

TRAUMA

Trauma is exposure to events that are overwhelming & mentally/ emotionally disturbing, as a threat to one's safety or wellbeing.



- 60% of ppl have been exposed to trauma
- 60-90% of mental health & substance use is linked to trauma
- 70-90% of justice-involved people have experienced trauma
- 83% of inner-city youth report traumatic exposure.
- Urban children are 3X more likely to experience complex trauma
- Complex trauma has a high link to crime, high school drop-out, chronic disease, suicide, & early death

BIPOC COMMUNITIES

Black, Indigenous, People of Color (BIPOC) have a current & historic experience of terrorism, annihilation, and racism in the US reinforces a major burden of trauma daily.

As a Result of Institutional Racism....

- BIPOC communities experience higher rates of concentrated poverty
- BIPOC communities experience higher rates of incarceration
- BIPOC communities experience higher rates of mortality via chronic disease
- BIPOC communities higher rates of trauma and ACEs
- BIPOC communities higher rates of school suspensions & expulsions
- BIPOC communities higher rates of familial separation in Child Service

HISTORICAL TRAUMA & IMPACT

Multigenerational trauma specific to a cultural, or ethnic group that can impact descendants who did not directly experience it, with reverberated psychological damage.



Disenfranchised Grief



Internalized Self-Hatred



Stagnant Mobility



Peer Oppression



Shame & Stigma



Avoidance of Its & Help

FAITH COMMUNITIES

Faith communities and spiritual practice has a historical presence as a beacon of hope, strength and social support in BIPOC communities.



- The ratio of churches to health agencies is 7:1
- Attendees often turn first to a faith leader for any challenges or concerns
- Already a sustained trusted relationship
- Provides a sense of community and belonging.
- A spiritual connection has data that supports increased healing.
- Provides inner strength and courage to fuel self-determination to heal.
- Support and healing is embedded in the mission of faith communities

HEALING TRAUMA

Although trauma is complex and has severe impacts, the process to healing is hopeful and practical



- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant stress.
- Trauma-Informed Care
- Peer support
- Therapy
- Spiritual -Based Social Connection
- Group Based Support

PEER SUPPORT



Peer support specialists are people who have experienced trauma and have healed successfully and volunteer to help those experiencing the same or similar situations.

Peer Support Roles

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals

BENEFITS OF PEER SUPPORT

Peer support helps healing in the following ways:



It provides an opportunity for Communication



It helps you regain hope with shared experiences



Peer support specialists provide Social Support



Empowerment & Confidence

PEERS IN FAITH COMMUNITIES

- Faith communities can identify peer congregants with lived experiences
- Faith Communities can host peers in their church to help families heal.
- Faith communities can make peers accessible to those within the same community.
- Faith communities don't have to be hindered by the therapist shortage.
- Faith communities can use a cost-effective approach

