

"How are the children?"



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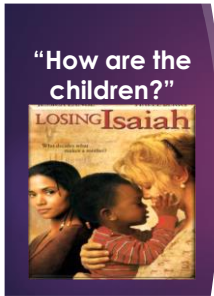


- ▶ Black children are more than three times as likely to be poor as White children.
- ▶ Black children are twice as likely to die before their 18th birthday as White children
- ▶ Black children arrive in kindergarten with lower levels of school readiness than White children.

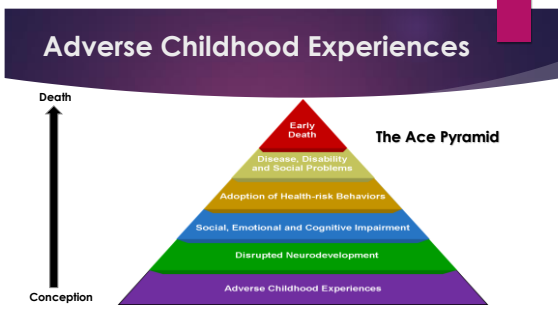
"How are the children?"



- ▶ Intimate partner homicide is the leading cause of death for African-American women ages 15 to 45.
- ▶ The number of Black children and teens killed by guns between 1963 and 2010 is 17 times greater than the recorded lynchings of Black people of all ages from 1882 to 1968.



- ▶ Blacks make up 15 % of the general US population, yet 42 % of children in foster care in the United States are Black.
- ▶ Black children and youth make up 32 percent of children arrested and 40 percent of all children and youth in residential placement in the juvenile justice system.



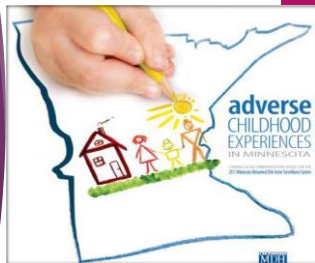
Categories of ACEs

<p>ABUSE</p> <ul style="list-style-type: none"> □ Abuse <ul style="list-style-type: none"> ▶ Emotional ▶ Physical ▶ Sexual □ Neglect <ul style="list-style-type: none"> ▶ Emotional ▶ Physical 	<p>HOUSEHOLD DYSFUNCTION</p> <ul style="list-style-type: none"> □ Mother treated violently □ Household substance abuse □ Household mental illness □ Parental separation or divorce □ Incarcerated household member
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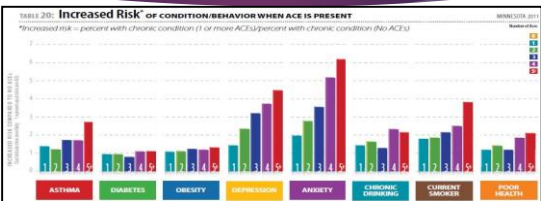
...LEAD TO ACEs

- **Health-Risk Behaviors...**
 - Smoking
 - Overeating
 - Physical inactivity
 - Heavy alcohol use
 - Drug use
 - Promiscuity
- **...Which Cause Disease, Disability and Social Problems In Adulthood**
 - Nicotine addiction
 - Alcoholism
 - Drug addiction
 - Obesity
 - Depression and Suicide
 - Injuries
 - Unintentional pregnancy
 - Heart disease
 - Cancer
 - Chronic lung and liver disease
 - Stroke
 - Diabetes
 - Sexually transmitted diseases

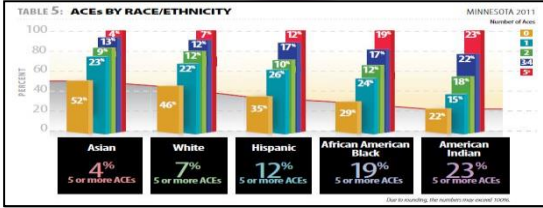
Minnesota Aces



When ACEs Is Present



ACEs By Race/Ethnicity



Minnesota Child Poverty

Based on 3-year averages from the American Community Survey (ACS)



Federal poverty level developed for a family of 3 is about \$19,500 – ignores cost of child care, housing costs, and changing family structure



TOXIC STRESS AND BRAIN DEVELOPMENT

"The issue is not are we going to pay - - it's are we going to pay now, up front, or are we going to pay a whole lot more later on."

Marian Wright Edelman

Toxic Stress



Positive stress response

- Normal and essential part of health development
- Brief increases in heart rate and mild elevations in hormone levels



Tolerable stress response

- Activities body's alter system to greater degree
- If activation is time-limited and buffered by relationships with adults who can help child adapt – ok



Toxic stress response

- Strong, frequent and/or prolonged adversity
- This type of response can possible disrupt typical development

Trauma Alters Development With Enduring Effects

COGNITIVE

- ❑ Slowed language development
- ❑ Attention problems (ADD/ADHD)
- ❑ Speech delay
- ❑ Poor verbal memory/recall
- ❑ Poor spatial memory/recall

SOCIAL

- ❑ Aggression & violent outbursts
- ❑ Poor self-control of emotion
- ❑ Can't modifying behavior in response to social cues
- ❑ Social isolation—can't navigate friendship

MENTAL HEALTH

- ❑ Poor social/emotional development
- ❑ Substance use —vulnerable to early initiation, abuse
- ❑ Adolescent & adult mental health disorders—especially depression, suicide, dissociative disorder, borderline personality disorder, PTSD

Trauma Alters Development With Enduring Effects

PHYSICAL

- ❑ Challenges navigating physical space
- ❑ Limited peripheral perception
- ❑ Vulnerable to injury, victimization

CHRONIC DISEASE

- ❑ Heart disease
- ❑ Obesity
- ❑ Diabetes
- ❑ Cancer
- ❑ Immune disorder ...And more...

PRODUCTIVITY

- ❑ Education interrupted
- ❑ Days unable to do usual activities
- ❑ Unemployment

STATUS

- ❑ Adult homelessness
- ❑ Adult incarceration
- ❑ Social/Emotional isolation
- ❑ Divorce
- ❑ Poverty

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

TRAUMA RESPONSE

Poor Responses to Trauma

- ❑ **Increase aggression** – attempting to control our physical and social environment
- ❑ **Increase vigilance and suspicion** – Suspicion of social institutions only trusting persons within our social and family relationship networks
- ❑ **Increase sensitivity to threat** – Defensive postures, avoiding new situations, heightened sensitivity to being disrespected and shamed, and avoid taking risks

Poor Responses to Trauma

- ❑ **Increase psychological and physiological symptoms** – decrease immune system functioning, disrupt the quality of emotional attachment in family and social relationships
- ❑ **Increase alcohol and drug usage** – initially useful (real and perceived) in managing the pain and unresolved traumas
- ❑ **Narrowing sense of time** – living in a chronic state of danger do not develop a sense of future and frequently view dying as an expected outcome

Survival Stress Management

- A process of adapting to stressful situations by **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.**

Masai Tribe



Among the most accomplished and fabled tribes of Africa, is the mighty Masai. Their traditional greeting is **"How are the children?"**

Masai acknowledges the high value that the Masai place on their children's well-being, the traditional answer: **"All the children are well,"**

"Only by seeing our problems clearly and experiencing them can we do something about them."
-Bob Hoffman



“Human compassion is equal to human cruelty and It is up to each of us to tip the balance.” Alice Walker

MEETING THE CHALLENGE

Professionals & Policy Maker

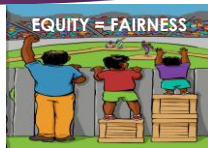


- > “Change does not come without people in power being willing to be uncomfortable.”
- > **Be aware of racial issues and/or biases**
- > Our task in working with **traumatized Black children and their families** is to **augment our medical model, evidence-based, individual approaches to therapy by developing ways of addressing slavery and its legacy in our work.**

Equality vs Equity



GIVING EVERYONE THE SAME THING but it only works if everyone starts from the same place.



ACCESS TO SAME OPPORTUNITIES but we must first ensure equity before we can enjoy equality.

Compassion 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.

Men



- ▶ **Hyper-masculine identity:**
 - ▶ a high physical pain threshold
 - ▶ poor emotional regulation/Numbness
 - ▶ misogyny (dislike of women) and hyper objectification of females.
 - ▶ Female dependent
 - ▶ sexual prowess
- ▶ **Rite of passage involves trauma**

What Can Men Do?



- ▶ Men in our communities bond around non-violence and respect for their partners and hold each other accountable
- ▶ Taking Treatment to the Men
- ▶ Develop and support mental health intervention initiatives that are specifically geared to African American males.

Women



- ▶ Drugs had major impact on the women and children.
- ▶ Women feel responsible for others before themselves –self- blame, self-sacrifice, and shame
- ▶ Feel responsible for keeping family together – this leads to remaining in a violent situation to avoid “destroying the family.”

Women



- ▶ Support And Protect Black Women And Girls
- ▶ Develop And Support Mental Health Intervention Initiatives That Are Specifically Geared To African American female

“Fear of the truth of the past blinds future generations of the goal of healing”



IT'S ABOUT PARENTS TOO!

Parents



- ▶ Tough times that parents had as a child can affect them as an adult in unexpected ways.
- ▶ If you had hard times during your childhood, it's important to know it's not your fault.
- ▶ Finding healthier ways to manage that stress can help.
- ▶ Parents also need people to talk to who will listen and be there for them.

Increasing Knowledge of Parents

▶ Begin where parents are at:

- ▶ If they had hard times during your childhood, it's important for them to know it's not their fault.
- ▶ discuss hopes and dreams for their children
- ▶ identify strengths and build on them
- ▶ set up a time or place where parents can discuss and get information healthier ways to manage that stress.

▶ Provide educational materials on ACE's and Trauma

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

THE COMMUNITY

Beliefs



- ▶ Strong cultural stigma attached to mental illness and trauma ("considered a weakness" "faith is enough")
- ▶ Mistrust of health professionals
- ▶ Definitions of abuse (child sexual abuse is a white thing)
- ▶ Community and family loyalty ("what goes on in here stay in here.")
- ▶ Belief that suffering is a part of Black Life

Parallel Trauma



- ▶ The process of when staff own unresolved issues or trauma (historical) or oppression parallels that of client.
- ▶ Powerlessness of the client parallels staff powerlessness if they feel they need to need to "fix it"
- ▶ The staff acts out against uncomfortable feelings in a negative way, including being overly critical, and punishing or rejecting the client
- ▶ Believing self-care is less important than the care they provide others.

Parallel Trauma: dealing with it

- ▶ Assess Your Trauma Inputs –Work/Non-work Related
- ▶ Learn more about Compassion Fatigue and Trauma
- ▶ Find Time for Yourself Every Day
- ▶ Take a break, take a vacation, balance case load
- ▶ Eat well, exercise, get enough sleep, get medical care
- ▶ Delegate and Learn to Ask for Help
- ▶ Supervision/Peer Support
- ▶ Workshops and Training
- ▶ Learn to Say Yes or No More Often
- ▶ Be aware of your boundaries both personal and professional

The Community

- ▶ African American institutions, community leaders, professionals and clergy to encourage and promote historical trauma education, health stress management, participation in mental health services both traditional and non-traditional
- ▶ Community Leadership, need to role-model the willingness to start their own healing journey.
- ▶ Forgiveness and compassion to reclaim the Narrative of Resiliency of Hope.



"ALL THE CHILDREN ARE WELL"

Questions and Answers

Samuel Simmons CONSULTING
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"Some change is just about being brave enough to get out the box."



In the US: call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE).
