Welcome
Western MCH Nutrition Leadership Network
February 2nd and 3rd, 2017
Crowne Plaza Hotel, Redondo Beach, California

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Linking Maternal and Child Health with Resilience, Trauma, and Prevention: Advancing Community Approaches
Western MCH Nutrition Leadership Network
February 2, 2017
Juliet Sims, MPH, RD
Objectives

- Deepen the understanding of prevention-based community health strategies to promote healing and resilience to community trauma and health inequities
- Differentiate between individual and community-level approaches to trauma, and the value of both, using the ACE|R framework
- Identify specific opportunities to support prevention-based community health strategies into maternal, child, and adolescent health efforts
What’s Trauma Got to do with It?

How the Environment Affects Us
“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

Institute of Medicine

**Prevention**

A systematic process that reduces the frequency and/or severity of illness or injury.

*Primary Prevention*

Promotes healthy environments and behaviors to prevent problems from occurring before the onset of symptoms.

**Prevention Works**

- Smoking Prevention
- Minimum Drinking Age Laws
- Childhood Immunizations
- Motorcycle and Bicycle Helmet Laws
- Child Seat and Safety Belt Use
- Reduced Lead Levels in Children

**Child Restraint & Safety Belt Use**
NORMS

Attitudes, beliefs, ways of being

Taken for granted

Sanction behavior

Based in culture & tradition

More than a habit

“The ideas of one generation become the instincts of the next.”
— D.H. Lawrence

Oh, Britney...

What can be done to prevent the problem from occurring in the first place?
Linkages Between Violence and Healthy Eating, Active Living

Violence and fear of violence affect individual behaviors related to healthy eating and active living.

- Violence and fear of violence cause people to be less physically active and spend less time outdoors.
- Violence and fear of violence alter people’s purchasing patterns, limiting access to healthy food.
- Experiencing and witnessing violence decrease motivation and capability to eat healthfully and be active.

Violence and fear of violence diminish the community environment, reducing support for healthy eating and active living.

- Violence reduces social interactions that would otherwise contribute to community cohesion.
- Violence acts as a barrier to investments in community resources and opportunities that support healthy eating and active living.
Thank You

Kaiser Permanente Northern California
Community Benefits Program for supporting the development of this work

Prevention Institute and Dr. Howard Pinderhughes conducted a study (literature review and interviews) to explore trauma at the population level, how it impacts other community health improvement efforts – including violence prevention, and emerging strategies.

What Is Trauma?

- Experiences or situations that are emotionally painful
- Chronic adversity (discrimination, racism, sexism, poverty, oppression)
There is growing understanding about trauma, particularly its prevalence and impact. The predominant approach to dealing with trauma is screening and treatment, consistent with a medical model.

**Overarching Finding #1**

Adverse Childhood Experiences (ACEs)

ACEs measured included:

- **Household Dysfunction**
  - Parental substance abuse, parental separation / divorce, parental mental illness, witnessing intimate partner violence, parental criminal behavior

- **Child Abuse**
  - Psychological, physical, sexual abuse

- **Child Neglect**
  - Emotional, physical

“No epidemic has ever been resolved by paying attention to the treatment of the affected individual.”

— George W. Albee
The 1st step ...

Let's take another step ...

Environment
Exposures & Behaviors
Health Care Services
Overarching Finding #2

Trauma manifests at the community-level. There are emerging practices to address trauma at the community-level, yet there is not a framework for addressing and preventing it.
The Community Environment

Equitable Opportunity

People

Place

THRIEVE

Tool for Health and Resilience In Vulnerable Environments

Symptoms of Community-Level Trauma

- 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

Social-Cultural Environment

- Damaged, fragmented or disrupted:
  - Social relations, esp. intergenerational
  - Social networks
  - Infrastructure of social support

PEOPLE
“Trauma gets in the way of us doing what we need to do. When it is chronic and not episodic, it is really damaging. I see it as impacting how people make decisions, how they meet their goals, how they problem solve, how they interact with their friends.”
— Violence Prevention Practitioner

**Physical/Built Environment**

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

**Economic/Educational Environment**

- Intergenerational poverty
- Long term unemployment
- Relocation of businesses, corporations and jobs
- Limited employment opportunities
- Government and private disinvestment
“...We could use this place as a place to play sports. We don’t get to interact as much because we don’t have places to play. The bond is broken. We could build a park so that kids my age can stay active healthy and connected.”

Daisy Romero, Age 13
Photo Voice Project, Santa Ana, CA

Symptoms of Community-Level Trauma

In what ways do these symptoms impact young people?

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

- Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment
- Unhealthy products

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

Connecting Adverse Childhood Experiences and Adverse Community Experiences
The Stress Continuum

<table>
<thead>
<tr>
<th>Positive stress</th>
<th>Tolerable stress</th>
<th>Toxic stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>An incarcerated household member</td>
<td>An incarcerated household member</td>
<td>A household member who is chronically depressed, mentally ill, institutionalized, or suicidal, AND no social support system</td>
</tr>
</tbody>
</table>

An incarcerated household member
A household member who is chronically depressed, mentally ill, institutionalized, or suicidal
AND social support system

Figure 1: The Production of Trauma from Violence

Playing
Timeout
AND social support system
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.
Community Strategies

- 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
- Change the community narrative

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
Community Strategies

**PLACE**
- Reclaim and Improve Public Spaces

Trauma Informed Community Building

*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

Taking Back Public Spaces

*New Orleans*

Community Strategies

EQUITABLE OPPORTUNITY
- Sustainable Community Economic Development
- Restorative Justice
- Healing Circles
A Family Place Library

Promoting Safety through Food Distribution

Image Credit: colapublib.org

Image Credit: PAWSitive Therapy Troupe

Promoting Community Resilience: From Stress to Well-Being

Increased social cohesion for individuals, families and communities

Image Credit: Prevention Institute
Collaboration Multiplier

Public Health

Expertise:
• Experience in population-based interventions and collection of data on chronic disease and injury

Desired Outcomes:
• Unification of collaborative efforts to address violence and chronic disease

Key Strategies:
• Facilitate system and policy changes that link healthy eating and active living with violence prevention efforts

Urban Agriculture

Expertise:
• Knowledge on urban food system infrastructure and implementation

Desired Outcomes:
• Long-term partnerships to achieve sustainable food systems

Key Strategies:
• Create mechanisms for residents to access fresh, affordable healthy foods

Shared Outcomes
• Strong partnerships among partner organizations and community members
• Safe community gathering spaces
• Increased access to healthy foods
• Institutional systems and local policies to promote health and safety

Partner Strengths
• Established trust and respect in community
• Local policy and decision-makers support community engagement and training
• Content expertise
• In-kind support
• Linked to broader city-wide initiatives

Violence Prevention

Expertise:
• Expertise in youth violence prevention and intervention

Desired Outcomes:
• Decreased youth violence and increased positive opportunities for at-risk youth

Key Strategies:
• Build youth leadership and connect youth to training and employment opportunities

City Council

Expertise:
• Knowledge and ability to influence local policy decisions

Desired Outcomes:
• Policies that promote health and safety in the district

Key Strategies:
• Leverage funds for long-term sustainability

Urban Agriculture

Expertise:
• Knowledge on urban food system infrastructure and implementation

Desired Outcomes:
• Long-term partnerships to achieve sustainable food systems

Key Strategies:
• Create mechanisms for residents to access fresh, affordable healthy foods

Joint Strategies
• Establish urban farm and farmer’s market
• Build youth capacity to understand goal and advocate for environmental and policy changes
• Build capacity of leaders, youth, and partnerships
• Connect youth and community residents to training and employment opportunities

Community Safety by Design

Prevention Institute

Prevention and equity at the center of community well-being

221 Oak Street
Oakland, CA 94607
Tel: (510) 444-7738

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Your Turn

Comments?
Questions?
Reflections?
Q & A

Thoughts about how this applies to your work?
What symptoms of community trauma manifest in the communities you serve?

In what ways is community trauma a barrier to implementing effective solutions to promote health, safety and well-being in the communities you serve?

What are some community strategies in the maternal, child, and adolescent health sector that might support the prevention of trauma in the first place?