



OFA State and Tribal Technical Assistance and Resources *Addressing Intergenerational Trauma among TANF Families* Webinar Audience Q&A Follow Up

On January 26, 2021, the Office of Family Assistance (OFA) hosted a webinar entitled *Addressing Intergenerational Trauma among TANF Families*. During this facilitated webinar, presenters defined intergenerational trauma and explored the ways in which trauma is transferred from parents to their children. Participants learned how TANF programs can minimize the impacts of intergenerational trauma, as well as heard from programs that are working to address intergenerational trauma in their communities. Presenters also examined the ways in which COVID-19 exacerbates trauma and shared strategies for TANF programs to identify and lessen these effects. Presenters included:

- Dr. Jessica Bartlett and Dr. Dana Thomson, Child Trends
- Dr. Mariana Chilton, Drexel University and Center for Hunger-Free Communities
- Dr. Marla Conwell and Amber Hoyt, South Puget Intertribal Planning Agency (SPIPA)
- Alie Huxta and Kevin Thomas Jr, Building Wealth and Health Network
- Facilitator: Dr. Nicole Bossard, ICF and TGC Consulting, Inc.

Following the panel discussion, presenters engaged in a Q&A session with the audience. This document provides the questions and answers that were submitted but not asked due to time constraints.

QUESTIONS AND ANSWERS

The following questions and answers have been edited for brevity and clarity.

Question: Ms. Huxta mentioned that The Network is in Philadelphia plus eight counties. Which counties?

Ms. Huxta: The counties we work in are in Philadelphia and we have a contract with South Central Workforce Investment Board in South and Central Pennsylvania in Adams, Franklin, Dauphin, York, Perry, Juniata, and Cumberland Counties. Feel free to email me to talk more at agh38@drexel.edu.

Question: Ms. Huxta mentioned that The Network does not do job placement. Do they help with resumes, interview prep, etc.?

Ms. Huxta: If a member wants to talk about that in a one-on-one session with a coach, they can. We do not have any specific classes about job placement. Feel free to email me to talk more at agh38@drexel.edu.

Question: Ms. Huxta and Mr. Thomas mentioned an EARN Center and a WorkReady program. What do those terms mean?

Ms. Huxta:



Question: Trauma in the family affects each member differently and trickles down through generations. How does The Network break the cycle for all?

Ms. Huxta: Healing for all is possible! It takes addressing one's individual trauma through first exiting the traumatic event (like an abusive relationship) and being honest with families about what happened personally and historically. Then, one should explore trauma interventions, peer support, and personal coping mechanisms. Healed, settled bodies will create a healing effect for the people around us. On a collective level, we need to change policies for equitable access to housing, health and mental health care, food, etc. to stop the cycle of collective trauma.

Question: The presenters from The Network shared that gathering people with similar trauma issues can be helpful to create community and ensure people know they are not alone. How is this being done with COVID when so many people do not have private, secure places to participate at home?

Ms. Huxta: We are still developing how to do this virtually. Feel free to email me to talk more at agh38@drexel.edu.

Question: Does the Building Wealth and Health Network service all community members?

Ms. Huxta: Currently, we work with people on TANF, but our program has been extended to the broader community and is useful for anyone! I have learned a TON about managing my own finances being in class as a coach. Feel free to email me to talk more at agh38@drexel.edu.

Question: What is the best way to build social capital to reduce depression among TANF recipients?

Ms. Huxta: We do it through cohort models with peer support, providing psychoeducation around trauma and healing and introducing information people find helpful such as financial literacy. The combinations of these factors create a sense of hope. A consistent nurturing, therapeutic environment will reduce depressive symptoms.

Question: What are some strategies for supporting our TANF clients in this work?

Dr. Thomson: See the [Trauma-Informed Strategies for Partnering with TANF Families](#) handout for some tips and strategies.

Question: Is this program available nationwide?

Ms. Huxta: If you are speaking about The Building Wealth and Health Network, the answer is WE WOULD LOVE THAT! Feel free to email me to talk more at agh38@drexel.edu.

Question: For some of the studies that were mentioned by The Network, can we access the citations so we can pull the studies referenced and read them?

Ms. Huxta: All of The Network's peer-reviewed research and policy briefs can be found on the Center for Hunger-Free Communities page on the Drexel University website: <https://drexel.edu/hunger-free-center/projects/building-wealth-and-health-network/publications/>. Feel free to email me to talk more at agh38@drexel.edu.