

Soul Wounding: The Continuing Effects of Historical Trauma and Unresolved Grief

A Presentation for Oregon Child
Legal System Practitioners

Portland Zoo

Dec. 19, 2011

Thomas J. Ball, Modoc/Klamath
Ph.D.



Pre Contact

- Creation
- The Big Law
- Subsistence lifestyle
- Tribe, clan, family, individual
- Family key to tribalism
- Childrearing and tribal developmental trajectory
 - Storytelling
 - Whipman



Today's Sad Statistics

- Indians are poorest of poor
- Twice as likely to be unemployed as general pop.
- Males nearly 3x rate unemp.
- Females more than 2x rate
- Twice as likely to live in poverty as general population;
- 3x's as likely as whites



Least Educated

- Average HS drop out rate
 - AIAN 35.5%
 - National av 28.8%



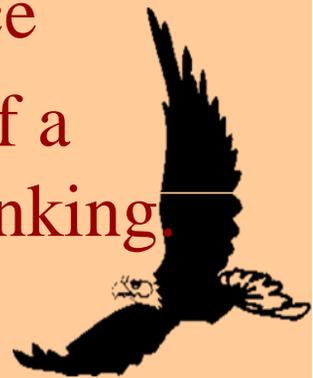
Substance Abuse

- Alcoholism death rate in AIAN populations (for 15-24 year olds) is 17x's the national average
- By age 12 lifetime prevalence rates for almost every substance are higher for AIAN youth
- Nearly one in 5 Indian youth are involved with drugs to an extent that represents a serious danger to them.



Violence is off the Charts

- Average suicide rate for AIAN is 70% greater
- Suicide and homicide are the 2nd and 3rd leading causes of death for Indian youth 15-24
- Violent crime average (per 1,000): AIAN (124), white (49) Black (61), Asian (29).
- 70% of crimes against AIAN committed by different race
- 70% of AIAN convicted of a violent crime had been drinking



Crime Scene

“What you have here is a crime scene”

Dr. Daniel Close
UO Professor
Forensic Scientist
1997



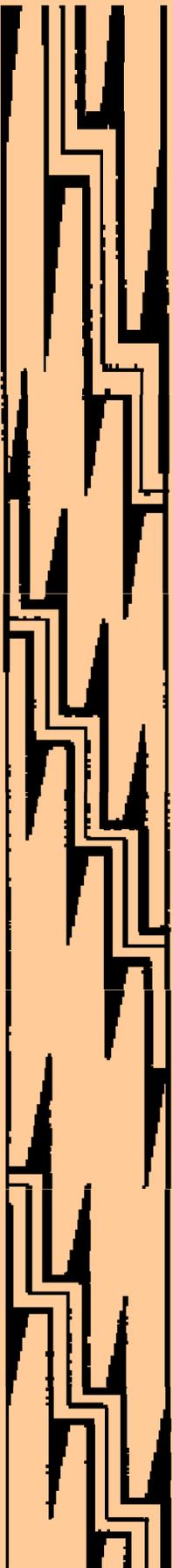
Society Creates the Crime

- These sad statistics did not just happen.
- Created by 500 years of genocide and oppression.
- “Society Creates the Crime, the criminal only carries it out”.

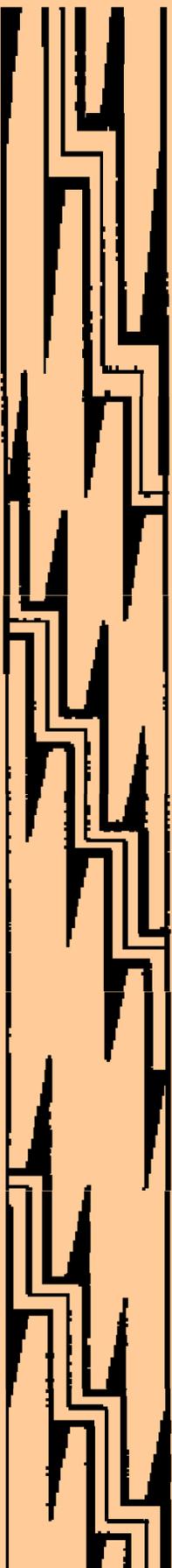
Chinese Proverb



**So how did we get from
pre contact times to
these dismal statistics?**



Silent Killer: The First Nations Holocaust



Holocaust of Native North America

1492

- Indians 30,000,000
- Indian land 2,000,000,000

1890

- Indians 237,000
- Indian land 140,000,000

Today

- Indians 2,000,000
- Indian land 50,000,000



Colonization

Came in two phases:

- Genocide
- Oppression



Phase 1: Genocide

- Diseases
- Warfare, Massacre, Murder
- Ethnic cleansing, rape, killing of women and children.



Diseases among Oregon Indians

Chinooks

- 1805 15,000
- 1841 2,000
- 1846 1,300
- 1855 350

Kalapuyas

- 1841 8,800
- 1855 666
- 1880 350
- 1890 160



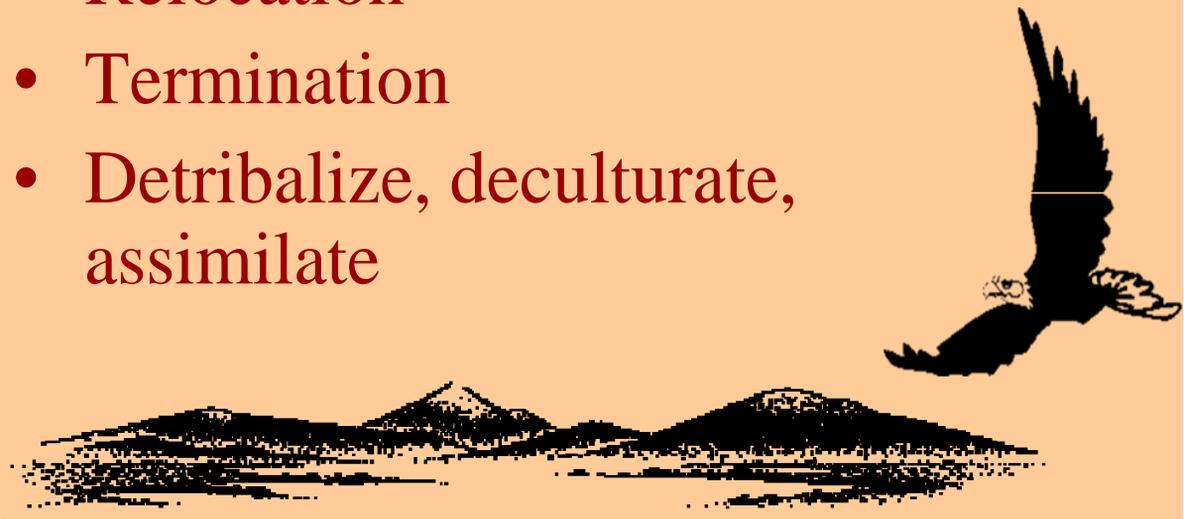
Oregon Indian Wars

- Cayuse War
 - Rogue River War
 - Nez Perce War
 - Bannock War
 - Modoc War
-
- Massacres, murders, ethnic cleansing



Phase 2: Oppression

- Unjust or cruel exercise of authority or power.
Overwhelming to the spirit or senses.
- Treaties
- Reservations
- Removal
- Forced religion
- Boarding schools
- Allotment act
- Relocation
- Termination
- Detribalize, deculturate, assimilate



Society/Colonization Creates the Crime

- Increased dependency leads to no longer thinking of how to escape, but how to stay alive or make captivity more bearable
- Becomes habit, the unnatural becomes the norm
- Learned helplessness. Any independent action is deemed insubordination provoking dire punishment.



Historical Trauma

Distress and suffering resulting from numerous compounding historically traumatic events experienced by a community over several generations.

» Yellow Horse Brave Heart



Unresolved Grief

- Loss, loss and more loss
- One on top of the other
- No time to heal
- Healers and ceremonies for healing banned. Healers persecuted, murdered, pushed underground.



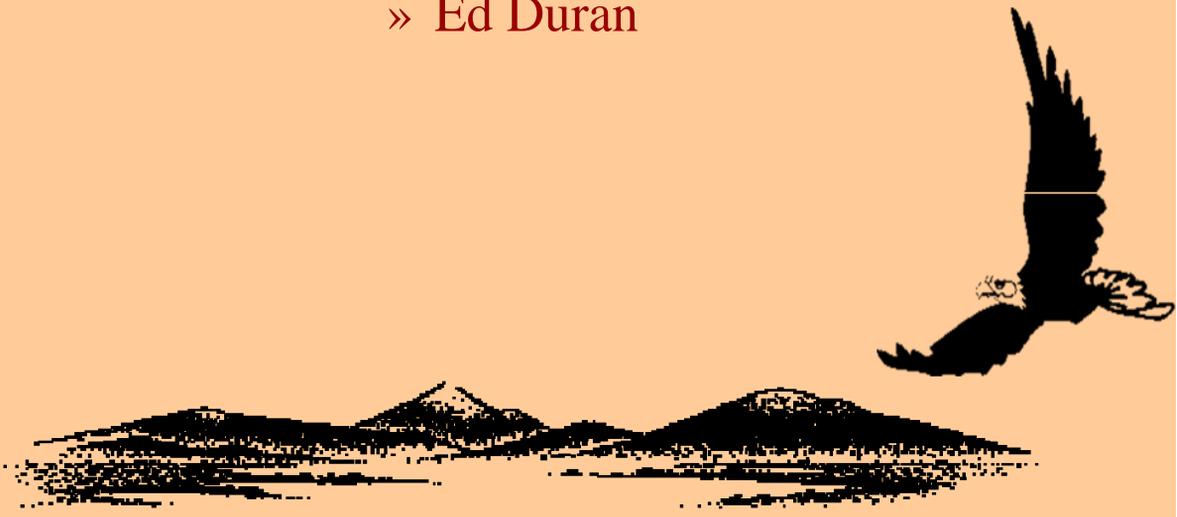
Soul Wound or Wounded Spirit

- The cumulative effect of historical trauma.
- Unresolved grief and mourning
- Internalization of the oppressor
- Seen as:
 - suicide
 - poverty
 - unemployment
 - substance abuse
 - violence



Society Creates the Crime

- Colonization, genocide, oppression created these sad statistics.
- “It would be pathological for Indians not to exhibit these symptoms”
» Ed Duran
- “Acute and chronic reaction to genocide and oppression”
» Ed Duran



TRAUMA

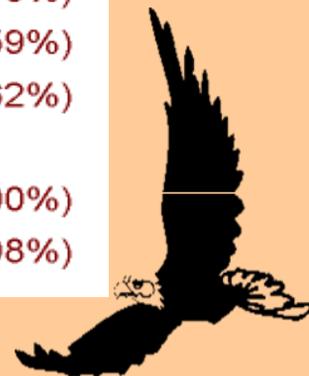
- Trauma triggers PTSD
- Criterion A trauma
 - person experienced, witnessed, or was confronted with event that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others
 - person's response involved intense fear, helplessness, or horror.



LIFETIME TRAUMA

Differences in Lifetime Prevalence of Trauma Exposure Between Samples

Type of Traumatic Event	Stein sample (N = 1002)	Tribal sample (N = 98)
Robbery, mugging	117 (12%)	19 (19%)
Threatened with weapon	159 (16%)	53 (54%)
Beaten up or attacked	228 (23%)	67 (68%)
Unwanted sexual contact	211 (21%)	25 (21%)
Death of friend/family member	342 (34%)	93 (95%)
Accident		89 (91%)
Homicide		57 (58%)
Suicide		51 (52%)
Motor vehicle accident	239 (24%)	48 (49%)
Combat	36 (4%)	6 (6%)
Fire	85 (9%)	18 (18%)
Natural disaster	133 (13%)	15 (15%)
Witness severe injury/death	284 (28%)	58 (59%)
Other terrible experience	178 (18%)	61 (62%)
At least 1 traumatic event	778 (78%)	98 (100%)
Multiple (2 or more)	505 (50%)	96 (98%)



PTSD

- Post Traumatic Stress Disorder is a DSM mental disorder ('80)
- Thank Viet Nam Vets
- Triggered by a trauma that involved actual or threatened death or serious injury
- Persons response involved intense fear, helplessness or horror

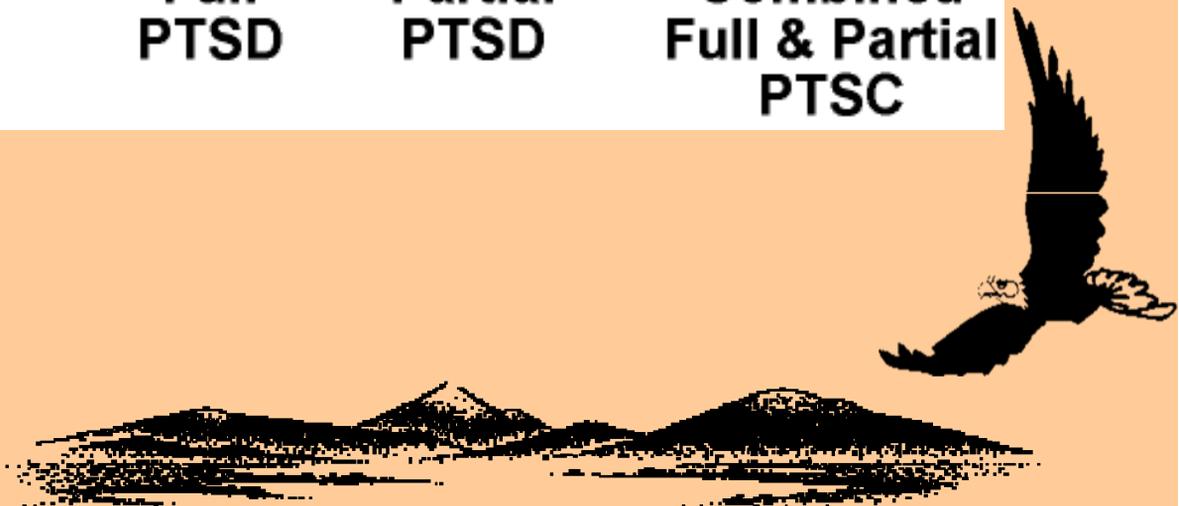
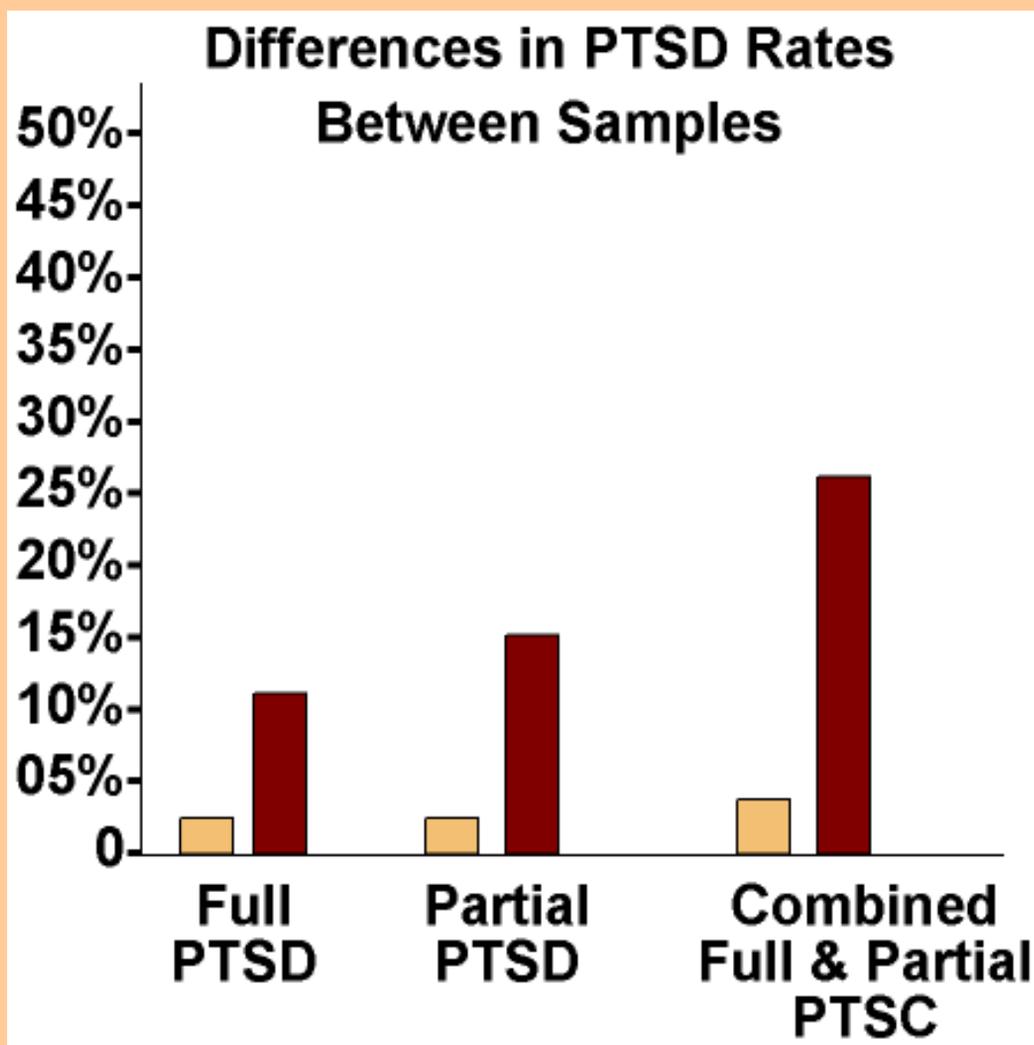


PTSD DIAGNOSIS

- Exposed to a traumatic event; 2 of (2)
- Traumatic event reexperienced; 1 of (5)
- Avoidance and numbing; 3 of (7)
- Symptoms of increased arousal; 2 of (5)
- Duration more than 1 month
- Causes clinically significant impairment in social, occupation, or other areas of functioning.

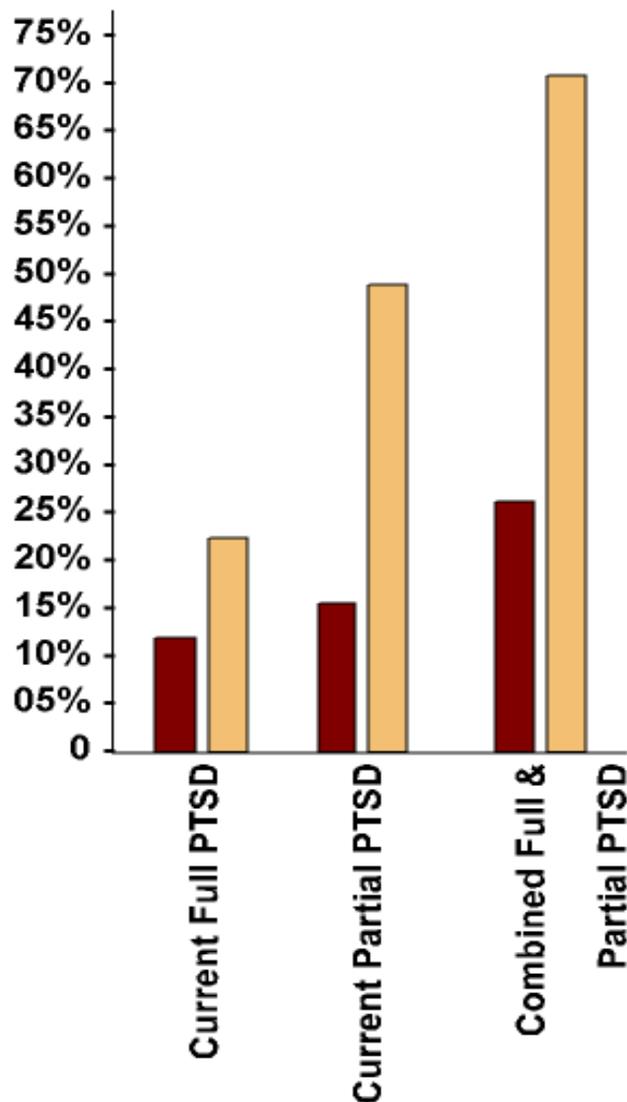


PTSD RATES



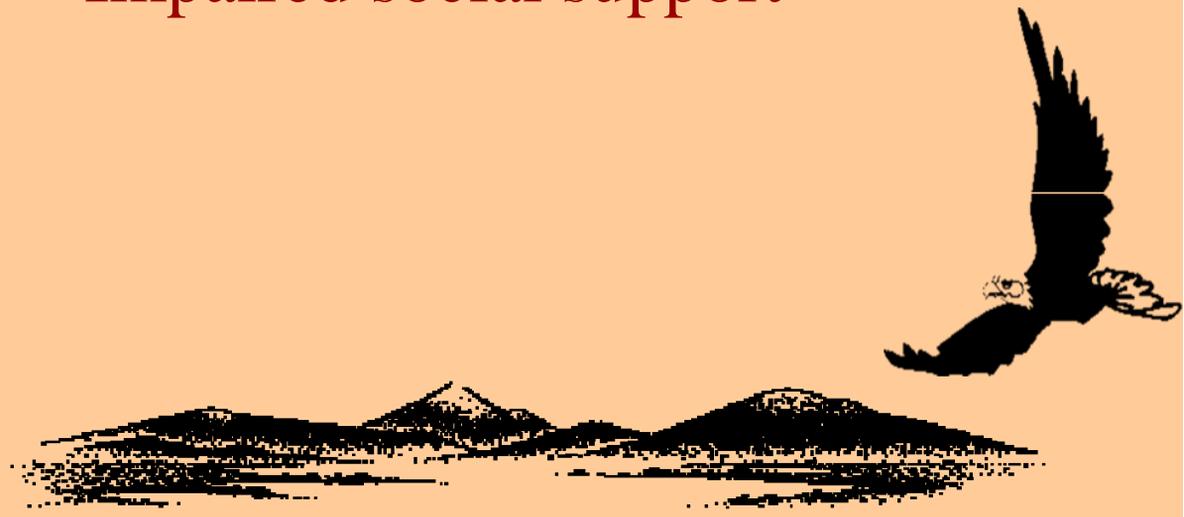
PTSD- TERMINATION II

**Current PTSD and PTSD-Termination
Trauma Rates in Tribal Sample**



People with PTSD

- Greater job instability
- Family history of psychiatric illness
- Parental poverty
- Child Abuse
- Separation or divorce of parents
- Associated with Suicide
- Impaired social support



People with PTSD

- Become or feel isolated
- Experience fear, guilt, shame, depression, anger, irritable
- Become hostile, over or undersexed, over work or not work
- Experience flashbacks, nightmares, sleepwalking, headaches, fatigue, weight loss or gain



Intergenerational and Cumulative PTSD

- If not addressed by the victim then it is passed on to the next generation. Systematically interwoven into NA families for centuries.
- Prone to more traumas, they add up, pile one on top of the other. Will experience more PTSD.
- Normal is replaced with loss, grief, danger, fear, hatred and chaos.
- Grow up with fear, rage, danger, and grief as the norm.



Vicious Cycle

- To cope we develop reactive behaviors
 - Negativity, anger, rage, shame, guilt
 - Leads to bad choices
- Sources of pain and despair increase as new traumas occur
- The Desire for relief increases
- To ease the pain, we self medicate with Alcohol or drugs or both.
- Creates a vicious cycle.



DESNOS

Diagnosis is Extreme Stress not Otherwise Specified

- People exposed to Repeated and Prolonged Trauma
- More complex form of PTSD
 - Symptoms more complex and tenacious
 - Survivors develop character changes, including identity
 - Survivors are more vulnerable to repeated harm, both self inflicted and at the hands of others
 - Society/Colonization creates the crime



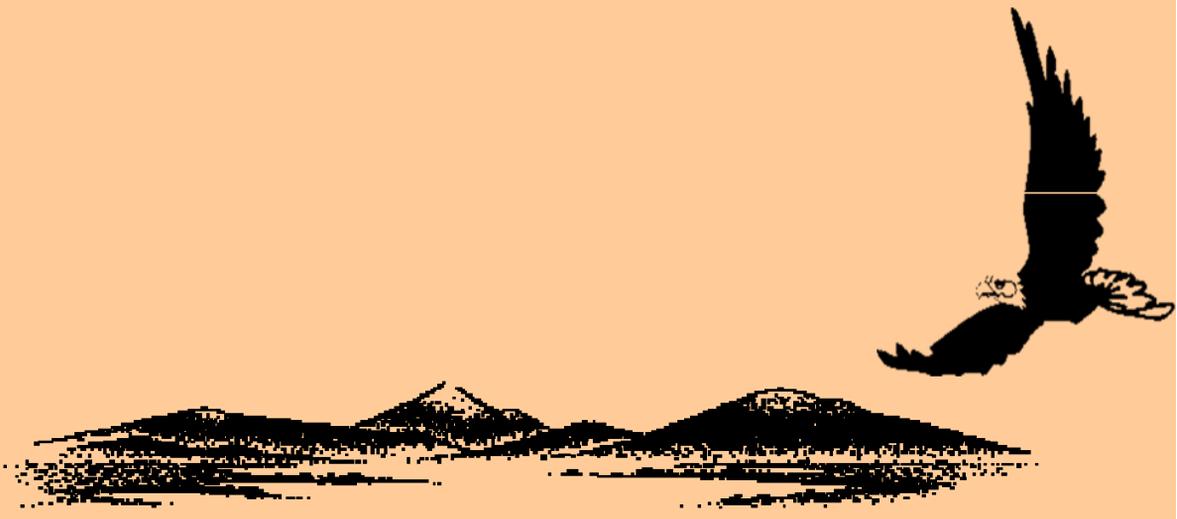
Controlling or Oppressing Another Person

- Systematic, repetitive infliction of psychological trauma
 - Instill terror and helplessness
 - Destroy sense of self in relation to others (boarding schools, blanket ass/schism between parents)
 - Foster a pathological attachment to the perpetrator (Indian police, judges, scouts, etc.)



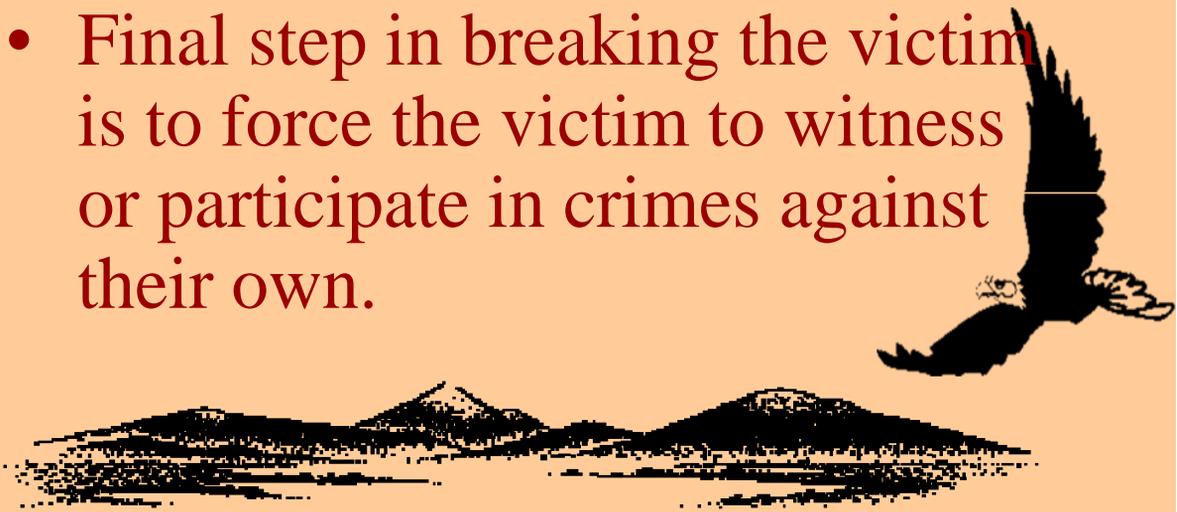
Instilling Terror

- Violence the universal method
- Threat of death or serious harm to victim of those close to victim
- Fear. Unpredictable outbursts of violence



Destroy Victims Sense of Autonomy

- Control of victims body and bodily functions
 - Deprivation of food, sleep, shelter, exercise, personal hygiene, privacy
- Isolate the victim
 - Prohibit communication and material support
 - Destroy emotional ties to others
- Final step in breaking the victim is to force the victim to witness or participate in crimes against their own.



Overview of the Adverse Childhood Experiences (ACE) Study

Robert F. Anda, MD, MS
Co-Principal Investigator
www.cestudy.org



The Adverse Childhood Experiences (ACE) Study

Examines the health and social effects of ACEs throughout the lifespan among 17,421 members of the Kaiser Health Plan in San Diego County

What do we mean by Adverse Childhood Experiences?

- childhood abuse and neglect
- growing up with domestic violence, substance
- abuse or mental illness in the home, parental discord, crime



Adverse Childhood Experiences Are Common

Household dysfunction:

- Substance abuse 27%
- Parental sep/divorce 23%
- Mental illness 17%
- Battered mother 13%
- Criminal behavior 6%



Cont.

Abuse:

- Psychological 11%
- Physical 28%
- Sexual 21%

Neglect:

- Emotional 15%
- Physical 10%



ACES tend to come in groups

Additional
ACES (%)

	1	2	3	4	≥5
If you had: A battered mother	95	82	64	48	52



Adverse Childhood Experiences

ACEs have a strong influence on:

- adolescent health
- reproductive health
- Smoking
- alcohol abuse
- illicit drug abuse
- sexual behavior
- mental health
- risk of revictimization
- stability of relationships, homelessness
- performance in the workforce



Cont.

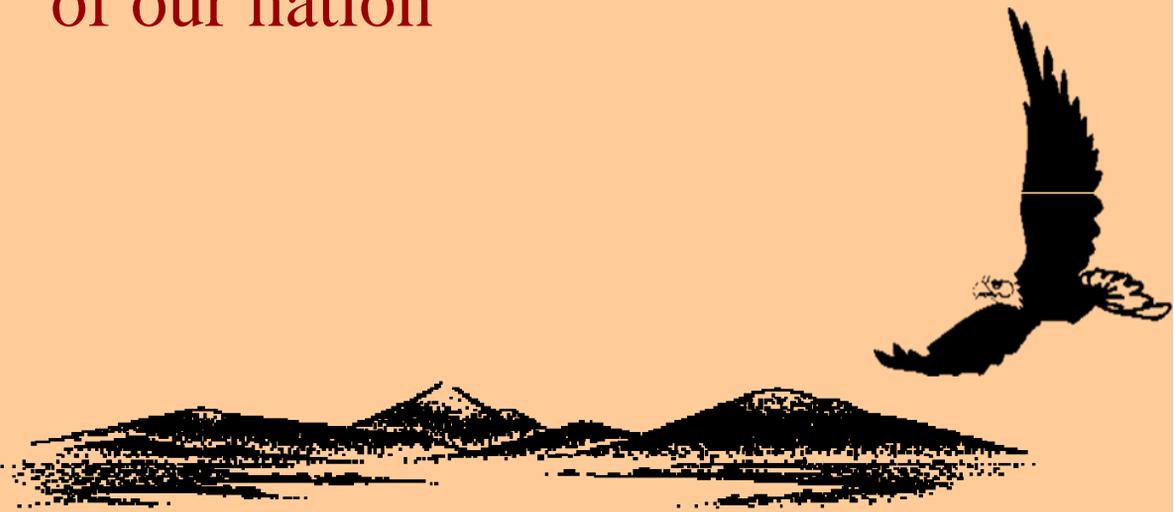
ACEs increase the risk of:

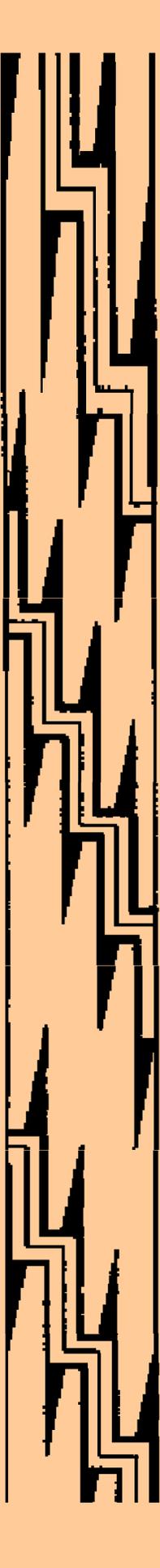
- Heart disease
- Chronic Lung disease
- Liver disease
- Suicide
- Injuries
- HIV and STDs
- other risks for the leading causes of death



Summary of Findings

- Adverse Childhood Experiences (ACEs) are very common
- ACEs are strong predictors of health risks and disease from adolescence to adulthood
- This combination of findings makes ACEs one of the leading, if not the leading determinant of the health and social well-being of our nation





**The CDC Adverse
Childhood Experiences
Study: Childhood
Mental Health and
Lifetime Health**

Mark Erickson, MD
Southcentral Foundation



Expanded definition of child maltreatment:

10 types adverse experiences surveyed.

1. Sexual abuse
2. Emotional abuse
3. Emotional neglect.
4. Physical abuse
5. Physical neglect
6. Substance abuse in home.
7. Mental illness in home.
8. Incarceration of family member.
9. Parental separation or divorce.
10. Witness violence against mother



Key Findings

1. Expanding definition of childhood “maltreatment” had real life significance: Each of the 10 types of adverse childhood experiences influence adult health.
2. Adverse childhood experiences can have an astonishingly broad based, harmful influence on adult health.
3. The health effects of adverse childhood experiences may not manifest for decades.



Cont.

5. The more kinds of adverse childhood experiences a participant reported the greater the risk for a given health problem (trauma-dose relationship).

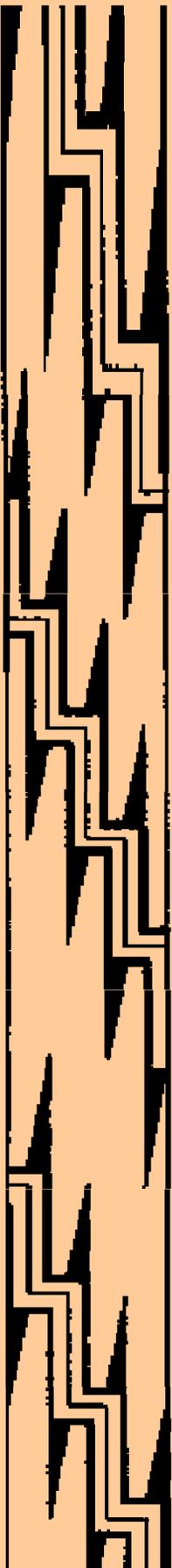
6. The more kinds of adverse childhood experiences a participant reported the greater the risk for more health problems (co-morbidity).



Health Elements Influenced by ACEs

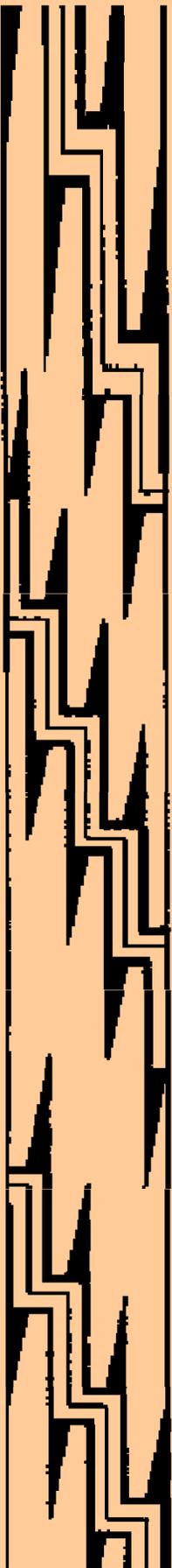
(broad based & life long)

- Heart disease
- Teen pregnancy
- Cancer
- COPD
- STDs
- Liver dis.
- Smoking
- Alcohol abuse
- Promiscuity
- Obesity
- Drug dependence
- IV drug use
- Somatization



Cont.

- Depression
- Anxiety disorders
- Hallucinations
- Sleep disturbances
- Memory disturbances
- Anger problems
- Domestic violence risk
- Early intercourse
- Job problems
- Relationship problems
- Skeletal fractures



Key findings on suicide risk

1 adverse childhood experience increased lifetime risk of suicide attempt ... 1.9x

2 adverse childhood experiences increased lifetime suicide attempt risk ... 3.3x

3 adverse childhood experiences increased lifetime suicide attempt risk ... 4.3x

4 adverse childhood experience increased lifetime risk of suicide attempt ... 6.2x

5 adverse childhood experience increased lifetime risk of suicide attempt... 10.6x

6 adverse childhood experience increased lifetime risk of suicide attempt ... 16.5x

7 or more adverse childhood experiences increased lifetime risk ... 31x



Why Any Success at Prevention of Child Maltreatment is Important

Example: A prevention effort that reduces ACE's in family from 3 to 1.

- Suicide risk cut 84%
- Alcohol dependence risk cut in half
- and so on for 33 measures of health



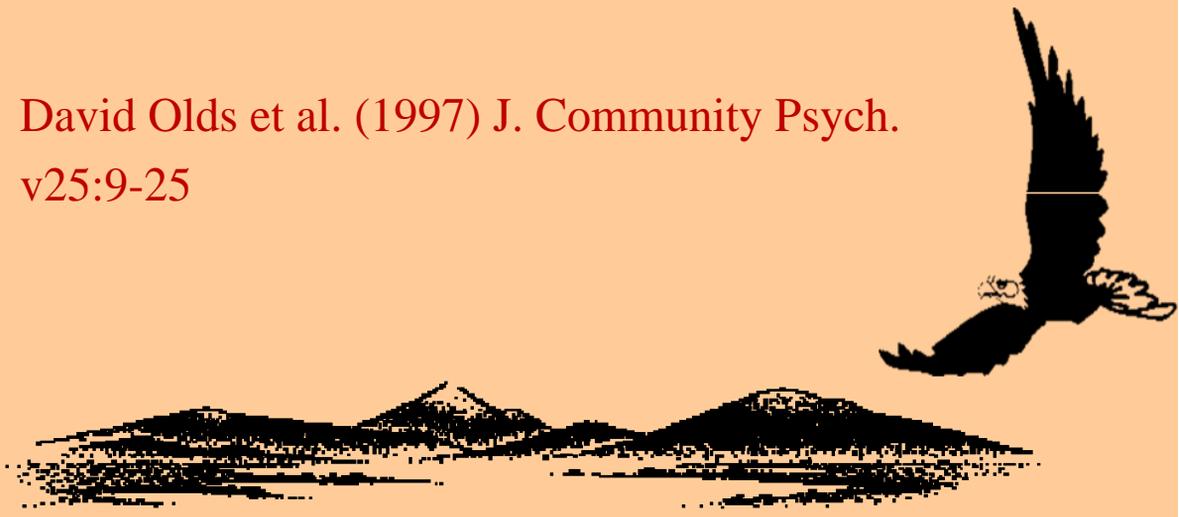
Prevention Example: Teaching Parenting Skills

Nurse-family partnerships:

- Nurses visit home, teach and support parents.
- This approach can prevent child abuse.

Key Finding: At risk families visited by a nurse during the first two years of life were 48% less likely to have abused or neglected offspring.

David Olds et al. (1997) *J. Community Psych.*
v25:9-25



Costs of Child Abuse: USA

\$104 billion spent annually for
the direct costs of child abuse.

An additional \$69.5 billion spent
for indirect costs including
special education, mental and
physical health care and juvenile
delinquency.

Cost per maltreated child
~\$182,000



Challenge of the Coyote

- Society Created this crime. But you have the ability to create something else.
- Can't keep doing the same thing and expect different outcomes.
- Early intervention with new mothers, reduction of ACE's, reduces substantially negative health and behavioral indicators.
- Focus on what you can control.

