

**County Health  
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

June 18, 2019

# Creating A Resilient Community

*A County Health Rankings & Roadmaps Webinar*

[countyhealthrankings.org](http://countyhealthrankings.org)



Support  
provided by

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Foundation

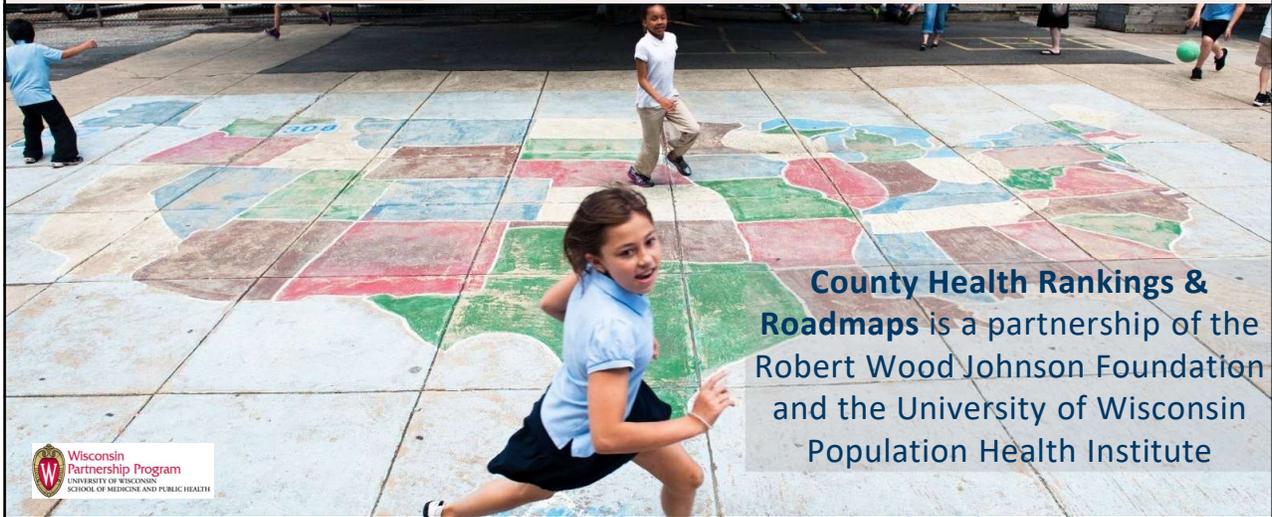


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**County Health Rankings & Roadmaps** is a partnership of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute



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## YOUR AND FACILITATORS

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**Ericka  
Burroughs-Girardi**

*Action Learning Coach  
Deltona, Florida*



**Karen  
Odegaard**

*Action Learning Coach  
Madison, Wisconsin*

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## YOUR PRESENTERS FROM CICERO, ILLINOIS

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**Jaclyn Wallen, MA, LCPC**

*Licensed Clinical Professional  
Youth Crossroads, Inc*



**Deputy Superintendent Vincent Acevez**

*Town of Cicero  
Police Department Patrol Division*

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## MY PERSONAL JOURNEY WITH TRAUMA



*Pulse Nightclub  
Orlando, FL  
2016*

Photo Credit: NPR.org

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## LEARNING OUTCOMES FOR TODAY



Describe Averse Community Experiences



Describe the link to health



Identify possible strategies to address  
Adverse Community Experiences

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## JOIN US FOR MORE DISCUSSION – TODAY!

- ▶ **When:** Immediately following the webinar
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*Webinar Discussion Group*

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*Menominee Nation 2015*

## WHY WE DO WHAT WE DO

Improve Health Outcomes

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## WHY WE DO WHAT WE DO

Increase Health Equity

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## WHAT ARE ADVERSE COMMUNITY EXPERIENCES?

### *Adverse Childhood Experiences*



### *Adverse Community Experiences*



Photo Credits: Aiga and DJ Paine on Unsplash

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## TRAUMATIZED SOCIAL-CULTURAL ENVIRONMENT

- ▶ The economic and social processes that concentrate poverty and urban decay in inner city neighborhoods or impoverished small towns.
  - Damaged social networks/social isolation
  - Distrust
  - Disempowerment



Photo by Jck Finnigan on Unsplash

Photo Credits: Warren Wong and Jack Finnigan on Unsplash

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## TRAUMATIZED PHYSICAL/BUILT ENVIRONMENT

- ▶ Crumbling infrastructure
  - Dilapidated buildings
  - Deteriorating roads
  - Poor transportation.
- ▶ Pressures of gentrification and displacement have become an added element in the toxic stress



Photo Credit: Anna Holowetzki on Unsplash

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## TRAUMATIZED ECONOMIC ENVIRONMENT

- ▶ Inequitable access to economic and educational opportunities
  - High unemployment
  - Struggling academic systems

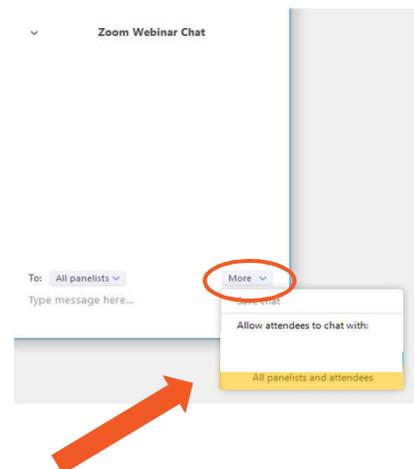


Photo Credit: NeONBRAND on Unsplash

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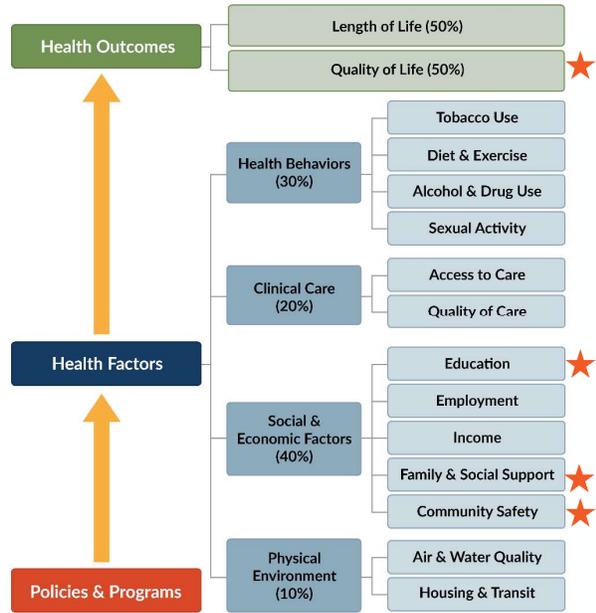
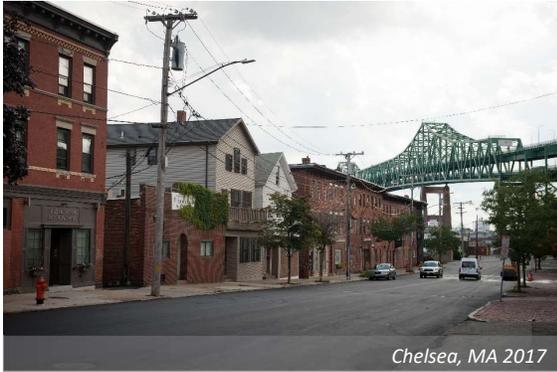
## LET'S HEAR FROM YOU...

What symptoms of adverse community experiences have you noticed in your community?



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# WHY IS THIS IMPORTANT TO US?



County Health Rankings model © 2014 UWPHI

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Map Credit: Illinois.hometownlocator.com

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**Rate of suicides among Chicago Police a badge of high-stress job**

CHICAGO 10/19/2017, 10:35am

Photo: Ricki, a recently retired Chicago Police Department officer and volunteer peer counselor, has published "Police Suicide: Is Police Culture Killing Our Officers?" *Ashlee Rose/Star-Tribune*

**Andy Grimm**  
@andygrimm1

Sign-Up for our News & Politics Newsletter

Buried among the facts and figures in the Justice Department's recent book-length report on the failings of the Chicago Police Department was a telling statistic: The rate of suicide among CPD officers is 60 percent higher than other departments across the U.S.

Among the ranks of it...

police suicide

police mental health (PTSD, anxiety, depression)

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## Hardwired for Anticipated World

**Dangerous**

Pre-Conception → **BRAIN** Prepares for anticipated world

**CHARACTERISTICS**  
"Brawn over Brains"  
Focused: Fight, Flight or Freeze

TOXIC STRESS

Survive the worst conditions

Dissonance between biological adaptation & social expectations fuels problems

**Safe**

**CHARACTERISTICS**  
"Process over Power"  
Multi-focused: Relational

Survive in good times; vulnerable in poor conditions

Adapted from the research of Martin Teicher, MD, Ph.D.

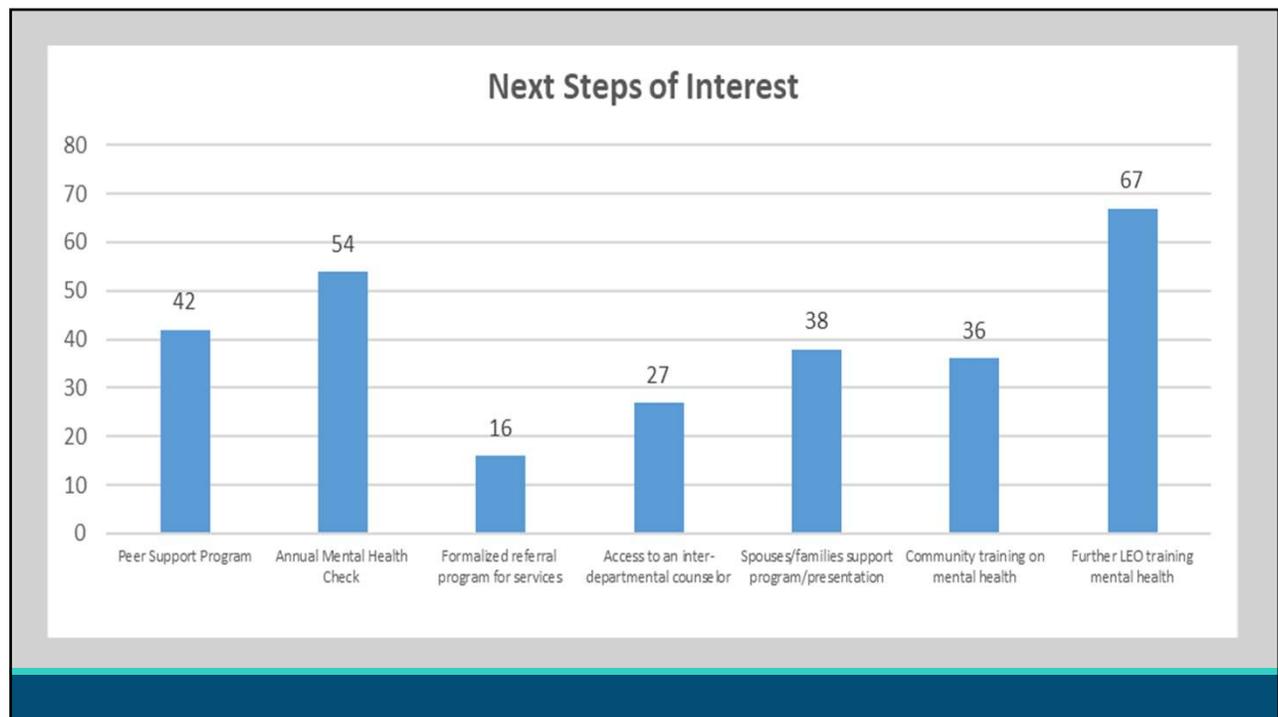
Preparation for Healthy Generation

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Photo Credits: Martin Jernberg and James Perez on Unsplash

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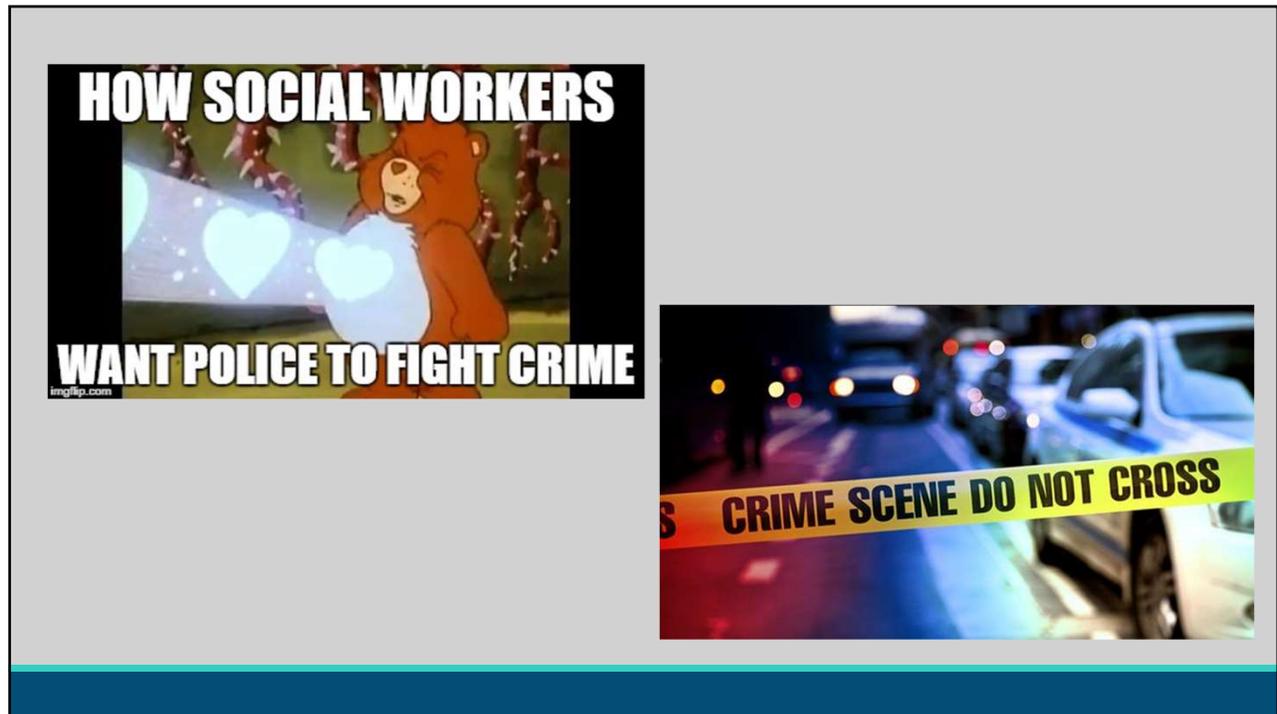
## Handle With Care



### What should you do?

- | Don't  | Do  |
|--|---|
| <ul style="list-style-type: none"><li>• Bring up the trauma unless initiated or prompted by the student</li><li>• Don't talk about it in front of others</li><li>• Don't support the student in isolation—let's wrap them in support as team</li></ul> | <ul style="list-style-type: none"><li>• Offer grace and patience</li><li>• View them through a "trauma lens"</li><li>• Provide resources if showing signs that they need support</li><li>• Be aware of triggers</li></ul> |

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## Points to Consider When Partnering with Police.

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- ❖ Get buy-in
- ❖ Be mindful of scheduling; be flexible
- ❖ Be realistic about the length of the partnership

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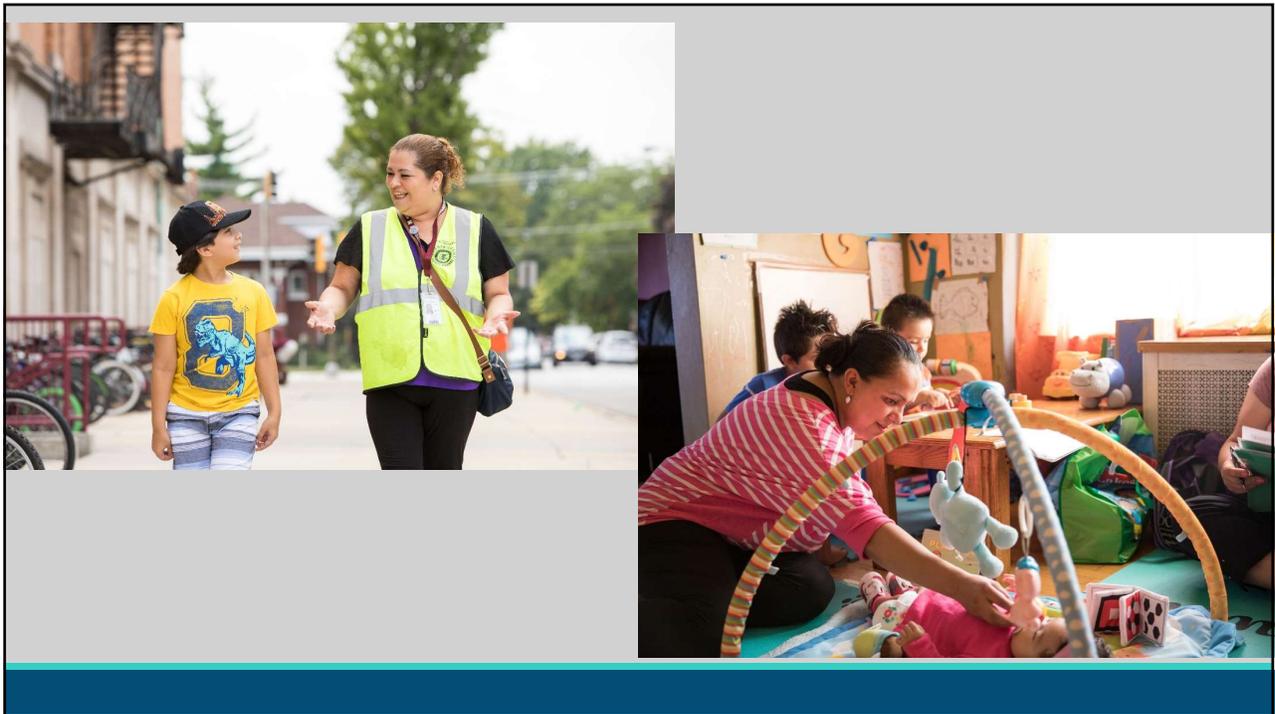


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### Trauma Exposure Check List and PTSD Symptom Scale for Morton High Schools

Trauma Question	Percentage of students		
	Morton Alternative	Morton FC	Morton West
Have you been in a serious accident, where you could have been badly hurt or could have been killed?	50%	28%	30%
Has anyone close to you been very sick or injured?	87%	78%	85%
Has someone close to you has died?	83%	64%	73%
Have had to be separated from your parent or someone you depend on for more than a few days when you didn't want to be?	33%	23%	25%
Has someone told you they were going to hurt you?	60%	24%	32%
Have you been slapped, punched, or hit by someone?	81%	50%	64%
Have you seen someone attacked or stabbed with a knife?	37%	10%	9.25%
Have you seen someone pointing a real gun at someone else?	54%	16%	17%
Have you seen someone else being shot at or shot with a real gun?	48%	12%	13%

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## IS MY COMMUNITY EXPERIENCING COLLECTIVE TRAUMA OR ADVERSE EXPERIENCES?

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## WWFH- EVIDENCED-BASED SOLUTIONS



Create multisector partnerships that promote community-level strategies while rebuilding community.



Improve parks, dilapidated housing, and other built environment elements to create a safer environment.



Offer healing for children through school-based trauma counseling.

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## HIGHLIGHTED GUIDANCE: ACTION LEARNING GUIDES

- ▶ Self-directed learning on specific topics
- ▶ Blend guidance, tools, and activities for hands-on practice and reflection
- ▶ Topics include:
  - Introduction to Equity
  - Partnering With Residents
  - Getting Started With Policy Change

### Action Learning Guides

Dig into specific topics with a blend of guidance, tools, and hands-on practice and reflection activities.



#### Introduction to Equity

Ready to learn more about equity and how it applies to your community? This Action Learning Guide includes guidance, tools, and examples to explain what equity is, why it matters, and how it relates to health. It will help you get started with understanding key terms and concepts and where to begin to take action.

[Read more >](#)



#### Partnering With Residents

Engaging community members, especially people most often left out or unheard, is an essential part of improving health outcomes and advancing equity in communities. The guidance, tools, and examples here will help you engage and partner with community residents in a meaningful way.

[Read more >](#)



#### Getting Started With Policy Change

Ready to be an agent of change in your community? This Action Learning Guide includes guidance, tools, and examples you find here will help you get started with policy change and ensure your efforts are grounded in equity.

[Read more >](#)

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## WANT A THOUGHT PARTNER? CONSIDER ACTION LEARNING COACHES

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- ▶ Help strengthen community efforts through online guidance and virtual learning opportunities.
- ▶ Connect with a coach via the Contact Us form.

★ **TIP:** You can find the Contact Us button at the bottom of our website, no matter where you are on the site.

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## KEY TAKE-AWAYS

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24:1 Community, MO, 2016

## WE WANT TO HEAR FROM YOU!

Click the link to answer a few questions about today's webinar

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Kansas City, MO

## QUESTIONS?

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## UPCOMING WEBINAR

### Advancing Health Equity Through Housing Law and Policy

Featuring

The Network for Public Health Law



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Webinar Discussion Group

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## WHAT DO YOU WANT TO LEARN/SHARE MORE ABOUT?

You can select all that apply:

- ▶ I want to chat about trauma informed training for law enforcement.
- ▶ I want to chat about trauma informed approaches in school.
- ▶ I want to share a success story in my community related to trauma informed care.
- ▶ I want to share a success story about relationships with law enforcement.

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## STAY CONNECTED



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• Sign up for our newsletter  
[CountyHealthRankings.org/subscribe](https://www.CountyHealthRankings.org/subscribe)

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**JOIN US FOR A DISCUSSION GROUP NOW!**

**REGISTRATION LINK IN CHAT**

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**THANK YOU!**

Visit us at [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

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