

# Community Recovery

How we get here?  
 What does it mean?  
 Who is responsible?

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 Private Practitioner, Community Recovery Expert

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## Presentation Outline

<p><b>Recipe for Community Violence:</b></p> <ol style="list-style-type: none"> <li>1. Historical &amp; Environmental Factors</li> <li>2. Dehumanization</li> <li>3. Biological Basis &amp; Consequences</li> <li>4. Impact on Mental Health</li> </ol>	<p><b>Deterioration of Conflict Resolution &amp; Problem Solving</b></p> <ol style="list-style-type: none"> <li>1. Moral Disengagement</li> <li>2. Allostatic Load</li> <li>3. Community Apathy</li> </ol>	<p><b>Who Can Help Turn the Tide</b></p> <ol style="list-style-type: none"> <li>1. Provider's Role</li> <li>2. Government Responsibility</li> <li>3. Community Response</li> </ol>
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What happens to a dream deferred?  
 Does it dry up  
 Like a raisin in the sun?  
 Or fester like a sore--  
 And then run?  
 Does it sink like rotten meat?  
 Or crust and sugar over--  
 like a syrupy sweet?  
 Maybe it just sags  
 like a heavy load,  
 Or does it explode?

Langston Hughes

### RECIPE FOR COMMUNITY VIOLENCE

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## Historical Context

Slavery; Enslaved; Building

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## A legacy of Trauma

"Those who have experienced or witnessed an event involving actual or threatened death or serious injury and have responded with feelings of fear, helplessness, or horror may develop PTSD symptoms. This is the unfortunate, but intentional, legacy of trauma within the historical memories of persons of African Ancestry...."

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### Typical Environmental Factors

- Imbalance of power in black communities
- Poor or failing schools
- Heavily segregated communities

**OUT OF BALANCE**  
FEW AREA POLICE FORCES REFLECT THE COMMUNITIES THEY SERVE

Area	White	Black	Hispanic	Other
<b>PRESTON BLVD</b>	46%	30%	23%	3%
<b>W. 10th St</b>	82%	15%	3%	0%
<b>W. 11th St</b>	94%	64%	28%	8%
<b>W. 12th St</b>	86%	0%	22%	30%
<b>W. 13th St</b>	94%	25%	27%	8%
<b>W. 14th St</b>	91%	25%	30%	3%
<b>W. 15th St</b>	47%	7%	17%	10%
<b>W. 16th St</b>	12%	1%	92%	70%
<b>W. 17th St</b>	7%	14%	94%	99%
<b>W. 18th St</b>	24%	0%	0%	0%
<b>W. 19th St</b>	16%	0%	93%	60%
<b>W. 20th St</b>	96%	43%	12%	7%
<b>W. 21st St</b>	22%	10%	22%	5%
<b>W. 22nd St</b>	48%	34%	25%	10%
<b>W. 23rd St</b>	41%	42%	95%	20%
<b>W. 24th St</b>	65%	55%	95%	63%
<b>W. 25th St</b>	23%	0%	0%	0%

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### Breaking Down Ferguson: A Legacy of Dehumanization



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### Dehumanization Cont.

- ▶ African American boys are seen as older and less innocent
- ▶ African American boys are robbed of the innocence of childhood in comparison to their Caucasian same-aged peers.
- ▶ The dehumanizing African American/ape association predicted racial disparities in police violence toward African American children.

▶ (2014 study by Goff et al)

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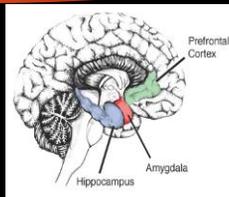
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### Biological Consequences



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### The psychological impact of police use of force on black communities.

- ▶ Violations (police brutality) to well-being communities threaten their psychological integrity (ACLU, 2014; WHO, 2002, Brewin et al, 1999; October 22 movement, 1999):
  - ▶ Brutal public killings (i.e. Eric Garner)
  - ▶ Modern Day Lynching's (i.e. Michael Brown)
  - ▶ Militarized police (Ferguson, MO)
  - ▶ Excessive Hot-Spot policing
  - ▶ Racial Profiling

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### Psychological Stressor- Trauma

- Trauma
  - Threat to life which results in flashbacks, nightmares, hypervigilance, feeling numb, heightened sense of fear.
  - Maladaptive Coping Skills (Coker et al, 2014)
    - Substance Use Lead in to other psychological disorders

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### Impact of Psychological Stressors on Children- Trauma

- Decreased Concentration
- Difficulty with cognition,
- Difficulty with memory
- Poorer school performance,
- Difficulty with learning
- Decreased problems solving skills.
- Violence & Aggression
- Moral Disengagement\*
- Substance Use
- Juvenile delinquency

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### Psychological Stressors- Depression

- ▶ Depression
  - ▶ Feelings of worthlessness, helplessness, guilt and sadness. May include suicidal ideations, anhedonia and physical pain..
  - ▶ Eating and Sleep disturbances
  - ▶ Depression further compounded by visual cues and reminders of community turmoil

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### Psychological Stress- Anxiety

- ▶ Anxiety (acute and chronic)
  - ▶ Restlessness, irritability, sleep disturbances, inability to control the worry.
- ▶ Children
  - ▶ Exposure to a disaster makes them twice as likely to have persistent fear, lack of trust and personality changes (Black, 1982).

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### The Aftermath.....

- PTSD
  - 7.6 % national prevalence----> police 14% Community 34%
- Depression
  - 6.7 % national prevalence----> Police 33% Community 43%
- Anger
  - 7.3 % national prevalence ----> Police 23% Community 32%
  - (37% inpt. cog. Deficit pop)

\*Credit- University of MO St. Louis research study, lead by Dr. Tara Galovski, Center for Trauma Recovery

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**"This is not your grandmother's revolution!"**

DETERIORATION OF CONFLICT RESOLUTION & PROBLEM SOLVING.

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**Breakdown of Conflict resolution & Problem Solving: The Brain/Body Connection**

Bidirectional Communication

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Allostasis

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Allostatic Load

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**Breakdown of Conflict resolution & Problem Solving:**

- ▶ Problem Solving
- ▶ Moral Disengagement

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### Community apathy turned vengeful.

**Community**

- Age of non white community
- Communal Solidarity
- Poverty
- Ethnicity

**Individual**

- Size of Non-white Community
- Composition of Government
- Unemployment among AA males
- Ownership of personal property

Avenge A member of Ethnic group

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### A community in turmoil

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“ The time for justice is always right now. ”

- Great Debates

### Who Can Help Turn the Tide?

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### Provider's Role: Clinical suggestions for clinicians

- Treatment must be culturally competent in order to appropriately diagnose, treat, and build a therapeutic alliance.
- must know what symptoms look like in their cultural context
- refrain from pathologizing community trauma
- consultation is critical

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### Providers Role

- ▶ Build credibility
- ▶ Introduced by community invitation
- ▶ Not something to be asserted
- ▶ Flexibility is a must
- ▶ Clinician vs Activist- different or same?
- ▶ Don't take things personally

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### Clinical application of Black Psychology

- ▶ Immediate Community canvassing
- ▶ Grassroots treatment
- ▶ Protest De-escalation



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Community Outreach and Workshops incorporating African Principles (i.e. the importance of breathing in yoga, incorporating rap with journaling)



Wellness Workshops  
September 6, 2014  
in Canfield  
Music Therapy (3pm-4pm)  
Coping Skills (4pm-5pm)  
Yoga Therapy (5pm-6pm)  
Holistic Therapy (6pm-7pm)  
Art Therapy for Children (3pm-7pm)  
**Free Yoga Mat to the first 20 people!**  
\*look for the white tent

Wellness Workshops  
September 6, 2014  
in Canfield

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Impacting change at the state level through school prevention & intervention



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Impact at the state and federal level

- ▶ Adjusting the Culture of Law Enforcement
  - ▶ Required sensitivity training to address
- ▶ Link promotions and raises to community engagement measures such as complaints, positive feedback from community members, and physical contact with communities.
- ▶ Support the implementation of a citizens review board.
- ▶ Mandatory staff training- targeting those who work with the juvenile population.

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## Community responsibility in minimizing community violence.

- ▶ The Role of the Elder
- ▶ Faith-Based Institutional Involvement
- ▶ Grassroots Healing- Emotional Emancipation Circles
- ▶ Youth Power Movement
  - ▶ @YouthPowerMovem
  - ▶ Pull Your Pants Up Campaign
- ▶ Volunteer- Tutor, Mentor, Afterschool club



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THANK YOU

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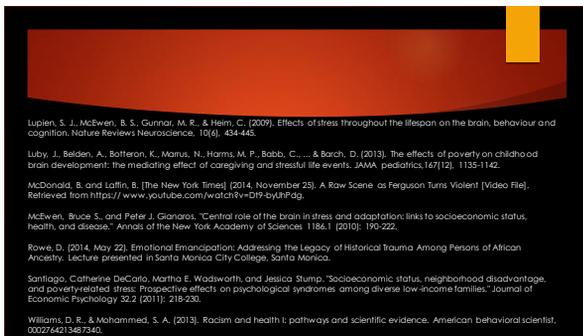
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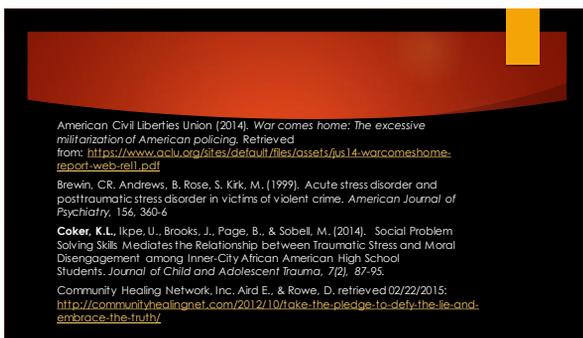
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