

# How Unresolved Trauma Impacts Our Prevention Efforts



# Thanks and Appreciation

- Georgia Campaign for Adolescent Power and Potential
- Center for Disease Control & Prevention
- Office of Adolescent Health
- Youth & Parents that inform this work
- YOU



For over 20 years The National Compadres Network has been working with communities and organizations dedicated to engaging men and fathers in an effort to strengthen the development of children, families, and communities.





NCNs policy, advocacy and training arm to assist national and community organizations develop and implement programs that resonate with Latino families and communities. The NCN-NLFFI partnership facilitates trainings and provision of TA that highlight services and interventions that better serve Latino youth, families, and men. Additionally, NLFFI identifies policies that provide for the development of programs and strategies that resonate with these groups to create stronger and healthier communities.







JSI is the lead national partner for this project that is responsible for leading efforts to better understand health inequities and how these persistent and ongoing socio-health inequities affect diverse populations in the US.

JSI has a long history of working with communities in the US and abroad to help them recognize ways to create change that is sustained beyond funding horizons.



# Training Objectives

- Define trauma and how it affects youth's ability to learn and apply risk reduction messages and skills.
- Identify strategies to begin to understand and address trauma in your community, including establishing partnerships with non-traditional organizations.
- Learn tactics to start the healing process of youth in your community that will complement your evidence-based teen pregnancy prevention efforts.



# A Parent's World

What is the reality of the following in your community?

- Schools (opportunity);
- Crime;
- Clinical Services & Health Care/Screenings;
- Cultural Strengths vs. Economic Poverty;
- Cultural Estrangement & Acculturation
- Messages about male identity; and
- Level of violence



# Working WITH Young Men and Women in Your Community

- Who is working with young men and women?
- What are the GENERAL characteristics of the young men and women you reach and serve?
  - Family
  - Education
  - Opportunities
  - Health
- Who else is engaging them?
- Success Stories





# Are the men in OUR community?

- Seen as as part of the problem surrounding teen pregnancy;
- Maybe, part of the solution to creating sustained prevention efforts;
- Critical elements in ensuring women's health;
- Hard to reach and engage in prevention;
- Not worth the trouble, I am in the field because I want to improve women's lives.



# What Are Social Determinants of Health?

- Social determinants of health are factors found where we live, learn, work, and play that increase or decrease our chance of a health outcome such as teen pregnancy.
- Social determinants of health are the cultural, economic, environmental, and social conditions that influence health.
- Social determinants of health are why some people are healthier than others or why some people are not as healthy as they could be, genetics aside.



# Examples of Social Determinants

- Quality of the education in the community (Hope);
- Prevalence of juvenile justice interventions (Safety);
- Prevalence of asset-centered prevention efforts (Valued);
- Availability of health care and screenings (Health);
- Food and housing security (Basic Needs);
- Lack of strong role models & Victimized (Gender Identity);
- Fatherlessness & Hyper-Masculinity (Gender Identity); and
- Familial and community violence trauma (Healing).



# How Our Societal Construct Influences Social Determinants

In the U.S. an “adversarial individualism” has prevailed, according to which individuals and society stand opposed to each other, which leaves uncertainty about the social basis for social bonds between people and self restraint within them.

*Not Under My Roof: Parents, Teens, and the Culture of Sex* (2011) Amy T. Shalet



# How Our Societal Construct Influences Social Determinants

In the Netherlands an “interdependent individualism” has prevailed in which individual and society are conceptualized as mutually constitutive. Interdependent Individualism makes social bonds and the mutual accommodations necessary to maintain them more a matter of course.

*Not Under My Roof: Parents, Teens, and the Culture of Sex* (2011) Amy T. Shalet





# Youth Leadership & Engagement

- Help young men and women create opportunities to give back to their community;
- Support and nurture opportunities to learn through doing (requires patience);
- Work collaboratively and as a team;
- Provide clear parameters of what is allowable; and
- Provide resources so they can implement their vision.



# Youth Leadership & Engagement

- Reinforce clear expectations and accountability with room to experiment and learn;
- Reinforce talents & efforts to improve their community;
- Use planning to build a relationship and connection;
- Expect obstacles and setbacks; and
- Avoid impulse to step in and fix problems.



# Youth Leadership & Engagement

- Allow creative ideas to flourish!
- Match talents and gifts to tasks:
- Bring young men and women together with adult men and women that model positive behaviors;
- Step back;
- Take time to build relationships and connection with their parents too!!!!



# TPP Community Projects

- Addressed TPP in the community;
- How young men and women can help reduce TP;
- Broaden community awareness of TP & TPP;
- Implement evidence-based programs;
- Engage unconventional stakeholders; and
- Become leaders for community betterment.



# What gets in the way?

- Unhealthy definitions of what it means to be a man or woman;
- Sex, drugs, alcohol, control, and violence ARE manhood;
- More opportunities to do the “wrong” thing than the “right” thing;
- “Mentors” and role models that are unhealthy and in pain;
- Their needs, trauma, and concerns are not being addressed;
- Operating with limited information about sex and pregnancy because youth are seeking connections;
- Unclear or ambiguous feeling about family formation; and
- No one is taking these issues on.... And is it your role to do this work?





# Trauma & Adolescents

“Adolescents are especially vulnerable to the effects of trauma and trauma can have a significant impact on their development...Struggling with the effects of a traumatic event during adolescence can lead to social isolation, declining school performance, behavioral problems, and other issues that can impact both current quality of life and future functioning” (Eckes and Liss Radunovich October 2007).

From: Healing the Hurt: Trauma Informed Approaches to the Health of Boys and Young Men of Color



# Trauma: Providers & Systems

Just as the lives of people exposed to repetitive and chronic trauma, abuse, and maltreatment become organized around traumatic experience, so too can entire systems become organized around the recurrent and severe stresses that accompany delivering services to clients. This is especially true when there is vast social denial about the origins of so many mental health, violence, substance abuse, and social problems (Bentovim 1992). As a result, parallel processes occur among traumatized clients, stressed staff, frustrated administrators and pressured organizations. Service delivery can often mimic the traumatic experiences that have proven so harmful to the clients served.

From: Healing the Hurt: Trauma Informed Approaches to the Health of Boys and Young Men of Color



# Trauma vs Healing

- Recognizing trauma is only the first step;
- Understanding the true root of the trauma:
  - Direct experiences
  - Vicarious experiences
  - Micro Aggressions AND Macro Aggressions
- Historical oppression; and
- Culturally rooted healing practices.



# Defining “Trauma Informed”

“When a human service program takes the step to become trauma-informed, every part of its organization, management, and service delivery system is assessed and potentially modified to include a basic understanding of how trauma impacts the life of an individual seeking services. Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.” — National Center for Trauma-Informed Care,

<http://mentalhealth.samhsa.gov/nctic/trauma.asp>

From: Healing the Hurt: Trauma Informed Approaches to the Health of Boys and Young Men of Color



# Gender norms that are harmful?

Who teaches young men and women that...

- Boys will be boys;
- Women plan families and kids just happen to men;
- A double standard exists that applies different rules and expectations to young women & men in some communities;
- What women expect of boys, young men, and men;
- Address discomfort of homophobia with a hyper sense of false masculinity and aggression;
- The operating belief that harmony and compromise within relationships is unrealistic; and
- The experiences of each family.





# How do we reinforce equitable relationships and healthy gender norms?

- Seek men & women within the community that model positive and healthy behaviors;
- Expose both young women and men to what healthy relationship characteristics look like;
- Challenge unhealthy norms about sex and help people understand how this affects their lives, family, and community's health;
- Offer services that reinforce that preserving and maintaining good health is valued;
- Teach and model the ideal for young men; and
- Do this over and over and over.....



# Machismo vs. The Noble Man

- Is a man of his word;
- Has a sense of responsibility for his own well-being and that of others in his circle;
- Rejects any form of abuse: physical, emotional, mental or spiritual...to himself or others;
- Takes time for introspection and reflection, and includes ceremony in his life;
- Is sensitive and understanding;
- Lives these values honestly, and with love.



# Healthy Gender Roles

Requires that:

- **INDIVIDUALS** recognize what they want to create:
  - Ideal relationships and healthy behaviors (connection);
  - Talents and gifts (positive purpose);
  - Familial structures and legacy (future orientation);
  - Address & heal from historical experiences that affect them;
  - A healthy, balanced, and harmonious future; and
  - Recognize the interconnectedness among all their relationships.



# Healthy Gender Roles

Requires that:

- **FAMILIES** understand that their values and practices must be equitable for their sons and daughters:
  - Identify the strengths that exists within their families;
  - Help mothers/fathers/caregivers recognize the facets of the family that require change or adjustment;
  - Remind families that they have the wisdom and ability to change;
  - Address historical trauma(s) that affect the collective well-being; and
  - Understand the interconnectedness among the members within the community to reduce isolation and inspire hope.



# Healthy Gender Roles

Requires that:

- COMMUNITIES have a roles to play in reinforcing healthy gender roles by:
  - Creating healthy opportunities for ALL residents;
  - Dedicate resources that reinforce positive outcomes vs. unhealthy outcomes;
  - Remind families that they have the wisdom and ability to change;
  - Communities must recognize and call out historical trauma to create a path towards collective peace and healing;
  - It is understood that healthy youth, adults, and families are what create a healthy community; and
  - Recognize that we are all in this together.





# Is this possible?

Depends on the lens that you use:

- Work is outside the scope of our work;
- We only have a 1, 2, 3, 4, 5-year grant;
- Too daunting for the amount of resources we presently have;
- Not sexual health or TPP related;
- We work to prevent teen pregnancy, let the Office of Men's Health deal with it;
- OR.....



# 7-Generations: Change Over Time

What is your horizon for change?

- Why are YOU here today, talking about this topic?
- Why are WE here today talking about this topic?
- What do we want future leaders to say about the legacy we continued?
- What vision do we see for young men and women?
- Are we part of the problem or creating solutions?
- Be the reflection of the change you seek!



# We Strongly Believe

“Within the collective dignity, love and respect of all people, exists the wisdom and resources for a beautiful, harmonious tomorrow”

Jerry Tello, Director, National Latino Fatherhood & Family Institute; and 2012 Fatherhood Champion of Change Awardee



# Some Resources

- State by state information on reporting requirements can be found at [http://www.childwelfare.gov/systemwide/laws\\_policies/state](http://www.childwelfare.gov/systemwide/laws_policies/state) (& <http://www.ncsl.org/issues-research/human-services/child-abuse-and-neglect-reporting-statuses.aspx>)
- Video and discussion guide on how counselors can work with teens that experience sexual coercion - [www.famplan.org/Resources/sex\\_coercion.htm](http://www.famplan.org/Resources/sex_coercion.htm)
- Trauma-informed care for children exposed to violence: Tips for pregnancy prevention programs - <http://www.safestartcenter.org/pdf/Tip%20Sheet%20-%20For%20Pregnancy%20Prevention%20Programs.pdf>



# Trauma Screening Tools

- *Child & Adolescent Trauma Measures: A Review (2006) - [http://www.ncswtraumaed.org/wp-content/uploads/2011/07/Child-and-Adolescent-Trauma-Measures\\_A-Review-with-Measures.pdf](http://www.ncswtraumaed.org/wp-content/uploads/2011/07/Child-and-Adolescent-Trauma-Measures_A-Review-with-Measures.pdf)*
- *Lifetime Incidence of Traumatic Events (LITE) – Student and Parent Forms - <https://secure.bbdesign.com/childtrauma/index.asp>*
- *Childhood Trauma Questionnaire (CTQ) - <http://www.pearsonassessments.com/HAIWEB/Cultures/en-us/Productdetail.htm?Pid=015-8102-339&Mode=summary>*





# Sample Organizational Self-Assessments

- Creating Trauma-Informed Care Environments: Organizational Self Assessment for Trauma-Informed Care Practices in Youth Residential Settings - <http://www.cfbhn.org/assets/TIC/youthresidentialself%20assess%20Fillable%20FORM%20%282%29.pdf>
- Trauma Responsive Systems Implementation Advisor (TReSIA) Self-Assessment - <http://www.traumainformedcare.com/>



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