

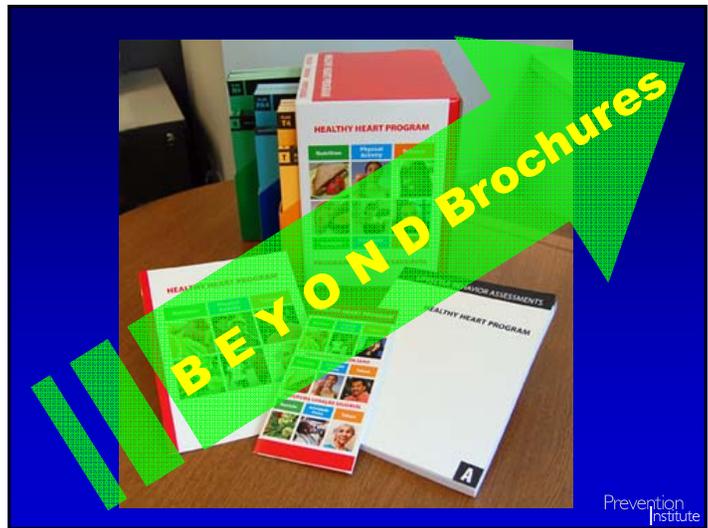
Welcome
Western MCH Nutrition Leadership
Network
February 2nd and 3rd, 2017
Crowne Plaza Hotel, Redondo Beach,
California

WIFI: Crowne Plaza Meeting Room
Password: MCH2017
Send your Pictures to: mch.nln.2017@gmail.com



Linking Maternal and Child Health with Resilience, Trauma, and Prevention: Advancing Community Approaches

Western MCH Nutrition Leadership Network
February 2, 2017
Juliet Sims, MPH, RD





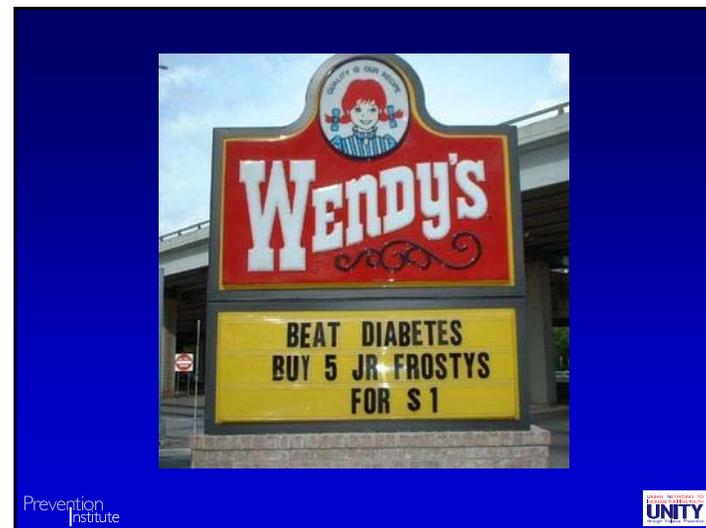
Objectives

- ❖ Deepen the understanding of **prevention-based community health strategies** to promote healing and resilience to community trauma and health inequities
- ❖ Differentiate between individual and **community-level approaches to trauma**, and the value of both, using the ACE|R framework
- ❖ Identify **specific opportunities** to support prevention-based community health strategies into maternal, child, and adolescent health efforts

What's Health Got to Do with It?

How the Environment Affects Health

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A slide with a dark blue background. A large yellow speech bubble contains the text "What's Health Got to Do with It?". A smaller yellow speech bubble points to it with the text "How the Environment Affects Health". In the bottom left corner is the "Prevention Institute" logo, and in the bottom right corner is the "UNITY" logo.

What's Trauma Got to do with It?

How the Environment Affects Us

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UNITY

The Atlantic

DISSIDENT ON THE SOVIET ECONOMY / FICTION BY ROY BLOUNT, JR.

GROWING UP SCARED

RECEIVED by Karl Zinsmeister

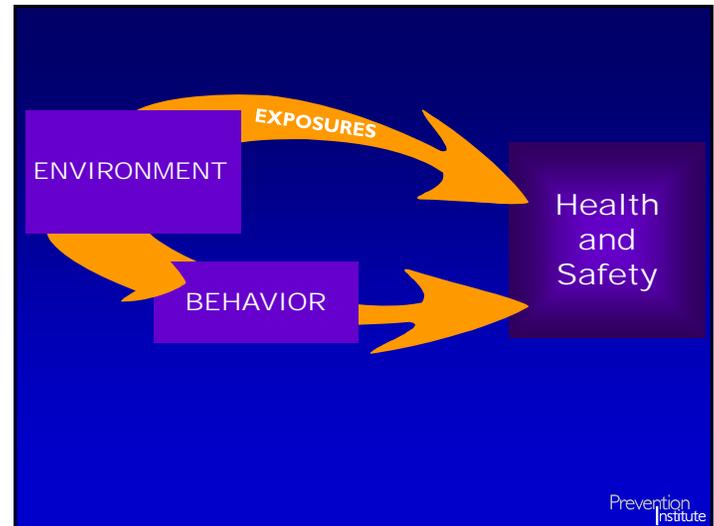
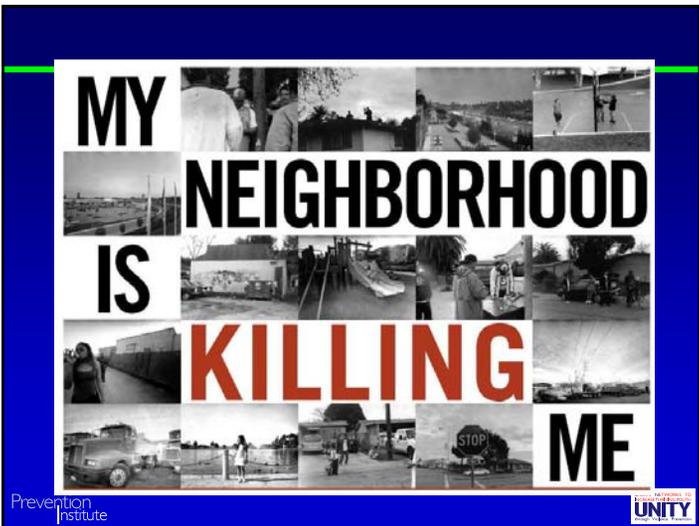
ZOO FRIENDS

The most pressing "children's issue" is not day care, health care, or education. It is the control of violent crime.

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UNITY





“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

Source: Institute of Medicine. (2000). *Promoting health: Intervention strategies from social and behavioral research* (W. D. Snedley & L. S. Syme, Eds.). Washington, DC: National Academies Press.

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Prevention

a systematic process that reduces the frequency and/or severity of illness or injury.

Primary Prevention

Promotes healthy environments and behaviors to prevent problems from occurring before the onset of symptoms

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Prevention Works

- ◆ Smoking Prevention
- ◆ Minimum Drinking Age Laws
- ◆ Childhood Immunizations
- ◆ Motorcycle and Bicycle Helmet Laws
- ◆ Child Seat and Safety Belt Use
- ◆ Reduced Lead Levels in Children

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Child Restraint & Safety Belt Use



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NORMS

Attitudes, beliefs,
ways of being

Taken for granted

Sanction behavior

Based in
culture
& tradition

More than a habit

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

— D.H. Lawrence

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Oh, Britney...



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What can be done
to prevent the
problem from
occurring

in the first place?

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ADDRESSING THE INTERSECTION:
Preventing Violence and Promoting Healthy Eating and Active Living

This document was prepared by Prevention Institute with funding from Kaiser Permanente.

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Prevention Institute is a nonprofit, national center dedicated to improving community health and well-being by building momentum for effective primary prevention. Primary prevention means taking action to build resilience and to prevent problems before they occur. The Institute's work is characterized by a strong commitment to community participation and promotion of equitable health outcomes among all social and economic groups. Since its founding in 1992, the organization has focused on injury and violence prevention, safe eating, health disparities, nutrition and physical activity, and youth development. This, and other Prevention Institute documents, are available at no cost on our website.

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Linkages Between Violence and Healthy Eating, Active Living

Violence and fear of violence affect individual *behaviors* related to healthy eating and active living

- ◆ Violence and fear of violence cause people to be less physically active and spend less time outdoors.
- ◆ Violence and fear of violence alter people's purchasing patterns, limiting access to healthy food.
- ◆ Experiencing and witnessing violence decrease motivation and capability to eat healthfully and be active.

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Linkages Between Violence and Healthy Eating, Active Living

Violence and fear of violence diminish the *community environment*, reducing support for healthy eating and active living.

- ◆ Violence reduces social interactions that would otherwise contribute to community cohesion.
- ◆ Violence acts as a barrier to investments in community resources and opportunities that support healthy eating and active living.

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Adverse Community Experiences and Resilience
A FRAMEWORK FOR ADDRESSING AND PREVENTING COMMUNITY TRAUMA

Kaiser Permanente
This report was supported by a grant from Kaiser Permanente Northern California Community Benefits Program.

Prevention Institute
An Institute of the University of California, San Francisco

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Thank You

Kaiser Permanente Northern California
Community Benefits Program for supporting the development of this work

Prevention Institute and Dr. Howard Pinderhughes conducted a study (literature review and interviews) to explore trauma at the population level, how it impacts other community health improvement efforts – including violence prevention, and emerging strategies.

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What Is Trauma?

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What Is Trauma?

- ◆ Experiences or situations that are emotionally painful
- ◆ Chronic adversity (discrimination, racism, sexism, poverty, oppression)

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Overarching Finding #1

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.

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Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs)

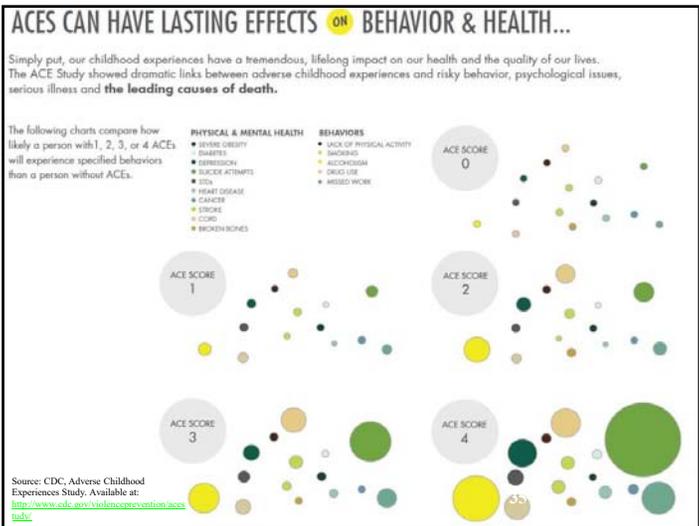
ACEs measured included:

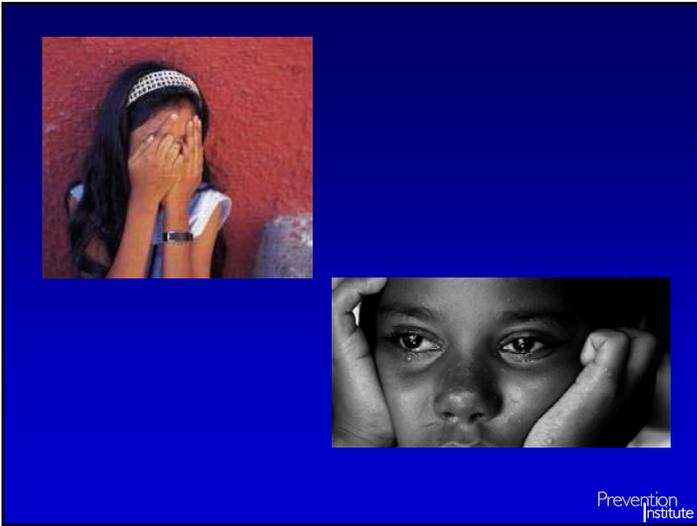
- ◆ Household Dysfunction
 - ◆ Parental substance abuse, parental separation / divorce, parental mental illness, witnessing intimate partner violence, parental criminal behavior
- ◆ Child Abuse
 - ◆ Psychological, physical, sexual abuse
- ◆ Child Neglect
 - ◆ Emotional, physical



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Source: Centers for Disease Control and Prevention, Adverse Childhood Experiences Study. Available at: <http://www.cdc.gov/violenceprevention/aces/>



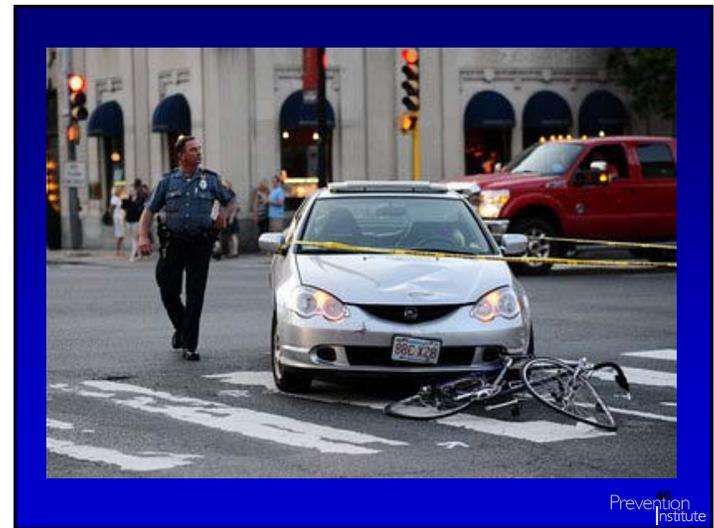


“ No epidemic has ever been resolved by paying attention to the treatment of the affected individual.”

— George W. Albee

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This slide has a solid blue background. It contains a quote in yellow text: “ No epidemic has ever been resolved by paying attention to the treatment of the affected individual.” Below the quote is the attribution “— George W. Albee” in white text. The Prevention Institute logo is in the bottom right corner.





The 1st step ...

Environment

Exposures & Behaviors

Health Care Services

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Let's take another step ...

Environment

Exposures & Behaviors

Health Care Services

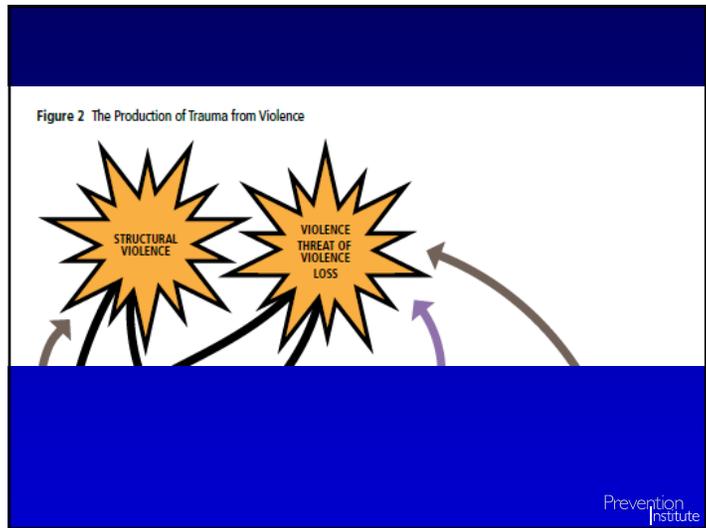
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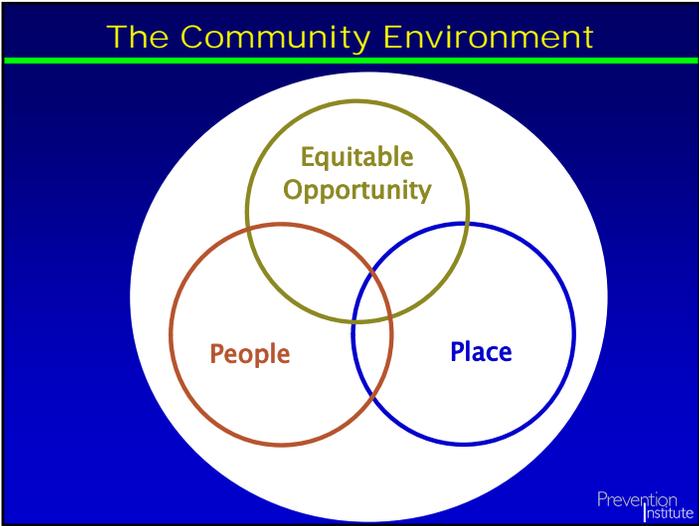


Moving From Adverse Individual Experiences to Adverse Community Experiences

Overarching Finding #2

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.





THRIVE

Tool for Health and Resilience In Vulnerable Environments

A photograph of a vibrant, colorful playground with children playing. The ground is painted with large, colorful geometric shapes. In the background, there are trees and a clear blue sky.

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Symptoms of Community-Level Trauma

The diagram from the previous slide is shown with lines connecting it to a list of symptoms. The 'Equitable Opportunity' circle is linked to the first set of symptoms, the 'People' circle to the second, and the 'Place' circle to the third.

Symptoms of Community Trauma

- Intergenerational poverty
- Long-term unemployment
- Relocation of businesses & jobs
- Limited employment
- Disinvestment

- Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment
- Unhealthy products

- Disconnected/damaged social relations and social networks
- The elevation of destructive, dislocating social norms
- A low sense of collective political and social efficacy

Figure 1 The Community Environment

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Social-Cultural Environment

PEOPLE

A small version of the Venn diagram from the first slide, showing the intersection of Equitable Opportunity, People, and Place.

- ◆ Damaged, fragmented or disrupted:
 - ◆ Social relations, esp. intergenerational
 - ◆ Social networks
 - ◆ Infrastructure of social support
- ◆ Low sense of collective political and social efficacy
- ◆ Elevation of destructive social norms promoting violence and unhealthy behaviors over affirming, community oriented positive social norms

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“Trauma gets in the way of us doing what we need to do. When it is chronic and not episodic, it is really damaging. I see it as impacting how people make decisions, how they meet their goals, how they problem solve, how they interact with their friends.”
— Violence Prevention Practitioner

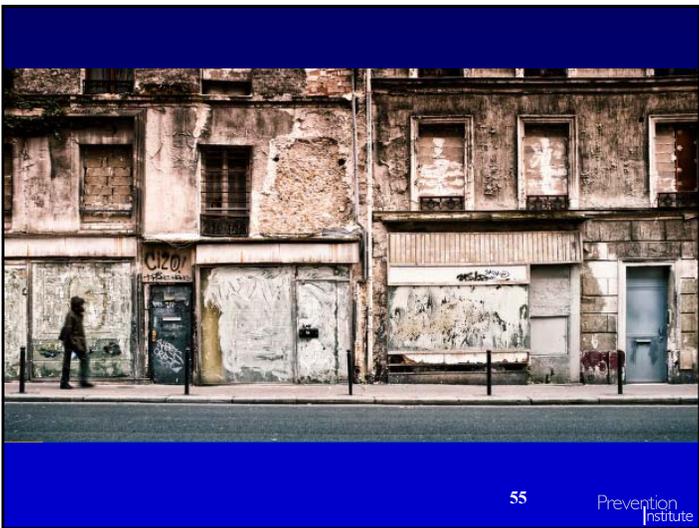
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Physical/Built Environment

PLACE

- ◆ Deteriorated environments
- ◆ Unhealthy, often dangerous public spaces
- ◆ Crumbling built environment
- ◆ Unhealthy products

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Economic/Educational Environment

EQUITABLE OPPORTUNITY

- ◆ Intergenerational poverty
- ◆ Long term unemployment
- ◆ Relocation of businesses, corporations and jobs
- ◆ Limited employment opportunities
- ◆ Government and private disinvestment

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“...We could use this place as a place to play sports. We don’t get to interact as much because we don’t have places to play. The bond is broken. We could build a park so that kids my age can stay active healthy and connected.”

*Daisy Romero, Age 13
Photo Voice Project, Santa Ana, CA*

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Symptoms of Community-Level Trauma

In what ways do these symptoms impact young people?

Symptoms of Community Trauma

- Intergenerational poverty
- Long-term unemployment
- Relocation of businesses & jobs
- Limited employment
- Disinvestment
- Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment
- Unhealthy products
- Disconnected/damaged social relations and social networks
- The elevation of destructive, dislocating social norms
- A low sense of collective political and social efficacy

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Connecting Adverse Childhood Experiences and Adverse Community Experiences

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The Stress Continuum

Positive stress	Tolerable stress	Toxic stress

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The Stress Continuum

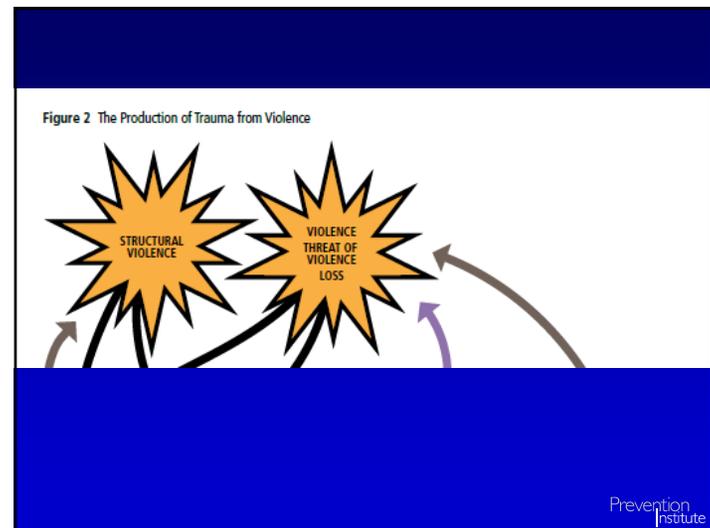
Positive stress	Tolerable stress	Toxic stress
Playing		
Timeout		
AND social support system		

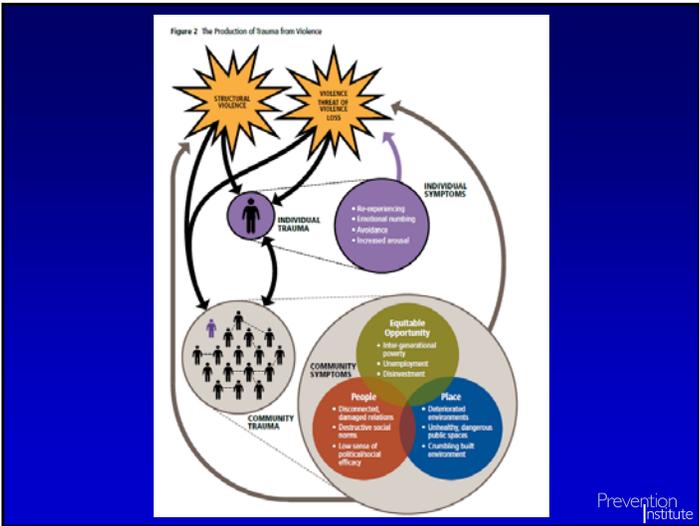
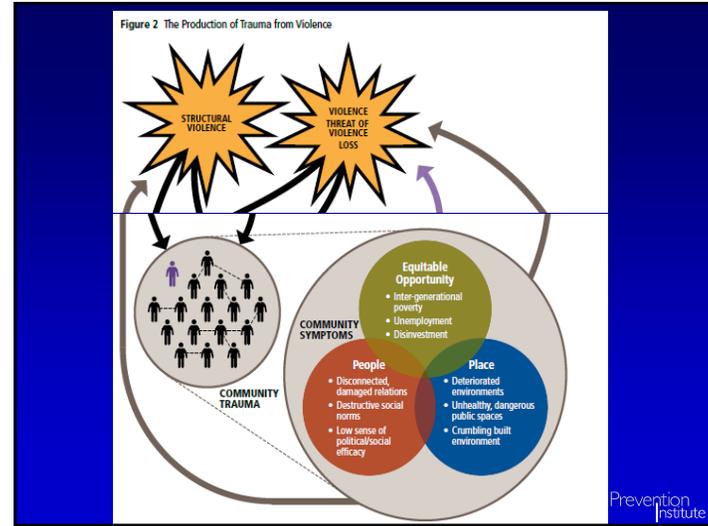
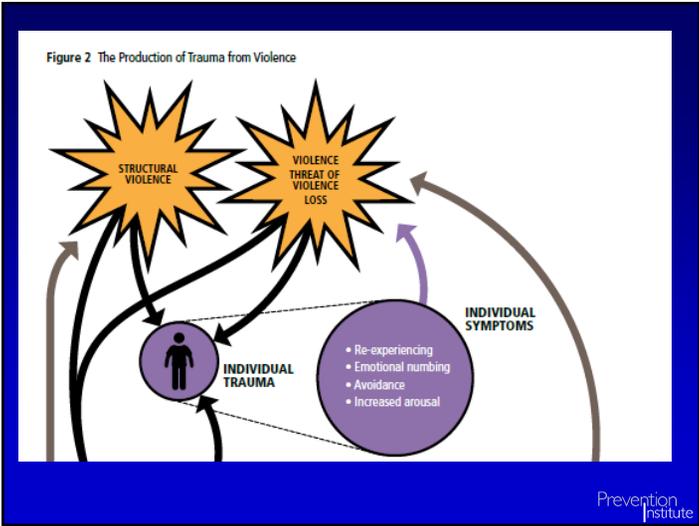
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The Stress Continuum

Positive stress	Tolerable stress	Toxic stress
	An incarcerated household member	An incarcerated household member
	A household member who is chronically depressed mentally ill, institutionalized, or suicidal	A household member who is chronically depressed mentally ill, institutionalized, or suicidal
	AND social support system	AND no social support system

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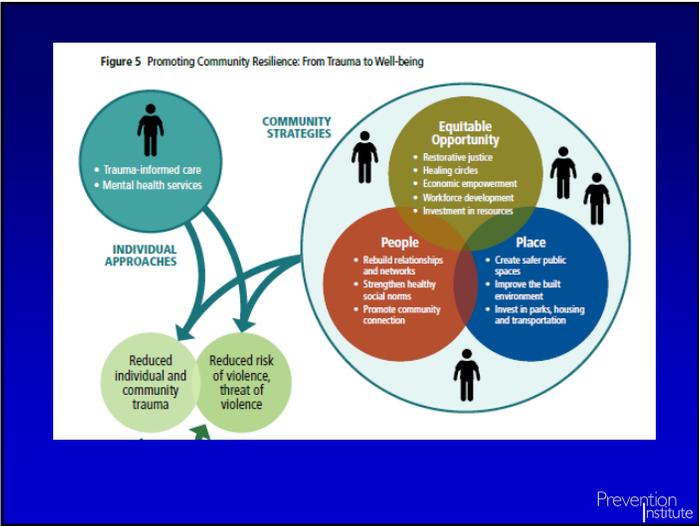


Toward a Resilience Framework to Address and Prevent Community-Level Trauma

- ◆ **Community resilience:** the ability of a community to recover from and/or thrive despite the prevalence of adverse conditions.
- ◆ In the context of community-level trauma, this means putting the conditions in place in which the community can heal from trauma and/or be protected against the impact of trauma.



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Community Strategies

PEOPLE

- ◆ Shift Community Social Norms
- ◆ Enhance Social Connections and Networks
- ◆ Rebuild Intergenerational Connections and Relationships
- ◆ Organize and Promote Regular Positive Community Activity
- ◆ Providing more of a voice and element of power for community folks around shifting and changing environmental as well as structural factors
- ◆ Change the community narrative

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Tohono O'odham Community Action

South Central Arizona

 A photograph showing a group of people, including children and adults, working in a field. They appear to be engaged in agricultural activities, possibly planting or tending to crops. The setting is outdoors with some trees and a clear sky.

Photo Source: <http://www.tooaonline.org/traditional-foods.html>

La Cultura Cura is a transformative 'health and healing' philosophy, which recognizes that within individual, family and community cultural values/traditions/indigenous practices, exists the path to healthy development, restoration, and lifelong well-being.

National Compadres Network

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Community Strategies

PLACE

- ◆ Reclaim and Improve Public Spaces



Trauma Informed Community Building

Bridge Housing - San Francisco

Strategies focused at: Individual, Interpersonal, Community, and Systems level

- ◆ De-escalates chaos and stress
- ◆ Fosters resiliency
- ◆ Strengthens social connections
- ◆ Recognizes trauma



Taking Back Public Spaces

New Orleans



NOLA.com



Community Strategies

EQUITABLE OPPORTUNITY

- ◆ Sustainable Community Economic Development
- ◆ Restorative Justice
- ◆ Healing Circles



A Family Place Library

Education
National




Image Credit: PAWSitive Therapy Troupe Image Credit: colpublib.org

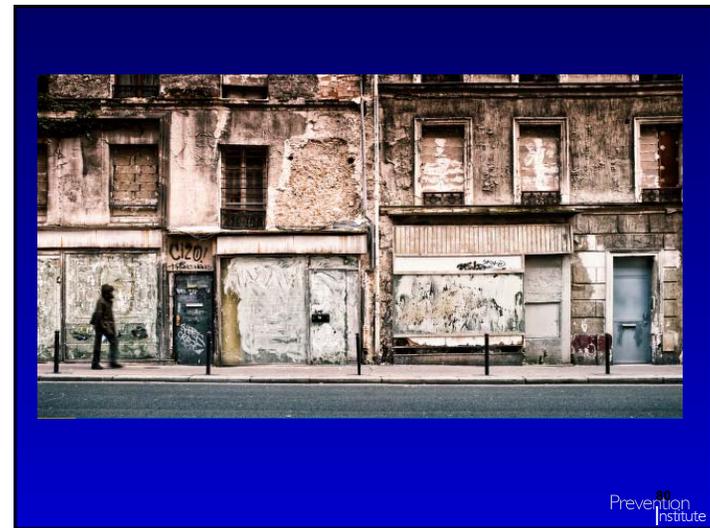
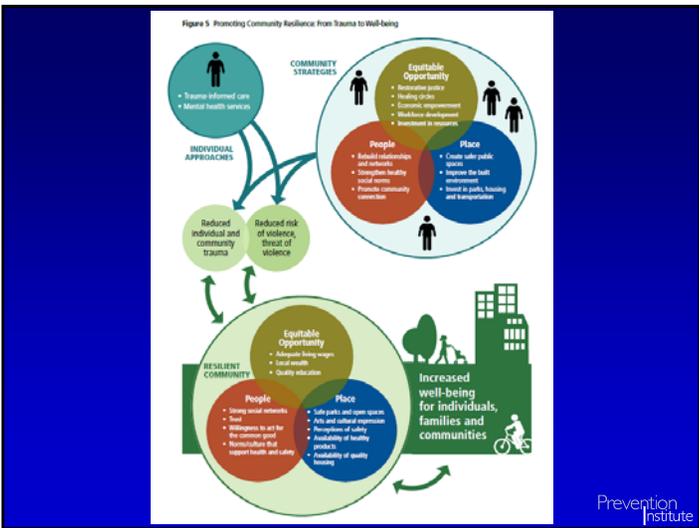
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Promoting Safety through Food Distribution

Air, Water & Soil
Woodburn, OR



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Collaboration Multiplier

Public Health PH	Shared Outcomes <ul style="list-style-type: none"> Strong partnerships among partner organizations and community members Safe community gathering space: Urban farm Employment for youth and adults Increased access to healthy foods Institutional systems and local policies to promote health and safety 	Violence Prevention VP
Expertise: • Experience in population-based interventions and collection of data on chronic disease and injury rates Desired Outcomes: • Unification of collaborative efforts to address violence and chronic disease Key Strategies: • Facilitate system and policy changes that link healthy eating active living with violence prevention efforts		Expertise: • Expertise in youth violence prevention and intervention Desired Outcomes: • Decreased gang violence and increased positive opportunities for at-risk youth Key Strategies: • Build youth leadership and connect youth to training and employment opportunities
Urban Agriculture UA	Partner Strengths <ul style="list-style-type: none"> Established trust and respect in community Local policy maker involvement and support Experience in community engagement and training Content expertise In-kind support Linked to broader city-wide initiatives 	City Council CC
Expertise: • Knowledge on urban food system infrastructure and implementation Desired Outcomes: • Long-term partnerships to achieve sustainable food systems Key Strategies: • Create mechanisms for residents to access fresh, affordable healthy foods	Joint Strategies <ul style="list-style-type: none"> Establish urban farm and farmer's market Build youth capacity to understand goal and advocate for environmental and policy changes Build capacity of leaders Cultivate relationships and partnerships Connect youth and community residents to training and employment opportunities 	Expertise: • Knowledge and ability to influence local policy decisions Desired Outcomes: • Policies that promote health and safety in the district Key Strategies: • Help leverage funds for long-term sustainability

Community Safety by Design

Preventing Violence through Land Use

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Your Turn

Comments?
Questions?
Reflections?
Q & A

Thoughts about how this applies to your work?

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 Prevention and equity at the center of community well-being

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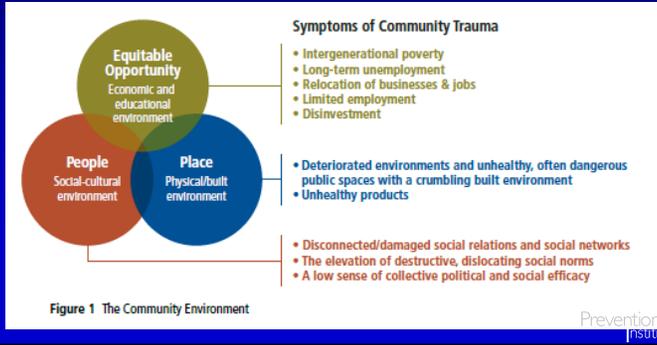
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Your Turn

What symptoms of community trauma manifest in the communities you serve?



Your Turn

In what ways is community trauma a barrier to implementing effective solutions to promote health, safety and well-being in the communities you serve?



Your Turn

What are some community strategies in the maternal, child, and adolescent health sector that might support the prevention of trauma in the first place?

