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Addressing and Preventing Community Trauma: Making Connections for Mental Health & Wellbeing

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Prevention
and
equity | Institute
at the center of community well-being

What's Mental Health Got to do with It?

How the Environment Affects Mental Wellbeing



Florence, South Carolina



Image source: http://paranoiacomputatatas.blogspot.com/2010_11_01_archive.html





Chicago, Illinois



EXPOSURES

ENVIRONMENT

**HEALTH &
SAFETY**

EXPOSURES

ENVIRONMENT

**HEALTH &
SAFETY**

**BEHAVIOR &
EMOTIONAL
EXPERIENCE**

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

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Interface between Physical, Mental and Behavioral Health



Making Connections for Mental Health and Wellbeing Among Men and Boys in the U.S.

A Report on the Mental Health and Wellbeing of Men and Boys in the U.S. and Opportunities to Advance Outcomes related to Prevention, Early Intervention and Stigma Reduction

Making Connections for Mental Health and Wellbeing Among Men and Boys



The Community of Practice is inclusive of 16 sites, with diversity in geography, organizational leadership, and population



Adverse Community Experiences and Resilience

A FRAMEWORK FOR ADDRESSING AND PREVENTING COMMUNITY TRAUMA



KAISER PERMANENTE.

This paper was supported by a grant from Kaiser Permanente Northern California Community Benefit Program

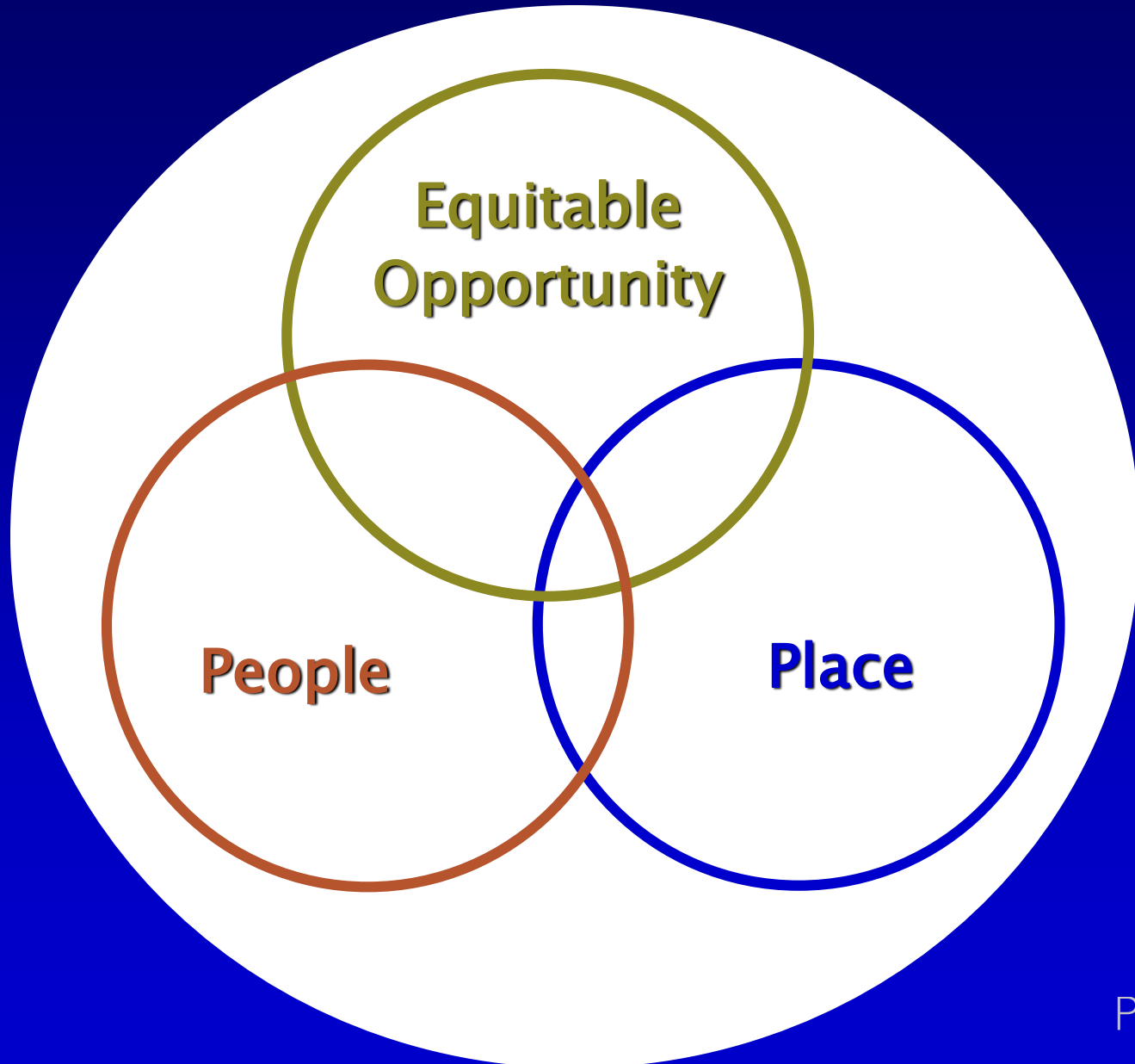


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Overarching Findings

- 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.
- 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



THRIVE Clusters and Factors

EQUITABLE

OPPORTUNITY

- ◆ Education
- ◆ Living wages & local Wealth

THE PEOPLE

- ◆ Social networks & trust
- ◆ Participation & willingness to act for the common good
- ◆ Norms and culture

THE PLACE

- ◆ What's sold & how it's promoted
- ◆ Look, feel & safety
- ◆ Parks & open space
- ◆ Getting around/
Transportation
- ◆ Housing
- ◆ Air, water, & soil
- ◆ Arts & culture

Symptoms of Community-Level Trauma

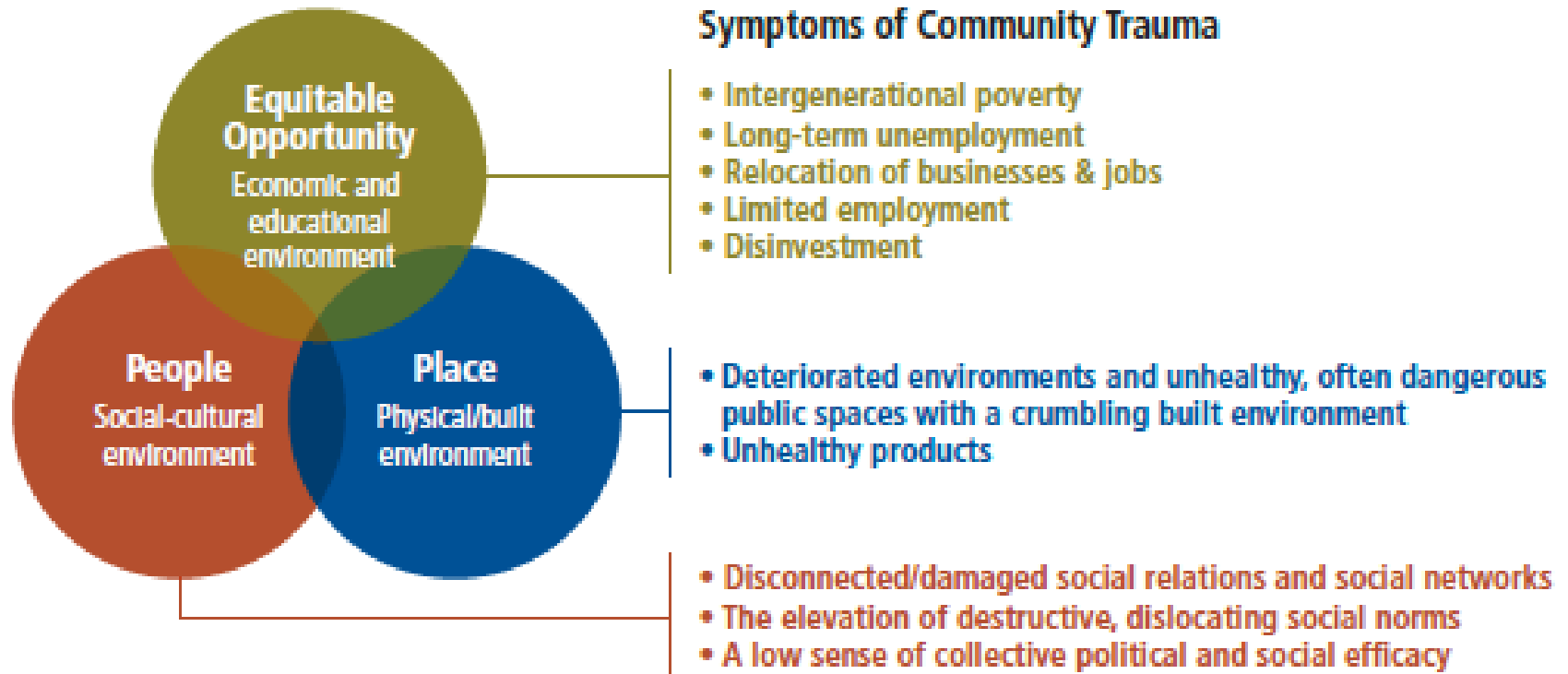
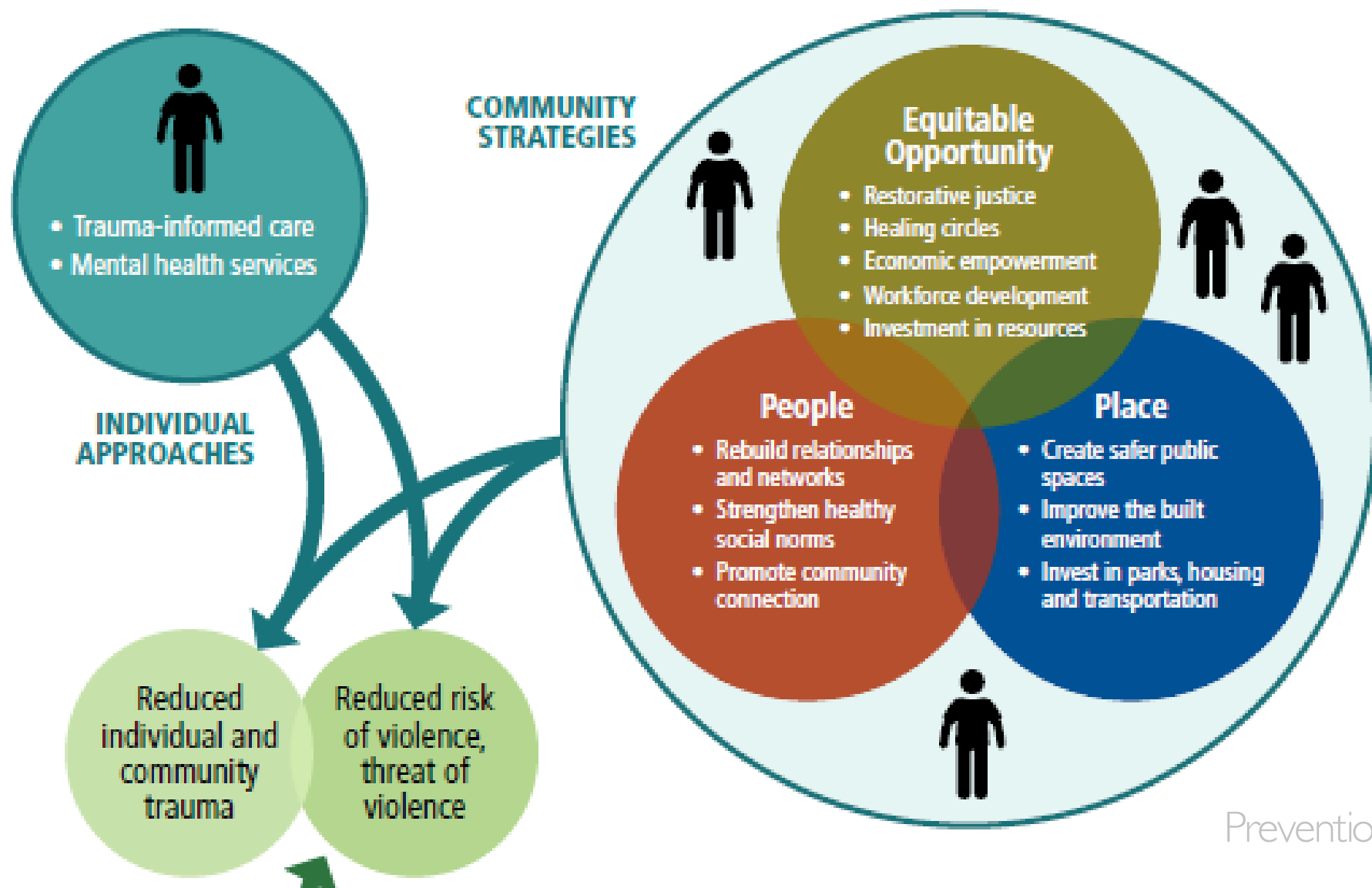


Figure 1 The Community Environment

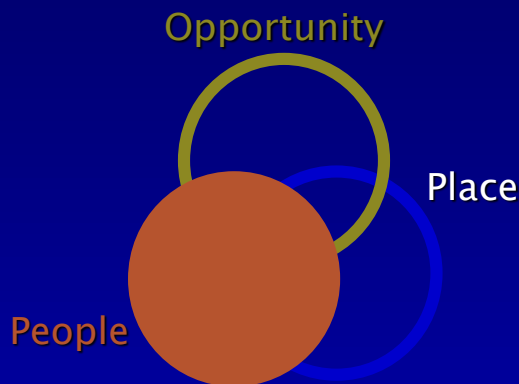
Simultaneous Community Solutions

Figure 5 Promoting Community Resilience: From Trauma to Well-being



Social-Cultural Environment

PEOPLE



- “I’ve been in juvenile (justice system) since I was 10 years old.”
- “It’s a constant feeling, you never know whether it’s your day or not. Like you can walk out the street, minding your own business...and the next thing you now, you gone.”

Developing Social Networks



Boston

Image source: Boston.com, greenhouse



Oklahoma City



Photo courtesy of Kendra Soulgne

Veterans
Club

Kankakee



Denver

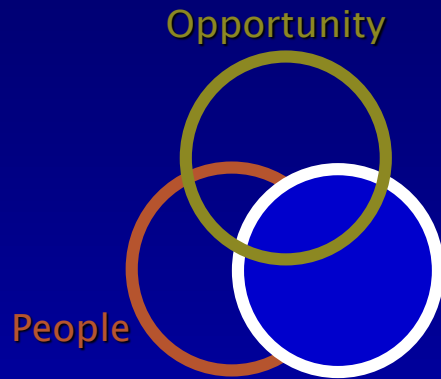
Community-Driven Planning



San Diego, California

Young men from the community,
identifying priorities and leading solutions

Physical/Built Environment

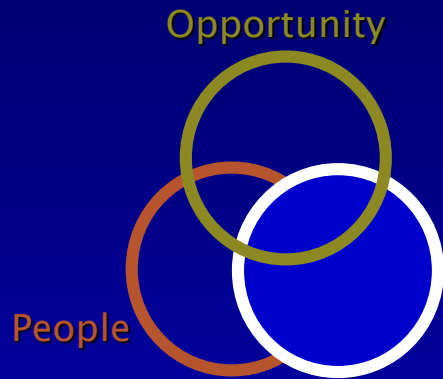


PLACE

**“I don’t know, like, I don’t know man for real...
Its home, but it don’t feel like home. It feel like a
prison with no walls.**

“Some people don’t have transportation.”

Physical/Built Environment



PLACE

“ I can’t even drive on the street without hitting no #*^* pothole...how the hell we gonna grow as a community and as a people if we still got #*^%-up streets.”

Voicing Collective Emotion



Engaging in Place Making



Reclaiming Community Institutions



Pastor J.B. Watkins • 1738 St. Roch Ave • 504-940-5771 • www.strochcc.org



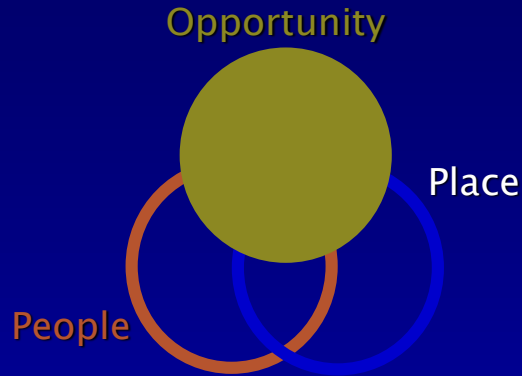
**ST. ROCH
COMMUNITY
CHURCH**

sunday service 10am
wednesday bible study 6pm



Photos by Chris Simmons and New Orleans Health Department

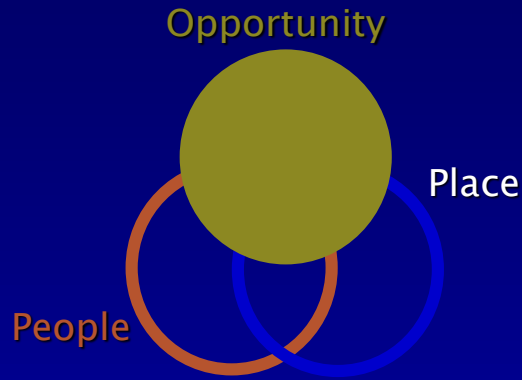
Economic/Educational Environment



EQUITABLE OPPORTUNITY

- “I don’t feel like you...that they... want me to do better.”
- “It’s the lack of jobs, not having jobs for us.”

Economic/Educational Environment



OPPORTUNITY

- **“I had a teacher at Landry. You know, the lady told me this, she said ‘you ain’t going to be s!^#.... Testing all 100....and she still told me ‘you’s a dumb mother*&&%^&””**
- **“No matter how I dress, how much jewelry, glasses. They feel like just because I’m black, there is something wrong with me.”**

Bridging School to Job Success



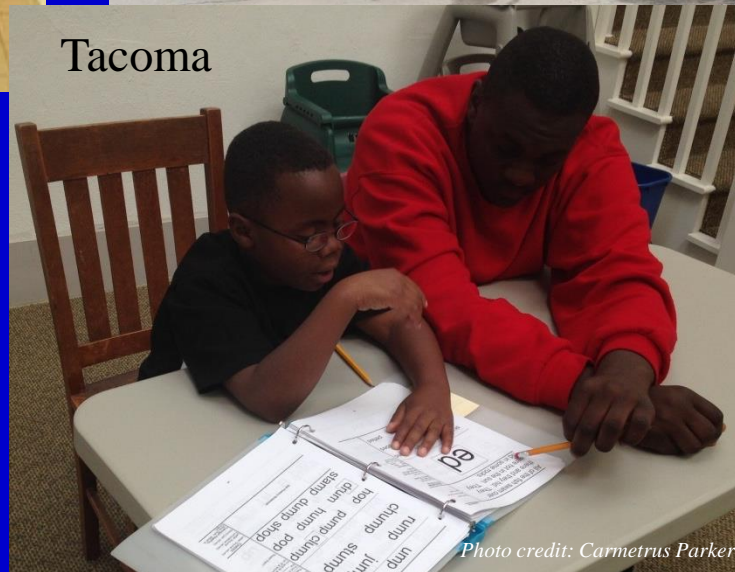
Houston

Photo courtesy of Fifth Ward Enrichment Program



Boston

Photo credit: Nuestra Comunidad



Tacoma

Photo credit: Carmetrus Parker

Development without Displacement



Small Business Development

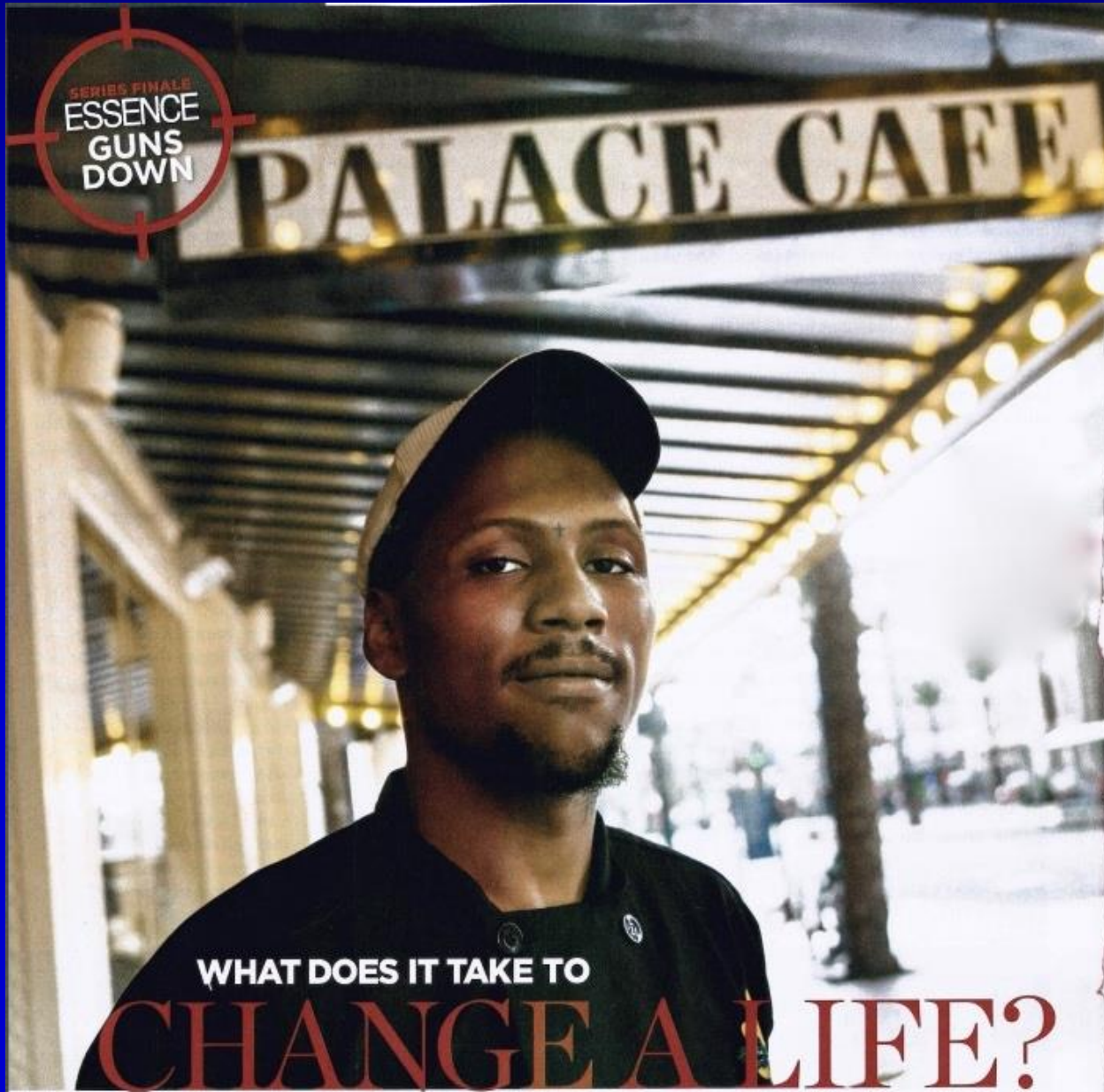


Image source: *Essence Magazine*

New Orleans

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

— George W. Albee

**“ When you start with needs,
you get programs.
When you start with strengths,
you get possibilities.”**

*— Lupe Serrano
casa de esperanza*

The Importance of Advocacy

BEFORE and AFTER



Photo credit: Adams IV, TheodorAkis for News



cc Elvert Barnes

**“ The ideas of
one generation
become the
instincts of
the next.”**

— *D.H. Lawrence*

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