

National Trauma Campaign News

Trauma-Informed Advocacy Through A Racial Equity Lens

National Trauma Campaign Statement

June 3, 2020

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.

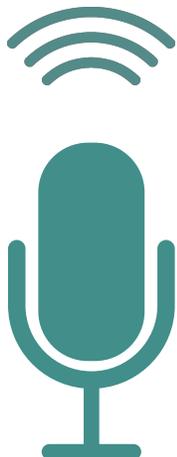
We must move forward together, unified with a core mission to make life better for ourselves and those yet to be born. We will continue to listen to those impacted by racism and examine our own biases.

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

Resources and Tools



Listening Tools

A powerful podcast of a courageous conversation with Brené Brown and Ibram X. Kendi, Director of the Antiracist Research and Policy Center at American University and author of *How to Be an Antiracist*:

<https://podcasts.apple.com/us/podcast/unlocking-us-with-bren%C3%A9-brown/id1494350511?i=1000476611079>

Another great episode of Brené Brown's podcast featuring Austin Channing Brown, anti-racist activist and author of *I'm Still Here: Black Dignity in a World Made for Whiteness*:

<https://podcasts.apple.com/us/podcast/unlocking-us-with-bren%C3%A9-brown/id1494350511?i=1000477381573>

A podcast episode entitled *Hey, White Therapist, Here's Where We Start* featuring a discussion on self-reflection and awareness around racial identity, cultural conditioning, and the effects on clients of color. Especially useful for social workers.

<https://podcasts.apple.com/us/podcast/free-ce-course-hey-white-therapist-heres-where-we-start-ep-92/id1437668161?i=1000476446597>

Talking to Children About Racial Bias

American Academy of Pediatrics

"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."

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>



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.

Addressing Race and Trauma in the Classroom *National Child Traumatic Stress Network*

“This resource will help educators understand how they might address the interplay of race and trauma and its effects on students in the classroom. The guide outlines recommendations for educators and offers a list of supplemental resources. It should be implemented in accordance with individual school policies and procedures.”
https://www.nctsn.org/sites/default/files/resources/addressing_race_and_trauma_in_the_classroom_educators.pdf



Centering Equity at the Heart of What it Means to be Resilient *Building Community Resilience*

“This guide aims to help us collectively see the historical underpinnings of structural racism and the traumas and disparities that result as well as conduct constructive conversations that lead to policy change.”
<https://ccr.publichealth.gwu.edu/sites/ccr.publichealth.gwu.edu/files/pdf/>

Checking in on Your Family, Friends, and Colleagues of Color

Across the nation and around the world voices are harmonizing to denounce disparities of marginalized groups and institutional racism, particularly in black communities. Coupled with this surge of activism and support are some more individualized efforts to engage black people in a more personal and intimate way. However, even well-intentioned remarks like, “How are you?” may cause an adverse effect. [Healthyish](#) contributor and multimedia journalist [Jesse Sparks](#) reflected on his experience as a black person receiving such messages in his article *How to Check In With Your Black Friends Right Now*:
<https://www.bonappetit.com/story/black-friends-check-in>

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](#).

Click
to visit
our
webpage!



**TRAUMA IS COMMON,
PERVASIVE, AND
EXPENSIVE...
AND THERE IS HOPE.**



JOIN THE NATIONAL TRAUMA CAMPAIGN TODAY!

#TRANSFORMTRAUMA
#TRANSFORMCHILDHOODTRAUMA

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

