

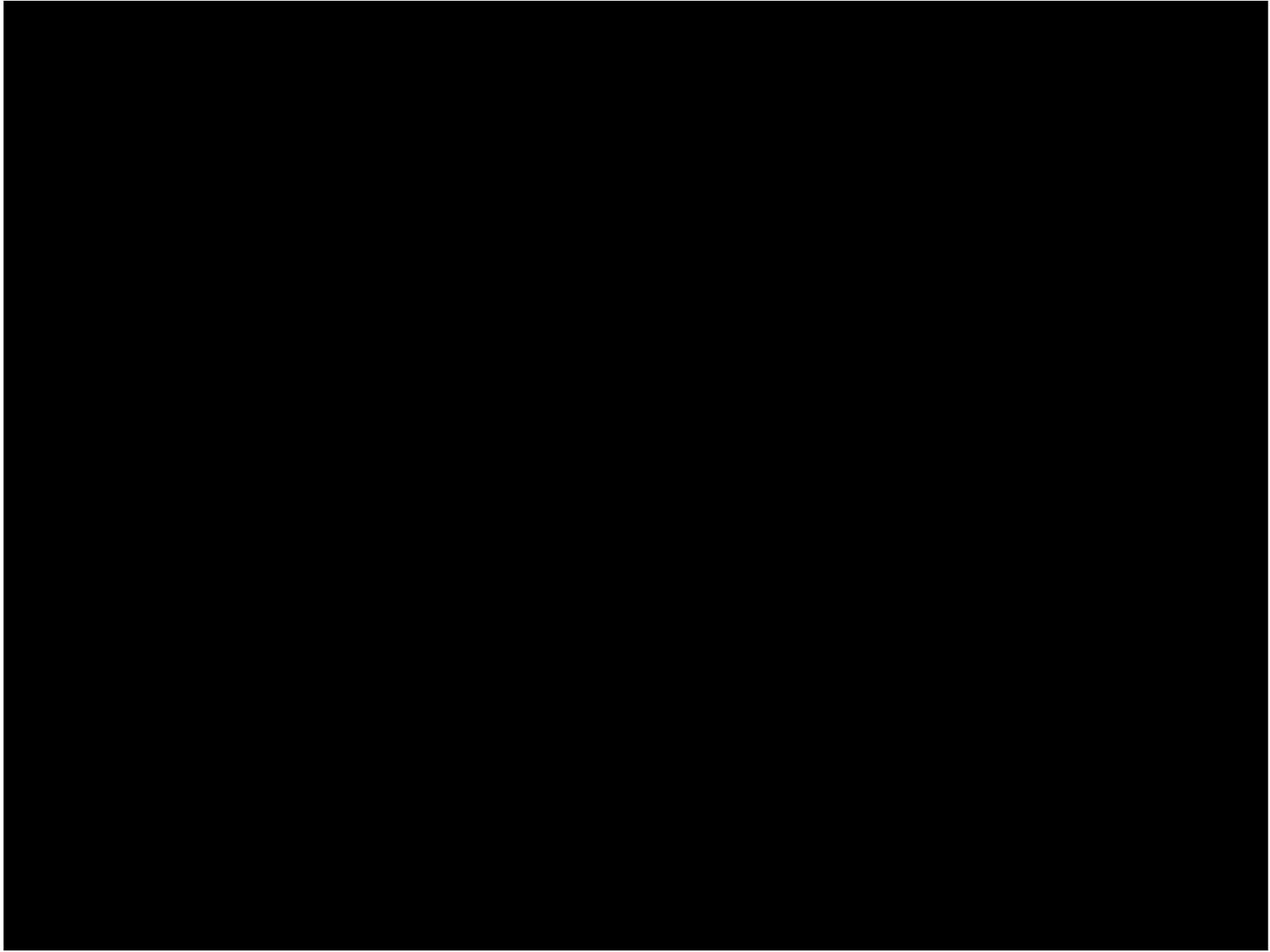


*BOSTON CITY  
HOSPITAL*

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# POST TRAUMATIC STRESS DISORDER:

HYPERAROUSAL/HYPERREACTIVITY

RE-EXPERIENCING/INTRUSIVE SYMPTOMS

EMOTIONAL NUMBING/AVOIDANCE

NEGATIVE ALTERATION IN COGNITION AND MOOD

*"None of the people I knew in the Sandbox is alive today"*



**Trauma**

*"My cousin was shot in his bed"*



*"I don't sleep at night"*



**Hyperarousal**

*"Nightmares. Wake up crying, feeling lonely, wanting revenge"*



**Depression  
Reexperiencing**

*"My brother wanted me to hold him. I was crying panicking"*



**Trauma**

*"After that, I knew I would get shot."*



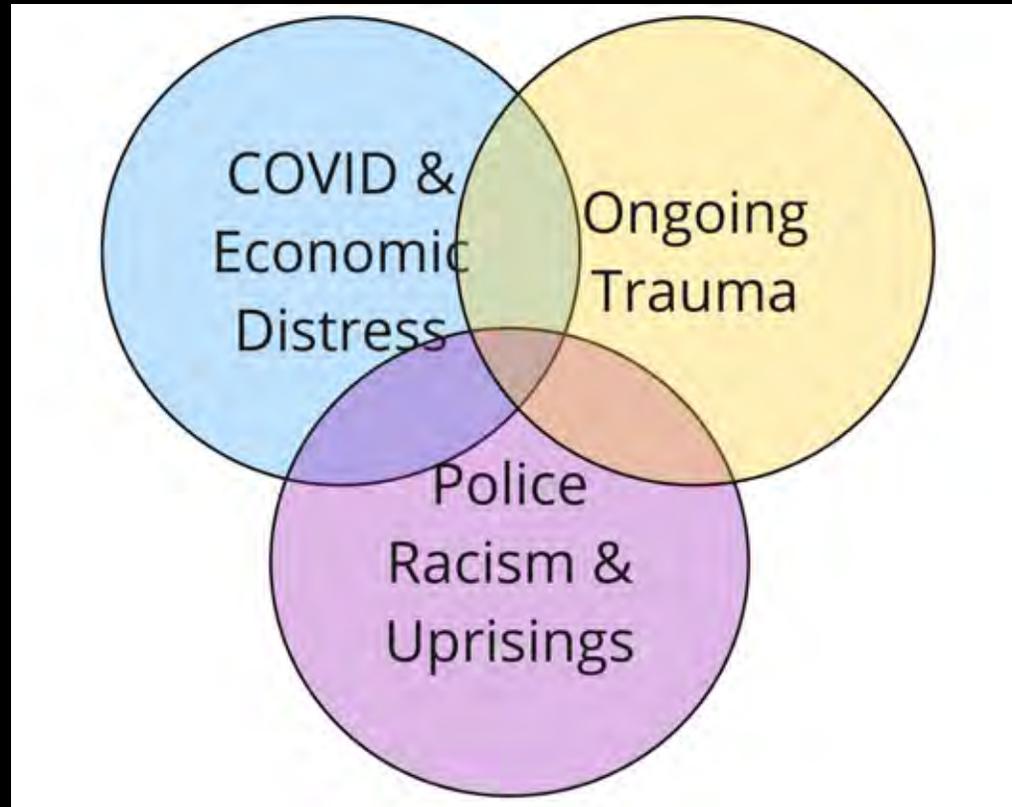
**Hyperarousal**



# WHAT IS RACIAL TRAUMA?

Racial trauma can result from major experiences of racism such as workplace discrimination or hate crimes, or it can be the result of an accumulation of many small occurrences, such as everyday discrimination and microaggressions.

American Psychological Association







WHAT CAN WE DO?

# HEALING HURT PEOPLE: A HOSPITAL-BASED VIOLENCE INTERVENTION PROGRAM



Center for Non-Violence and Social Justice  
Drexel University College of Medicine/School of Public Health

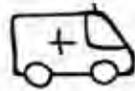
# *TRAUMA-INFORMED CARE*

- PSYCHOLOGICAL AND SPIRITUAL, NOT JUST PHYSICAL WOUNDS OF VIOLENT INJURY NEED TO BE ADDRESSED
- ACKNOWLEDGES THE PAIN THAT PATIENTS HAVE EXPERIENCED OVER THE COURSE OF THEIR LIVES, BOTH PERSONAL AND STRUCTURAL
- UNDERSTANDS THAT TRAUMA FEEDS THE CYCLE OF VIOLENCE

## Violent Injury



## Hospital: "Window of Opportunity"



## Consequences of Trauma



*Physical Wounds*



*Emotional Wounds*



*Self Medication*



*Joblessness*



*Court Involvement*

## HHP



*Assessment*



*Psychoeducation*



*Case Management*



*Counseling/Therapy*



*SELF Groups/  
Culturally  
Responsive  
Healing*

## Goals



*Safety*



*Managing  
Emotions*



*Healing from  
Racial Trauma*



*Future*

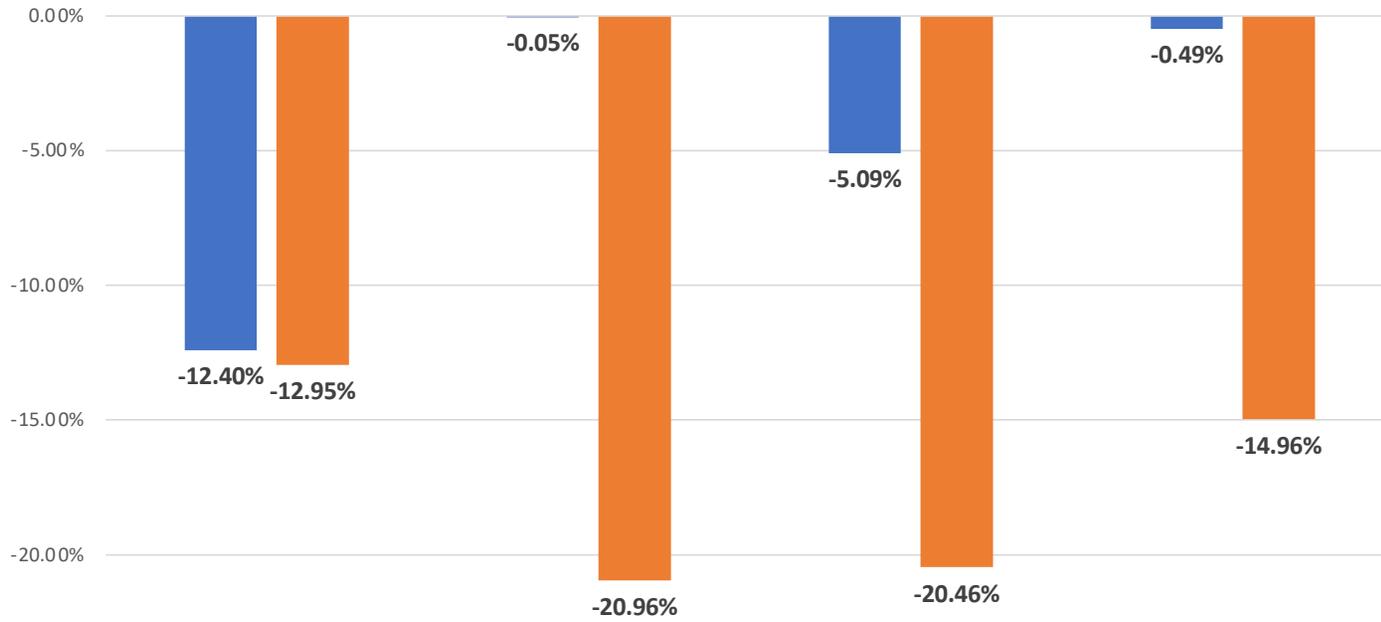


*Health Care*



*Connection to  
Opportunity  
Grid*

## CHANGES IN PSYCHOLOGICAL AND BEHAVIORAL SYMPTOMS SCORES (%) FROM BASELINE TO 6 MONTHS



	PTSD	Depression	Sleep Disturbance (Raw Score)	Perceived Stress
■ Control	-12.40%	-0.05%	-5.09%	-0.49%
■ Intervention	-12.95%	-20.96%	-20.46%	-14.96%

■ Control   ■ Intervention



Racial oppression is a traumatic form of interpersonal violence which can lacerate the spirit, scar the soul, and puncture the psyche.

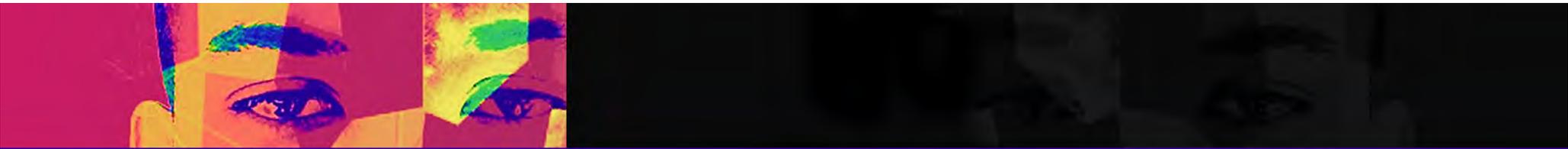
## Healing the Hidden Wounds of Racial Trauma

*Kenneth V. Hardy*

A disproportionate number of children and youth of color fall in school and become trapped in the pipelines of treatment, social service, and justice systems. This article examines racial trauma and highlights strategies for healing and transformation.

All service systems for youth encounter young people of color who can be challenging to treat, reach, and teach. Our difficulty in meeting their needs is not just because of greater "pathology" or "resistance" as some assert. Rather, we fail to appreciate the ways in which race is entangled with their suffering.





WOUNDS OF RACIAL TRAUMA

INTERNALIZED DEVALUATION

ASSAULTED SENSE OF SELF

INTERNALIZED VOICELESSNESS

RAGE

HEALING

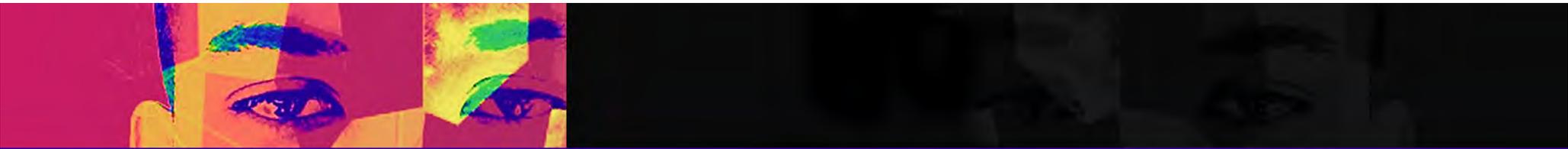
AFFIRMATION & ACKNOWLEDGEMENT

CREATING SPACE FOR RACE

RACIAL STORYTELLING

RECHANNELING RAGE

*Hardy, K.V. (2013). Healing the hidden wounds of racial trauma. Reclaiming Children and Youth, 22(1), 24.*



WOUNDS OF RACIAL TRAUMA

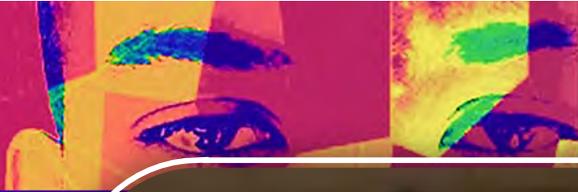
HEALING

RAGE

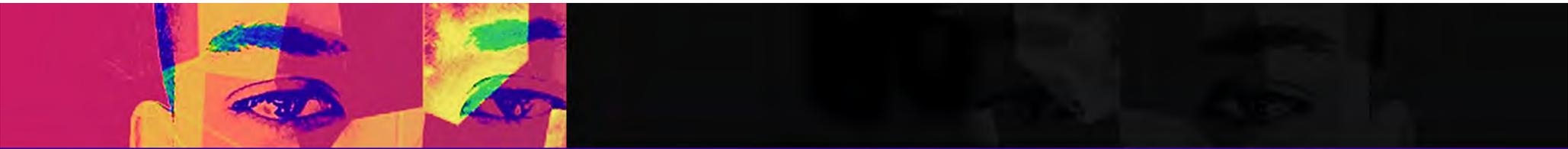
RECHANNELING RAGE

*Hardy, K.V. (2013). Healing the hidden wounds of racial trauma. Reclaiming Children and Youth, 22(1), 24.*









WOUNDS OF RACIAL TRAUMA

INTERNALIZED  
VOICELESSNESS

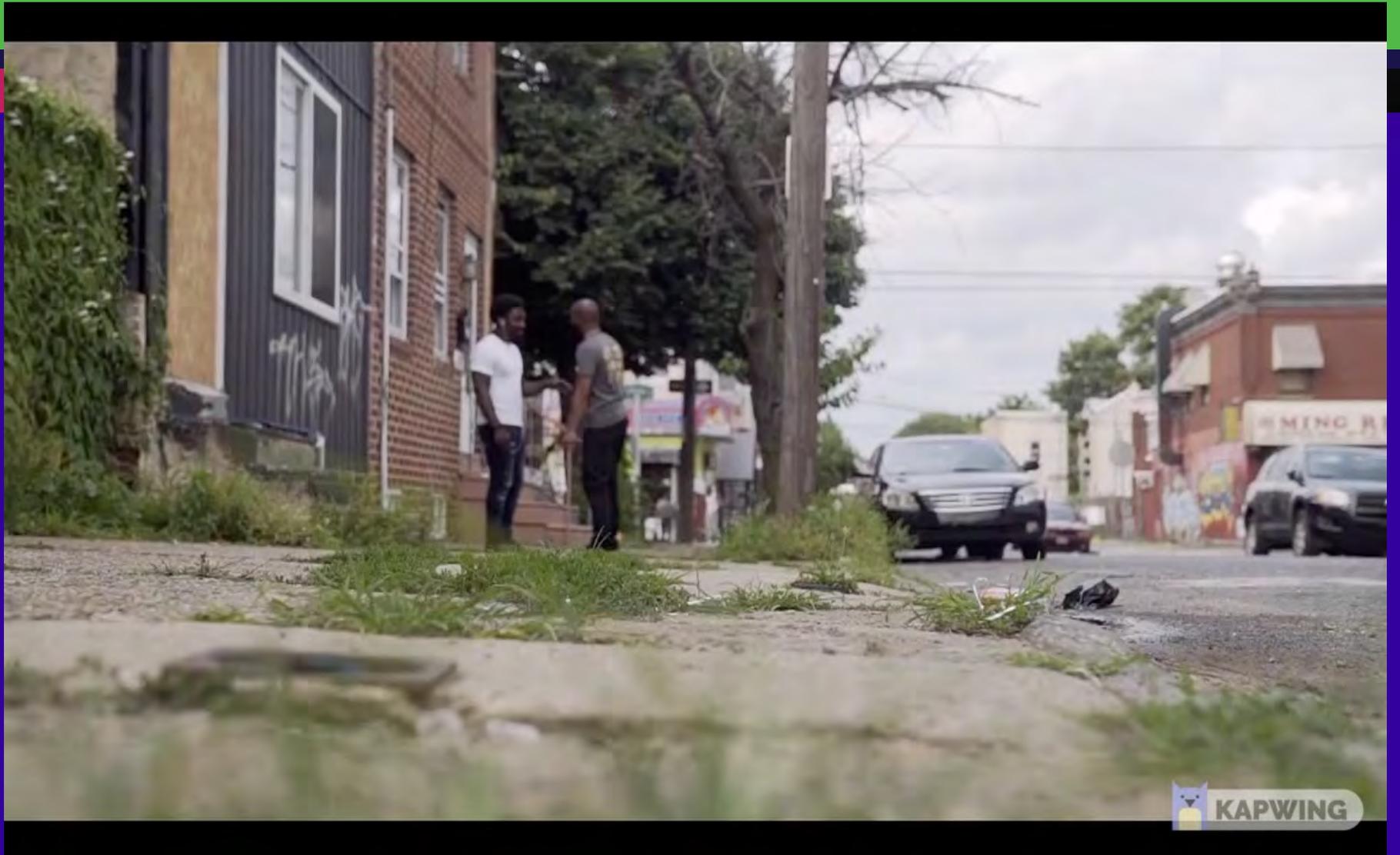
HEALING

RACIAL STORYTELLING

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#OurWordsHeal





[OUR WORDS HEAL] STRATEGIES > 8 In-Person Events, 500 Attendees, 500+ Giveaways

Mastery Charter Day of Healing



Black Market



Hunting Park Cleanup

Sister Walk



Peace Not Guns Rally



Investing in Safer Communities Rally



Hoop Dreams Basketball Tournament



Germantown Community Safety Hearing

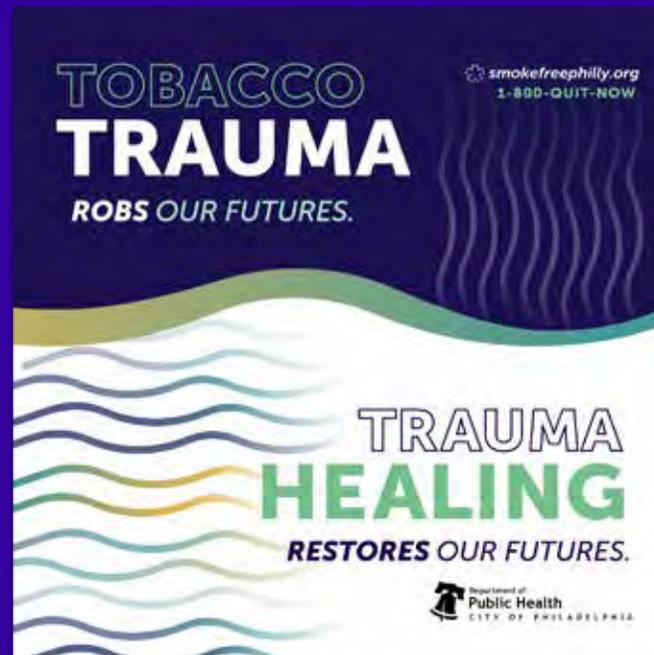


[OUR WORDS HEAL] STRATEGIES

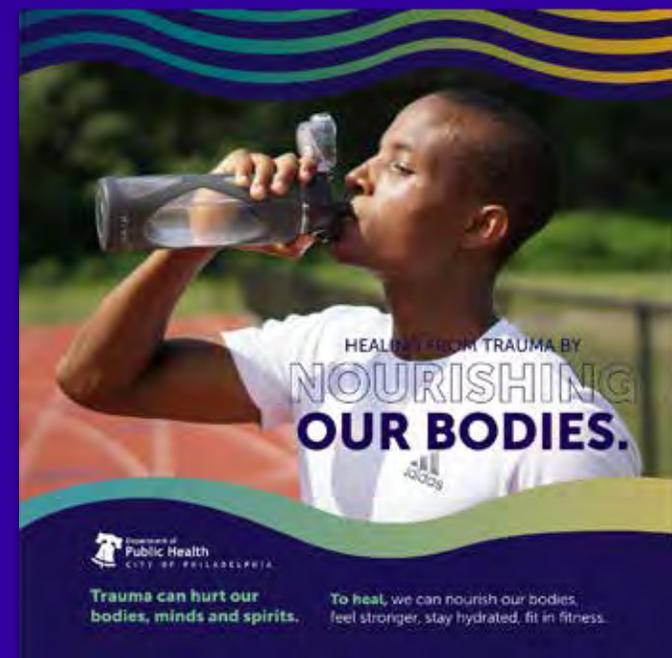
PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH



INJURY PREVENTION



TOBACCO POLICY AND CONTROL



NUTRITION AND PHYSICAL ACTIVITY





## [OUR WORDS HEAL] : STRATEGIES

### Asian Women Warriors on Racism and Misogyny



“It was healing for me to realize I’m not alone in this way.” “I found this very cathartic.” “I watched your panel yesterday while I was doing some work and just wanted to say how moving it was.”

### Latinx Creatives on the Art of Trauma Healing

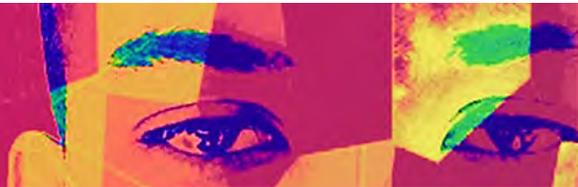


“Looking forward to the panel. Let’s heal” “Wish you were my teacher when I was younger!” “Thank you all for this conversation! I enjoyed every minute of it. I’m with the Philadelphia Police Department... You all are awesome!”

### Black Social Enterprises Advancing Trauma Healing



“Glad to be connected to some dope people!” “Thank you for sharing you and the work you all are doing in the world!” “Appreciate your vulnerability and energy!”



#OurWordsHeal

# THE CONVERSATION IS WIDE OPEN.

## #OurWordsHeal

News headlines focus on statistics and our struggle. Stories may tell how we're surviving, but not enough show how we're healing to thrive.

That's because too often we're not doing the talking. We're talked about, not with.

We're asking you to join us in changing this narrative. To break the stigma for those who hurt in silence. To speak our truth for healers who seek insight. To share stories that heal ourselves and our community.

JOIN THE CONVERSATION



**"I won't listen to nobody about trauma if they've never been through anything traumatic." —Khyle**