

Intersections of Trauma Gender Trauma & Race



Jennifer Lopez, Executive Director

Prevalence

- *Nearly 1 in 3 women* experience at least one physical assault by a partner during adulthood.
- *1 of 6 American women* has been the victim of an attempted or completed rape in her lifetime.
- *By age 13...* at least one out of every five girls are sexually abused.



Trauma



77-98% of incarcerated women
have experienced trauma



National Resource Center on Justice Involved Women

“Working with Justice Involved Women”

Trauma History

Alcohol &
Drug
Dependence

High-Risk
Behavior

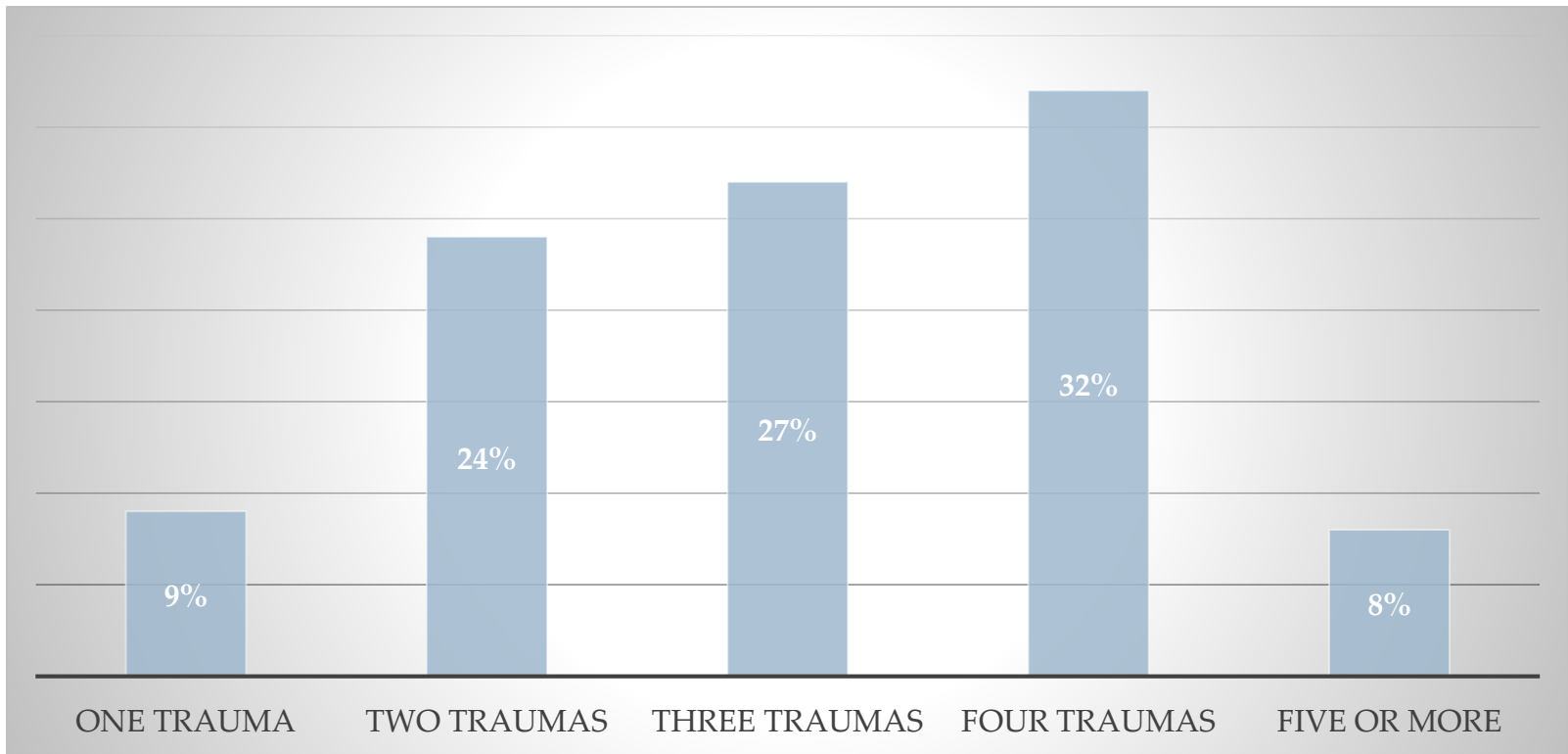
Sex Work

Physical & MH
Challenges

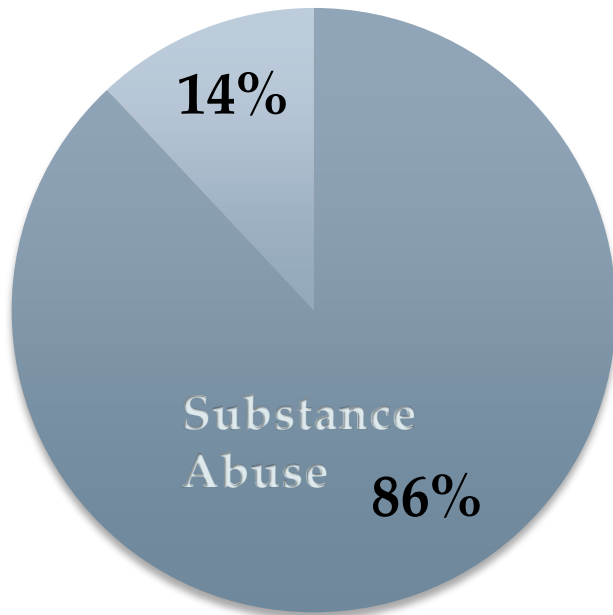
Criminal
Justice
Involvement



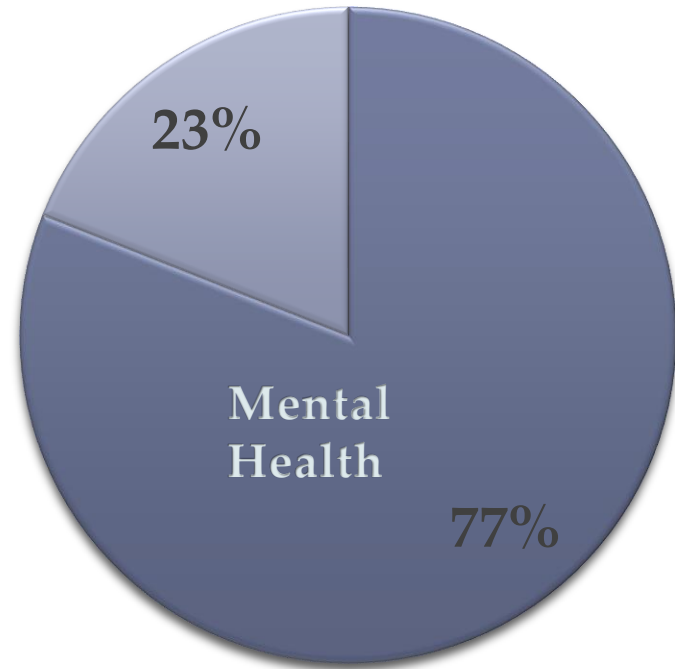
WRAP Women & Complex Trauma



WRAP Women & Behavioral Health



- Drug/Alcohol Issues
- No Drug/Alcohol Issues



- Mental Health Issues
- No Mental Health Issues



Behavioral Health Setting

- 90% consumers have experienced trauma
- 55%-99% of women with co-occurring MH & SA disorders experienced trauma
- Strong link between victimization of women and substance abuse and dependence disorders
- Influences the way women relate to staff members, peers, and therapeutic environment
- Increased risk of re-victimization and re-traumatization



Successful Treatment

- Integrated treatment
 - ▣ Trauma
 - ▣ Mental Health
 - ▣ Substance Abuse

- Gender-responsive



Gender Responsive Strategies

Six Guiding Principles

1. GENDER- matters
2. ENVIRONMENT – safety, respect, trauma-informed
3. RELATIONAL- policies, approaches
4. SERVICE & SUPERVISION- comprehensive
5. SOCIO-ECONOMIC STATUS- new opportunities
6. COMMUNITY- build supports

Bloom, Owen, Covington, 2003





S.E.L.F. Psycho-Educational Curriculum



Gateway
HorseWorks



Equine Assisted Trauma Therapy

Outcomes

Recidivism decreased by

57%

Technical Violations decreased by

69%

“

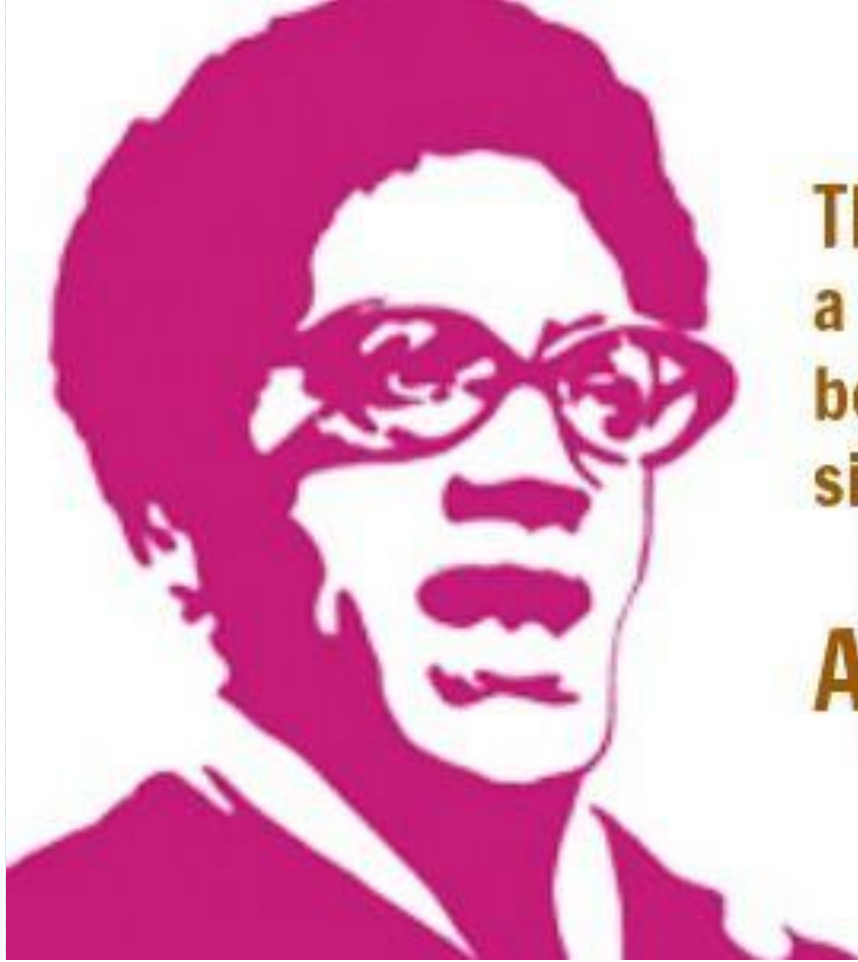
The pain associated with the social stigma of being LGBTQ, of living in a culture that, for the most part, is homophobic and heterosexist, is traumatic.”

- **Craig Sloane**

psychotherapist and clinical social worker



How does trauma effect LGBTQ+ communities?



**There is no such thing as
a single-issue struggle
because we do not live
single-issue lives.**

Audre Lorde



Racial Trauma

- Physical & psychological symptoms that occur as a result of witnessing or experiencing racism, discrimination, or institutional racism
- Ongoing and collective injuries
- Profound impact on MH of individuals exposed
 - Anger, sadness, fear, numbness, disconnection, hypervigilance, increased sensitivity to threat, anxiety, tension, intrusive thoughts or images, decreased immune system functioning, difficulty focusing or concentrating, irritability



6 Types of Race-Related Stress

- Racism-related life events
- Vicarious racism experiences
- Daily racism experiences
- Chronic-contextual stress
- Collective experiences of racism
- Transgenerational transmission of group trauma



Historical Trauma

- ▣ Impacts entire communities
- ▣ Cumulative emotional and psychological wounding, as a result of group traumatic experiences, transmitted across generations within a community (SAMHSA, 2016; Yehuda et al., 2016).



Impact

- Mild to severe PTSD
- 75%-94% who experienced racial harassment experienced symptoms:
 - ▣ Re-experiencing
 - ▣ Hypervigilance
 - ▣ Avoidance
 - ▣ Intrusive symptoms



Toxic Stress

Body registers racist encounters as experiences of toxic stress:

- Overactivity- fear, anxiety, impulse response
- Underactivity- reasoning, behavior, planning



Increase in stress hormones

- Cortisol
 - ▣ Weight gain
 - ▣ Slowed physical healing
 - ▣ Muscle weakness
 - ▣ Wear & tear on the body-chronic illness
- Stress response
 - ▣ Higher heart rate
 - ▣ Heightened risk of cardiovascular disease



Triggered through vicarious experiences

- Exposure to videos of police brutality
- Clips of racist encounters
- Adds level of stress
- Unexpected exposure to triggers
- Another layer of trauma



Implications

- Acknowledgement of racial trauma in all trauma-informed strategies
- TIC
 - Realize-Recognize-Respond-Resist Re-traumatization
- Consider through lens of racial equity informed by historic and contemporary systems of oppression