



## OFA State and Tribal Technical Assistance and Resources *Addressing Intergenerational Trauma Among TANF Families* Webinar Resource List

### RESEARCH AND RESOURCES

#### [American Psychological Association: The Legacy of Trauma](#)

An Emerging line of research explores how historical and cultural traumas affect survivors' children for generations.

#### [Building Wealth and Health Network Outcomes](#)

Evaluation through pre- and post-program surveys indicates that the Network had strong positive impact on participants in several areas, including:

- Household food security.
- Physical health.
- Mental health.
- Employment.

Additionally, results are consistent in participants with high levels of childhood adversity. These results demonstrate a positive impact on mental and physical health and well-being for individuals with exposure to violence and adversity.

#### [Cultural Trauma and Epigenetic Inheritance](#)

The question of whether and how the effects of cultural trauma can be transmitted intergenerationally from parents to offspring, or even to later generations, has evoked interest and controversy in academic and popular forums. Recent methodological advances have spurred investigations of potential epigenetic mechanisms for this inheritance, representing an exciting area of emergent research. Epigenetics has been described as the means through which environmental influences “get under the skin,” directing transcriptional activity and influencing the expression or suppression of genes. Over the past decade, this complex environment–biology interface has shown increasing promise as a potential pathway for the intergenerational transmission of the effects of trauma. This article reviews challenges facing research on cultural trauma, biological findings in trauma and posttraumatic stress disorder, and putative epigenetic mechanisms for transmission of trauma effects, including through social, intrauterine, and gametic pathways. Implications for transmission of cultural trauma effects are discussed, focused on the relevance of cultural narratives and the possibilities of resilience and adaptivity.

#### [Georgetown University Center for Child and Human Development Trauma Informed Care: Perspectives and Resources. Module 1: Understanding the Impact of Trauma](#)

A collaborative project with JBS International, Inc. and Georgetown University National Technical Assistance Center for Children's Mental Health.



### **[The National Child Traumatic Stress Network Conversations about Historical Trauma: Part 1](#)**

Outlines how historical trauma has impacted American Indian children and families and how services for these children and families should take into account not only their present circumstances, personal trauma histories, but also historical trauma. This *Spotlight on Culture* describes how trauma and grief are interwoven for Native American peoples, features of historical trauma related to the overall experience of American Indians, and how to tap into the community resilience that is a core tenet of many tribal communities.

## **WEBCASTS/VIDEOS**

### **[OFA Webinar: Trauma-Informed TANF Programs: Moving from Awareness to Transformation](#)**

Experiences of trauma can have significant short and long-term effects on individual functioning and family well-being. Many human services agencies have begun to recognize the profound implications this issue has on how agency staff interact with their customers, and how staff themselves are impacted. In response, some agencies have provided training and support to staff to help them become more trauma informed, as well as given self-care tips and assistance to human services professionals to combat compassion fatigue and vicarious trauma. The Office of Family Assistance hosted a free PeerTA webinar on September 30, 2020 geared toward State and Tribal TANF administrators, supervisors, and staff.

### **[OFA Training Available on Vicarious Trauma](#)**

Vicarious trauma can occur when indirectly exposed to another person's trauma through images and/or verbal or written stories; it is an occupational challenge for people working in victim services, law enforcement, emergency medical services, and human services. Individuals who experience vicarious trauma may experience a shift in world view and symptoms of post-traumatic stress disorder. Organizations with staff experiencing vicarious trauma may experience higher instances of staff turnover, absenteeism, and reduced work quality. Developed as a resource for the Online Work Readiness Assessment (OWRA), this on-demand August 2020 training session defines vicarious trauma, identifies its common symptoms, and offers strategies for organizations and workers to address vicarious trauma.

### **[Listening to Young Parents: The Multigenerational Making of Mental Health](#)**

This CLASP webinar focused on learning from lived experiences of young parents of color and their perspective on mental health. The two presentations by Dr. Nia West-Bey and Clelie Choute were comprised of qualitative reports based on conversations with young parents about the role of intergenerational trauma in shaping families' relationships to mental health. They identified unique forms of trauma and chronic stress to which young parents are susceptible, such as infant mortality, environmental stress, deferring dreams, and stress linked to policy and program barriers. The webinar offered practice, program, and policy solutions to address their mental health needs.

### **[How to Maximize the Gifts of Intergenerational Trauma](#)**

In this TEDx video presentation, the topic of intergenerational or transgenerational trauma is presented as a condition that is passed down from one generation to the next. In families where parents and grandparents have experienced abuse and neglect, witnessed violence, and suffered numerous losses or



early life adversity, these painful recollections were often unspoken or repressed. In some families, the next generation was affected by this trauma, and the children displayed symptoms of anxiety, depression, substance abuse, low self-esteem, or other self-destructive behaviors. The video's moderator is a medical professional who shares her family's story of intergenerational trauma. She describes the effects of parents who are emotionally detached from their children and the importance of reestablishing family relationships. She also provides examples of trauma-informed supports and draws on her work with survivors of trauma whom she treats in her medical practice for mental illness and addictive disorders.

## ORGANIZATION WEB LINKS

[Center for Hunger-Free Communities](#)

[Child Trends](#)

[South Puget Intertribal Planning Agency](#)