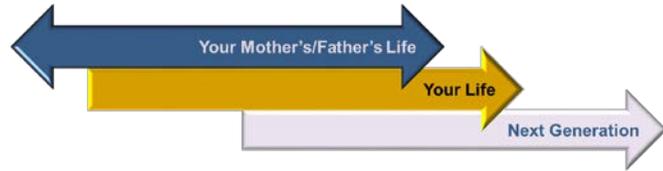




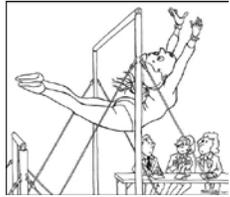
Trauma and the Life Course

Flojaune Griffin Cofer, PhD, MPH
Epidemiologist

Understanding the Life Course



TIMELINE: Today's experiences and exposures influence tomorrow's health and functioning



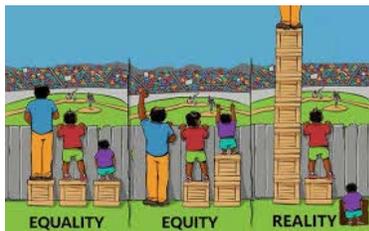
TIMING: Health and behavior pathways are particularly affected during sensitive periods



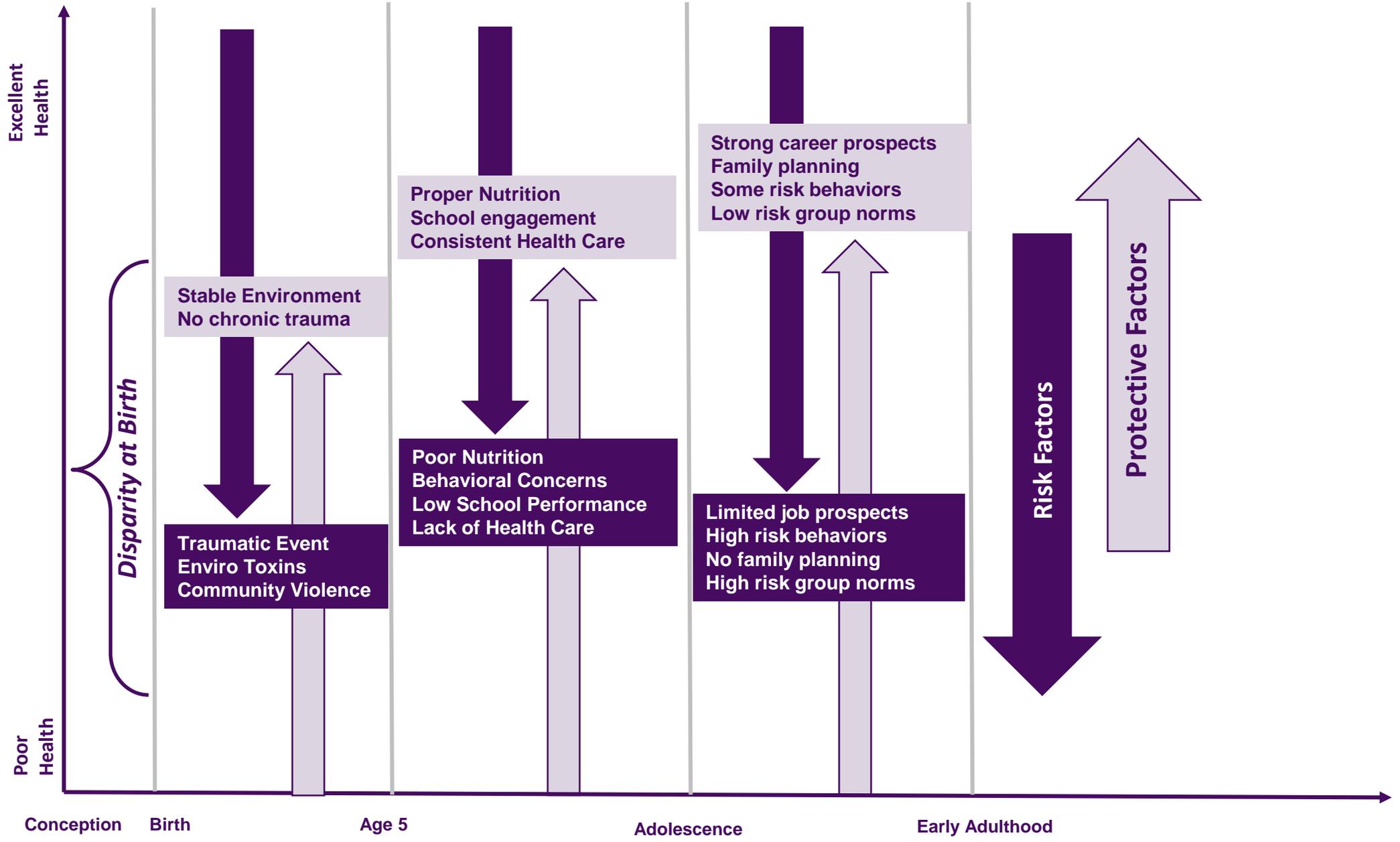
ENVIRONMENT: Your physical surroundings strongly affect the capacity to be healthy



GENERATIONS: Health is shaped by human context among cohorts over periods of time



EQUITY: Differences in performance and outcomes reflect more than genetics and choices



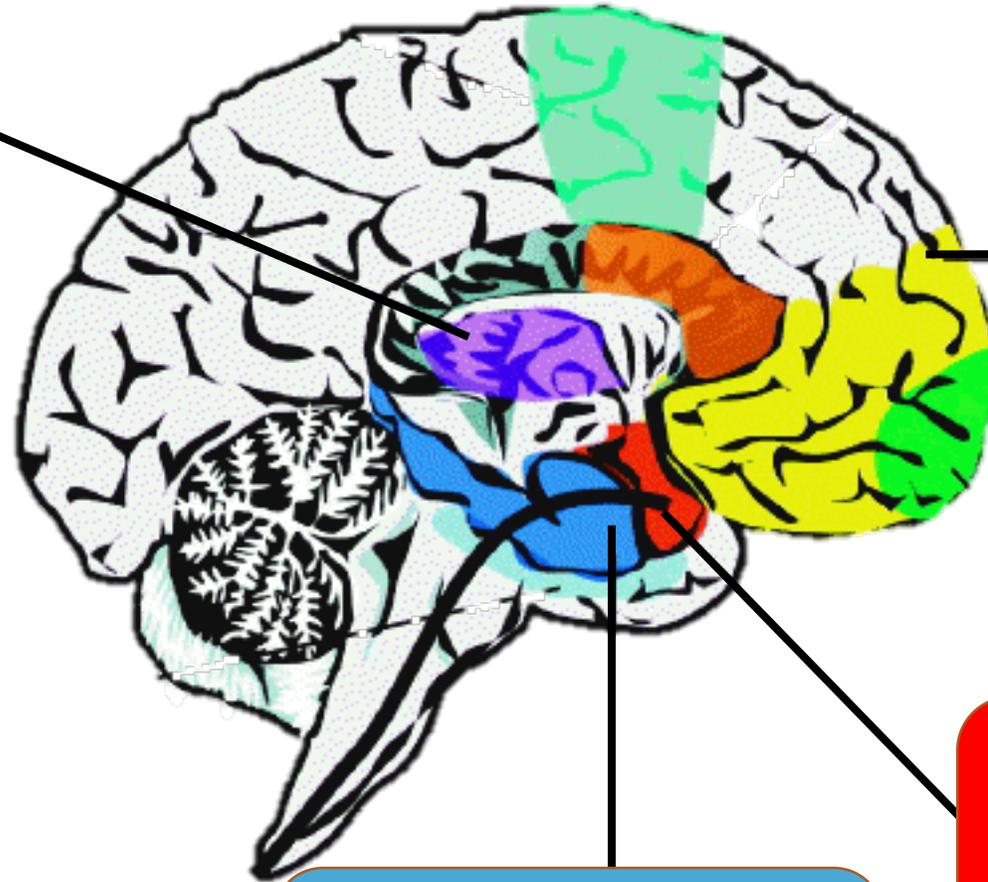
Levels of Racism

- **Personally mediated racism** - an acute stressor, including individual insults and discriminatory acts
- **Institutionalized racism** - discriminatory, race- or class-based policies and practices (informal and formal)
- **Cultural racism** - determines which group qualities and characteristics are valued/devalued
- **Internalized racism** - acceptance by members of the stigmatized races of negative messages about their own abilities and intrinsic worth

**The new
racism is
to deny
that racism
exists**

Your Brain

THALAMUS
Translates sights, sounds
and smells



PRE FRONTAL CORTEX
Cognitive and emotional
decision-making

AMYGDALA
Emotional computer and
alarm system

HIPPOCAMPUS
Storage for conscious
memories

Science of Stress

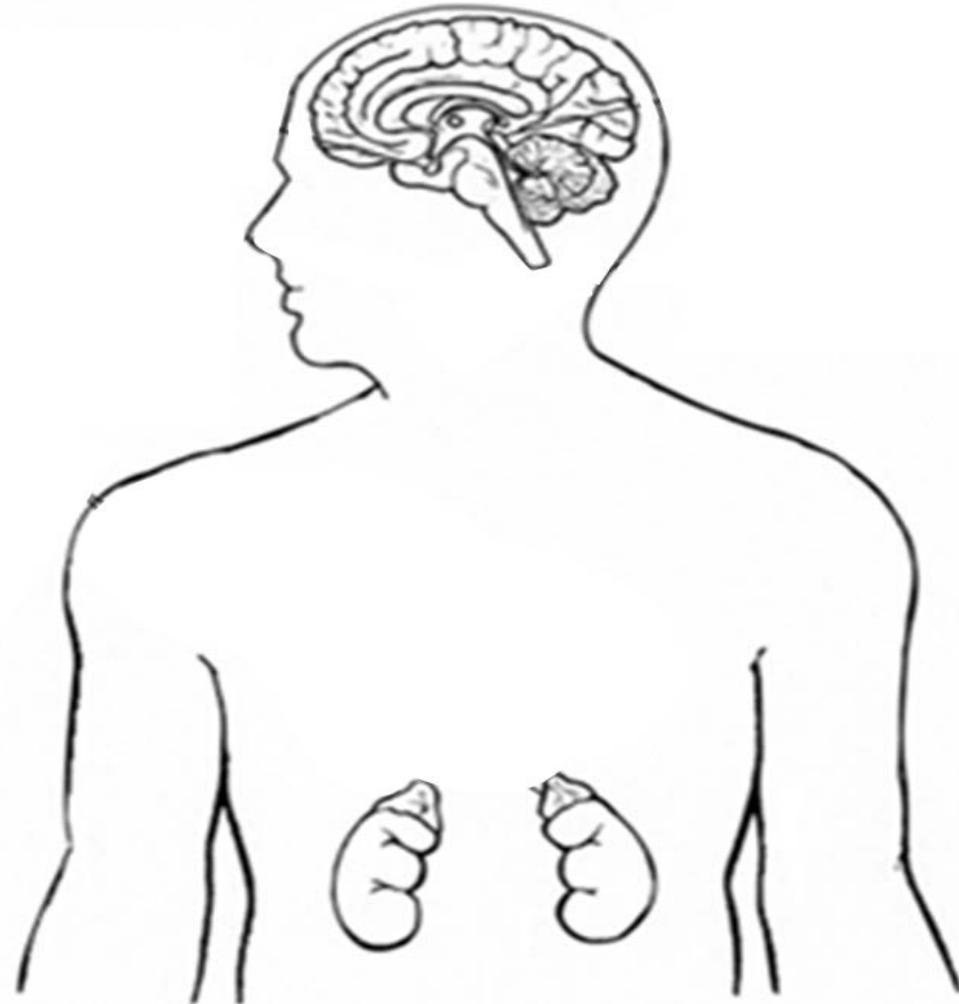
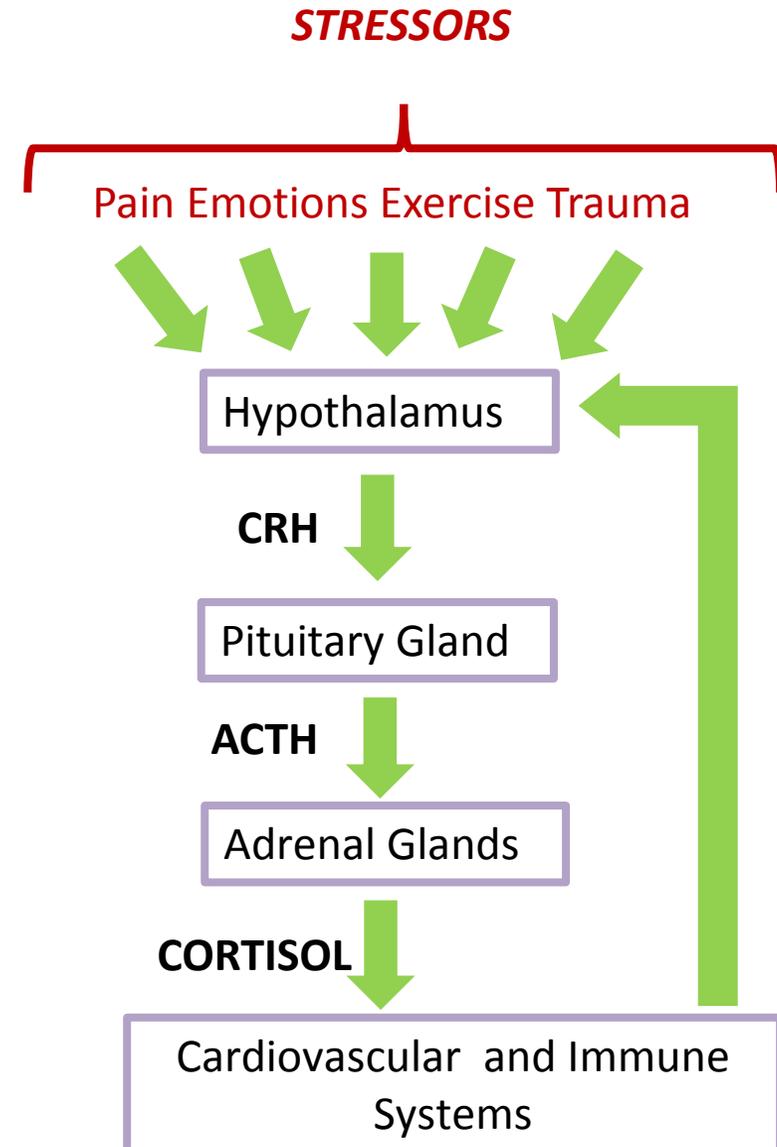


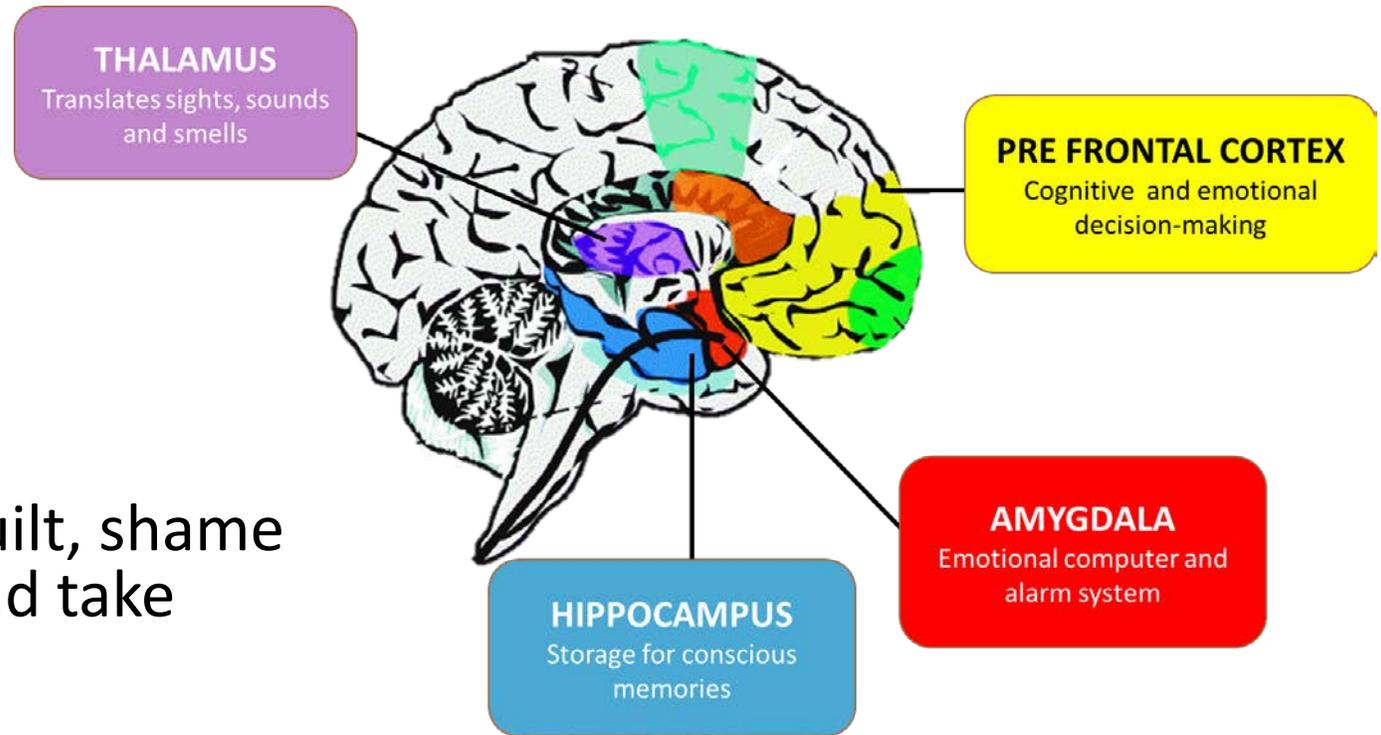
Image adapted and used with permission from GB HealthWatch



Trauma, Abuse and Neglect

Impacts brain development and regulation:

- Memory and concentration
- Sleep disturbances
- Self-control
- Hypervigilance
- Sense of self and attachments
 - Trust adults/Peer Relationships
- To relieve anxiety, depression, guilt, shame or inability to focus, take risks and take control

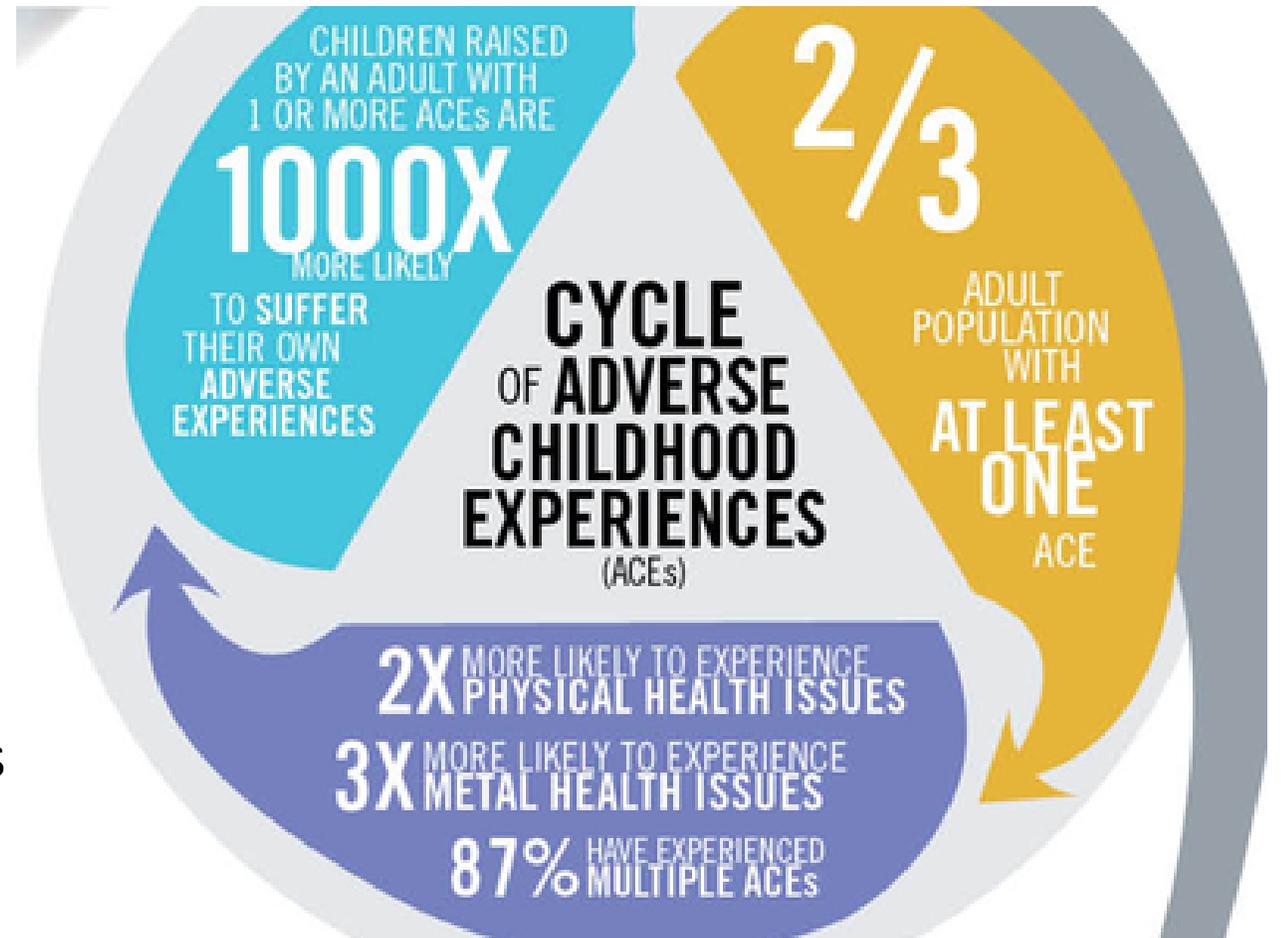




Adverse Childhood Experiences (ACEs)

ACEs in Context

- ACEs measures of household abuse, neglect or dysfunction during childhood
- ACEs are common
- We may lead classrooms or homes, but we also have trauma and triggers to navigate
- A high ACE score does NOT mean something is WRONG with you; it means you experienced a trauma
- Not everyone with high ACE scores will experience poor health outcomes
- Many people develop resilient coping strategies from protective factors



Suggestions from School/Health Settings

- Flexible set up
 - Extended hours
 - Payment options
 - Information Sessions
- Prepare for transitions
 - Advance notice
- Co-location with other services
 - Transportation, Health Care, Schools
- Maintain safety and avoid threats
- Ensure that information is comprehensible
 - Clear instructions
 - Appropriate for baseline knowledge and literacy



2011 North Carolina Study

- Total sample size: 9,280
- High levels of worry or stress re their mortgage/rent: 1,419
- Moderate levels of worry or stress re their mortgage/rent: 1,610
- Low levels of worry or stress re their mortgage/rent: 6,251

Health impacts on high stress group

- Adjusted rates of high blood pressure and diabetes were 40% higher in the high stress group compared to estimates for their low-stress counterparts
- Adjusted rates of not having any health insurance, not having a routine check-up in the past year, and not being able to afford a doctor visit in the past year were all statistically significantly higher among the high stress compared to the low stress group

The connection between the studies

- Housing is health care
- If trauma correlates with poverty and education, you have to design for native mobile and limited literacy
 - Make it accessible
 - Make it easy
 - Reflect the reality of people's lives

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4082093436@havenconnect.com

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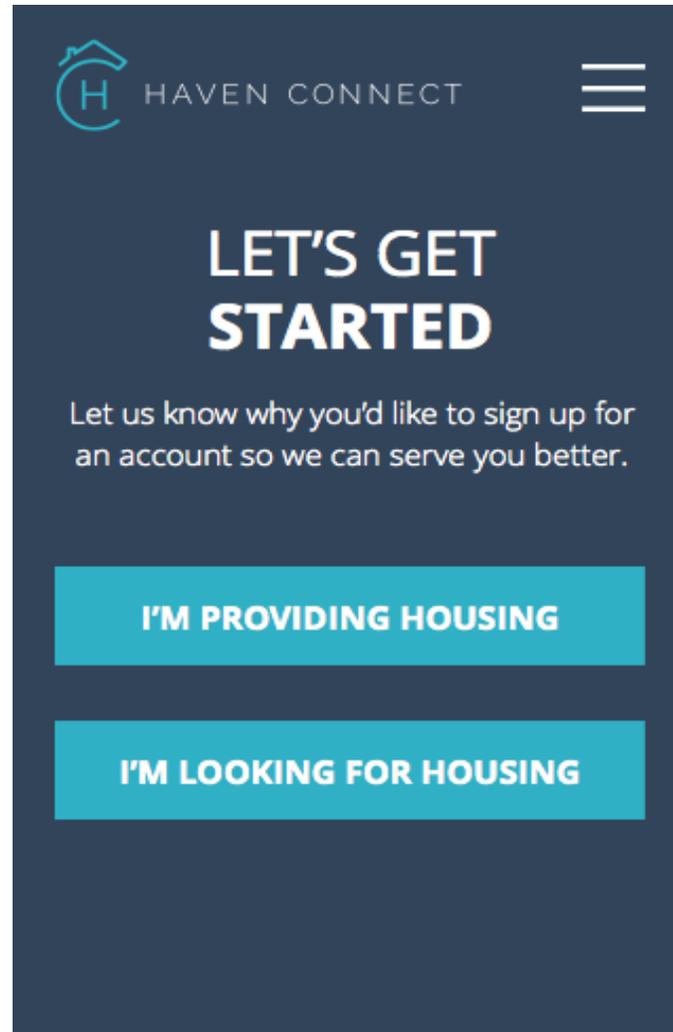
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Reflect the reality of user's lives



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PAHC - ALMA PLACE



RENTAL HOUSING WAITING LIST APPLICATION

First Name

Caroline

Middle Initial

Last Name

Caselli

Housing Type

- Rent
- Own
- Living with Family
- Friends
- Homeless Shelter
- Homeless on Streets

City

San Francisco

State

Califo... ×

Zip Code

94110

Application Steps

1: Basic Info

2: Family Composition

3: Household Income

4: Race/Ethnicity

5: Review And Sign

Reflect the reality of user's lives



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PAHC - ALMA PLACE



RENTAL HOUSING WAITING LIST APPLICATION

First Name

Caroline

Middle Initial

Last Name

Caselli

Housing Type

Homeless on Streets ▼

Cross Streets / Intersection, Description of place:

City

State

Application Steps

- 1: Basic Info
- 2: Family Composition
- 3: Household Income
- 4: Race/Ethnicity
- 5: Review And Sign

Reflect the reality of user's lives – and remember, discrimination traumatizes

PAHC - ALMA PLACE

FAMILY MEMBERS

Primary Applicant: **Caroline Caselli**

Citizen and Immigration Status Information

- Select
- ✓ Social Security Number
- Tax Identification Number (ITIN)
- SSN ITIN Pending
- Will provide SSN or ITIN at eligibility screening
- Not Applicable

Social Security Number

Apply for individual Tax ID Number

pending.

Date of Birth (MM/DD/YYYY)

Age

Gender

What pronouns do you prefer?

+ ADD HOUSEHOLD MEMBER

Additional info:

At least one member of the household works in the city of Palo Alto at the following work site:



Application Steps

- 1: Basic Info
- 2: Family Composition
- 3: Household Income
- 4: Race/Ethnicity
- 5: Review And Sign

Any questions?

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- Caroline Caselli, CEO, Haven Connect, caroline@havenconnect.com, @havenconnect
- Georgina Mascarenhas, VP of Property Management, Palo Alto Housing Corporation, GMascarenhas@pah.community