

URBAN NETWORKS TO
INCREASE THRIVING YOUTH
UNITY
through Violence Prevention



Laying the Groundwork: Advancing Prevention in the Context of Community Trauma

April 18, 2013

WELCOME! WE WILL BEGIN SOON.

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UNITY is funded by the Centers for Disease Control and Prevention and in part by The Kresge Foundation.

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Laying the Groundwork: Advancing Prevention in the Context of Community Trauma

April 18, 2013



Rachel Davis, MSW
Project Director
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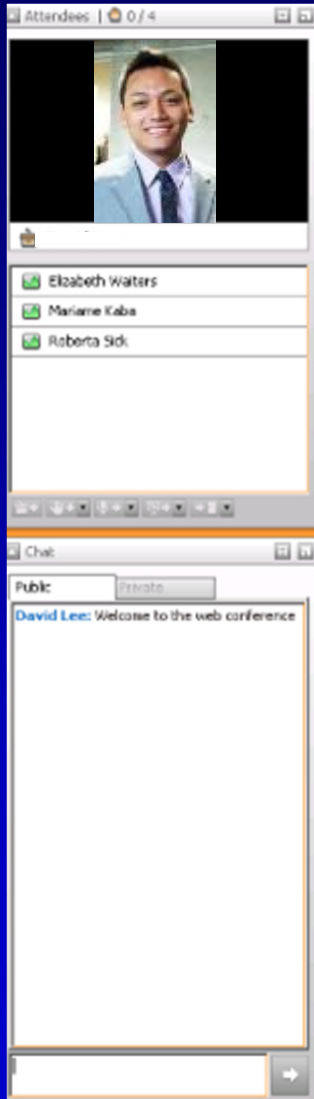
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How to Use the Technology



Raise Hand

Text Chat – undock

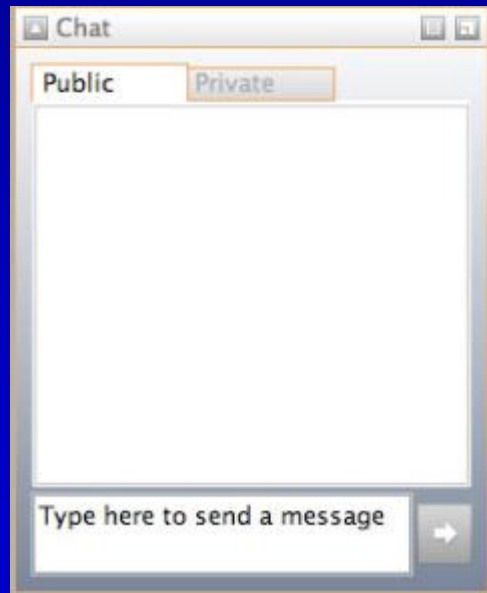
Polling Questions

PowerPoint Slides

Audio

Laying the Groundwork

Please tell us the name of your organization and where you are joining us from.



Use chat to answer

For Technical Assistance

If you have problems with the technology during the webinar:

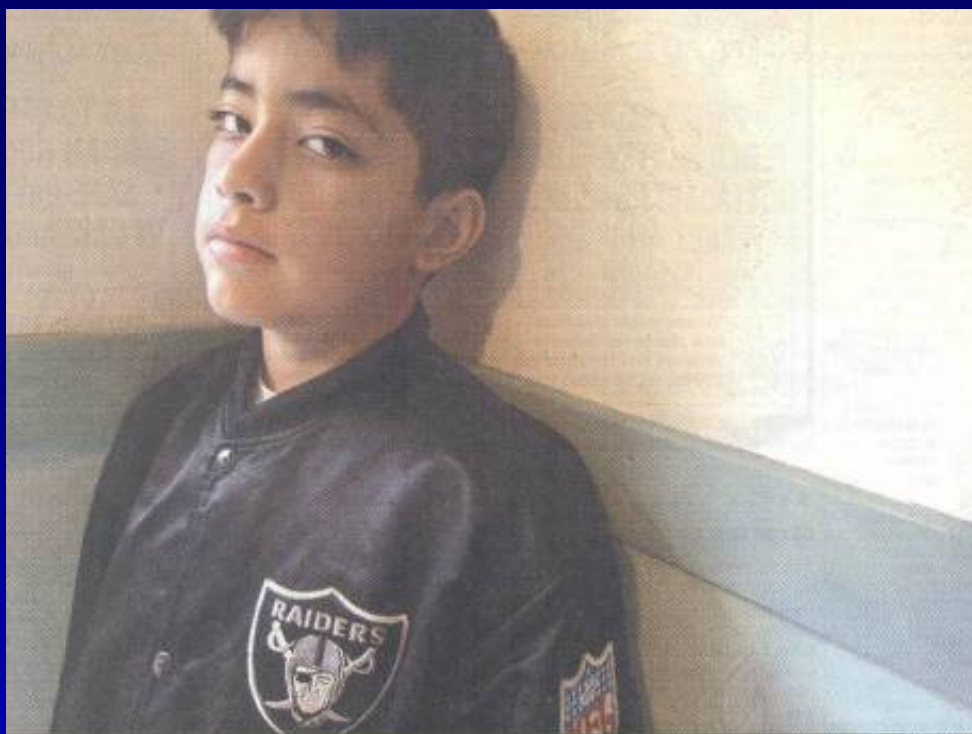
- ◆ Call iLinc at 1-800-799-4510
- ◆ Call Prevention Institute at 510-444-7738

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UNITY builds support for effective, scalable, sustainable efforts to *prevent violence before it occurs* so that urban youth can thrive in safe environments with ample opportunities and supportive relationships.



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

Mike Korman/7

Life in the killing zone

By Anastasia Hendrix
CHRONICLE STAFF WRITER

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

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

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.

They hang 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 unremitting violence affects even the smallest matters of everyday life. Take 11-

year-old Roberto, who was shot by a 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

corner of his bedroom, which he uses as his favorite show: "West-Case," which details how to survive life-threatening situations such as how to escape the trunk of a car by breaking out the light and pulling out wiring so it can fit through and attract other attention.

"It makes me feel better to know how to survive like this," Rigo said. "I'm always looking for ways to save myself, so I'll know what to do if anything bad happens to me."

In his bedroom, located just a few feet from the kitchen, Rigo has tape

Links Between Violence and Mental Health

MAKING THE CASE

FACT SHEET

Violence and Mental Health



Experiencing, exposure to and fear of violence have known emotional and mental health consequences. These consequences are often lifelong, require extensive treatment, and can, in turn, affect physical health as well as bring stress and consequences to others.

- Youth with past exposure to interpersonal violence (as a victim or witness) have significantly higher risk for Post-Traumatic Stress Disorder (PTSD), major depressive episodes, and substance abuse/dependence (1)
- Women who experience Intimate Partner Violence are 3 times more likely to display symptoms of depression, 4 times more likely to have PTSD, and 6 times more likely to have suicidal ideation (2)

Current research has identified the following mental health conditions as significantly more common among those exposed to violence either directly (e.g., as a victim or perpetrator) or indirectly (e.g., as a witness):

- Multiple mental health conditions (5-9)
- Depression and risk for suicide (1,4,7,10-12)
- Post-Traumatic Stress Disorder (PTSD) (1,10,12)

UNITY City Network



Learning Objectives

- ◆ Participants will understand:
 - ◆ the evolution in our understanding of trauma and its impact on individuals
 - ◆ how trauma is transmitted and the implications for urban youth
 - ◆ the strengths and limitations of trauma-informed approaches for individuals
 - ◆ the need for understanding the impact of community-level trauma and the implications for prevention practice



What Is Trauma?

- ◆ Experiences or situations that are emotionally painful
- ◆ Chronic adversity (discrimination, racism, sexism, poverty, oppression)

ACE 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

ACE Study (Cont.)

- ◆ 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

PTSD Symptoms

- ◆ Re-experiencing the trauma
- ◆ Emotional numbing
- ◆ Avoidance
- ◆ Increased arousal







Settings

- ◆ Hospital Care
- ◆ Community Health and Wellness Clinics
- ◆ Community Mental Health Settings
- ◆ Schools and After School Programs
- ◆ Youth Development Programs
- ◆ Juvenile Justice Programs

Trauma Specific Approach

- ◆ **Mental health therapies**
- ◆ **Hospital-based interventions** (National Network of Hospital-Based Violence Intervention Programs - nnhvip.org)
- ◆ **Psychological First Aid** (The National Child Traumatic Stress Network and the National Center for PTSD - nctsn.org)
- ◆ **The Effective Providers for Child Victims of Violence Program - The EP Program** (American Psychological Association - apa.org)







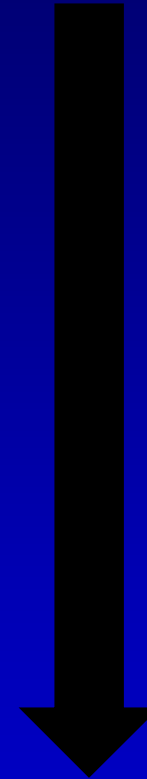
Synergistic Trauma

AKA Complex Post-Traumatic Stress Disorder

- ◆ A psychological injury that results from exposure to multiple sources of trauma.
- ◆ The combination of individual trauma from exposures to violence and the trauma from exposures to structural violence.

◆ ROOT CAUSES = STRUCTURAL VIOLENCE

- ◆ Inequality
- ◆ Racism
- ◆ Sexism
- ◆ Poverty
- ◆ Oppression
- ◆ Power Dynamics
- ◆ Heterosexism



Trauma





Root Causes Shape...

- ◆ Systems
- ◆ Neighborhoods
- ◆ School
- ◆ Families
- ◆ Peers

MY



NEIGHBORHOOD

IS



KILLING



ME





Image by New York Times

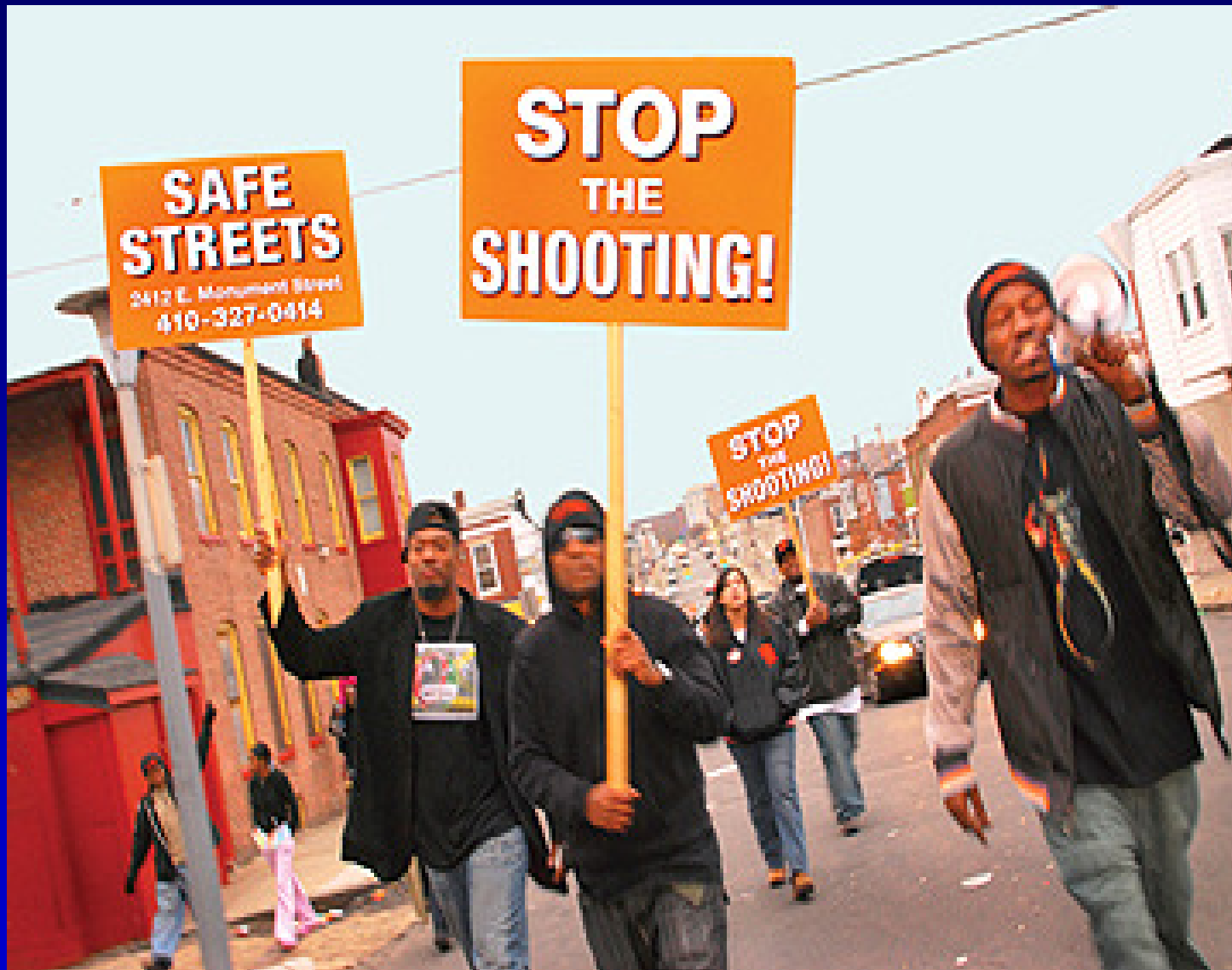


Image by New York Times





Justice That Promotes Healing



www.cureviolence.org

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Building Community Resilience

- ◆ Restorative Justice
- ◆ Healing Circles
- ◆ Reclaim and Improve Public Spaces
- ◆ Shift Community Social Norms
- ◆ Enhance Social Connections and Networks
- ◆ Build Intergenerational Connections and Networks
- ◆ Organize and Promote Regular Positive Community Activity
- ◆ Providing more of a voice and element of power for community folks around shifting and changing environmental factors as well as the structural factors.



Image by L.A. for Youth



Image by New York Times







Community-Level Trauma Series

- ◆ Provide examples of lessons learned from experienced practitioners
- ◆ Explore challenges and opportunities posed by the moderator and the audience
- ◆ Identify opportunities to support comprehensive, multi-sector strategies

For **UNITY** City Network Members

◆ **Community Trauma and Prevention: Implications for Practice**

Thursday, May 23, 2013

11:00am -12:30pm PT / 2:00pm-3:30pm ET

◆ **Addressing and Preventing Trauma at the Community Level**

Tuesday, June 18, 2013

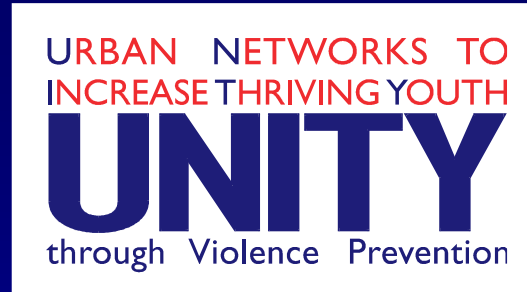
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To register for these webinars please contact Edward Muna at Edward@preventioninstitute.org with your name, email and affiliation.

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- ◆ **Sign up for UNITY e-alerts:**
 - Receive information on new violence prevention-related activities, resources and events
 - Get the latest updates on UNITY
- ◆ **Visit**
www.preventioninstitute.org/UNITY
- ◆ **Email unity@preventioninstitute.org**



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