NOOSES ACROSS GENERATIONS
Black Families, Contemporary Behavioral Health & American Enslavement

Objectives

- Integrate historical factors with contemporary conditions.
- Evaluate disproportionality related to the intersectionality of the Black experience.
- Explain the mechanisms that create risk factors for Black families across generations.
- Apply post-traumatic growth and resiliency models to Black recovery & wellness.

Qualifications

- BS, Biology; PsyD, Clinical Psychology/MCPP
- Middle School Science Teacher, Baltimore MD
- Homeless CalWORKS Families/Homeless Families Program Site Coordinator
  - CalHome, MediCAL, LAHSA, Section 8
- Clinical Psychologist II, LA County DMH (Therapeutic Treatment Foster Care)
  - Katie A, EPIS, FFT, WRAP, TFC, LP, IP, JY: 0-5
  - TFCAP, IP, AIP, MDT, LV: 12-24
- Evidence Based Practices
  - TFII, TFIII, TFC, IIP, PCT, FY, MDT
- Exec Dir: Center for Community & Social Impact, Pacific Oaks College, Pasadena, CA
- Program Director & Grant Primary Investigator
  - FYHVE: Pepperdine University
  - Urban Fellows: Pepperdine University
- Published Author/Intl Presenter

Donald E Grant Jr, PsyD
Executive Director

3/28/2019
SYSTEMS & THEIR INFLUENCES

How do ecological factors influence systems?

WARNING

THIS PRESENTATION CONTAINS SOME GENERALIZATIONS

THERE ARE EXCEPTIONS TO THESE GENERALIZATIONS

Bio-Ecological Theory of Human Development
Systems

Public Health, a scientific discipline that:

- focuses on preventing deleterious conditions and outcomes by analyzing data from comprehensive sets of risk and protective factors influencing a group of people.

- foci might be a small geographically proximate population of the public or a larger group spread across a wide swath of the globe who share a common ethnic heritage.

Head Start, a systems-based program

- comprehensive education,
- health nutrition,
- social service and parent involvement.

Plans could provide children experiencing disadvantage with a "head start" given the child development research exploring the:

- inequities of poverty & food/housing insecurity.

How It Happens

Negationism
European Nationalism
Cotton & Industrialism
Epigenetics
Eugenics
Contemporary Oppression

Noble Nooses: Pre-Colonial Kings, Queens & Peopling the Globe
The Deliverance: 2nd Kings Chapter 19

"35 That very night the angel of the LORD went out to the Assyrian camp and killed 185,000 Assyrian troops. When the surviving Assyrians woke up the next morning, they found corpses everywhere. 36 Then King Sennacherib of Assyria broke up his camp and returned to his own land. He went home to his capital of Nineveh and stayed there."

King Taharqa - Nubia  
King Hezekiah - Jerusalem

Parts of the Holy Bible, selected for the use of Negro Slaves, in the British West-Indian Islands (1807)
- Christian Bible includes 1,189 chapters. This one consists of only 232.
- The majority of the Old Testament is totally absent, as is half of the New Testament.
- Printed by the Missionary Society for the Conversion of Negro Slaves
- Used to convert enslaved people to Christianity

Birth of a Noose
European Nationalism 12th-15th Centuries
- Portugal: Hanker to Senegal (1455), Henry the Navigator (1460), Upper Guinea. (1490), Mission to Beja (1493)
- Spain: Ferdinand & Queen Isabella I (1479), Christopher Columbus (1492)
- England: Malaria, Bubonic Plague (1351), Peasants Revolt (1381), War of the Roses (1455-1485)
- France: Feudalism, Hundred Years War (1337-1453)
- United States: 1492 Nationalism

Nationalism (idea): "The convergence of emotional attachment and political loyalty irrespective of competing loyalties, such as kinship, profession, religion, economic interest, race, or even language"
Cross Continental Nooses
Nationalism & Economic Globalism
16th – 19th Centuries
Portugal: Asian trade (201 years), 70 Slave Merchants in Lisbon by 1660, 30% of slave population
England: 1803 Enslaved Men in London (return in 5 yrs), 1850 for John Hawkins captured Portuguese slave & sold Africans to Spanish Republic, Royal African Company, 60 enslaved Africans (1872), Industrial Revolution (1789)
France: Liberation of Saint-Domingue 1791 (Haiti), Françoise Mackandal, Toussaint L’Ouverture
United States: Native American genocide, 1619 enslaved Africans arrive in Jamestown, Tobacco to Cotton (2M lbs 1791 to 50M lbs 1800), Louisiana Purchase (1803)

Cross Continental Nooses
Cotton & Industrialization

Eugenics
improving the quality of the human genetic community by eliminating and/or severely limiting the ability of non-desirable humans to reproduce and populate future generations with their genes.
Civil War & Emancipation

Civil War 1860-1865
South Carolina Secedes 1860
Confederate States of America 1861
Jefferson Davis First & Only President
Emancipation Proclamation 1863
13th Amendment Us Constitution 1865
Cotton Embargo & Famine- Lancashire & Manchester 1861-1865
Vagrancy Act 1866

WARNING
UNPREDICTABLE TRIGGERS

BUSINESS CONTINUITY MODELS
The Cotton Supply of the United States of America, an states, "Cotton can only be cultivated extensively in the Southern States by negro labour, and negro labour can only be controlled under the semi-patriarchal system called slavery." - English Businessman

Macon Telegraph of Georgia (1865): "the great question now before our people is how to appropriate all the African labor of the country.

Business Continuity Planning

Business Continuity Sharecropping

Business Continuity Debt Peonage
In 1886 there were 15,000 prisoners working as leased convicts, on average, the number would grow by 1,000 each year.

By 1890, there were 19,000 convicts being leased across the American south and the overwhelmingly vast majority of them were Black men.

By the end of the 19th century Black codes and vagrancy laws rendered Blacks severely over-represented in the US prison population. This would mark the birth of the narratives that resulted in an array of intuitive associations between freed blacks and criminality.

Convict Leasing

- In 1864 there were 15,000 prisoners working as leased convicts, on average, the number would grow by 1,000 each year.
- By 1890, there were 19,000 convicts being leased across the American south and the overwhelmingly vast majority of them were Black men.
- By the end of the 19th century Black codes and vagrancy laws rendered Blacks severely over-represented in the US prison population.

This would mark the birth of the narratives that resulted in an array of intuitive associations between freed blacks and criminality.

The Re-Enslavement of Black Americans

• Alabama in 1864 made $14K ($426K) in 1890 made $164 ($4.6M)
• Arrears went up during harvest time
• 2/3s of arrears were for burglary & larceny

“Then descendants have all been emancipated now, some for nearly 100 years, and some for hardly one. They have ... everywhere reafirnated and gone back to barbarism.”

J.T. Milner in the 1870s and 1880s
Business Continuity

Total Lynchings: 1882 - 1968

Business Continuity

Enslavement (1619-1865)
Convict Leasing & Debt Peonage (1866-1930)
Prison Industrial Complex

The Treaty of Berlin in the 1880's "divided" Africa among European powers.
Historical (Transgenerational, Intergenerational) Trauma

The cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.

Historical Trauma Response (HTR)

Historical Unresolved Grief

Historical Trauma,

Collective and cumulative emotional wounding across generations that results from massive catastrophic events.

Historically Traumatic Events (HTE)

The trauma is held personally and transmitted over generations. Thus, even family members who have not directly experienced the trauma can feel the effects of the event generations later.

Intergenerational transmission of trauma is a relatively recent focus of mental health. First observed in 1966 by clinicians alarmed by the number of children of survivors of the Nazi Holocaust seeking treatment.

The multigenerational aspects of trauma continue to be treated as secondary, and consequently, the behavior of many children of survivors of massive trauma is misunderstood and not treated appropriately.

Brave Heart (1995); Yellow Horse (1997)
What is **Domestic Terrorism**?

Acts of domestic terrorism are those which:

- (A) involve acts dangerous to human life that are a violation of the criminal laws of the United States or of any State;
- (B) appear to be intended—
  - (i) to intimidate or coerce a civilian population;
  - (ii) to influence the policy of a government by intimidation or coercion; or
  - (iii) to affect the conduct of a government by mass destruction, assassination, or kidnapping;
- (C) occur primarily within the territorial jurisdiction of the United States."

**USA PATRIOT Act**
Domestic Terrorism

Explores a history of violations on black bodies by the scientific and medical communities of unwilling, non-consenting and uninformed participants.

Requesting Civility to Demanding Equality
Black Codes in the 21st Century

Contemporary Black Codes

- Driving while black
- Mistaken criminal accusation by law enforcement absent evidence
- Public suspicion of criminal behavior in neutral or ambiguous circumstances
- Stimulated unwarranted and unprompted fear in innocuous scenarios
- Presumption of servitude when a guest or host
- Over-surveillance and profiling by police
- Disproportionate scrutiny of credentials
Modern Eugenics
Murders of black people by American government officials
Malevolent intergenerational academic practices
Pathways that disproportionately lead to institutionalization
Promotion of environments that engender violence and poverty
Government experimentation resulting in sterilization
Deliberate overexposure to toxins and substances of abuse

Modern Convict Leasing & Peonage

- Poor reintegration programs
- Discriminatory search and surveillance policies
- Bail and bond financing structures
- Expungement policies & practices
- Prohibitive educational costs
- Predatory payday loans
- Post-incarceration civil rights restrictions

Psychological Testing

...ever since the “measurement of minds” became a popular field in which to pursue investigations, the testing of Negro children has easily ranked as a major topic not only among psychologists. The rules of the game are simple and seem to be standardized throughout the country with but few exceptions. First one must have a White examiner; a group of Negro children; a test standardized for White children tested by White examiners; and just a few pre-conceived notions regarding the nature of “intelligence” and the degree to which Negro children are endowed, if at all, and the fact that social status of Negro children need not be considered as an extra allowance for scores different from Whites.

Horace Mann Bond 1972
Demanding Better Representation

Best Actor in a Leading & Supporting Roles 1958-2018

- Best Actor in a Leading Role
  - 20 Nominations
  - 14 Actors
  - 4 Wins
  - 38 years between 1st & 2nd Win
- Best Actor in a Supporting Role
  - 17 Nominations
  - 15 Actors
  - 5 Wins

<table>
<thead>
<tr>
<th>Actor</th>
<th>Year</th>
<th>Role</th>
<th>Movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidney Poitier</td>
<td>1963</td>
<td>Homer Smith</td>
<td>Lilies of the Field</td>
</tr>
<tr>
<td>Louis Gossett Jr</td>
<td>1982</td>
<td>Emil Foley</td>
<td>Of Mice and Men</td>
</tr>
<tr>
<td>Denzel Washington</td>
<td>1989</td>
<td>Private Trip</td>
<td>Glory</td>
</tr>
<tr>
<td>Cuba Gooding Jr</td>
<td>1991</td>
<td>Rod Tidwell</td>
<td>Jerry McGuire</td>
</tr>
<tr>
<td>Morgan Freeman</td>
<td>2004</td>
<td>Eddie Dupins</td>
<td>Million Dollar Baby</td>
</tr>
<tr>
<td>Jamie Foxx</td>
<td>2004</td>
<td>Ray Charles</td>
<td>Ray</td>
</tr>
<tr>
<td>Forest Whitaker</td>
<td>2006</td>
<td>Ist-King</td>
<td>Last King of Scotland</td>
</tr>
<tr>
<td>Mahershala Ali</td>
<td>2016</td>
<td>Juan</td>
<td>Moonlight</td>
</tr>
</tbody>
</table>
Best Female Actor in a Leading & Supporting Role

- Best Actor in a Leading Role
  - 13 Nominations
  - 11 Actors
  - 1 Wins
- Best Actor in a Supporting Role
  - 22 Nominations
  - 21 Actors
  - 7 Wins

<table>
<thead>
<tr>
<th>Actor</th>
<th>Year</th>
<th>Role</th>
<th>Movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hattie McDaniel</td>
<td>1939</td>
<td>Mammy</td>
<td>Gone With The Wind</td>
</tr>
<tr>
<td>Whoopi Goldberg</td>
<td>1990</td>
<td>Oda Mae</td>
<td>Ghost</td>
</tr>
<tr>
<td>Halle Berry</td>
<td>2001</td>
<td>Leticia</td>
<td>Monstres Ball</td>
</tr>
<tr>
<td>Jennifer Hudson</td>
<td>2006</td>
<td>Effie White</td>
<td>Dreamgirls</td>
</tr>
<tr>
<td>Mo'Nique</td>
<td>2009</td>
<td>Mary Lee</td>
<td>Precious</td>
</tr>
<tr>
<td>Octavia Spencer</td>
<td>2011</td>
<td>Minnie</td>
<td>The Help</td>
</tr>
<tr>
<td>Lupita Nyong'o</td>
<td>2013</td>
<td>Patsey</td>
<td>12 Years a Slave</td>
</tr>
<tr>
<td>Viola Davis</td>
<td>2016</td>
<td>Rose Mason</td>
<td>Fences</td>
</tr>
</tbody>
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A Continuum of Consistent Trauma

TRANSMISSION & RISK FACTORS
How do these factors move across generations?
What outcomes do these factors impact?

Intergenerational Transmission
Mechanisms of Transmission

<table>
<thead>
<tr>
<th>Theory</th>
<th>Transmission Medium</th>
<th>Main Factors Transmitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychodynamic</td>
<td>Interpersonal</td>
<td>Unconscious displaced emotion</td>
</tr>
<tr>
<td>Sociocultural</td>
<td>Socialization</td>
<td>Parenting and Role Models</td>
</tr>
<tr>
<td>Family Systems</td>
<td>Communication</td>
<td>Enmeshment</td>
</tr>
<tr>
<td>Biological</td>
<td>Genetic</td>
<td>Hereditary vulnerability to PTSD</td>
</tr>
</tbody>
</table>

Epigenetics - Changes in DNA expression not due to mutations or sequence alterations.

- **Methylation**
  - Frequent bodily chemical reaction
  - Methyl groups (hydrocarbons) attach to promoter genes blocking transcription factors.

- **Histone Modification/Chromatin Remodeling**
  - Chromatin Complexes help efficiently bundle DNA
  - Histone Acetylation loosens the chromatin complex

People who experience racial discrimination were found to have more methylation on the genes affecting schizophrenia, bipolar disorder and asthma than those whose lived experience did not include discrimination.

Stress

The American Psychological Association defines stress as “any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioral changes.”

Research demonstrates that health problems like anxiety, depression, heart disease, weight gain and memory problems might ensue as a result of chronic stress experiences that increase body functions access to cortisol exposure.
Factor Loading

Racism-Related Coping Scale Item
[Forsyth 2014]

Racially Conscious Action

I worked to educate others about racism.
I made a conscious decision to try to patronize only black owned businesses or establishments.
I surrounded myself by people who can relate to my own experience.

Empowered Action

I took legal action.
I told my story in a public forum.
I organized a group response.

Constrained Resistance

I only did the minimum to get by at my job as a form of resistance.
I exaggerated behaviors that are perceived to be “Black” in order to intimidate people who are not in my racial group.
I got revenge.

Confrontation

I talked about it with the person(s) involved in order to express my feelings.
I got into an angry verbal conflict with the person(s) involved.
I confronted the person(s) involved and told them that their actions were races.

Hypervigilance

I decided that I could no longer trust White people (or people who are not Black).
I thought constantly about why this happened to me.
I blamed myself for trusting people who are not Black.

Bargaining

I tried to understand the perspective of the perpetrator.
I looked for an explanation other than racism.
I tried to convince myself that it wasn’t that bad.

Spiritual Coping

I read a passage from the Bible (or other religious text) to give me strength/guidance.
I prayed about it.
I tried to stay positive no matter what.

Anger Regulation

I fantasized about getting revenge.
I fantasized about harming the person(s) involved or damaging/destroying their property.
I reacted with humor or sarcasm, or mocked the person(s) involved.

Unhealthy Behaviors and Comorbidity

(Punjani 2018)

Disease/Condition | Predictive Behaviors | Selected Explanation(s)
--- | --- | ---
Cardiovascular Disease | Smoking, Exercise | Exercise has beneficial effects on low and high density lipoproteins (LDL & HDL), and triglyceride levels.
Hypertension | Sleep, Alcohol, Exercise | Aerobic exercise supplies an array of favorable factors to blood pressure.
Diabetes | Smoking | Smoking impacts insulin resistance and inflammation.
Diabetes | Smoking, Eating | Diet can be used as a preventative measure to reduce adiposity, decrease insulin resistance and decrease glycemic indexes.
Depression | Smoking, Sleep, Eating | Altered protein diets can affect dopamine availability resulting from lowered amounts of amino acids to break down.
Osteoarthritis | Smoking | Smoking may impact joint cartilage by increased oxidant stress, tissue hypoxia and inhibition of cell proliferation.

Occupational Aspirations

2003 study found that as early as second grade Black children
■ aspire to more modest careers than white children.
■ tend to assess their limitations according to their family’s current socio-economic status.
■ have awareness of prejudicial attitudes that might exist in workplaces dominated by other ethnicities.

Contemporary businesses that grew from Slavery
■ Lloyds of London
■ JP Morgan Chase
■ Aetna Insurance
■ Lehman Brothers

There Are Basically No Black CEOs In The Fortune 500

According to the 2015 Fortune 500, there were only four Black CEOs in the Fortune 500.

<table>
<thead>
<tr>
<th>Race</th>
<th>Title</th>
<th>Company</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>CEO</td>
<td>US BLACK</td>
</tr>
<tr>
<td>Black</td>
<td>COO</td>
<td>US BLACK</td>
</tr>
</tbody>
</table>

*Includes shareholders from more than one race

Source: Credit Suisse, Inc.

THE SIELENGING POST
Learned Helplessness

- Motivational: Giving up prematurely & Perceived Uncontrollability
- Cognitive: Poor problem solving skills & Wandering attention
- Emotional: Lack of self-confidence in challenging tasks

Disidentification

The realignment of one's self-concept and values so that one's self-worth and esteem are no longer dependent on performance in a chosen environment. One might disidentify in order to relieve the pain of failure in arenas where success is unlikely.

Mis & Over-Diagnoses

- Attention Deficit/ Hyperactivity Disorder
- Oppositional Defiant Disorder
- Conduct Disorder
- Intermittent Explosive Disorder
- Schizophrenia
- Autism

Drugs

- War on Drugs
- Rockefeller Drug Laws
- Crack Epidemic vs Opiate Epidemic
- Stop & Frisk
- Marijuana Tax
Conditions like racism, poverty, emotional abuse and neglect often trigger traumatic stress responses and symptoms consistent with PTSD.
Race-Based Traumatic Stress Symptom Scale (RBTSSS)

Reactions to Race-Based Encounters include:
- avoidance (people, situations, events)
- hypervigilance
- intrusive thoughts
- depression
- anger
- somatic symptoms
- low self-esteem

The scale further learns whether the recalled event was:
- sudden
- unexpected
- out of their control
- emotionally painful

This is aligned with the assessment of more traditionally recognized trauma stimuli.

Racial Micro-aggressions

“Racial micro-aggressions refer to subtle and commonplace exchanges that somehow convey insulting or demeaning messages to people of color, frequently resulting in the communication of denigrating messages.”

- Identify, monitor and address micro-aggressions within the context of each relationship.
- Accumulate tools that decrease likelihood of micro-aggressing.

Coping Flexibility

- Teaching coping flexibility promotes and reinforces self-efficacy.
- Effective resources to cope with racism related encounters reduces individual stress responses by changing situational and dispositional appraisals from threats to challenges.
- Promotes Resilience & Post-Traumatic Growth
Post Traumatic Growth is the positive psychological change experienced as a result of the struggle with highly challenging life circumstances:

- Opportunities that would not have emerged absent the struggle.
- Relationships that have changed in positive or self-preserving ways.
- New awareness and/or increase of one’s strength.
- A greater appreciation for life in general.
- A deepened sense of spirituality.

School & Educational Work:

- Increasing the numbers of Black male teachers in elementary education.
- Implementing anti-bias education across all curricula.
- Enhancing support for and research on Historically Black Colleges and Universities (HBCU’s).
- Providing Predominately White Institutions (PWI’s) with tools, research and resources to support Black male achievement and completion.