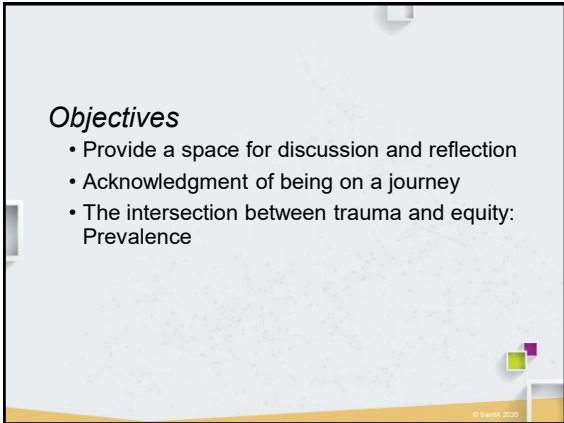
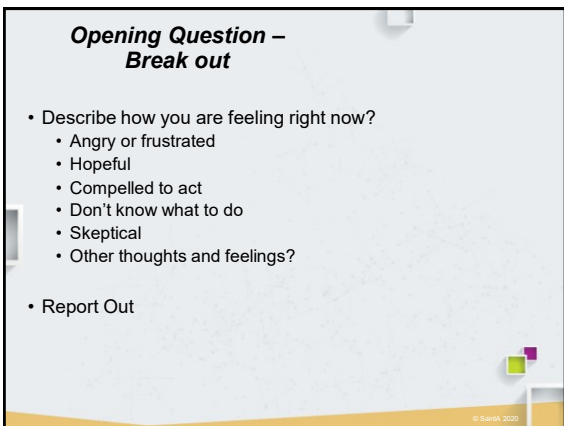




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The Intersection of Trauma & Equity

“Black Americans have used those founding words to actually bring us closer to the democracy the founders envisioned – and that is the most patriotic of things.”

-Nikole Hannah-Jones, *Good Morning America* interview re: The 1619 Project

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7ei of TIC

- Prevalence
- Impact
- Perspective shift
- Regulation
- Relationship
- Reason to Be
- Caregiver Capacity

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5

Prevalence

The Pair of ACEs
Adverse Childhood Experiences

Maternal Depression
Emotional & Sexual Abuse
Substance Abuse
Domestic Violence

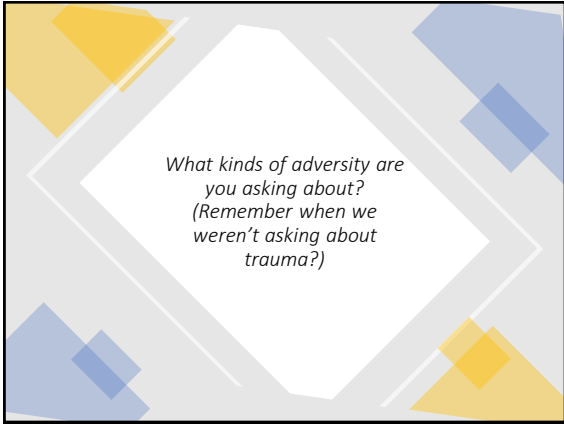
Physical & Emotional Neglect
Divorce
Mental Illness
Incarceration

Adverse Community Environments

Poverty
Discrimination
Community Disruption
Lack of Opportunity, Economic Mobility & Social Capital
Poor Housing Quality & Affordability
Violence

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Historical/Intergenerational Trauma

- Boarding Schools
- Enslavement/Jim Crow
- Holocaust
- Others?

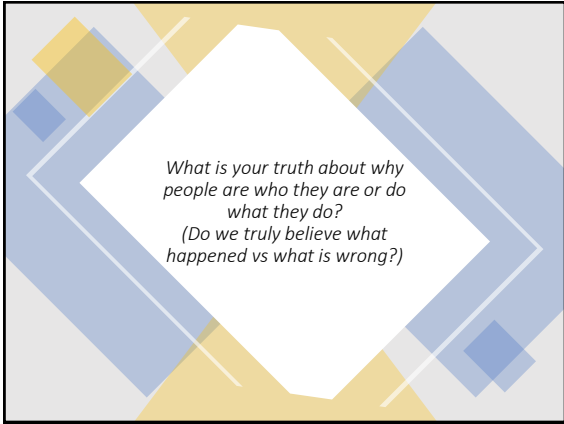
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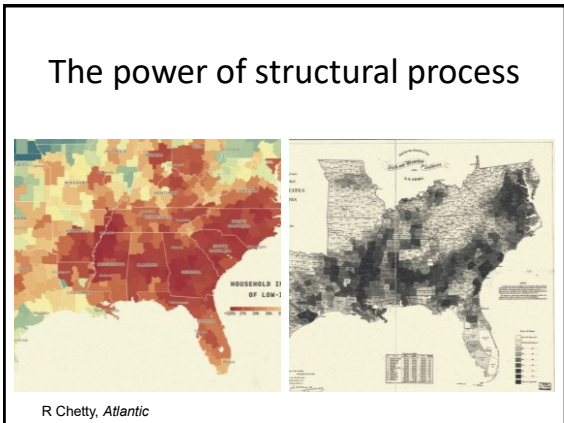
Philadelphia ACE Indicators			
Indicator	Philadelphia Study	White	Black
Witnessed violence in the neighborhood	40.5%	25.9%	52%
Felt discrimination based on race or ethnicity	34.5%	15.8%	49.5%
Adverse neighborhood experience, feeling unsafe/not trusting one's neighbor	27.3%	19.3%	29.2%
Bullied	7.9%	9%	6.4%
Lived in foster care	2.5%	1%	4.1%

Public Health Management Corporation Philadelphia Urban ACE Study, 2013

9



13



14



15

Why it matters

- **Post**
 - Threat not "real"
 - Re-experiencing
 - Survival adaptations not needed
 - Safety attainable
 - Volumes of research
 - More likely to be true for people of white
- **Continuous**
 - Threat still present, active
 - Re-experiencing
 - Survival adaptations essential
 - Safety elusive/not present
 - Any research?
 - More likely to be true for people of color


16

Closing question

- What can you do to be part of the solution and respond to the call for change?

17

Questions?



18

Next Compassion Curve Session: July 9,
2020 1:00-2:00 CST

The Intersection of Trauma & Equity

- Prevalence
- **Impact**
- Perspective shift
- Regulation
- Relationship
- Reason to Be
- Caregiver Capacity

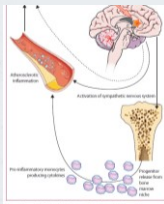


Figure 6. A model of stress leading to allostatic load and inflammation. Data suggest that at least two to three significantly important pathways link allostatic load to allostatic response and to brain health. One of these pathways is sympathetic. The other, which is the object of this study, is the HPA axis. *Lancet*, 2017

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