








# SELECT NCTSN RESOURCES ON AFRICAN AMERICANS AND TRAUMA December 2020

## RESOURCES IN DEVELOPMENT

-  **Addressing Race and Trauma Among Justice Professionals (Fall 2020) (Resource Guide)**  
Resource Guide defining the intersection of historical, racial, and intergenerational trauma among justice professionals and the youth they work with. The aim is to provide strategies for engaging a culturally-responsive approach with justice-involved youth.

## PRINT RESOURCES

-  **Cultural Responsiveness to Racial Trauma: Understanding Racial Trauma, Why it Matters, and What to do (Fall 2020) (Infographic)**  
[https://www.nctsn.org/sites/default/files/resources/special-resource/cultural\\_responsiveness\\_to\\_racial\\_trauma\\_understanding\\_racial\\_trauma\\_why\\_it\\_matters\\_and\\_what\\_to\\_do.pdf](https://www.nctsn.org/sites/default/files/resources/special-resource/cultural_responsiveness_to_racial_trauma_understanding_racial_trauma_why_it_matters_and_what_to_do.pdf)  
Brief user-friendly resource to define racial trauma and provide strategies for addressing racial trauma when providing mental health resources for trauma-exposed youth of color. Strategies include both individual and organizational strategies for addressing racial trauma.
-  **Addressing Race and Trauma in the Classroom: A Resource for Educators (2017) (PDF)**  
<https://www.nctsn.org/resources/addressing-race-and-trauma-classroom-resource-educators>  
Helps educators understand how they might address the interplay of race and trauma and its effects on students in the classroom. The guide outlines recommendations for educators and offers a list of supplemental resources. It should be implemented in accordance with individual school policies and procedures.
-  **Complex Trauma: In Urban African-American Children, Youth, and Families (2017) (PDF)**  
<https://www.nctsn.org/resources/complex-trauma-urban-african-american-children-youth-and-families>  
Discusses how families living in racially and economically segregated communities must also cope with the effects of historical trauma and intergenerational racism and presents the specific barriers that African-Americans face in obtaining needed services. This fact sheet presents ideas for providers on building supportive relationships with African-American children and families who have experienced complex trauma.
-  **Racial Injustice and Trauma: African Americans in the US: NCTSN Position Statement (2016) (PDF)**  
<https://www.nctsn.org/resources/racial-injustice-and-trauma-african-americans-us-nctsn-position-statement>  
The NCTSN developed this position statement, "Racial Injustice and Trauma: African Americans in the U.S.," in 2016 as a call to action, and it continues to inspire and guide our work. Specifically, the statement calls for: (1) an increase in knowledge about the impact of race-based traumatic stress that affects many African American children, their families, and the communities in which they live; (2) collaboration with experts in historical trauma related to African American history, to develop and disseminate resources that child trauma professionals can use to identify, assess, and address historical trauma and racism in the context of high quality, trauma-informed, culturally responsive care; and (3) becoming a national leader in raising awareness about historical trauma related to African Americans, the impact of current-day racial injustice, and the implication of such history and experiences on trauma-informed health and mental health care.



Affirms the importance of addressing the impact of historical trauma, including slavery, in the lives of African Americans in the U.S. Current-day racial injustice in law enforcement, prisons, and other institutions are part of the history of oppression and racism that can affect the trauma experience, treatment, and recovery of African Americans.

Trauma-informed practice and culturally responsive care are core values of the NCTSN. These compel us to acknowledge historical events, biases, and population demographics in understanding health disparities and disproportionality. As such, historical trauma is recognized and understood as a significant part of the trauma history for a child, a family, and a culture.



**Racial Disparities and the Juvenile Justice System: A Legacy of Trauma (2013) (PDF)**

<https://www.nctsn.org/resources/racial-disparities-and-juvenile-justice-system-legacy-trauma>

Outlines the historical context of racial disparities and highlights how systems can move forward to reduce these racial disparities, including by framing the issue so that practical and pro-active discussion can move beyond assigning blame. This brief, written by Clinton Lacey, Deputy Commissioner of the New York City Department of Probation, describes racial disparities within the juvenile justice system.



**Understanding the Impact of Trauma and Urban Poverty on Family Systems: Risks, Resilience and Interventions (2010) (PDF)**

<https://www.nctsn.org/resources/understanding-impact-trauma-and-urban-poverty-family-systems-risks-resilience-and>

Widens the trauma-informed care lens by focusing on familial responses to trauma and by building the foundational knowledge needed to design family centered, trauma-specific interventions that strengthen the family's ability to adapt, cope, and heal. This white paper, developed by the Family-Informed Trauma Treatment (FITT) Center, works to develop, evaluate, and disseminate family-based interventions for urban children and children in military families who have experienced trauma.



**Culture and Trauma Brief: Promoting Culturally Competent Trauma-Informed Practices (2005) (PDF)**

<https://www.nctsn.org/resources/culture-and-trauma-brief-promoting-culturally-competent-trauma-informed-practices>

Highlights the need for clinicians and policymakers to understand the links between trauma and culture. This brief outlines cultural competence in trauma treatments and practices to encompass race, ethnicity, immigrant status, sexuality, urbanity and rurality, and disability. Data from the National Child Traumatic Stress Core Data Set are summarized, demonstrating the significant differences between refugee/non-refugee, racial, and ethnic groups in lifetime exposure to trauma.

## NON-PRINT RESOURCES

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**Mental Health, Racial Trauma, and Health Inequities Confronting Boys and Men of Color (2020) (Webinar)**







<https://www.nctsn.org/resources/mental-health-racial-trauma-and-health-inequities-confronting-boys-and-men-of-color>

Features Dr. Wizdom Powell, an artist, Director of the Health Disparities Institute and Associate Professor of Psychiatry, and a Senior Consultant for the Center for the Treatment of Developmental Trauma Disorders, at UConn Health, who has worked to advance health equity for boys and men of color. During this segment, Dr. Powell will describe the impact of chronic exposure to racial and developmental trauma on young Black men and share how intergenerational trauma has affected families and communities of color. She will highlight creative pathways that can be considered to promote healing for boys and men of color who have experienced racial and developmental trauma.



-  **The Impact of Developmental Trauma in Communities of Color During the Pandemic (2020) (Webinar)**  
<https://www.nctsn.org/resources/the-impact-of-developmental-trauma-in-communities-of-color-during-the-pandemic>  
Features Andrew Woods, a clinician with over two decades of experience working with boys and men of color. Speakers interview Mr. Woods and discuss the impact of developmental trauma in communities of color during the pandemic. This video also includes Mr. Woods describing his experience and work developing and implementing culturally appropriate, high quality, and evidence-based crisis response, mental health and supportive programs, partnerships, and policies for victims of violence and trauma to improve the lives of youth and adult victims of crime and their families in the Greater Hartford Area of Connecticut.
-  **How Race, Ethnicity, Culture, and Identity Impact Treatment of Trauma (2020) (Webinar)**  
<https://www.nctsn.org/resources/how-race-ethnicity-culture-and-identity-impact-treatment-of-trauma>  
Presents five expert trauma therapists about their experiences and reflective processes while working with children and families who have experienced developmental trauma and come from complex backgrounds in terms of race, ethnicity, culture, and identity. In addition, Dr. Rocio Chang moderates commentary with Dr. Maureen Allwood, Dr. Ernestine Briggs-King, and Dr. Russell Jones. They will talk about the importance of open conversations related to the roundtable topics as well as the impacts of recent events that have brought racism to the forefront.
-  **Trauma and Race: Opportunities and Challenges for Therapists of Color Working with Families of Color (2019) (Webinar)**  
<https://www.nctsn.org/resources/trauma-and-race-opportunities-and-challenges-for-therapists-of-color-working-with-families-of-color>  
Presents three dramatized therapy sessions and hear from seasoned trauma therapists who reflect on their own experiences in working with clients of similar and different racial and ethnic backgrounds to their own. Through thoughtful discussion, participants explore the intersections of developmental trauma, clinical work, and race/ethnicity. Webinar participants are encouraged to reflect on their own experiences in working across similar cultural backgrounds and will have the opportunity to share questions to further this important discussion.
-  **Trauma and Race: Considerations for White Clinicians Working with Children and Families of Color (2019) (Webinar)**  
<https://www.nctsn.org/resources/trauma-and-race-considerations-for-white-clinicians-working-with-children-and-families-of-color>  
Presents three dramatized therapy sessions and hear from seasoned trauma therapists reflecting on their experiences working with clients of different racial and ethnic backgrounds. Presenters will lead a thoughtful discussion exploring the intersections of developmental trauma, clinical work, and race. Webinar participants are encouraged to reflect on their experiences and will have the opportunity to ask questions to further the discussion.
-  **Managing Parental Dissociation During a Dyadic Therapy Session: Meeting the Needs of a Dysregulated Parent and Child (2019) (Webinar)**  
<https://www.nctsn.org/resources/managing-parental-dissociation-during-a-dyadic-therapy-session-meeting-the-needs-of-a-dysregulated-parent-and-child>  
Depicts Debbie, a 10-year-old multiracial girl who lives with her 27-year-old African American mother Sharon. Sharon has struggled for years with substance abuse. The family lived for several years in a shared space which was quite chaotic. During this time, Debbie often would be with other children in the building for many hours at a time without adult supervision. Many adults would come in and out of the building, and Debbie often did not see her mother, sometimes, for days.



-  **Supporting a Recently Traumatized Youth in a Crisis of Dissociation and Self-Harm (2018) (Webinar)**  
<https://www.nctsn.org/resources/supporting-recently-traumatized-youth-crisis-dissociation-and-self-harm>  
Samantha is a 15-year-old African American girl who lives in public housing in an urban area rife with violence and drug use. Samantha is an outstanding student and attends private school on scholarship, where her friends describe her as beautiful, popular, brilliant, and a star athlete. At age 10, Samantha saw her brother murdered when he was walking her home from school. Their mother became hysterical and chronically depressed, and their father changed from a loving dad to drinking and screaming at the family. Samantha was sexually assaulted by her boyfriend's male friends at a party at which she, usually a non-drinker, became intoxicated and passed out. Samantha has no memory of the assault and was referred to a female therapist, Dr. Sofia Mattei, by a sexual assault counselor who met with her at the hospital. This webinar presents Samantha's first therapy session with Dr. Mattei.
-  **Addressing Trauma and Disproportionate Ethnic Minority Contact in Juvenile Justice through Empowerment: It's About More Than a Seat at the Table (2016) (Webinar)**  
<https://www.nctsn.org/resources/addressing-trauma-and-disproportionate-ethnic-minority-contact-juvenile-justice-through>  
Explores both the historical and current causes for disproportionality and the relationships between trauma responses, violence, and disproportionality. This webinar will also pose potential avenues to truly engage families and communities in the formation of new systems and services, which are built upon principles of empowerment.
-  **Polyvictimization and Urban Communities of Color (2013) (Webinar)**  
<https://www.nctsn.org/resources/polyvictimization-and-urban-communities-color>  
Discusses the impact, as well as historical and societal context, of polyvictimization in urban communities of color. This webinar describes levels of trauma exposure among urban youth of color, the impact of structural violence, and promising community interventions in Chicago and Philadelphia.
-  **Making Strengthening Family Coping Resources Relevant to African American Families in Urban Poverty Contexts: Stakeholder Input in the Treatment Development Process (2010) (Webinar)**  
<https://www.nctsn.org/resources/making-strengthening-family-coping-resources-relevant-african-american-families-urban>  
Discusses the development of Strengthening Family Coping Resources (SFCR). This webinar describes the development of the training model, as well as the components within the model, including using a multi-family group format, addressing trauma-specific treatment goals, and strengthening family processes impacted by urban poverty and chronic trauma.
-  **It's Not All Black and White: Working with African-American Families in Post-Katrina New Orleans (2009) (Webinar)**  
<https://www.nctsn.org/resources/its-not-all-black-and-white-working-african-american-families-post-katrina-new-orleans>  
Introduces white privilege and its historical underpinnings. This webinar defines and identifies personal and professional microaggressions. It also discusses the traumatic impact of Hurricane Katrina with focus on African American families, as well as cultural competence vs. cultural humility.
-  **Trauma Research: The Role of Cultural Sensitivity (2009) (Webinar)**  
<https://www.nctsn.org/resources/trauma-research-role-cultural-sensitivity>  
Focuses on the roles cultural sensitivity and race play in research on PTSD in children. This webinar discusses research as it relates to Hurricane Katrina and African Americans.



- **Child Trauma, Race, and Urban Identity (2007) (Webinar)**  
<https://www.nctsn.org/resources/child-trauma-race-and-urban-identity>  
Addresses the issues facing poor, urban, African American children who deal with traumatic stress. The webinar discusses how conceptions of race and racism have an impact on these children and their families. It also presents statistics on the types of trauma African American children in urban areas experience, as well as other adverse experiences, societal traumatization, and the legacy of slavery.

## NCTSN PUBLICATIONS

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- **NCTSN Summer Impact Newsletter Spotlight on Culture: Guidance for the Intersection of Secondary Traumatic Stress, Race, Culture, and Historical Trauma (2020) (PDF)**  
<https://www.nctsn.org/resources/nctsn-impact-newsletter-summer-2020>  
Discusses how culture and historical trauma intersect with secondary traumatic stress.
- **NCTSN Spring Newsletter Spotlight on Culture: Intercepting the School-to-Prison Pipeline (2019) (PDF)**  
<https://www.nctsn.org/resources/nctsn-impact-newsletter-spring-2019>  
Discusses the important work that educators in Denver and LA are doing to intercept the school-to-prison pipeline that disproportionately affects students of color.
- **NCTSN Winter IMPACT Newsletter Spotlight on Culture: Cultural Responsiveness: A Process, Not a Destination (2018) (PDF)**  
<https://www.nctsn.org/resources/nctsn-impact-newsletter-winter-2018>  
Re-frames conversations and initiatives around racial and social justice.
- **NCTSN Summer IMPACT Newsletter (2018) (PDF)**  
<https://www.nctsn.org/resources/nctsn-impact-newsletter-summer-2018>  
Features an article by a former bi-racial foster youth discussing how her history helps her mentor homeless foster youth of color.
- **Spotlight on Culture: Racial Disparities in Juvenile Justice Call for Holistic Approach (2014) (PDF)**  
<https://www.nctsn.org/resources/racial-disparities-juvenile-justice-call-holistic-approach>  
Describes racial disparities in the juvenile justice system. This Spotlight on Culture offers information on a multi-system holistic approach to serving youth in the juvenile justice system, understanding the trauma component, how to avoid the blame game, and ways to intercede.
- **Spotlight on Culture: Conversations about Historical Trauma: Part Two (2013) (PDF)**  
<https://www.nctsn.org/resources/conversations-about-historical-trauma-part-two>  
Outlines how historical trauma has impacted African Americans who are descendants of enslaved Africans; the dynamics of slavery itself; the institutionalized segregation and violence that followed emancipation; and ongoing struggles for racial justice continue to have a multi-faceted impact on African American life. This Spotlight on Culture describes Post Traumatic Slave Syndrome, ongoing injuries and reminders, and trauma through a historical lens.