BEYOND TRAUMA-INFORMED: THE EPIGENETICS OF RACIAL AND HISTORICAL TRAUMA

TRAUMA: AN OVERVIEW
WHAT IS TRAUMA

Trauma is the response to a deeply distressing, or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.

VICARIOUS TRAUMA

The emotional residue of exposure from working with people as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured.
TRAUMA IN 3 PARTS

EVENT

EXPERIENCE

EFFECT

PREVALENCE OF TRAUMA

7 or 8 out of every 100 people will have PTSD at some point in their lives. About 8 million adults have PTSD during a given year.

10 of every 100 women and 4 of every 100 men develop PTSD sometime in their lives (National Center for PTSD).
CONSEQUENCES OF TRAUMA

Erosion of ability to maintain functional life practices
• Job, housing, financial instability
• Decreased ability to attend to personal needs
• Increased difficulty in managing needs of children and dependent adults
• Susceptibility to compromised mental health
• Low sense of self confidence and esteem
• Maladaptive behaviors as coping skills

TRAUMA-INFORMED SYSTEMS
TRAUMA-INFORMED INSTITUTIONS

A human services organization or institution whose primary mission is altered by virtue of knowledge about trauma, and the impact it has on the lives of consumers receiving services (NNADV Staff, 2009).

Trauma Informed Organizations and Institutions:
- Recognizes the widespread impact of trauma
- Recognizes the signs and symptoms of trauma

HOW TO BECOME TRAUMA-INFORMED

<table>
<thead>
<tr>
<th>Promote</th>
<th>Promote Trauma Awareness and Understanding</th>
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<tr>
<td>Recognize</td>
<td>Recognize Trauma-Related Behaviors</td>
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<td>See</td>
<td>See Trauma Through the Eyes of the Client</td>
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<tr>
<td>Minimize</td>
<td>Minimize the Risk of Retraumatizing</td>
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BECOMING TRAUMA INFORMED

Establishing Safety – supportive environment decreasing re-traumatization.

Mutually working alongside clients as experts on their experiences

Risk of traumatization by criminal justice system

Unfamiliarity how client/court users lives their life.

CJS may not understand our underestimate the effect trauma. (D. McDonald, Practicalities of Care in Trauma Informed Shelter, July 2016).

INTERVENTIONS AND APPROACHES TO TRAUMA

Talk Therapy
- Eye Movement Desensitization and Reprocessing (EDMR) therapy is an interactive psychotherapy technique used to relieve psychological stress. Effective treatment for trauma and post traumatic stress disorder (PTSD).
- Mindfulness (MSC; MBSR etc.)
- Cognitive –Behavioral Therapies (CBT) & other behavior therapies

Seeking Safety
- Somatic Experiencing (SE) Therapy (Peter Levine, PhD).
- Psychopharmacology
- Other Interventions and Approaches
Professionals working in the CJS should be trauma-informed.

Trauma nearly always associated with abuse(s) of power.

Trauma influences a person’s receptivity to engaging in services.

Trauma-informed care includes protecting the vulnerability of those involved in the CJS.

Understand that trauma can look like a Substance Abuse Disorder/Mental Illness but isn’t always.

Build alliances with other disciplines (MDs, AOD, CBO’s, etc.).

**ASSESSING YOUR LENS**

What did you learn about communities of color from your family, the media and school? What do you assume?

Were you taught about real factual California and U.S. history? Do you feel prepared to work with communities different than your own? Why or why not?

How would you be able to determine a person’s race or cultural community they identify with? By sight or name?
PRE-COLONIZATION

Villages

Government

Child Rearing

Strong Communities

Problem Solving & Justice Systems

Traditional Healers

Spirituality - Ancestors - Deities

Traditional Practices & Ceremony

Economic System

THE ORIGINS OF COLONIALISM & TRAUMATIC HISTORICAL EVENTS

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

— James Baldwin

Genocide
The deliberate and systematic destruction of a racial, political, or cultural group
http://www.merriam-webster.com/dictionary/genocide

Western Colonialism
A political-economic phenomenon whereby various European nations explored, conquered, settled, and exploited large areas of the world.
https://www.britannica.com/topic/Western-colonialism
THE DOCTRINE OF DISCOVERY

• 1452-1493, Pope Alexander VI issued a series of “Papal Bulls” indicating colonizers on behalf of the Spanish Empire had the right to “discover” land to possess, convert those already on the land into Christians and to overthrow already existing tribal nations.

• The doctrine became the colonizing strategy for European nations and U.S. Government and was cited in the U.S. Supreme Court decision Johnson v. McIntosh in 1823.

Source: Pope Alexander VI’s Demarcation Bull, May 4, 1493. (Gilder Lehrman Collection) https://www.gilderlehrman.org/content/doctrine-discovery-1493

1619
THE MISSION ERA

Father Junipero Serra & the Spanish Crown
To “convert” Indians to Christianity
Claim and control the land for the Spanish Crown
July 16, 1769-The first mission was established...here in San Diego
The Mexican government ended Mission systems in the 1830's

THE ANZA & RIVERA EXPEDITIONS
1775 & 1780

- **Who:** Families of African, Spanish, Indigenous descent from Mexico from ports located in Mexico that were established by the Spanish military and leaders
- **Where:** From Mexico into the California coastline up to Sonoma
- **Why:** Taking of lands and families in honor of the Spanish Crown to establish:
  - Presidios
  - Pueblos
  - Missions

**MANIFEST DESTINY**

The American societal belief that the U.S. had the “right” to take land heading west to prosper and colonize.

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**The Gold Rush**

- January 24, 1848—James Marshall discovered gold at John Sutter’s Mill in Coloma, California
- White slave owners brought enslaved African families into California
- Mercury used to extract gold that created toxic water sources & sacred lands disturbed
- Disease
- Murder
- Trafficking
- Extreme sexual and physical violence
- Violent forced removals
- Mexican families were removed forcibly for white gold rushers who often stole their gold
- From 1848 and 1860, at least 163 Mexicans were lynched in California
- Attacks common towards Chinese and Chilean gold seekers
**TREATY OF GUADALUPE HIDALGO**

This treaty signed in the town of Guadalupe Hidalgo between Mexico & The U.S. ended the war on-February 2, 1848

Mexico surrendered: Arizona, California, New Mexico, Texas, Colorado, Nevada, and Utah, to the United States

Former Mexican citizens in those territories were to be granted citizenship and property rights per the treaty

"THAT A WAR OF EXTERMINATION WILL CONTINUE TO BE WAGED BETWEEN THE RACES UNTIL THE INDIAN RACE BECOMES EXTINCT MUST BE EXPECTED."

STATE OF THE STATE ADDRESS, DELIVERED: JANUARY 6, 1851

California Governor Peter Burnett, 1849-1851
### LAND LOSS, RIGHTS ISSUES & FORCIBLE REMOVALS

<table>
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<tr>
<th>18 Treaties-1851-1852</th>
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<tr>
<td>Treaty negotiations with California Tribes</td>
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<tr>
<td>U.S. Senate would not ratify the treaties and were hidden…for 50 years</td>
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<tr>
<td>Land loss, forcible removals, water and mineral rights issues</td>
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### CALIFORNIA COURTS & GOVERNMENTAL PRACTICES 1850’S +

- Authorized “indenture” of Indians long after slavery was outlawed;
- 1852-Fugitive Slave Law was passed that enabled former slave owners to claim escaped enslaved individuals;
- Civil rights, testifying against a white person and voting rights did not apply to Native Americans or African Americans;
- Condoned kidnapping & sale of Indian children;
- Non-Indians were paid for the scalps, heads, body parts and bodies of Indians
INDIAN BOARDING SCHOOL
“Kill the Indian, Save the Man”
-Captain Richard H. Pratt-

IMPACT OF BOARDING SCHOOLS

Assimilation Stories:

[Image of a group of children at a boarding school]
COLONIALISM FORCIBLY SUBJECTS FAMILIES TO:

- Kidnapping
- Slavery
- Physical/Sexual/Emotional & Verbal Abuse
- Removals from Ancestral Lands
- Denial of Opportunities
- Trafficking
- Disease
- Death
- Genocide
- Family Separations
- Destruction of Sacred Sites
- Poverty
- Sterilization
- Incarcerations
- Mental Health Facilities

**Definition:** A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma experiences (Dr. Maria Yellow Horse Brave Heart, 1985-88)

**Historical unresolved grief:** accompanies that trauma (Brave Heart, 1998, 1999, 2000)
Post Traumatic Slave Syndrome describes a set of behaviors, beliefs and actions associated with or related to multi-generational trauma experienced by African Americans.
POST-TRAUMATIC INVASION SYNDROME
-DR. ANDREW JOLIVETTE-

“Post-Traumatic Invasion Syndrome….PTIS is defined as the unnatural, genocidal disruption of entire Indigenous systems of cultural knowledge, practice, and self-determination through military, political, and religious exploitation and oppression, and the subconscious transference of invasion sickness and Indigenous nihilism as practiced and perpetrated against Native peoples to their own descendants from the early colonial period of the 15th century until the present settler colonial movement of the 21st century.”

-Indian Blood: HIV and Colonial Trauma in San Francisco’s Two Spirit Community

HISTORICAL TRAUMA → STATISTICS TODAY

AI/AN women are 2.5 times more likely to be raped
86% of reported rapes and sexual assaults on AI/AN women had Non-Native perpetrators
The homicide rate for African Americans in all 50 states is, on average, eight times higher than that of Whites (CDC, 2017)
Homicide is the leading cause of death among African American youth ages 15 to 24
The homicide victimization rate for Latinx populations is twice as high as homicide victimization rates for Whites
American Indians experienced a per capita rate of violence twice that of the U.S. resident population. On average, American Indians experienced an estimated 1 violent crime for every 10 AI/AN residents age 12 or older
Murder is the 3rd leading cause of death for AI/AN women
A study of 2,000 Latinas found that 63.1% of women who identified being victimized in their lifetime (i.e., interpersonal victimization such as stalking, physical assaults, weapon assaults, physical assaults in childhood, threats, sexual assault, attempted sexual assault, etc.) reported having experienced more than one victimization, with an average of 2.56 victimizations
Hate crimes have increased in the last few years in comparison to previous years
ADDITIONAL IMPACTS FROM COLONIALISM

CULTURAL SHAMING & CARRIED EMOTIONS

- Stating your heritage could result in violence inflicted by others
- Assuming one's race from name or appearance
- Media stereotyping racial groups
- Inaccurate school textbooks
- School projects
- School or sports team mascots
- Colonial values imposed on indigenous village values
- Individualism vs. Community
- Multi-ethnic identity
- Shamed for spiritual practices, beliefs, traditional village values
- Guilt or fear for immersing or not immersing in one’s culture(s)
- Not feeling good enough
- Not feeling enough of a particular ethnicity or being made to choose one
- Accusations of not acting American enough
- Feeling less than
HISTORICAL TRAUMA RESPONSES MAY INCLUDE ANY OR SOME COMBINATION OF THE FOLLOWING:

- Return to Traditional Ways
- Anxiety
- Healing
- Repetitive Thoughts Related to Historical Events
- Feeling Invisible
- Inflammatory Diseases
- Mistrust Government
- Denial of Heritage
- Depression
- Alcohol or Substance Abuse
- Abuse or Neglect
- Sobriety

GOVERNOR GAVIN NEWSOM APOLOGY TO NATIVE AMERICANS IN CALIFORNIA

HEARING ON REPARATIONS

A HISTORICAL TIMELINE OF REPARATIONS


1866 1988 2019

SOUTHERN Homestead Act
Civil Liberties Act
Commission to Study and Develop Reparations
Proposals for African Americans

The past is never dead. It’s not even past.

William Faulkner
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