural factors

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(Pinderhuges et al., 2015)

Strategies to Address and Prevent Community Trauma and Substance Use

Developing a community-trauma informed approach to the opioid epidemic in Ohio

The need to address adverse community experiences and community trauma

Prevention Institute's Adverse Community Experiences and Resilience (ACE|R) Framework has been eye-opening as a lens that helps communities grappling with the tremendous impacts of the opioid epidemic. With high rates of opioid use disorder (OUD) in Ohio, staff of the Ohio Department of Mental Health and Addiction Services (OhioMHAS), Bureau of Prevention were searching for a strategy to address opioid overdose deaths and prevent the epidemic of opioid and other substance misuse from growing every day in the state. When they came across PI's ACE|R Framework, the concepts of community trauma and building resilience to address harm in the community resonated deeply with what they saw driving the crisis in the state: loss of industry, high rates of unemployment, broken relationships and lack of social supports, social isolation, and a pervasive sense of hopelessness in communities hardest hit. Molly Stone, Chief, and Valerie Leach, Prevention Administrator, OhioMHAS Bureau of Prevention, were interested in

"Trauma reaches beyond those who directly witness or experience it, affecting communities on many levels. There's a need for healing and building resilience to prevent future community trauma. We're excited to be a part of this innovative approach to addressing community trauma resulting from the opiate epidemic."

– Molly Stone, Prevention Bureau Chief, OhioMHAS

seeing if the framework had applicability to developing a prevention plan for the state.

To date, the ACE|R Framework has been used in communities across Ohio to think about and advance actions to build community trauma-informed teams; support the development of local theories of change that

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OHIO | CITY VOICES AND PERSPECTIVES   1

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(Prevention Institute, n.d)

The Ohio Experience

The concepts of community trauma and building resilience to address harm in the community resonated deeply with what 12 Ohio counties adversely impacted by Opioid Use Disorder (OUD) and Opioid Overdose Deaths saw driving the crisis in the state:

- Loss of industry
- High rates of unemployment
- Broken relationships and lack of social supports
- Social isolation
- Pervasive sense of hopelessness in communities hardest hit

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(Prevention Institute, n.d)

The Ohio Experience

This approach has been used to:

- Build community trauma-informed teams
- Support the development of local theories of change that consider community trauma
- Reduce stigma that arises when issues are seen solely as problems of individual behavior versus through a broader lens of contributing community factors
- Link root causes of OUD to other "wicked" problems such as social isolation, joblessness, and poor educational opportunities
- Develop a strategic roadmap that considers underlying factors and root causes driving OUD

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(Prevention Institute, n.d)

Local Priorities

- Promote social connectedness by increasing utilization of parks and other public spaces

- Increase economic stability

- Reduce social isolation by increasing access to transportation

- Increase safe, affordable housing options

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(Prevention Institute, n.d)

Making Connections for Mental health and wellbeing Among men and Boys in the U.S.

A Report on the Mental health and wellbeing of men and boys in the U.S. and Opportunities to Advance Outcomes related to prevention, Early intervention and Stigma Reduction

Making Connections: Report Findings

Photos: Teri Clark, Nebraska Association of Local Health Directors

- **Limited notions of masculinity** socialize males toward isolation and not seeking assistance

- **Boys and men of color are disproportionately impacted** – with far reaching implications related to fathering, families, and communities

- **Military service members, veterans, and their families** experience trauma and its effects disproportionately

(Prevention Institute, 2014)

Making Connections: Report Findings

Photos: Teri Clark, Nebraska Association of Local Health Directors

- Prevention is not at **scale to maximize impact** needed

- **Indigenous and lay people approaches are emerging** – supporting healing and mental wellbeing

- **Resilience is a critical protective factor** – and can be catalytic for community-wide prevention approaches

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(Prevention Institute, 2014)

Making Connections for Mental Health and Wellbeing Among Men and Boys

The Community of Practice is inclusive of 14 sites, with diversity in geography, organizational leadership, and population

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(Prevention Institute, 2014)

A Gendered Lens

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Making Multiple Connections

- Bridging mental health to **population and community level approaches**

- **Focusing on the places where men/boys spend their time,** through the people with whom they interact and trust

- **Connecting systems and institutions** to mental wellbeing and each other

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(Prevention Institute, 2014)

Making Multiple Connections

- Reconnecting to **cultural identity** and **expanded notions of masculinity**

- Supporting connection in **coping with stressors** (past, present and future)

- Connecting men and boys **to each other, their families and community**

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(Prevention Institute, 2014)

Four Imperative Shifts

From mental health meaning mental illness to an emphasis on **wellbeing and resilience**

From a focus on treatment only to also expanding **upstream prevention**

From a focus on the individual to **transforming communities**

From one size fits all to applying **a cultured and gendered lens**

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(Prevention Institute, 2014)

Comprehensive Upstream Strategies

- Creating space for being/doing/connecting
- Creating networks for gendered and cultural approaches
- Building capacity to help self and others
- Supporting civic/community action to enhance wellbeing
- Facilitating advocacy for changes in policy, practice, and/or systems
- Amplifying narratives of healing and hopefulness

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(Prevention Institute, 2014)

Emerging Pillars of Wellbeing

Hope

Dignity

Trust

Safety

Belonging and

Connection
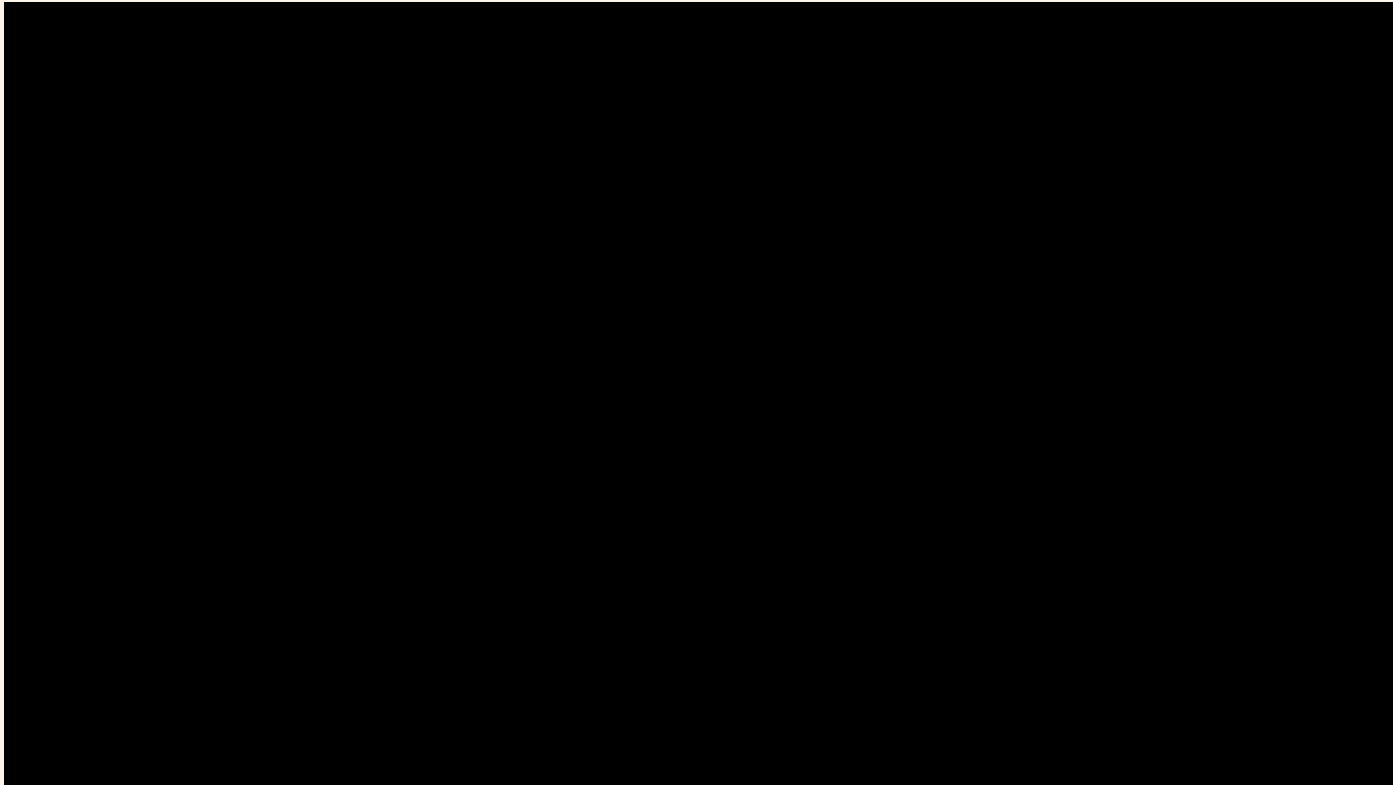
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Control of Destiny

Image source: F Mira, Creative Common

Creating Space for Being/Doing/Connecting

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United Women of East Africa

San Diego, California

United Women of East Africa, San Diego

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Amplifying Narratives of Healing and Hopefulness

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Image source: Boston.com, greenhouse

Each One Teach One

Youth leaders, young warriors, come forward

At the graduation ceremony on July 16 for the Real Alternatives Program (RAP) High School Class of 1999, RAP/Calles Senior Case Manager Ray Balberan, who has been with RAP since 1976 and a community activist even longer, gave the commencement address:

My dear community, Wen Manong is a phrase used to express respect for an older Filipino man. It is an appropriate phrase to reflect the younger generation's commitment to those who came before them and learn from the past.

The Real Alternatives Program principles are to become advocates for social change. We will assume the responsibility for developing culturally relevant programs which meet the needs of children and families, and serve as models for institutional change — and advocate for the institutional funding of these models.

We will empower youth by providing opportunities to play key leadership roles in all factors which directly affect them, within the RAP organization, as well as within the overall community. We will instill a sense of community, empowerment and awareness within the youth and families we serve.

Please, stop labeling young people "youth at risk." Children have little control over the fact that they may live in an environment that puts them at high risk. Community conditions — poverty, racism, inadequate education and others — contribute to negative choices.

All parents, youth and community people are fighters for social peaceful change!

From the Heart: A Message to the Future

We will love the poor and the homeless.

We will write our own history books.

We will dance with love in our hearts for all.

We will protect the weak from the powerful.

We will not surrender to poverty. It is inexcusable to live on the streets in the land of millionaires.

We will not take your abuse.

We will not sit in the back of the bus.

We will not be segregated from the peoples and cultures of South, Central and North America.

No more borders.

No human being will be called illegal.

All people have the right to life, liberty and the pursuit of happiness.

With love in our heart we will fight injustice.

We will not give up our lands, traditions, language.

We will see God in every human being.

We will take care of and love all our old people.

Our hearts are not for sale.

We will not hide our colors and songs.

We will love all people.

We will fight for love and respect.

We will face up to our mistakes and learn from them.

Our good dreams will come true.

We want unity in the community.

Youth leaders, young warriors come forward. The community is in need of new leadership.

You cannot buy love.

We will not be raped.

No one will stop our self determination.

Stop gentrification! Save the Mission District!

We have the right to speak freely.

Peace and love.

Violence can never end violence. The love within our hearts will end all violence.

No one, no institution will take away our freedom. The real criminals will go to jail.

Addiction to tobacco, alcohol and crack cocaine will be no more.

Families will never be separated.

We will never be under the control of drugs.

Drugs is violence.

We will not abuse our families and children.

The establishment is trying to keep us at-risk, poor and locked down.

We will not be at-risk. We will not be poor. We will not be locked down.

The revolution will not be televised. You can keep your corporate junk food and cheap Stars Wars movies.

We will not be used and abused by any system.

Save the children.

If one child goes hungry, the whole system has failed.

If one child cannot read, the whole system is dumb.

If one family is homeless, the whole system has failed.

If one youth is locked up, we all are locked up.

When one child dies from AIDS, we all die.

We will love our brothers and sisters who are in state concentration camps.

We will close down the jails and youth prisons.

Youth will not have to sell dope for the man.

Gangs will become brothers.

Gangs will stop gentrification.

Peace brothers peace

We will care for the sick.

No more unemployment.

All families and youth will have respectful jobs.

No more roach motels in the kitchen.

Education by and for youth.

We are teachers.

We must and can educate ourselves!

When you walk off this stage, we walk with you.

When you graduate from college, we graduate with you.

When you go to work everyday, we go to work with you.

When you cry for a loved one, we cry with you.

Can you imagine a world without war?

Can you imagine a world without poverty?

Can you imagine a world without hate and violence?

Life is very short.

Life is a we thing.

No one will be left alone.

No one will suffer.

We all must make it together.

Look into your hearts to find your true SELF.

Love all, forgive all — all power to the youth!
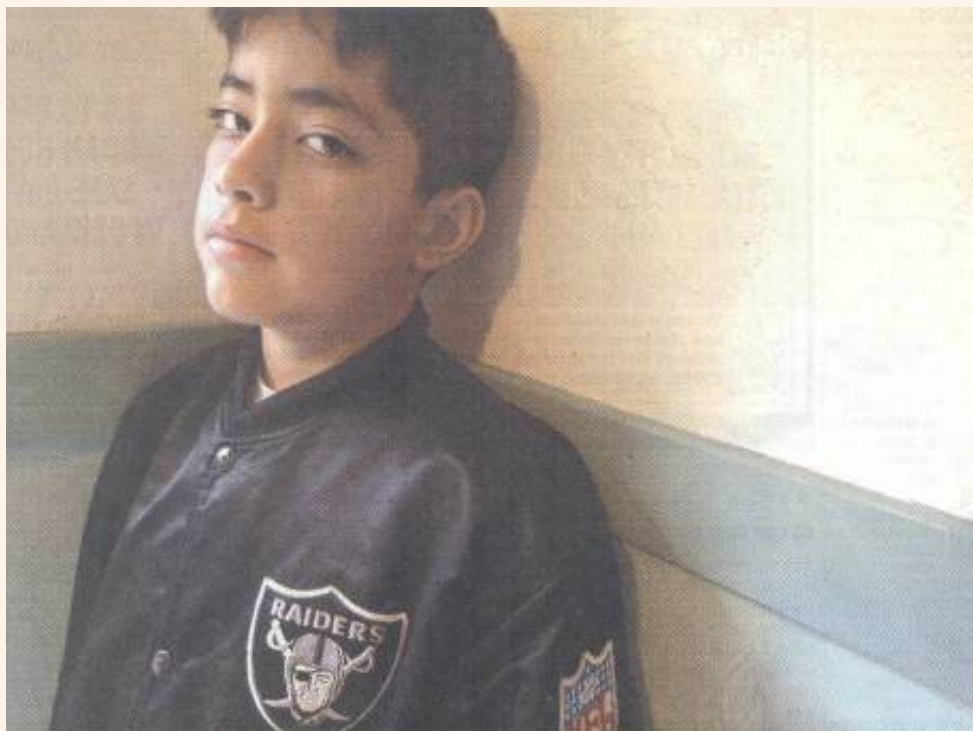
Free the youth
Free the community
Free RAP
Free KPFA

Ray Balberan

REAL ALTERNATIVES PROGRAM · YOUTH FOR SELF-DETERMINATION
Class of 1999
The Last Plan of the Millennium
July 16, 1999

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Life in the
killing zone

By Anastasia Hendrix
CHRONICLE STAFF WRITER

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STRONGHOLD SOCIETY

A LIVE LIFE CALL TO ACTION!
MOVEMENT

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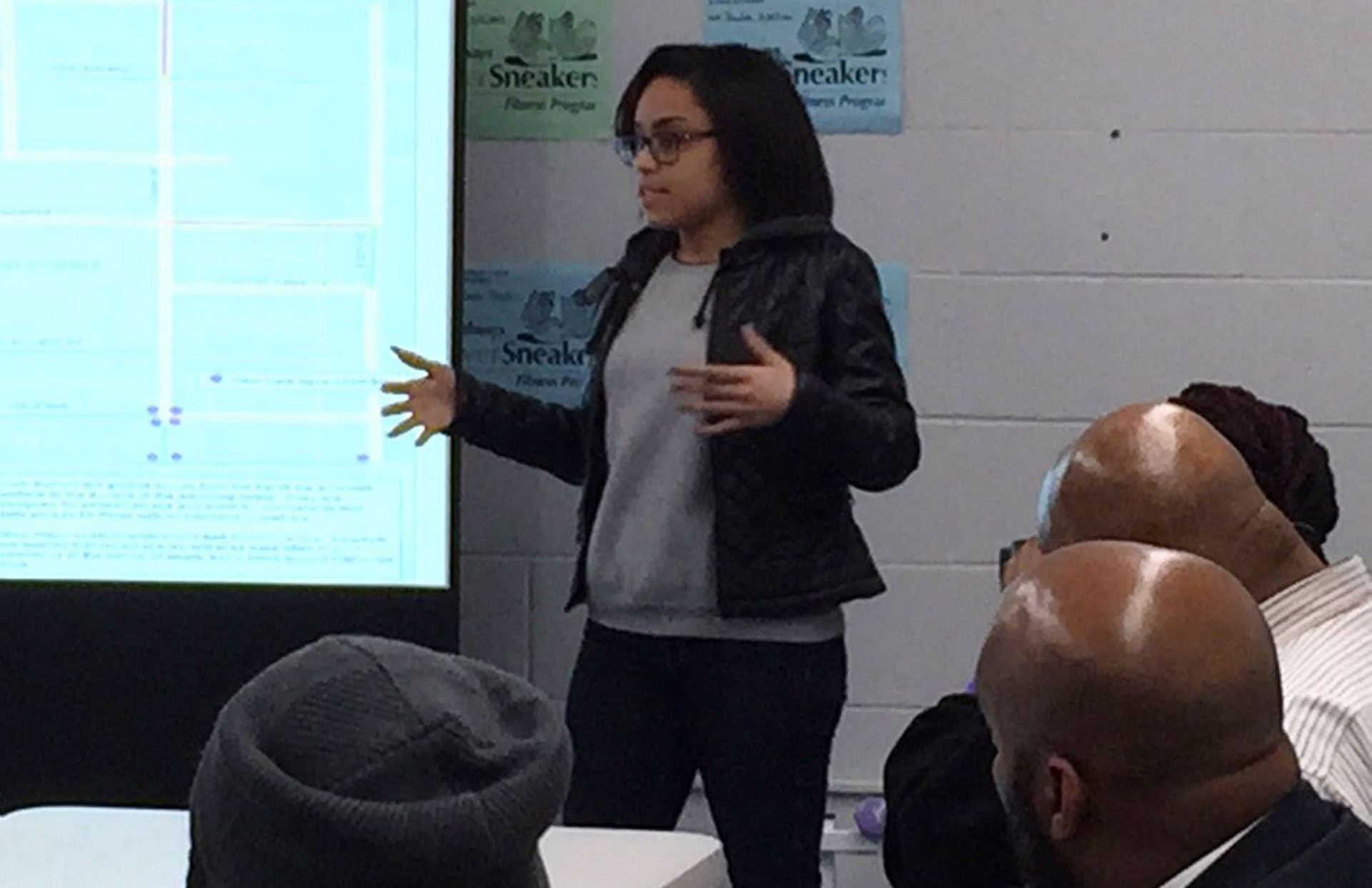
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