Trauma rooted in racism has been a consistent experience in the history of the United States. The killing of George Floyd in Minneapolis, Ahmaud Arbery in Georgia, and Breonna Taylor in Louisville remind us again that racism continuously inflicts deep pain and trauma among Black people, Indigenous people, and communities of color. Let us not forget, also, the lives of Eric Garner, Trayvon Martin, Sandra Bland, Michael Brown, Alberta Spruill, Rekia Boyd, Tamir Rice, the congregants of the Emanuel African Methodist Episcopal Church in Charleston, and many other Black, Indigenous and Latinx people who have been victims of lethal violence by state-supported institutions rooted in racial oppression and white supremacy.

The Campaign for Trauma-Informed Policy & Practice/National Trauma Campaign mourns the loss of more Black lives and stands with those working to eradicate racism and trauma.

The trauma of witnessing police brutality comes at the same time as the coronavirus pandemic is disproportionately impacting Black, Indigenous and other people of color laying bare longstanding injustices. As we continue to advocate for policies and practices that promote health and wellness, we must find ways to acknowledge the trauma that racism has and continues to cause and work to dismantle it.

We must move forward together, unified with a core mission to make life better for ourselves and those yet to be born. We will continue to listen to those impacted by racism and examine our own biases.

We know that words alone cannot heal the pain that is felt right now across the country and that action is necessary to bring about the equitable and trauma-informed society that can support the flourishing of everyone. We are working to define our action steps and we stand in solidarity with all people who are working to bring about this change.

With love and in solidarity,

The Campaign for Trauma-Informed Policy & Practice/National Trauma Campaign
“The killing of George Floyd and the subsequent protests across the country have laid bare the nation’s legacy of racism and discrimination and the ways it harms our communities. The American Academy of Pediatrics (AAP) condemns racism of all forms, and notes that even vicarious racism – witnessed through social media, conversations with friends or family, or media images – harms children’s health. The AAP recommends parents proactively engage their children around these traumatic events, taking into account their age and development.”


Save the date!
Do you have questions/thoughts about trauma-informed advocacy, policy developments, or how you can help advance the National Trauma Campaign?

Join the Campaign Core Team for “office hours” the third Wednesday of each month (CTIPP CAN call days) at 4-5 PM ET! We will be in touch with a Zoom link for 7/15 soon.
For additional resources to help you engage in critical self-reflection and maintain a trauma-informed stance when it comes to racial issues, take a look at the National Trauma Campaign’s new resource document on racial and historical trauma.
National Trauma Campaign Updates

With all that is transpiring in our world lately, it is easy to lose sight of the tremendous positive progress made in the movement to engender a more trauma-informed America. Even though the Campaign is new, because of the wonderful work you do as members of the National Trauma Campaign’s network, it is already making an impact.

Thank you to those who organized around and advocated for CARES Act funding to be used in your states to advance trauma-informed approaches. In the face of unprecedented circumstances, we are finding that legislators and stakeholders are more open than ever before to learning about trauma. Pennsylvania Governor Tom Wolf announced that the state will become trauma-informed and other states are making similar progress. Your education and advocacy efforts continue to help decision-makers understand the impact of trauma and what measures can be taken to foster individual and collective resilience, healing, and growth as our country continues to navigate myriad challenges.

This spring, the Campaign worked with U.S. Representative Trone, a member of the House Trauma-Informed Care Caucus, to submit a letter recommending trauma and resilience concepts to House leadership that were included in the House-passed HEROES Act. We are hopeful that some or all of these ideas will be included by the Senate in its COVID-19 response bill.

The Senate version of the bill is expected in early July and it is anticipated that Congress aims to have a final bill to the President’s desk no later than early August. To sustain the momentum toward trauma-informed systems change, your engagement as a constituent will be needed! The Campaign Core Team will review the bill, devise and share calls to action, and connect with you to inform your advocacy efforts and clarify where funding can be directed to trauma-informed approaches. We are hopeful that there will be legislative provisions that make resources available for education and juvenile justice systems to become trauma-informed, and that there will be similar opportunities in other sectors as well.

Keep an eye out for emails throughout the month of July (and beyond) from either communications@traumacampaign.org or jesse@traumacampaign.org. We look forward to continuing to work with you to effect meaningful change! Thank you for your continued dedication and support.
Mindful Moment

There are two pandemics/public health crises. One is novel and the other has existed for over 400 years. COVID-19 and racism have weighed heavy on our minds and in our hearts. There are many uncomfortable conversations happening, and they need to continue so that change and healing can happen. In preparation for a challenging or courageous conversation you are encouraged to practice self-compassion and community care.

This month’s mindful moment is “Catch Your Breath and Tap into Your Supports.”

When stress affects us, taking a deep breath may be difficult. Shifting your thoughts to “Catch Your Breath” allows you to pause and pay attention to your present breath. Acknowledging that everything is temporary can also allow you to slow down and be more present. Tapping into your support system can help you release some of the stress as well as increase your capacity to think more clearly and approach the challenge or stressor with more ease.

Below is a breathing exercise known as 4 Square Breath or Box Breathing. If a 4 count is too long, start with a 2 or 3 count. Try it for a few rounds. Practicing this exercise when you are calm is encouraged so that it is more readily available when an overwhelming or stressful experience arises.

Stay well and take good care,

Your National Trauma Campaign Core Team
#TransformTrauma  #TransformChildhoodTrauma