


Historical Trauma in Health and Healthcare

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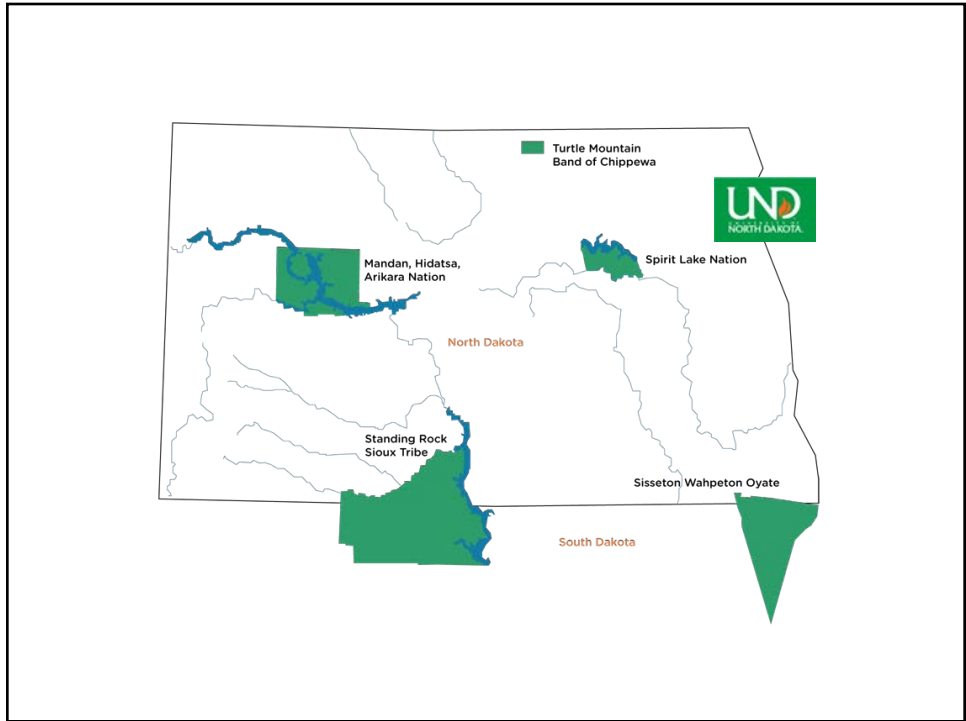
 **UND** SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

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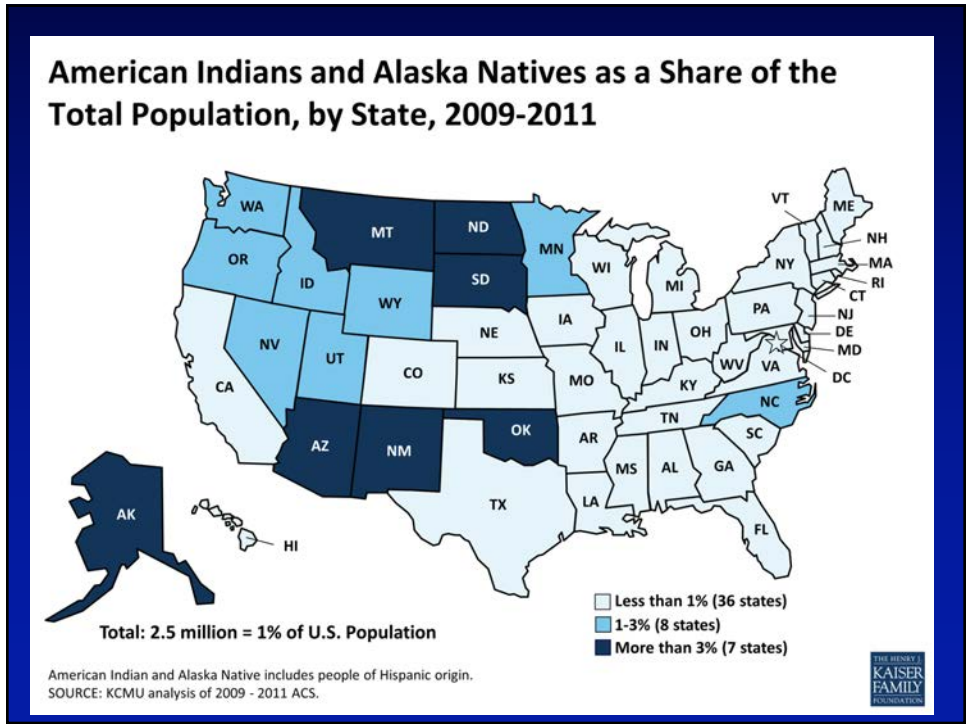
Land Acknowledgement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.

2



3



4

Types of Trauma



Emotional & Psychological Trauma

- One-time events
 - Accident/injury, death of someone close, loss of a relationship or job, humiliating experience, etc.
- Ongoing, relentless stress (toxic stress)
 - Individual—Poverty, domestic violence, social isolation, pandemic, chronic illness/pain, etc.
 - Societal—Racism, war, oppression, politics, hate, etc.
- Childhood trauma
 - ACEs and beyond...

5

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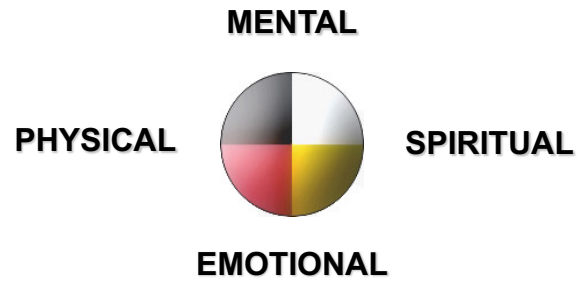


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 - ACEs and beyond...
- **Indigenous Communities**
 - Historical Trauma, colonization, loss of land/language/culture, discrimination, marginalization/exclusion, racism, etc.

6

Holistic Perspective on Trauma



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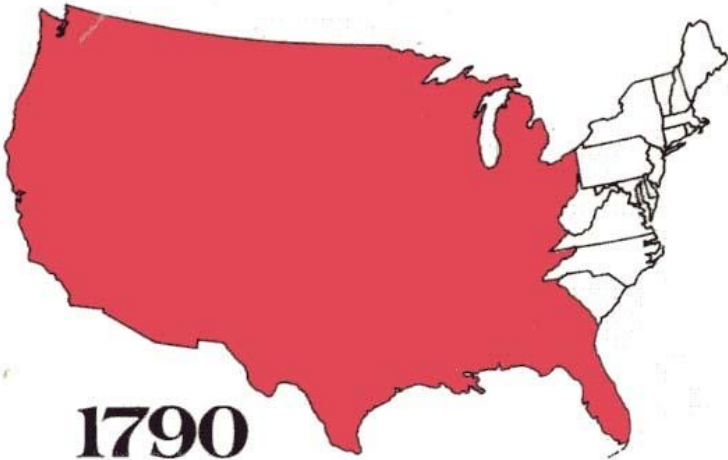


11



12

Historical Context



1790

13



14

P.S.

You will do well to try to inoculate the Indians by means of Blanketts, as well as to try every other method that can serve to extirpate this execrable Race. I should be very glad your Scheme for Hunting them Down by Dogs could take Effect

Effect; but England is at too great a Distance to think of that at present

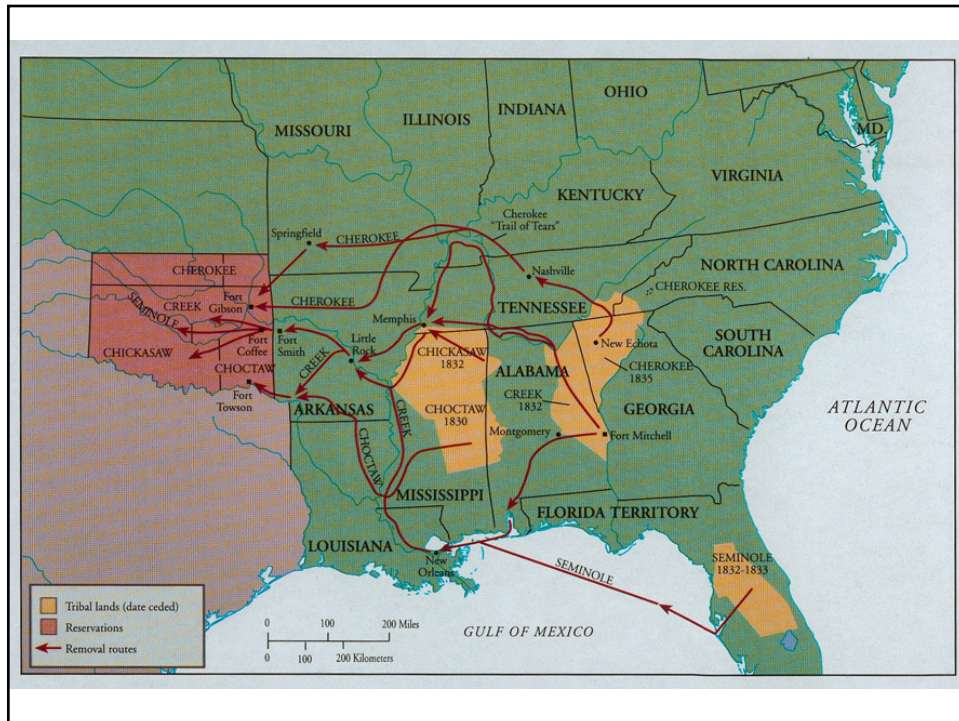
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15

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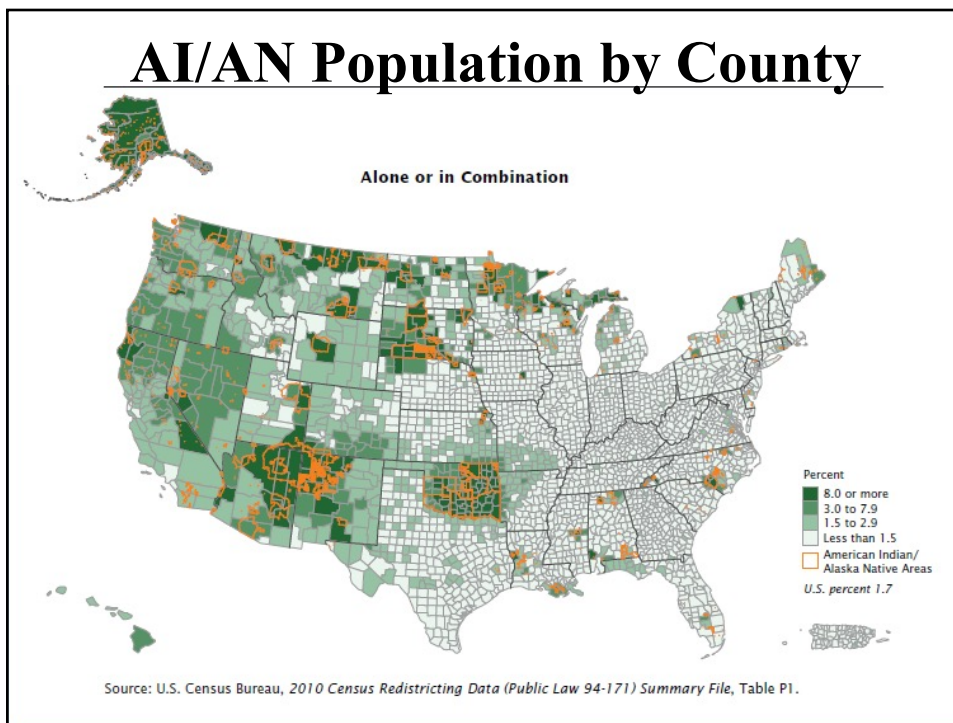


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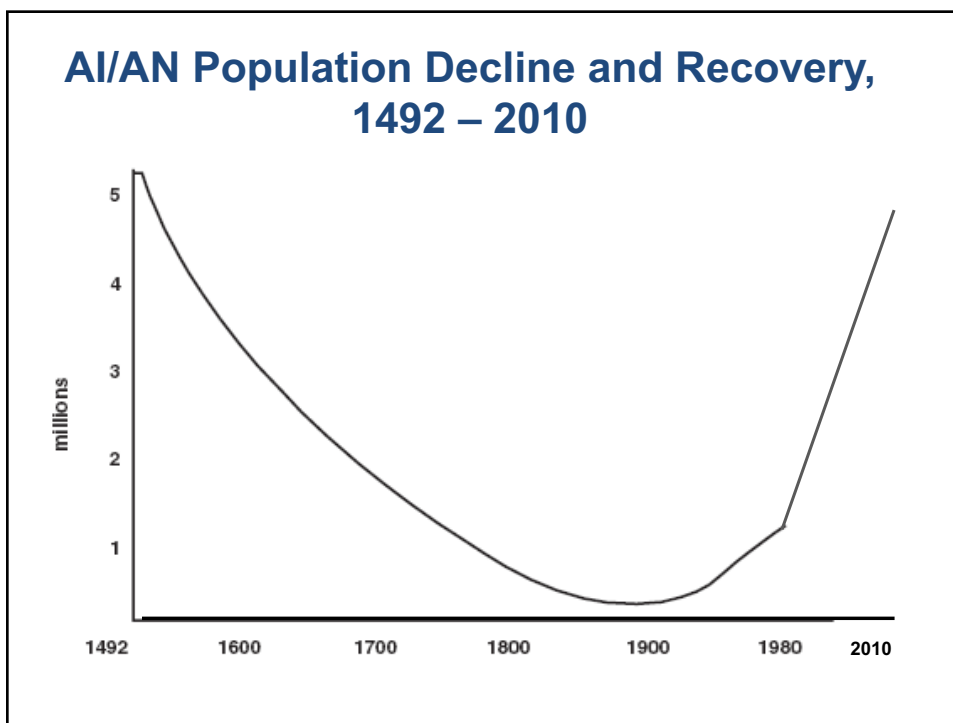
18

AI/AN Population by County

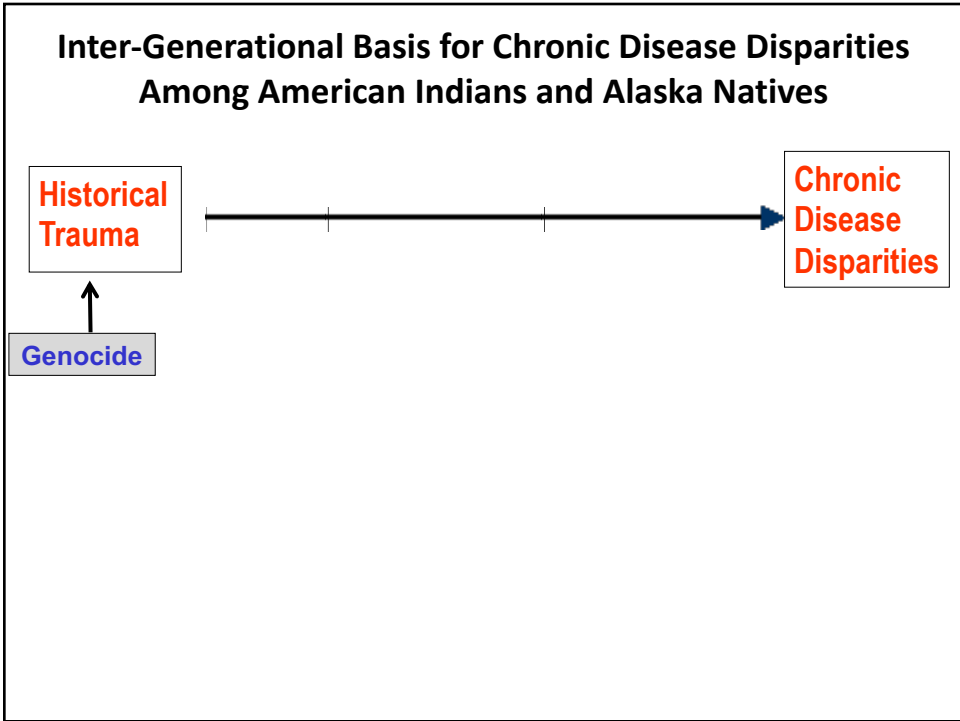


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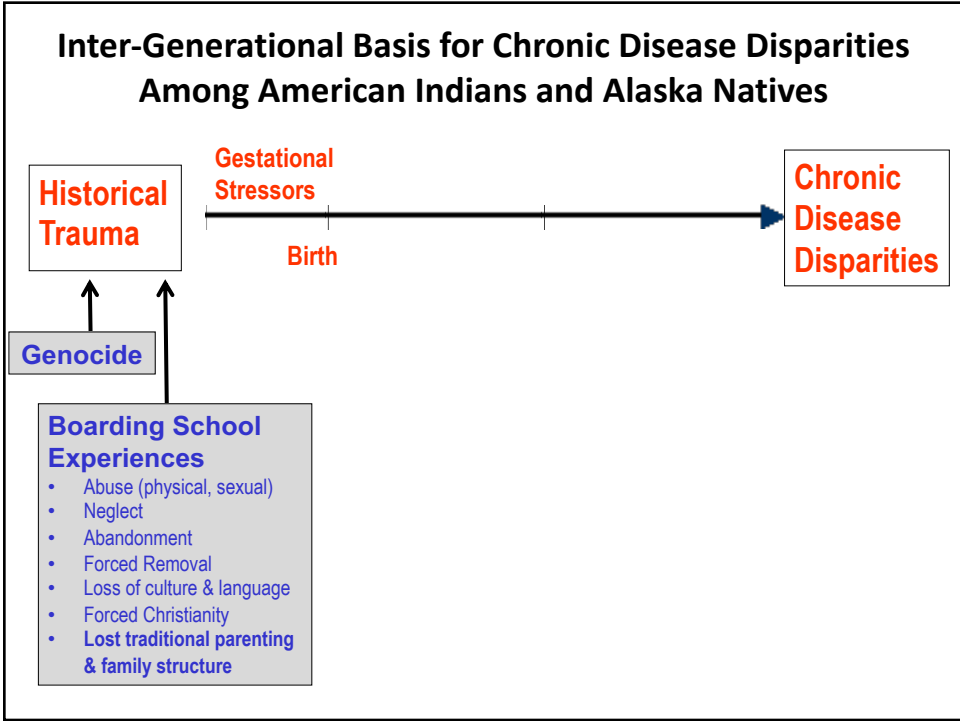
AI/AN Population Decline and Recovery, 1492 – 2010



20



21



22

Historical trauma is the collective emotional wounding across generations that results from massive cataclysmic 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**

23



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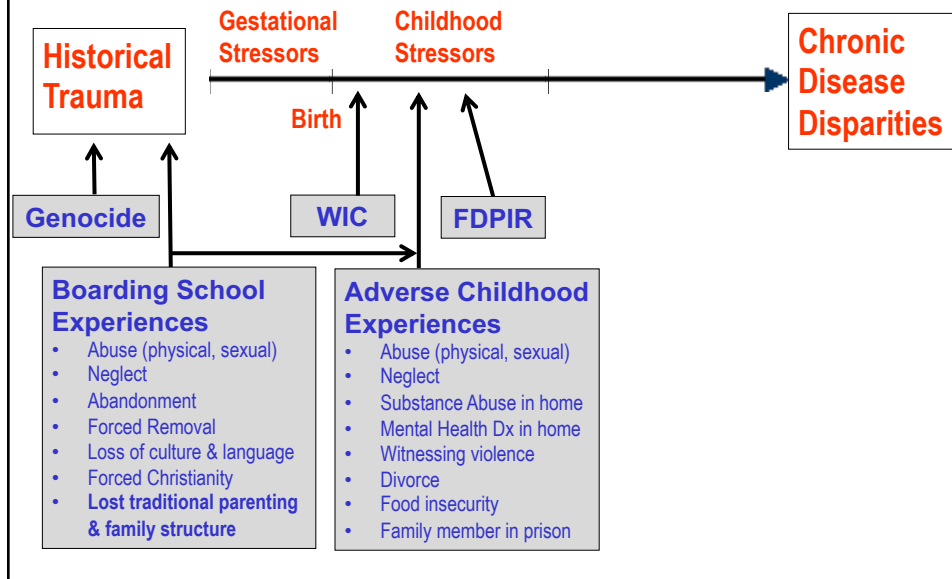
Epigenetics

- Epigenetics refers to the study of changes in the regulation of gene activity and expression that are not dependent on DNA sequence.

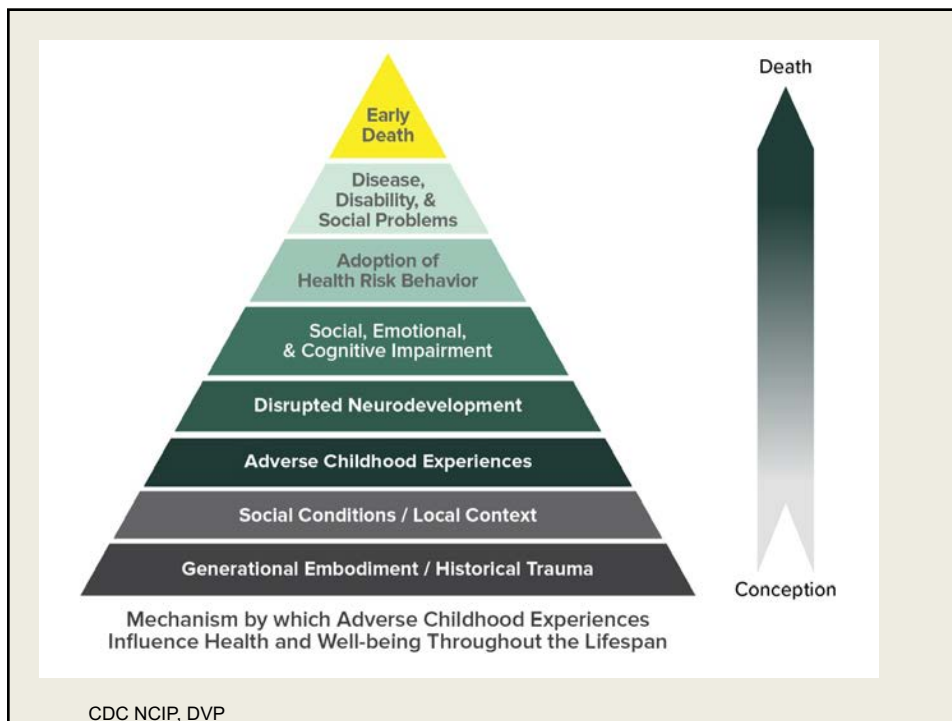


26

Inter-Generational Basis for Chronic Disease Disparities Among American Indians and Alaska Natives



27



28

Impact of ACEs on Health

ACEs can have lasting effects on....



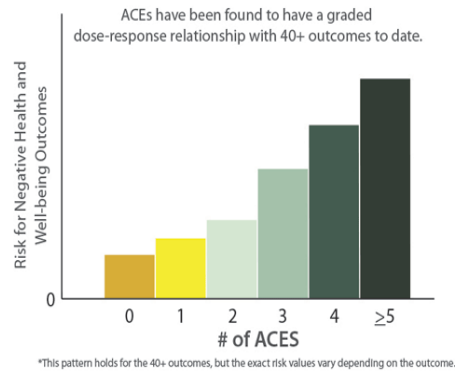
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



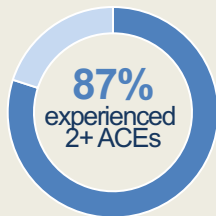
Life Potential (graduation rates, academic achievement, lost time from work)



29

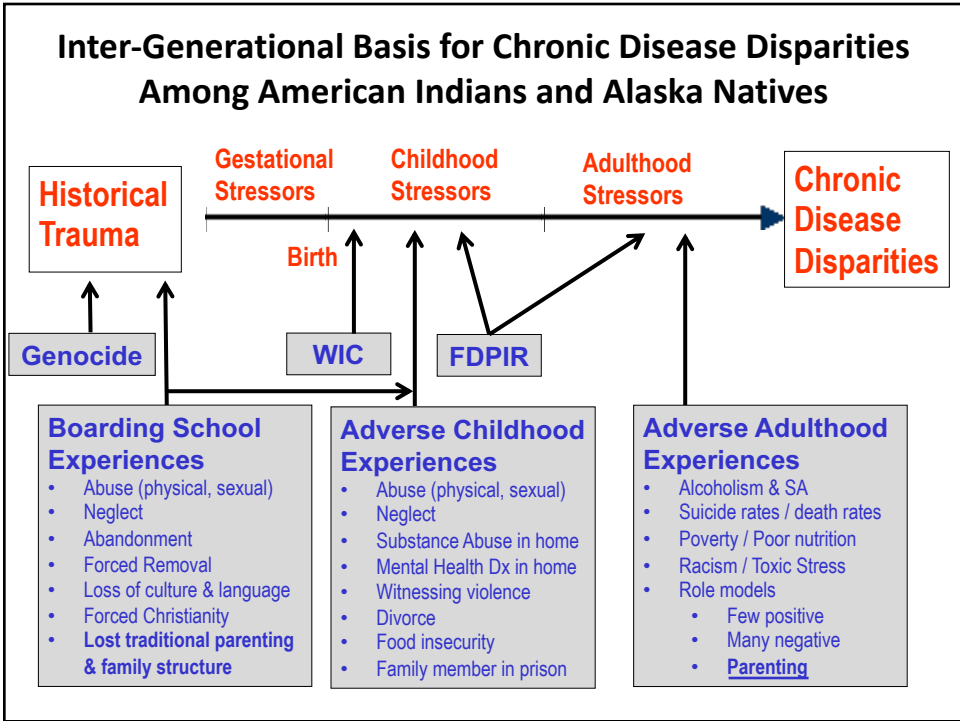
Prevalence of Trauma: Adverse Childhood Experiences Study

- In 1998, more than 17,000 Kaiser Permanente members took the Adverse Childhood Experiences (ACE) Survey.
- **Results:** Two-thirds of respondents had experienced one or more types of ACEs. Of those:

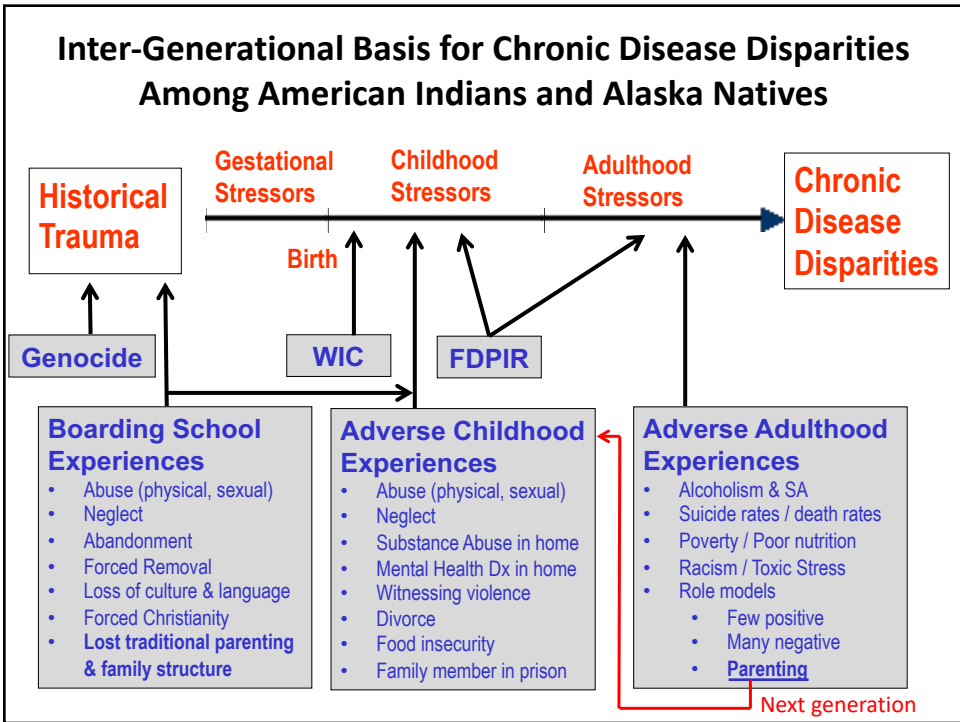


Source: Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. American Journal of Preventive Medicine, Volume 14, Issue 4, 245 – 258.

30



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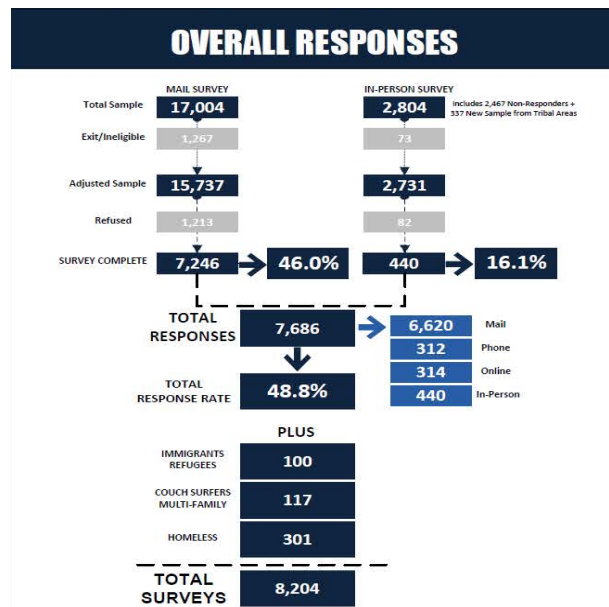
South Dakota Health Survey

The survey included questions on:

- Basic information, including age, sex, race;
- Self-reported health status, including chronic diseases, depression, and other health issues;
- Mental Health Screening;
- Access to services, including cost, distance, and other access issues; and
- Adverse Childhood Experiences.

33

South Dakota Health Survey



34

DEMOGRAPHIC CHARACTERISTICS FOR AI AND NON-AI RESPONDENTS

	American Indian (n = 516)	Non-American Indian (n = 7078)	Total (n = 7593)	p value
Age				.0002
18-34	36.63%	29.69%	30.34%	
35-64	57.62%	49.94%	50.65%	
65 and older	5.75%	20.37%	19.01%	
Gender				.21
Male	37.16%	43.08%	42.53%	
Female	62.84%	56.92%	57.47%	

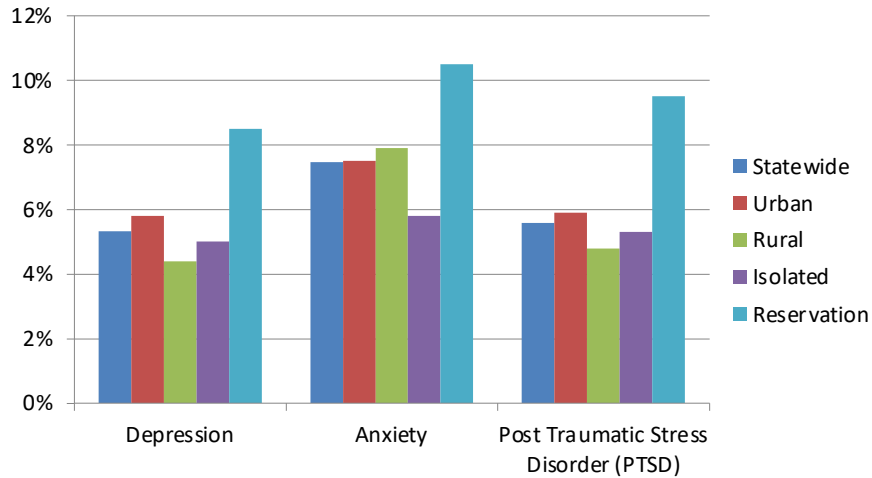
35

	AI	Non-AI	Total	p-value
Employment status				<u><.0001</u>
Not employed	31.60%	7.58%	9.64%	
Employed part time	11.91%	19.63%	18.97%	
Employed full time	49.59%	54.47%	54.05%	
Retired	6.89%	18.31%	17.34%	
Income (%FPL)				<u><.0001</u>
<50% FPL	38.90%	12.73%	15.17%	
50-138% FPL	22.48%	10.18%	11.33%	
138-250% FPL	17.29%	22.46%	21.98%	
250-400% FPL	11.13%	28.75%	27.11%	
>400% FPL	10.20%	25.88%	24.42%	
Education				<u><.0001</u>
Less than high school	9.95%	3.23%	3.85%	
High school diploma or GED	39.29%	32.40%	33.05%	
Vocational or 2-yr. degree	24.86%	23.87%	23.96%	
4-year college degree	22.47%	25.69%	25.39%	
Advanced or graduate degree	3.44%	14.81%	13.75%	

36

Prevalence: Mental Health Screens

Participants who screened positive for a condition using standardized mental health screening tools



37

Adverse Childhood Experiences Domains	American Indian (n = 516)	Non-American Indian (n = 7078)	Significance
Abuse			
Emotional Abuse	30.10%	17.41%	.0008*
Physical Abuse	24.51%	12.31%	.0002*
Sexual Abuse	15.53%	9.60%	.0263*
Neglect			
Emotional Neglect	25.87%	14.00%	.0005*
Physical Neglect	15.89%	2.78%	<.0001*
Household Dysfunction			
Mother Treated Violently	23.76%	5.31%	<.0001*
Household Substance Abuse	50.04%	21.49%	<.0001*
Household Mental Illness	24.36%	13.89%	.0032*
Parental Separation or Divorce	39.34%	20.17%	<.0001*
Incarcerated Household Member	22.57%	3.73%	<.0001*

38

AI ACE Disparities in South Dakota

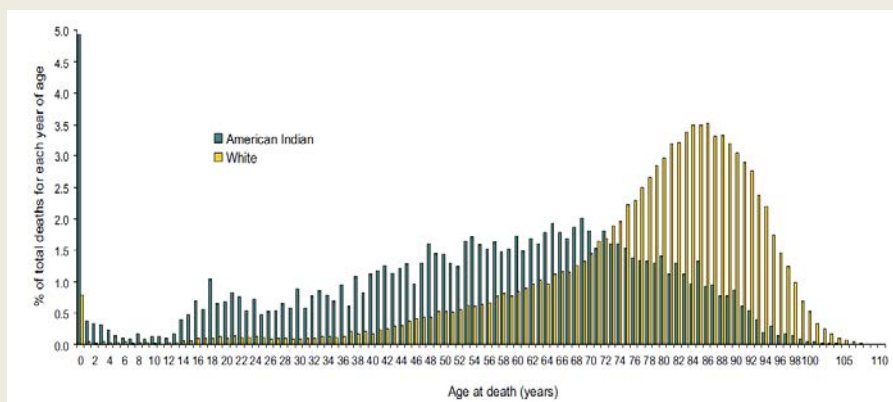
	AI	Non-AI	p-value
Number of ACEs (Score)			<u><.0001*</u>
0	16.84%	50.02%	
1	21.59%	23.02%	
2	16.20%	9.60%	
3	12.99%	6.09%	
4-5	13.10%	7.38%	
≥6	19.28%	3.89%	

Note

*statistically significant

39

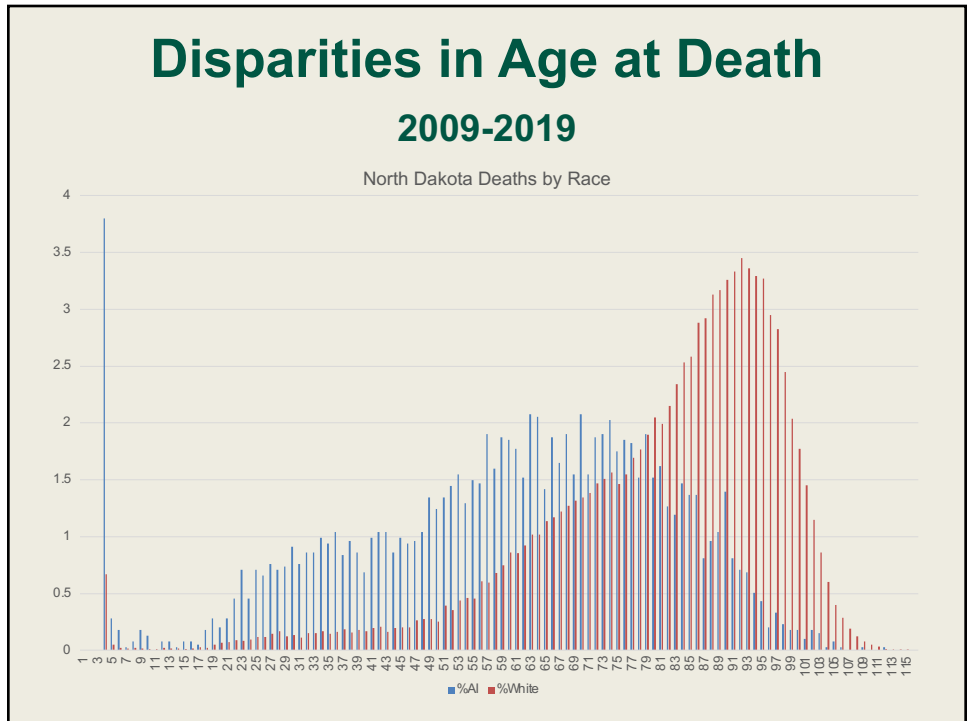
Disparities in Age at Death SD, 2000-2010



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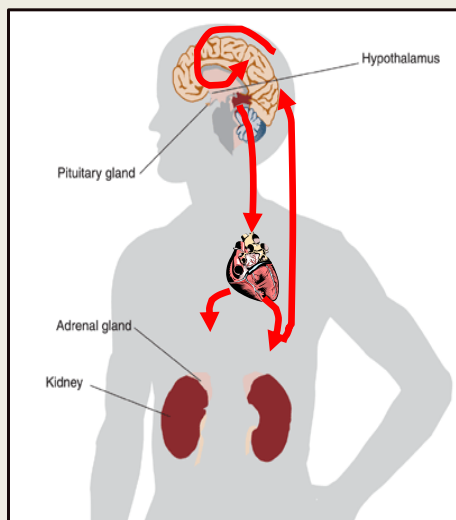
Disparities in Age at Death

2009-2019



41

Trauma's Impact on the Brain



- **Stress hormones** are released by the brain and travel in the blood to the rest of the body.
- Normally, other hormones travel back to the brain to turn off the stress chemicals initially triggered.
- In chronic stress this system malfunctions and the stress hormones are not turned off maintaining a state of **persistent arousal**.

42

Persistent Hyper-Arousal

- Constantly “on the lookout” for danger
- Fight-or-Flight
- Startled easily
- Ongoing irritability
- Trouble sleeping
- Problems concentrating
- Withdrawn
- Avoidance / Numbing



43

Trauma Informed Care Elements

Understanding the **prevalence** of trauma

Recognizing how trauma **impacts** individuals

Putting this knowledge into **practice**

to **actively resist re-traumatization**

SAMHSA

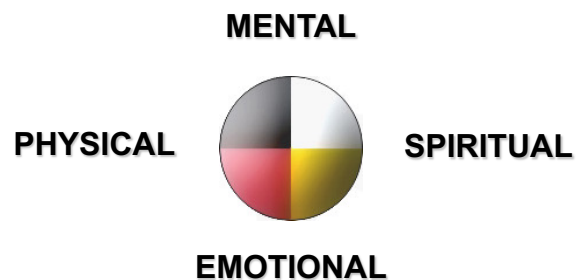
44

Principles of Trauma Informed Care

Through knowledge and understanding of trauma and stress we can act ***compassionately*** and take well-informed steps toward wellness. Healthcare systems must move beyond cultural stereotypes and biases, offer gender-responsive services, leverage the healing value of traditional cultural connections, and recognize and address historical trauma.

45

Indigenous Perspective on Trauma



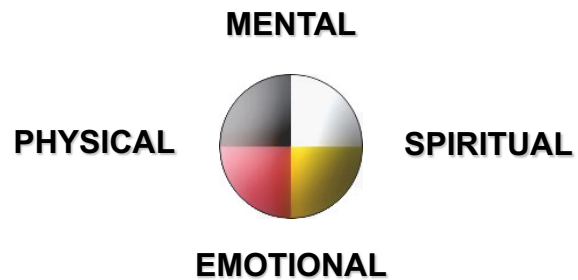
46

Holistic Healing from Trauma



47

Medicine Wheel & Recovery



48



49



50



51

Significant Challenges

Social Determinants

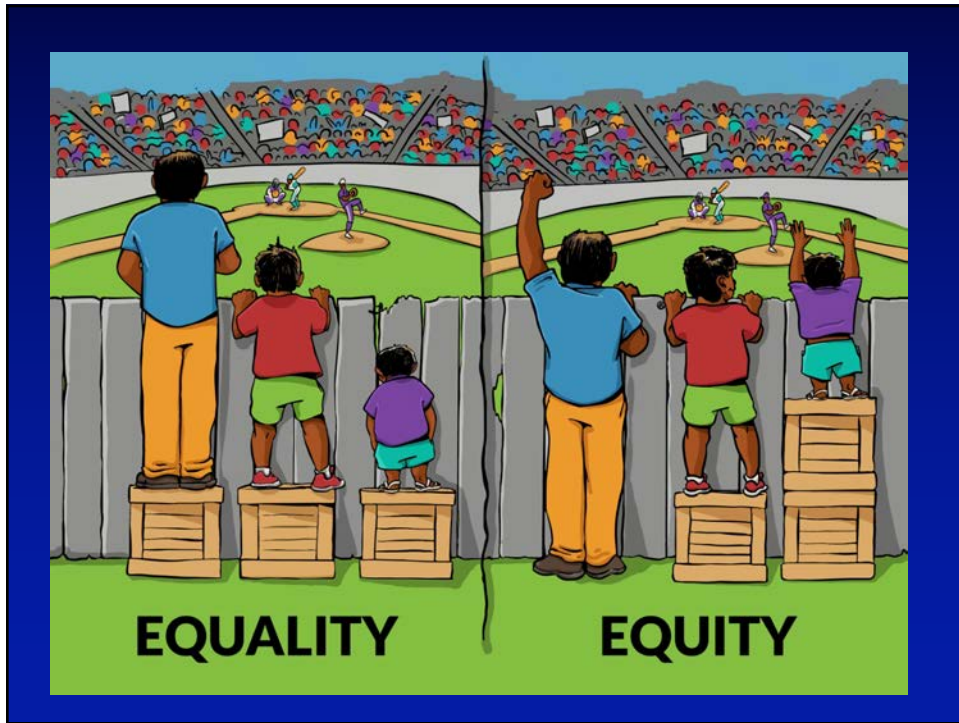
- Poverty
- Trauma
- Politics
- Inattention/Neglect
- Racism
- Inequity

Outcomes

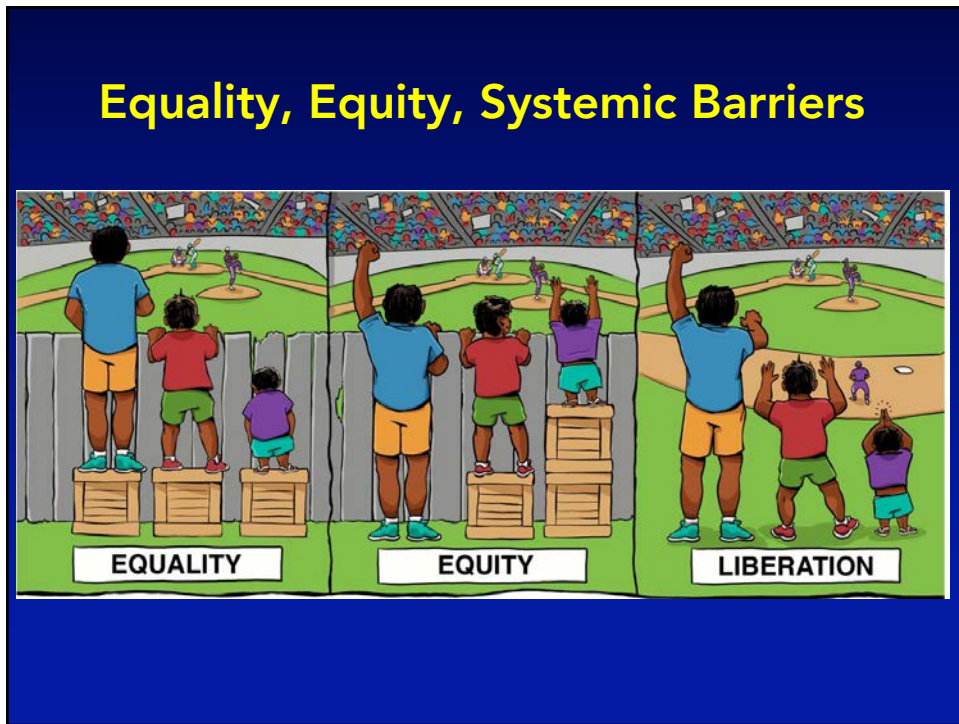
- Health Disparities
- Education Inequality
- Generational Poverty
- Ongoing Racism
- Worsening Inequity
- Suffering and Death

Need to address **equity** in a comprehensive manner—medical, behavioral, public health...

52



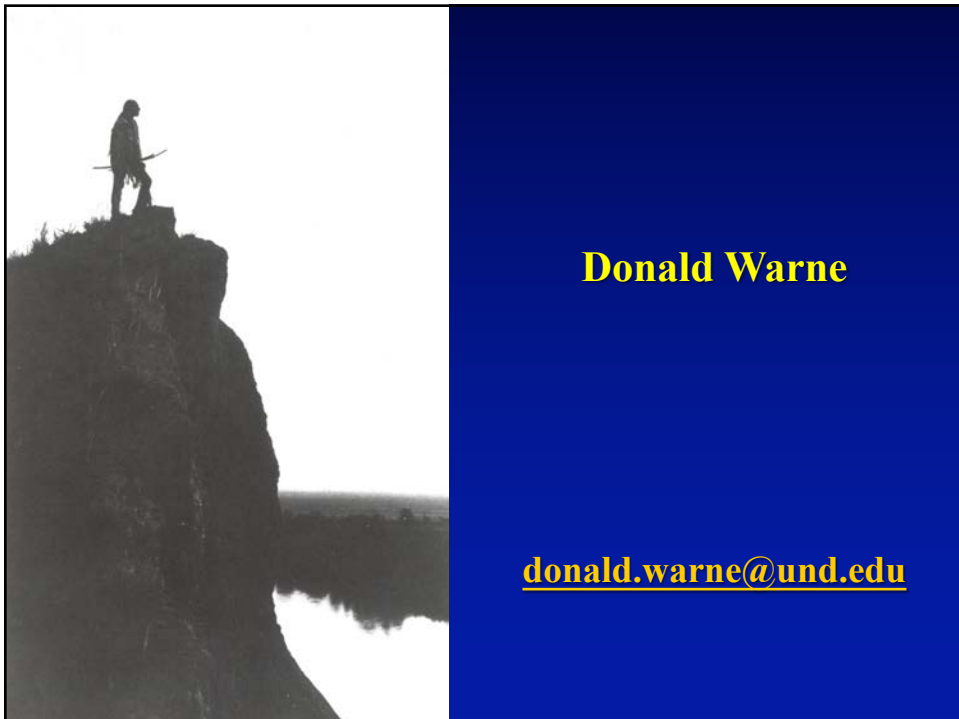
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54



55



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56