

YOUNG MINDS MATTER:

Communities Connecting for Well-being

HOUSTON, TEXAS

WED., OCTOBER 23

HILTON GALLERIA AREA
6700 Southwest Fwy



Hogg Foundation
for Mental Health



PREVENTION
INSTITUTE

#YoungMindsMatter19

Sometimes It Makes Me Wonder: Taking action on community trauma and structural violence

Young Minds Matter: Communities Connecting for Well-being Conference

Hilton Galleria Area

WEDNESDAY, OCTOBER 23, 2019

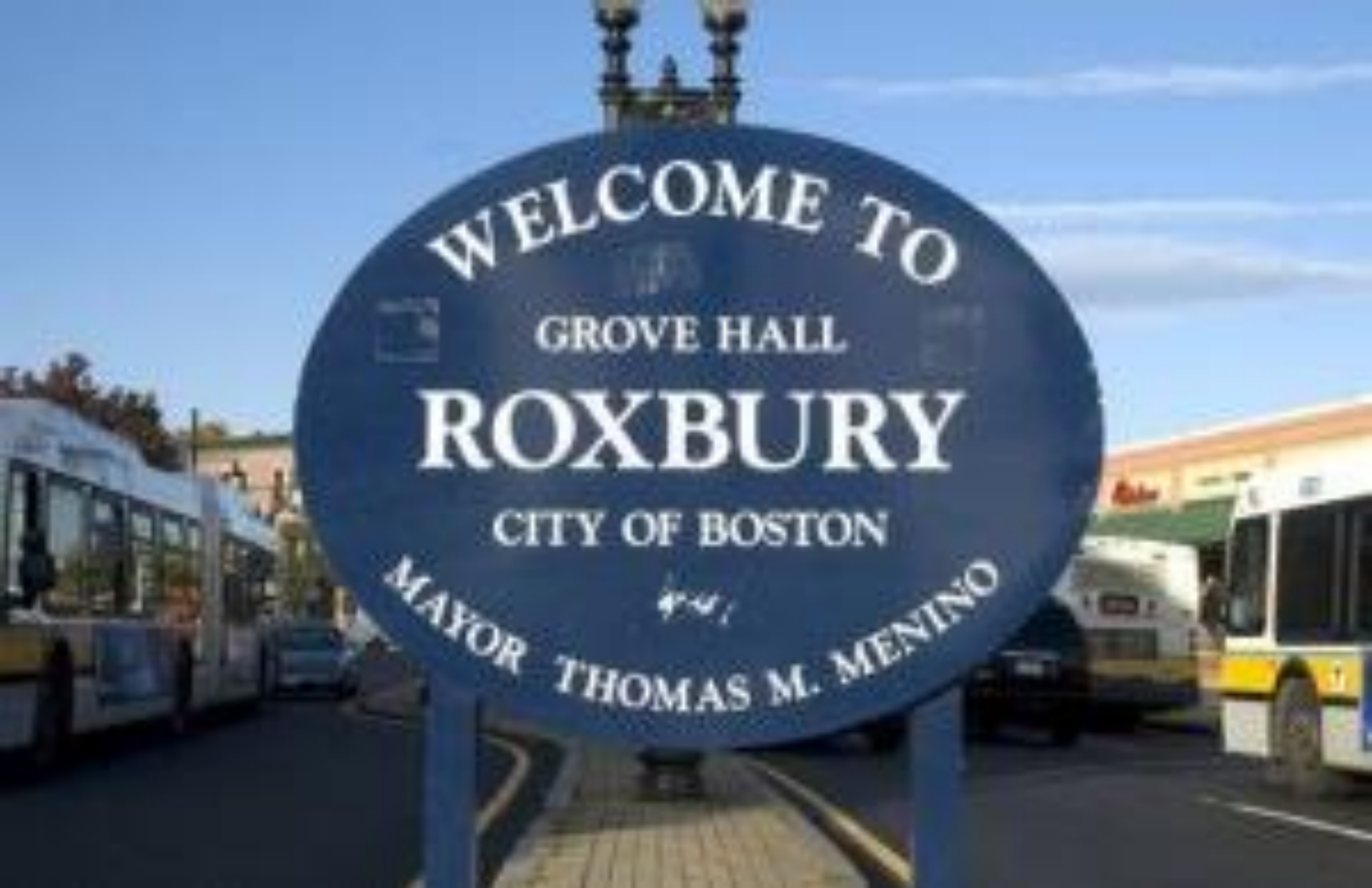
**Howard Pinderhughes, PhD
Professor of Social and Behavioral Sciences**



Adverse Community Experiences and Resilience

Addressing and Preventing Community Trauma







'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

Fifty years ago today, riots convulsed Roxbury, as the civil rights tumult of the '60s finally reached here. It was

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STOP YOUTH VIOLENCE IN OAKLAND







It's Like a Jungle,
Sometimes It Makes Me Wonder
How I Keep From Going Under...

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













Trauma: What We Know

- There is growing understanding about trauma, particularly its prevalence and impact.
- Trauma is pervasive, and has a significant impact on development, health and well-being.
- Trauma-informed care is becoming a standard in a growing number of places
- The predominant approach to dealing with trauma is screening and treatment, consistent with an individual medical model.



What about Community Trauma?

Trauma: What We're Learning

- Trauma also manifests at the community level, and is not just the aggregate of individuals in a neighborhood who have experienced trauma.
- Community trauma is the impact of chronic adversity (e.g., violence and structural violence) across a community.
- There is an understanding that trauma serves as a barrier to effective solutions to promote health, safety and well-being.
- There are manifestations, or symptoms, of community trauma in the social-cultural, physical/built and economic environments.

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.

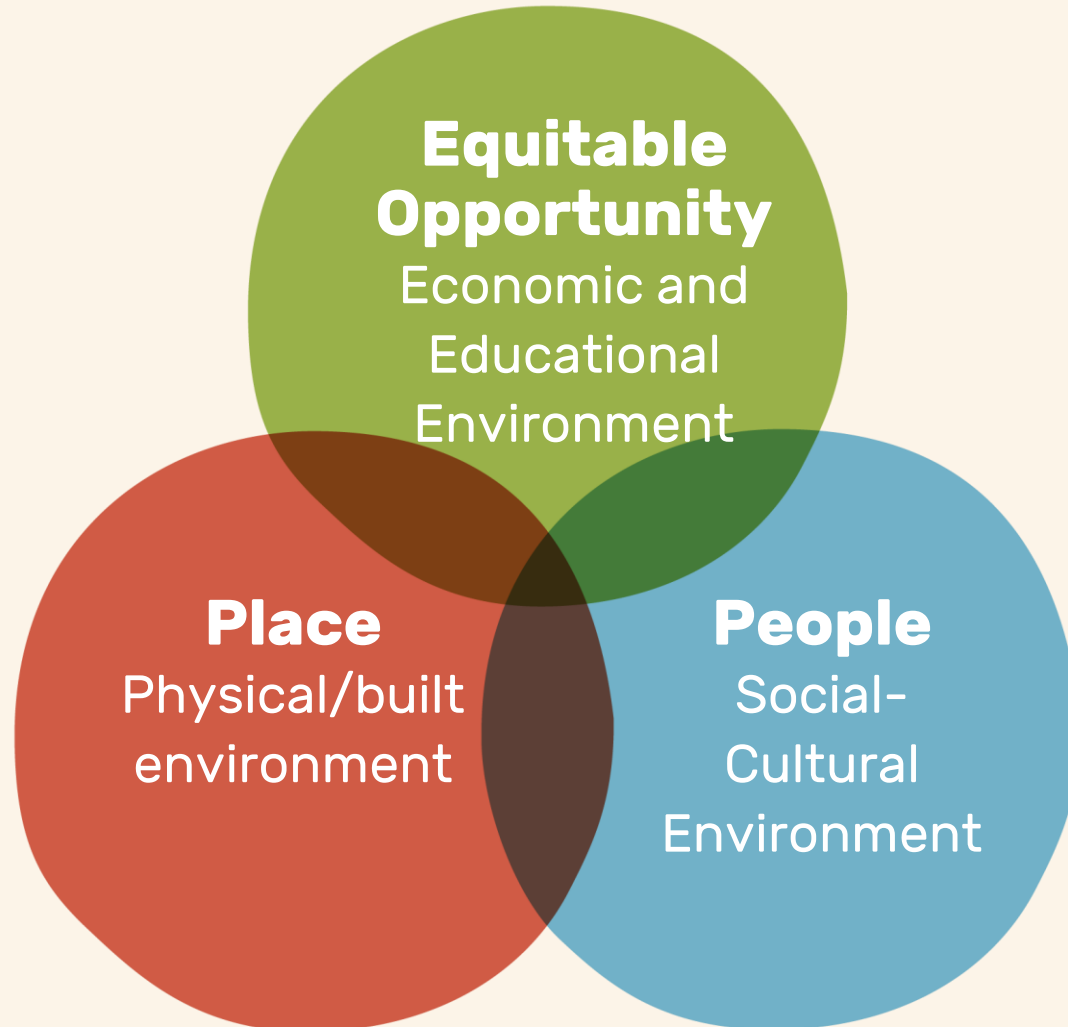
Community Trauma is:

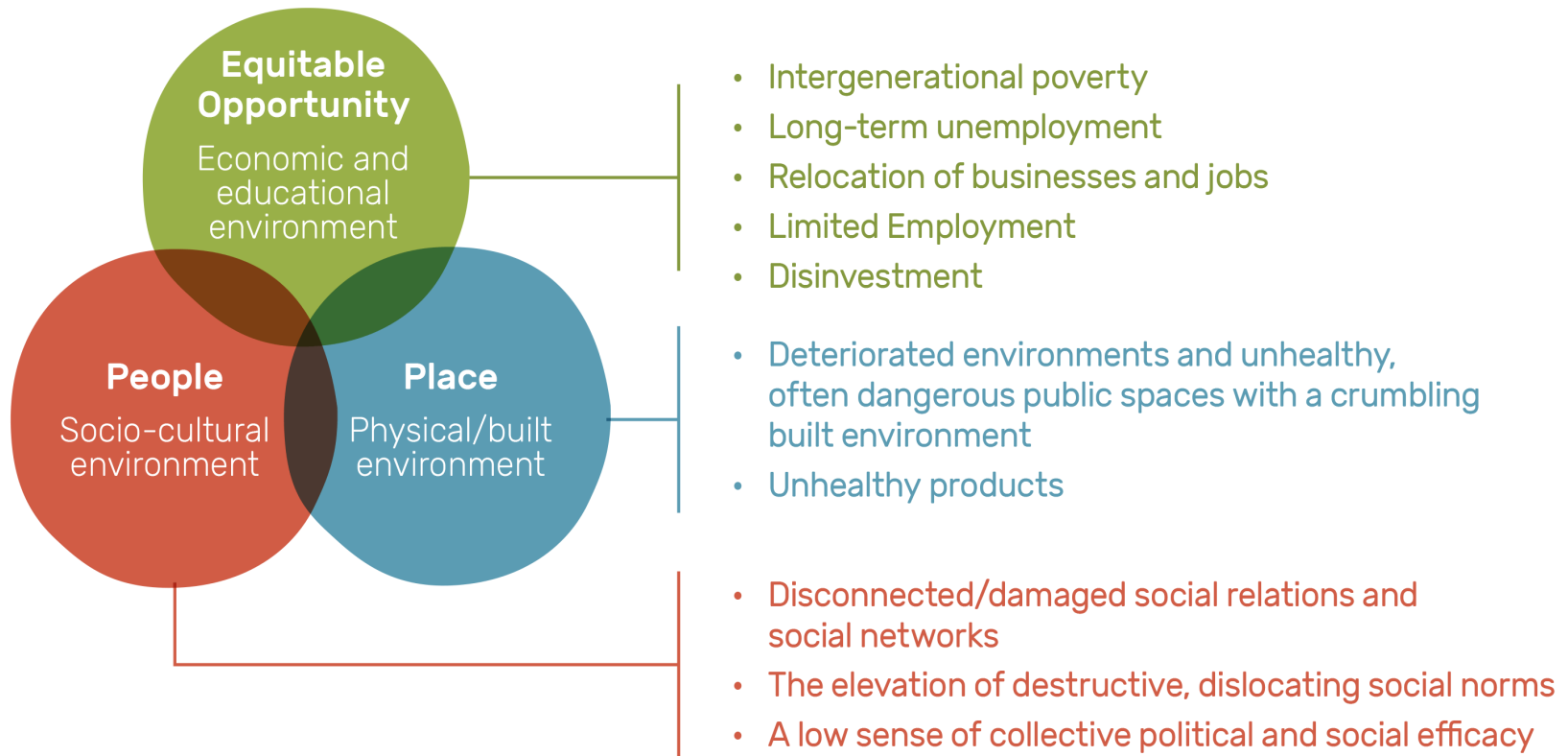
- Cumulative and synergistic impact of regular incidents of interpersonal violence
- Historical and intergenerational violence
- Continual exposure to structural violence

Structural Drivers and Structural Violence

- Structural drivers are the **inequitable distribution** of power, money, and resources, and create the conditions that harm communities.
- Structural violence refers to harm that individuals, families and communities experience from the economic and social structure, social institutions, relations of power, privilege and inequality and inequity that may harm people and communities by preventing them from meeting their basic needs.
- Structural violence is **what inflicts harm** on communities and is driven by structural drivers.
- Structural violence also contributes to trauma.

Community Environment

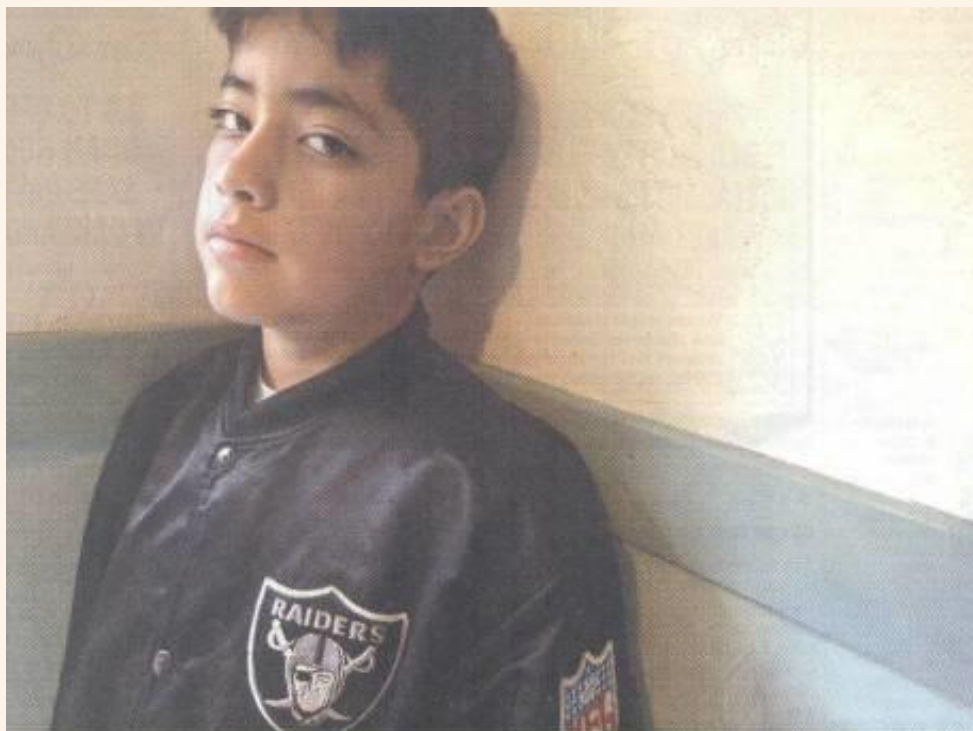




Sample Symptoms of Community Trauma







Mark Evans/77

Roberto Mendez, sixth-grader at the E.C. Reems Academy of Technology and Art in Oakland

Life in the killing zone

By Anastasia Hendrix
CHRONICLE STAFF WRITER

This is a place dozens of murders were committed last year within walking distance of an 11-year-old's doorstep.

This is a place eighth-graders learn soul percentages and averages by studying homicide statistics from the streets at surround their classroom—numbers that represent gunned-down neighbors, teens and even family members.

Violence is the most pervasive part of growing up in East Oakland

ly hung police tape blocking off a fresh murder. There is sorrow and outrage, and politicians promise to solve the problem—but the deadly pattern always continues.

This is East Oakland—where unrelenting violence affects even the smallest corners 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. Mendez, it gravely wounded his son's already fragile sense of security.

The small hole sits on the

his favorite show, "West-Case 1" which details how to survive life ining situations such as how to exit the trunk of a car by breaking or light and pulling out wiring so it can fit through and attract other attention.

"It makes me feel better to lay like this," Rizo said. "I'm always of ways to save myself, so I'll know do if anything bad happens to us.

In his bedroom, located just a from the kitchen, Rizo has tar



Community Factors

- Physical or Built Environment
- Structure of Opportunities
- Social Organization
- Social Networks
- Social Relationships
- Social Norms

Community Trauma Factors

- Physical or Built Environment
- Structure of Opportunities
- Social Organization
- Social Networks
- Social Relationships
- Social Norms

TRAUMA

MY



NEIGHBORHOOD



IS



KILLING



ME



It is unreasonable to expect that people will change their behavior easily when so many forces in the **social, cultural,** and **physical** environment conspire against such change.

- Institute of Medicine



The Key

A Framework for Preventing Violence And
Building Community Resilience – ACE/R

Building Community Resilience Requires
Comprehensive and Sustained Policy and Action

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.
- It's rooted in community factors, such as social networks and trust; willingness to act for the community good; living wages/local assets and wealth; healthy, equitable community design and infrastructure; and healthy products and services.

**What can be done
to prevent the
problem from
occurring *in the
first place?***

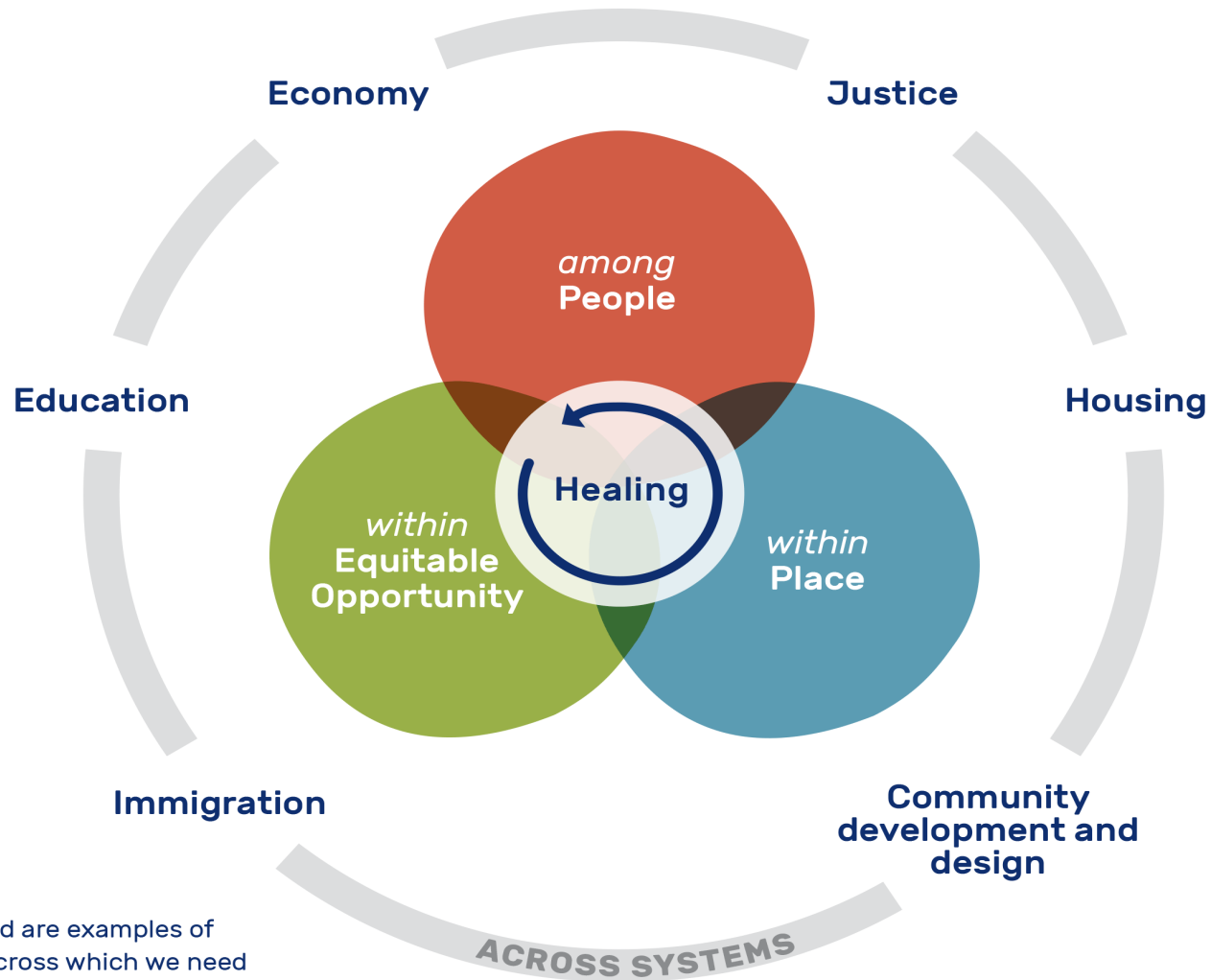


A photograph of a river flowing through a forested area. In the background, a bridge with a truss structure spans across the river. The foreground shows a rocky bank with some greenery and a small stream of water flowing into the main river. The sky is overcast.

Moving Upstream

**We are still
standing on the
bank of the river,
rescuing people
who are drowning.
We have not gone
to the head of the
river to keep them
from falling in.**

**That is the 21st
century task.”
*Gloria Steinem***



Note: The systems listed are examples of the types of systems across which we need to work to address community trauma.

Healing: A Starting Point for Community Agency

- Healing circles
- Vigils
- Restorative justice practices
- Acknowledgement/reconciliation
- Arts and engagement in the arts
- Community dialogues
- Practices that are culturally and community rooted and acknowledge harm and promote resilience

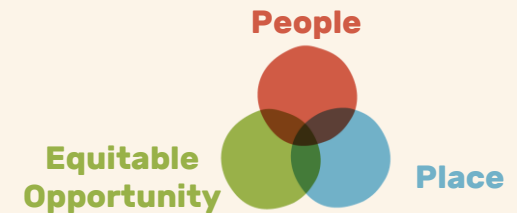






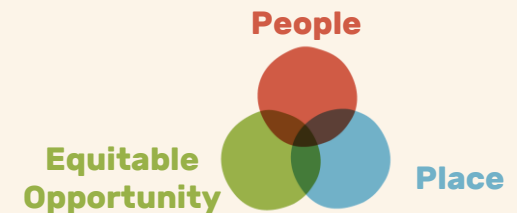
Strategies Among People

- Increase civic engagement and participation
- Supporting multigenerational relationships
- Coming together to build community efficacy
- Advancing positive norms



Strategies Among People

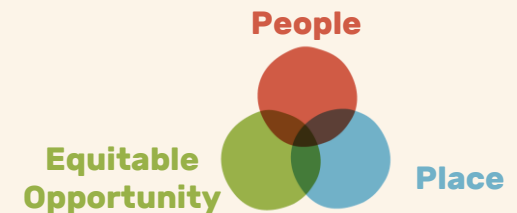
- Uplifting positive narratives of hope and resilience from within the community
- Enhanced community engagement and advocacy
- Trauma informed community building
- Reconnecting with cultural identity





Strategies within the Community (Place)

- Reclaiming land, spaces and public places
- Arts and cultural reflection/expression in the community
- Focus on ensuring stable housing with dignity
- Creating safe and supportive places for regular gathering/coming together







Strategies within the Community (Equitable Opportunity)

- Workforce and economic development
- Restorative justice in schools
- Resident ownership of businesses

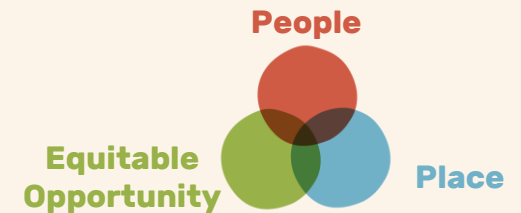




Photo Credit: KVICE



Photo Credit: KVICE

Establishing **informal gathering places for networking, resource connection and support** that also strengthen life skills and community/civic opportunities

Engaging in Placemaking

Strategies Across Systems

- Trauma informed systems transformation
- Public health solutions to police-community violence
- Power-sharing (e.g., participatory budgeting, shared leadership and decision-making)

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



- **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

Making Connections: Report Findings



- 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

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

A Gendered Lens



Making Multiple Connections



Photo: YES - Nature to Neighborhoods

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

Making Multiple Connections



Photo: Tony Alter, Creative Commons

- 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**

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**

Community of Practice

A focal point for advancing mental wellbeing among boys and men

Prevention Institute



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

Emerging Pillars of Wellbeing

The background of the image is a scenic landscape. In the foreground, there are several stacks of balanced rocks of various sizes and colors (grey, brown, tan) on a grassy bank. The middle ground shows a calm body of water, possibly a lake or a wide river, with some small structures or boats visible in the distance. The background features rolling hills or mountains under a clear blue sky. The overall atmosphere is peaceful and natural.

Hope

Dignity

Trust

Safety

Belonging & Connection

Control of Destiny



Creating Space for Being/Doing/Connecting



Building Capacity to Help Self and Others



Supporting Civic/Community Action to Enhance Wellbeing



Amplifying Narratives of Healing and Hopefulness



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

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 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

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

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



Milwaukee's Blueprint for Peace

Charting the path forward with the Adverse Community Experiences and Resilience Framework

Milwaukee's Blueprint for Peace – The Need

- Milwaukee homicides jumped from 86 in 2014 to 145 in 2015. In 2016 Milwaukee was ranked as the fifth most dangerous city in the US. Milwaukee faces high rates of other forms of violence such as intimate partner violence and sexual assault.
- Violence takes an inequitable toll on specific neighborhoods and populations, including youth, women, and people of color.
- Milwaukee has high degrees of economic inequality and residential segregation, low degrees of income mobility, and high rates of incarceration of African American men.
- These and other factors contributed to high levels of community trauma, reflected in disconnectedness among residents and institutions and limited community-government trust.

Milwaukee's Blueprint for Peace – The Need

- Mayor Tom Barrett saw the need for an all-hands-on-deck approach to promoting safety and preventing violence in Milwaukee
- Milwaukee would take a public health approach to reducing violence which includes addressing underlying factors that contribute to violence, building on community assets and culture, and applying data and science to ensure effective solutions

Milwaukee's Blueprint for Peace – Who

- Diverse steering committee
- Inclusive and transparent process that centered the voices of those most impacted
- Broad community engagement focused on collaboration, solutions and action

Milwaukee's Blueprint for Peace – The Approach

- Focus on preventing violence before it occurs, as well as intervention efforts after violence has occurred to reduce its impact and prevent future perpetration and victimization
- This approach is separate but complementary to criminal justice system's efforts to reduce violence

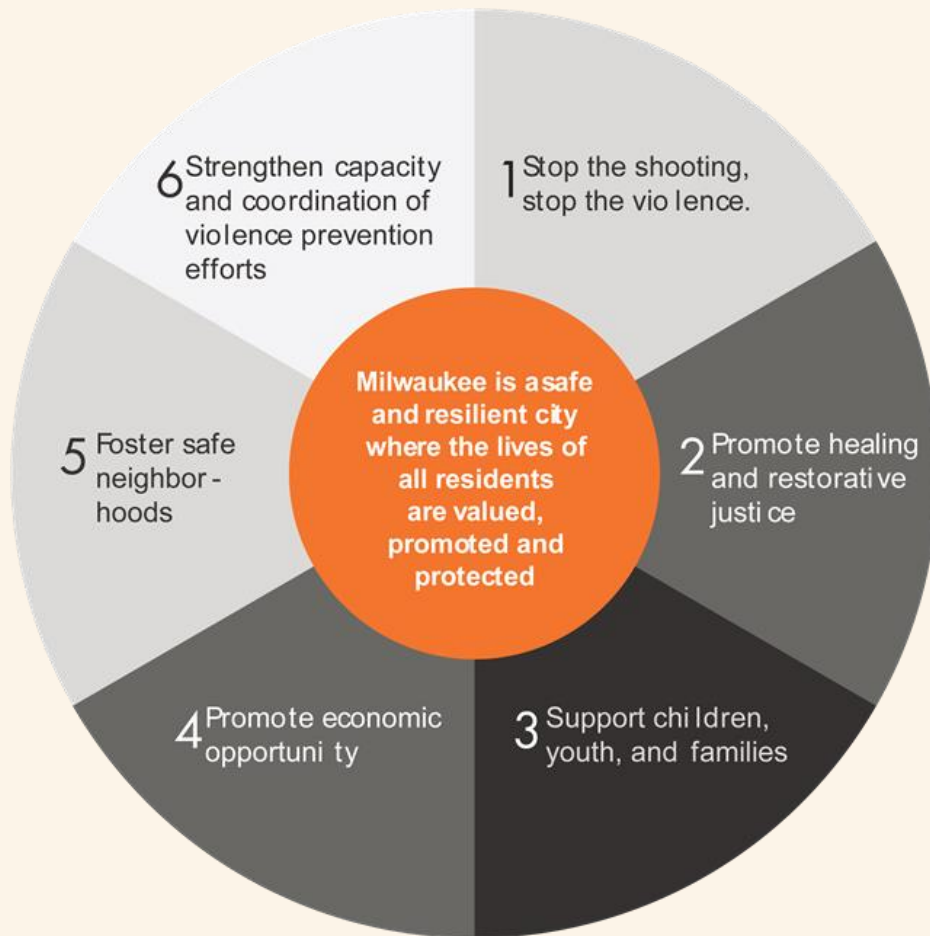
Focus on Risk and Resilience Factors

- Effective violence prevention efforts reduce risk factors and strengthen resilience factors.
- Risk factors are conditions or characteristics that increase the likelihood that violence will occur.
- Resilience factors are conditions or characteristics that are protective even in the presence of risk factors, thus reducing the likelihood of violence.
- In the Blueprint, the promotion of resilience factors is emphasized, including at the individual, family, and community levels.

Guiding Principles

- Community
- Equity
- Individual & Community Resilience
- Action

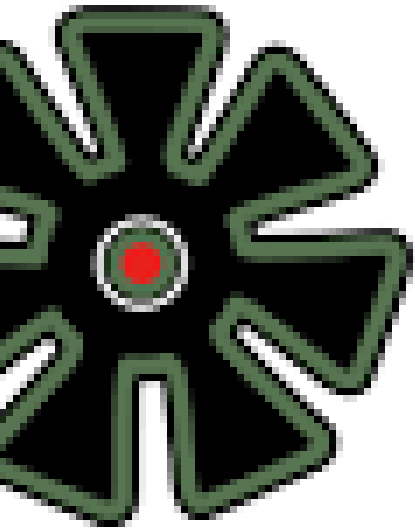
Strategic Goals



1. Stop the shooting. Stop the violence.
2. Promote healing and restorative justice.
3. Support children, youth and families.
4. Promote economic opportunity.
5. Foster safe and strong neighborhoods.
6. Strengthen capacity and coordination of violence prevention efforts.

Resources

- Milwaukee Blueprint for Peace - <https://city.milwaukee.gov/414Life/Blueprint>
- Milwaukee's Blueprint for Peace: Charting the path forward with the Adverse Community Experiences and Resilience Framework - http://preventioninstitute.org/sites/default/files/uploads/Milwaukee%20ACER%20profile_0.pdf
- Community Organizing to Prevent Violence (podcast interview with Reggie Moore) - <https://soundcloud.com/user-676580582/community-organizing-to-prevent-violence>



BROTHERHOOD OF ELDERS NETWORK





Each One Teach One

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:



Ray Balberan

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 and 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.

Youth leaders, young warriors, come forward

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.

Addition 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

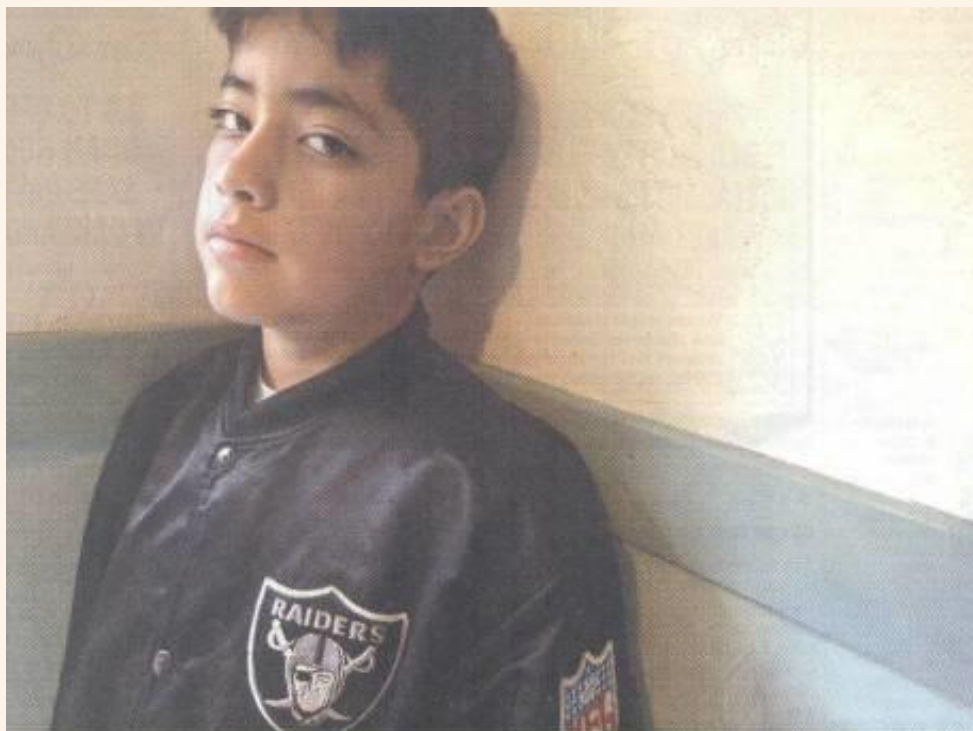
Free the community

Free RAP

Free KPFA







Mark Evans/77

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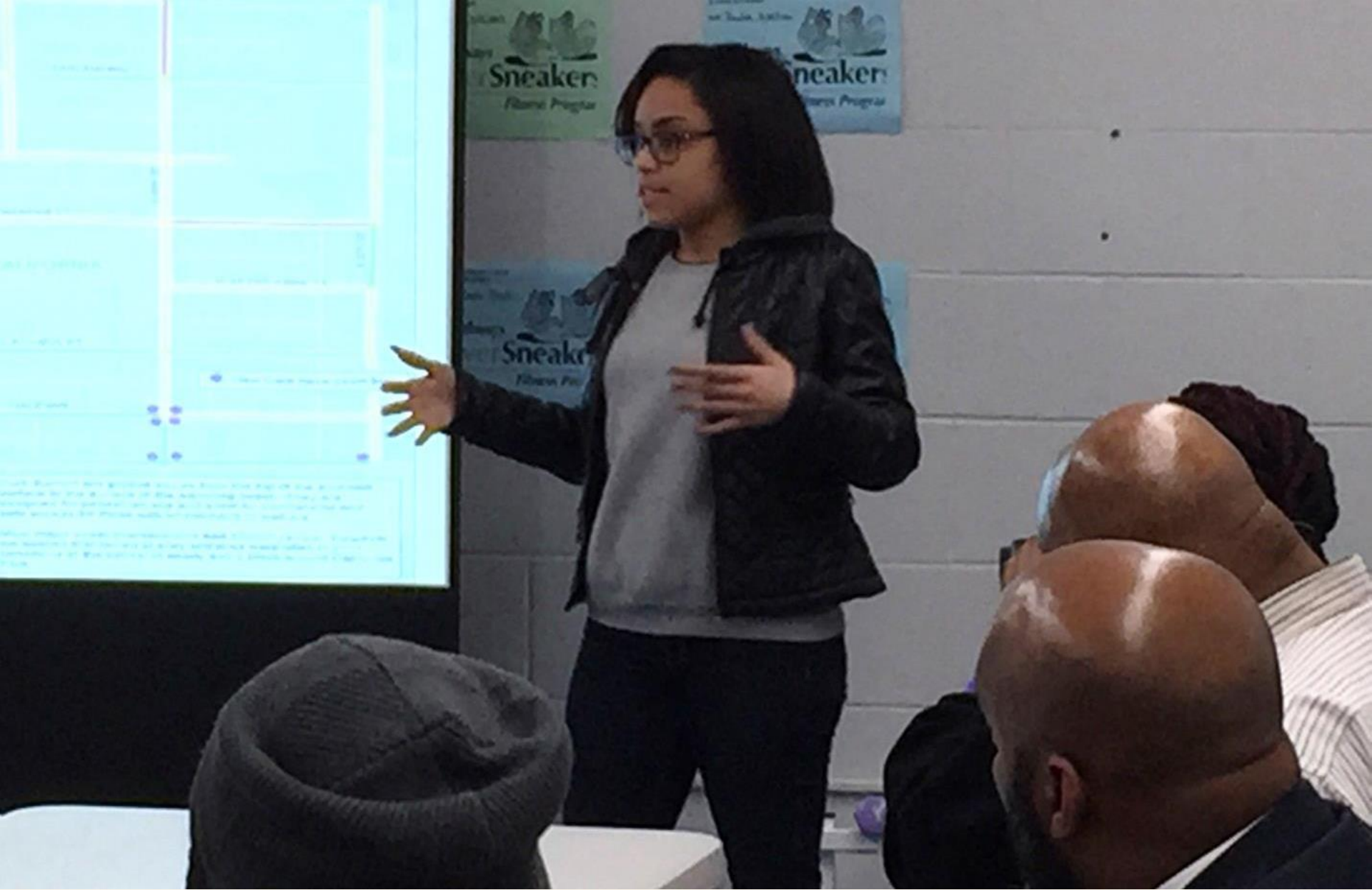




























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