URBAN NETWORKS TO
INCREASE THRIVING YOUTH
UNITY
through Violence Prevention

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ACE Study

A collaborative effort by the Centers for Disease Control and the Kaiser Health Plan Department of Preventive Medicine in San Diego

- Recurrent physical abuse

- Recurrent emotional abuse

- Contact sexual abuse

- An alcohol and/or drug abuser in household

- An incarcerated household member

- A household member who is chronically depressed, mentally ill, institutionalized or suicidal

- Mother is treated violently

- One or no parents

- Emotional or physical neglect

What's the relationship between ACES, violence and symptoms of community trauma?

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Synergistic Trauma

The combination of :

◆ individual trauma from multiple, chronic and repeated exposures to violence - **Complex Post Traumatic Stress Disorder** (C-**PTSD**) is a condition that results from chronic or long-term exposure to emotional trauma over which a victim has little or no control and from which there is little or no hope of escape, such as in cases of: domestic emotional, physical or sexual abuse. This exposure results in the lack or loss of control, helplessness, and deformations of identity and sense of self. C-PTSD is distinct from, but similar to, post-traumatic stress disorder (PTSD), somatization disorder, dissociative identity disorder, and borderline personality disorder.

◆ and the trauma of structural violence.

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Structural Violence

◆ Structural violence refers to harm that individuals, families and communities experience from the economic and social structure, social institutions, relations of power, privilege and inequality and inequity that may harm people and communities by preventing them from meeting their basic needs.

ROOT CAUSES

- Poverty   - Racism   – Oppression
- Inequality   - Sexism   - Power Dynamics
          - Classism
          - Heteronormativity

STRUCTURAL FACTORS

Economic	Political	Social-Cultural	Institutions
- Inequality	- Political Power	- Racial Dynamics/Relations	-Financial Institutions
-Housing	-Social Policy	- Gender Dynamics/Relations	-Schools & Universities
-Education		- Ideologies	- Government
- Employment		- Culture of Violence	- Media
		- Individuality	- Criminal Justice System
			- Social Services

ENVIRONMENTAL FACTORS

Neighborhood Effects	Family Factors	Peer Group Factors
- Concentrated Poverty	-Composition	- Social Supports
- Population Density	- Structure	- Social Basis
- Social Organization	- Relations	- Social Attachment
- Social Control Mechanisms	- Family Violence	- Primary Activities
- Availability of Drugs and Alcohol	- Child Abuse	- Connection to Institutions
- Availability of Weapons	- SES	
- Community Violence	- Housing Situation	
- Parental Guidance & Involvement		

INDIVIDUAL LEVEL FACTORS

Psycho-social Factors	Emotional State	Motivation
- Developmental Factors	- Fear	- Power
- Experiences	- Frustration	- Revenge
- Exposure to Violence	- Anger	- Retaliation
- School Attachment & Achievement	- Anxiety	- Self Defense
- Value System	- Stress	- Domination
- Sense of Self Efficacy	- Hopelessness	- Justice
- Self Esteem	- Helplessness	- Catharsis
- Genetics	- Isolation	- Deterrence
- Perceived Opportunities	- Jealousy	

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Individual Level Factors

Psycho-Social Factors

- Developmental factors
- Experiences
- Exposure to violence
- School attachment and achievement
- Value system
- Sense of self efficacy
- Self esteem
- Genetics
- Perceived opportunities

Emotional State

- Fear
- Frustration
- Anger
- Anxiety
- Stress
- Hopelessness
- Helplessness
- Isolation
- Jealousy

Motivation

- Power
- Revenge
- Retaliation
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Individual Level Factors

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Individual Level Factors

Psycho-Social Factors
- Developmental factors
- Experiences
- Exposure to violence
- School attachment and achievement
- Value system
- Sense of self efficacy
- Self esteem
- Genetics
- Perceived opportunities

Emotional State
- Fear
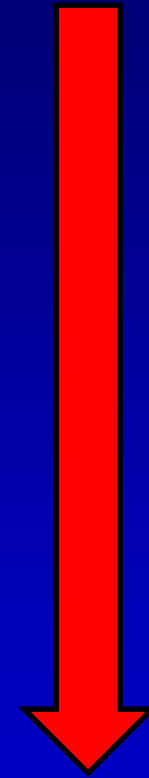- Frustration
- Anger
- Anxiety
- Stress
- Hopelessness
- Helplessness
- Isolation
- Jealousy

Motivation
- Power
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- Self defense
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TRAUMA

Root Causes = Structural Violence

- Poverty

- Inequality

- Racism

- Sexism

- Oppression

- Power Dynamics

Trauma

What about
Community Trauma?

Toward a Resilience Framework to Address and Prevent Community-Level Trauma

Community trauma is not just the aggregate of individuals in a neighborhood who have experienced trauma from exposures to violence. There are manifestations, or symptoms, of community trauma.

Community Trauma is:

◆ Cumulative and synergistic impact of regular incidents of interpersonal violence

◆ Historical and intergenerational violence
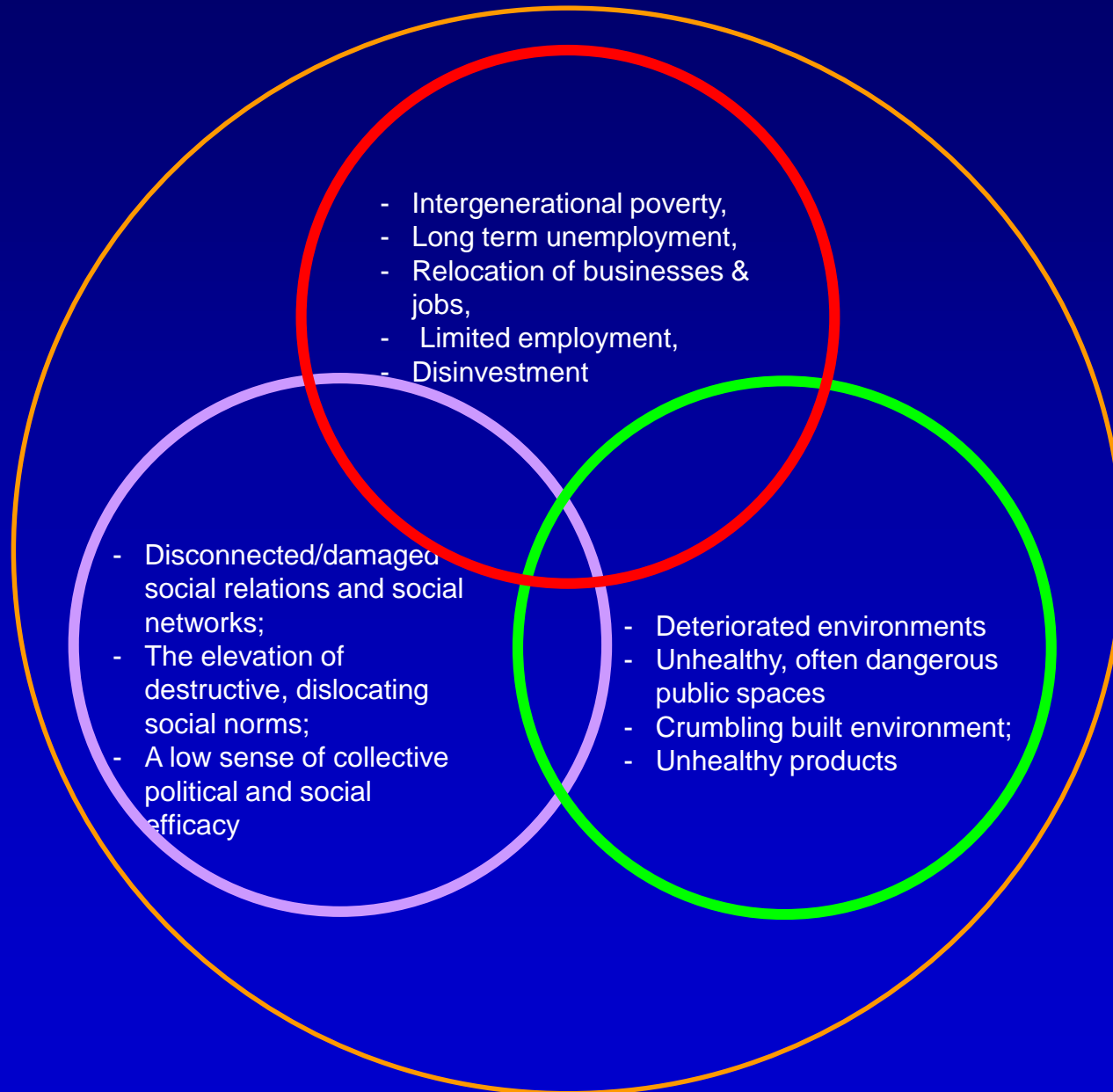
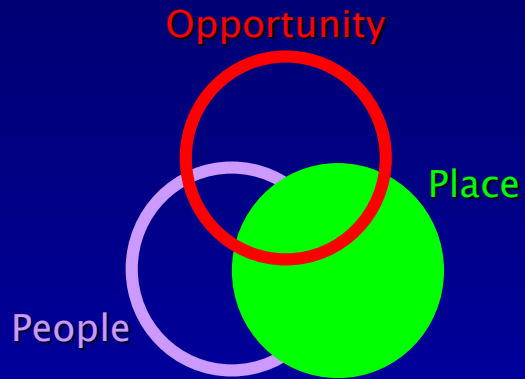◆ Continual exposure to structural violence

Community Environment

Symptoms of

Community Trauma

Community Environment

- Intergenerational poverty,
- Long term unemployment,
- Relocation of businesses & jobs,
- Limited employment,
- Disinvestment

- Disconnected/damaged social relations and social networks;
- The elevation of destructive, dislocating social norms;
- A low sense of collective political and social efficacy

- Deteriorated environments
- Unhealthy, often dangerous public spaces
- Crumbling built environment;
- Unhealthy products

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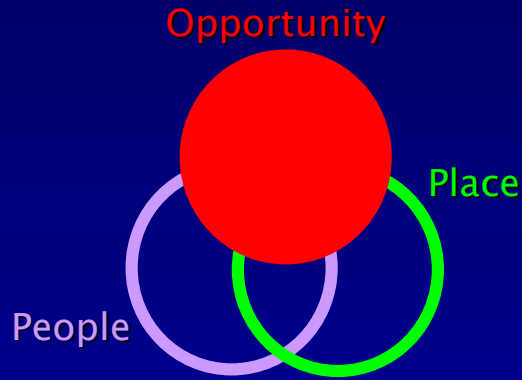
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Physical/Built Environment

Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment.
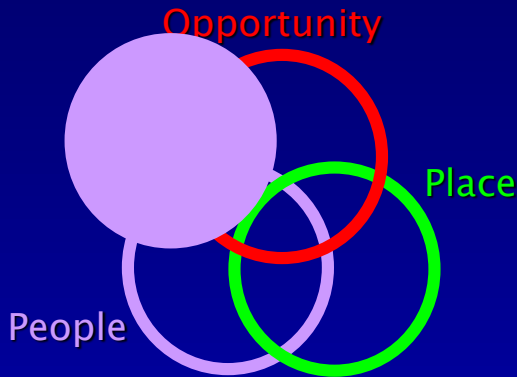
Economic/Educational Environment

Opportunity

Place

People

OPPORTUNITY

- **Intergenerational poverty**
- **Long term unemployment**
- **Relocation of businesses, corporations and jobs**
- **Limited employment opportunities**
- **Government and private disinvestment**

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Social-Cultural Environment

PEOPLE

Opportunity
Place
People

- **Damaged, fragmented or disrupted:**
  - social relations (esp. intergenerational)
  - social networks and
  - infrastructure of social support

- **Low sense of collective political and social efficacy**

- **Elevation of destructive social norms promoting violence and unhealthy behaviors over affirming, community oriented positive social norms**

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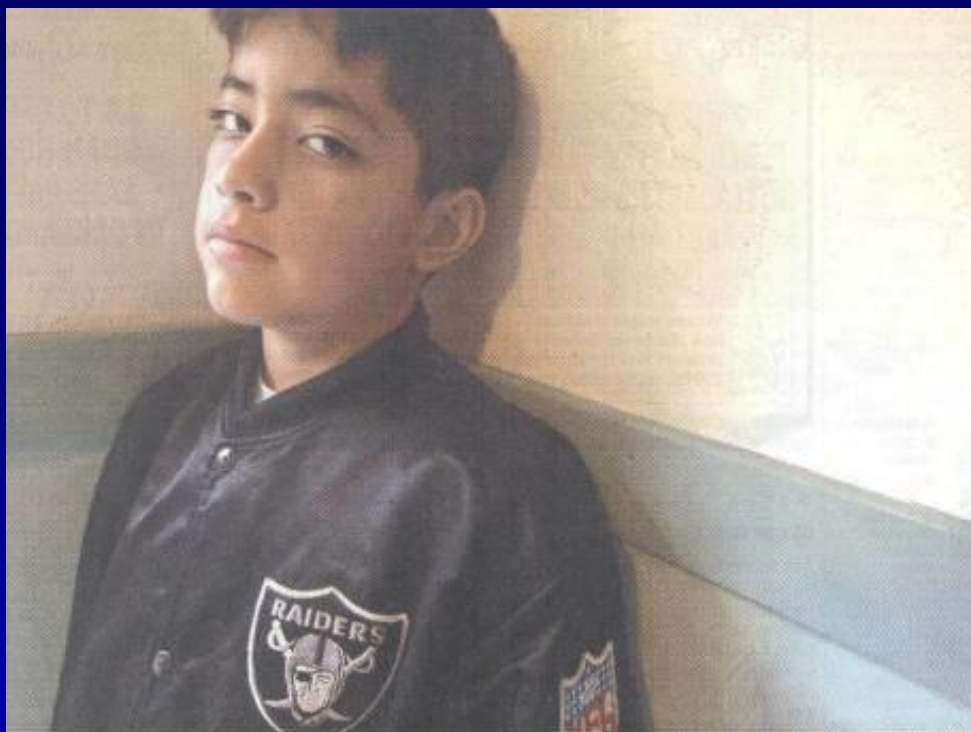
geberto Mendoza, sixth-grader at the E.C. Reems Academy of Technology and Art in Oakland

Life in the
killing zone

By Anastasia Hendrix
CHRONICLE STAFF WRITER

Violence is the most pervasive part of growing up in East Oakland

This is a place dozens of murders were committed last year within walking distance of an 11-year-old's doorstep.

This is a place eighth-graders learn about percentages and averages by studying homicide statistics from the streets that surround their classroom — numbers that represent gunned-down neighbors, friends and even family members.

ly hung police tape blocking off a fresh murder. There is sorrow and outrage, and politicians promise to solve the problem — but the deadly pattern always continues.

This is East Oakland — where unrelenting violence affects even the smallest matters of everyday life. Take 11-

random bullet — one that barely missed his father, who was relaxing on the couch at the time.

Though the bullet did not hurt Mr. Mendoza, it gravely wounded his son's already fragile sense of security.

The small hole sits in the

his favorite show: "Worst-Case which details how to survive life ing situations such as how to es the trunk of a car by breaking o light and pulling out wiring so th can fit through and attract other tention.

"It makes me feel better to lea like this," Rigo said. "I'm always of ways to save myself, so I'll kno do if anything bad happens to m

In his bedroom, located just a from the kitchen, Rigo has tri

R.I.P

Rickey Larell Thomas
JUNE 04.1978 ~ JULY 27.2000

Community Factors

- Physical or Built Environment

- Structure of Opportunities

- Social Organization

- Social Networks

-Social Relationships

- Social Norms

Community Trauma Symptoms

- Physical or Built Environment

- Structure of Opportunities

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- Social Organization

- Social Networks

-Social Relationships

- Social Norms

The Key

A Framework for Preventing Violence
And Building Community Resilience

**Building Community Resilience
Requires <u>Comprehensive</u>
and <u>Sustained</u> Policy and Action**

◆ **Community resilience:** the ability of a community to recover from and/or thrive despite the prevalence of adverse conditions.

◆ In the context of community-level trauma, this means putting the conditions in place in which the community can heal from trauma and/or be protected against the impact of trauma.

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Physical/Built Environment
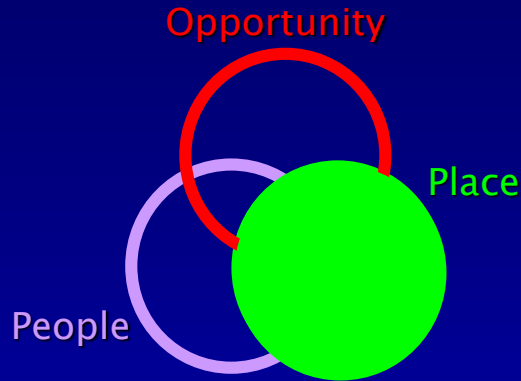
PLACE

- Create safer public spaces through improvements in the built environment by addressing parks, housing quality and transportation
- Reclaim and improve public spaces

TRAUMA INFORMED COMMUNITY BUILDING
A Model for Strengthening Community in Trauma Affected Neighborhoods
Bridge Housing - San Francisco

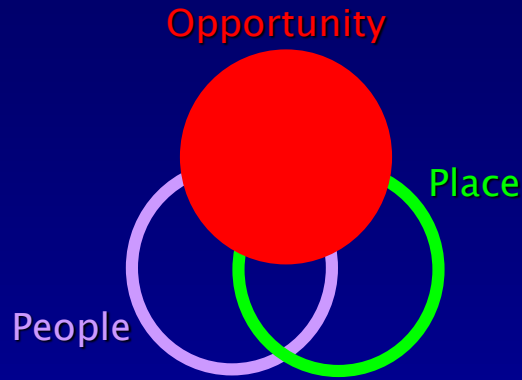Strategies focused at: Individual, Interpersonal, Community, and Systems level

- De-escalates chaos and stress
- Fosters resiliency
- Strengthens social connections
- Recognizes trauma

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Economic/Educational Environment

Opportunity

Place

People

EQUITABLE OPPORTUNITY

◆ Restorative Justice

◆ Healing Circles

◆ Economic empowerment/opportunity and workforce development

◆ Strategies to increase community wealth and resources that can resist the economic pressures that result in dislocation and gentrification
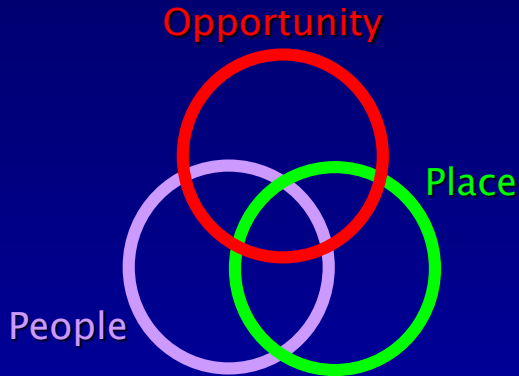
Restorative Justice

Social-Cultural Environment
PEOPLE

Opportunity

Place

People

- Rebuild and revitalize:
  - social relationships, esp. intergenerational
  - social networks
  - infrastructure of social support

- Strengthen and elevate social norms promoting: healthy behaviors, community connection and community orientation

- Establishing collaborations promoting these community level strategies while rebuilding community social networks

The Healing Generations Project

Image Source: Monterey County Weekly – 1.23.14 Jose Fregoso
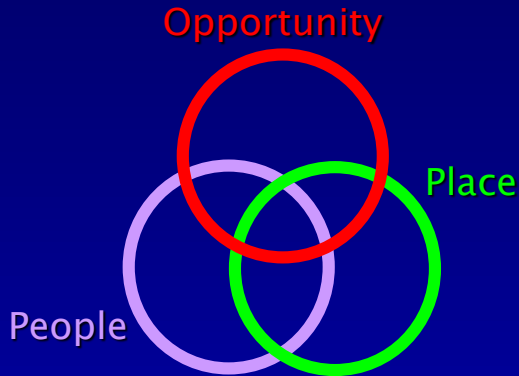
La Cultura Cura is a transformative 'health and healing' philosophy, which recognizes that within individual, family and community cultural values/traditions/indigenous practices, exists the path to healthy development, restoration, and lifelong well-being.

National Compadres Network

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Social-Cultural Environment
PEOPLE

Opportunity

Place

People

- Change the narrative about community and the people in it

- Shift community social norms

- Organize and promote <u>regular positive</u> community activity

- Provide a voice and element of power for community folks around shifting and changing environmental factors as well as the structural factors

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YouthSpeaks, Get Lit, Urban Word

SF Bay Area, Los Angeles, New York City

Getlit.org

RYSE

Richmond, CA
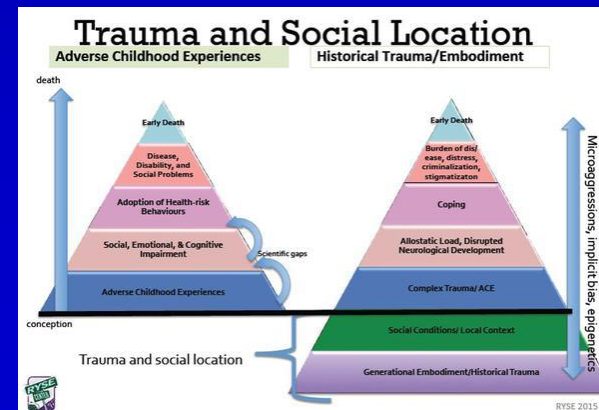
Building Community Resilience

- ◆ Sustainable Community Economic Development
- ◆ Restorative Justice
- ◆ Healing Circles
- ◆ Reclaim and Improve Public Spaces
- ◆ Shift Community Social Norms
- ◆ Enhance Social Connections and Networks
- ◆ Rebuild Intergenerational Connections and Relationships
- ◆ Organize and Promote Regular Positive Community Activity
- ◆ Providing more of a voice and element of power for community folks around shifting and changing environmental as well as structural factors.