

Helping Men Walk In Balance by Addressing Historical Trauma and Youth Victimization

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Workshop objective

- To understand historical trauma and its affects
- To understand the victimization of native men
- To identify ways to address trauma in our service delivery

Historical Intergenerational Trauma

“An event or series of events perpetrated against a group of people and their environment, namely people who share a specific group identity with genocidal or ethnocidal intent to systematically eradicate them as a people or eradicate their way of life.”

Dr. Karina Walters 2012

Historical Trauma:

- Refers to events that occurred against a group of people that still affect them today –

Discussion:

- What significant events happened to affect Native people?

Pre-Colonization

- Historical Role of Women
- Balance and Respect Between Genders
- Responsibility of Family and Community
- Cultural Means to Address Issues

Indian Wars

“The history of Indian wars is well known in general and the United States signed many treaties with Indian tribes. From the late 1700's to 1890, Indian nations fought over 1,500 wars, battles, and skirmishes to defend their lives and homelands.”

- > Wounded Knee
- > Sand Creek Massacre
- > Little Bighorn Battlefield- “Custard's Last Stand”
- > Cherokee War
- > Rosebud Battlefield- “Crazy Horse”

Dominant Culture

Perspectives vs. Tribal Principles of Relationship

Dominant Culture

- European & Patriarchy
- Customs & ceremonies outlawed
- Divided tribal lands
- Boarding School Era
- Stripped of name, clothing, family, kinship, traditions, practice, language, and other characteristics of culture

Native Women

- Matriarchal
- Coming of age – Female & Tribal Women's Societies
- Loss of kinship ties
- Servitude vs. leadership
- Destruction of cultural identity and loss of tribal values; family, education, relatives, spirituality, value

Boarding Schools

- From 1870s through the 1930s many Native children were forced into the schools to be “civilized” Indians and eradicate all traces of Native culture.
- Punishment was severe for speaking native languages or practicing traditions and customs. They were forced to speak English and practice Christianity
- The Meriam Report, a major investigation into Indian affairs was published in 1928, confirmed the complaints Indian families and students had been making for years

Boarding Schools



Boarding Schools



Before and After



Boarding Schools

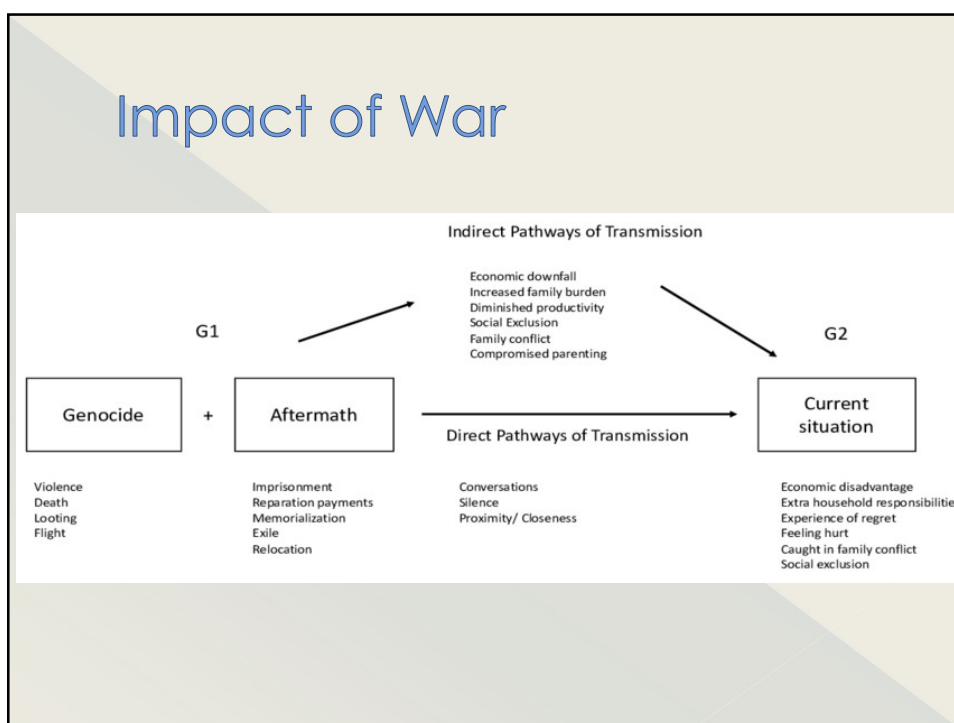
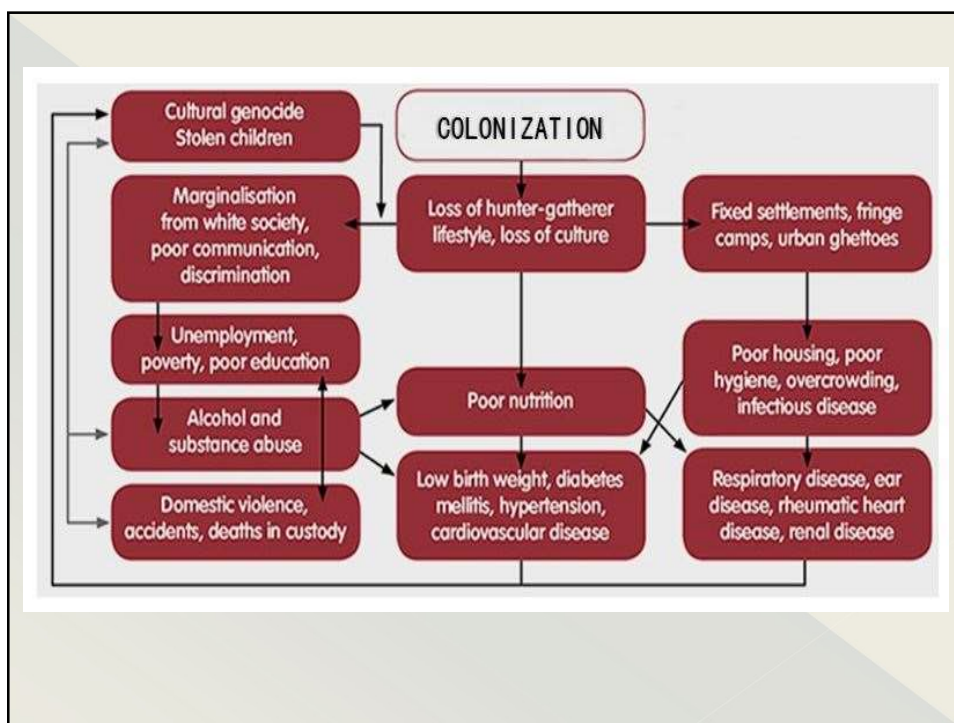


Boarding Schools

- Widespread physical and sexual abuse against children occurred at the schools and has been documented.
- Many died there - bodies remain in marked and unmarked graves
- Most schools had shut down by 1940, others stayed open and loopholes in the law allowed abuses to continue into the 1980s

“Many of the boarding school survivors returned to their tribes/nations and were unable to pick up the thread of family life, inadvertently continuing the legacy of abuse they themselves experienced away from home”

(Fox, 2004).



Manifestations May Include:

- ⦿ Mistrust of health care, legal, and educational systems
- ⦿ Higher rates of risk behaviors such as alcohol and drug abuse
- ⦿ Mental health issues such as anxiety, depression, and suicide
- ⦿ Violent behavior, homicide, and domestic violence
- ⦿ Higher rates of chronic diseases

Historical Trauma

- ⦿ Historical trauma is the cumulative exposure to traumatic events that not only affect the individual exposed, but continue to affect subsequent generations
- ⦿ The untreated trauma in the parent is passed on to the child through the attachment process and implicit or explicit message about the world (i.e., relationship to self, safety)

Trauma Subtypes

- Cultural trauma is an attack on the fabric of a society, affecting the essence of the community and its members
- Historical trauma is the cumulative exposure of traumatic events that affect an individual and continues to affect subsequent generations
- Intergenerational trauma occurs when trauma is not resolved, subsequently internalized, and passed from one generation to the next
- Present trauma is what today's youth are experiencing on a daily basis

"We blame youth for showing the symptoms of trying to survive in the violent world us adults fail to change for them"

Jeremy NeVilles-Sorell

Trauma may result from:

- A direct, personal experience of an event
- Witnessing an event
- Learning about an event
- Being threatened with death
- Experiencing serious injury of self
- Experiencing threat to one's physical integrity
- The death, threat of death, serious injury, threat to physical injury of another

Some cautions about the concept

- It is NOT culturally safe to assume that everyone within a group or community or family has been impacted by historical trauma, or by the same experiences as others
- Can overlook resilience, strength and persistence of culture in Individuals and communities
- The idea of intergenerational trauma can pathologize certain parenting practices, particularly around corporal punishment

Sometimes violence was used as a protective factor

- Harsh punishment of kids because they would be lynched if they acted up
- Parents rather be the ones to issue corporal punishment – sign of “love”
- Aligning behaviors and actions with those with the power was for survival

Individual and social pathology

- ◉ Individual pathology is a term used to refer to biological or psychological explanations of criminal or deviant behavior by individuals.
- ◉ Social pathology is a term used to describe social factors, such as poverty, old age or crime that bolster social disorganization. At the same time, the term refers to the study of these factors and the social problems they may lead to.

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History over pathology

“Behavior was adapted to what was happening at the time, now it's become maladaptive. Beatings were supposed to save lives. I can't tell you why you can't go outside at night, because people wanted to hang you.”

Sam Simmons

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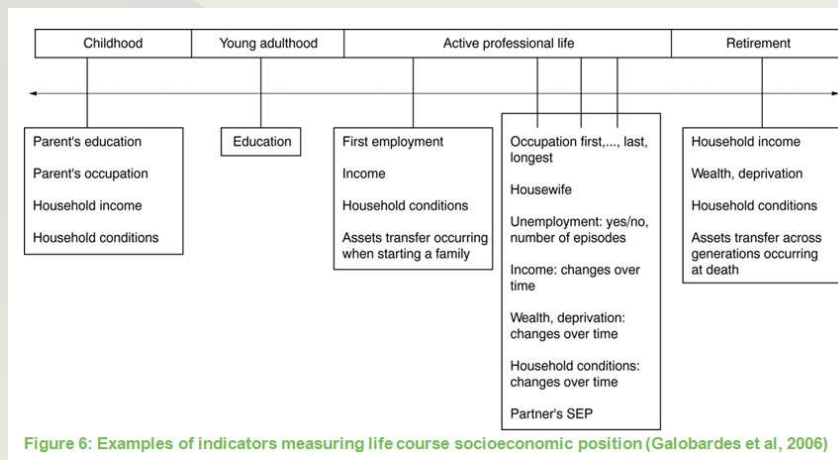
What's the Impact on Us Today?

Individual	Family	Community	Society
(how it affects you personally)	(what my relatives do)	(where we live and what is happening)	(us as a people)

History is Not in the Past

- “Stop blaming me for what happened in the past”
- “You need to get over it/move on”
- “Well, that’s my opinion so let’s agree to disagree”
- “But America is one big melting pot”
- “But what about black-on-black crime?”
- “Why must you always be the victim?”

Trauma Affects Where We Start



The ACE's effect

- **The Adverse Childhood Experiences Study:** Epidemiological study involving more than 17,000 individuals. Analyzed the long-term effects of childhood and adolescent traumatic experiences on adult health risks, mental health, healthcare costs, and life expectancy. (CDC, 2013)











10 question quiz

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



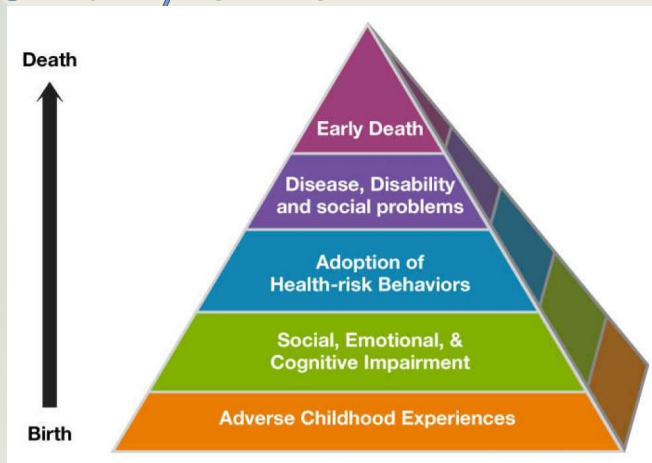
10 question quiz

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

Prior to your 18th birthday

- Did a parent often or very often swear. Insult, made you afraid that you'll be hurt?
 - Did a parent often or very often push, grab, slap, or hit you?
 - Did an adult or person older than you ever touch or fondle you or have you touch them, or have oral, anal, or vaginal intercourse with you?
 - Did you often or very often feel that no one in your family loved you or your family didn't look out for or support each other?
- Now add up your "Yes" Score
- Did you often or very often feel that your parents were too drunk or high to take care of you?
 - Were your parents ever separated or divorced?
 - Was your mother often or very often physically abused or battered?
 - Did you live with a someone who was chemically dependent?
 - Was a household member depressed or mentally ill, or did a household member attempt suicide?
 - Did a household member go to prison?
- This is your ACE Score: ___

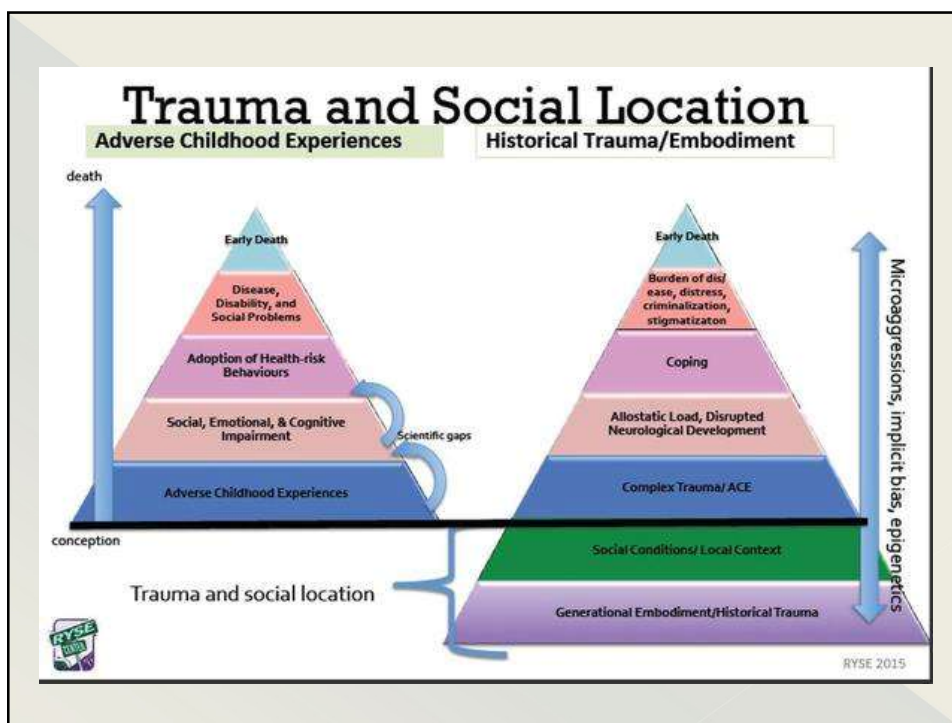
ACE's Pyramid



Philadelphia ACE study questions

Conventional ACEs	Expanded ACEs
Physical Abuse	Witnessing Violence
Emotional Abuse	
Sexual Abuse	Living in Unsafe Neighborhoods
Emotional Neglect	
Physical Neglect	Experiencing Racism
Domestic Violence	
Household Substance Abuse	Living in Foster Care
Incarcerated Care Provider	
Mental Illness in the Home	Experiencing Bullying

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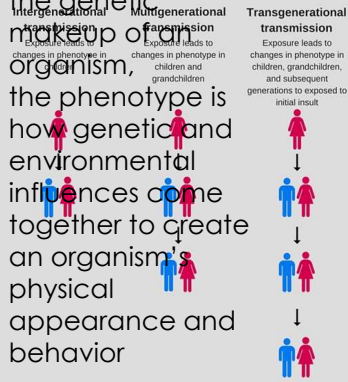


Trickle Down Affect

- The "genotype" is

the genetic
makeup of an
organism,

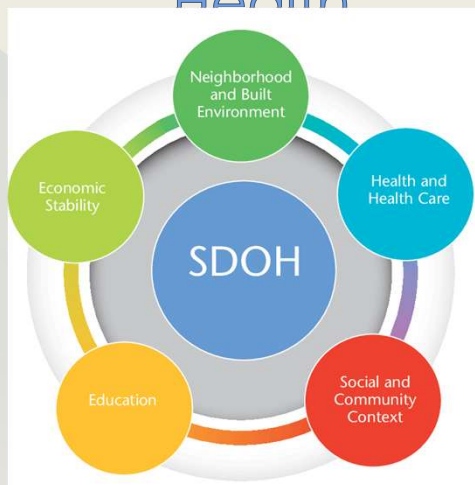
the phenotype is
how genetic and
environmental
influences come
together to create
an organism's
physical
appearance and
behavior



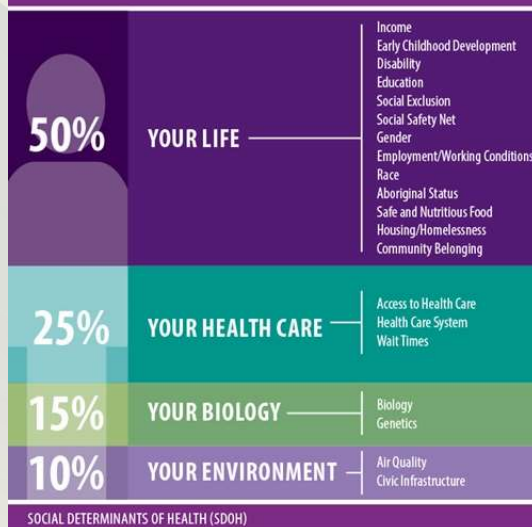
Boys and men of color & trauma

- Most recognize trauma as involving violence, abuse, or a disaster.
- Often factors such as poverty, racial discrimination, and incarceration are not recognized as potentially being equally traumatic.
- Many fail to accurately respond to the trauma boys and men of color experience.

Social Determinants of Health



WHAT MAKES PEOPLE SICK?



What is racial trauma?

- Physical and psychological symptoms
POC experience after exposure to particularly stressful experiences of racism
- A cumulative experience, where every personal or vicarious encounter with racism contributes to chronic stress



“Racial oppression is a traumatic form of interpersonal violence which can lacerate the spirit, scar the soul, and puncture the psyche.”

Kenneth V. Hardy

Racism is trauma

- ⦿ Negative, rejecting, and/or demeaning societal messages that undermine self-esteem
- ⦿ Internalized racism is where people accept the negative messages about themselves and to reflect that negativity in their behavior
- ⦿ Links to hypertension, cardiovascular disease, diabetes and infant mortalities

What is historical and generational trauma?

- ⦿ Multicultural trauma experienced by a specific cultural group cumulative and collective and can manifest itself emotionally and psychologically
- ⦿ The expanded ACEs pyramid accounts for oppression and historical trauma where the cumulative impact is fundamentally life-altering

Educating and socializing the younger generation about race and racism is essential, yet racial trauma is often carried across multiple generations and Intergenerational trauma can lead to higher rates of mental health and physical health issues.



Table 2.1 Weighted Estimates of Lifetime Sexual Violence Against Women

Lifetime Sexual Violence Against Women	American Indian or Alaska Native	Non-Hispanic White Only	Relative Risk
Sexual Violence With Penetration	35.0%	20.1%	1.7
Completed Forced Penetration	29.5%	13.6%	2.2
Completed Alcohol- or Drug-Facilitated Penetration	16.7%	9.0%	NS
Attempted Forced Penetration	12.2%	5.3%	2.3
Other Sexual Violence	52.1%	46.8%	NS
Sexual Coercion	24.5%	13.7%	1.8
Unwanted Sexual Contact	42.5%	30.5%	1.4
Non-Contact Unwanted Sexual Experiences	38.4%	31.0%	NS
Any Sexual Violence	56.1%	49.7%	NS

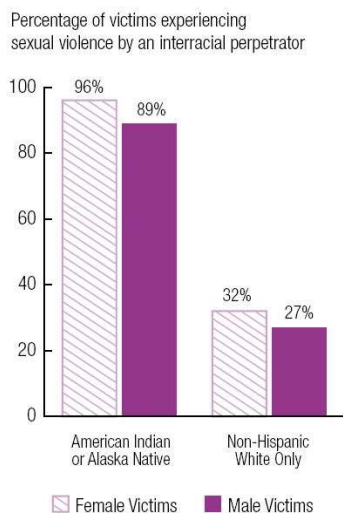
NS = Percentages across racial and ethnic groups are not significantly different ($p > .05$).
 Note: Confidence intervals are available in appendix table A.1.

Table 2.2 Weighted Estimates of Lifetime Sexual Violence Against Men

Lifetime Sexual Violence Against Men	American Indian or Alaska Native	Non-Hispanic White Only	Relative Risk
Sexual Violence With Penetration	10.8%	5.1%	NS
Completed Forced Penetration	2.7%	1.6%	NS
Completed Alcohol- or Drug-Facilitated Penetration	7.9%	3.7%	NS
Attempted Forced Penetration	2.4%	1.2%	NS
Other Sexual Violence	23.8%	19.6%	NS
Sexual Coercion	10.1%	5.4%	NS
Unwanted Sexual Contact	13.0%	12.3%	NS
Non-Contact Unwanted Sexual Experiences	11.8%	9.7%	NS
Any Sexual Violence	27.5%	20.9%	NS

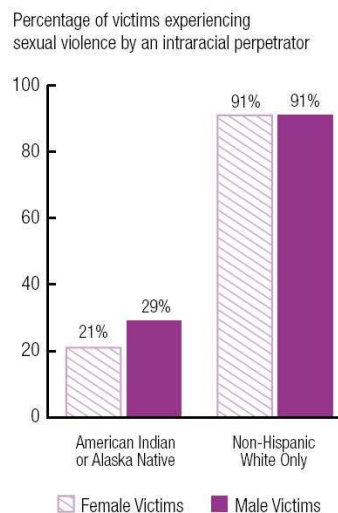
NS = Percentages across racial and ethnic groups are not significantly different ($p > .05$).
 Note: Confidence intervals are available in appendix table A.2.

Figure 2.2 Interracial Sexual Violence: Weighted Estimates for Lifetime Victims



Notes: Samples are restricted to victims of sexual violence. Confidence intervals are available in appendix table A.5.

Figure 2.3 Intra-racial Sexual Violence: Weighted Estimates for Lifetime Victims



Notes: Samples are restricted to victims of sexual violence. Confidence intervals are available in appendix table A.5.

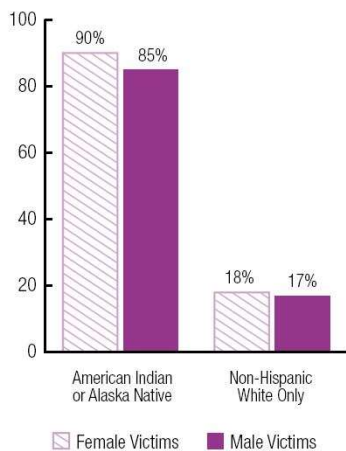
Table 3.3 Weighted Estimates of Lifetime Physical Violence by Intimate Partners Experienced by American Indian and Alaska Native Victims

Lifetime Physical Violence by Intimate Partners Experienced by American Indian and Alaska Native Victims	Female Victims	Male Victims
Slapped	59.8%	66.4%
Pushed or shoved	83.2%	64.0%
Hit with a fist or something hard	53.6%	43.9%
Kicked	28.3%	22.0%
Hurt by having hair pulled	27.3%	18.6%
Slammed against something	53.8%	18.0%
Hurt by being choked or suffocated	37.6%	6.3%
Beaten	45.9%	17.5%
Burned on purpose	9.1%	0.2%
Had a knife or gun used on them	27.1%	11.3%

Notes: Samples are restricted to victims of physical violence by intimate partners. Confidence intervals are available in appendix table A.8.

Figure 3.1 Interracial Physical Violence by Intimate Partners: Weighted Estimates for Lifetime Victims

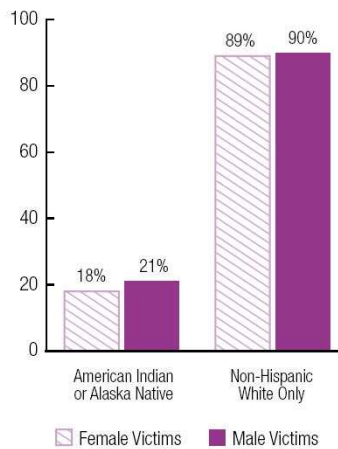
Percentage of victims experiencing physical violence by an interracial intimate partner



Notes: Samples are restricted to victims of physical violence by intimate partners. Confidence intervals are available in appendix table A.9.

Figure 3.2 Intraracial Physical Violence by Intimate Partners: Weighted Estimates for Lifetime Victims

Percentage of victims experiencing physical violence by an intraracial intimate partner




Notes: Samples are restricted to victims of physical violence by intimate partners. Confidence intervals are available in appendix table A.9.

Organizational and Institutional Trauma

Institutional trauma

- ◉ We live in the world where human frailty and pathology is viewed in individual terms. When we see sickness we imagine that the person must have some weakness in biology, faith, or behavior
- ◉ Research suggests environmental response to an individual's trauma experiences may be a determining factor in whether PTSD or chronic traumatic reactions form



"Institutional action and inaction that exacerbate the impact of traumatic experiences..."

Smith and Freyd

Putting the Puzzle Pieces Together

- Generational trauma
 - exposure to long term physical and sexual violence
 - effects of boarding school on the family and the culture
 - mental health
 - chemical dependency
 - suicide
 - homelessness
 - removal of children
 - systemic racism

Impact of trauma on boys and men of color

- ◉ On average have fewer sessions and terminate services earlier than European Americans
- ◉ Safety and coping
 - > Often times self-medicate to cope with their traumatic experiences.
 - > Can reinforcement stigma that they are drug seeking.
 - > Validating resilience is important even when past coping behaviors are now causing problems

Masculinity and trauma

- ◉ Ideas about masculinity have an effect on how and when boys and men of color access health care. Mostly seen as a weakness
- ◉ When men do seek trauma support services they often find providers who are unsympathetic or unfamiliar with the issues they face

Supporting boys and men of color in their healing journey

- As with other forms of trauma, we ask the wrong question about struggling youth of color. Instead of asking “What is wrong with them?” we need to ask the trauma-informed question, “What has happened to them?”
- Building trust is the first step to creating healthy relationships and can significantly impact treatment outcomes.

Provide culturally relevant services

- To understand how trauma affects an individual, family, or community, you must first understand that individual's life experiences and cultural background.
- Staff should receive appropriate training to ensure that they are providing culturally relevant interventions

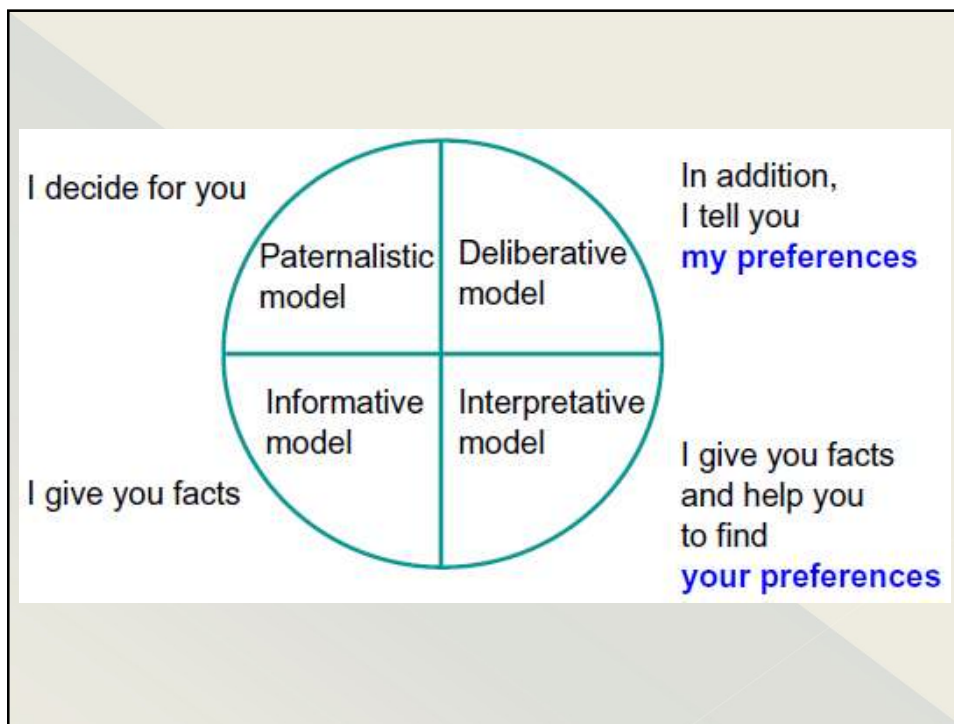
Issues that impact participation in therapy

- Racial similarity
- Perception of provider competence
- Perceptions of the quality of the services

Trauma informed care systems

Systems without Trauma Sensitivity

- Misuse or overuse displays of power – keys, security, etc.
- Higher rates of staff turnover and low morale
- Disempowering and devaluing consumers
- Consumers are labeled and pathologized
- Focused on what's wrong with the victim



EFFECTS OF TRAUMA

HYPERAROUSAL:
NERVOUSNESS, JUMPINESS,
QUICKNESS TO STARTLE

RE-EXPERIENCING:
INTRUSIVE THOUGHTS,
IMAGES, SENSATIONS,
DREAMS, OR MEMORIES

AVOIDANCE OR WITHDRAWAL:
FEELING NUMB, SHUT
DOWN, OR SEPARATED FROM
NORMAL LIFE

PULLING AWAY FROM
RELATIONSHIPS AND OR
ACTIVITIES

**TRAUMA INFORMED CARE
WITHIN SYSTEMS**

THE HELPER PREVENTS FURTHER HARM BY:

- Recognizing that coercive interventions cause trauma and re-traumatization
- Maintaining awareness/undergoing training with regard to re-traumatization and vicarious trauma
- Valuing survivor's voice in all aspects of care
- Staying all-inclusive when it comes to a survivor's perspective and recognition of person as a whole
- Focusing on what has happened to victim

FAULTY SYSTEMS

MISUSING OR OVERUSING
DISPLAYS OF POWER -
KEYS, SECURITY, ETC.

HIGHER RATES OF STAFF
TURNOVER AND LOW
MORALE

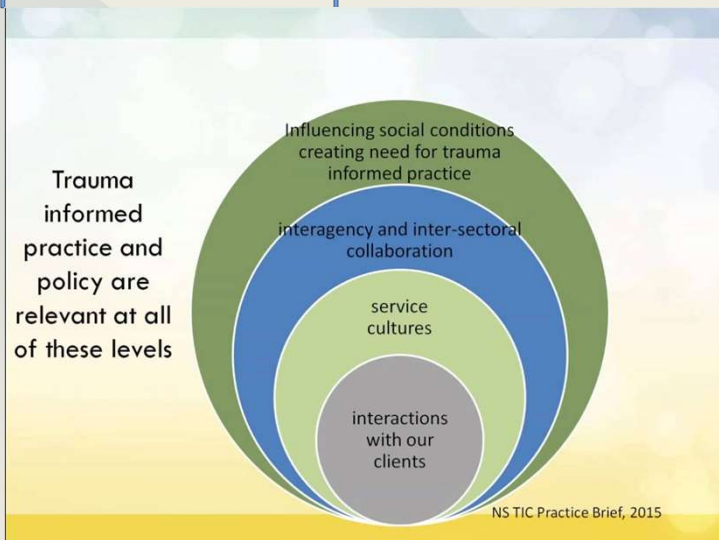
DISEMPOWERING AND
DEVALUING SURVIVORS

SURVIVORS ARE LABELED
AND PATHOLOGIZED

FOCUSING ON WHAT'S
WRONG WITH THE VICTIM

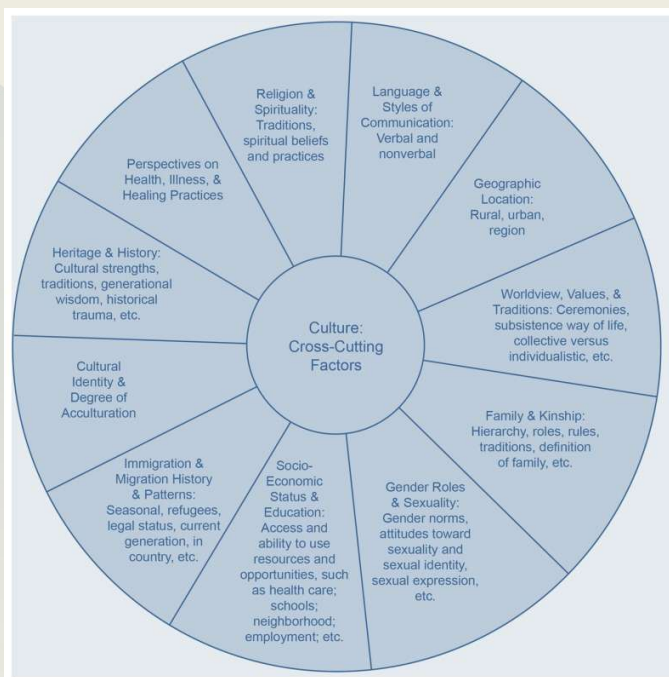
Poster created by the Sacred Hoop Coalition, Minnesota

Institutional advocacy: policies and practices

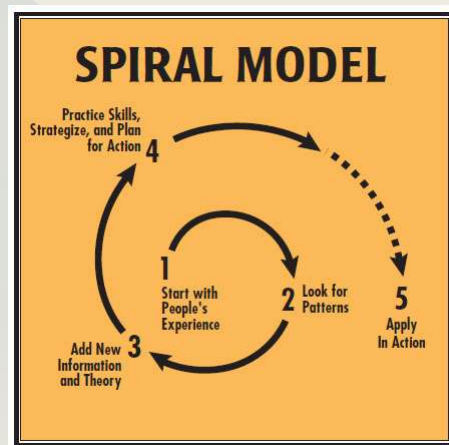


What do Trauma Informed Policies look like in:

- ⦿ Advocacy Programs
- ⦿ Shelters
- ⦿ Law Enforcement
- ⦿ Jails
- ⦿ Prosecution
- ⦿ Courts
- ⦿ Probation



Addressing Historical Trauma



Conclusion

- What was frustrating?
- What was validating?
- How will this change how you work with boys and men of color?
- Additional comments or questions