

NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities and
Substance Use Services

National Minority Mental Health Awareness Month Transgenerational Trauma Webinar

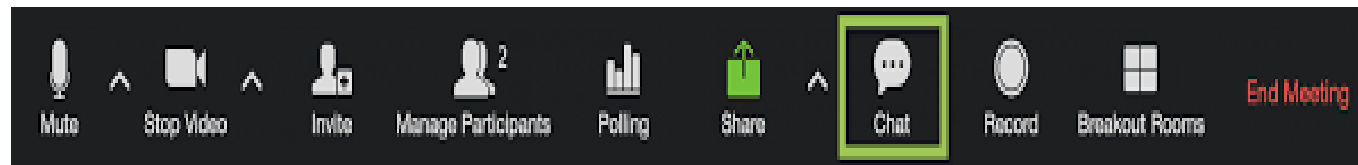


El Futuro 

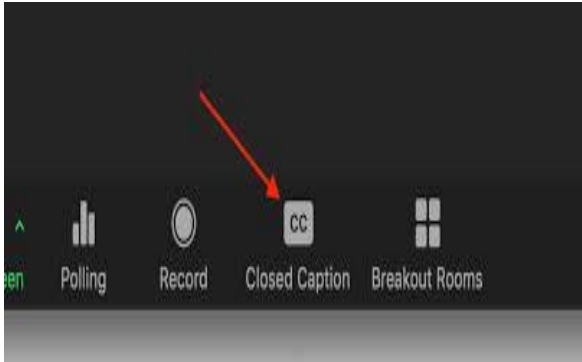
Housekeeping

Reminders about the webinar technology:

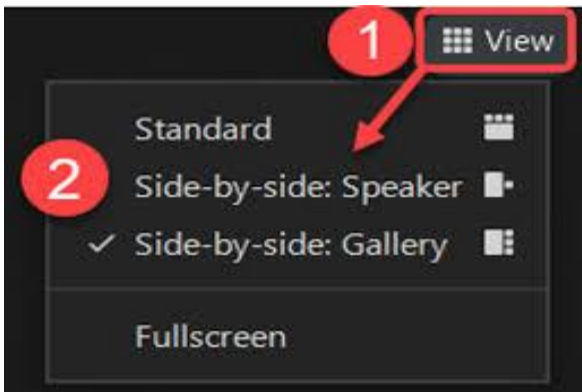
- Please make sure you are using a computer or smart phone connected to the internet, and the audio function is on, and the volume is turned up.
- Please make sure your microphone is muted for the duration of the call unless you are speaking or asking questions.
- Questions can be submitted any time during the presentation using the “Chat” feature located on your control panel, and we will answer as many questions as time allows after the presentation.



Housekeeping



- American Sign Language (ASL) Interpreters and Closed-Captioning
 - ASL Interpreters and Closed-Captioning options will be available for today's event.
 - For closed-captioning options select the "Closed Caption" feature located on your control panel.

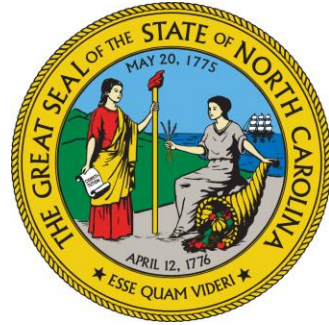


Intérpretes y subtítulos en lengua de signos americana (ASL). Habrá intérpretes de ASL y opciones de subtítulos disponibles para el evento de hoy. Para opciones de subtítulos, seleccione la función "Subtítulos" ubicada en su panel de control.

- Adjusting Video Layout and Screen View
 - Select the "View" feature located in the top-right hand corner of your screen.

Agenda

- Welcome/Leadership Remarks
- Introduction/Transgenerational Trauma
- Historical Context
- Forms and Mechanisms of Transmission
- Impact of Race-based Trauma and Transgenerational Trauma
- Coping and Healing
- Conclusion
- Q&A Session



NC DEPARTMENT OF **HEALTH AND HUMAN SERVICES**



Scottie T. Jackson

NCDHHS Program Coordinator



Matt Herr

DMH/DD/SUS Director for
System Performance

988 Suicide & Crisis Lifeline / Peer Warmline



The 988 Suicide & Crisis Lifeline provides free and confidential emotional support.

Call, text, or chat 24/7



Peer Support Specialists, with lived experience, offer non-clinical support and resources to those in crisis.

Connect with a peer 24/7



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Transgenerational Trauma



Brittany Jones

Human Services Program
Consultant, 988 Lead
DEI Council Chair



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DEI Council Co-Chair

Transgenerational Trauma

Transgenerational trauma (also called intergenerational trauma) is defined as trauma that gets passed down from those who directly experience an incident to subsequent generations. It can be caused by several factors, that include:

- Personal trauma
- Trauma experienced by a cultural, racial, or ethnic group
- Major historical event



Transgenerational Trauma

Transgenerational trauma does not have to be because of a direct trauma, it can result from systemic oppression. These experiences can illicit a trauma response in individuals who experience these events. Systemic oppression can include:

- Racial discrimination
- Economic disparities
- Lack of access to education, healthcare, and other resources
- Social stereotypes





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Historical Trauma



Amber Graves

Department of Health and Human Services/Division of Public
Health Summer Intern

Historical Trauma

Historical trauma is a concept that describes psychological and emotional wounds experienced by marginalized groups of people due to major oppressive events that include:

- Slavery
- The Holocaust
- The Great Depression
- Colonization
- Stonewall Riots



Historical Trauma

Slavery	Share Cropping	Jim Crow/Segregation	Crack Epidemic	Mass incarceration
1619-1865	1870s	1877-1950s	1980s	1980s-current
Africans and African Americans were used for domestic labor in the United States against their will.	Black families would rent small plots of land, or shares, to work themselves; in return, they would give a portion of their crop to the landowner at the end of the year	Laws enforced <u>racial segregation</u> in the American South. The term, separate but equal, was used but many things were less than equal.	The significant increase in the use of <u>crack cocaine</u> , or crack, in the <u>United States</u> during the early 1980s.	Despite making up close to 5% of the global population, the U.S. has more than 20% of the world's prison population.

Polling Question

What are some important things to address transgenerational trauma in your communities?

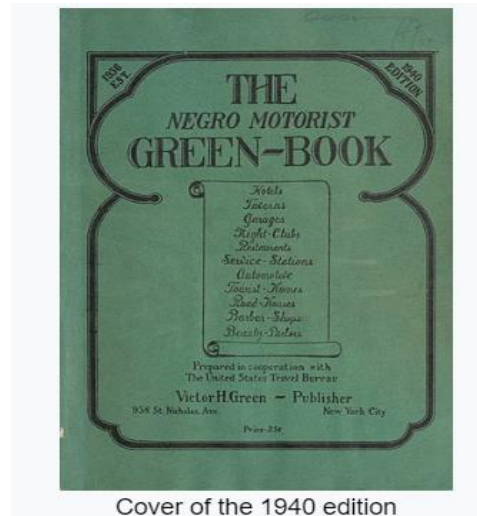
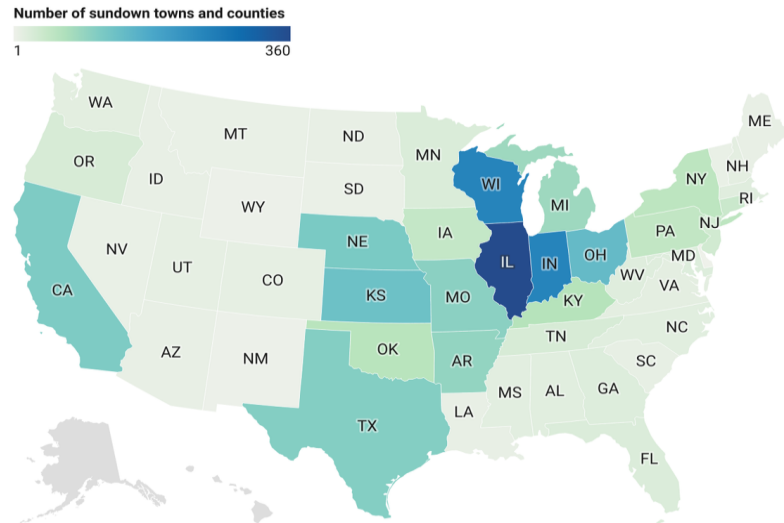
- Access to mental health from providers who look like you or have similar backgrounds
- Awareness and education
- Support of cultural healing practices
- Advocacy and social change

The Green Book

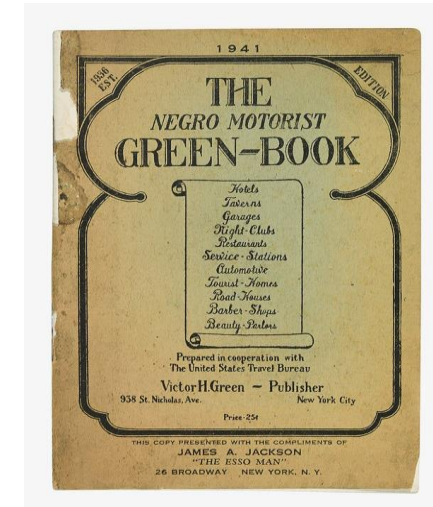
- The Green Book had several editions
- Provided African American travelers information on safe places to use while traveling, especially in sundown towns.

Historical sundown towns focused mainly in midwest

The History and Social Justice website, hosted by Tougaloo College, maintains a database of user-submitted entries of historical sundown towns in the U.S. The entries for the sundown towns range from an "unlikely" sundown town to "surely." The count also includes sundown counties.



Cover of the 1940 edition





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Forms and Mechanisms of Transmission



Tamara Smith

Community Transitions and
Integration Team Lead
DEI Council Member



Angela Harper King

Human Services Program
Consultant
DEI Council Member

Interpersonal Racism

Interpersonal racism (e.g., microaggressions, discrimination)

❖ **Interpersonal Racism** is racism that occurs *between* individuals.

- **Microaggressions** are actions that negatively target a marginalized group or individual. A microaggression is a form of discrimination that can be intentional or accidental.
- **Discrimination** is the unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age, or sexual orientation.

Microaggressions fall into three categories: Micro assaults, Microinsults, and Microinvalidations

- **Racial microaggressions**



Source: Medical News Today, What to know about Microaggressions

Micro Aggression Example

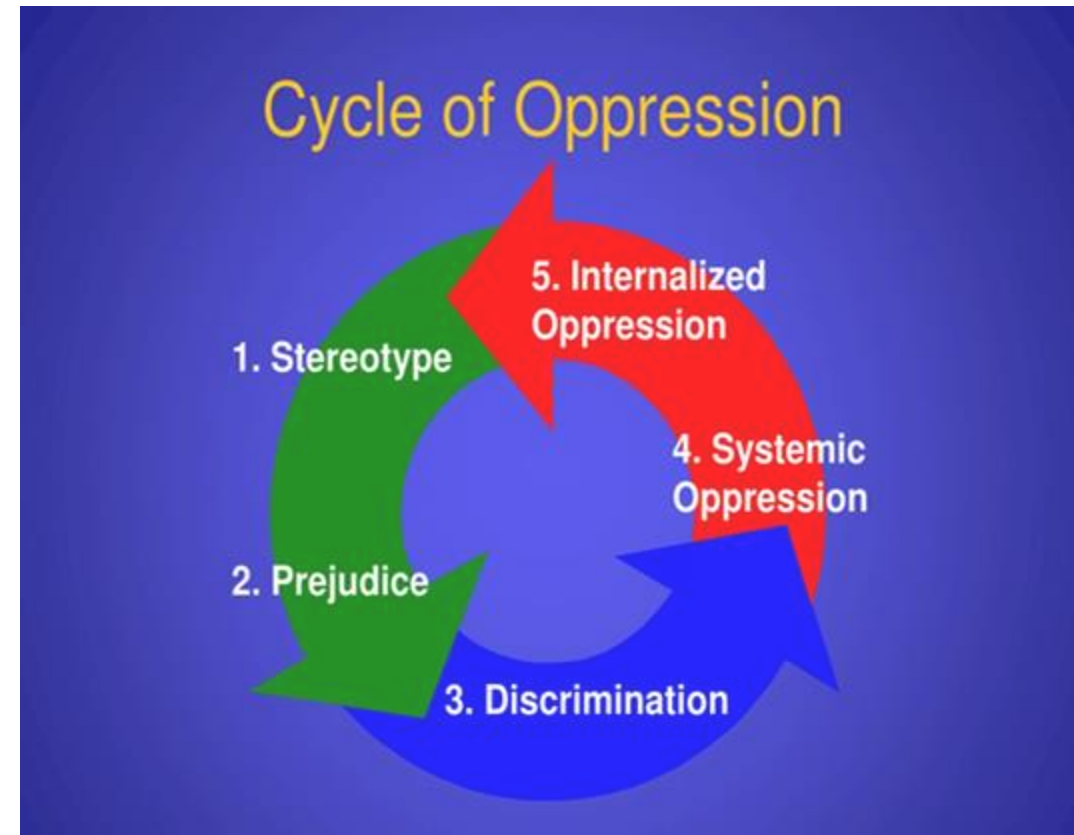


Structural Racism

- ❖ **Structural racism (e.g., systemic oppression, institutionalized discrimination “systemic racism”)**
 - **Structural racism and discrimination (SRD)** refers to macro-level conditions (e.g. residential segregation and institutional policies) that limit opportunities, resources, power, and well-being of individuals and populations based on race/ethnicity and other statuses

Systemic Oppression Cycle

CROWN ACT [law which prohibits discrimination based on hair texture or style]



Polling Question

What percentage of Americans do not believe that systemic racism exists in the US?

- A. 54%
- B. 78%
- C. 40%
- D. 65%

Psychological Mechanism

- The attachment bond developed during childhood between the child and caregiver is considered a “lasting psychological connection.”
 - A secure attachment is developed when a caregiver is consistent in meeting the child’s emotional and physical needs.
 - An insecure attachment style is developed when these needs are not consistently met.





Psychological Mechanism

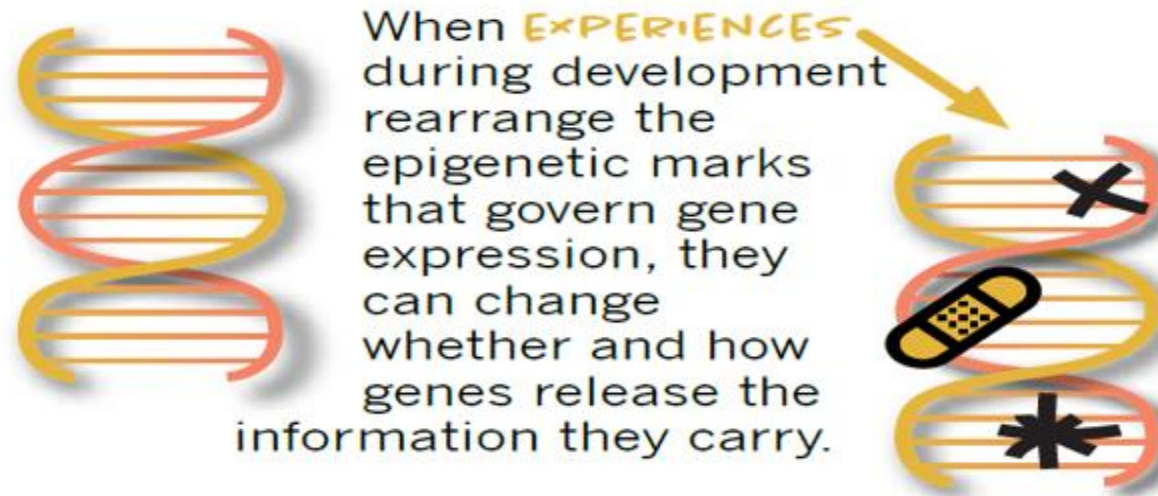
- Studies have shown a connection between intergenerational family narratives sharing and psychological wellbeing predominantly with younger generations.
- Narratives/Stories are important in every culture and religion and are influential in how the family interact with each other.
 - In African American communities, the use of storytelling provides a voice, means of carrying forth lessons, aspirations and to preserve events.

SOURCE: Telling Our Own Story: The Role of Narrative in Racial Healing, June 2013, at: <https://perception.org/wp-content/uploads/2014/11/Telling-Our-Own-Story.pdf>

SOURCE: The role of intergenerational family stories in mental health and wellbeing by Alexa Elias and Adam D. Brown, September 27, 2022: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9551165/pdf/fpsyg-13-927795.pdf>

Biological Mechanism

- Epigenetics is an evolving area of research on how high levels of stress (environmental influences) can change how easily genes can be turned on or off during development and throughout our lifespan.
 - New research has found that some epigenetic effects based on experiences can be transferred across generations.



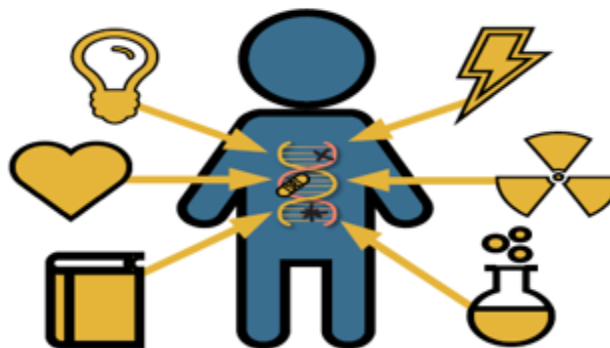
SOURCE: Psychiatrist.com, The Epigenetic Connection to Black Disparity, retrieved on July 8, 2024, at <https://www.psychiatrist.com/jcp/epigenetic-connection-black-disparity/>

SOURCE: Epigenetics and Child Development: How Children's Experiences Affect Their Genes: https://harvardcenter.wpenginpowered.com/wp-content/uploads/2019/02/EpigeneticsInfographic_FINAL.pdf

Biological Mechanism

- An association was found between parental trauma with epigenetic modification and effects on the exposed parent and their offspring.
- Medical disadvantages that are environmentally induced requires access to good medical and psychiatric care to address profound disparities in health.

Thus, the epigenome can be affected by positive experiences, such as supportive relationships and opportunities for learning...

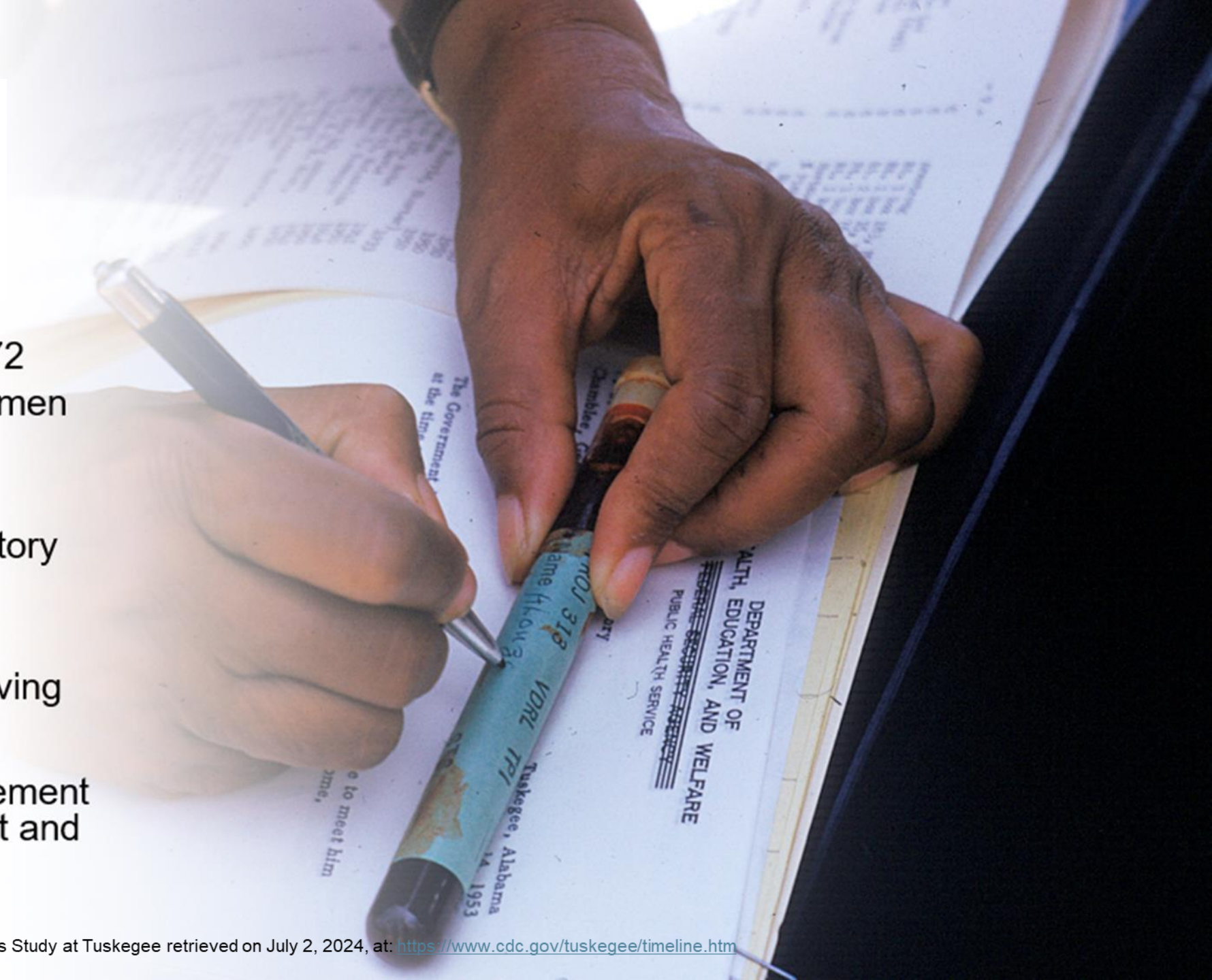


... or negative influences, such as environmental toxins or stressful life circumstances ...

SOURCE: Frontiers: Epigenetic Inheritance: Concepts, Mechanisms and Perspectives, retrieved on June 14, 2024, at: <https://www.frontiersin.org/articles/10.3389/fnmol.2018.00292/full>
SOURCE: Epigenetics and Child Development: How Children's Experiences Affect Their Genes: https://harvardcenter.wpenginpowered.com/wp-content/uploads/2019/02/EpigeneticsInfographic_FINAL.pdf

The Tuskegee Study “Experiment”

- Conducted from 1932-1972
 - 399 of the 600 black men were diagnosed with syphilis
- 1972 Associated Press story was published noting the study was “ethically unjustified”
 - 74 of the 600 were living at experiment end
- 1997 public acknowledgement of the unethical treatment and apology



The Tuskegee Syphilis Experiment





Impact of Race-Based Trauma and Transgenerational Trauma



Michelle Stroebel

Partners Regional Manager I/DD Tailored Care
Management

Impact on Mental Health



- **Emotional Dysregulation**
- **Sleep Disturbances**
- **Substance Use**
- **Intrusive Thoughts**
- **Numbing or detachment from thoughts, behaviors, and/or memories**
- **Self-harm**

Impact on Physical Health

- **Chronic Stress Response**
- **Cardiovascular Health**
- **Immune System Function**
- **Pain and Chronic Conditions**
- **Long-Term Health Disparities**



Impact of the Intersectionality

- **Identity Complexity**
- **Erasure**
- **Cumulative Trauma**
- **Access to Support and Resources**
- **Family and Community Rejection**



Image by [ImagineThatStudio](#) from [Pixabay](#)

Polling Question

What percentage of trans and gender non-conforming victims of violence are people of color?

- A. 55%
- B. 90%
- C. 75%
- D. 80%

Coping and Healing



Rachel Anna Galanter
Technical Assistance & Consultation Lead

Pillars of Reparenting

Comfort



Autonomy

Priscilla, L. (2022, January 28). *Healing Intergenerational Trauma through Reparenting Practices* [Webinar]. El Futuro.

Pillars of Reparenting

Joy and Play



Structure

Pillars of Reparenting

Listening and Holding Space



Discipline and Loving Accountability

Priscilla, L. (2022, January 28). *Healing Intergenerational Trauma through Reparenting Practices* [Webinar]. El Futuro.

Pillars of Reparenting

Community Care



Boundaries and Ownership

Healing Through Reparenting

- **Write a letter** to your inner child
- Hang up a few **photos of yourself as a child**, speak directly to your inner child
- **Recognize the physical cues** that your inner child is becoming activated and write them down
- Inner child **affirmations and reminders** from the inner parent



Healing through Reparenting

- **Celebrate** when you notice that you acted from your **loving inner parent**
- Build a **consistent supportive community**
- Practice **reciprocal biculturalism**
- **Attachment and Biobehavioral Catch-up (ABC)** or other parenting coaching or family therapy



Priscilla, L. (2022, January 28). *Healing Intergenerational Trauma through Reparenting Practices* [Webinar]. El Futuro.

Polling Question

If you decided that reparenting would help you heal from a trauma passed down to you, what is a step you might consider taking?

- A. Writing a letter to my inner child
- B. Hang up a few photos of myself as a child, speak directly to my inner child
- C. Recognizing the physical cues that my inner child is becoming activated and develop a plan
- D. Inner child affirmations and reminders from the inner parent
- E. Celebrating when I notice that I acted from my loving inner parent
- F. Building up a supportive community
- G. Learning strategies to help me pass healing onto my children

Healing From Invisible Wounds

- Counteract devaluation
- Restore self
- Voice lessons
- Rehumanize loss
- Re-channel rage
- Positive cultural experiences
- Promote relational connectedness



Hardy, K. (2021, December 10). *Addressing the Invisible Wounds of Sociocultural Trauma with Latinx Children and Families* [Webinar]. El Futuro.

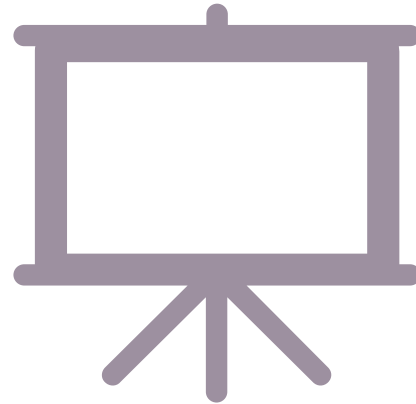
Polling Question

What is a strategy you plan to use to support people in your life who are coping with the invisible wounds of transgenerational trauma?

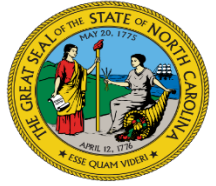
- A. Counteracting devaluation
- B. Restoring their self
- C. Voice lessons
- D. Rehumanizing loss
- E. Re-channeling rage
- F. Positive cultural experiences
- G. Promoting relational connectedness



Questions & Answers



The recording and presentation slides for this webinar will be posted to the [Community Engagement & Training](#) webpage.



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Resources

- [Alcohol/Drug Council of North Carolina](#)
- Center for Substance Abuse Treatment. (2014). Trauma-Informed Care in Behavioral Health Services (Treatment Improvement Protocol (TIP) Series, No. 57). Substance Abuse and Mental Health Services Administration (US), Rockville, MD. <https://www.ncbi.nlm.nih.gov/books/NBK207201/>
- [El Futuro](#)
- [NCDHHS Crisis Services](#)
- [Partners Health Management](#)
- [The Negro Motorist Green Book - Wikipedia](#)
- [How the Green Book Helped African-American Tourists Navigate a Segregated Nation | Smithsonian \(smithsonianmag.com\)](#)