Helping Men Walk In Balance by Addressing Historical Trauma and Youth Victimization
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Greg Grey Cloud
Jeremy NeVilles Sorell

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

- 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

PHOTOGRAPH BY U.S. ARMY SIGNAL CORPS.
COURTESY OF THE ARIZONA HISTORICAL FOUNDATION

Boarding Schools

PHOTOGRAPH BY U.S. ARMY SIGNAL CORPS.
COURTESY OF THE ARIZONA HISTORICAL FOUNDATION
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).
Impact of War

Indirect Pathways of Transmission
- Economic disadvantage
- Increased family burden
- Diminished productivity
- Social exclusion
- Family conflict
- Compromised parenting

Direct Pathways of Transmission
- Conversations
- Silence
- Proximity/Closest

Current situation
- Economic disadvantage
- Extra household responsibilities
- Experience of regret
- Feeling hurt
- Caught in family conflict
- Social exclusion

Genocide + Aftermath
- Violence
- Death
- Leaving
- Flight
- Imprisonment
- Reparation payments
- Memorialization
- Exile
- Relocation
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)
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.

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
**What's the Impact on Us Today?**

<table>
<thead>
<tr>
<th>Individual</th>
<th>Family</th>
<th>Community</th>
<th>Society</th>
</tr>
</thead>
<tbody>
<tr>
<td>(how it affects you personally)</td>
<td>(what my relatives do)</td>
<td>(where we live and what is happening)</td>
<td>(us as a people)</td>
</tr>
</tbody>
</table>

**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?”
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

10 question quiz

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

Abuse
- Emotional abuse
- Physical abuse
- Sexual abuse

Household Challenges
- Domestic violence
- Substance abuse
- Mental illness
- Parental separation/divorce
- Incarcerated parent

Neglect
- Household neglect
- Physical neglect

10 question quiz

<table>
<thead>
<tr>
<th>ABUSE</th>
<th>NEGLECT</th>
<th>HOUSEHOLD DYSFUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Physical</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>Emotional</td>
<td>Emotional</td>
<td>Incarcerated Relative</td>
</tr>
<tr>
<td>Sexual</td>
<td></td>
<td>SubSTANCE Abuse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Divorce</td>
</tr>
</tbody>
</table>
Prior to your 18th birthday

- Did a parent often or very often swear, insult, make 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” answers: ___ This is your ACE Score

ACE’s Pyramid

- Adverse Childhood Experiences
- Social, Emotional, & Cognitive Impairment
- Adoption of Health-risk Behaviors
- Disease, Disability and social problems
- Early Death
- Death

- 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 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?
###Philadelphia ACE study questions

<table>
<thead>
<tr>
<th>Conventional ACEs</th>
<th>Expanded ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>Witnessing Violence</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>Living in Unsafe Neighborhoods</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>Experiencing Racism</td>
</tr>
<tr>
<td>Emotional Neglect</td>
<td>Living in Foster Care</td>
</tr>
<tr>
<td>Physical Neglect</td>
<td>Experiencing Bullying</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td></td>
</tr>
<tr>
<td>Household Substance Abuse</td>
<td></td>
</tr>
<tr>
<td>Incarcerated Care Provider</td>
<td></td>
</tr>
<tr>
<td>Mental Illness in the Home</td>
<td></td>
</tr>
</tbody>
</table>

###Trauma and Social Location

![Diagram of Trauma and Social Location](image)
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.

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?

50% YOUR LIFE
- Income
- Early Childhood Development
- Disability
- Education
- Social Exclusion
- Social Safety Net
- Gender
- Employment/Working Conditions
- Race
- Aboriginal Status
- Safe and Nutritious Food
- Housing/Mobile Homes
- Community Belonging

25% YOUR HEALTH CARE
- Access to Health Care
- Health Care System
- Wait Times

15% YOUR BIOLOGY
- Biology
- Genetics

10% YOUR ENVIRONMENT
- Air Quality
- Civic Infrastructure

SOCIAL DETERMINANTS OF HEALTH (SDOH)
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

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

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

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

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

- Percentage of victims experiencing sexual violence by an interracial perpetrator

- Female Victims: American Indian or Alaska Native (80%), Non-Hispanic White Only (32%)
- Male Victims: American Indian or Alaska Native (27%), Non-Hispanic White Only (27%)

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

### Figure 2.3 Intraracial Sexual Violence: Weighted Estimates for Lifetime Victims

- Percentage of victims experiencing sexual violence by an intraracial perpetrator

- Female Victims: American Indian or Alaska Native (91%), Non-Hispanic White Only (29%)
- Male Victims: American Indian or Alaska Native (91%), Non-Hispanic White Only (29%)

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

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

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

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

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

Notes: Samples are restricted to victims of physical violence by intimate partners. Confidence intervals are available in appendix table A.9.
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
Poster created by the Sacred Hoop Coalition, Minnesota
Institutional advocacy: polices and practices

Trauma informed practice and policy are relevant at all of these levels.

Safety

Trustworthiness and Transparency

Trauma-Informed Care (SAMHSA, 2015)

Empowerment, Voice, and Choice

Collaboration and Mutuality

Cultural, Historical, and Gender Issues

Interagency and inter-sectoral collaboration

Service cultures

Interactions with our clients

Influencing social conditions, creating need for trauma informed practice
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