

Building a Trauma-Informed Cincinnati: A Community Safety Strategy



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Center for Community Resilience

Milken Institute School
of Public Health

THE GEORGE WASHINGTON UNIVERSITY

What We Do

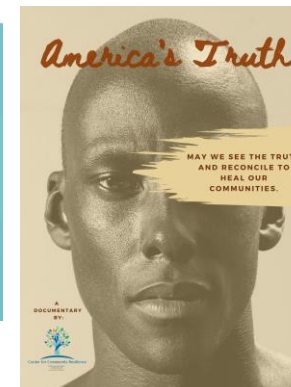
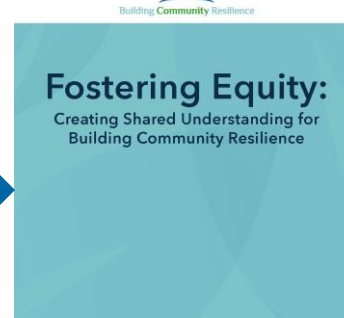


National Networks & Collaborative

Fostering Equity Tools & Truth & Equity

Public Health 3.0

Policy & Advocacy



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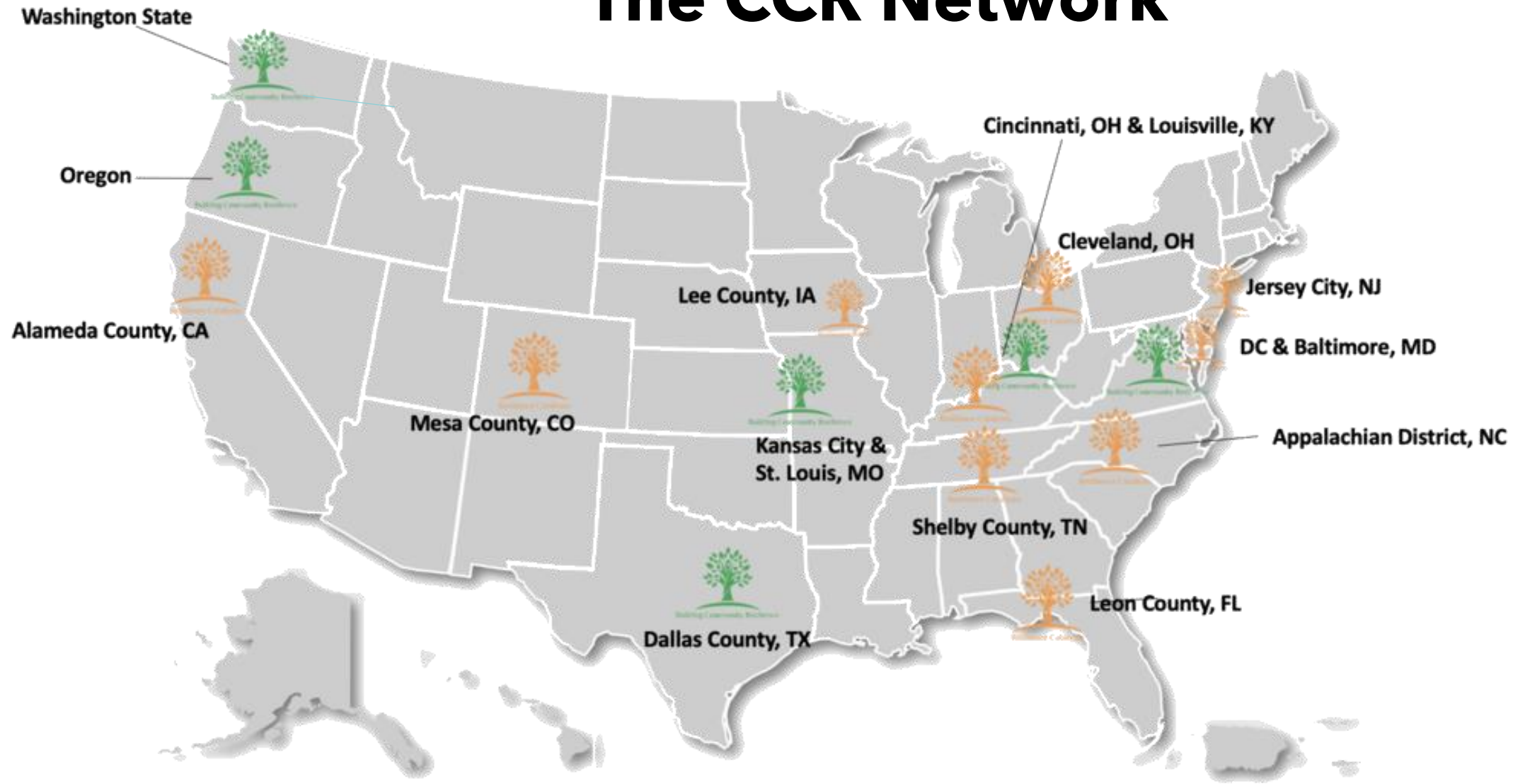
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Community & Data-Driven Systems Change

Equity Dashboards



The CCR Network



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6 Regional Networks



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10 Local Health Departments

Community & Data-Driven Systems Change



The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression

Physical & Emotional Neglect

Emotional & Sexual Abuse

Divorce

Substance Abuse

Mental Illness
Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing Quality & Affordability

Community Disruption

Lack of Opportunity, Economic Mobility & Social Capital

Outcomes

Long-term effect on health

Systemic Drivers

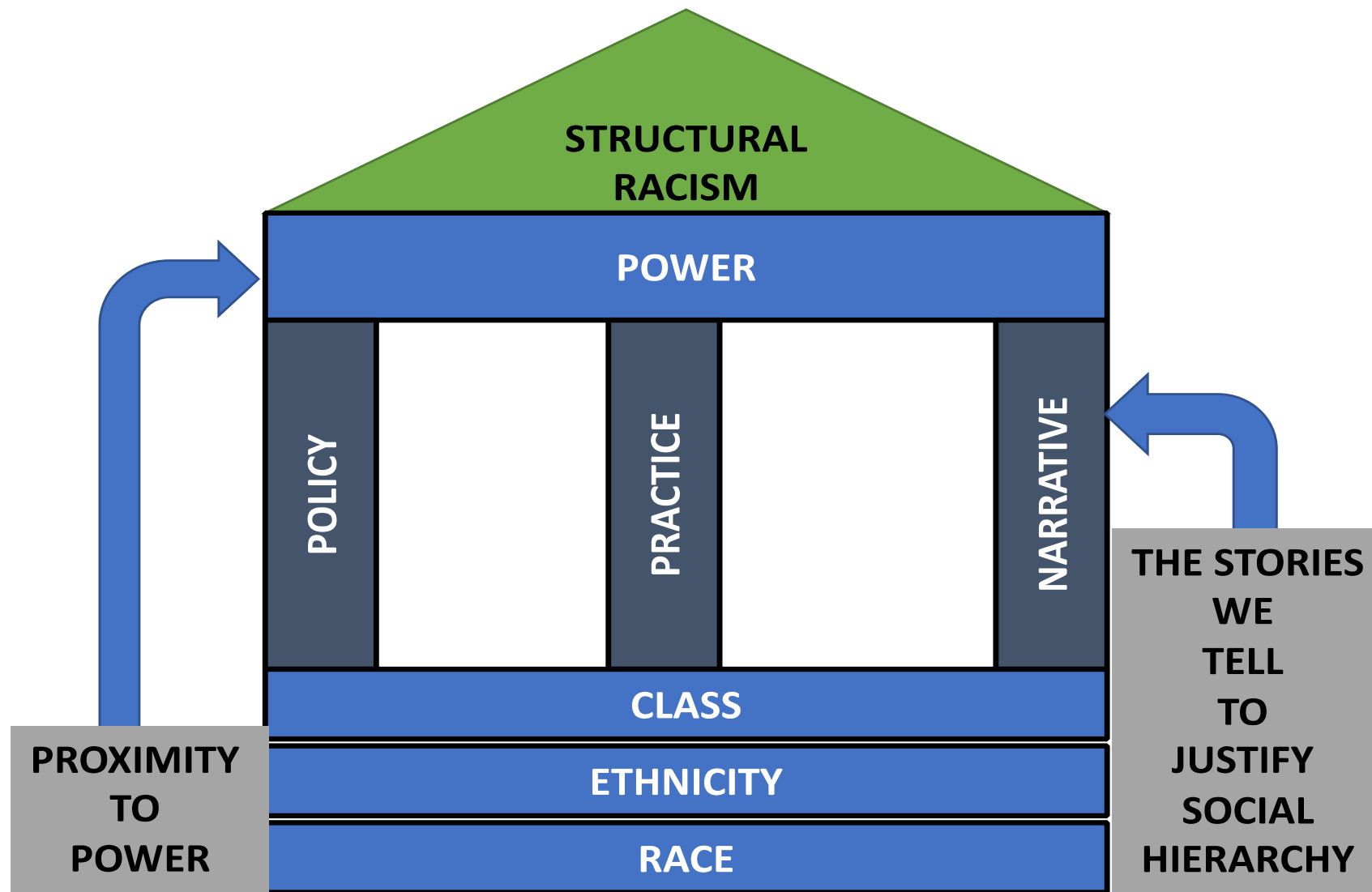
Policy & Practice

Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

The context (community & family environment) play a key role in how an individual 'bounces back' from adversity.



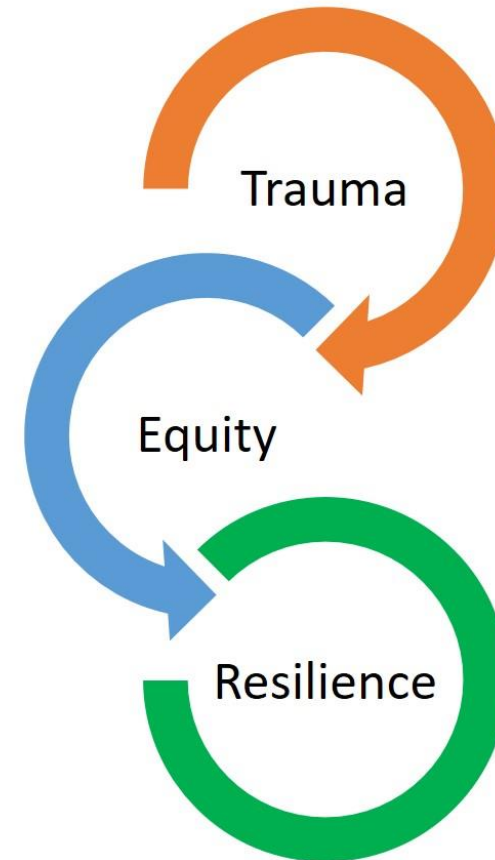
Understanding Root Cause of Community Trauma: Structural Racism



Trauma Informed Approach

Six Guiding Principles

- Safety (Psychological, community & physical)
- Trustworthiness & transparency
- Peer Support
- Collaboration & mutuality
- Empowerment & choice
- Cultural, historical, gender, etc. acknowledgement and respect

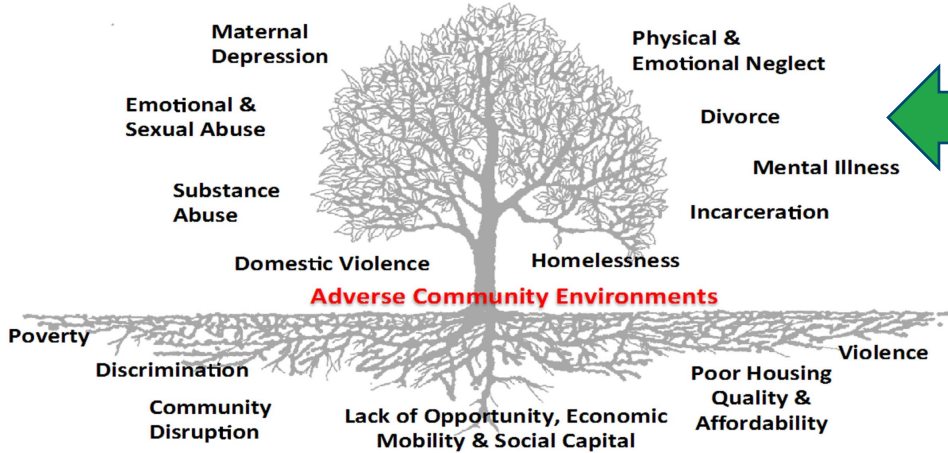


Source: Centers for Disease Control Injury Prevention Center

Why Cincinnati? Why Now?

The Pair of ACEs

Adverse Childhood Experiences



The Leaves & Branches Child Poverty

45.6 % Students Grades 1-4 Live in Poverty

53.1% Overall - concentrated in predominantly Black and Appalachian neighborhoods (26% Avondale, 20% Riverside)

The Soil

47% renters, 21% homeowners are cost-burdened

Childcare costs \$9720/year (30% of a single mother's income)

**Unrelenting Stressors =
Accumulated Community
Trauma**

Community resilience looks like...



Safe and stable neighborhoods

Healthy and supported individuals and families

Community advocacy and agency

Social and economic mobility

Environments that promote social connectedness

Access to capital

Equitable and trauma-informed systems and supports

Health-promoting infrastructure

Affordable housing

Integrated social services

Living wages

Restorative justice

Community-driven policy

Fair lending practices

Equity-based school financing

Fair policing practices

Fostering Healing, Opportunity & Equity

Framing Community Resilience



Fear

Instinct (Fight or Flight)
Undermines Social Cohesion
Promotes Anxiety, Depression, Anger

Hope

Secondary Emotion
Requires Nurturing
Promotes Health, Wellbeing

Survive vs Thrive



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Systems Change: The Resilience Movement

- City Council Initiated, Community Centered
- Goal: Building a **racially, socially and economically just & thriving Baltimore.**
- Core Values:
 - Trauma-Informed Practice
 - Trauma-Responsive Policy
 - Community-Driven Agenda
 - All Sectors In



Community Driven Systems Change



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