

Generation Genius

Unlocking the Tools to Help Urban Youth Succeed
By Brandon Jones, MA

My Goal for Today

- My only Goal of the day is to get you to Think and Think Critically
- Disrupt Your Current Thought Process.
- About yourself, Your Family, Young People You Know, Your Job, Your Communities, and Social as a Whole



Not My Goal Today

- Make you feel Bad
- Shame You
- Blame You
- Attack You

However, Some may feel “triggered” after this Presentation

2 Rules

1. **Be Honest** (Not with me....With yourself)
2. **Ask Questions**
 - Test Question

What is Trauma???

- Quick and Dirty Definition:
A Deep Emotional Wound.
- **Toxic Stress** (come from Toxic Environments)

It's about you and me
CHANGING
the future of
PUBLIC HEALTH





DISCOVERY

What is your Score????

ACE Interface © 2014

01/12/14
NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report





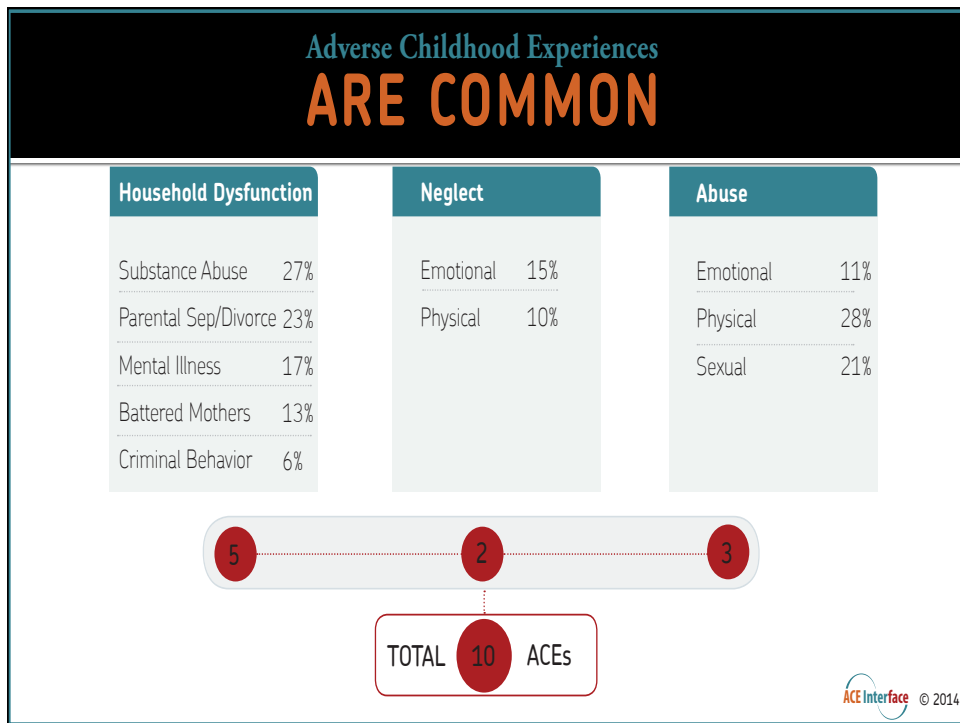
Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

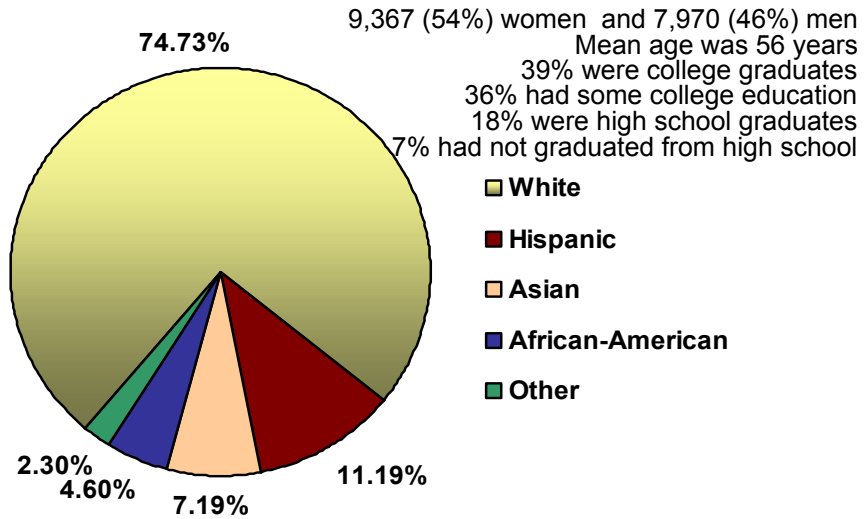
Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

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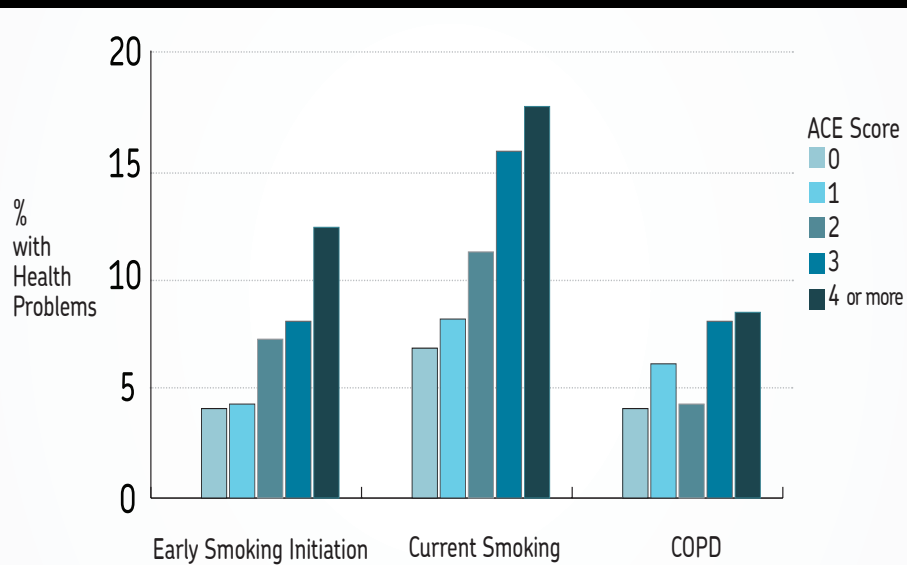


DEMOGRAPHICS

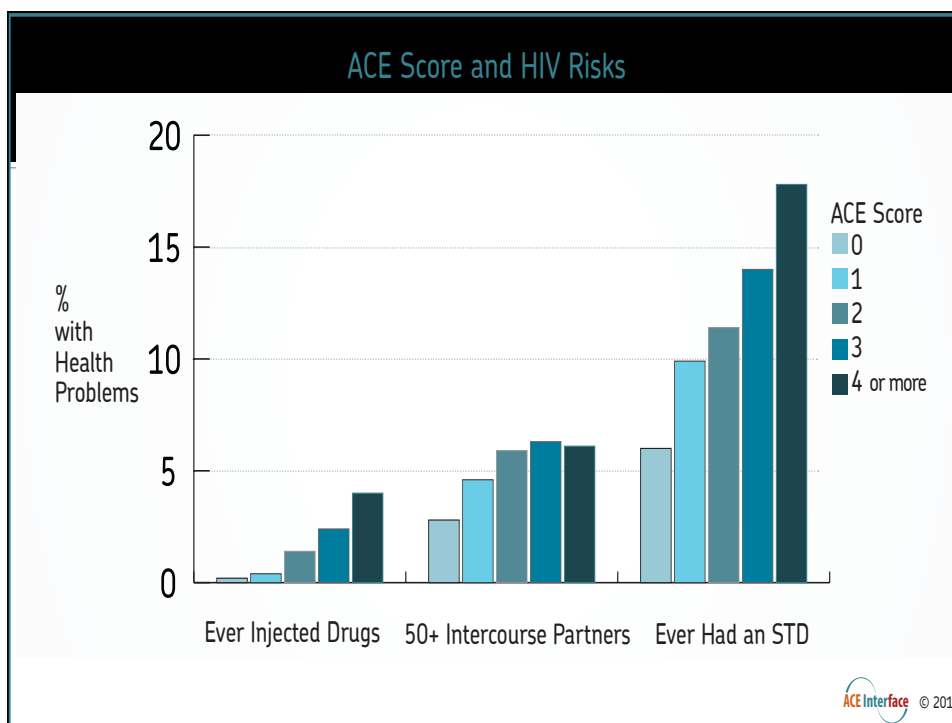


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ACEs, Smoking and Lung Disease



ACEInterface © 2014



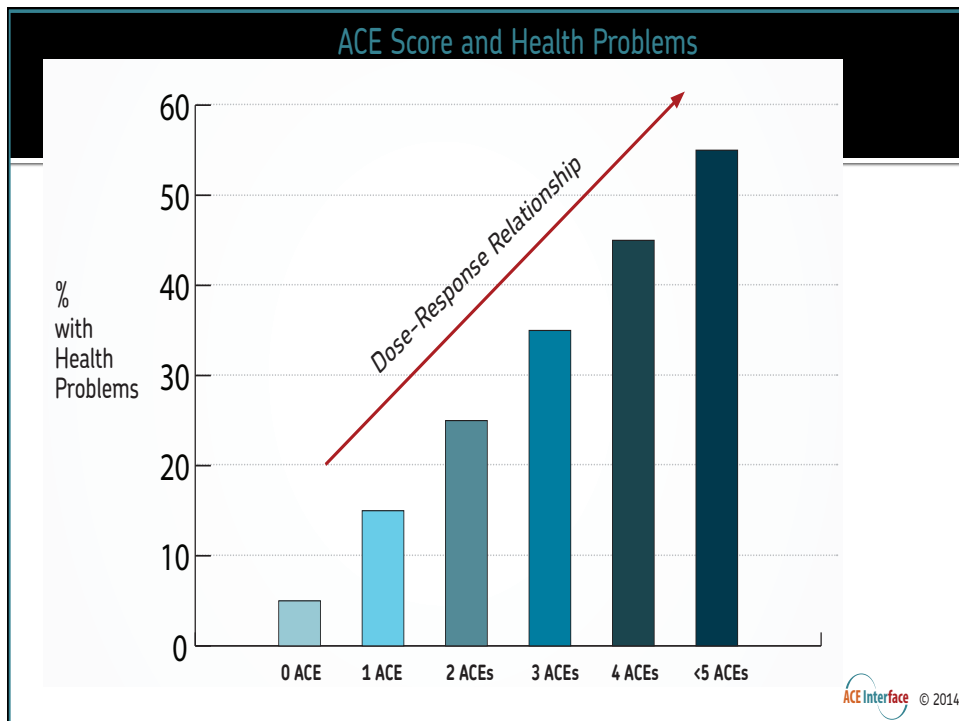
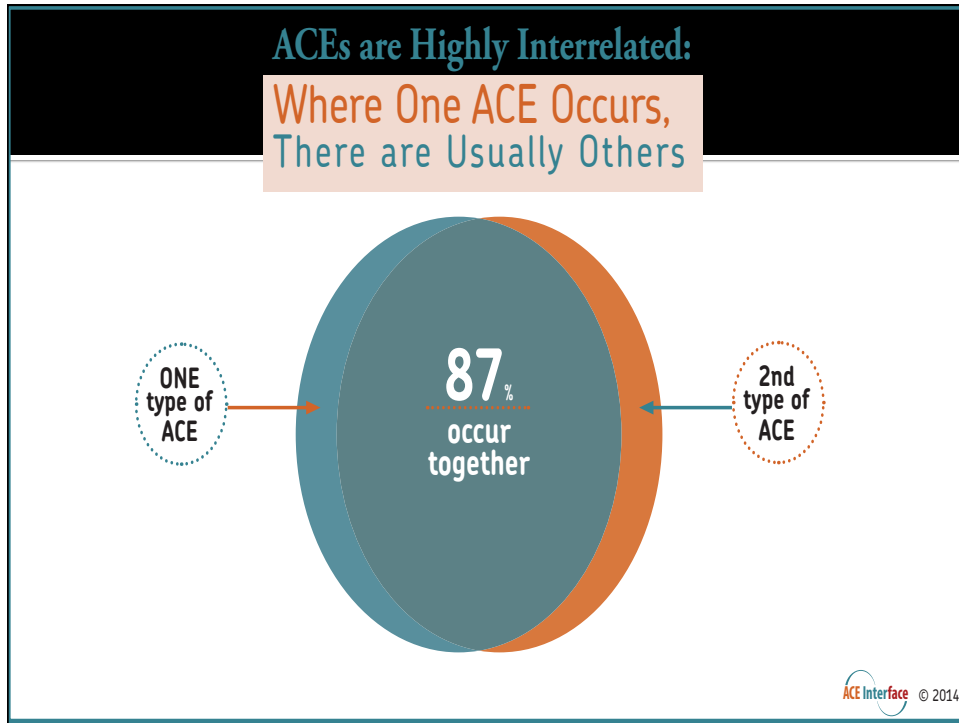
...lead to aces

■ Health-Risk Behaviors...

- Smoking
- Overeating
- Physical inactivity
- Heavy alcohol use
- Drug use
- Promiscuity

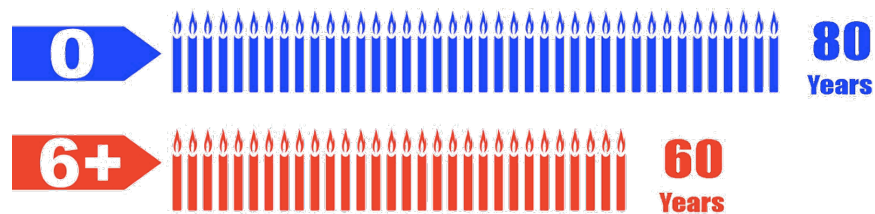
■ ...Which Cause Disease, Disability and Social Problems in Adulthood

- 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



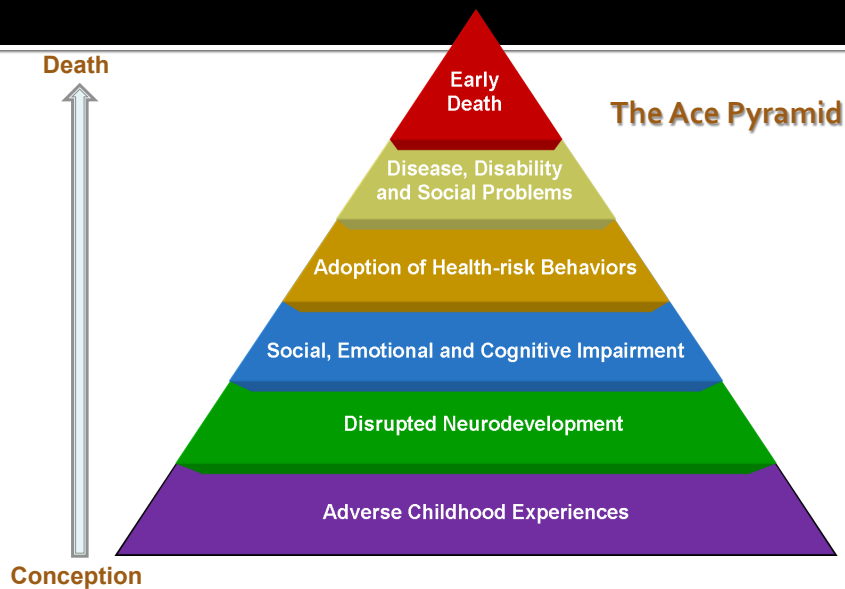
How do ACES AFFECT OUR SOCIETY?

- 1/3 of adults have an ACE score of 0 and have few, if any, risk factors for diseases that are common causes of death in the US.
- If one ACE is present, the ACE Score is likely to range from 2.4 to 4
- An ACE Score of 4 or more results in having multiple risk factors for these diseases or the disease themselves.
- An ACE score of **6 or more** results in a **20 year** decrease in life expectancy.



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Adverse Childhood Experiences



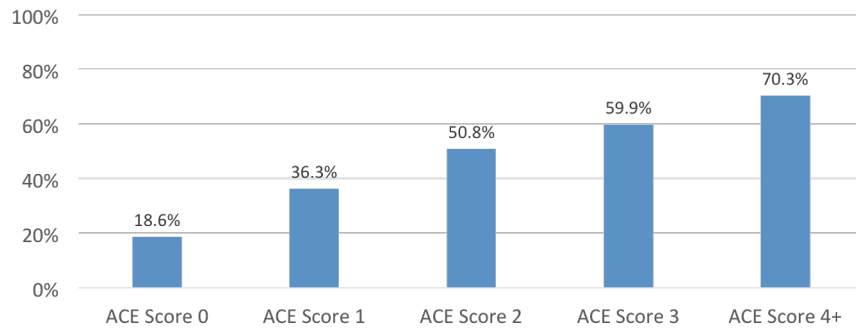
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ACEs in Minnesota: Minnesota Student Survey

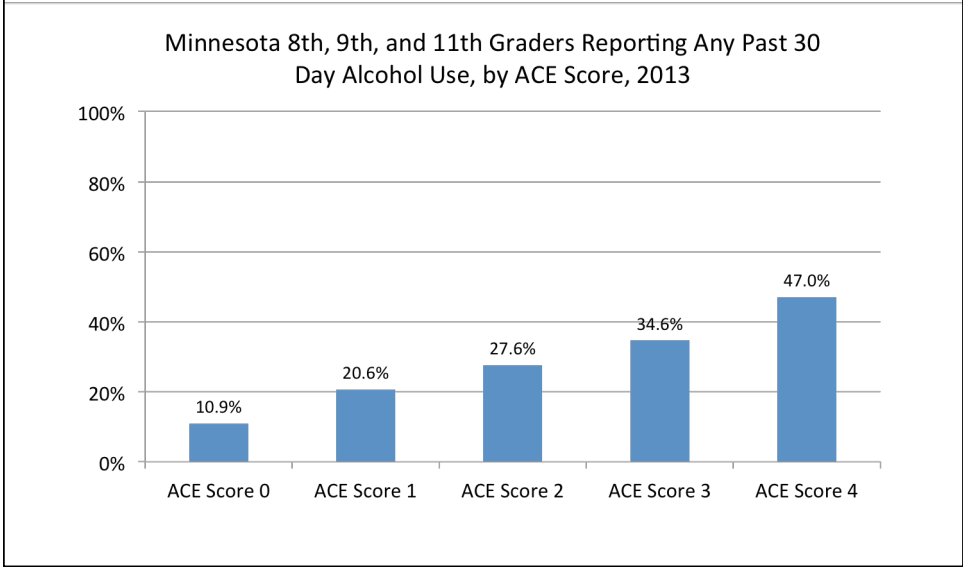


ACE Score + Mental Health

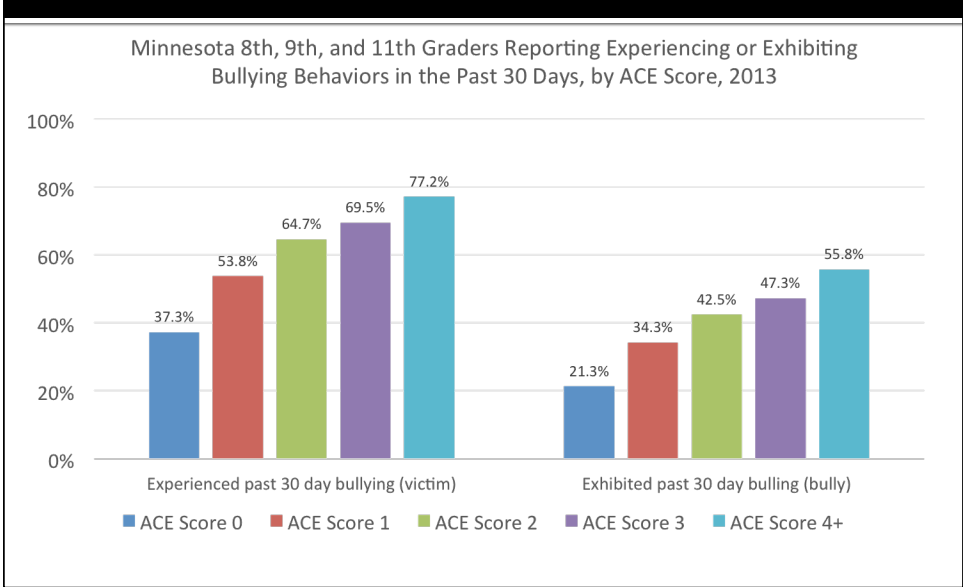
Minnesota 8th, 9th, and 11th Graders Reporting Having Significant Problems in the Last 12 Months with Feeling Very Trapped, Lonely, Sad, Blue, Depressed, or Hopeless About the Future, by ACE Score, 2013



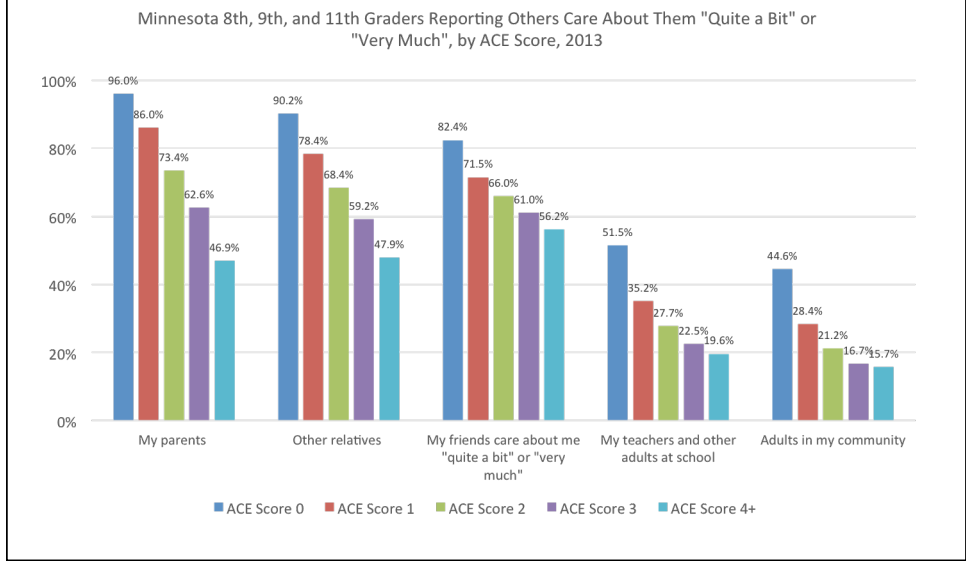
ACE Score + Alcohol - Past 30 Day Use



ACE Score + Bullying Behavior



ACE Score + Caring Relationships



Understanding Health Behaviors

adaptations
to
ADVERSITY





TOXIC STRESS & BRAIN DEVELOPMENT

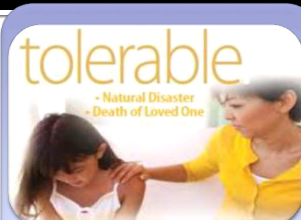
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TOXIC STRESS DAMAGES TO THE BRAIN



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

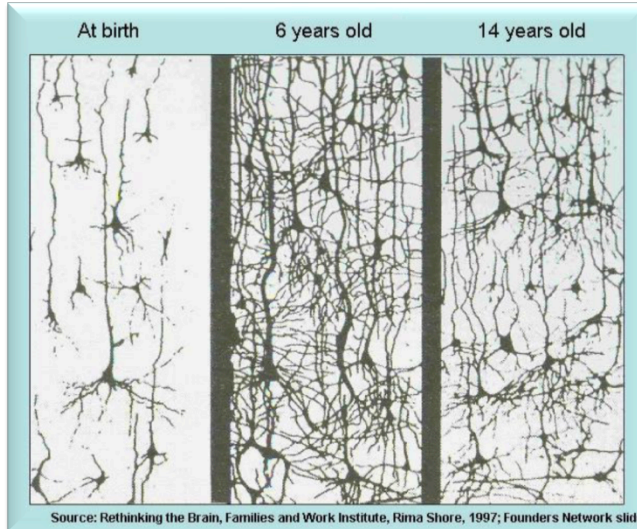
- Strong, frequent and/or prolonged adversity
- This type of response can possible disrupt typical development



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Synaptic Density Pruning

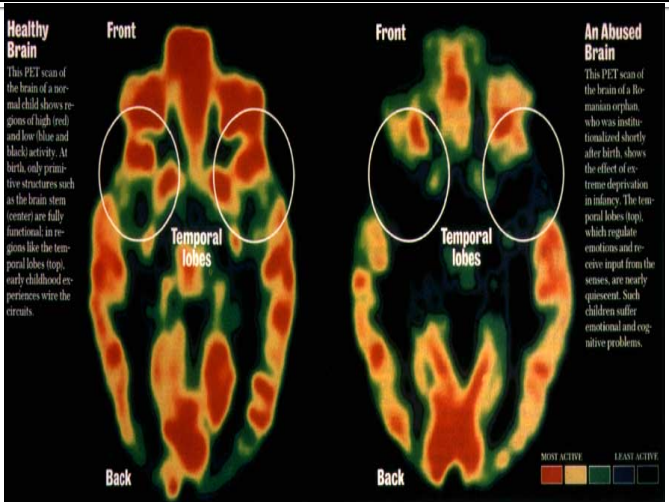
Process Of Pruning - At age 14 you will notice that there are now fewer connections between the brain cells than there were at age 6. This is because the least "experienced" connections tend to withdraw at about the time of puberty.

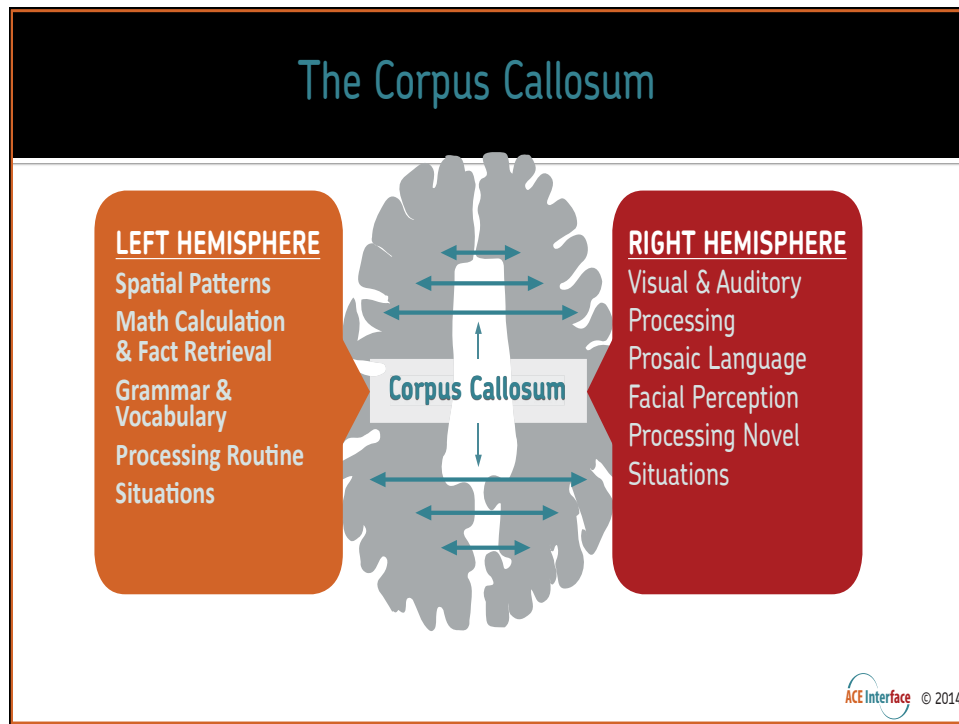


Source: Rethinking the Brain, Families and Work Institute, Rima Shore, 1997; Founders Network slide 25

Toxic Stress and The brain

- This slide shows positron emission tomography (PET) scan graphics of the temporal lobes in a healthy and abused brain.
- Children with damage to this part of the brain **suffer severe emotional and cognitive problems** as well as **have difficulty in making and/or sustaining positive relationships**

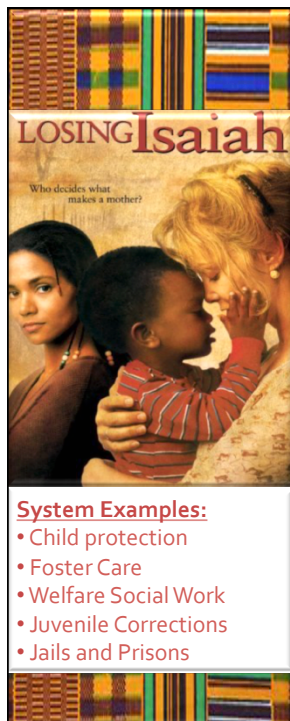




Early brain development

- Nurturing, responsive, and individualized interactions from birth **build healthy brain structure.**
- Healthy brain architecture is the necessary foundation required for **optimal future learning, behavior and health.**
- If trauma/toxic stress occurs early in life, **the brain becomes wired to survive it.**

Understanding Intergenerational Trauma



System Examples:

- Child protection
- Foster Care
- Welfare Social Work
- Juvenile Corrections
- Jails and Prisons

INSTITUTIONALIZED GENERATION (1985 –Now)

- Generation developed after the crack era. Born from the mid 1980's to present.
- Enriched with services providers external to family members.
- Creating an inferiority and dependent mindset.
- Element of internalized oppression and extreme level of learned helplessness.

Institutionalized Generation

ELEMENTS

Individuals born between the early 1980's the drug "Crack" Era until now.

These generations has been enriched with services providers external to family members. Furthering an inferiority and dependent mentality.

These individuals have developed tendencies that do not allow them to maintain self-sufficiency, accountability, and responsibly for one's self and family.

BEHAVIORS/THOUGHTS/ CONCEPTS

- "I will have my social worker get me a job"
- "The teacher is supposed teach my child to read"
- "At least in jail I get 3 hots and a cot"
- "I am just happy I woke up this morning"
- "I don't know"
- "Let go and let God handle it."

What are we Seeing Now?


The "New Jim Crow" - High numbers of Mass Incarceration (both males and increasingly females). Orange is the New Black anyone???

Help Not Needed - High Levels of unemployment

ADHDamn!!! - High number of black child being over diagnosed with ADHD and O.D.D.

Throw-Away Children - High Levels of children in foster care, adoption, transitional housing etc.

Fragile Family Dynamics - Everybody is somewhere other than home.



ADOLESCENTS

- Between the ages of 13 to 25
- Attachment issues with previous generations
- Sex for Significance, Security and Belonging and Power.
- **High-risk behaviors** – drugs and alcohol use, gangs, risky sex, etc.
- **Homicide and Glorification of death** - little respect for life, more praise in death i.e. Biggie and Tupac.
- Rite of passage involves an trauma (incarceration, unplanned for pregnancy, injury, etc.)

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#HashTag Heaven



NO
#JUSTICE
FORMIKE
BROWN

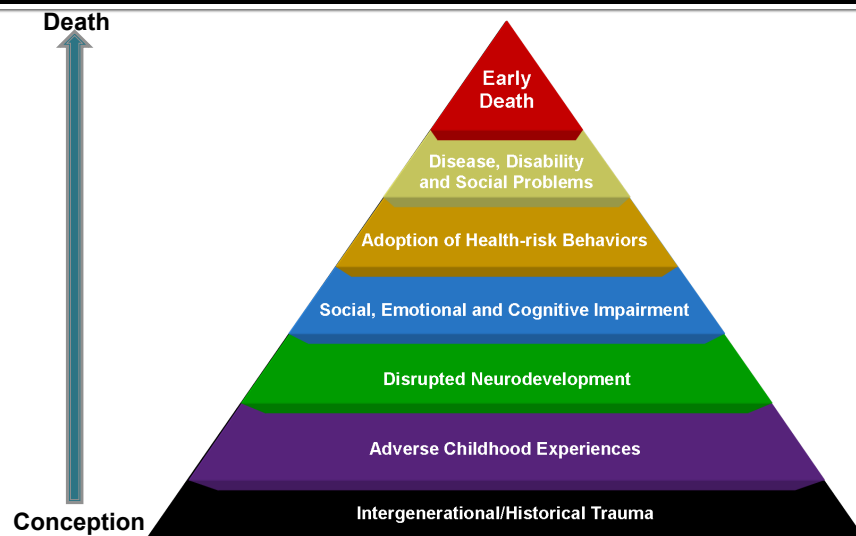
**"I CAN'T
BREATHE"**
ERIC GARNER - RIP

Survival Stress Management

- A process of adapting to stressful situations **by acting or reacting without thinking of the consequences of our choices**; immediate satisfaction or instant self-gratification; resulting in increased stress and/or depression:
 - Judgmental and distorted thoughts and feelings, impatience, exploitation, aggression, abuse and violence directed against one's self or others.
 - 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.
- **Loss of a narrative resiliency**

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ACEs + Intergenerational trauma



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How to incorporate this into your work???

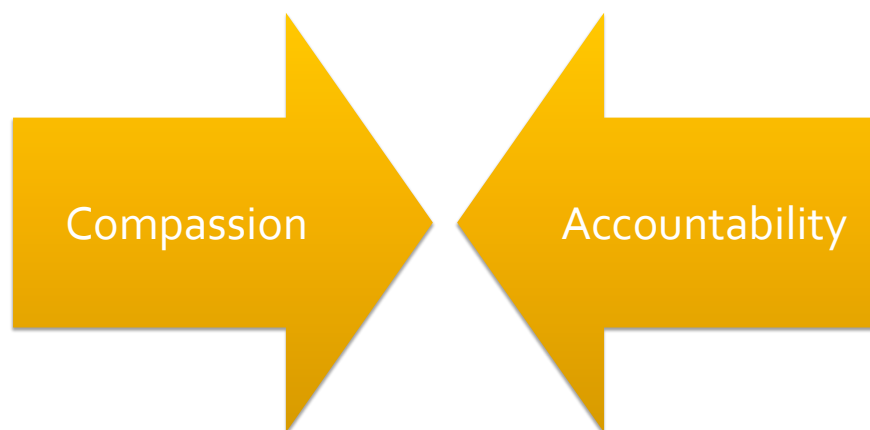
Pause - Questions about your work???



Secondary Trauma

is the emotional duress that results when an individual hears or shares elements of the firsthand **trauma** experiences of another.

Compassionate Accountability



How to Remember all this....

- **A:** Awareness
- **B:** Balance and Boundaries
- **C:** Connections

Review

- Stress is part of everyday life
 - It can promote growth and competency
 - If unrelenting or overwhelming it can cause adverse effects
- Adaptive coping enhances resilience
- Maladaptive coping causes additional problems
- Enhanced coping increases resilience while diminishing the adverse affects of stress, thus promoting health

“Human beings are ruled by ideals” –Dr. El-Kati

Shifting Our Thinking

Emotional and Social Intelligence

Being able to manage your thoughts, speech, actions, emotional responds, and perceptions.

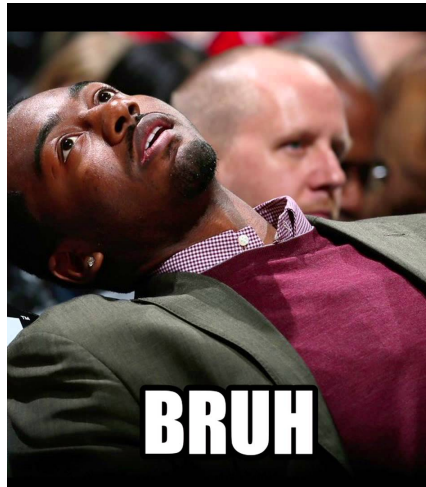


Self Awareness

- Slowing Down
- Understanding your thoughts and feeling
- Processing your emotions...Why do you feel some type of way!?!?!?



Social Awareness



- All about staying in **Control...**
- **Knowing Your Values** and **why** they are your Values
- **Holding yourself Accountable**
- **Practice being Calm** (What are you looking???)

Self Management

- **Proactive vs. Reactive**
- **Examine your Mistakes and your Successes** (Why did that work or not work???)
- Having a **Personal Code** (A Constructive way of getting things done in any situation!)



Social Skills (Relationship Management)



- Pay attention to **Language** (Body, Tone, "Code Words!")
- Develop **Conflict Management Skills**
- A **healthy** amount of **Empathy** for others.

Universal Goal

- **Security**: Not just safety, but also having comfort.
- **Significance**: Being Able to identify your own worth.
- **Belonging**: A sense of connections with others in your relationships, family, social circles, friends, community, and society.



Trauma Effects both our Social and Emotional Intelligence

- **Hearing** - Missing what people are actually saying to us.
- **Communication** - being not assertive enough or too assertive
- Our ability to take **Risk** – “I aint going to try that because...”
- Keeps us in our **Comfort Zone**.

CHANGE is up to US



It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.

Q and A

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Building Self-Healing Communities

Thank YOU!

www.aceinterface.com

ACE Business Solutions - ALASKA Stock Photos - Theresa Barila - Victoria Bigelow - Jani Bryson Photography - Children's Resilience Initiative - Lina Cramer - Bonnie Duran - Krista Goldstine-Cole, KEN! - Kevin Kowalewski - iStock Photos - Jane Kretsmann - Community Leaders - Ellen Lepinski - Dario Longhi - Kimberly Martin - Susan Miller - Minnesota Communities Caring for Children - Heather Paul - SaintA - Sasha Silveanu - Jim Sporeader - Martin Teicher - Wisconsin Children's Trust - Photographs of people in these slides are of models; none should be interpreted as victims or perpetrators.

Information & Resources

- ACE Study findings and information - www.acestudy.org or www.cdc.gov
- National Scientific Council on the Developing Child at Harvard University - www.developingchild.net
- Academy of Pediatrics - www.brightfutures.aap.org
- National Center for Trauma-Informed Care – www.mentalhealth.samhsa.gov/nctic
- National Child Traumatic Stress Network – www.nctsn.org
- Center for the Study of Social Policy -Information on Strengthening Families and Protective Factors – www.cssp.org
- Center for Injury Prevention and Control – www.cdc.gov/violenceprevention

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References & Resources

Movies and Documentaries.

- **HIP-HOP: beyond beats and rhymes:** produced and directed by Byron Hurt (2006)
- **The Slavery by Another Name:** based the book *Slavery by Another Name: The Re-Enslavement of Black Americans from the Civil War to World War II* by Pulitzer-Prize winning Douglas A. Blackmon (2012) PBS Programming

Websites:

- Somatic Experiencing®: www.traumahealing.com
- SAMHSA's National Center for Trauma-Informed Care (NCTIC): www.samhsa.gov/nctic/
- The Suicide Prevention Resource Center (SPRC), <http://www.sprc.org/library/black.am.facts.pdf>

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