



Intergenerational Trauma

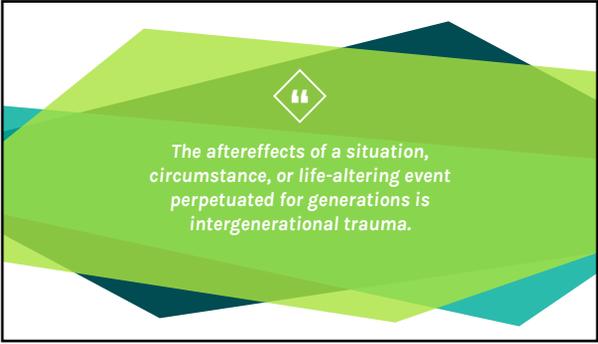
Tomah ME-PD B1 Learning Community
20th Annual Fall for Education Conference





Workshop Description:

This workshop provides a basic understanding of intergenerational trauma as addressed in three areas: poverty, common groups that experience trauma, and epigenetics. Attendees will leave with ideas on how to recognize and validate intergenerational trauma in the workplace.



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The aftereffects of a situation, circumstance, or life-altering event perpetuated for generations is intergenerational trauma.

How did we get here?

We attended the 2016 Fall for Education Conference as a learning community and it sparked lively, insightful conversation among our members.

We completed further research and investigation into the subject of intergenerational trauma and would like to share our findings with you.

Although we are not experts in this field, we would like to impart our insights and perspective.

Guiding questions

- ◆ How is this an example of Intergenerational Trauma?
- ◆ How does this affect me in the workplace?
- ◆ What can I do with this information?
- ◆ What do I do now?

Poverty

What is it?

The **lack of access to services**, **increased exposure to violence**, and **higher risk of victimization** that exist in communities which often results in a much greater potential for experiencing trauma and re-traumatization among residents than in communities that are not areas of concentrated poverty.

Examples of stressors:

- ◆ Hunger;
- ◆ Poor or inadequate housing;
- ◆ Lack of access to health care;
- ◆ Community crime

Current Manifestations: Domestic violence; child abuse; substance abuse (Wilson, 2005)

How does it affect your workplace/classroom?

Poor individuals and families are **not evenly distributed** across communities or throughout the country. Instead, they tend to live near one another, clustering in certain neighborhoods and regions.

This concentration of poverty **results in higher crime rates, underperforming public schools, poor housing and health conditions**, as well as limited access to private services and job opportunities. (Kneebone, Nadeau & Berube, 2011).

What can I do with this information?

- ◆ Be aware of those families that are affected by poverty
- ◆ Know your community resources that offer help/support for families

What do I do now?

- ◆ Reach out to other teachers and see what they are doing to combat poverty
- ◆ TAKE ACTION!

Common Groups that Experience Trauma

African American and Native American Groups

African American Intergenerational

History:

- ◆ [Timeline: Slavery and the Making of America](#)
- ◆ Slavery in the 1600's
- ◆ After Civil War, slaves were freed but still seen as social outcasts
- ◆ Racism is still prevalent in the country

African American Intergenerational Trauma (Cont.)

Today:

- ◆ Stressors: Discrimination, racism, segregation throughout history - stems from slavery
- ◆ Current Manifestations: Mistrust in police, lack of self-worth, poverty

Native American Intergenerational Trauma

History:

- ◆ 95% decrease in Native American population from 1492 to 1776
- ◆ Loss of land and having to relocate
- ◆ Loss of Culture

Native American Intergenerational Trauma (Cont.)

Today:

- ◆ Stressors: Depression, substance dependence, diabetes
- ◆ Greater Risk
- ◆ Development of Intergenerational Trauma in Native Americans

How can you apply this to your own workplace?

Resilience building and safety are important in any workforce!

The 7 C's of resilience:

1. Competence
2. Coping
3. Connection
4. Character
5. Contribution
6. Control
7. Confidence



Con't. Applying to the Workplace

- ◆ How are we providing safety and building resiliency to all of the individuals in our organization?
- ◆ So what do we do?
- ◆ How can we make sure that they children that are lagging in these areas have other opportunities to shine?

Thank you Joanna Becker for your work and allowing us to share in your words the research on Historical Trauma:

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Epigenetics

Epigenetics is the study of the environment's influence on gene expression.

What is epigenetics?

What can I do with this information?

Epigenetics Activity

[HOW TO CONTROL YOUR GENES: Meet Chris and Hannah](#)

Be Proactive - Share with students, parents, and coworkers to end a cycle of negative habits, and teach positive habits and choices:

- *eat healthy
- *exercise regularly
- *manage stress

How does it affect you in your workplace?

- ◆ Awareness - change and influence your attitude
YOU CAN DO IT!!
(you can succeed even if others in your family do not)
- ◆ Wellness Coach-Staff-Students- Affect the whole community
- ◆ Mental, physical, emotional, financial, nutrition - overall health and well being - because it is all connected and all has an impact

Epigenetics Review - True or False

- ◆ A parent's experiences, in the form of epigenetic tags, can be passed down to future generations.
- ◆ Identical twins are genetic carbon copies, yet physically they become increasingly different over time.

Epigenetics Review Continued

- ◆ In a pregnant mother, three generations are directly exposed to the same environmental conditions at the same time.
- ◆ Epigenetic changes can happen in many individuals at once.

Epigenetics Review Continued

- ◆ Our diets and lifestyles can change the expression of our genes.
- ◆ You can impact your genes and health as well as your future children and grandchildren's genes and health.

Conclusions:



- ◆ *Change comes from within*
- ◆ *Awareness/Acknowledgement*
- ◆ *Support students*

Questions?
