

**"NO PEACE, NO BROTHERHOOD, NO
MORALITY CAN EXIST WITHOUT THE
SENSE OF BELONGING TO A
COMMUNITY"**

JOSIAH ROYCE



Building Beloved Community through Collective Healing & Collective Liberation

What is Beloved Community?



Collective Healing

The process of addressing individual and societal traumas through empathy, compassion, and collaborative efforts.



Collective Liberation

The shared struggle to dismantle oppressive systems and create a more equitable, just, and inclusive society.



Interdependence

The understanding that we are all interconnected and that our well-being is dependent on the well-being of our community.



Radical Love

A deep, unconditional love that transcends differences and embraces the humanity in all people.

Beloved Community is a transformative vision that challenges us to work together towards a more just, equitable, and compassionate world, where everyone can thrive.



Dr. Martin Luther King Jr.

Martin Luther King Jr. popularized the concept of the Beloved Community, a vision of a just, inclusive, and peaceful society in the 1950's. The Beloved Community was a guiding principle of the Montgomery Bus Boycott that ignited the civil rights movement. The key elements of building the Beloved Community are the commitment to nonviolence, addressing root causes, and radical inclusion.



bell hooks

bell hooks (1952-2021) was an influential American author, professor, feminist, and social activist. She is known for her groundbreaking work on race, gender, and class, and her writings on the concept of the 'Beloved Community' – a vision of a just, equitable, and inclusive society.

Building Beloved Community in Practice

Facilitate Cross-Cultural Dialogues

Create safe and inclusive spaces for people from diverse backgrounds to share their experiences, perspectives, and concerns. Encourage active listening, empathy, and mutual understanding.

Support Community-Led Initiatives

Identify and amplify grassroots efforts driven by local communities to address their needs and challenges. Provide resources, funding, and mentorship to empower these community-led initiatives.

Advocate for Equity-Focused Policy Changes

Work with policymakers, community leaders, and other stakeholders to advocate for policy reforms that promote equity, inclusion, and social justice. Focus on addressing systemic barriers and inequities.

The Challenge of Beloved Community

Recognizing Systemic Oppression

Acknowledging the deep-seated, historical patterns of discrimination and marginalization that have shaped our society.

Confronting Difficult Truths

Being willing to engage in uncomfortable conversations and examine our own biases and complicity in perpetuating injustice.

Cultivating Empathy and Compassion

Developing the capacity to understand and relate to the experiences of those who have been oppressed or excluded.

Fostering Inclusive Dialogue

Creating spaces where diverse perspectives and lived experiences are honored and given equal voice.

Sustained Commitment and Action

Maintaining a long-term dedication to the ongoing work of dismantling systemic barriers and building a more just and equitable society.

Collective Liberation



Dismantling Systemic Oppression

Addressing the root causes of oppression, such as racism, sexism, and classism, to create a more equitable society.



Collective Action and Solidarity

Building coalitions and movements that bring together people from diverse backgrounds to work towards a common goal of liberation.



Centering Marginalized Voices

Elevating the experiences and perspectives of those who have been historically marginalized and oppressed.



Transforming Systems and Structures

Advocating for and creating systemic changes that challenge and dismantle the root causes of oppression.

Collective liberation is a holistic and ongoing process that requires sustained effort, commitment, and solidarity from all members of society to create a more just, equitable, and inclusive world.



Collective Liberation

Collective liberation means recognizing that all of our struggles are intimately connected, and that we must work together to create the kind of world we know is possible. We believe that every person is worthy of dignity and respect, and that within systems of oppression everyone suffers.

Collective Liberation Guide

People & Planet

<https://peopleandplanet.org/system/files/resources/Collective%20Liberation%20Guide%20for%20upload.pdf#:~:text=Collective%20liberation%20means%20recognising%20that,systems%20of%20oppression%20everyone%20suffers.>

TRAUMA IS NOT COLORBLIND: A HISTORY OF RACIALIZED TRAUMA IN STATE OF CALIFORNIA



““The trauma of one generation becomes the inheritance of the next.””

DR. MARIA YELLOW HORSE BRAVE HEART



OBJECTIVES

- Identify the mechanisms of collective, historical, and intergenerational trauma.
- Examine trauma, resilience, and healing within a socio-ecological framework.
- Outline the relationship between collective, historical, and intergenerational trauma and community well-being.
- Analyze the structural barriers to collective healing and liberation within the coastal tri-counties and the state of California, as a whole.



Definitions & Key Terms

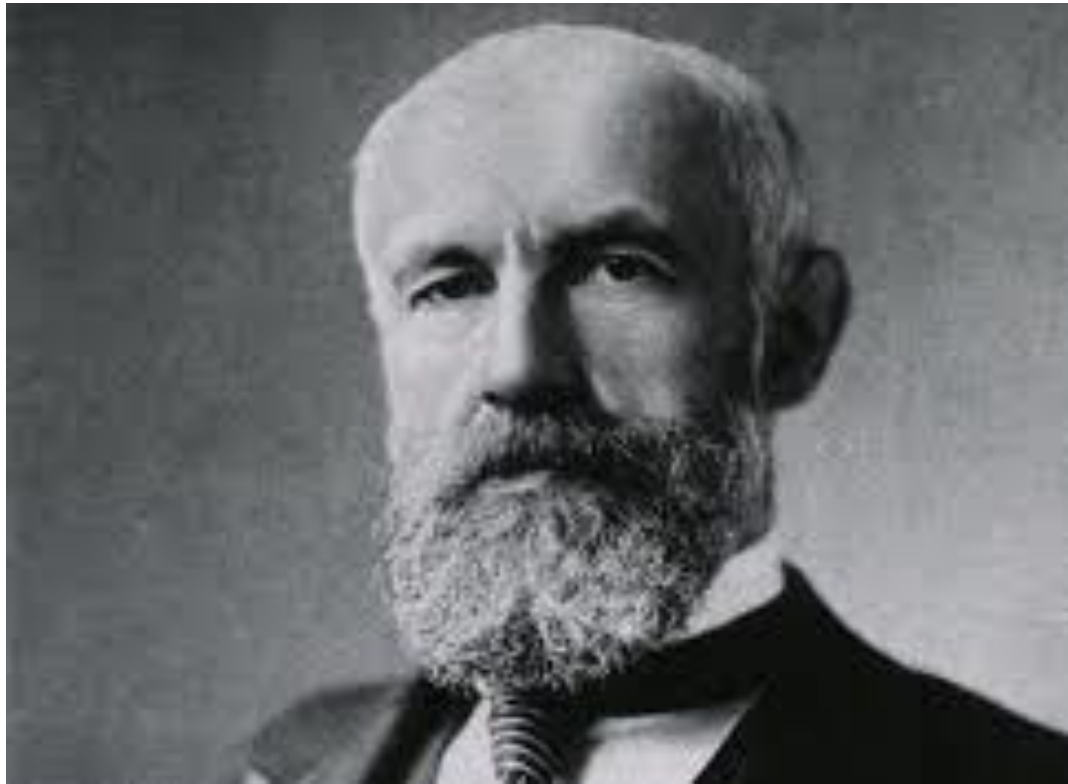
White Supremacy

Merriam-Webster Dictionary

www.merriam-webster.com

1: the belief that the white race is **inherently superior** to other races and that white people should have **control** over people of other races,
2: the **social, economic, and political** systems that collectively enable white people to maintain power over people of other races

EUROPEAN, WHITE, EUROPEAN AMERICAN PSYCHOLOGY: THE MODERN HISTORICAL CONTEXT



The First President of the American Psychological Association (G. Stanley Hall), theorized that Africans, Indians, and Chinese were members of “adolescent races” and in the stage of “incomplete growth” and that therefore it was Western psychology’s role and responsibility to save these adolescent races from the liabilities of freedom.

Addressing the Root Causes

- **Acknowledge historical and systemic oppression**

Recognize the long-standing history of systemic racism, discrimination, and marginalization experienced by BIPOC communities. This contextual understanding is crucial in addressing the root causes.

- **Examine implicit biases and stereotypes**

Identify and address implicit biases, negative stereotypes, and prejudiced attitudes that contribute to the perpetuation of racism and its impact on mental health.

- **Promote cultural awareness and sensitivity**

Foster greater understanding, appreciation, and celebration of BIPOC cultures, history, and experiences. This helps to combat ignorance and promote empathy.

- **Implement anti-racism initiatives**

Develop and implement comprehensive anti-racism policies, programs, and interventions that actively work to dismantle systemic barriers and promote equity and inclusion.

- **Empower and support affected communities**

Amplify the voices and experiences of BIPOC communities, and provide them with the resources, support, and platform to address the impact of racism and historical trauma on their mental health.

KEY TERMS & CONCEPTS

ILC COCKHREN
CONSULTING





**COLLECTIVE
TRAUMA**

ADVERSE CHILDHOOD EXPERIENCES



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

ADVERSE CHILDHOOD EXPERIENCES

ADDITIONAL ADVERSE CHILDHOOD EXPERIENCES

Beyond the 10 ACES



DISCRIMINATION



POVERTY



RACISM



OTHER VIOLENCE



**INTERGENERATIONAL
AND CULTURAL TRAUMA**



SEPARATION



**ADJUSTMENT OR OTHER
MAJOR LIFE CHANGES**



**BEREAVEMENT AND
SURVIVORSHIP**

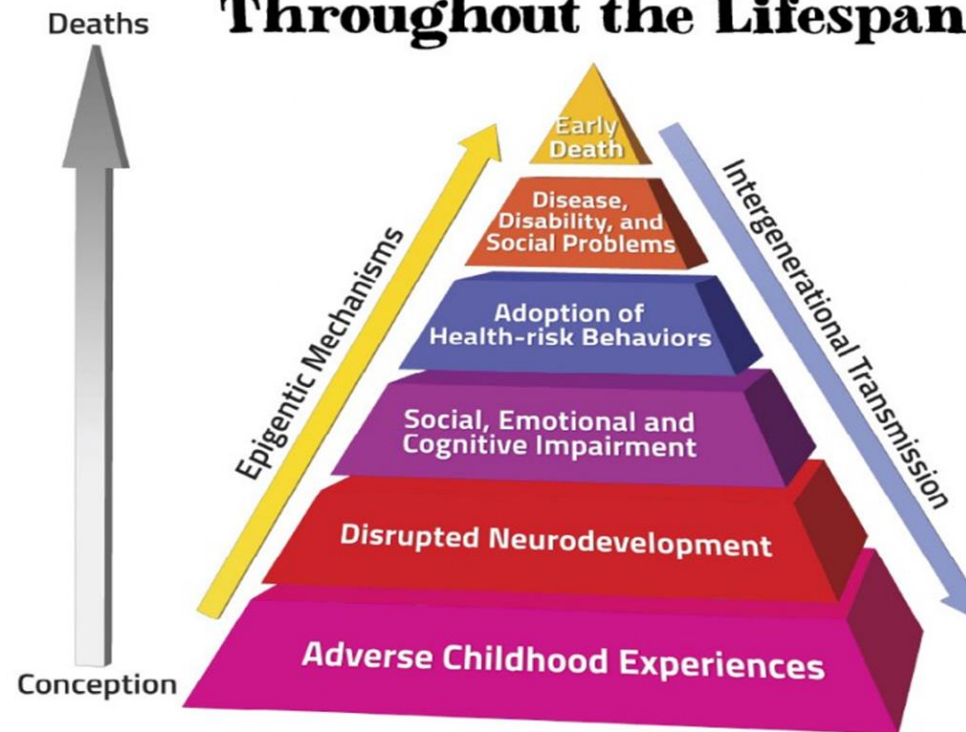


**ADULT RESPONSIBILITY
AS A CHILD**

**DRS. ROBERT ANDA &
VINCENT FELITTI**

ACES PYRAMID

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Slide Courtesy of Rob Anda, MD, MS



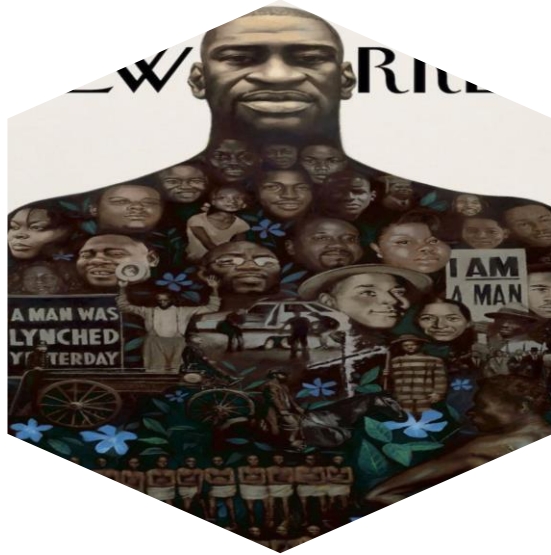
Race:

Refers to the categories into which society places individuals on the basis of physical characteristics (such as skin color, hair type, facial form and eye shape). Though many believe that race is determined by biology, it is now widely accepted that this classification system was in fact created for social and political reasons. There are actually more genetic and biological differences within the racial groups defined by society than between different groups.

Definitions & Key Terms

Anti-Defamation League Glossary

www.adl.org



Definitions & Key Terms

Mental Health America

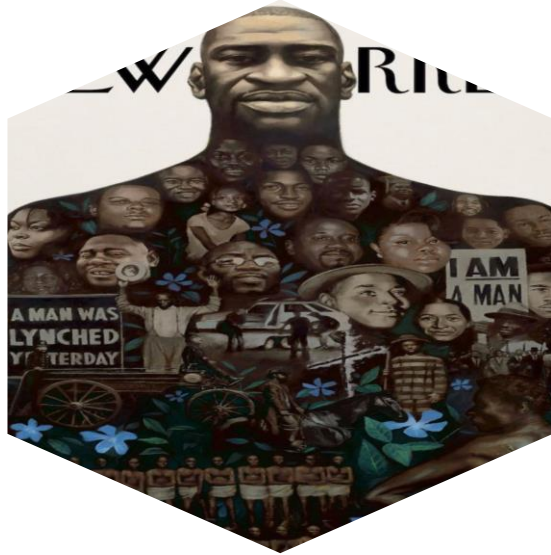
www.mhanational.org

Racial Trauma:

Refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes. In the U.S., Black, Indigenous People of Color (BIPOC) are most vulnerable due to living under a system of white supremacy. Also referred to as race-based traumatic stress.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. In some individuals, prolonged incidents of racism can lead to symptoms like those experienced with post-traumatic stress disorder. This can look like depression, anger, recurring thoughts of the event, physical reactions (e.g. headaches, chest pains, insomnia), hypervigilance, low-self-esteem, and mentally distancing from the traumatic events.

Race-based traumatic stress is a mental injury that can occur as the result of living within a racist system or experiencing events of racism.



Definitions & Key Terms

Mental Health America

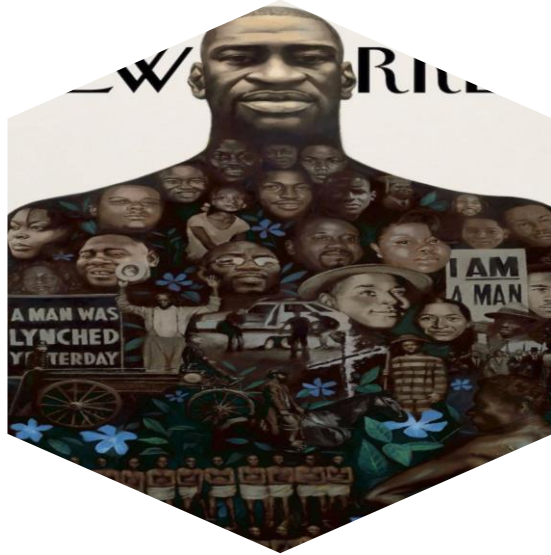
www.mhanational.org

Racial Trauma: Direct Traumatic Stressors

Direct traumatic stressors include all direct traumatic impacts of living within a society of structural racism or being on the receiving end of individual racist attacks.

A person experiencing a direct traumatic stressor may be heavily policed, or they may face barriers to home ownership due to inequitable policies.

Additionally, a person experiencing a direct traumatic stressor may be the victim of individual physical and verbal attacks or may face other microaggressions.



Definitions & Key Terms

Mental Health America

www.mhanational.org

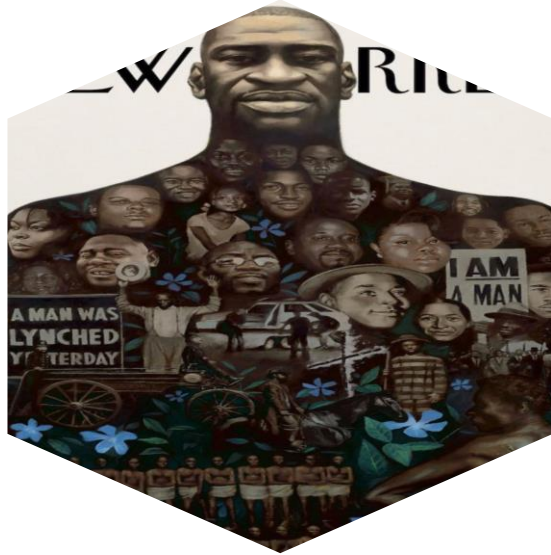
Racial Trauma: Vicarious Traumatic Stressors

Vicarious traumatic stressors are the indirect traumatic impacts of living with systemic racism and individual racist actions.

Vicarious traumatic stressors can have an equally detrimental impact on BIPOC's mental health as direct traumatic stressors. For example, viewing videos of brutal police killings of Black people, such as the video associated with the murder of George Floyd, can cause traumatic stress reactions in the people who view them - especially in Black people.

Of Latinx youth that immigrate to the U.S., two-thirds report experiencing one traumatic event with the most common traumatic event reported during and post migration being witnessing a violent event or physical assault.

Many Native American children are vicariously traumatized by the high rates of societal homicide, suicide, and unintentional injury experienced in these communities.



Definitions & Key Terms

Mental Health America

www.mhanational.org

Racial Trauma: Transmitted Stressors

Transmitted traumatic stressors refer to the traumatic stressors that are transferred from one generation to the next. These stressors can come from historically racist sources or may be personal traumas passed down through families and communities.

The chattel enslavement of Africans in the U.S. and other countries continues to serve as a source of traumatic stress for black people today. In fact, this sustained collective trauma makes Black people highly vulnerable to developing mental health disorders.

Historical trauma shared by Native Americans including boarding schools, massacres and forced violent removal from their tribal lands represents a severe communal loss and source of traumatic stress. Native Americans today continue to experience symptoms of depression, substance dependence, diabetes, and unemployment due to the psychological impact of the trauma.

INTERGENERATIONAL TRANSMISSION OF TRAUMA



COLLECTIVE TRAUMA

- “Collective trauma is an event, or series of events that shatters the experience of safety for a group, or groups, of people.”
- “These events are different from other forms of traumatic events because of their collective nature. That is, these events are a shared experience that alter the narrative and psyche of a group or community.”
- -Dr. Leia Saltzman, assistant professor at Tulane University School of Social Work





COLLECTIVE TRAUMA

COLLECTIVE TRAUMA DOES NOT OCCUR IN A VACUUM BUT WITHIN A WIDER SOCIOPOLITICAL CONTEXT.



Definitions & Key Terms

**“Collective Trauma:
Developing Resilience in the
Aftermath”**

BetterUp

<https://www.betterup.com/blog/collective-trauma>

“Any **adverse event** that is experienced, witnessed by, or affects a large group of people can cause collective trauma. These events can have an impact on society as well.

Such experiences are often the catalyst for changes in policy, national sentiment, and even trickle down to decisions as personal as whether or not to have kids.”



Definitions & Key Terms

**“Collective Trauma:
Developing Resilience in the
Aftermath”**

BetterUp

<https://www.betterup.com/blog/collective-trauma>

“This could be because, according to sociologist Maurice Halbwachs, **human memory mainly functions in a collective context**. Events throughout history, including but not limited to the traumatic ones, have been processed by social groups and built into their **collective identity**.”

These events live in a group’s collective memory long after the actual trauma has resolved. That impacts the decisions people make, the values they hold, and the way they live.”



“a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general.”

Definitions & Key Terms “Angst”

Oxford English
Dictionary
www.oed.com

-Also known as **existential crisis**



“Individuals may be exposed to traumatic experiences, which may lead to the transgenerational transmitting of trauma in larger identity groups or within families. Insufficient coping mechanisms with highly stressful and traumatic experiences become a (difficult) **psychological legacy.**”

Definitions & Key Terms

“Collective Trauma & Resilience”

Berghof Foundation

www.berghof-foundation.org

INTERGENERATIONAL TRANSMISSION OF TRAUMA

Researchers were first able to determine that trauma could be transferred through generations while interviewing children of Holocaust survivors in 1966.

It was found that the children of Holocaust survivors displayed PTSD-like symptoms despite being born after the Holocaust ended.

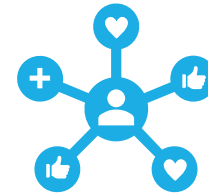
The children self-reported that their parents were “damaged, preoccupied parents” who were “emotionally limited”.

Rakoff, et al. 1966

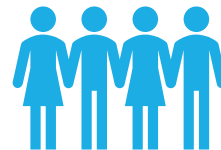
THE MECHANISMS OF INTERGENERATIONAL TRANSMISSION OF TRAUMA



Maladaptive
Coping Strategies



Survival-based
Parenting Practices



Social Learning
Theory



Genetics



INTERGENERATIONAL TRANSMISSION OF TRAUMA

- More recent studies have found that trauma can change an individual's genetic material.
- Children who were exposed to childhood trauma had shorter telomeres, protective caps at the ends of chromosomes.
- Shorter telomeres are correlated with several chronic diseases, as well as cognitive impairment and mental health disorders.

INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA DNA



- According to the National Human Genome Research Institute:
 - Research shows that abuse can leave *epigenetic marks* on genes.
 - These chemical modifications, also known as DNA methylation, change gene expression by silencing (or activating) genes.
 - DNA methylation is an epigenetic mechanism that modifies the function of the genes and affecting gene expression.
 - This can alter fundamental biological processes and adversely affect health outcomes throughout life.



INTERGENERATIONAL TRANSMISSION

As defined by the International Encyclopedia of Marriage & Family, Intergenerational transmission refers to “movement, passage, or exchange” of beliefs, norms, values, attitudes, and behaviors specific to that family, or that reflect sociocultural, religious, and ethnically relevant practices and beliefs.



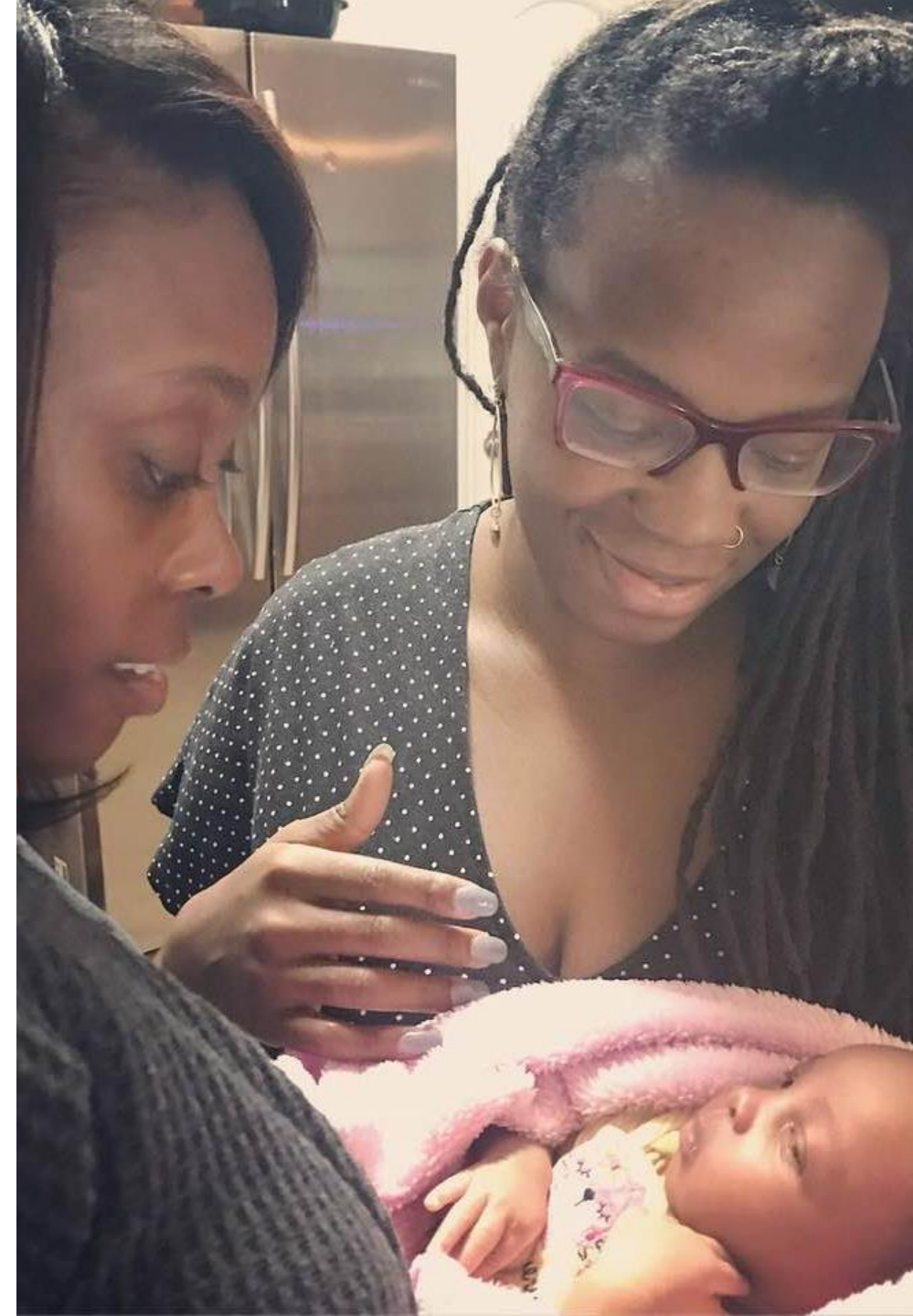
When it comes to Intergenerational Transmission, parenting practices are highly transferable. Or in other words, we parent the way we were parented.



Intergenerational Transmission of Parenting refers to the transfer of beliefs, norms, values, attitudes, and behaviors as they pertain to being a parent and parenting practices.

INTERGENERATIONAL TRANSMISSION

- In addition, when referencing the International Encyclopedia of the Social Sciences, Intergenerational Transmission refers to the transfer of economic or social status across generations.
- This indicates that Intergenerational Transmission is a factor in an individual's income potential and educational attainment.
- Thus, Intergenerational Transmission can generate inequity among children born into this society.



HISTORICAL TRAUMA



HISTORICAL TRAUMA

- The term was first coined in the 1980's by Dr. Maria Yellow Horse Braveheart, a Native American social worker.
- Dr. Braveheart defined Historical Trauma as “a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.”
- Dr. Braveheart also stated that historical Trauma was also accompanied by Historical Unresolved Grief.



HISTORICAL TRAUMA

- Another term for Intergenerational Transmission of Trauma is Historical Trauma.
- Historical trauma is defined as multigenerational trauma experienced by a specific cultural group.





Historical Trauma

Historical trauma originated with the social construction of subordinate group statuses through migration, annexation of land, and colonialism. The consequences of creating subordinate group statuses include genocide, segregation, and assimilation. Settler colonialism takes land with militaristic control, labels local inhabitants as deviant and inferior, then violently confines and oppresses the original occupants of the land.

Historical & Intergenerational Trauma

Walker & Devereaux 2021
Oxford Encyclopedia of Social Work

<https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1411>



Historical Trauma Cont.

Confinement includes relocation, restriction of movement, settlement of lands required for sustenance, as well as confinement in orphanages, boarding schools, and prisons. Historical trauma includes suppression of language, culture, and religion with the threat of emotional, physical, and sexual abuse.

Historical & Intergenerational Trauma

**Walker & Devereaux 2021
Oxford Encyclopedia of Social
Work**

<https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1411>



Historical Trauma Cont.

Original inhabitant abuse often results in issues with health, mental health, substance abuse, and generational emotional, physical, and sexual abuse. Culturally safe (engagement that respects identity) and trauma-informed social work practices acknowledge the systemic causes of disparities in groups experiencing marginalization and oppression and focus on healing and addressing systemic causes of disparities.

Historical & Intergenerational Trauma

**Walker & Devereaux 2021
Oxford Encyclopedia of Social
Work**

<https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1411>

HISTORICALLY TRAUMATIC EVENTS

- Genocide
- Chattel Slavery
- Mass Incarceration
- Forced Relocation/Displacement
- 9/11 & Other Terrorist Events
- Jim Crow
- Poverty
- Natural Disasters/Pandemics
- Colonization & Missionization
- Racism & Its Resulting Microaggressions
- Large Scale Economic Downturns
- Police Brutality
- Stripping of Cultural Identity & Practices
- Community Violence
- War

GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

- Indigenous/Native Americans
- African Americans
- Individuals living in Poverty
- Refugees
- Survivors of Natural Disasters & Other Widespread Traumatic Events
- Children & Adolescents
- War Veterans
- Latinx & Muslim Americans**



HISTORICAL TRAUMA SYMPTOMS

- Vulnerability to PTSD & Other Stress Disorders
- Higher Rates of Violence, to include Domestic Violence & Physical Child Abuse
- Vulnerability to Depression & Suicide
- Increased Use of Alcohol & Substances
- Poverty
- Lack of Educational Attainment
- Higher Crime & Incarceration Rates

HISTORICAL TRAUMA SYMPTOMS

- Higher Rates of Unemployment
- Higher Mortality & Early Death Rates
- Lower IQ
- Higher Likelihood of Developmental Delays & Behavioral Problems in Childhood
- Higher Risk of Child Sexual Abuse
- Relationship Difficulties

Historical factors that contributed to poor race relations in California

- Colonization & Land Theft
- Defacto Slavery of Indigenous peoples 1770-1834
- The California Gold Rush 1848-1855
- Labor Conflicts & Wage Theft
- Immigration
- Great Migration 1910-1970
- World War I 1914-1918
- Red Summer 1919
- Great Depression 1929-1933
- World War II 1939-1945
- Vietnam War 1955-1975
- Housing Discrimination, Redlining & Suburbanization
- Overpolicing & Police Brutality





Unique Challenges

BIPOC face a disproportionate burden of mental health challenges due to the compounding effects of systemic racism, sexism, and socioeconomic disparities. These unique challenges can have a significant impact on their overall well-being and mental health outcomes.

**INSTITUTIONAL
RACISM +
HISTORICAL TRAUMA
= SOCIAL
DETERMINANTS
OF HEALTH**



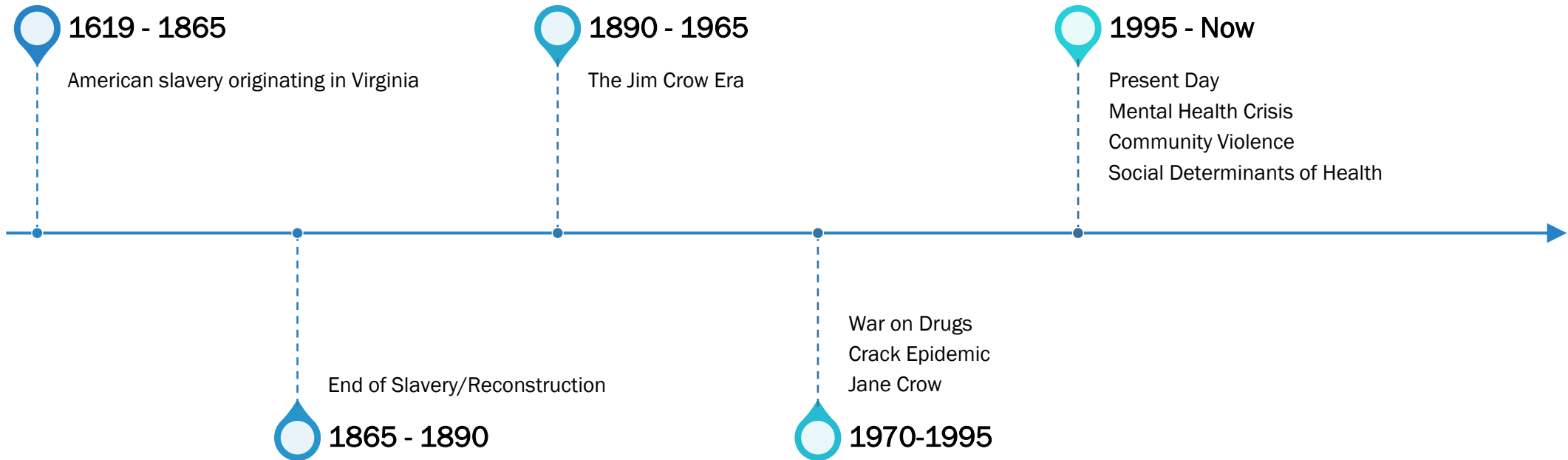
Adapted from: Healthy People 2020



Historical Trauma: Latino Communities in Tri-County Area

- **Racial Violence**
- **Missionization**
- **Early racist propaganda**
- **White mob violence**
- **Labor, xenophobia, nativism**
- **Labor organizing in the early 20th centuries**
- **Biochemical warfare**
- **Mass incarceration and ICE**

TIMELINE OF INSTITUTIONAL RACISM



SLAVERY ERA (1619-1865)

According to the Gilder Lehrman Institute of American History:

- Average Lifespan of slaves approx. 23-25 yrs.
- Approximately 6-8 % died in childbirth
- ½ of infants died before 1 yr.
- Death before 14 yrs. twice as high as Caucasian children
- High early death rate for slaves due to poor diet, intense labor, intense stress, lack of medical attention and communicable disease
- Drapetomania-mental illness characterized by irrational desire to escape slavery



SLAVERY ERA (1619-1865)

Slavery in California

- Early European settlers were from Spain (started circa 1542). California was a colony of New Spain until 1820's.
- Missionization began in the 1760's.
- New Spain dissolved and California became a part of Mexico until the Mexican-American War (1846-1848).
- The Union's victory in the Mexican-American war, along with news of gold found in the state, triggered the Gold Rush and an influx of 300,000 white settlers (1848-1855).
- Despite being known as a free state, California did not welcome free Blacks or fugitive slaves. Many Indigenous peoples were slaves to the Spanish and White settlers.





Missionization of the U.S. Southwest

SLAVERY ERA (1619-1865)

Slavery in California

- California became 31st state on September 9th, 1850, California joined the Union as a free state.
- In 1852, Fugitive Slave Act- California returned many free Black people and fugitive slaves to other states.
- Bloody Island Massacre 1850- In Clear Lake, approximately 200 enslaved Pomo killed by US Calvary & white mob after uprising. Mostly women and children.
- Peter Burnett, elected first governor in 1849. From slave-owning family. Address in 1851 explicitly stated racist ideology and threats towards Indigenous and Black peoples.





END OF SLAVERY/RECONSTRUCTION (1865-1890)

- Health outcomes for African Americans remained mostly consistent due to starvation, poverty & intense labor.
- Slavery was slowly replaced by sharecropping, largely unpaid labor.
- Overt racism and extreme discrimination in Southern states where 90% of African Americans resided.
- Beginning of domestic terrorism against Blacks. Stealing of property, forced relocation, murder/lynchings, rape, arson and mass incarceration. This period was also known as the “Black Holocaust” and lasted into the Jim Crow Era.

RECONSTRUCTION ERA IN CALIFORNIA

- Transcontinental Railroad construction brings in thousands Asian migrant workers (1863-1869)
- LA Chinatown Massacre of 1871. Mob of 500 killed 17 Chinese immigrants amid labor tension and an altercation left a white man dead.
- San Francisco Riot of 1877. Labor tensions erupted in a white mob destroying Chinatown at killing 4.
- Chinese Exclusion Act instated in 1882. Prohibited legal immigration from China and blocked current immigrants from achieving citizenship.



-
- The 13th Amendment effectively ended enslavement in America unless for punishment for a crime; this particular clause will present many problems for Black & Latino people moving forward.
 - The 14th Amendment made the newly freedmen and women citizens of the United States of America, which was supposed to grant them the rights and protections of the Constitution.
 - The 15th amendment was supposed to grant free Black men the right to vote.
 - Lastly, the passage of the Civil Rights Act of 1866 was the first federal law in the United States to define citizenship and affirm that all citizens are equally protected by the law.
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WHAT LAWS WERE PUT IN PLACE?

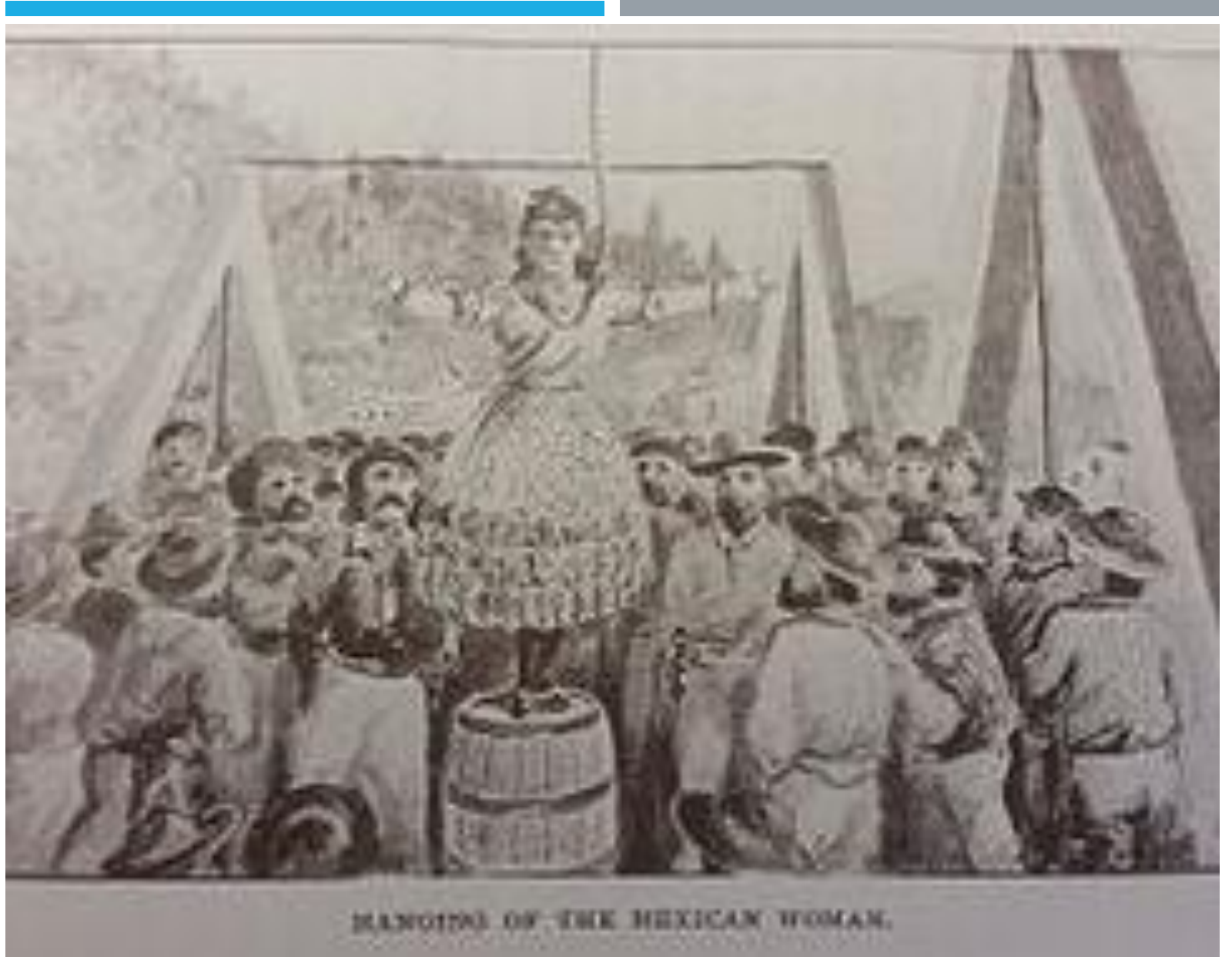


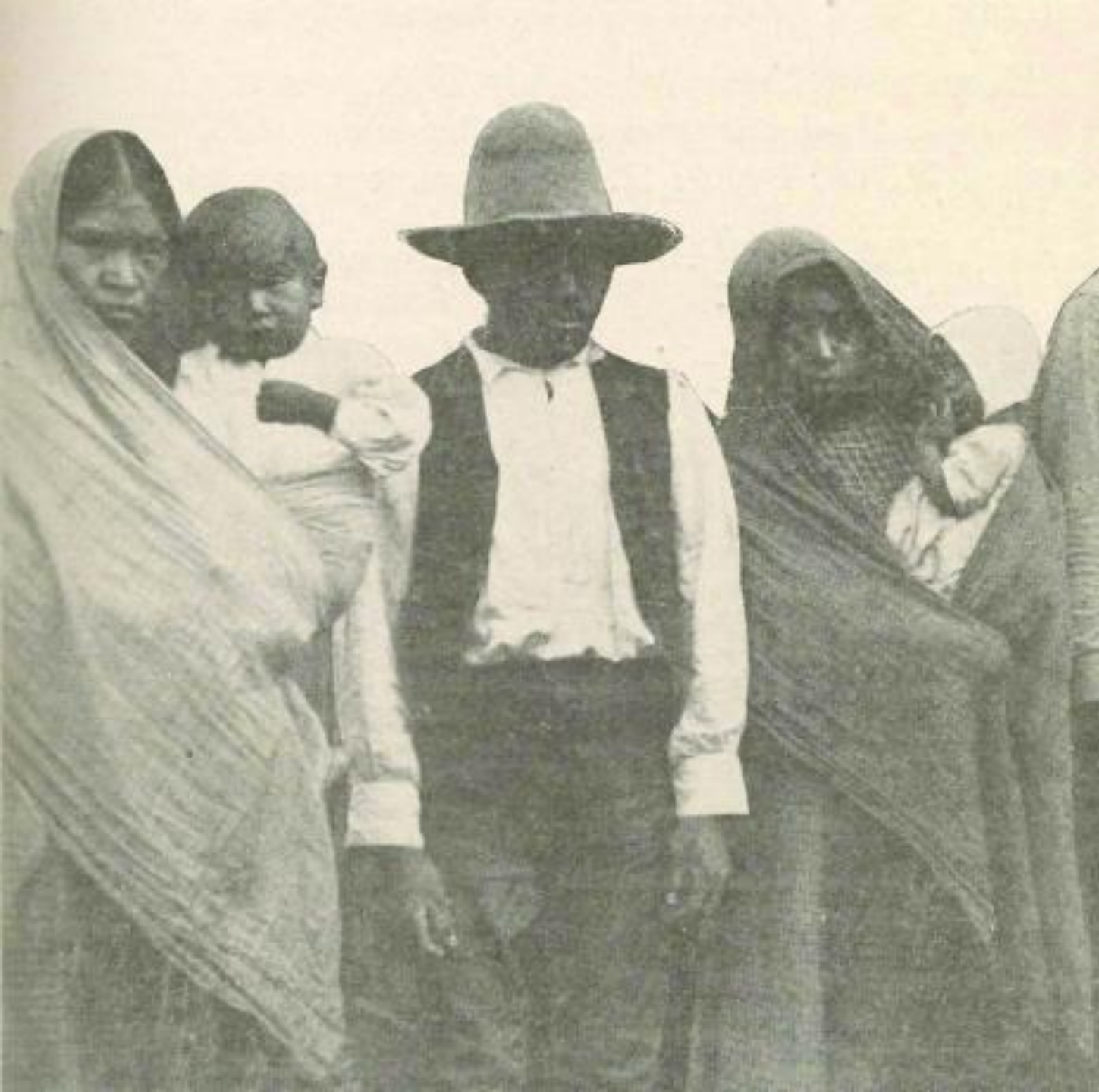
JIM CROW ERA (1890-1965)

- Despite the racism, discrimination, and domestic terrorism, the life expectancy of African Americans increased drastically. The average lifespan of a Black person in 1960 was approx. 62 yrs.
- Improvements in health outcomes were largely due to the Great Migration (1910-1970). By 1970, nearly half of the African American population migrated from the South to the North, West & Midwest.
- African Americans experienced less overt racism and discrimination and were paid a living wage in these regions.
- To this day, African Americans living in the South have poorer health outcomes than those living in other regions of the country.
- Interest in researching the African American community increases. IQ testing and the famous “Doll Test.” Also, a study of Holocaust survivors in 1966 found that trauma could be passed through generations.

JIM CROW ERA LYNCHINGS IN CALIFORNIA

- Between 1850 and 1935, there are estimates of 350 known racially motivated lynchings in California.
- Victims were mostly Latino, Native/Indigenous, and Asian.
- Victims included men and women.
- One of the most notable was Josefa Segovia, known as Juanita.





**1916 Typhus Outbreak
blamed on Mexican
immigrants and
refugees**



Immigration Act of 1917

COUNTY SAVED BY MEXICAN REPATRIATIONS

LOS ANGELES, Mar. 4. (CNS)—Saving more than \$2,000,000 to Los Angeles county taxpayers, 36,200 Mexicans have been sent back to their native land during the last two years through a combined repatriation program of the county welfare bureau and the Mexican government.

Besides effecting this huge saving to the county by eliminating them as indigent charges, the repatriates also have reduced the number of unemployed workers competing for jobs.

Frank L. Shaw, chairman of the board of supervisors, who championed the plan two years ago, announced that since 1931 transportation has been furnished by the county to 36,200 Mexicans on 13 repatriation trips to their native cities.

ated with the county in the repatriation program, announced that his office has arranged for transportation of 8800 during the same period while approximately 14,000 have been issued certificates to drive home in automobiles.

More than 1,000,000 pesos have been raised by popular subscription in Mexico, to aid these repatriates in unit agricultural pursuits, Hill declared.

It was estimated by Supervisor Shaw that before the end of 1933, more than 50,000 will have been repatriated from Los Angeles county.

TWINS

WASHINGTON, Iowa. (P)—In the student body of 175 pupils in St. Mary's parochial school here are eight pairs of twins. In addition to the twins who were born here, there are two who were born in Mexico.



Mexican Labor Organizing in the Southwest 1920s-1940s

The New Deal 1933

Franklin D. Roosevelt

- Resulted in the creation and expansion of suburbs.
- Between 1934 to 1968, 98% of home loans were given to White applicants.
- Construction of highways to provide access to suburbs often demolished existing BIPOC neighborhoods.



Japanese Internment 1942-1946

Franklin D. Roosevelt

During WWII, approximately 120,000 Japanese were forced into internment camps across the American West.



Segregation in Schools

Mendez vs. Westminster 1947



RULING GIVES MEXICAN CHILDREN EQUAL RIGHTS
Los Angeles Times (1886-Current File); Feb 20, 1946; ProQuest Historical Newspapers Los Angeles Times (1881 - 1986)
pg. 1

RULING GIVES MEXICAN CHILDREN EQUAL RIGHTS

Segregation of Mexican school-children from others in four Santa Ana school districts yesterday was held by U.S. Judge Paul J. McCormick to be a violation of their guarantees of equal rights under the 14th Amendment of the Constitution.

The opinion was written in connection with a suit filed by five parents of Mexican children asking for relief and an injunction forbidding the school district trustees from placing the Mexican children in separate

tion of the State. He held that inasmuch as violations of the 14th Amendment were indicated, the Federal court had a right to intervene.

"The evidence clearly shows," the opinion states, "that Spanish-speaking children are retarded in learning English by lack of exposure to its use because of segregation . . ."

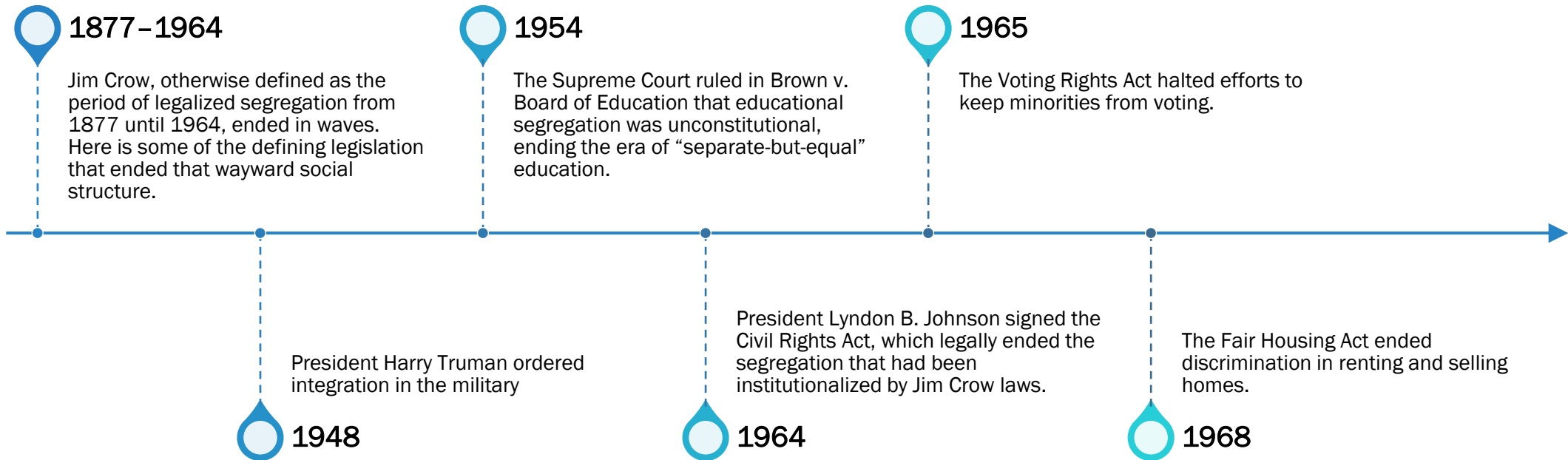
"It is also established by the record that the methods of segregation prevalent in the defendant school districts foster antagonisms in the children and

The Watts Race Riot 1965

- Triggered by police brutality and longstanding tension between Black residents and the police.
- Lasted from August 11th through August 16th, 1965.
- Left 34 dead and resulted in 40 million in damages.
- Lyndon B. Johnson's War on Poverty



HOW DID JIM CROW COME TO AN END?



Coastal Tri-County Area: Historical Context

● 1950s

Operation Wetback: A mass deportation of Mexican immigrants, including many who had been living and working in the Tri-Counties area for years.

● 1970s

The Immigration and Nationality Act of 1965: Eliminated national origin quotas, leading to increased immigration from Latin America and Asia, including to the Tri-Counties area.

● 1930s

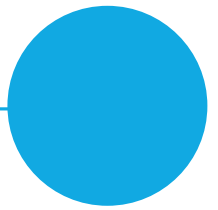
The Bracero Program: Temporary agricultural workers from Mexico recruited to work on farms in the Tri-Counties area, often facing poor working and living conditions.

● 1960s

Cesar Chavez and the United Farm Workers Movement: Farmworkers in the Tri-Counties area organized to protest poor working conditions and demand better wages and rights.

● 1980s

The Sanctuary Movement: Churches in the Tri-Counties area provided refuge for Central American refugees fleeing civil wars and political unrest.



WAR ON DRUGS/CRACK EPIDEMIC (1970-1995)

- Health outcomes steadily improved after slavery but stalled during this era.
- The life expectancy of African American women was 74 and dipped to 72 due to HIV/AIDS rates, homicides and the crack epidemic.
- The African American family experienced distress due to addiction, the removal of children into foster care, mass incarceration of both women and men for drug use and sale.
- The HIV/AIDS epidemic disproportionately impacted African American women. This was largely due to IV drug use, early sex, promiscuity, unprotected and risky sex. Also high rates of teenage pregnancy among African American girls.
- In the 1980's, Dr. Maria Yellow Horse Braveheart, a Native American social worker, coined the term Historical Trauma, "a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma."





THE WAR ON DRUGS

The war on drugs was a campaign led by the U.S. federal government, with the help of military aid and intervention, with the aim of reducing the illegal drug trade in the United States. The term was popularized by the media shortly after a press conference given on June 18, 1971, by President Richard Nixon—the day after publication of a special message from President Nixon to the Congress on Drug Abuse Prevention and Control—during which he declared drug abuse "public enemy number one".

DRUG RELATED STATISTICS AND FACTS

- Nearly 80% of people in federal prison and almost 60% of people in state prison for drug offenses are black or Latino.
- Research shows that prosecutors are twice as likely to pursue a mandatory minimum sentence for black people as for white people charged with the same offense. Among people who received a mandatory minimum sentence in 2011, 38% were Latino and 31% were black.
- Black people are more likely to be killed by law enforcement than other racial or ethnic groups. They are often stereotyped as being violent or addicted to alcohol and other drugs. Experts believe that stigma and racism may play a major role in police-community interactions.

The Beating of Rodney King 1991

- King was beaten after leading police on a high-speed chase.
- His beating was taped by an uninvolved citizen who then released the video to the media.
- One of the most high-profile incidents of police brutality in America due to new technology allowing evidence of police brutality to be documented.



The LA Riots 1992

- The outcomes of the Rodney King Trial and the killing of Latasha Harlins ignited racial tensions in Los Angeles.
- Lasted from April 29th to May 4th, 1992.
- Left 63 dead and resulted in over a billion in damages.



PRESENT DAY (1995-NOW)

- Despite continued improvement in health outcomes and life expectancy, African Americans still experience poorer health than their White, Latino & Asian counterparts.
- According to the CDC, the health disadvantages in African Americans are due to:
 - Heart Disease
 - Diabetes
 - Stroke
 - Perinatal Issues
 - Cancer
 - Homicide

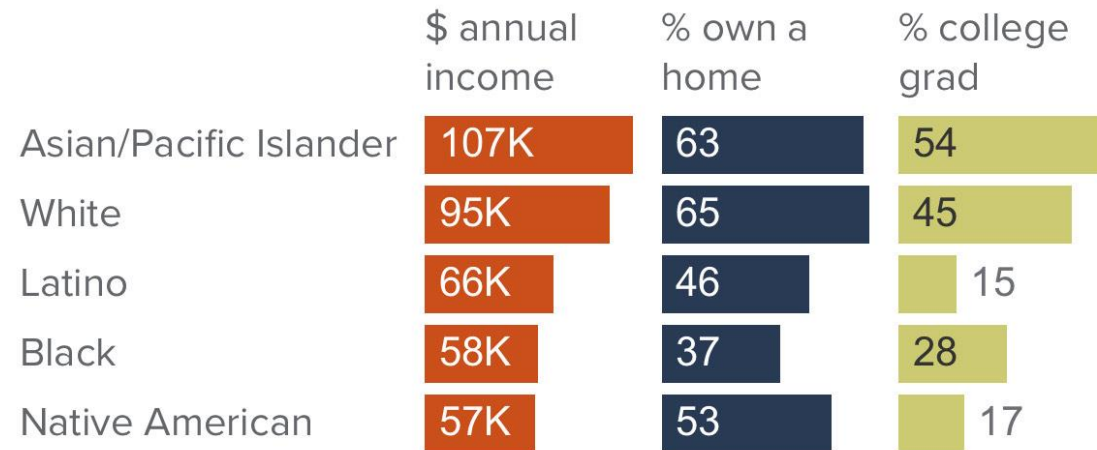


Economic & Educational Disparity in California

Persistent disparities still exist because of California's history. Impact is seen in Latino, African American & Native communities.

Public Policy Institute in California
<https://www.ppic.org/publication/race-and-diversity-in-the-golden-state>

Latinos, African Americans, and Native Americans lag behind on key socioeconomic measures



SOURCE: Author calculations using 2017-2021 5-year American Community Survey data from IPUMS USA: Version 12.0

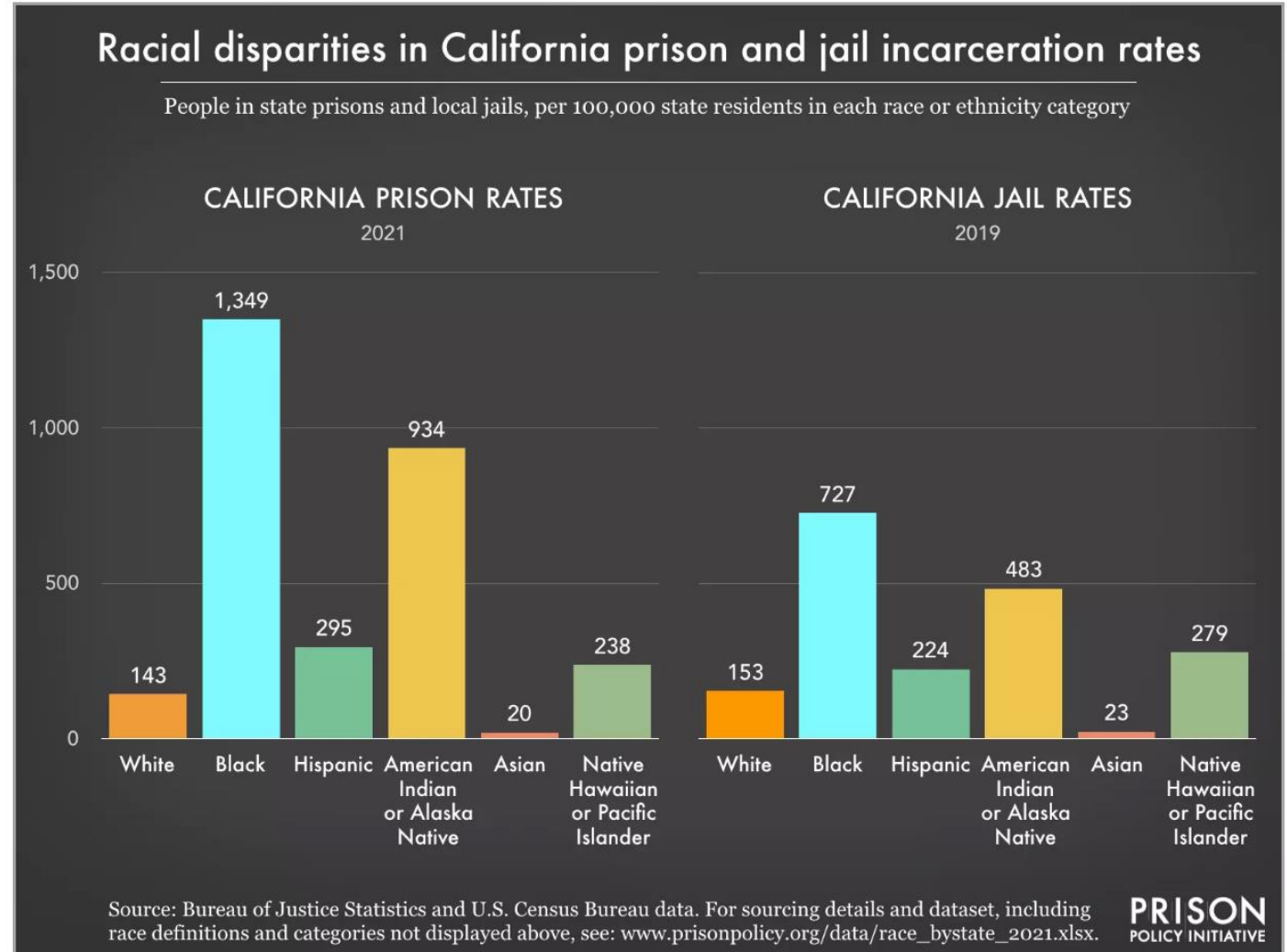
Get the data • Embed • Download image

California & Mass Incarceration

California ranks high in racial disparity in mass incarceration

Prison Policy Initiative: California Profile

<https://www.prisonpolicy.org/profiles/CA.html>



California & Mass Incarceration

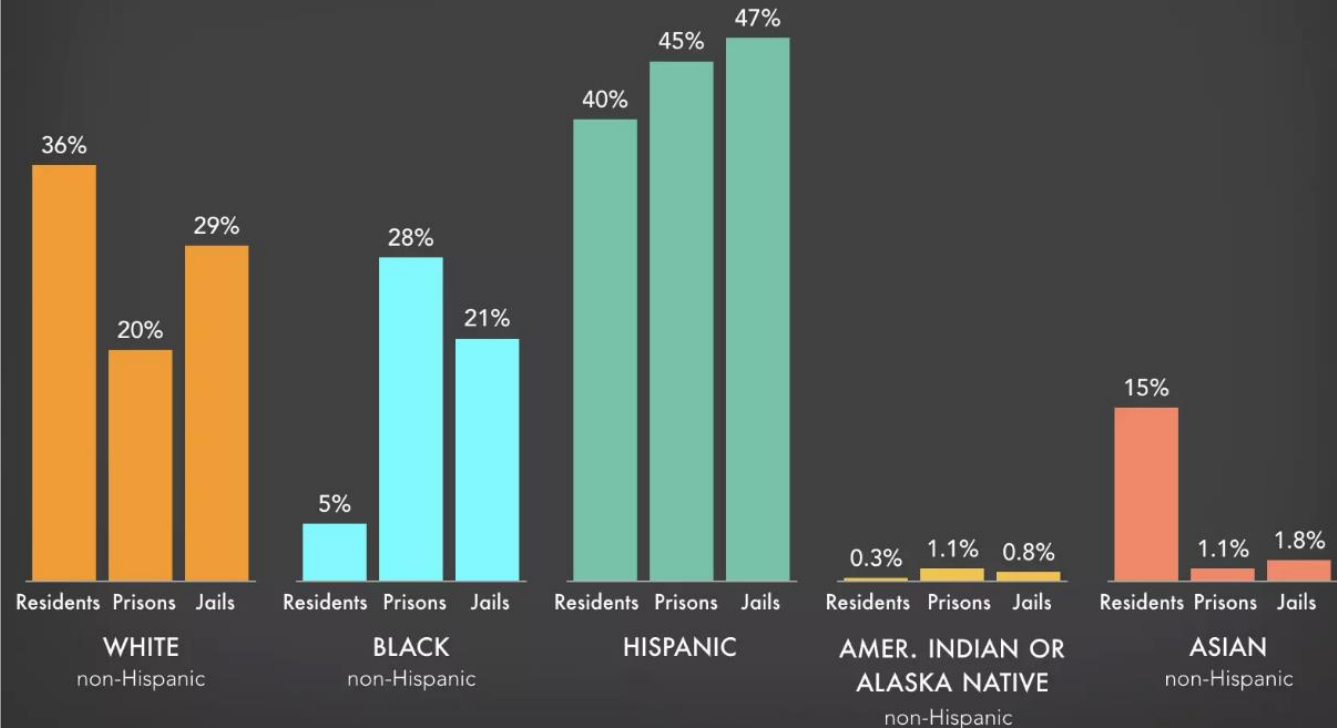
African Americans make up only 5% of the population but represent 21% in jail and 28% in prison.

Prison Policy Initiative: California Profile

<https://www.prisonpolicy.org/profiles/CA.html>

Comparing California's resident and incarcerated populations

Percentage of state residents, by race or ethnicity, compared to the percentage of people in the state's prisons in 2021 and in local jails in 2019, by race or ethnicity. Compared to the total state population, Black and Hispanic people are overrepresented in the incarcerated population, while white and Asian people are underrepresented.



Source: Bureau of Justice Statistics and U.S. Census Bureau data. For sourcing details and dataset, including race definitions and categories not displayed above, see: www.prisonpolicy.org/data/race_bystate_2021.xlsx.

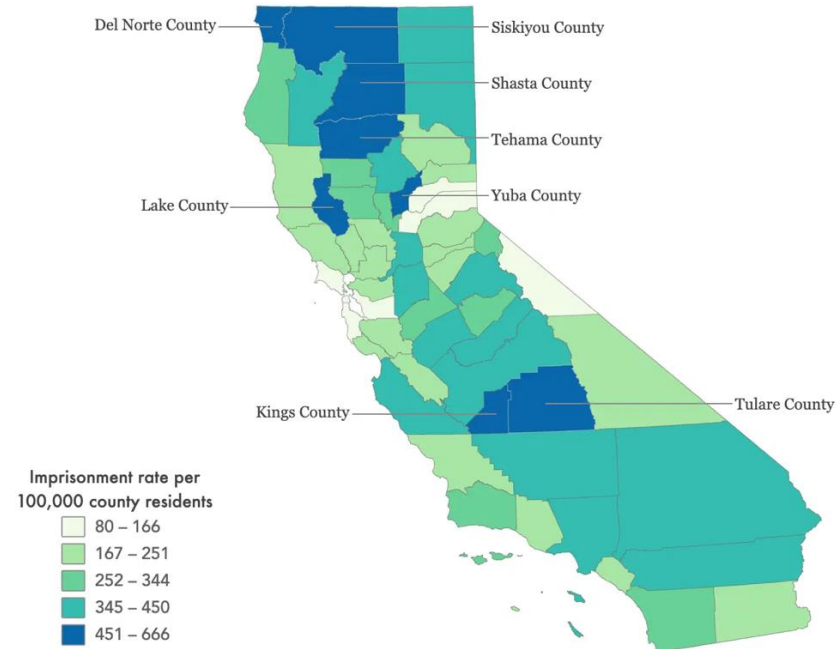
PRISON
POLICY INITIATIVE

California & Mass Incarceration

Prison Policy Initiative: California Profile

<https://www.prisonpolicy.org/profiles/CA.html>

High county imprisonment rates are clustered in a handful of northern and central California counties



Using 2020 census data, we looked at **where people in California prisons come from**. We found mass incarceration harms all corners of the state.

The Most Impacted



Historical Trauma among Indigenous Communities

Root cause is the long-lasting impacts of colonization, displacement, and cultural suppression experienced by Native American tribes in California.



Impacts on Latino Communities

Challenges faced by Latino populations include discrimination, limited access to resources, and intergenerational trauma.



African American Experience

Impact due to the historical and ongoing effects of systemic racism, segregation, and social inequities on African American communities in California.

The examination of the complex and deeply rooted historical trauma experienced by marginalized communities in California provides a foundation for understanding the lasting impacts and the need for meaningful ongoing dialogue and action.

HEALING



SAMHSA's

6 Trauma-Informed Principles



1. SAFETY



**2. TRUSTWORTHINESS
& TRANSPARENCY**



3. PEER SUPPORT



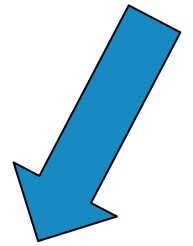
**4. COLLABORATION
& MUTUALITY**



**5. EMPOWERMENT
VOICE & CHOICE**



**6. CULTURAL, HISTORICAL,
& GENDER ISSUES**

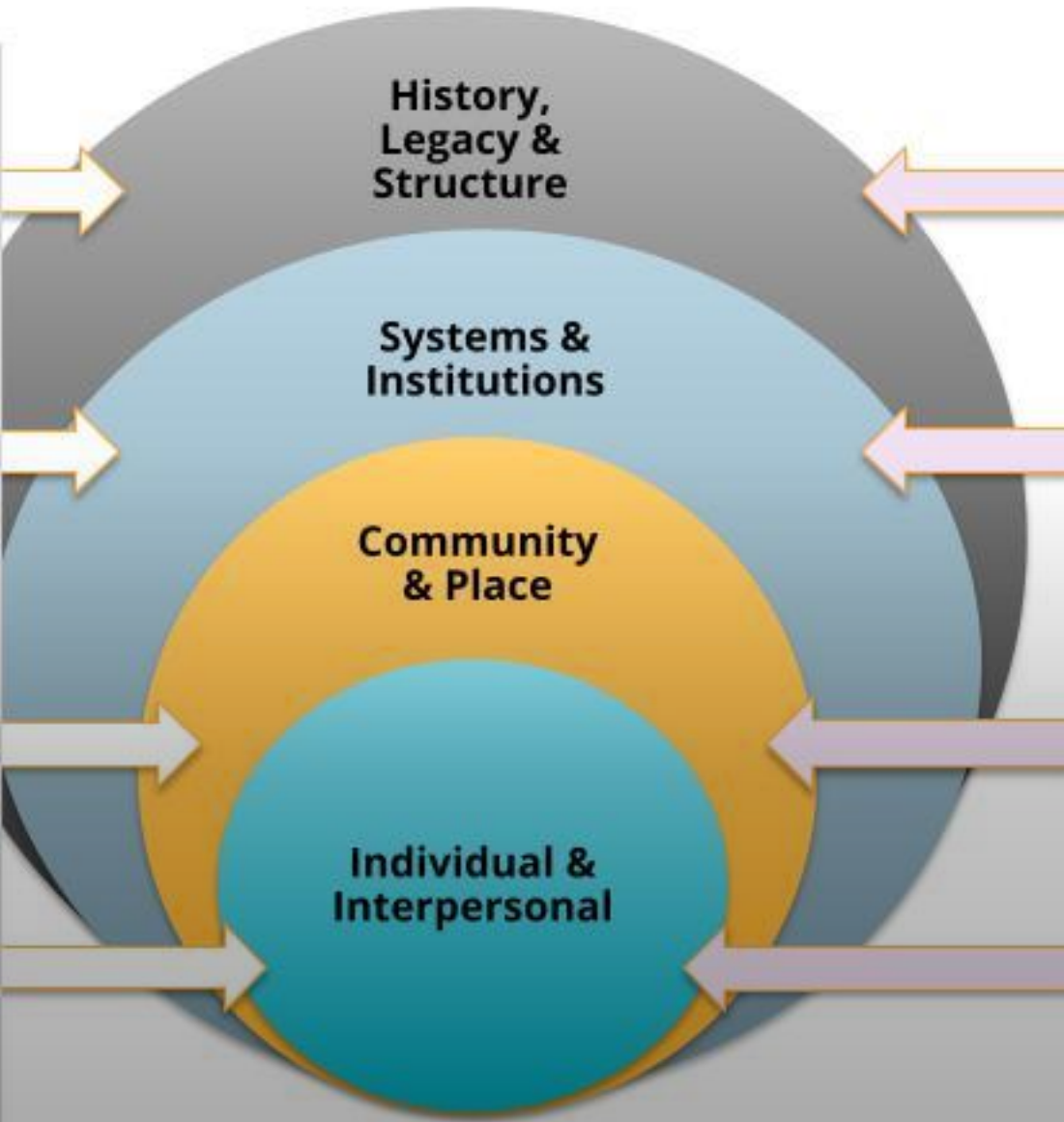


Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Resource Extraction, White Supremacy, Patriarchy...

Systemic Subjugation of BIPOC by Interacting Policies & Systems: (Capitalism): Broken Treaties, Jim Crow, War on Drugs, Mass Incarceration, Criminalization of Poverty & Survival, Anti-Immigrant/Imperialist Policies, Redlining and Gentrification, Climate Violence, Harmful Media Narratives ...

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation/Gender Violence, Displacement, Lack of Safe Passage and Spaces; Lack of Green Spaces, Underinvestment, Oversurveillance...

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying/Gender Violence, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission...



Collective Liberation by Truth & Reconciliation, Reparations, LandBack, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, Gender Justice, Just Transitions...

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Identity Affirming, Adaptive, Responsive, and Proximate, Land and Power-sharing (Nothing about us without us)...

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Land Acknowledgement, Arts & Expression, Base & Power-Building...

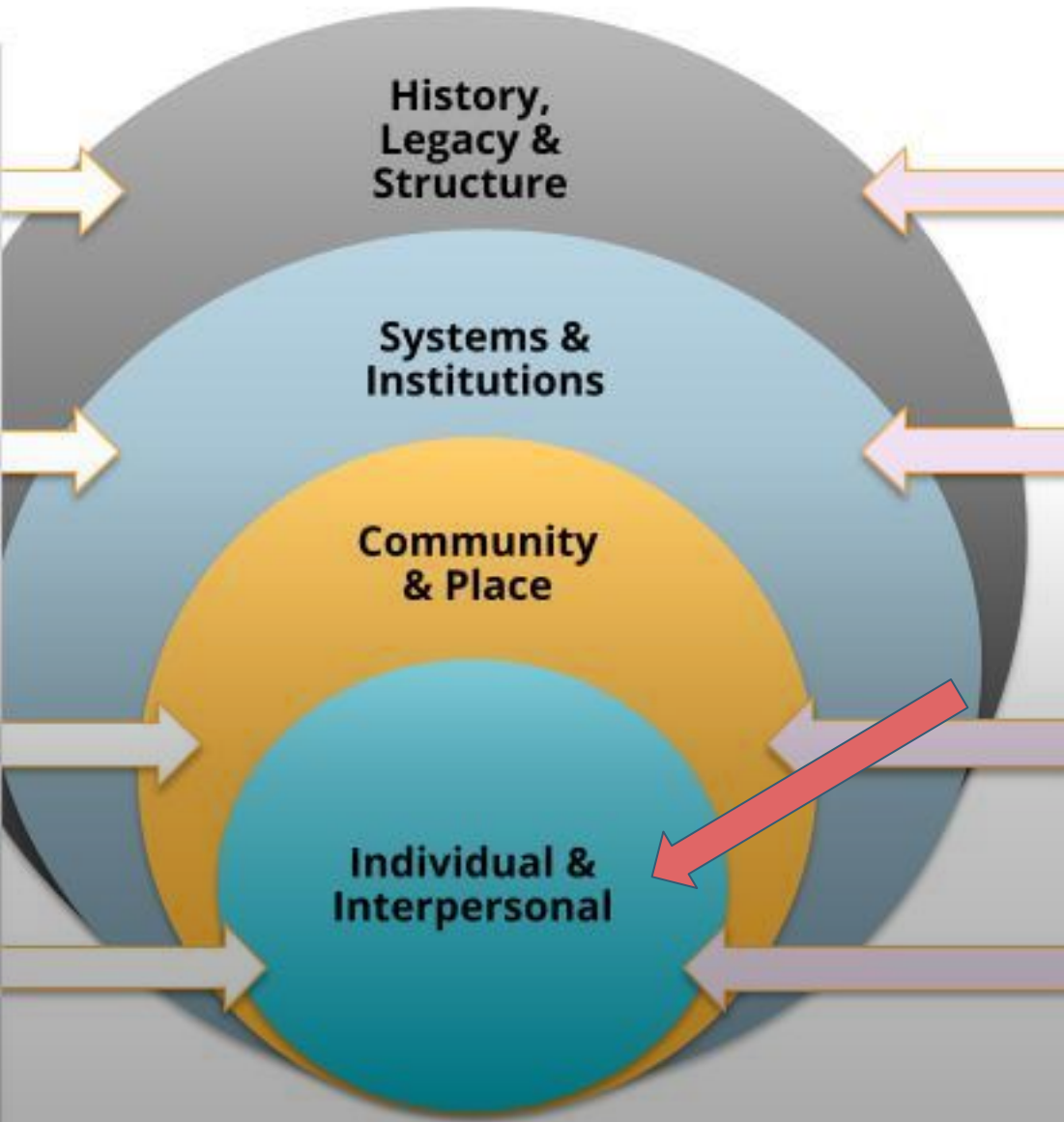
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Interacting Layers of Trauma and Healing

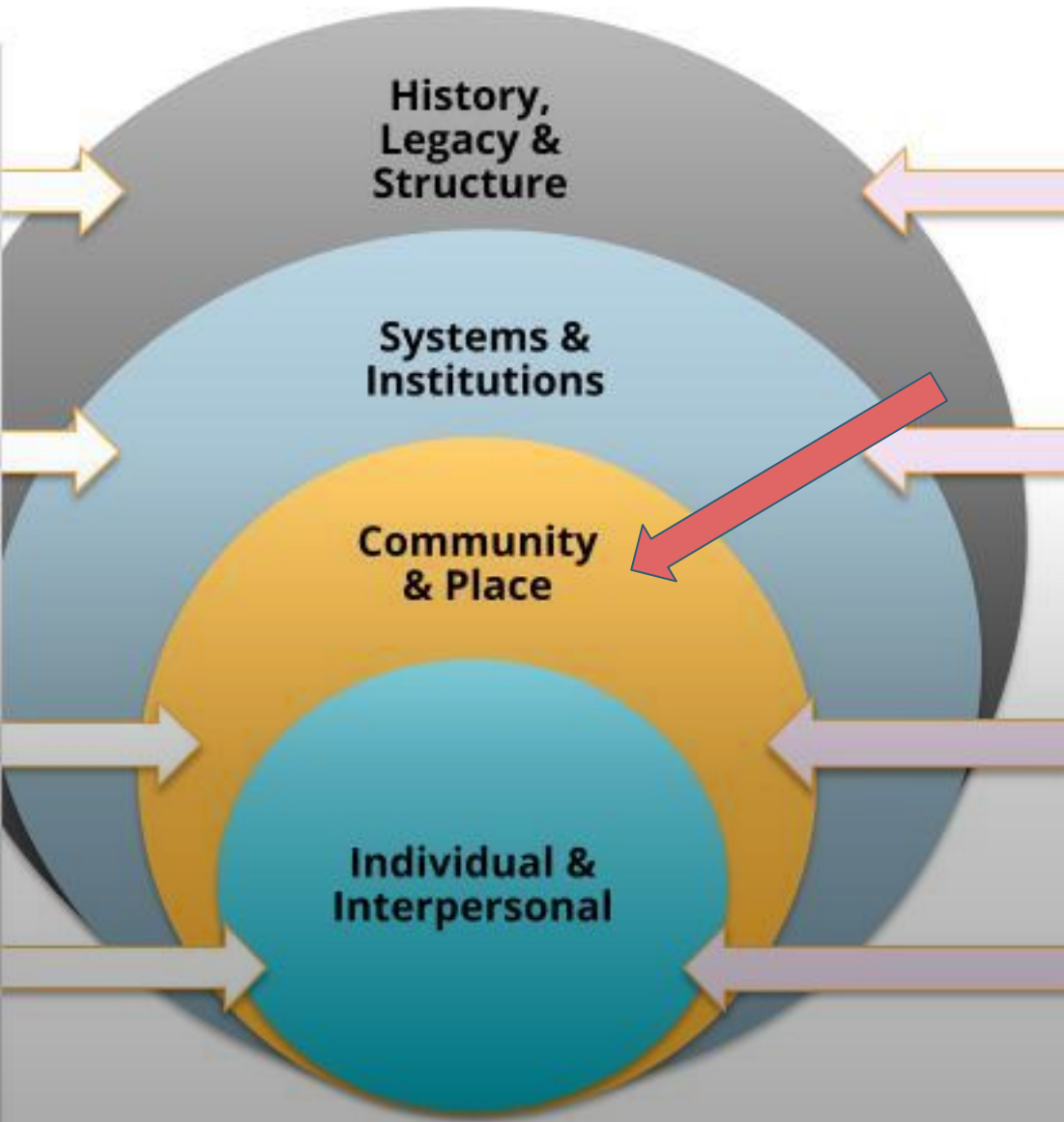


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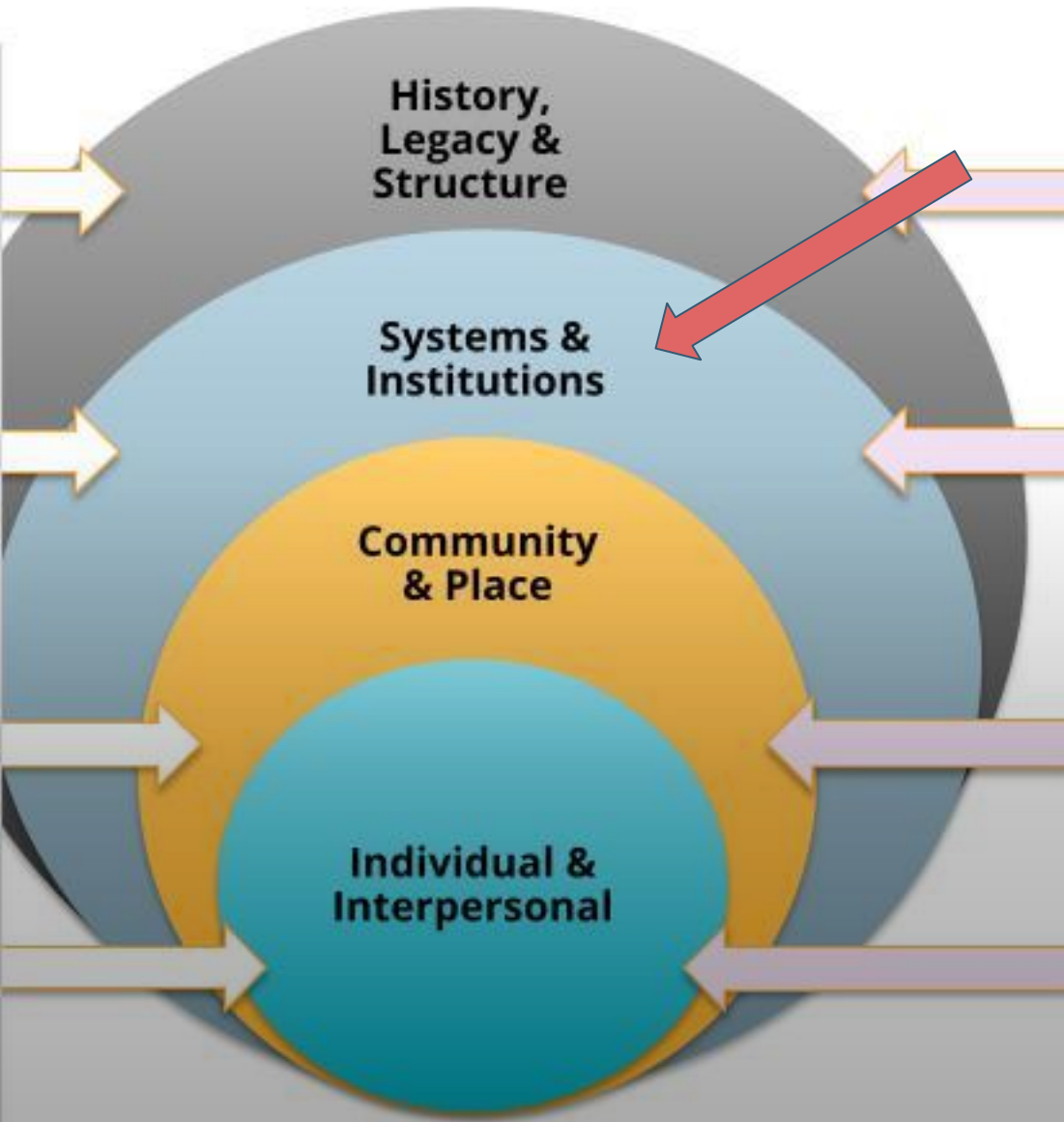
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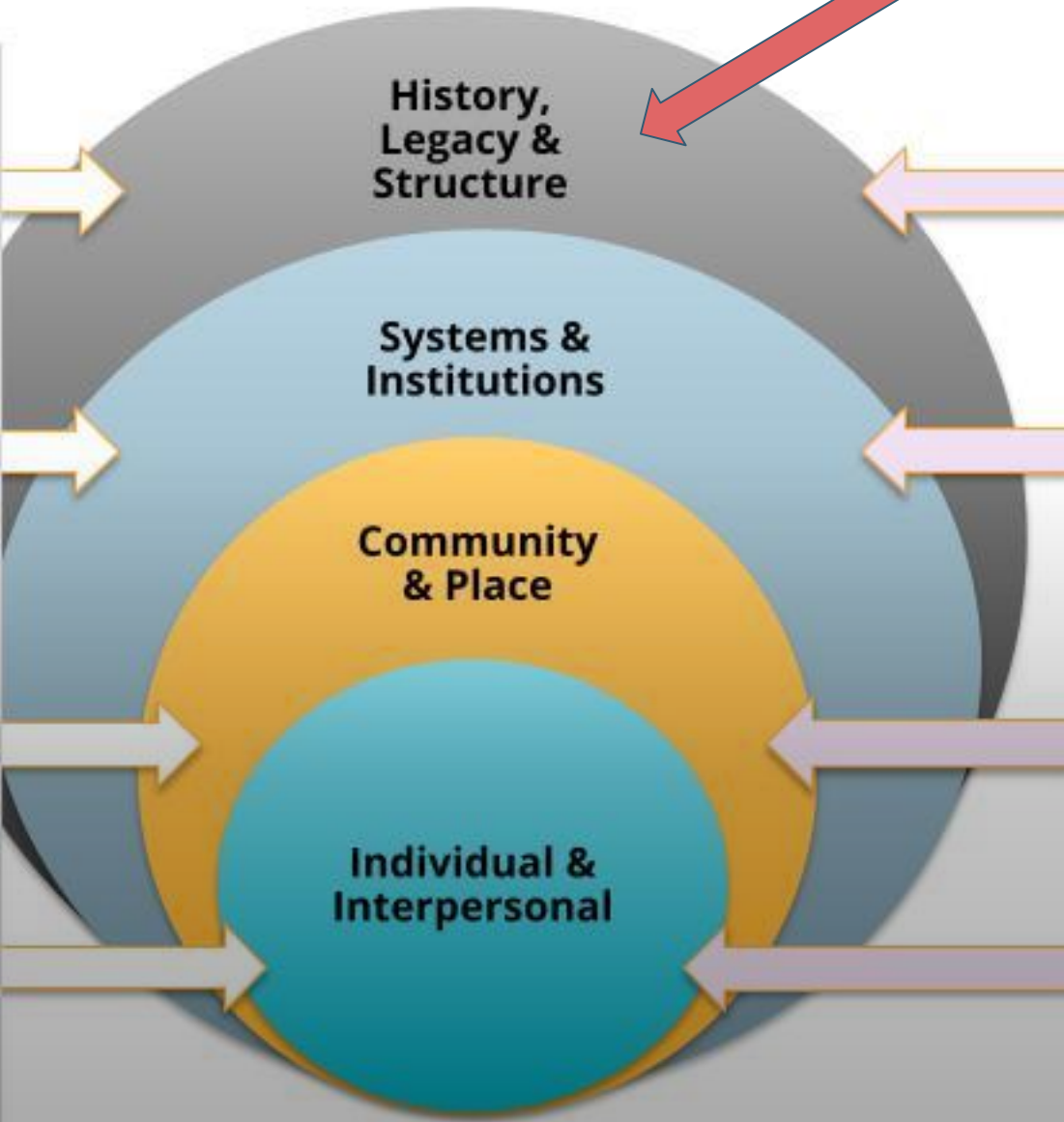
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Ancestral Wisdom

- **Mindfulness and Meditation**

Incorporating traditional African & Indigenous practices such as Ifa meditation, which emphasizes presence, stillness, and connection to the divine within.

- **Herbal Remedies**

Utilizing time-honored medicinal plants and herbal preparations to address physical, emotional, and spiritual well-being.

- **Ancestral Rituals**

Engaging in traditional African & Indigenous rituals and ceremonies, such as cleansing rituals, to honor one's lineage and tap into the wisdom of the ancestors.

- **Community Healing**

Fostering a sense of community and collective healing through traditional African & Indigenous practices that emphasize interconnectedness and the role of the community in the healing process.

- **Holistic Approach**

Embracing a holistic view of health and wellness that incorporates the physical, mental, emotional, and spiritual aspects of the individual, in alignment with traditional African & Indigenous philosophical and healing frameworks.

Integrating Spirituality

The Importance of Spirituality for BIPOC

Explore how spirituality and cultural practices can play a significant role in the healing process for BIPOC. Discuss the historical and cultural significance of these practices and their impact on mental, emotional, and physical well-being.

Incorporating Spiritual Practices

Discuss various spiritual and cultural practices that can be integrated into healing-centered approaches for BIPOC. Tailor the holistic approach to the unique cultural needs and experiences of BIPOC, drawing from their ancestral wisdom and healing traditions.

Barriers and Challenges

Acknowledge the potential barriers and challenges that BIPOC may face in accessing or incorporating spiritual and cultural practices into their healing journey, such as societal stigma, lack of representation, and systemic oppression.

Empowering BIPOC

Emphasize the empowering and transformative potential of integrating spirituality and cultural practices into the healing process for BIPOC. Highlight how this can foster self-awareness, resilience, and a deeper connection to one's roots and community.

CONTACT:

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