Rising costs for health care in the United States.

Source: Kaiser Family Health Foundation
Understanding Trauma: Place Matters
Health Outcomes & Place: From Birth to Death in Columbus

Targeting at-risk neighborhoods
The Greater Columbus Infant Mortality Task Force has identified neighborhoods with the greatest concentration of deaths of babies younger than 1 year old and plans to focus its initial efforts on at least two of those areas. They’ve looked both at deaths per square mile and rates per 1,000 live births in neighborhoods throughout the city.

Infant deaths per square mile, 2007-11

- 1.0 to 2.6
- 2.6 to 5.7
- 5.7 to 8.8
- 8.8 to 12.0
- 12.0 to 15.1

Life expectancy by ZIP code
There’s a 20-year difference in life expectancy across ZIP codes in Franklin County, according to a new report by the Kiwan Institute for the Study of Race and Ethnicity at Ohio State University. Race, ethnicity and poverty likely play a role, as do neighborhood environment, genetic factors and societal experiences. Data suggests that the current structure for giving benefits to seniors based on age — most notably around the age of 65 — might simply be too late for many people.

Source: Ohio State University's Kiwan Institute for the Study of Race and Ethnicity
Source: Kiwan Institute for the Study of Race and Ethnicity at Ohio State University
A Snapshot of an infant mortality hot spot…

1 in 5 homes are vacant and abandoned

1 in 4 people live in poverty

Nearly 1 in 2 families are housing cost burdened

2 in 3 residents are people of color

High violent crime and incarceration rates
Behavioral Health & Place: The Geography of Two Months of Drug Offenses in Franklin County (Oct/Nov 2016)

Source: The Columbus Dispatch, Community Crime Map
Hot Spot Map in Focus:
The Geography of Two Months of Drug Offenses in Franklin County (Oct/Nov 2016)

- Linden
- South Side
- Hilltop
Violence, Trauma & Place: The Geography of One Year of Homicides in Franklin County (Oct/Nov 2016)

Source: The Columbus Dispatch, Community Crime Map
The Geography of Substance Abuse & Violence (Compared)

Geography of Drug Offenses

Geography of Homicides

Source: The Columbus Dispatch, Community Crime Map
Why does place matter for behavioral health?
*The interplay of environment, stress & trauma.*
A stress response system that is not strengthened and engaged in positive ways (some stress is actually good and physiologically necessary) can have a powerful, debilitating effect on a child’s development. Children can and should experience a certain amount of stress, but stress that is layered and long-lasting becomes toxic, and literally can make children sick, even well into adulthood.”

- Quote and graphics from the 2014 UWCO Champion of Children Report
Housing Instability as a Stressor

- Exposure
- Toxity

- Stress
- Resources

- Stress
- Exposure

Habitability

Security & Finances

Neighborhood & Environment
Homelessness & Housing Condition

- Robust associations exist between postpartum maternal depression and risk for homelessness. Curtis et al. 2014.

Housing Instability

- Housing instability and disarray associated with screening positive for depression and anxiety among mothers regardless of other social stressors. Suglia, 2011

Instability: Foreclosure

- For new mothers, the experience of foreclosure nearly doubled the risk of severe depressive symptoms. Osypuk et al. 2012.

Instability: Eviction

- Eviction was a significant traumatizing factor for low income urban mothers. Mothers who were evicted experiences higher rates of material hardship, depression, worse health for themselves and their children and high parental stress. The eviction effect lasted for more than 2 years in respect to depression and material hardship. Desmond & Kimbro, 2016
The Impact of Neighbourhood Foreclosure Activity on Blood Pressure (Squires)
What is trauma?

From a neuro-developmental perspective trauma is not the event—it is the individual’s response to the event. Traumatic stress occurs when an extreme experience overwhelms and alters the individual’s stress-related physiological system in a way that results in functional compromise in any of the widely-distributed stress response systems: neuroimmune, neuroendocrine, autonomic, and central nervous system networks.11

Adverse Childhood Experiences (ACEs)

A chronically activated stress response system minimizes our capacity for rationality and empathy, and decreases our ability to regulate our emotions.21

Figure 7: Mechanisms by which Adverse Childhood Experiences (ACEs) influence health and well-being throughout the lifespan
LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.
Trauma at three scales…

Life Course Perspective

Child  ➤  Teen  ➤  Adult

Life Course + Epigenetics

Great Grandmother  ➤  Grandmother  ➤  Mother

Development ➤  Thrive or Decline ➤  Present

Environmental Life Course: A Community or Neighborhood’s Life Course
Intervening: Place Based Strategy
What is old is new again – education about the relationship between place based social determinants and health in the 1930’s.

WPA Informational Posters for the NYC Housing Authority (1930’s).
Source: Library of Congress
Equity Focused

Holistic Approach

Place Based

Collective Action & Impact
Trauma Informed Community Building
Sources: Bridge (San Francisco) & the Casey Foundation

Trauma Based Challenges to Place Based Community Building

1. Lack of trust and limited social cohesion
2. Lack of stability, reliability and consistency
3. Disempowerment and lack of community ownership of efforts
4. Inability to envision the future
5. Breadth and depth of community needs

Adapted from: Weinstein & Wolen (2014)
*Trauma Informed Community Building*

Trauma Informed Community Building
Sources: Bridge (San Francisco) & the Casey Foundation


1. Do no harm by recognizing past and current trauma and avoid retraumatizing individuals and the community.
2. Acceptance: Meet residents where they are, accepting the realities of community conditions.
3. Community empowerment: Including community members and ensuring equitable participation promote a sense of hope and control.
4. Engaging in an ongoing reflective process that adjusts to new developments and community needs is key. TICB takes a long-term approach to improving outcomes in communities that have experienced trauma.
Beyond Business As Usual: South Side Redevelopment (Columbus, OH)
The “virtuous circle” of catalytic community development
Intervening: Program Based Strategy
Building a Supportive Community for Young Black Males

I Am My Brothers Keeper
Improving Outcomes for African American boys on the South Side
Trauma & I AM MBK Youth

YOUTH VICTIMS OF GUN VIOLENCE IN COLUMBUS, 2012 (BY RACE)
**Adverse Childhood Experiences & Trauma:** Sample of youth trauma experiences.

- Parent or caregiver/close family member incarcerated (multiple cases)
- Sexual abuse (multiple cases)
- Physical abuse (multiple cases)
- Victim of violence or assault (multiple cases)
- Exposure to domestic violence (multiple cases)
- Death of parent/caregiver (multiple cases)
- Gun violence victimizing close family member/parent (multiple cases)
- Witness to gun violence and homicide (and gun violence near home) (multiple cases)
- Guns fired in the direction of youth participants – felt life was in danger (multiple cases)
- Parental neglect or abandonment (multiple cases)
- Victimized by theft/robbery (multiple cases)
- Miscellaneous (multiple cases): food insecure/malnourished, experienced forced relocation/eviction, homelessness, sibling placed in foster care

**Documented Health Challenges:** Sample of physical and mental health challenges identified for I AM MBK youth the following.

- Asthma (Multiple Cases)
- Depression (Multiple Cases)
- Reactive Attachment Disorder
- Oppositional Defiant Disorder (Multiple Cases)
- ADHD (Multiple Cases)
- Learning Disabilities (Multiple Cases)
- Post Traumatic Stress Disorder (Multiple Cases)
- Chronic Headaches (Multiple Cases)
- Vision Disorder (Multiple Cases)
- Hearing Disorder
- Speech Disorder (Multiple Cases)
- Behavioral Disorder Misc. (Multiple Cases)
- Anger Management
- Obesity (weight gain) (Multiple Cases)
at-risk for Diabetes (Multiple Cases)
- Hospitalized for Self- Harm
- Leukemia
I AM MBK Logic Model

### Input
- Staffing
- Experiential learning sites
- Service organization partners (Boys & Girls club, Big Brother’s Big Sisters)
- Materials/ resources (food, transportation, etc.)
- Mentors

### Output
- Experiential learning activities
- Community-building activities
- Social capital development activities
- Services provided (to at-risk youth and families)
- Advocacy on behalf of youth

### Outcomes
- Improved educational outcomes for youth
- Increased resiliency for youth
- Increased social capital and community support for youth
- Youth avoid risky behaviors, avoid victimization from violence, and avoid negative interaction with the criminal justice system

**Assumptions:** Youth & family engagement, skill-building, social capital & advocacy can build resiliency, confidence & success for at-risk youth.

**External Factors:** Activities of external organizations directly impacting youth (Columbus City Schools, Columbus Police, Social Service Agencies),
Benefits of the Program: Results from Parent Surveys

Survey results from family members supports the positive feedback reported by field staff. When asked to rate the benefit of the program on the following scale (1 to 5) a survey of 27 caregivers of MTMBK youth found caregivers indicate the program has been very helpful along several dimensions. Survey responses found the overall program to be very beneficial and strong impacts for optimism, self-image and behavior. Impact on grades was also a positive score, although not as strong as the program’s impact on other outcomes.

Parent Survey Results: 21 Family Caregivers Were Asked to Rate the Impact of MTMBK on a 1 to 5 Scale for the Following Factors (1 = Lowest Score; 5 = Highest Score)

- Overall Benefit From Program: 4.7
- Optimism: 4.3
- Self Image: 4.2
- Grades: 3.8
- Behavior: 4.3
Recent Violence Intervention: January 2016