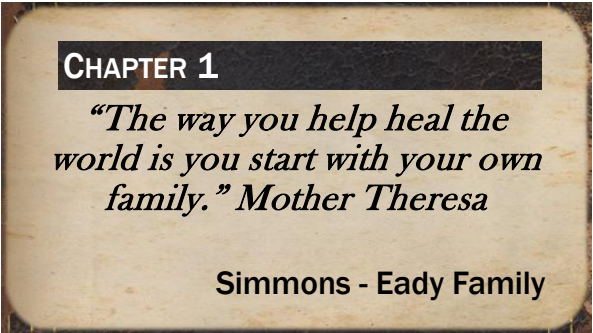
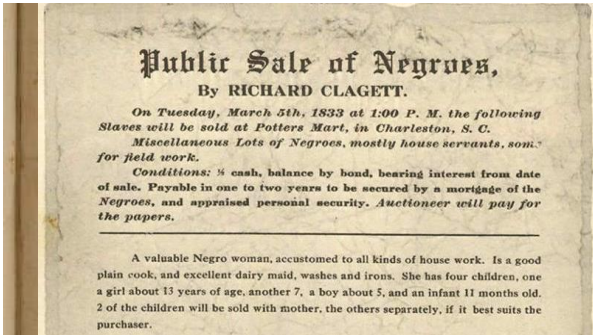


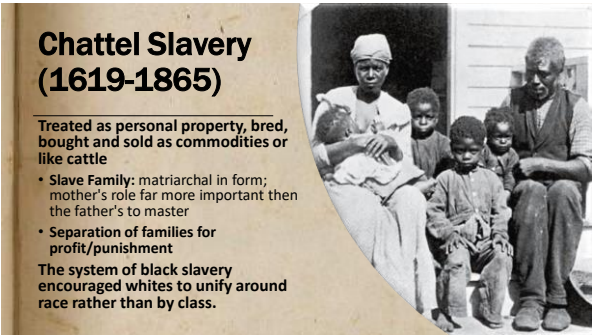
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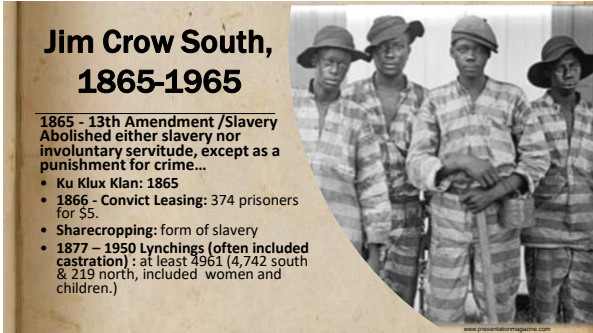
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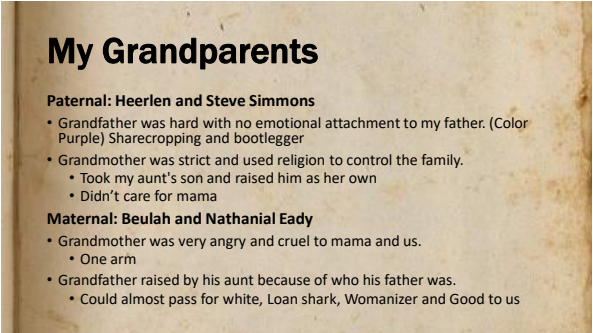
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5




6

Great Migration and Ghetto 1915-68

Leaving the farm, share cropping and white terrorism.

- Menial and industrial manufacturing jobs; segregated housing and employment.
- 1919 "Red Summer".
- 1933 – FHA Redlining: also limited access to the GI Bill for African American and Native American veterans. (Only between .1 to 2% received loans)



In 1963, African-Americans had one of the highest marriage rates in the country: 70 percent.

7

My Parents

Margie and Samuel Simmons, Sr.

- They married at 17 and 19, I was at the wedding.
- Followed Uncle Steve to the North for work and to leave the cruelty of the South
- Uncle Steve never returned to the south after leaving the armed services



8

Rock Island, IL Projects

It worked for Daddy but not for Momma.

3 Brothers, Me and Momma's white toy poodle.

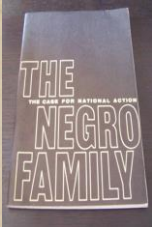
- White carpet and furniture
- Alcoholism and medication abuse
- Domestic Violence
- Religion
- Bullied



9

THE MOYNIHAN REPORT 1965


- ❑ The Negro Family: The Case For National Action was written by Daniel Patrick Moynihan,
- ❑ Key Findings
 - ❑ Never been accept into the "American Dream"
 - ❑ The Matriarchal system does not work within the American (Western) System
 - ❑ Black Men Must have Employment (at the cost of black women)
 - ❑ Repairing The Black Family is key
- ❑ But! blamed It on pathology as a product of the social realities of the urban ghettos, **without any consideration of the trauma history.**



10

Ghetto and welfare 1968-1975


- Welfare rules
- The exodus of low education high income industrial manufacturing jobs and middle class
- Drugs, crime and family disintegration (all inter-related) took a heavy toll on the inhabitants.
- Urban renewal (1949-1975).



12

1st Marriage (1974)

- I looked good on paper but I wasn't that good (1974)
 - Husband
 - Father
- Separated in 1976
- Conversation with my mother
 - "I stayed for the children"



13

The Brothers Late 70s - 90s

- Left the church
- Started using and selling Drugs
- Alcoholism
- Womanizing
- Drug treatment
- Death



14

Hyperghetto and Prison 1975-1995

Hyperghetto extreme concentration of poverty and underprivileged groups.

- Mass incarceration: Blacks and whites use and sell drugs at about the same rate, but blacks are 20 times more likely going to Jail.
- Gang violence and concentrated police presents

Drugs had major impact on the women and children.



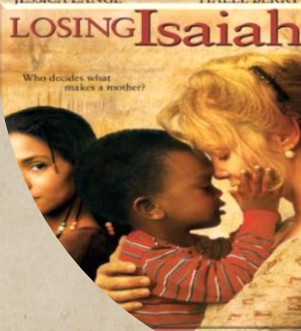
15

Institutionalized Generation (1985-?)

A generation in the care of institutions or service providers external to family members.

- Child Protection
- Foster Care
- Welfare Social Work
- Corrections (Juvenile & Adult), Etc.

Furthering elements of internalized oppression and extreme level of learned helplessness. (B. Jones 2013)



16

AFRICAN AMERICAN CITIZENSHIP 1619 - 2019

 <p>Chattel Slavery 1619-1865 246 Years</p>	 <p>Jim Crow and Segregation 1865-1965 100 Years no (south) or limited (north) rights</p>	 <p>Citizenship Rights 1965-2019 54 Years Struggle for full inclusion</p>
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17

CHAPTER 2

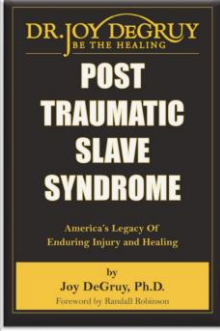
*"People are trapped in history,
and history is trapped in them."*
James Baldwin

Trauma Response

18

P.T.S.S.

- The consequence of centuries of chattel slavery followed by institutionalized racism and oppression have resulted in multigenerational adaptive behavior, some positive reflecting resilience, and others that are harmful and destructive.
- Research shows that symptoms of race-based trauma present similarly to post-traumatic stress disorder. Scholars agree that chattel slavery's destruction of family relationships to this day undermines African-American community.



19

Survival Stress Management

A process of adapting to stressful situations by **acting or reacting without thinking of the consequences of our choices**. Resulting in **increased stress and/or depression**:

- Addictive substances and behavior (i.e., drugs, alcohol, sex, shopping, fast money, gambling, food, video games, etc.) produces a **limited sense of relief** requires repetitions.
- Judgmental and distorted thoughts and feelings, impatience, exploitation, aggression, abuse and violence directed against one's self or others.

20

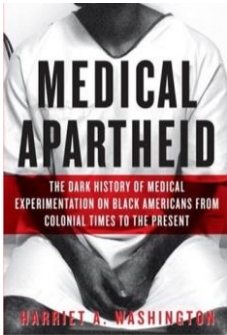
CHAPTER 3

"The village that hides the truth cannot expect to heal but to pass on the pain."

Uncle Big

Obstacles to Healing

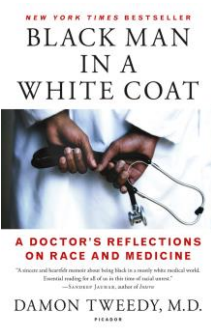
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Obstacles

- Continued institutional racism, racial microaggressions, oppression and distrust
- Community rely on faith, resiliency or resignation that suffering is a part of Black life and rejecting therapy as a source of strength. ("considered a weakness")
- Discriminatory social attitude that men and boys can't be victims. (especially black men)
- Some practitioners are ill equipped to evaluate racial trauma due to personal history and value systems which block objectivity and a willingness to be uncomfortable

22



Parallel Trauma

- Staff own trauma (historical) or oppression and powerlessness parallels that of client.
- Staff feels a greater need to "fix it" or intervene and conflicting with staff/organization culture.
- Believing self-care is less important than the care they provide others.

Exposure to a toxic or trauma impacts organization culture. How can the client heal in a toxic environment?

23

CHAPTER 4

"History is not about the past. It's about the present!"

- Dr. El-Kati

Current Look

24

Adolescents 13 to 25


- Generational attachment issues
- Glorification of death i.e. Biggie and Tupac
- Rite of passage involves an trauma
- **Adultification**: Mature developmental stage because of situational context or necessity; **cultural stereotype based on how adults perceive children** (Girlhood Interrupted: The Erasure of Black Girls' Childhood, 2014)



25

The Cry of Black Parents


“What do I tell my children Now?!”



26

AND THE TRAUMA CONTINUES....

- ❑ Young black males die from gun violence at a rate 2.5 times higher than Latino males, and eight times higher than white males.
- ❑ Black women with college degrees had higher rates of infant mortality than white women who were high school drop outs (10.2 vs. 9.9)...
- ❑ Blacks are 15% and Native Americans are 1.3% of the general US population, yet they account for almost 45% of children in foster care.



27

CHAPTER 5


“If your compassion does not include yourself, it is incomplete” The Buddha

Healing Journey

28

Road to Healing

- 1983 - SKI - Chronic Pain Rehabilitation Program as patient and staff. Learned to understand my pain.
- 1984 - Individual counseling
- 1985 – Study parents pain/trauma
- 1990 – Samuel Simmons Consulting: Specialist in working with African American Males and developing cultural competent urban sensitive programming.



29

Forgiveness and Reconciliation

- Studies parents pain/trauma history
- Realize they did the best they could

“Not too bad”

FORGIVENESS DOESN'T EXCUSE THEIR BEHAVIOR.

FORGIVENESS PREVENTS THEIR BEHAVIOR FROM DESTROYING YOUR HEART.

#BEYONDORDINARY

30

CHAPTER 6


“Change does not come without people in power being willing to be uncomfortable. “Uncle Big

Meeting The Challenge

31

Community Path to Healing

- Acknowledge and confront the historical trauma – THE TRUTH
- Focus on healing of ones self as well as healing within and among the community
- Releasing the pain in healthy ways
 - **Respect:** survival merits, spiritual beliefs, and cultural healing services
 - Psychological Treatment Services
 - Social Justice
 - FORGIVENESS



32

Community and Providers

- Community institutions, leaders, and clergy can promote efforts to link culturally sensitive trauma informed strategies to address parenting, sexuality, health relationships, jobs, housing, schools and violence.
- Educate community and our workforce about Historical Trauma, ACEs and developmentally sensitive periods.
- Providers must do the self-work first! Staff can cause more of a problem than you are attempting to solve. (addressing over-empathizing, personal trauma, bias and fear).
- It's About Supporting All Parents Too! that includes Fathers.

33


Providers and Policy Makers

- Addressing historical trauma and its legacy by augmenting the evidence-based trauma informed approaches and research.
- Develop authentic relationships with long-term investments in community change and effective trauma informed cultural specific service delivery.
- Raise awareness of male-victims in all aspects of identification, advocacy, and service delivery among community and professionals.
- Say "Black" when you mean black not "People of color"
- Have safe spaces for black families and staff.

34

Three key factors for Resilience

- A strong parent-child relationship, or, when such a relationship is not available, a surrogate caregiving figure who serves a mentoring role.
- Community reciprocity in watching out for children, intervening when they are in trouble, doing favors for one another.
- Social Bridging – People reach outside their social circle to get help for their family and friends.
- Building resilience after trauma



35

Compassionate Accountability

Some people we relate to and others we don't or even repulse us. Doing what is easy can have consequences like...

- Compassion without accountability can encourage chaos.
- Accountability without compassion, complacent, self-satisfying
- Swing back and forth, we are not consistent, fair or clear.

Compassion Accountability: help us seek truth, understanding, forgiveness, justice, humility and leave others empowered without blame and excuses.

36

Change is up to Us

What's your story?

Thank You

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