Hunger Action Conference 2019

vtfoodbank.org/event/hac

Healing the Past for a Healthy Future

Friday, May 3, 2019
7:30 am - 4 pm
Killington Grand Resort

Cross Class Communication Using Trauma Informed Principles

with

Deb Witkus and Kendra Colburn

of

Equity Solutions

Hunger Action Conference 2019

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Healing the Past for a Healthy Future

Vulnerability: Sharing Our Stories

How are trauma and class showing up in your work and lives around food?

What is Class?

- Class can be defined as **relative social rank** in terms of **income, wealth, status, and power**.
- A class group is a group of people who share **similar roles in the economic system** as particular kinds of workers, owners, and/or buyers/sellers/traders/consumers.
- Class is also the **culture, knowledge, skills, and networks** that come along with being part of a particular class group.

What is Trauma?

- A psychological, emotional response to an event or experience that's so deeply distressing that our bodies can not fully process it.

- Trauma builds up toxic stress in our bodies, which leads to negative health outcomes and other impacts.

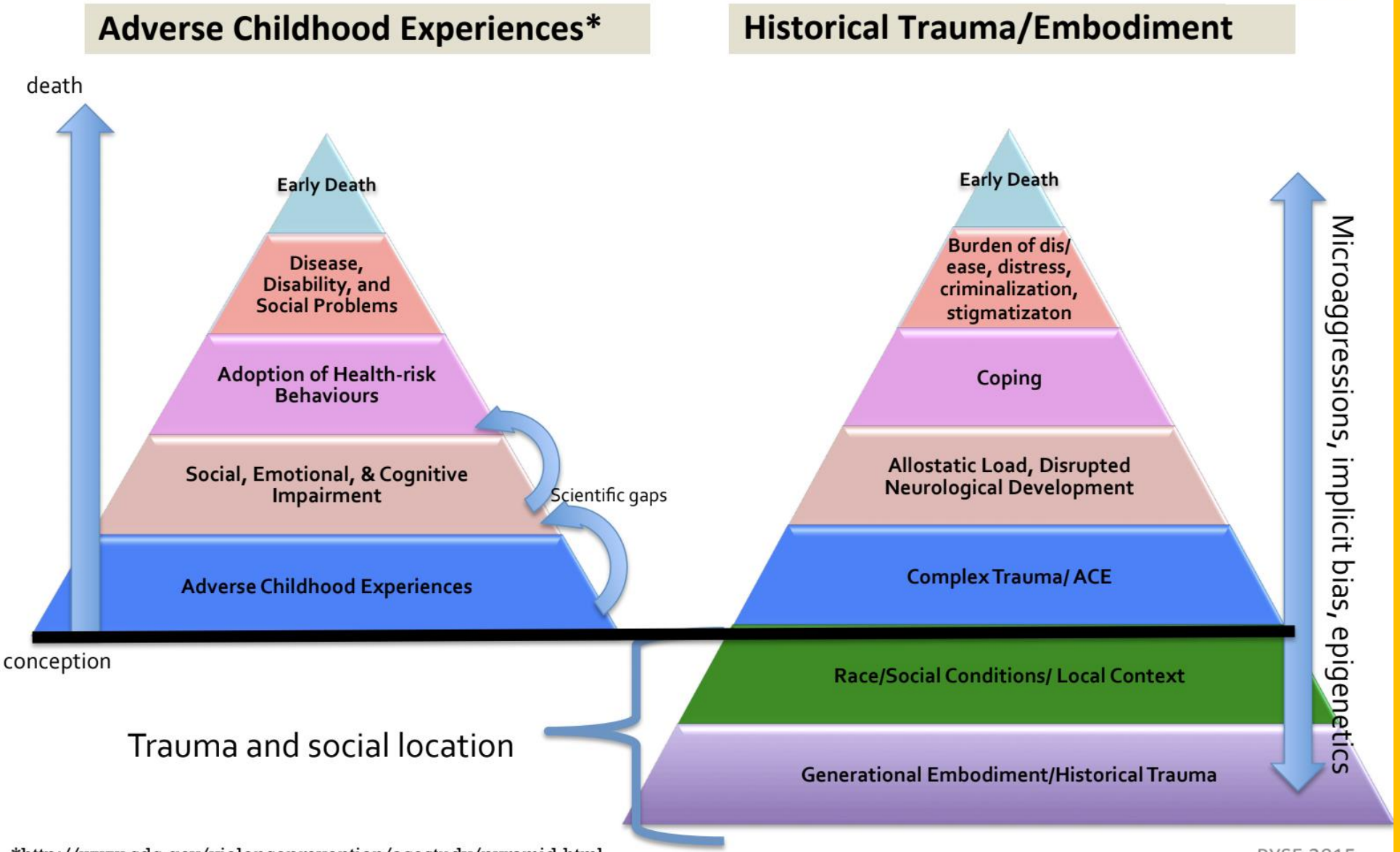
ACEs

- Common
- Cumulative
- Clustered

Historical/Generational Trauma

- First Nations Peoples
- Immigrants/New Americans
- People of Color
- Families in Generational Poverty
- Religious Groups
- LGBTQ+

Trauma and Social Location



*http://www.cdc.gov/violenceprevention/acestudy/pyramid.html

RYSE 2015

Impacts of Trauma

- Mental Health Issues
- Stress and Anxiety
- Substance Use
- Feeling Judged or Shame
- Bullying
- Stigma
- Suicide
- Death/Disease

- Empathy
- Connect Really Quickly
- Cooperation over Individualism
- Practicing Humility
- Vulnerability
- Give more generously
- Non-linear thinking
- Optimism
- Creativity
- Reading non-verbal cues

Cross Class Communication

SOLUTION STORM!

What are the barriers you experience?

What are some assumptions/biases showing up in these barriers?

How are trauma and class part of these?

What are some solutions that have worked for you, or you'd like to try?

SAMHSA's 6 Principles for Trauma Informed Practice

- Emotional and Physical Safety
- Trustworthiness & Transparency
- Peer-Support
- Collaboration and Mutuality
- Empowerment – VOICE and CHOICE
- Understanding Historical, Cultural, and Gender Issues

Cross Class Solutions

- Vulnerability
- Authenticity
- Relationships, Relationships, Relationships!
- Change only happens at the speed of trust
- Communication is connected to oppression.
- Trust people most impacted by oppression
- Communicate to learn their strengths
- Share Power and decision making

Training & Consulting
for Racial and Economic Equity

EquitySolutionsVT@gmail.com

802.451.0558

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