OFA Brown Bag Series: Toxic Stress Among Men & Boys of Color

Toxic Stress Among Men and Boys of Color

Wednesday, July 9, 2014
Webinar Instructions

• Remember to dial-in with the provided phone number and access code to hear today’s presentation. You can also listen through your computer, by turning on the computer speakers.
James Butler, Family Assistance Program Specialist, Self-Sufficiency Branch, Office of Family Assistance

Wednesday, July 9, 2014
“Seeing Men and Boys as Victims of Trauma”

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Acknowledgments

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Center for Applied Behavioral Health Research, University of Wisconsin-Milwaukee
“If a soul is left in darkness, sins will be committed. The guilty one is not he who commits the sin, but he who causes the darkness.” Victor Hugo
Protecting children from adversity is a promising, science-based strategy to address many of the most persistent and costly problems facing contemporary society, including limited educational achievement, diminished economic productivity, criminality, and disparities in health.

*American Academy of Pediatrics (2013)*

**TOXIC STRESS**
Exposure to an event that overwhelms cognitive and emotional resources.

Ongoing symptoms and consequences

TRAUMA
conception ➔ birth ➔ environmental influences ➔ adult health and mental health outcomes
Persistent health disparities associated with poverty, discrimination, or maltreatment

ADVERSE CHILDHOOD EXPERIENCES
ABUSE (3 Categories)
NEGLECT (2 Categories)
HOUSEHOLD DYSFUNCTION (5 Categories)

ADVERSE CHILDHOOD EXPERIENCES
Research Site

*a university – community research partnership*

Milwaukee Area Workforce Investment Board

is a public/private partnership between government and business that plans, administers and coordinates employment and training programs for adults and youth in Milwaukee County. As a workforce development board, MAWIB creates and manages a focused education, training and employment system that involves local educators, prospective training operators, area employers, job seekers, and employees.

4 community sites were utilized for data collection

*5 years of negotiations and fund raising between the university and MAWIB.*
Research Questions

• What is the health status of African American men seeking job services in Milwaukee, as indicated by measures of physical, mental, and behavioral health outcomes?

• What is the prevalence of various adverse childhood experiences among African American men seeking job services in Milwaukee?

• How do African American men seeking job services in Milwaukee characterize their early life experiences, current life status, and employment-related challenges?
Research Design

Research Design: Mixed Methods Study
Participant Eligibility: 18 years and over
and a verified recipients of MAWIB’s services and a non-duplicate study participant.

Convenience Sampling
Data Collection: Survey (August to September, 2013)
Surveys completed and unduplicated: N = 195

Administrative Data: Unemployment Insurance Data (IRP)
2010 – 2013 (partial)

Interviews and Focus Group: September, 2013 to Present
Sample: Administrators, Staff, and Participants for qualitative interviews and focus groups.

Advisory Board consisting of key stakeholders in city and state government.
Measures

Assessed Physical, Mental, and Behavioral health outcomes
One measure of general health
**Short Form-36 Health Survey** (36 item scale)
Two measures of behavioral health
**CDC** cigarette smoking items and **DAST** (Drug Abuse Screening Test)
One measure of mental health
**The Brief Symptom Inventory (BSI)** (53 item scale)
  analyze two subscales: *depression and anxiety*
**Adverse Childhood Experiences (ACES)**
*a modified 11-item version of the original scale.*
Assessment of issues **related to Self-Sufficiency** including employment problems and incarceration.
Demographics

• Ages 18* to 63 (all fall within the government working age)

• African American (94.5%)

• 6% were married

• 36% reported fathering no children

• 60% reported fathering 1 or more children

• 45% completed high school

• 75% of the men reported earning less than 10,000 a year income
What is the historical work history data on these men?

<table>
<thead>
<tr>
<th>DATA</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average</td>
<td>3390</td>
<td>4247</td>
<td>3725</td>
</tr>
<tr>
<td>Median</td>
<td>310</td>
<td>1266</td>
<td>925</td>
</tr>
<tr>
<td>Range</td>
<td>0 – 35K</td>
<td>0 – 27K</td>
<td>0 – 26K</td>
</tr>
</tbody>
</table>

Administrative UI Data
N= 88
Age range: 18* - 63
Race and Gender: African American Males
EARLY QUANTITATIVE FINDINGS
### Health Outcomes

<table>
<thead>
<tr>
<th>MEAN RATES</th>
<th>MAWIB</th>
<th>US AVG</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PHYSICAL HEALTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short form-36 Health Survey (Scale 0-100)</td>
<td>66.2</td>
<td>75</td>
</tr>
<tr>
<td><strong>BEHAVIORAL HEALTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular Cigarette Smoking</td>
<td>44.2%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Drug Abuse Problems (DAST clinical cutoff)</td>
<td>38.2%</td>
<td>10.0%</td>
</tr>
<tr>
<td><strong>Mental Health</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brief Symptom Inventory (Scale 0-4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>0.84</td>
<td>0.28</td>
</tr>
<tr>
<td>Anxiety</td>
<td>0.67</td>
<td>0.35</td>
</tr>
<tr>
<td>Individual ACEs, Prevalence (%)</td>
<td>ACE Study* (N = 3,955)</td>
<td>MAWIB (N = 199)</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>------------------------</td>
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<tr>
<td><strong>Abuse:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Verbal</td>
<td>7.8</td>
<td>38.2</td>
</tr>
<tr>
<td>Physical</td>
<td>27.9</td>
<td>41.2</td>
</tr>
<tr>
<td>Sexual</td>
<td>17.1</td>
<td>21.6</td>
</tr>
<tr>
<td><strong>Neglect:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td>12.5</td>
<td>38.2</td>
</tr>
<tr>
<td>Physical</td>
<td>10.7</td>
<td>29.1</td>
</tr>
<tr>
<td><strong>Household dysfunction:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Battered mother</td>
<td>12.1</td>
<td>29.6</td>
</tr>
<tr>
<td>Household substance</td>
<td>11.2</td>
<td>48.2</td>
</tr>
<tr>
<td>Mental Illness in household</td>
<td>14.3</td>
<td>19.1</td>
</tr>
<tr>
<td>Parental separation of divorce</td>
<td>22.6</td>
<td>60.8</td>
</tr>
<tr>
<td>Incarcerated household member</td>
<td>5.0</td>
<td>51.3</td>
</tr>
</tbody>
</table>

*Data from male respondents (Dube et al., 2001)
<table>
<thead>
<tr>
<th>ACE Index Score, Prevalence (%)</th>
<th>ACE Study* (N = 3,955)</th>
<th>MAWIB (N= 199)</th>
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<tbody>
<tr>
<td>0</td>
<td>37.7</td>
<td>15.6</td>
</tr>
<tr>
<td>1</td>
<td>27.6</td>
<td>11.6</td>
</tr>
<tr>
<td>2</td>
<td>15.2</td>
<td>17.1</td>
</tr>
<tr>
<td>3</td>
<td>8.2</td>
<td>8.0</td>
</tr>
<tr>
<td>4 or more</td>
<td>11.4</td>
<td>47.0</td>
</tr>
</tbody>
</table>

*Data from male respondents (Dube et al., 2001)
EARLY QUALITATIVE FINDINGS
Themes

• Work History
• Mental Health
• Transportation
• Definition of Masculinity
• Violence
• Incarceration
• Spirituality
WORK HISTORY

“I always worked.. from my sophomore year in high school until I got grown, you know, I always worked. I always held two jobs. But, you know, that's when the jobs were aplenty also... my work skills are excellent, my personality is excellent. You know, I might be a loud person, and some people fear that with men. ... I'm a go-getter, you know. And I thank God for all the knowledge that he's given me... ”
MASCULINITY (MENTAL HEALTH)

“A lot of people don't have those outlets to express. . . themselves. Then it becomes or... comes out as violence too. There's a lot of violence in our community because they don't have no outlet... . . and, you know, they don't feel, a lot of men don't feel respected, that's why they can shoot each other, you know, you stepped on my tennis shoes, because, you know, they don't feel respected by society. So they're going to get their respect whether it's from the person across the street or this person next door to me.”
TRANSPORTATION

“I agree with them on that unemployment situation, it's [the] number one issue with men ... And, you know, I had to decline an offer this morning, because it's in Cedarburg. Now... I have a vehicle, it's got some problems, you know, that need to be fixed... And so I had to explain to the guy who offered me the job that, ... I am not willing to take that risk and get stranded in Cedarburg. So it's the location of the jobs that is part of the unemployment problem for me.
"PTSD ain't just a veteran thing, that's a people thing. Living in the hood, that's [can be] PTSD . . . I'm just saying like if you live in the hood, like my man was saying, he just heard somebody got shot in front of pizza [shop] . . . in the head. Right over there on 25th. . . [People] can have PTSD, because they stay in that type of environment, you know. Post-traumatic stress ain't just because you in a war. You know, every time you walk out in the hood, if somebody just told you, you know, somebody just got shot around the corner, you know, you can experience that symptom . . . You can get it from being wooped You can get it as a child . . . growing up being abused as a child, you can grow up with that."
TRANSITIONAL HOUSING

I've been incarcerated three times. I did six and a half years total in the State of Wisconsin DOC. And it was two times that I got out that I wish that I had a place to go to where I can like transition from that prison mentality to, you know, ... getting back with my family. Like because, you know, to be honest, .... when I went to prison, it got me mentally. It kind of threw me for a loop, because, you know, when you are a star football player, ... and you get to the point where, you know, you never thought you could really be homeless. ... and you get what you need to feed your family, feed yourself. You know what I mean?
Final Thoughts

• Peer Support Groups
• Meditation Services
• Improved Access to social welfare services
• Better access to health and mental health services
• Acceptance
• Thanks for your time and expressed interest!

For additional information

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• To ask an online question, use the Q&A pod, on the right portion of your screen. Type your question into the open field at the bottom and then click the “send question” button or press enter.
Any Questions?

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Browse to presentation materials and resources.

Type question here.

Log-in information here.

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To ask a verbal question, you need to dial into the designated phone line using the Participant Phone Number and Participant Passcode.

Participant Phone Number: 1-888-587-0358
Participant Passcode: 425246
Thank You!

- Thank you for joining today’s Webinar.