Culture and Trauma

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Illinois
Collaboration
on Youth
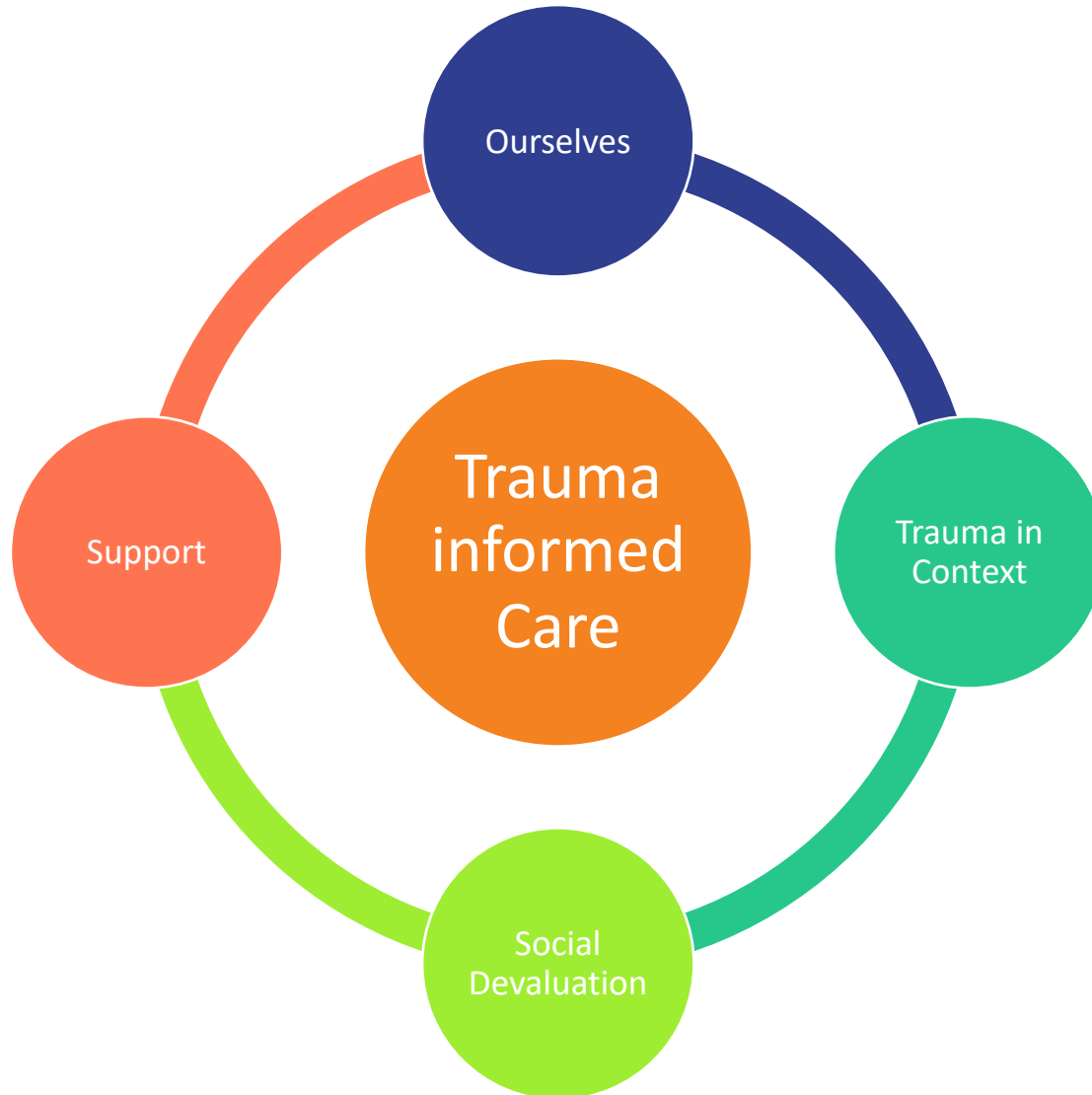
Partnering to build brighter futures
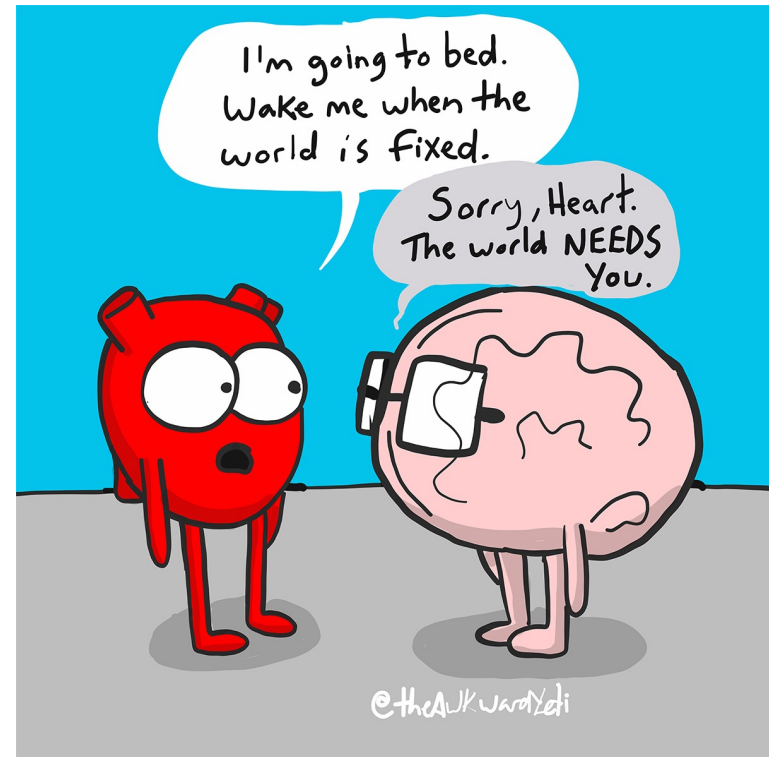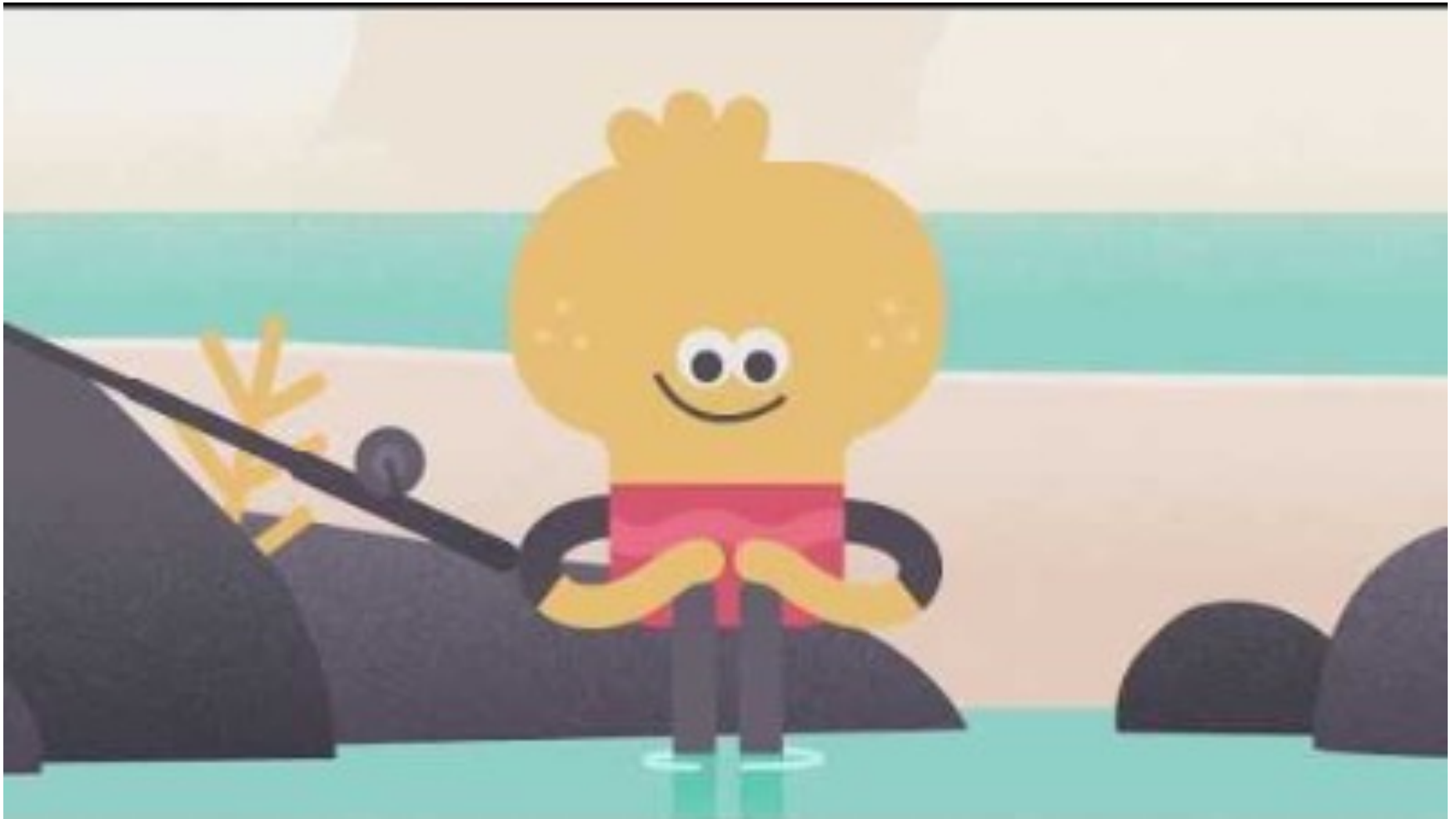
Self-Care Check

- Step out and take a break

- Scribble – Journal

- Engage your senses

- Stand up; stretch

- Debrief – who can you talk to?

Cultural Understanding of Ourselves

Self Reflection: What is your Why?

Age

Gender

Religion/spirit

My Multiple Identities

Socio-economic status

Race/ethnicity

Sexual orient
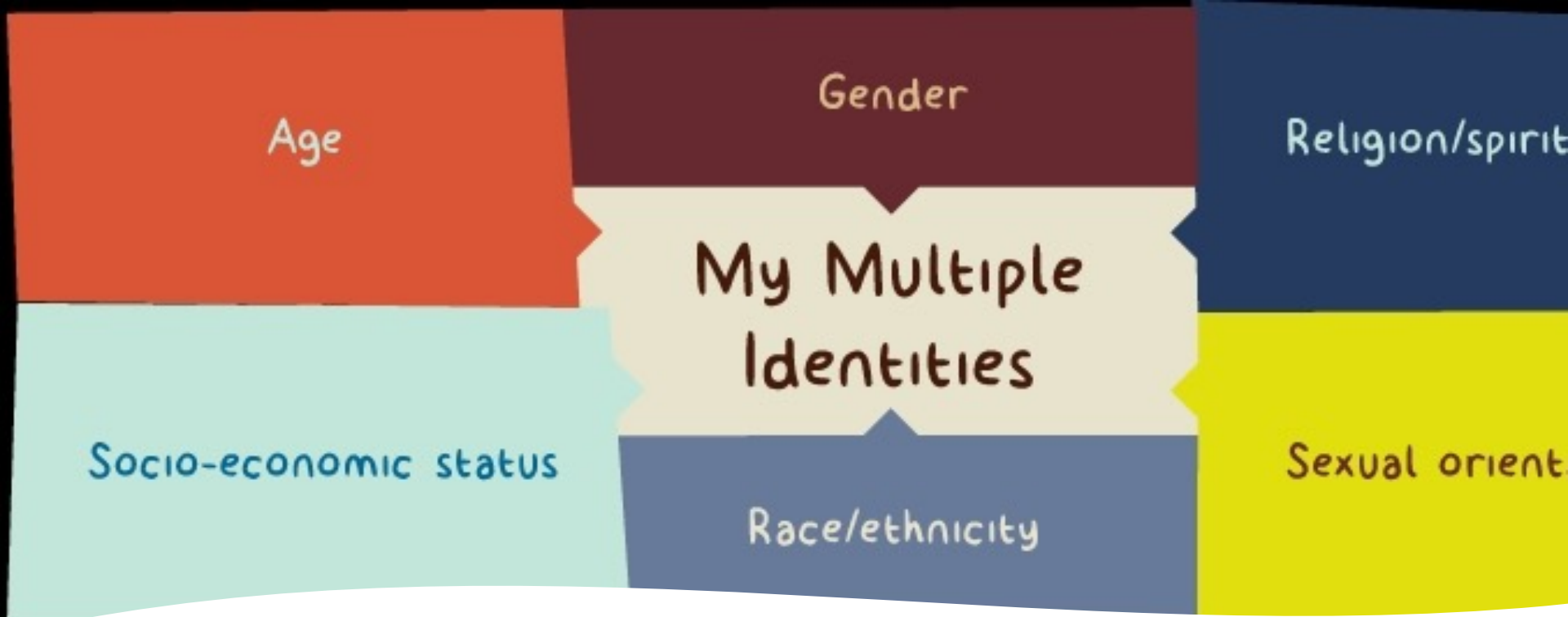
Which identity do you identify with the most?

Which identity do others try to define or determine for you?

Culture

"The shared values, traditions, arts, history, folklore, and institutions of a group of people that are unified by race, ethnicity, nationality, language, religious beliefs, spirituality, socioeconomic status, social class, sexual orientation, politics, gender, age, disability, or any other cohesive group variable." – N.N. Singh, 1995
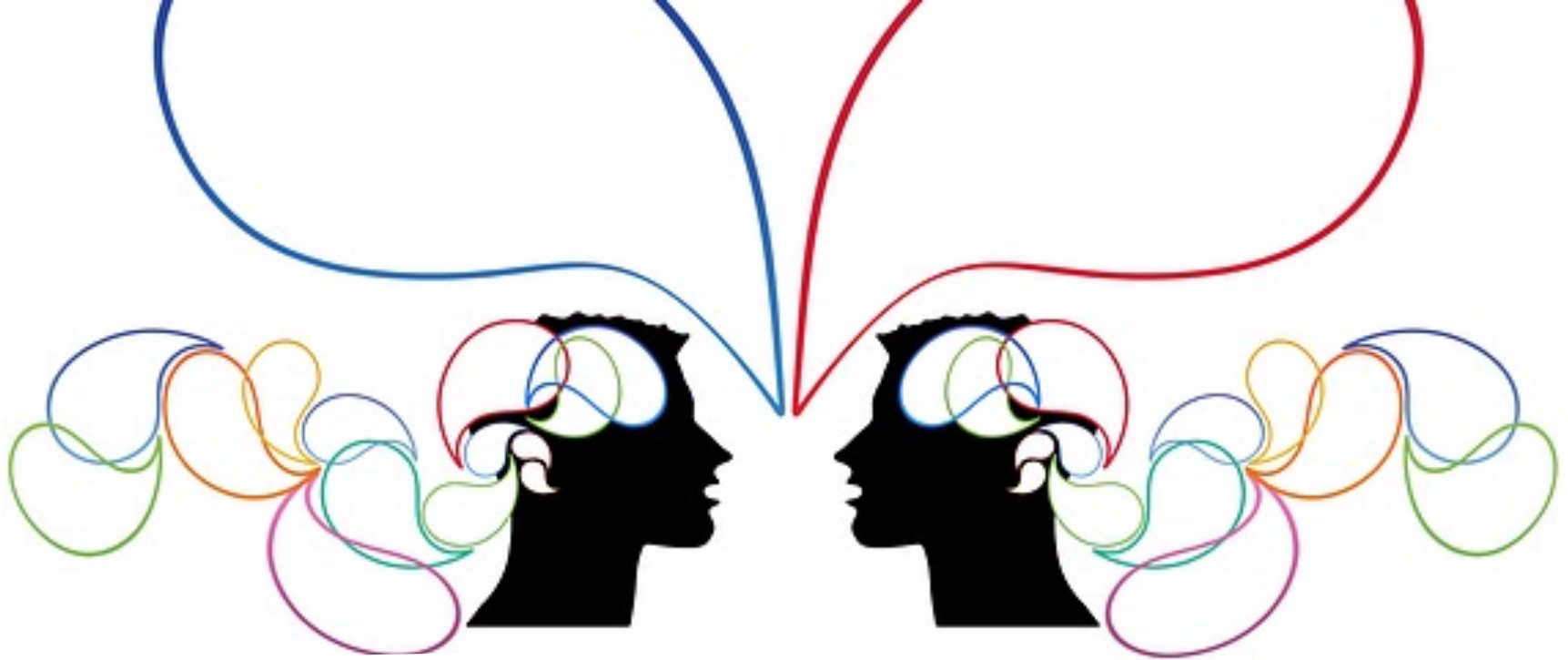
What are the first words that come to your mind when …

- You think of your clients?

- Clients talk about their own identities

- People stereotype your clients?

Race

Religion

Sexual Orientation

Gender

Ability

Age

Social Economic Status

Education

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Poll: What is at risk if we continue stigmatizing and stereotyping?

A. Clients disengage
B. Staff can feel at risk
C. Clients lack trust in future services
D. Distance grows between services and clients

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Identify

- Barriers for clients internally and externally in gaining or completing services

Reflect

- On what the client need right now and next steps?
- If the client feels understood and is aware of barriers

Advocate

- For client to strategize and prepare
- With teams to share concerns, collective debrief, and standardize best practices

Impact of Trauma

What is Trauma?

Effect

Event

Experience

Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing.

SAMHSA Three E Definition of Trauma

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Poll: Can Trauma be nonphysical events?

A. Yes
B. No
C. Not sure?
D. Not listed, please list in chat!

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Pillars of Society

- **Societal/ Cultural (collective ideas about what is "right")-** The set of shared attitudes, values, goals, and practices that characterizes the oppression in institutions, organizations, or group.

- **Institutional (legal system, education system, public policy, hiring practices, media image)-** When established laws, customs, and practices systematically reflect and produce inequalities based on one's membership in targeted groups

- **Interpersonal (actions, behaviors, & language)-** The oppression that can occur when people interact with each other

- **Personal/ Individual (feelings, values, beliefs)-** Conceptualized as the internalized oppression of devaluing and disempowering of self

From the Chicago Freedom School
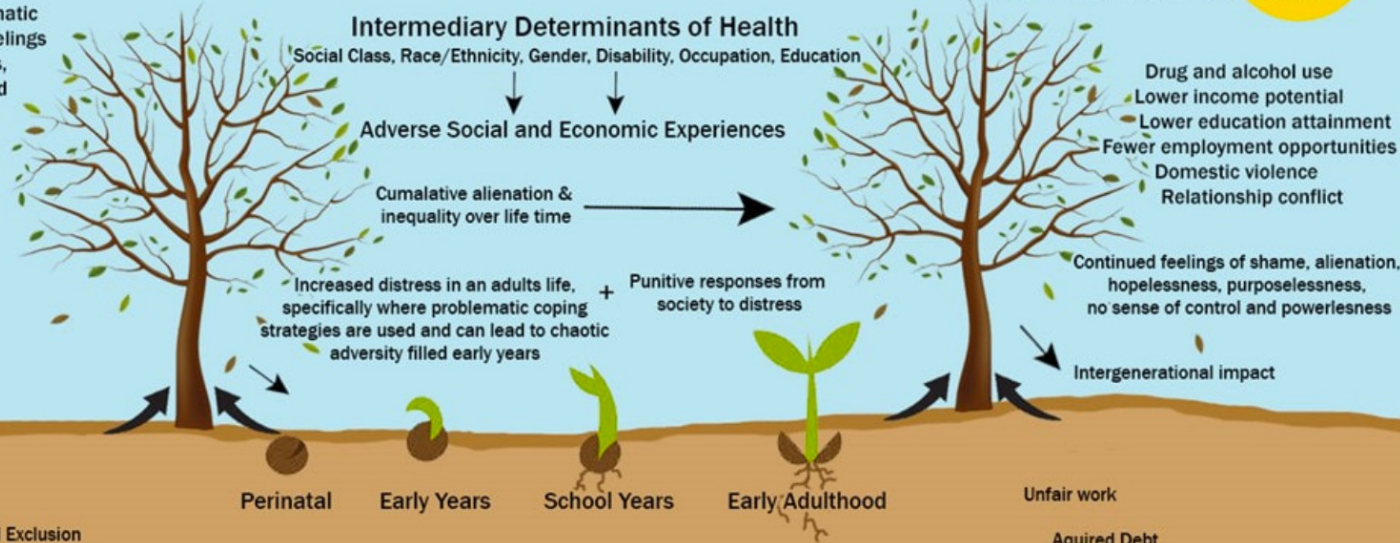
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Intergenerational

Approaching Trauma

Trauma Informed Care

Trauma Informed Care (TIC) recognizes that traumatic experiences **terrify, overwhelm and violate** the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to **restore a sense of safety, power and worth**.

The Foundations of Trauma Informed Care

Commitment to Trauma Awareness

Understanding the Impact of Historical Trauma and Oppression

Agencies Demonstrate Trauma Informed Care with Policies, Procedures and Practices that:

Create Safe Context through:
- Physical safety
- Trustworthiness
- Clear and consistent boundaries
- Transparency
- Predictability
- Choice

Restore Power through:
- Choice
- Empowerment
- Strengths perspective
- Skill building

Build Self-Worth through:
- Relationship
- Respect
- Compassion
- Acceptance and Nonjudgment
- Mutuality
- Collaboration

Image Credit: Trauma Informed Oregon, 2014

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Working Within Trauma

What resonates the most?

How much is family part of participants "Why"?

How do you recognize family as part of a clients' culture?

Impact of Trauma on Self

About Ourselves

Unlovable
Failure
Powerless
"Bad"

About Others

Untrustworthy
Unhelpful
Won't Stick around
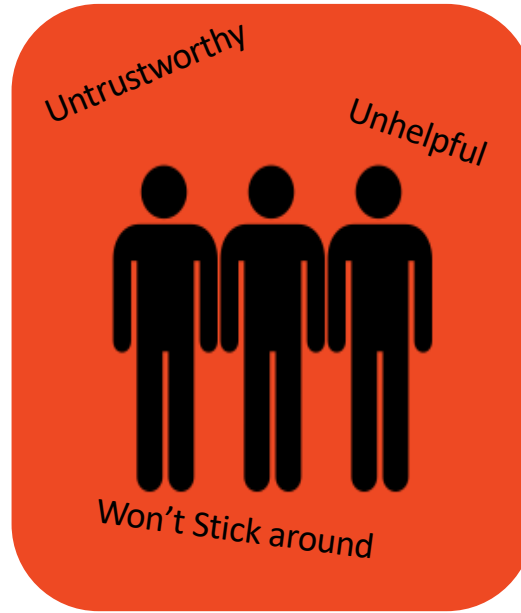
About the World

Chaotic
Unfair
Unsafe

Strength Based Coaching

for Participant Interactions

STEP 1: POSITIVE APPROACH

An optimistic view does not mean you do not address problems. Instead, you look for what you can nourish to overcome those problems as coach.

STEP 2: LISTEN CAREFULLY

Don't assume. Coaching is about uncovering "answers" through self driven inquiry, openness, and empathy. Foster shared language and goals as coach.

STEP 3: FOCUS ON WHAT CAN BE ACHIEVED

With these shared values, coach ways to adapt existing skills to meet gaps. Reinforce participant's unique potential and the larger picture of their progress.
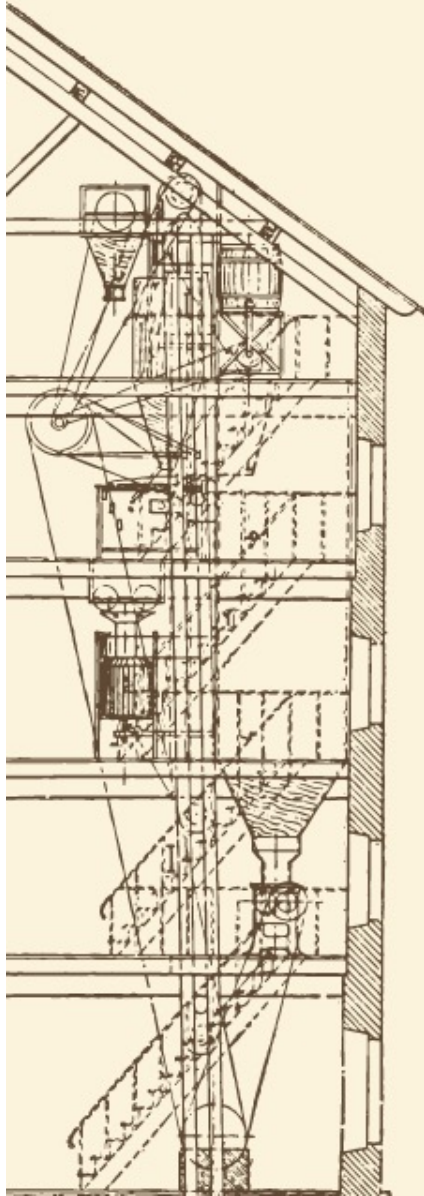
Resource Share: Embedding Strength Based Approach in Client Conversations

Pause –
Questions, Thoughts, or Impressions?

Cultural Context of Trauma

"Society, Culture and Mental Health"

Culture is bigger than one person. It includes sharing a set of values, beliefs, traditions and sense of belonging. Our connections to others around us

- Our social environment
- Our work life and income
- Our ability to be believed or helped
- Being socially valued and recognized
- Our ability to participate in larger groups
- Our own ability to cope with stress or difficult situations
- Our culture—including our ability to participate in our culture and connect with our cultural groups"

https://www.heretohelp.bc.ca/infosheet/cross-cultural-mental-health-and-substance-use

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THE CULTURAL ICEBERG

Food
Flags
Games
Literature
Dances
Festivals
Music
Fashion
Holidays
Language
Arts & Crafts
Performances

Communications Styles and Rules:
Facial Expressions   Gestures   Eye Contact
Personal Space   Touching   Body Language
Conversational Patterns in Different Social Situations
Handling and Displaying of Emotion   Tone of Voice

Attitudes toward:
Elders   Adolescents   Dependents
Rule   Expectations   Work   Authority
Cooperation vs. Competition
Relationships with Animals
Age   Sin   Death

Notions of:
Courtesy and Manners   Friendship
Leadership   Cleanliness   Modesty
Beauty

Concepts of:
Self   TimePast and Future
Fairness and Justice
Roles related to Age, Sex,
Class, Family, etc.

Approaches to:
Religion   Courtship   Marriage
Raising Children   Decision-Making
Problem Solving

Adapted from https://www.mentoring.org/

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Confinement, self-isolation or quarantine

Access to regular healthcare services severely restricted

School, office and transport closures

Infection / hospitalisation

Loss or reduction of paid work

Added childcare

Unexpected bills or expenses

Reduced mobility

Financial stress

Bulk-buying

Access to (women's) healthcare more limited

Greater risk of domestic violence

Access to education compromised

Poor mental health and well-being

Health crises can create or exacerbate gender inequalities, barriers and stigmas.

For more resources please reach out to worldoffice@worldywca.org
Share using the hashtags #YWCAQuarantine and #YWCACOVID19NEWS

Poll: How would a client define the culture of your services?

A. Unfamiliar
B. Overwhelming
C. Difficult to navigate
D. Friendly and favorite place
E. Not listed, please share in chat

Surface Level: What are traumas for clients and staff?

Within Iceberg: What are barriers or ongoing traumas in our services?

Underneath: Larger Community or Cultural Factors

Massimo Rumi / Barcroft Media via Getty Images

Addressing Culture & Trauma in Services

Trauma within our work

"*Trauma-informed care is a **strengths**-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional **safety** for both providers and survivors, and that creates **opportunities** for survivors to rebuild a sense of control and empowerment.*"

(Hopper, Bassuk, & Olivet, 2010)

The 4 Rs of Trauma Informed Care

1

REALIZE

All people at all levels have a basic **realization** about trauma and how it can affect individuals, families and communities

2

RECOGNIZE

The individual or individuals within an organization are able to **recognize** the signs and symptoms of trauma.

3

RESPOND

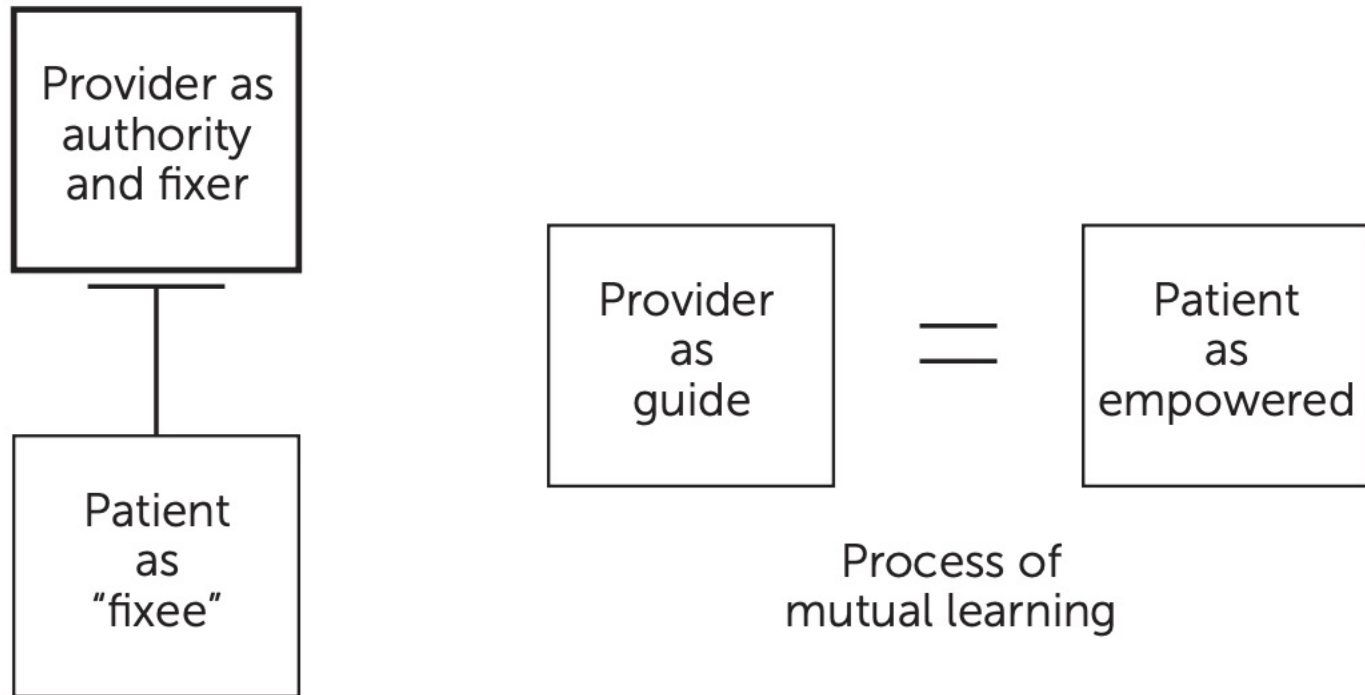Individuals, programs, and organizations **respond** by practicing a trauma-informed approach.

4

RESIST RE-TRAUMATIZATION

Individual and organizational practices may unintentionally compound trauma. Trauma informed individuals and organizations work to avoid this **re-traumatization.**

Poll: Which R Stands out to you?

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FIGURE 2. Power relations in the clinical encounter

Noshene Ranjbar, M.D., Matt Erb, PT, Othman Mohammad, M.D., Francisco A. Moreno, M.D.

Resource Share: Getting Practical about Being Strength Based

Jocelyn Vega – Jvega@ICOYouth.org