



Session 4: Growing Up ACEs

Racism the New, But OLD ACE

Reconnecting with ACEs



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Unlocking Experts, Unlocking Our Understanding

eliminating racism
empowering women

ywca

New Hampshire

Talking Points



- ☐ Understanding Racial Trauma
- ☐ Exploring Generational Implications
- ☐ Understanding the Risk Factors
- ☐ Healing and Growth in Experiences

“I define racism as a system of structuring opportunity and assigning value based on the social interpretation of how one looks (which is what we call “race”) that unfairly disadvantages some individuals and communities, and saps the strength of the whole society through the waste of human resources”

– Dr. Camara Jones, Past President of American Public Health Association

Understanding

Experiencing Racial Trauma



What is racial trauma?

Racial trauma is the result of ongoing exposure to racial stressors such as racism, racist bias, discrimination, violence against people of color, and racist abuse in the media that creates an environment in which a person of color feels unsafe simply because the color of their skin. It is widespread among all marginalized or stigmatized racial or ethnic groups (Villines, 2020).

What are triggers which contribute to racial trauma?



- ☐ Prolonged exposure to racist abuse or discrimination
- ☐ Media depictions of racism-dismissal and denial
- ☐ Exposure to stereotypes- systemic issues
- ☐ Dismissal and denial that racism exists

“Despite clear evidence acknowledging racism as a major life stressor for Black youth, theoretical models of early childhood adversity have largely neglected the multifaceted influence of racism on mental health outcomes.”

**–Courtney Thorton, Senior Coordinator
Early Milestones, Colorado**

Naming Racism-How Has it Been Designed?



- ☐ Power
- ☐ Resources
- ☐ Privileges
- ☐ Influences
- ☐ Systems of power and oppression

ACEs: A Frame for Understanding



- **Social**
- **Historical**
- **Biological**

Racial Socialization

Ways which parents teach their children how to navigate the often contradictory messages or teach them what it means to be a person of color is called racial socialization.

(APA, 2015)

What will it take?

- ☐ Building equity
- ☐ Creating pathways for truth reconciliation and healing
- ☐ Embedding racial justice
- ☐ Engaging authentically
- ☐ All, Not One
- ☐ Advocacy

Health Disparities That Intersect with ACEs

- ☐ Chronic Health Disease
- ☐ Acute Health Disease
- ☐ Misdiagnosis
- ☐ Housing impacts option for medical services
- ☐ Financial ability to purchase health foods (food deserts)
- ☐ Over-burdened health insurance programs



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So what does equity mean?

- ☐ **Systems change**
- ☐ **Understanding equity and equality are not the same**
- ☐ **Cultivating a social justice mindset**
- ☐ **Commitment to improving health outcomes for all**

Equality



The assumption is that everyone benefits from the same supports. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed.** The systemic barrier has been removed.

Disruptors to progress

- ☐ Shame
- ☐ Fear
- ☐ Resistance to vulnerability



Pause for Reflection

How can we hold one another accountable?

How can we work towards changing our mental frames of reference?

Mitigating Risk

- ☐ **Building alliances and sharing power**
- ☐ **Intentionality to not re-traumatize**
- ☐ **Community based efforts**
- ☐ **Investing in neighborhood strategies**
- ☐ **Engaging for prevention**

Systems of Inequality Which Exist In United States

- ☐ Residential segregation - red lining
- ☐ Housing and shelter -communities set up to discourage home ownership, renting en masse
- ☐ Food insecurity
- ☐ Income inequality- wages disparities , structural barriers
- ☐ Education inequality
- ☐ Policing and incarceration- long history of injustice and parental incarceration
- ☐ Environmental Justice

Drivers Impacting Child Health

- ☐ Different than social determinants of health
- ☐ Systemic racism
- ☐ Toxic Stress
- ☐ Economic

Community Based Strategies

- ☐ Investing in grass roots partnerships-time, money and energy
- ☐ Empowering communities
- ☐ Nothing about us, without us
- ☐ Becoming trauma informed (evidence based approaches)
- ☐ Collaboration and training

Addressing Toxic Stress

- ☐ Promoting awareness
- ☐ Assessments of children experiencing ACEs
- ☐ Trauma Informed Guidance for Parents (ACERT)
- ☐ Guidance, targeting and tailoring services
- ☐ Develop an awareness and knowledge of life experiences (ACEs knowing)

Helping Parents



- ☐ To rewrite their narrative-education health outcomes and ACEs
- ☐ Build emotional control-mindfulness, true collaboration
- ☐ Understanding the lived experiences of those you are supporting

“The hardest part of the job is sitting in proximity to so much harm and suffering and sitting there long enough to be a difference”

– Dr. Nadine Burke Harris

References

**ACEs Aware (2021) Racism and discrimination as risk factors for toxic stress.
Retrieved from <https://www.youtube.com/watch?v=qPdhBKF7bFE>**

[NumberStory.org](https://www.numberstory.org/) (2021)