Trauma Informed Community Development

Overview
How do you define Community Development?
Community Development

- “Is a process where community members come together to take collective action and generate solutions to common problems.
- Community well-being (economic, social, [health] environmental, and cultural) often evolves from this type of collective action being taken at a grassroots level.”

Community Development = Community Wellbeing
Are people healthy enough to sustain opportunity?
Individual Risk Factors

- Parents’ lack of understanding of children’s needs, child development and parenting skills
- Parents’ history of child maltreatment in family of origin
- Substance abuse and/or mental health issues including depression in the family
- Parental characteristics such as young age, low education, single parenthood, large number of dependent children, and low income
- Nonbiological, transient caregivers in the home (e.g., mother’s male partner)
- Parental thoughts and emotions that tend to support or justify maltreatment behaviors

https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html
Family Risk Factors

- Social isolation
- Family disorganization, dissolution, and violence, including intimate partner violence
- Parenting stress, poor parent-child relationships, and negative interactions

https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html
Community Risk Factors

- Community violence
- Concentrated neighborhood disadvantage (e.g., high poverty and residential instability, high unemployment rates, and high density of alcohol outlets), and poor social connections.

https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html
## Family Protective Factors

<table>
<thead>
<tr>
<th>Nurturing parenting skills</th>
<th>Adequate housing</th>
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<tbody>
<tr>
<td>Stable family relationships &amp; Social networks</td>
<td>Access to health care and social services</td>
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<tr>
<td>Household rules and child monitoring</td>
<td>Caring adults outside the family who can serve as role models or mentors</td>
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<td>Parental employment</td>
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[https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html](https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html)
Community Protective Factors

Communities that support parents and take responsibility for preventing abuse

https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html
Historical Trauma & Transgenerational Trauma

- Trauma experienced in one generation can be passed down through proceeding generation through parenting styles, story telling, environment, and biology.
- Result in an intergenerational cycle of trauma response
- Examples:

<table>
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<tr>
<th>Denial</th>
<th>Isolation</th>
<th>Memory Loss</th>
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<tbody>
<tr>
<td>Nightmares</td>
<td>Feeling Numb</td>
<td>Hypervigilence</td>
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<tr>
<td>Substance Abuse</td>
<td>Identification with Death</td>
<td>Survivor Guilt</td>
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<td>Unsolved Grief</td>
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Trauma Affected Community: Putting it all together

- Make explicit the lived experience of trauma and meaning-making made in the context of the community
- Illuminate the complex interwoven web of systemic issues/variables influencing disparities and the overall wellbeing of a community
- Can be passed down through the generations.
Trauma Affected Community: Putting all together

- A shared experience of suffering that characterizes the personal experiences of many in the community.
- Not a singular event, but Layering of traumas
  - Such as chronic unemployment, crime, drugs, homelessness, hunger, abuse, poverty, and most profoundly brokenness and radical isolation
- Community culture is informed by trauma
- Trauma can be the foundation upon which the community worldview is laid
Trauma Informed Community Development (TICD)

As informed by the lived experience of trauma, both personal and collective, TICD is a framework that establishes and promotes resilient, healing & healthy communities so people can be healthy enough to sustain opportunity and realize their potential.
Trauma Affected Community vs. Resilient, Healing and Healthy Community

- **Community resilience** is a measure of the sustained ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations.
- TICD works to facilitate a transformation from Trauma Affected Community to Resilient, Healing and Healthy Community
Foundations for Community Resilience

- **People** – The power to envision the future of the community and build its residence resides with community members.

- **Systems Thinking** – Systems thinking is essential for understanding the complex, interrelated crises now unfolding and what they mean for our similarly complex communities.

- **Adaptability** – A community that adapts to change is resilient. But because communities and the challenges we face are dynamic, adaptation is an ongoing process.
Foundations for Community Resilience Cont’d

- **Transformability** – Some challenges are so big that it’s not possible for the community to simply adapt. Fundamental, transformative changes may be necessary.
- **Sustainability** – Community resilience is not sustainable if it serves only us and now. It needs to work for other communities, future generations, in the ecosystems on which we all depend.
- **Courage** – As individuals and as a community, we need courage to confront challenging issues and take responsibility for our collective future.

*the Carbon Institute*
Trauma Informed Community Development

- Community Support = Engage
- Health and Wellbeing = Heal
- Leadership Development = Empower
Empowering Agents of Positive Change

- Behavioral Health Community Organizers
  - Micro-community Interventions
  - Consultative Workshop
  - imHealthy
- Trauma Responders
- Community Health Workers
- Community Health Deputies