

# TRAUMA CONCEPTS AND RESTORATIVE PRACTICES



**ACEs (Adverse Childhood Experiences) Or Traumatic Event**– An ACE describes a traumatic experience in a person's life occurring before the age of 18 that the person remembers as an adult.

**ACEs Score** - The ACE score is a measure of cumulative exposure to adverse childhood experiences. Exposure to any single ACE is counted as one point. As the number of ACEs increases, so does the potential for adverse outcomes.

The Centers for Disease Control and Prevention's landmark 1998 study that demonstrated that traumatic childhood experiences are the root cause of many social, emotional and cognitive impairments that lead to an increase in health risk factors, and increased risk of violence or re-victimization, disease, disability and premature mortality.

### Examples of ACEs

<ul style="list-style-type: none"> <li>• Car accident; other accident</li> <li>• Natural disaster</li> <li>• Serious illness lasting for an extended period</li> <li>• Violence in the neighborhood, e.g. witnessing a shooting or harmful experience to another person</li> <li>• Death of someone close</li> <li>• Being bullied at school or in the neighborhood</li> <li>• Serious injury, harm or death you caused to someone else</li> <li>• Sudden, violent death of someone close</li> </ul>	<ul style="list-style-type: none"> <li>• Painful or traumatic medical experience or procedure</li> <li>• Recurrent physical abuse</li> <li>• Recurrent emotional abuse; Any attempt or uncomfortable touching of the body or sexual contact or abuse or witnessing any of these</li> <li>• Any alcohol and/or drug use or abuse by someone in the household that caused a significant problem</li> <li>• Divorce, separation, custody, visitation situation that was difficult</li> </ul>	<ul style="list-style-type: none"> <li>• Any household member who spent time in jail or prison</li> <li>• Someone in the household who was chronically depressed, mentally ill, institutionalized or attempted to commit suicide</li> <li>• Mother treated violently</li> <li>• Victim of racism, severe social deprivation (poverty, hunger, homelessness), homophobia;</li> <li>• Experience as a refugee;</li> <li>• Emotional or physical neglect</li> </ul>
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**Restorative Practices** help to provide safe spaces for storytelling that may identify the presence and source of ACEs.

### Adverse Outcome – Health and social consequences of ACEs.

#### ACEs have been linked to:

<ul style="list-style-type: none"> <li>• Altered brain development and physiology</li> <li>• Impaired academic efforts</li> <li>• Low life potential</li> </ul>	<ul style="list-style-type: none"> <li>• High-risk behaviors (addictions, etc.)</li> <li>• Social challenges and behavioral problems</li> </ul>	<ul style="list-style-type: none"> <li>• Chronic health conditions</li> <li>• Early death</li> </ul>
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**Protective Factors** - *Biological, developmental, family, community, and system characteristics that mitigate the negative impacts of ACEs for a particular person.*

**Examples**

<ul style="list-style-type: none"> <li>• Close relationships with competent caregivers or other caring adults</li> <li>• Exposure to parental resilience</li> <li>• Caregiver knowledge and application of positive parenting skills</li> <li>• Social connections</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying and cultivating a sense of purpose (faith, culture, identity)</li> <li>• Cultivating Individual developmental competencies (problem solving skills, self-regulation, agency)</li> <li>• Children's social and emotional health</li> </ul>	<ul style="list-style-type: none"> <li>• Socioeconomic advantages and concrete support for parents and families</li> <li>• Communities and social systems that support health and development, and nurture human capital</li> </ul>
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**Relationship to Restorative Practices**

<ul style="list-style-type: none"> <li>• Helps to provide a safe space for storytelling that uncovers ACES, social challenges, behavioral problems and risky behavior</li> <li>• Helps to establish or repair healthy relationships, social connections and emotional health</li> </ul>	<ul style="list-style-type: none"> <li>• Can help to cultivate a sense of purpose</li> <li>• Can help to identify parent and self-resilience</li> <li>• Restorative conversations, can help to develop problem solving skills, self-regulation and agency</li> </ul>	<ul style="list-style-type: none"> <li>• Restorative conversations, affirmations and mindfulness activities can help to develop social and emotional health</li> </ul>

**Resilience** - *is the result of interactions between a person's adverse experiences and his or her protective factors. Resilience is the "bounce back."*

For example: A child who is raised in a verbally abusive and alcoholic home receives positive feedback and support through regular contact with a mentor, and learns to express themselves through circle conversations.

Restorative Practices provide safe spaces for relationship building and social connection, which fosters resilience.

Information on Trauma Adapted from the Centers for Disease Control and Prevention, the Illinois ACEs Response Collaborative and Audrey Stillerman, MD, MPH, Associate Director of Medical Affairs, Medical Director, School Health Centers, Office of Community Engagement and Neighborhood Health Partnerships, Assistant Professor of Clinical Family Medicine, University of Illinois Health Sciences System

# EQUITY CONCEPTS AND THE RESTORATIVE MINDSET



	Definition	Harm Created	Relationship to Restorative Mindset
ASSIMILATION	A process by which outsiders (persons who are considered "others" by virtue of race, cultural heritage, gender, age, religious background, sexual orientation, etc.) are brought into, or made to take on and then live out of, as much as possible, the existing identity of the dominant group.	<ul style="list-style-type: none"> <li>• Persons are devalued</li> <li>• Persons are marginalized</li> <li>• Persons are traumatized by denial of their cultural attributes and identity.</li> </ul>	A restorative mindset recognizes the dynamics of power, which affect persons in the community.
DISCRIMINATION	The denial of justice and fair treatment by individuals and/or institutions including employment, education, housing, banking, healthcare and political rights. Discrimination is an action that can follow prejudiced thinking.	<ul style="list-style-type: none"> <li>• Persons are devalued.</li> <li>• Persons are marginalized</li> <li>• Persons are traumatized by denial of rights</li> <li>• Persons and entire generations set up for failure</li> </ul>	<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community.</p> <p>Restorative practices provide safe space to identify and address issues of inequity.</p>
DIVERSITY	Means different or varied. The population of the United States is made up of people of diverse races, ethnicities, nationalities and cultures.	Persons can be made to feel less than or unwanted by those who do not see the value of diversity	<p>A restorative mindset seeks to identify and address aspects of implicit bias.</p> <p>Restorative Practices provide safe space to identify and address aspects of implicit bias.</p>
DOMINANT CULTURE	Refers to the cultural group with the greatest political power in a given context, e.g. European American, Protestant, and/or male culture in traditional U.S. society.	<p>All who fall outside of this group are adversely affected.</p> <p>Weakens the vitality and strength of the whole society; Permanently deprives groups of their rights .</p>	A restorative mindset recognizes the dynamics of power, which affect persons in the community.
EQUAL VS. EQUITABLE	Providing the same opportunity to persons without the same resources to take advantage of those opportunities makes equal treatment or provision inequitable.	<p>Persons are adversely affected by equal opportunity that is blind to their resources.</p> <p>Example: Equal is every child having a desk. Equitable is every child having a desk that fits their size enough to allow them to sit and work.</p>	<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community.</p> <p>Restorative practices provide safe space to identify and address issues of inequity.</p>

# EQUITY CONCEPTS AND THE RESTORATIVE MINDSET



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">IMPLICIT BIAS</p>	<p>An unconscious or conscious inclination or preference either for or against an individual or group that interferes with impartial judgment.</p>	<p>Bringing or allowing biases to the situation blocks establishing healthy relationships.</p>	<p>A restorative mindset seeks to identify and address aspects of implicit bias.</p> <p>Restorative Practices provide safe space to identify and address aspects of implicit bias.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">INCLUSIVE</p>	<p>Having a posture (attitude or policy) of inclusion of diverse others.</p> <p><b>Caveat:</b> Inclusion, however, does not inherently imply diversity or pluralism and can even be seen to imply the opposite in some instances.</p>	<p><b>Example of Caveat:</b> A school may enroll a prescribed number of and minorities but then expects and requires these persons to take on the pre-existing dominant cultural or ethnic identity. This school may then refer to itself as "inclusive," but it is not pluralistic since a single dominating identity remains, which others are assimilated into. Or to put it another way, the newly "inclusive" school is seeking to be inclusive while ignoring or erasing diversity.</p>	<p>True diversity and multiple perspectives are embraced as valuable to the community.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">MINORITY</p>	<p>A group or subgroup, or a member of such, which has limited access to positions of power and, therefore, little influence upon the larger group, institution, or society.</p> <p>Since women (who are roughly 50 percent of the population) are often, but not always, referred to as a minority group (some use the phrase "minorities and women" to reference those outside the dominating "majority"), and African Americans and Hispanics retain their "minority" status even if they constitute over fifty percent of the population of an area, it is clear that "minority" is not determined numerically.</p>	<p>Designation promotes inequity; denies the humanness of groups; denies the notion that all groups are entitled to voice, participation and human rights.</p>	<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community.</p>

# EQUITY CONCEPTS AND THE RESTORATIVE MINDSET



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">RACISM</p>	<p>Racism is racial prejudice plus power. Racism is the intentional or unintentional use of power to isolate, separate and exploit others. This use of power is based on a belief in superior origin, identity of supposed racial characteristics.</p> <p>Racism confers certain privileges on and defends the dominant group, which in turn sustains and perpetuates racism. Both consciously and unconsciously, racism is enforced and maintained by the legal, cultural, religious, educational, economic, political, military and other institutions of societies.</p> <p>Racism is more than just a personal attitude; it is the institutionalized form of that attitude. It is both overt and covert. (It has Individual, Systemic and Institutionalized forms).</p>	<p>Promotes inequity; denies the humanness of groups; Denies the notion that all groups are entitled to voice, participation and human rights.</p>	<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TOKENISM</p>	<p>Hiring or having a few women and/or racial or ethnic minority persons represented, so as to appear inclusive, while actually remaining mono-cultural.</p>	<p>Denies human rights and promotes the notion that certain groups are less than and unworthy of full participation.</p>	<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community.</p> <p>True diversity and multiple perspectives are embraced as valuable to the community.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">POWER</p>	<p><b>Power</b> The ability to influence or control the behavior of people <b>Power Dynamics</b> The sociological or political concept which refers to how power works to influence interactions in a particular setting (such as a classroom, school, community)</p>		<p>A restorative mindset recognizes the dynamics of power, which affect persons in the community</p> <p>Restorative Practices provide safe space to identify and address power dynamics and minimize effects</p>

Information for Equity discussion and charts adapted from Intersection of Race, Trauma and Restorative Justice (Nehemiah Trinity Rising), A Framework for Understanding the Causes of Racial Inequalities in 21st Century America by Fulbright-Anderson and Associates, LLC and A Sacred Conversation on Race, United Church of Christ