

# GENERATIONAL TRAUMA

---

*Presented by*

*Nola K Brantley,  
CEO, Nola Brantley Speaks  
Co-Founder, M.I.S.S.S.E.Y.*

## INTERGENERATIONAL TRAUMA

---

**CUMULATIVE EMOTIONAL AND  
PSYCHOLOGICAL WOUNDING ACROSS  
GENERATIONS, INCLUDING ONE'S OWN  
LIFESPAN, BECAUSE EVERYTHING UP  
TO A MINUTE AGO IS HISTORY.  
~MARIA YELLOW HORSE BRAVEHEART**

**HOW HAVE THE  
GENERATIONS BEFORE ME  
IMPACTED MY  
DEVELOPMENT?**



**WHY MIGHT FAMILY  
MEMBERS NOT  
ACKNOWLEDGE A  
YOUTH'S TRAUMA?**



## WHEN WE DON'T UNDERSTAND GENERATIONAL TRAUMA

---

You don't love your child

You're just being lazy

If you really cared about your child you would...

Why aren't you more supportive of your child?

It's your fault



## WHEN WE DON'T UNDERSTAND GENERATIONAL TRAUMA

---

If ... had a different family, their life would be so much better

When ... got home, the family undid everything I worked with them on

**IT'S TEMPTING TO BLAME THE FAMILY FOR THE YOUTH'S LACK OF PROGRESS**



## INTERGENERATIONAL PATTERNS

---

**WE CAN'T EXPECT THE YOUTH TO HEAL WHILE THE REST OF THE FAMILY REMAINS TRAPPED IN GENERATIONAL PATTERNS OF POVERTY, TRAUMA, INCARCERATION, GANG INVOLVEMENT, NOT COMPLETING HIGH SCHOOL, TEENAGE PREGNANCY, ETC.**



## INTERGENERATIONAL PATTERNS

---

WHEN PARENTS DON'T TAKE RESPONSIBILITY FOR THEIR OWN **UNFINISHED BUSINESS**, THEY MISS AN OPPORTUNITY NOT ONLY TO BECOME BETTER PARENTS BUT ALSO TO CONTINUE THEIR OWN DEVELOPMENT. PEOPLE WHO **REMAIN IN THE DARK** ABOUT THE ORIGINS OF THEIR BEHAVIORS AND INTENSE EMOTIONAL RESPONSES ARE **UNAWARE OF THEIR UNRESOLVED ISSUES** AND THE **PARENTAL AMBIVALENCE** THEY CREATE.

~ DANIEL SIEGEL & MARY HARTZELL

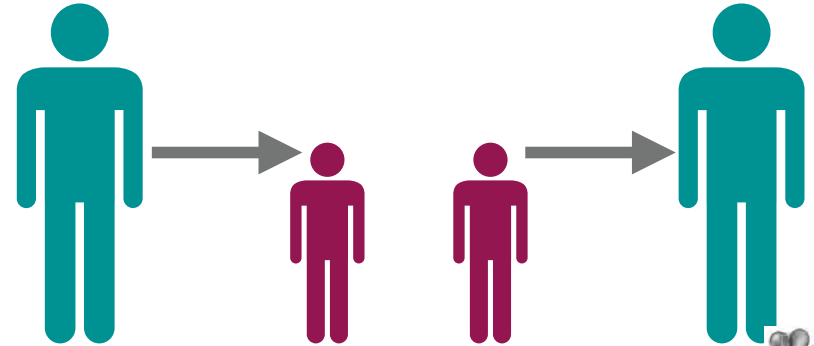
# HOW DOES THE WAY IN WHICH I TALK ABOUT THE FAMILY IMPACT MY ABILITY TO HAVE EMPATHY AND BUILD CONNECTION WITH THEM?



## INTERGENERATIONAL PATTERNS

THE PARENT WAS THE CHILD  
MINUS SOME YEARS

WITHOUT HEALING, THE  
CHILD WILL BECOME THE  
PARENT IN A FEW YEARS



## THE IMPACT

WHEN WE ONLY INVEST IN THE HEALING OF THE YOUTH, WE  
FORCE THEM TO CHOOSE BETWEEN

HEALTH



FAMILY



WHAT ARE SOME OF THE UNINTENDED CONSEQUENCES OF  
THIS CHOICE?



## WORKING WITH MULTIGENERATIONAL TRAUMA

WHEN ONE CHOOSES  
HEALTH AND HEALING OVER  
FAMILY IT CAN LEAD TO:

ISOLATION

GUILT

RESENTMENT

DISRUPTED  
RELATIONSHIPS



## INTERGENERATIONAL TRAUMA

---

DESPITE MORE THAN 500 STUDIES PUBLISHED, HOWEVER, WE ARE STILL UNABLE TO SUFFICIENTLY EXPLAIN EXACTLY HOW THE **UNCONSCIOUS TRAUMA** OF A PTSD PARENT CAN BE **GENETICALLY TRANSMITTED** TO A CHILD AND TO VERIFY THIS IDEA WITH SUFFICIENT EMPIRICAL EVIDENCE. SUCH A NOTION EVADES ANY SIMPLE AND LOGICAL EXPLANATIONS. HOW CAN A REPRESSED MEMORY BE PASSED ON FROM ONE PERSON TO ANOTHER? CAN A CHILD REALLY INHERIT “THE UNCONSCIOUS MIND” OF A PARENT? IS IT POSSIBLE FOR A CHILD TO REMEMBER WHAT THE PARENT HAS FORGOTTEN?

Kellermann, N.P. (2013). Epigenetic Transmission of Holocaust Trauma: Can nightmares be inherited? *Israel Journal of Psychiatry and Related Sciences*, 50(1), 33-39.

# HOW MIGHT A PARENT'S UNRESOLVED TRAUMA IMPACT THEIR ABILITY TO PARENT A CHILD FROM INFANCY TO ADULTHOOD?



## INTERGENERATIONAL TRAUMA

---

MOTHERS WITH UNRESOLVED TRAUMA WERE MORE LIKELY TO HAVE INSECURE ATTACHMENTS AND INFANTS WITH INSECURE ATTACHMENTS

THE INFANTS TENDED TO HAVE DIFFICULTY USING THEIR MOTHER FOR COMFORT WHEN DISTRESSED



Iyengar, U., Kim, S., Martinez, S., Fonagy, P., & Strathearn, L. (2014). Unresolved Trauma in Mothers: Intergenerational Effects and the Role of Reorganization. *Frontiers in Psychology*, 5; van Uzenodoorn, 1995; Hesse and Main, 1999; Schuengel et al., 1999; Lyons-Ruth et al., 2005 as cited in Kim, S., Fonagy, Allen, J., Strathearn, L. (2014). Mothers' Unresolved Trauma Blunts Amygdala Response to Infant Distress. *Society for Neuroscience*, 9(4), 352-363.

## INTERGENERATIONAL TRAUMA

---

MOTHERS WITH UNRESOLVED TRAUMA OR LOSS HAD REDUCED ACTIVATION IN THE AMYGDALA WHEN EXPOSED TO THEIR OWN INFANTS' SADNESS



Kim, S., Fonagy, Allen, J., Strathearn, L. (2014). Mothers' Unresolved Trauma Blunts Amygdala Response to Infant Distress. *Society for Neuroscience*, 9(4), 352-363.

## INTERGENERATIONAL TRAUMA

FOR MANY FAMILIES, IT SEEMED THAT **TOXIC STRESS** WAS MORE CONSISTENTLY TRANSMITTED FROM PARENT TO CHILD THAN ANY GENETIC DISEASE I HAD SEEN. ~ NADINE BURKE HARRIS

## INTERGENERATIONAL TRAUMA

UNRESOLVED GRIEF AND ACCOMPANYING SELF-DESTRUCTIVE BEHAVIORS HAVE BEEN **PASSED DOWN FROM GENERATION TO GENERATION.** ~ MARIA YELLOW HORSE BRAVE HEART & LEMYRA DEBRUYN

Yellow Horse Brave Heart, M., & DeBruyn, L. The American Indian Holocaust: Healing Historical Unresolved Grief. Retrieved from [http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIWH/journal/Documents/Volume%208%2C%20YellowHorseBraveHeart\\_American\\_Indian\\_Holocaust\\_69-92.pdf](http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIWH/journal/Documents/Volume%208%2C%20YellowHorseBraveHeart_American_Indian_Holocaust_69-92.pdf) on February 27, 2019.

## INTERGENERATIONAL TRAUMA

Loss of land

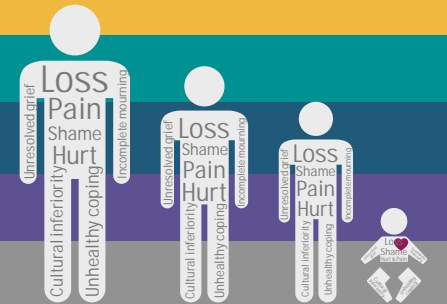
Loss of traditions

Loss of religion

Loss of identity

Loss of culture

Loss of relatives



## INTERGENERATIONAL TRAUMA

### DESCENDANTS OF

WAR VETERANS

HOLOCAUST SURVIVORS

TORTURE SURVIVORS

REFUGEES

AMERICAN INDIAN/ALASKAN NATIVE

SLAVERY (ENSLAVED AFRICANS)

“COMFORT WOMEN”

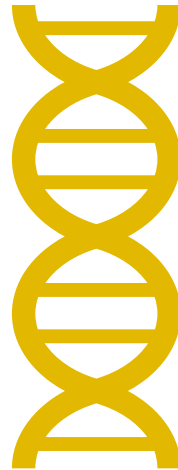
Delah, R., & Goldblatt, R. Is there intergenerational transmission of trauma? The case of war veterans' children. *Am J Orthopsychiatry* 2020;70:201-209. as cited in Lee, J., Kwon, Y.S., Kim, Y.J., Kim, E.J., Park, E.J., et al. (2019). Transgenerational Transmission of Trauma: Psychiatric Evaluation of Offspring of Former "Comfort Women" Survivors of the Japanese Military Sexual Slavery during World War II. *Psychiatry Investigation*, 16(2), 204-212. Choi, A., Douglas, E., & Park, J. (2019). Children of trauma victims: Transgenerational transmission of parents' traumatic experiences to their children. *Int J Soc Welfare* 2020; 14:23-32 as cited in Lee, J., Kwon, Y.S., Kim, Y.J., Kim, E.J., Park, E.J., et al. (2019). Transgenerational Transmission of Trauma: Psychiatric Evaluation of Offspring of Former "Comfort Women" Survivors of the Japanese Military Sexual Slavery during World War II. *Psychiatry Investigation*, 16(2), 204-212. Colquhoun, T.S., & Chalmers, D. (2019). The transmission of trauma to refugee families: associations between inter-family trauma communication style, children's attachment security and psychological adjustment. *Archiv Fur Human Development* 2019; 10:69-80 as cited in Lee, J., Kwon, Y.S., Kim, Y.J., Kim, E.J., Park, E.J., et al. (2019). Transgenerational Transmission of Trauma: Psychiatric Evaluation of Offspring of Former "Comfort Women" Survivors of the Japanese Military Sexual Slavery during World War II. *Psychiatry Investigation*, 16(2), 204-212. Finkelhor, D., Browne, A., & Browne, C. (1985). The consequences of extreme family dysfunction on well-being. *Journal of Abnormal Psychology*, 94, 28-51.

## EPIGENETICS

### SCIENCE OF GENE EXPRESSION

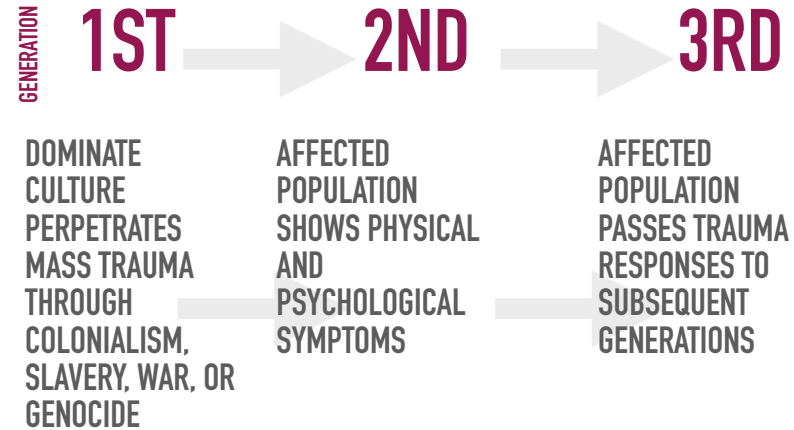
INTERFACE BETWEEN NATURE AND NURTURE

METHYLATION BECOMES A CONSTANT REMINDER OF PAST EVENTS – OURS, OUR PARENTS, GRANDPARENTS, AND BEYOND



McIntosh, D. (2019). The Epigenetics of Childhood Trauma. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/us/blog/psyched/201909/the-epigenetics-childhood-trauma>.

## TRAUMA AND EPIGENETIC



Pember, M. A. (2016). Intergenerational Trauma: Understanding Natives' Inherited Pain. *Indian Country*. Retrieved from <http://www.mapember.com/ICMN-All-About-Generations-Trauma.pdf>.

## EPIGENETICS

THE HOLOCAUST LEFT ITS **VISIBLE AND INVISIBLE MARKS** NOT ONLY ON THE SURVIVORS, BUT ALSO ON THEIR CHILDREN. INSTEAD OF NUMBERS TATTOOED ON THEIR FOREARMS, HOWEVER, THEY MAY HAVE BEEN MARKED EPIGENETICALLY WITH A CHEMICAL COATING UPON THEIR CHROMOSOMES, WHICH WOULD REPRESENT A KIND OF **BIOLOGICAL MEMORY OF WHAT THE PARENTS EXPERIENCED**. AS A RESULT, SOME SUFFER FROM A GENERAL VULNERABILITY TO STRESS WHILE OTHERS ARE MORE RESILIENT. ~ KELLERMAN

Kellermann, N.P. (2013). Epigenetic Transmission of Holocaust Trauma: Can nightmares be inherited? *Israel Journal of Psychiatry and Related Sciences*, 50(1), 33-39.

## INTERGENERATIONAL TRAUMA

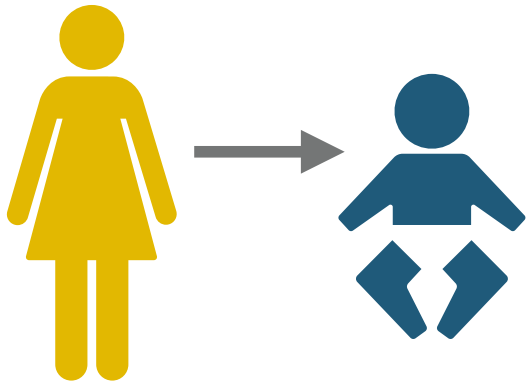
### THE OFFSPRING OF "COMFORT WOMEN"

SHAME  
HYPERAROUSAL  
AGGRESSION CONTROL  
NEGATIVE WORLDVIEW  
LOW SELF-ESTEEM

Lee, J., Kwak, Y.S., Kim, Y.J., Kim, E.J., Park, E.J., et al. (2019). Transgenerational Transmission of Trauma: Psychiatric Evaluation of Offspring of Former "Comfort Women," Survivors of the Japanese Military Sexual Slavery during World War II. *Psychiatry Investigation*, 16(3), 249-253.

## HEALTH DISPARITIES

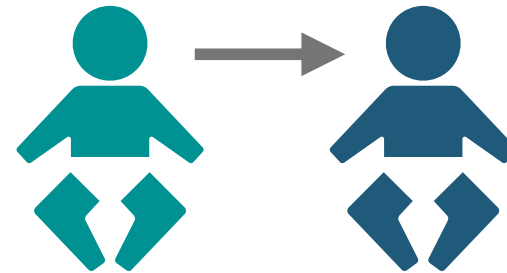
MOTHERS WITH PTSD ARE MORE LIKELY TO GIVE BIRTH TO BABIES WITH INCREASED CORTISOL



#58-62 Cheng, T.L., Johnson, S.B., & Goodman, E. (2016). Breaking the Intergenerational Cycle of Disadvantage: The Three Generation Approach. *Pediatrics*, 137(6), e20152467.

## HEALTH DISPARITIES

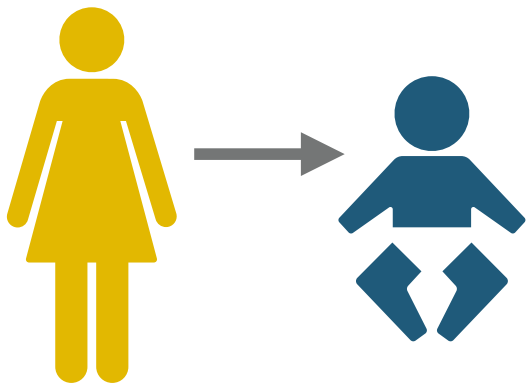
LOW BIRTH RATE MOMS ARE 50% MORE LIKELY TO GIVE BIRTH TO LOW BIRTH WEIGHT INFANTS



#50 Cheng, T.L., Johnson, S.B., & Goodman, E. (2016). Breaking the Intergenerational Cycle of Disadvantage: The Three Generation Approach. *Pediatrics*, 137(6), e20152467.

## HEALTH DISPARITIES

PARENTING BEHAVIORS ARE TRANSMITTED THROUGH ATTACHMENT AND EPIGENETIC REGULATION OF THE GENOME



#58-62 Cheng, T.L., Johnson, S.B., & Goodman, E. (2016). Breaking the Intergenerational Cycle of Disadvantage: The Three Generation Approach. *Pediatrics*, 137(6), e20152467.

## HEALTH DISPARITIES

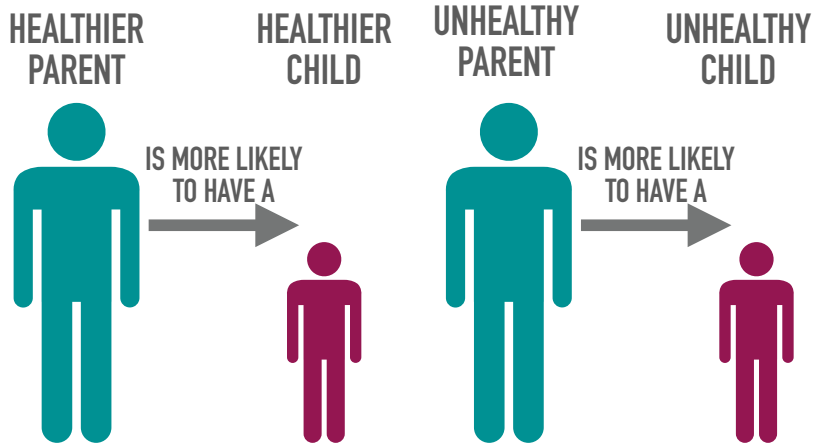
NATIONAL SURVEY OF CHILDREN'S HEALTH FOUND THAT

**93%**  
KIDS WITH MOTHERS IN  
EXCELLENT OR VERY  
GOOD HEALTH WERE  
ALSO IN EXCELLENT OR  
VERY GOOD HEALTH

**65%**  
OF KIDS OF MOTHERS IN  
GOOD, FAIR, OR POOR  
HEALTH WERE IN  
EXCELLENT OR VERY  
GOOD HEALTH

Glied, S., & Oellerich, D. (2014). Two-Generation Programs and Health. *Future of Children*, 24(1), 79-97.

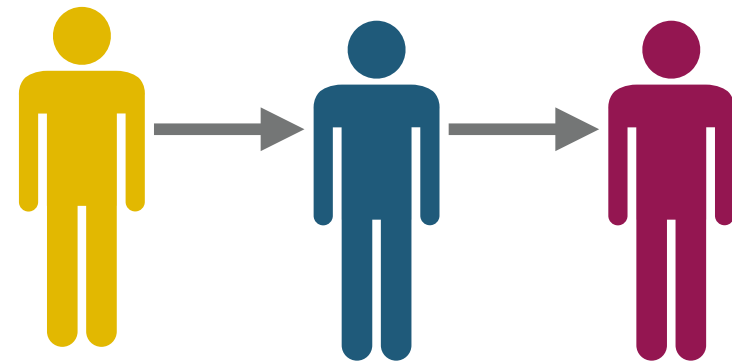
## HEALTH DISPARITIES



Glied, S., & Oellerich, D. (2014). Two-Generation Programs and Health. *Future of Children*, 24(1), 79-97.

## INTERGENERATIONAL POVERTY

A CHILD BORN IN POVERTY IS MORE LIKELY TO RAISE POOR CHILDREN



Glied, S., & Oellerich, D. (2014). Two-Generation Programs and Health. *Future of Children*, 24(1), 79-97.

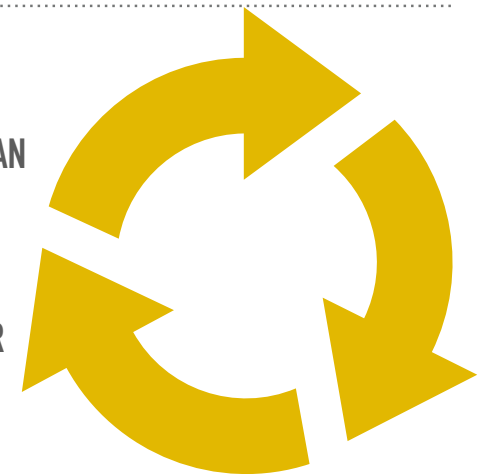
## INTERGENERATIONAL POVERTY

LOW-INCOME CHILDREN CAUGHT UP IN THEIR PARENTS' ECONOMIC STRUGGLES EXPERIENCE THE IMPACT THROUGH UNMET NEEDS, LOW-QUALITY SCHOOLS, AND UNSTABLE CIRCUMSTANCES.

US Census Bureau. 2014. "Poverty Status of People, by Age, Race, and Hispanic Origin: 1959-2013." Current Population Survey Annual Social and Economic Supplements. Washington, DC: US Census Bureau as cited in Ratcliffe, C. (2015). *Child Poverty and Adult Success*. Urban Institute. Retrieved from <https://www.urban.org/sites/default/files/publication/43164/2000349-Child-Poverty-and-Adult-Success.pdf>

## INTERGENERATIONAL POVERTY

YOUTH RAISED IN POVERTY ARE MORE THAN  
**3X**  
AS LIKELY TO BE POOR AT AGE 30



Glied, S., & Oellerich, D. (2014). *Child and Intergenerational Poverty: The Long-Term Consequences of Growing Poor*. New York, NY: National Center for Children, Youth, and Families. Retrieved from <https://www.urban.org/sites/default/files/publication/43164/2000349-Child-Poverty-and-Adult-Success.pdf>

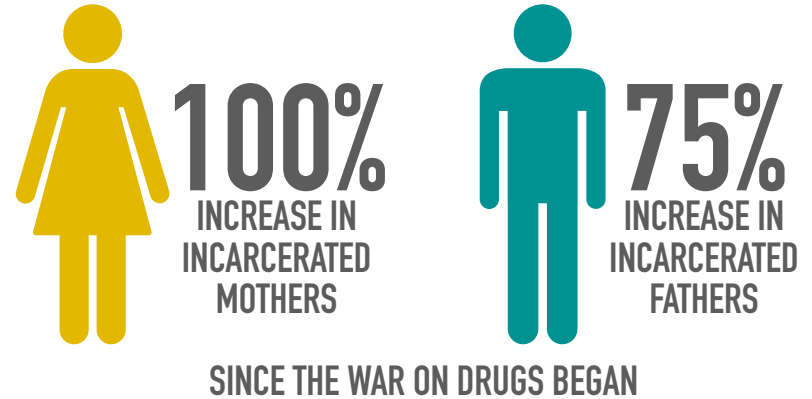


## INTERGENERATIONAL INCARCERATION

TO CREATE LIVES OF POSSIBILITIES, WE NEED TO **DECRIMINALIZE TRAUMA**... WITHOUT SENTENCING JUSTICE, PEOPLE—PRIMARYLY POOR PEOPLE AND PEOPLE OF COLOR—WILL CONTINUE TO BE LOCKED UP AND RELEASED IN A VICIOUS CYCLE THAT FAILS TO ADDRESS THE ROOT CAUSES OF SYSTEMIC ISSUES SUCH AS TRAUMA, POVERTY, AND RACISM. ~ ROBERT GREENWALD

Greenwald, R. (2018). To Fight Mass Incarceration, We Need to Decriminalize Trauma. The Nation. Retrieved from <https://www.thenation.com/article/archive/to-fight-mass-incarceration-we-need-to-decriminalize-trauma/>.

## INTERGENERATIONAL INCARCERATION



Rebecca Sholle, Erica Gentry, Ebony Rutland, and Marc Wheeler. Children With Incarcerated Parents — Considering Children's Outcomes in the Context of Family Experiences. St. Paul, MN: University of Minnesota, 2018. as cited in <https://www.gao.gov/assets/10/10387/10387main.pdf>

## INTERGENERATIONAL INCARCERATION

AFRICAN AMERICAN YOUTH ARE  
**7.5X**  
MORE LIKELY TO HAVE AN INCARCERATED PARENT

HISPANIC YOUTH ARE  
**2.3X**  
MORE LIKELY TO HAVE AN INCARCERATED PARENT

Lauren Glaze and Laura Matuschak. [Parents in Prison and Their Minor Children: Just 32 pages!](#) Special Report, Washington, DC: U.S. Department of Justice, Office of Justice Programs, August 2008, NCJ 222984. Holly Foster and John Hagan. "The Mass Incarceration of Parents in America: Issues of Race/Ethnicity, Cultural Damage to Children, and Prisoner Reentry." *Annals of the American Academy of Political and Social Science* 623 (2009): 179-194 as cited in <https://www.gao.gov/assets/10/10387/10387main.pdf>

## INTERGENERATIONAL INCARCERATION

BY AGE 14, APPROXIMATELY 25% OF AFRICAN AMERICAN CHILDREN HAVE HAD A PARENT INCARCERATED



ON ANY GIVEN SCHOOL DAY, APPROXIMATELY 1 IN 10 AFRICAN AMERICAN STUDENTS HAVE A PARENT INCARCERATED

Wong, L., & Robinson, R. (2016). Mass incarceration and children's outcomes. *Journal of Public Policy & Administration*. Retrieved from <https://www.researchgate.net/publication/308140420>. Bruce Western and Becky Pettit. *Cultural Costs: Incarceration's Effect on Economic Mobility*. Washington, D.C.: The New York Times, 2015, 19. Figure 19 as cited in Wong, L., & Robinson, R. (2016). Mass incarceration and children's outcomes. *Journal of Public Policy & Administration*. Retrieved from <https://www.researchgate.net/publication/308140420>.

# HOW DOES HAVING AN INCARCERATED PARENT IMPACT A YOUTH'S DEVELOPMENT?



## INTERGENERATIONAL INCARCERATION

---



HOW DOES HAVING A PARENT INCARCERATED INCREASE THE LIKELIHOOD OF THE CHILD BEING INVOLVED WITH THE JUSTICE SYSTEM?



## INTERGENERATIONAL INCARCERATION

---



PARENTAL CRIMINAL INVOLVEMENT IS THE STRONGEST PREDICTOR OF YOUTH'S CRIMINAL INVOLVEMENT

Besemer (2011) as cited in Feig, L. (2015). Breaking the Cycle: A Family-Focused Approach to Criminal Sentencing in Illinois. University of Chicago. Retrieved from <http://www.uscourts.edu/breaking-cycle-family-focused-approach-criminal-sentencing-illinois>; Crain 2008 as cited in ...

## INTERGENERATIONAL INCARCERATION

---

PARENTS OF INCARCERATED INDIVIDUALS OBTAINED LESS EDUCATION THAN NON-INCARCERATED PEERS & INCARCERATED INDIVIDUALS OBTAINED LESS EDUCATION THAN THEIR PARENTS



Melton Crain, C. (L.). Children of Offenders and the Cycle of Intergenerational Incarceration. Retrieved from [https://www.tdcj.texas.gov/documents/gokids\\_Crain.pdf](https://www.tdcj.texas.gov/documents/gokids_Crain.pdf)

## INTERGENERATIONAL INCARCERATION

---

CHILDREN OF AN INCARCERATED PARENT ARE MORE LIKELY TO

- DROP OUT OF SCHOOL
- DEVELOP LEARNING DISABILITIES
- HAVE SPEECH AND LANGUAGE PROBLEMS
- HAVE ADHD
- MISBEHAVE IN SCHOOL

Morsy, L., & Rothstein, R. (2016). Mass incarceration and children's outcomes: Criminal Justice Policy is Education Policy. Economic Policy Institute. Retrieved from <https://www.epi.org/publication/mass-incarceration-and-childrens-outcomes/>; Melton Crain, C. (.). Children of Offenders and the Cycle of Intergenerational Incarceration. Retrieved from [https://www.tdcj.texas.gov/documents/gokids\\_Crain.pdf](https://www.tdcj.texas.gov/documents/gokids_Crain.pdf)

## INTERGENERATIONAL INCARCERATION

---

CHILDREN OF AN INCARCERATED PARENT ARE MORE LIKELY TO

- DECLINE IN GPA
- MORE LIKELY TO SUFFER FROM BEHAVIORAL PROBLEMS
- MORE LIKELY TO BE UNSUPERVISED
- HOUSING INSTABILITY AND HOMELESSNESS
- SUFFER FROM MIGRAINES, ASTHMA, HIGH CHOLESTEROL, DEPRESSION, ANXIETY, PTSD, AND HOMELESSNESS

Morsy, L., & Rothstein, R. (2016). Mass incarceration and children's outcomes: Criminal Justice Policy is Education Policy. Economic Policy Institute. Retrieved from <https://www.epi.org/publication/mass-incarceration-and-childrens-outcomes/>; Melton Crain, C. (.). Children of Offenders and the Cycle of Intergenerational Incarceration. Retrieved from [https://www.tdcj.texas.gov/documents/gokids\\_Crain.pdf](https://www.tdcj.texas.gov/documents/gokids_Crain.pdf)

## INTERGENERATIONAL INCARCERATION

---



**25%** BOYS ARE 25% MORE LIKELY TO DROP OUT OF SCHOOL WHEN A MOTHER IS BEHIND BARS

**55%** BOYS ARE 55% MORE LIKELY TO DROP OUT OF SCHOOL BECAUSE THEY ARE INCARCERATED

Morsy, L., & Rothstein, R. (2016). Mass incarceration and children's outcomes: Criminal Justice Policy is Education Policy. Economic Policy Institute. Retrieved from <https://www.epi.org/publication/mass-incarceration-and-childrens-outcomes/>

## INTERGENERATIONAL RESILIENCE

---



MULTIGENERATIONAL APPROACH


---

## THE DOUBLE BIND

CHILDREN CAN'T THRIVE IN HOMES WHERE THEIR PARENTS STRUGGLE TO MAKE ENDS MEET, AND AT THE SAME TIME, LOW-INCOME PARENTS CAN'T SUCCEED WITHOUT MEANINGFUL SUPPORT FOR THEIR KIDS.

Gruendel 2014 as cited in <https://www.urban.org/research/publication/theoretical-framework-two-generation-models>

**WHAT ARE WAYS TO PARTNER WITH THE PARENT TO HELP THEM SEE THEIR HEALING IS IMPERATIVE WHILE NOT BLAMING THEM OR SHAMING THEM?**



MULTIGENERATIONAL APPROACH

---

### FAMILIES FIRST APPROACH

FOCUS IS ON BRINGING HEALING TO THE WHOLE FAMILY

EQUAL EMPHASIS ON GOALS FOR THE PARENT AND CHILD

Gruendel 2014 as cited in <https://www.urban.org/research/publication/theoretical-framework-two-generation-models>

MULTIGENERATIONAL APPROACH

---

SHIFTS THE PARADIGM TO LOOK FORWARD IN TIME TOWARD HEALTH PROMOTION OF BOTH CURRENT AND FUTURE GENERATIONS

FOCUSES ON (1) YOUTH'S CAPACITIES FOR EDUCATIONAL ATTAINMENT, TRANSITION TO WORK, AND ADULT PRODUCTIVITY; (2) PRECONCEPTION HEALTH; (3) REPRODUCTIVE LIFE PLANNING; (4) PARENTING SKILLS AND CAPACITIES; AND (5) ECONOMIC AND GOVERNMENTAL POLICIES TO ELIMINATE POVERTY

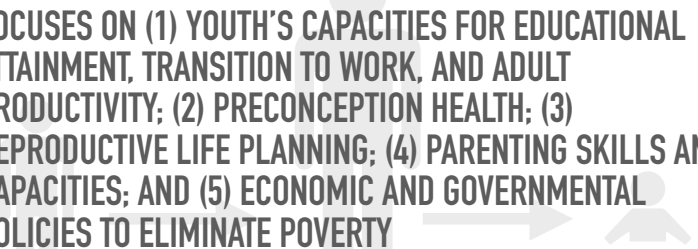


Fig. L. (2015). Breaking the Cycle: A Family-Focused Approach to Criminal Sentencing in Illinois. University of Chicago. Retrieved from <http://ssa.uchicago.edu/breaking-cycle-family-focused-approach-criminal-sentencing-illinois>

## WHAT CAN WE DO

---

**DON'T ONLY SCREEN FOR INTERGENERATIONAL TRAUMA AND RISK FACTORS, ALSO SCREEN FOR INTERGENERATIONAL RESILIENCE AND PROTECTIVE FACTORS**

**WORK WITH FAMILIES, NOT JUST THE YOUTH**

**IDENTIFY RESOURCES IN THE COMMUNITY TO SUPPORT THE ECONOMIC, PHYSICAL, SPIRITUAL, RELATIONAL, AND EMOTIONAL HEALTH OF THE FAMILY**

**BE AWARE OF OUR BIASES WHEN WE KNOW PARENTS HAVE A HISTORY OF TRAUMA**

## WHAT CAN WE DO

---

**IF SCREENING THE YOUTH'S MENTAL HEALTH, SOCIAL SUPPORT, PHYSICAL HEALTH, EDUCATIONAL ACHIEVEMENT, ALSO SCREEN THE PARENTS**

**CONSIDER NOT ONLY THE YOUTH'S RESPONSE TO TRAUMA, BUT ALSO, THE HISTORICAL COMMUNAL RESPONSE TO TRAUMA**

**CONSIDER HOW HISTORICAL AND CURRENT TRAUMAS INTERACT**

**UNDERSTAND HEALING FROM THE YOUTH'S AND FAMILY CULTURE**

Chaf, S., & Dubach, D. (2016). Two Generations Program and Health. *Future of Children*, 24(2), 74-91. Mitchell, C. (2010). Historical Trauma and Mismanagement: A Framework for Culturally-Based Practice. *Center for Excellence in Children's Mental Health*. Retrieved from <http://www.nctsn.org/images/stories/030808/traumaandmisman.pdf>

## WHAT CAN WE DO

---

**PROMOTE INTERGENERATIONAL HEALING**

**CONFRONT OUR TRAUMA AND EMBRACE OUR HISTORY**

**UNDERSTAND THAT TRAUMA**

**RELEASE THE PAIN**

**TRANSCEND THE TRAUMA**

**WHAT ARE SOME STRATEGIES YOU AND YOUR ORGANIZATION CAN INCORPORATE TO ADDRESS GENERATIONAL TRAUMA OF THE FAMILIES YOU WORK WITH?**



# WHO ARE COMMUNITY PARTNERS TO HELP ADDRESS FAMILY'S GENERATIONAL TRAUMA?

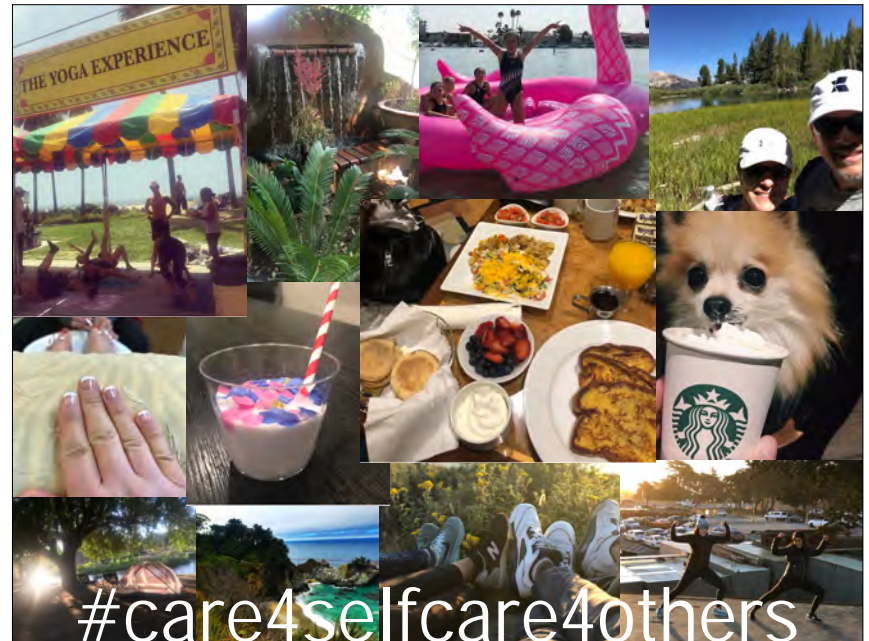


# HOW DO WE HELP YOUTH CONNECT THE DOTS BETWEEN WHAT'S GOING ON WITH THEM AND WHAT HAS HAPPENED TO THE GENERATIONS BEFORE THEM?



## #Care4selfcare4others

- Self-care is an essential component of working with traumatized youth
- Intentionally do some self-care tonight and every night after work!!
- Support your coworkers in regularly engaging in self-care
- Thrive in your life so we can model hope



# Thank You

---

## **NOLA BRANTLEY SPEAKS**

**[NOLA@NOLABRANTLEYSPEAKS.ORG](mailto:NOLA@NOLABRANTLEYSPEAKS.ORG)**

**(925) 597-8236**

**[WWW.NOLABRANTLEYSPEAKS.ORG](http://WWW.NOLABRANTLEYSPEAKS.ORG)**

