

# MY COPE CAKE

THINGS THAT HELP ME FEEL CALM: \_\_\_\_\_

\_\_\_\_\_

PLACES WHERE I FEEL CALM AND SAFE: \_\_\_\_\_

\_\_\_\_\_

WHAT IS SPECIAL AND UNIQUE ABOUT ME: \_\_\_\_\_

\_\_\_\_\_

PEOPLE WHO HELP ME: \_\_\_\_\_



## FAMILY ACTIVITY TIME

**Make Stress Balls:** All you need are some balloons, a funnel, and some filler like flour, rice or beans. If the balloons seem thin, double them up to prevent punctures. Fill up the balloon and tie it up tight. Stress balls can help your body release tension in the moment. The repeated pattern of grip and release helps to alleviate tension and stress.



**The Five Senses Walk:** If the weather is nice, go out for a walk, or to a safe park with a trusted adult. The adult will call out one of the five senses (sight, smell, sound, taste, touch) and ask the children to notice everything they can with that particular sense. Then call out the next one. This activity helps to become more connected and mindful to the world around them and reduce anxiety.

**Blowing Bubbles:** Everyone loves bubbles! Grab some bubble wands and head outside. Breathe in deeply and exhale slowly blowing the bubbles out. The act of deep breathing calms down anxious bodies and minds and lowers stress.



TR<sup>4</sup>IM is a social cohesion model of Trauma Informed Care, sponsored by **I AM ABLE Center for Family Development, INC.**, and its collaborative network of partner agencies and North Lawndale residents. Residents from 16th-Ogden and Central Park to Ridgeway (TR<sup>4</sup>IM's first 8-block sector) can enroll in TR<sup>4</sup>IM's partner agency services by calling **773-840-8082** and through the website: **www.tr4im.org**.



# Trauma Response and Intervention Movement

Responding to, Recovering from, Reducing and Removing Trauma and Violence 8-Blocks at a time



## 2019 TRAUMA CONFERENCE

The 2019 Trauma Conference was held on June 13, 2019 at Sinai Community Institute. This year's theme, 'Reaching for High Hanging Fruit,' referred to the 'Fruit' or opportunities that have been placed out of reach for African Americans for hundreds of years, as a result of 400 years



of captivity. Dr. David Stovall from UIC and Dr. Carol Adams from Urban Prescriptives, Inc., challenged attendees to recognize how systemic and generational trauma has led many to accept 'low hanging fruit' in their lives, and challenged minds to not settle for just surviving, but to be better equipped to Thrive. Using the visual of a ladder to reach the top of the tree, each guest left, having rebuilt their ladder, identifying specific things they would do differently in their lives in four key areas: self, family, community, and work. Attendees left feeling challenged, empowered, and ready to do things differently in their lives and the community.



### The Inaugural Dr. Carl C. Bell Community Wellness Award and Scholarship

I AM ABLE Center for Family Development, Inc., sought nominations of community members who emulate Dr. Bell's best practice model for rebuilding a sick or weakened urban village. These seven principles serve as the foundation of the TR<sup>4</sup>IM Movement in North Lawndale. Collins Academy Senior, Dominique Ellis, received the Community Wellness Scholarship for developing 'Girl Talk,' an open group to discuss issues that effect other teenage girls. Lifelong resident, Will Chatman received the Community Wellness Award for his leadership to young men in the community through YMEN.



## Broken Down to Breakthrough

Local Artist, Haman Cross 3 shared how he uses art to help heal his mind from the trauma he has experienced. Haman spoke with humility, letting conference attendees know they are not alone in their pain, and there is a way out. Haman's artwork was raffled off at the end of the conference. Haman is currently the artist in residency at Firehouse Community Arts Center in North Lawndale.



# Trauma And Violence - Healing the Minds of Men and Boys

You will remember where you were and what you were doing when that one incident changed your life and it only takes a little thing like a scene on TV to trigger and reignite the stress of that incident. You may have heard of Post-Traumatic Stress Disorder, or PTSD. It's a feeling of hypervigilance or always being on edge. There are times when you can't concentrate, or you experience spans of time with constant aggression. There are times when you may exhibit incredibly reckless behavior and times when there are holes in your memory. There are moments of sudden intense anxiety and sleeplessness. These are all symptoms of PTSD.



All it takes is watching the local evening news with headlines of felony crimes, domestic violence, shootings and murder to see the extent of trauma in our communities. The story that isn't always portrayed in our media is the children and youth behind these headlines whose day to day lives are being effected by unresolved childhood trauma. These children

grow up to be adults, who have been taught since childhood to be tough and push down the pain. Black men and men in general are disregarded and the emotional expression of Black men is stifled by messages such as "be a

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man," "man up," or "men don't cry."

According to the Center for Disease Control and Prevention (CDC) homicide is the leading cause of death for African American males between the ages of 15 and 24. The CDC has

estimated that for every homicide there are 94 nonfatal violent injuries; and victims of intentional violence are at greater risk of being victimized again. We see this in our own community as young men are unable to function in school because they have overwhelming symptoms of trauma. They are self-medicating with substances to numb the traumatic memories that keep them from being able to sleep well at night. Many young people have symptoms of avoidance, staying within the safety of their homes, instead of attending school or seeking employment. Society looks at our young men asking, 'What's wrong with you,' when we should be asking, 'What happened to you?'

In life, things happen that we have no control over. However, in the African American community, we have a

unique opportunity to directly affect the emotional health of our youth and improve the quality of life for our families. Kids that experience things like domestic violence, gun violence, and child abuse become teenagers and young adults with PTSD symptoms. Not getting treatment and learning to manage PTSD can turn to depression, bipolar disorder, or other personality disorders.



**Trauma can become "imprinted under the skin."**

Douglas Gotel, a Licensed Clinical Social Worker, states that "trauma literally changes the emotional map in the brain, altering perception. Left unaddressed, these emotional imprints can negatively impact perceptions of one self, of others, and can cause problems in every relationship in a person's life manifesting often as

anger and rage." Trauma becomes imprinted under the skin.

Children need to build up a healthy sense of self as they face life's challenges. As adults, we need to help the young people in our care to develop what Gotel calls the "Crucial C's."

- ◆ Connection – I belong
- ◆ Capable – I can do it
- ◆ I Count – I matter and can make a difference
- ◆ Courage – I can handle what comes my way

Whether you are a parent, an aunt/uncle, a teacher, a neighbor, a mentor, we all have the ability to nurture young ones around us. No matter the age, spend time with the child or young adult, making them your number one priority. Listen to their stories, praise the things they do well. Tell them what you love about them – what makes them different or stand out from other



kids. Take interest in the things that interest them. When they fail, be there to comfort and not criticize; discuss ways they could have done things differently. And most importantly, when they are struggling with more than you can handle on your own, seek help from one of TR4IM's community partners who can come along side to help them face the trauma and reduce the PTSD symptoms. Youth are resilient, as adults we are charged to show them the way.



Feldman, Nina. (2018, April 18). *Penn Study finds most Black Men with Trauma aren't Getting Treatment*. Retrieved from <http://whyy.org/articles/penn-study-finds-most-black-men-with-trauma-arent-getting-treatment/>

Gotel, Douglas. (2016, Oct. 26). *Exploring the Inner Child Trauma of Black Men*. Retrieved from <http://www.huffpost.com/entry/exploring-the-inner-child-trauma-of-black-men>

McKenzie, Tonya. (2018, May 22). *PTSD is More Common Than You Think*. Retrieved from <http://blackyouthproject.com/ptsd-is-more-common-than-you-think/>

Rich, John MD, MPH. (2016, September). *Moving Toward Healing: Trauma and Violence and Boys and Young Men of Color*. (Issue Brief).

### REVOLT TV.COM

While **JAY-Z** hasn't publicly discussed dealing with any specific mental illness, he expressed how life-changing seeing a therapist has been for him. "I grew so much from the experience," he told *The New York Times*. "But I think the most important thing I got is that everything is connected. Every emotion is connected and it comes from somewhere. And just being aware of it. Being aware of it in everyday life puts you at such an advantage." He told CNN's Van Jones, "As you grow, you realize the ridiculousness of the stigma attached to it. It's like, what? You just talk to someone about your problems." Now that he's older and more mature, he recognizes the importance of making sure younger kids have access to the same types of resources and thinks therapists should be in schools. "Children have the most going on.. How can you know that when a guy is bullying you all you have to do is say, 'Man, are you OK?'"

Molina, Jessica. "13 Artists who are Keeping it Real about their Mental Health Issues," *REVOLT*, May 1, 2019, <http://www.revolttv.com>

## Community Events

### 24th Ward Community Meetings

September 26; 6:30 pm  
Douglas Park;  
1401 S. Sacramento

October 24; 6:30 pm  
Douglas Park;  
1401 S Sacramento

### CPD 10th District CAPS Meetings

September 4; 6:00 pm  
10th District;  
3315 W Ogden Ave

November 5; 6:00 pm  
Lawndale Church;  
3839 W Ogden Ave

### Lawndale Christian Health Center

#### Annual 5K

3750 W Ogden Ave  
September 29, 2019

9:00 am 5K Start  
10:15 am Baby Crawl and Kid's Dash

To Register: <http://www.lawndale5k.org/event-details>

**Pricing:**  
Register July 1 - August 31: Adults \$25 Youth \$18 Kids \$5  
Register Sept. 1-Sept 28: Adults \$33 Youth \$23 Kids \$5  
Same Day Registration: Adults \$40 Youth \$25 Kids \$5

## FREE EVENTS IN DOUGLAS PARK

**Summer Dance in the Park**  
Wednesday, July 31, 2019  
6:00-8:00pm; All ages

**Chicago West Side Music Festival**  
Saturday, August 17th  
Free Admission; all Ages  
2:00 pm - 9:00 pm

**4th Annual Arts Festival**  
Hosted by NLCCC  
Saturday, August 3  
12:00 - 7:00 pm

**Alderman's Back to School Event**  
Corner of Ogden and Albany  
Saturday, August 17th  
11:00 am - 2:00 pm

## TR4IM



Like us on FaceBook to see:

- Highlights from our Festivals
- Information about other events in our community
- Free and low cost family activity ideas
- Wellness education
- And much, much, more!