

Presents

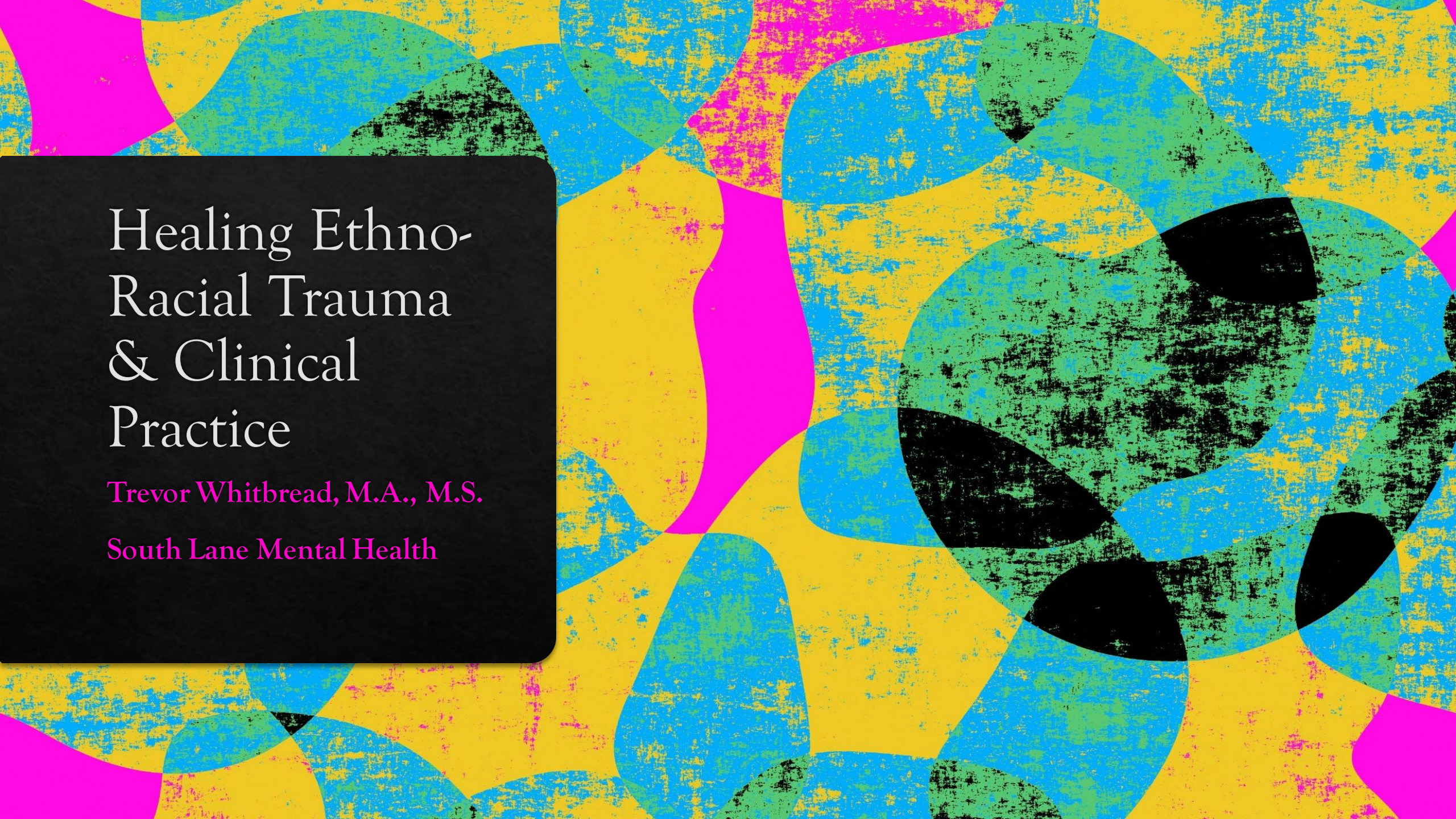
*HEART: Healing Ethno-Racial Trauma: A Culturally Designed Model
for Trauma Informed Care*

Speaker:

Trevor Whitbread, MA, MS, Marriage & Family Therapy Associate, South Lane Mental Health

Our top partners





Healing Ethno- Racial Trauma & Clinical Practice

Trevor Whitbread, M.A., M.S.

South Lane Mental Health

Presentation Overview

- ◆ The need for clinical services
- ◆ ALAS program overview
- ◆ Using the HEART Model in practice
- ◆ Feel free to ask questions as we go 😊

OCHA
Oregon Commission on Hispanic Affairs

**Crisis de Nuestro Bienestar*:
A Report on Latino† Mental
Health in Oregon**



In partnership with

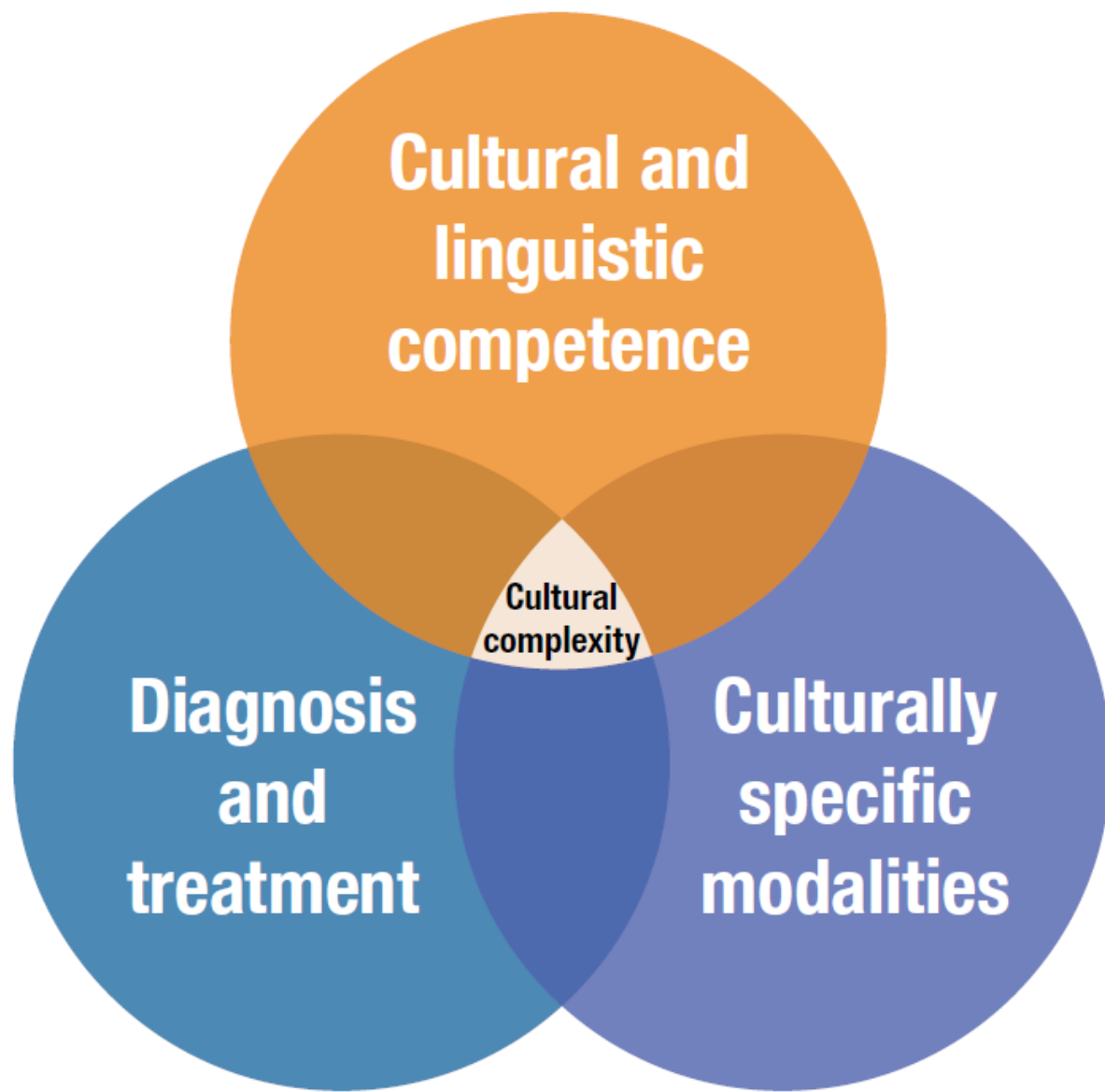


Oregon
Health
Authority

Recommendations:

1. Diversify the behavioral health workforce
2. Hire and retain BIPOC providers
3. Integrate services in the community and offer culturally-relevant programming/outreach

Figure 5: Cultural complexity



Evidence-Based Practices & Cultural Complexity

Source: Kim-Gerver, C., Castillo, I. L., Gallegos J., Kramer, N., Bartelmann, S., & Angus, L. (2020). Crisis de Nuestro Bienestar: A Report on Latino Mental Health in Oregon. Oregon Commission on Hispanic Affairs, Oregon Health Authority, Oregon Department of Human Services.

Community Demographics

School Name	Total number of students	% of student population that identifies as Latinx
Bohemia Elementary	478	23% 110 youth
Cottage Grove HS	766	13% 100 youth
Lincoln MS	587	11% 65 youth
South Lane SD	2,804	Students: 12% 336 youth

Source: 2019-2020 OR School Report Card data

ALAS: Latinx/@/e Outreach & Clinical services

A	Amabilidad <i>Kindness</i>	We practice hospitality, grace, respect and generosity in all aspects of our work.
L	Liberación <i>Liberation</i>	Program participants learn how systems work so that they feel empowered to fully exercise their rights. We are also actively anti-racist, affirming, and inclusive in our work with clients.
A	Apoyo <i>Support</i>	Support is individualized to each client's unique needs, culture(s), and language(s). We honor intersectionality and complexity in this work.
S	Servicio <i>Service</i>	When engaging with clients, we foster a sense of connection and community at all points of contact. We are intentional about being systemic in our work.



El colibrí / hummingbird



La mariposa monarca /
monarch butterfly

Services & Programming

- ◆ Assessments & Treatment Planning
- ◆ Therapy for couples, families and individuals
- ◆ Treatment summaries for immigration cases
- ◆ Case Management
- ◆ Community-based education via webinar and social media

Healing Ethno-Racial Trauma (HEART)

Why focus on ethno-racial trauma?

The HEART model focuses “on both the symptoms of the trauma (internal) and the interlocking systems of oppression (external) that cause and maintain psychological distress” (Chavez-Dueñas et al., 2019).

Nativist Laws & Policies

Community

Individual

Nativism

Immigration
status

Ethno-
racial
trauma

Latinx
ethnicity

Skin color/
phenotype

Additional
forms of
othering

Sexism,
heterosexism,
etc.

Ethnocentrism

Racism

Ethnocentrism

Family

Nativism

Immigration
status

Ethno-
racial
trauma

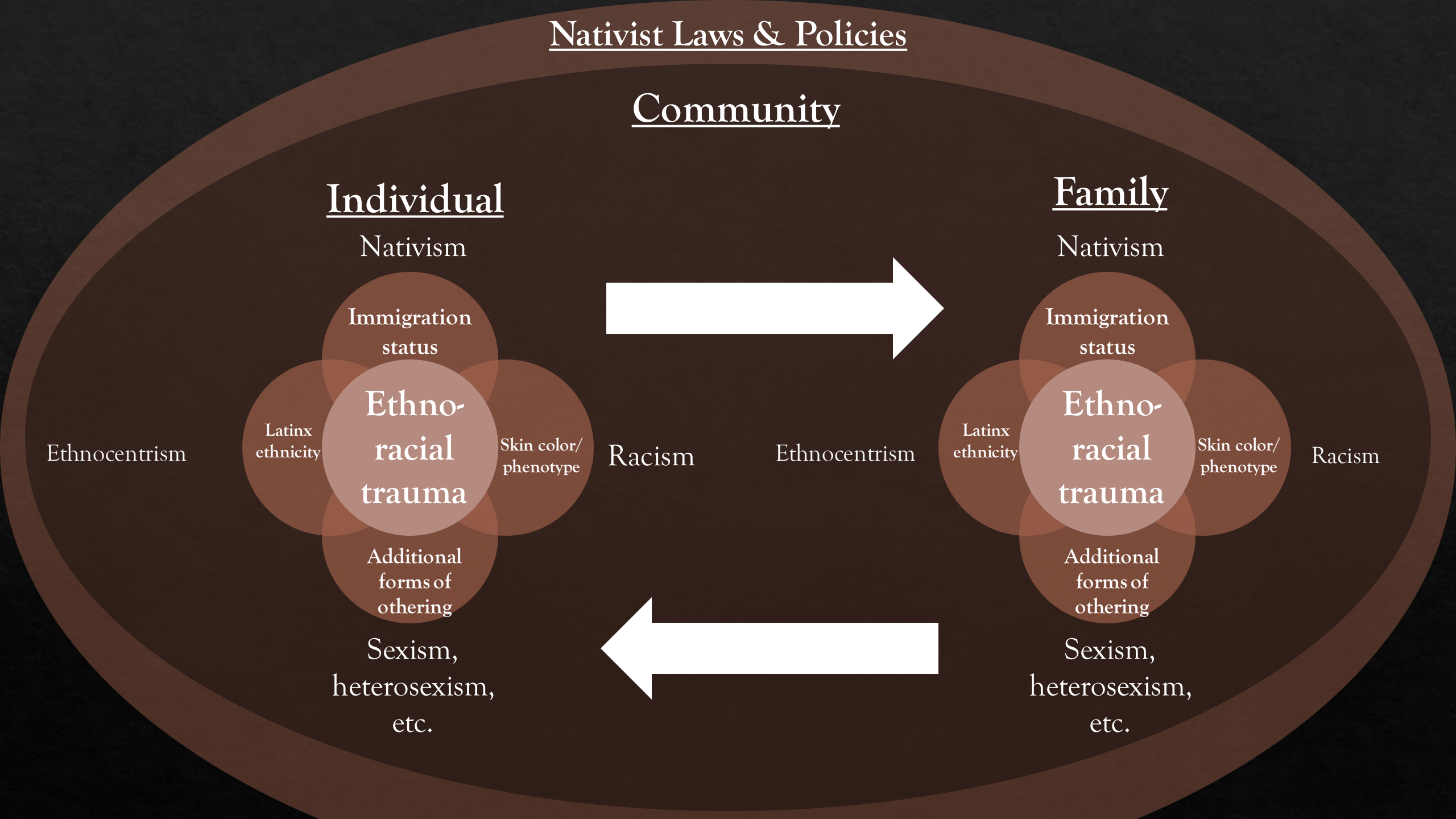
Latinx
ethnicity

Skin color/
phenotype

Additional
forms of
othering

Sexism,
heterosexism,
etc.

Racism



Definitions

Term	Definition
Nativism	The belief that non-White and immigrant residents in the U.S.A. are inferior.
Racism	An ideology based on the premise that one race is superior to another based on skin color and phenotype.
Ethnocentrism	The belief that one's own ethnic group is superior to others.
Immigration status	Refers to a person's "legal" status according to the United States federal government. Examples: DACA, U-Visa, Legal Permanent Residents, VAWA, etc.

Nativist Laws & Policies

Community

Individual

Nativism

Immigration
status

Ethno-
racial
trauma

Latinx
ethnicity

Skin color/
phenotype

Additional
forms of
othering

Sexism,
heterosexism,
etc.

Ethnocentrism

Racism

Ethnocentrism

Family

Nativism

Immigration
status

Ethno-
racial
trauma

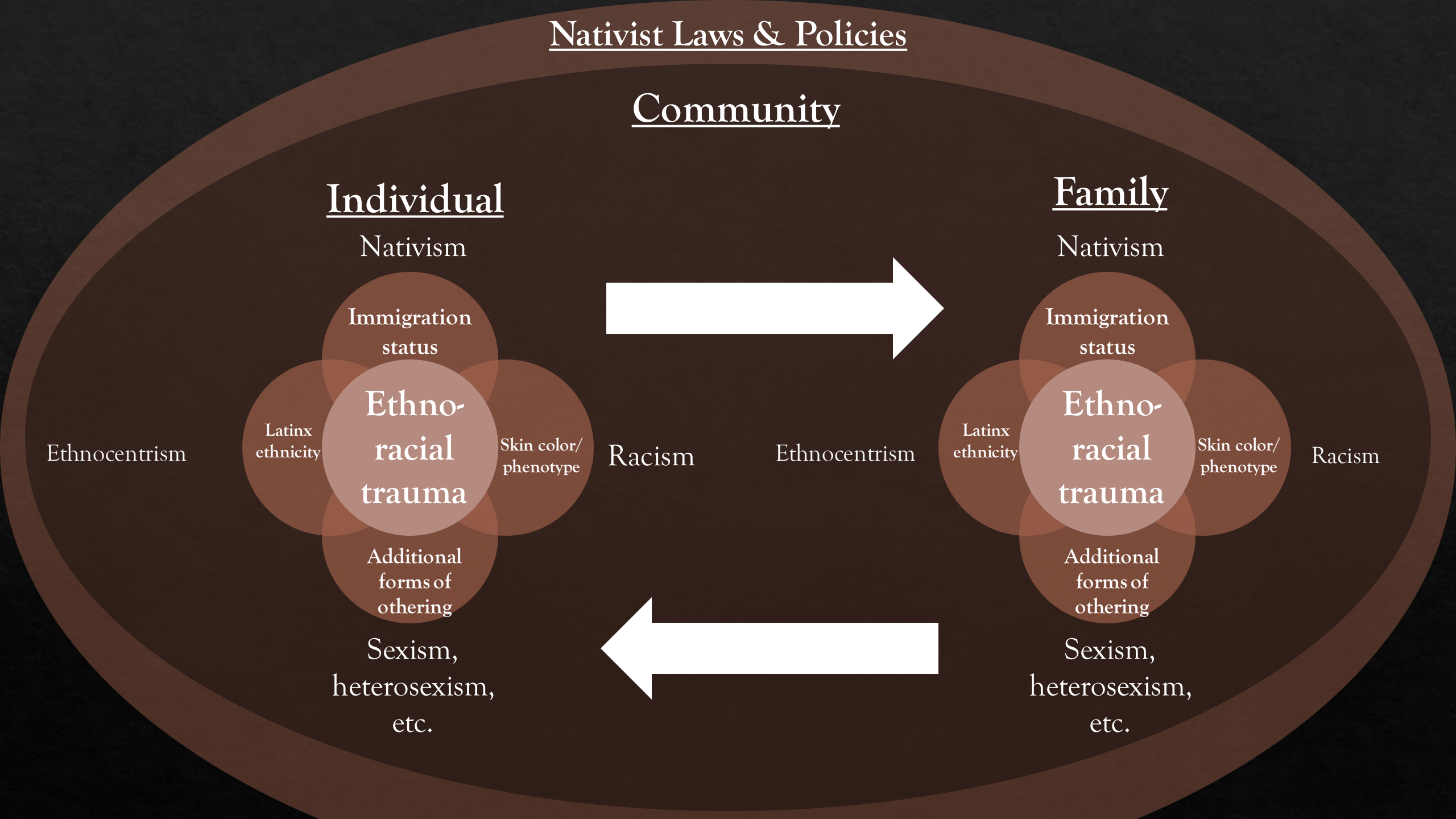
Latinx
ethnicity

Skin color/
phenotype

Additional
forms of
othering

Sexism,
heterosexism,
etc.

Racism



Healing Ethno-Racial Trauma (HEART)

Foundational Concepts

Liberation Psychology

Goals:

- Recover historical and cultural memory
- Instill cultural pride & traditions

4 acts of resistance:

1. Oppression requires a unified response
2. Clinicians conceptualize client needs and interventions in a social-historical context
3. Treatment goals promote self-determination
4. Action towards change targets institutions

Sanctuary

Sanctuary vs. safety: The goal of safety is not realistic for populations that are under attack at a systematic level. Sanctuary spaces offer protection, affirmation and validation.

Characteristics of a sanctuary space:

1. Allows for authentic expression
2. Facilitates re-processing and mourning losses to trauma
3. Integrates experiences of trauma and connects people to elements of cultural healing practices
4. Create strategies for protection, liberation, resistance and organization for social action

Individual

Phase I

Establish sanctuary spaces for Latinx community members experiencing ethno-racial trauma

Goal: immediate relief

Phase IV

Liberation and resistance

Goal: Develop a social justice orientation for collective action and resistance for psychological liberation

Family

Community

Phase II

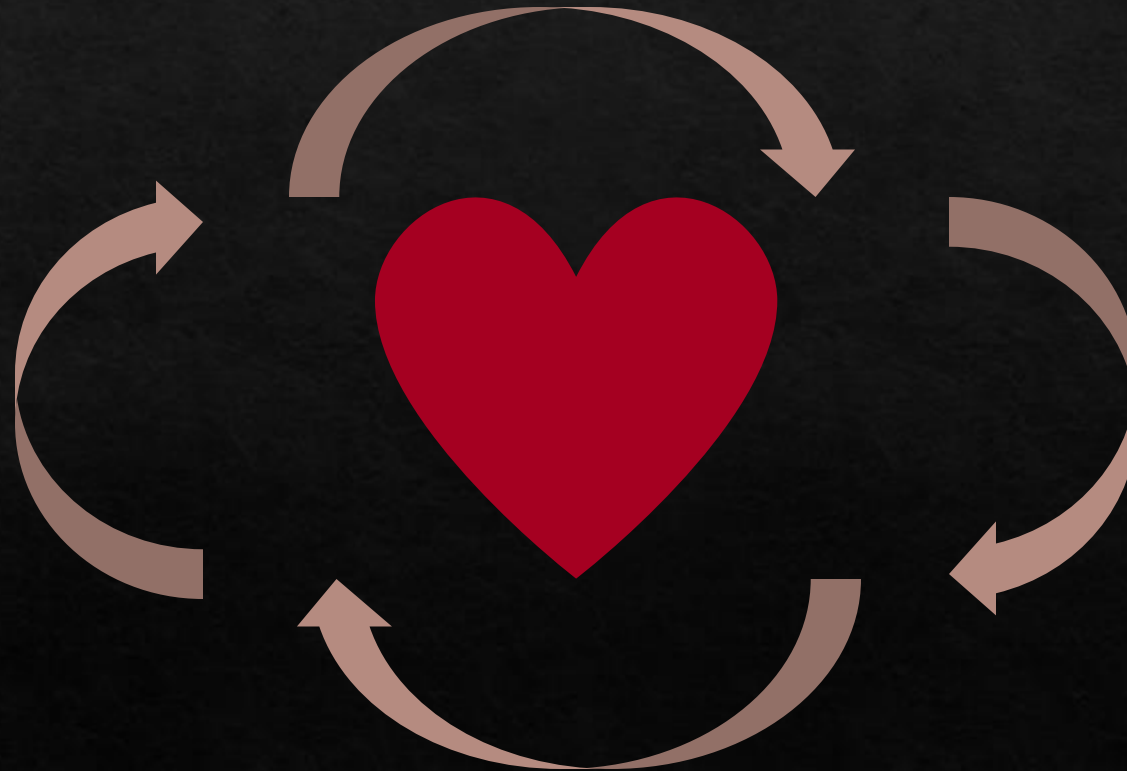
Acknowledge, reprocess and cope with symptoms of ethno-racial trauma.

Goal: Cultivate awareness and build coping skills

Phase III

Strengthen and connect individuals, families and communities to survival strategies and cultural healing traditions

Goal: Facilitate connection to culture and healing



Healing Ethno-Racial Trauma (HEART)

Source: Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G., & Salas, S. P. (2019). Healing ethno-racial trauma in Latinx immigrant communities: Cultivating hope, resistance, and action. *American Psychologist*, 74(1), 49.

Phase I: Establish sanctuary spaces for people experiencing ethno-racial trauma.

Community	Family	Individual
<ul style="list-style-type: none">• Mission statement• Policies• Linguistic access• Crisis intervention offered in-house	<ul style="list-style-type: none">• Maintain or repair attachment• Safety planning• Support for people engaged with the immigration system	<ul style="list-style-type: none">• Latinx values• Clinicians should have knowledge of oppression, liberation psych., and other culturally-specific concepts• Engage in <i>plática</i>• Assess for risk of deportation and respond appropriately.

Healing Ethno-Racial Trauma (HEART)

Source: Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G., & Salas, S. P. (2019). Healing ethno-racial trauma in Latinx immigrant communities: Cultivating hope, resistance, and action. *American Psychologist*, 74(1), 49.

Phase II: Acknowledge, reprocess and cope with symptoms of ethno-racial trauma.

Community	Family	Individual
<ul style="list-style-type: none">• Create responsive psychoeducational programs.• Provide creative ways to disseminate info about white supremacy• Create sanctuary spaces for people to process traumatic experiences related to immigration• Offer resources and education about immigration	<ul style="list-style-type: none">• Offer education re: impact of trauma on families• Reframe survivor behaviors. Ex. Passivity = an adaptive behavior to survive• Utilize the power of informal supports and fortify natural supports	<ul style="list-style-type: none">• Assess ways clients cope with trauma in their unique contexts• Offer affirmation and validation when people share their stories• Do not rush people who wish to share their stories• People may want to process in a specific language

Healing Ethno-Racial Trauma (HEART)

Source: Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G., & Salas, S. P. (2019). Healing ethno-racial trauma in Latinx immigrant communities: Cultivating hope, resistance, and action. *American Psychologist*, 74(1), 49.

Phase III: Establish sanctuary spaces for people experiencing ethno-racial trauma.

Community	Family	Individual
<ul style="list-style-type: none">• Organize educational events about ethno-racial trauma• Connect community members to their culture• Invite traditional healers to educate staff about holistic care	<ul style="list-style-type: none">• Assess how different family members cope with ethno-racial trauma• Suggest coping strategies based on historical figures or events• Encourage maintenance of family and cultural traditions	<ul style="list-style-type: none">• Assess client's stage of racial identity (with care and nuance)• Examine which presenting problems are associated with ethno-racial trauma• Contextualize client problems and needs• Create individualized treatment plans

Healing Ethno-Racial Trauma (HEART)

Source: Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G., & Salas, S. P. (2019). Healing ethno-racial trauma in Latinx immigrant communities: Cultivating hope, resistance, and action. *American Psychologist*, 74(1), 49.

Phase IV: Acknowledge, reprocess and cope with symptoms of ethno-racial trauma.

Community	Family	Individual
<ul style="list-style-type: none">• Assist community members and families to adopt a social-justice orientation.• Explore causes clients are passionate about.• Identify ways for people to engage in systemic change.• Find activities and roles for social action such as volunteer opportunities, marches and rallies, raising consciousness on social media and running for leadership positions.		

Resources

Organization	Link
American Immigration Lawyers Association	https://www.aila.org
The National Latino Psychological Association	https://nlpa.memberclicks.net/
Protecting Immigrant Families	https://protectingimmigrantfamilies.org
American Civil Liberties Union	https://www.aclu.org
Oregon Worker Relief Fund	https://www.workerrelief.org
Causa Oregon	https://www.causaoregon.org
Community Alliance of Lane County (CALC), Citywide Unión de Activistas & SAfER programs	https://www.calclane.org
Grupo Latino de Acción Directa	<a href="https://www.facebook.com/grupolatino
deacciondirecta">https://www.facebook.com/grupolatino deacciondirecta
Civil Liberties Defense Center – Know your immigration rights training	https://cldc.org/resources/
Integration Network for Immigrants of Lane County	<a href="https://www.facebook.com/Integration-
Network-for-Immigrants-of-Lane-County-
652804211445387/">https://www.facebook.com/Integration- Network-for-Immigrants-of-Lane-County- 652804211445387/

Thank You to All of our Partners!



Building healthier communities together



Workability One

inQuiseek

OHA Oral Health

NEON

Grand Canyon University