

**The Bridge from Crisis to Emotional
Stability Post Pandemic
with
The Goal of Recovery Across
Generational Trauma**

A CLINICAL PERSPECTIVE

Submitted by Mercedes Martinez MD

The Bridge from Crisis to Emotional Stability Post Pandemic

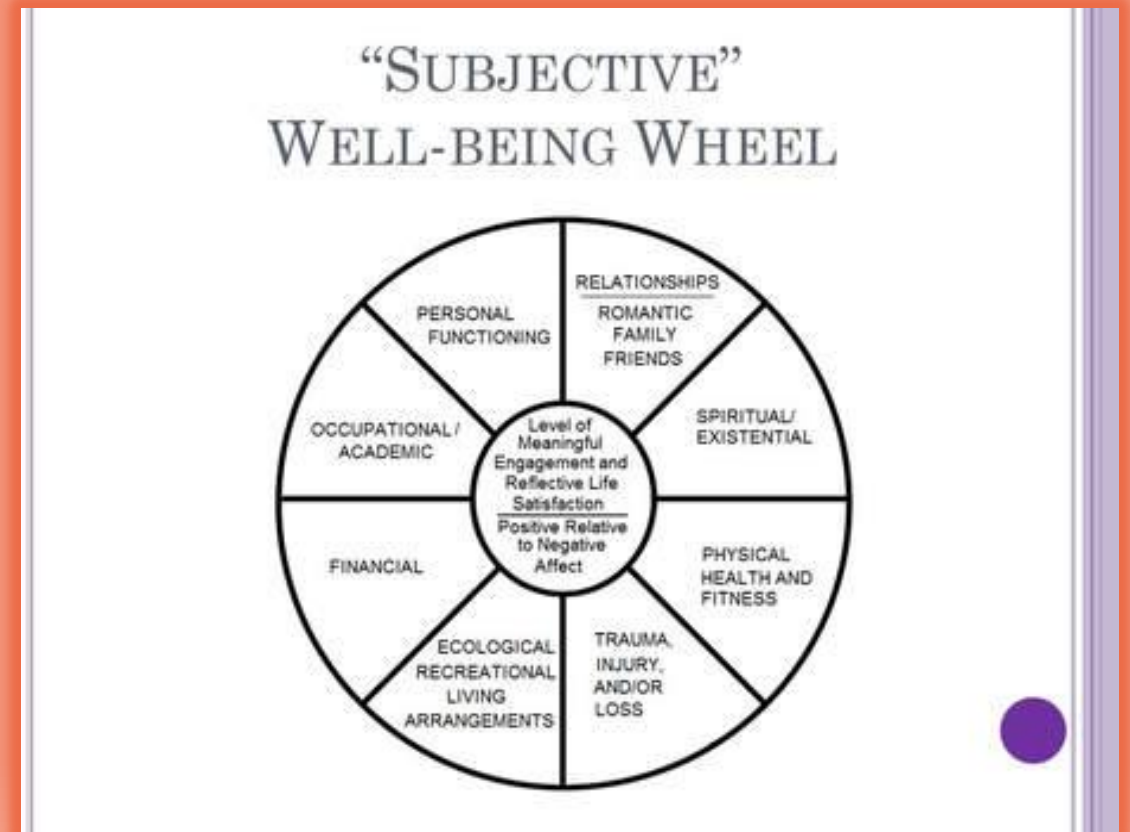
The Goal of Recovery Across Generational Trauma

CHECK IN:

- **HOW ARE YOU FEELING NOW?**

Describe in words;

- **On a Scale of 1 to 5**
(1-not so good to 5-Great)



Resource: GreggHenriques.com/well-being-html

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- **QUESTION FOR SELF REFLECTION:**

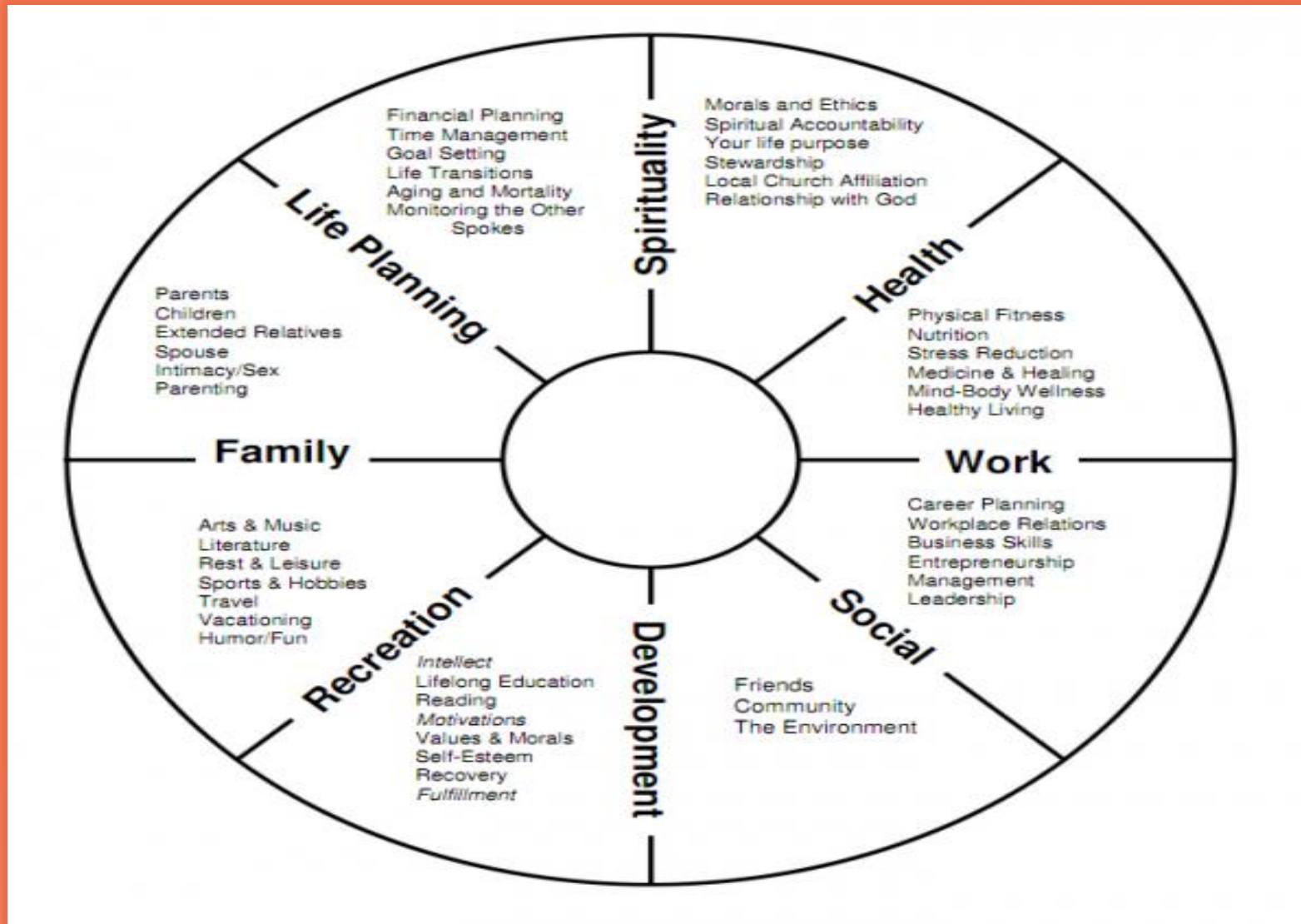
How has 'Covid-19' impacted your family?

HOW HAS 'TRAUMA' AFFECTED YOUR FAMILY?

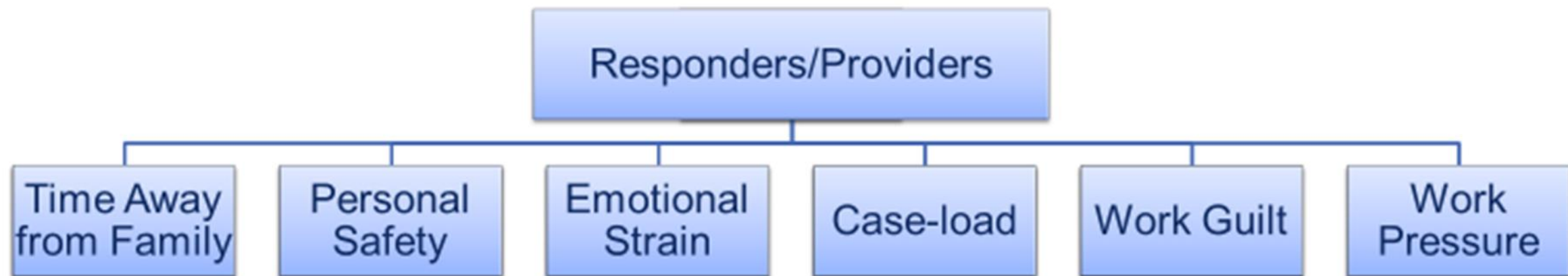
Have you processed your own trauma?

WHAT SELF-CARE HAVE YOU ENGAGED IN THIS WEEK?

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Overview of Stressors



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Box (or 4x4x4x4) Breathing

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Repeat 3 -5 times or more as needed.

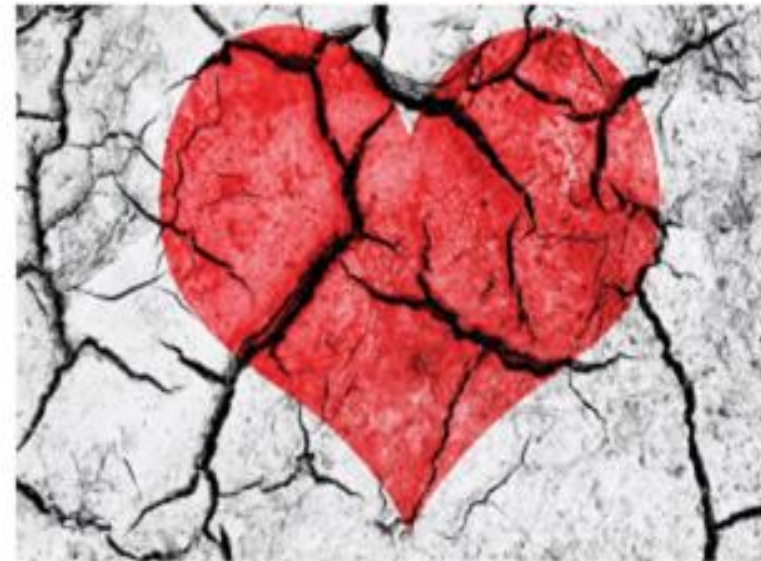


Compassion Fatigue (CF)

- ✓ Work-related exhaustion
- ✓ Depression
- ✓ Overwhelmed
- ✓ Frequently cynical
- ✓ Disconnected, indifferent
- ✓ Using alcohol/other substances to cope

Consequences: Compassion Fatigue

- Related to exposure working with those suffering from traumatic or distressing events.
- Onset can be early
- Prolonged exposure = ↑ Risk for responders/providers
- Presents:
 - Detachment or numbing,
 - Over-engagement
 - Blurred boundaries/roles
- Often very hard to self-diagnose



Burnout is typically expressed as an indifference, a lack of feeling empathy towards the patients and their families, or maybe not caring at all...and a disinterest in the work itself.



ASPR



TRACIE

Consequences: Burnout

- Cumulative emotional exhaustion and withdrawal as a result of workload and institutional stress.
- Occurs over time.
- Presents:
 - Decreased performance
 - Increased absenteeism
 - Poor morale/attitude



Secondary Traumatic Stress (STS)

Trauma symptoms in the healthcare provider as a result of exposure to traumatic material and experiences of those they work with.

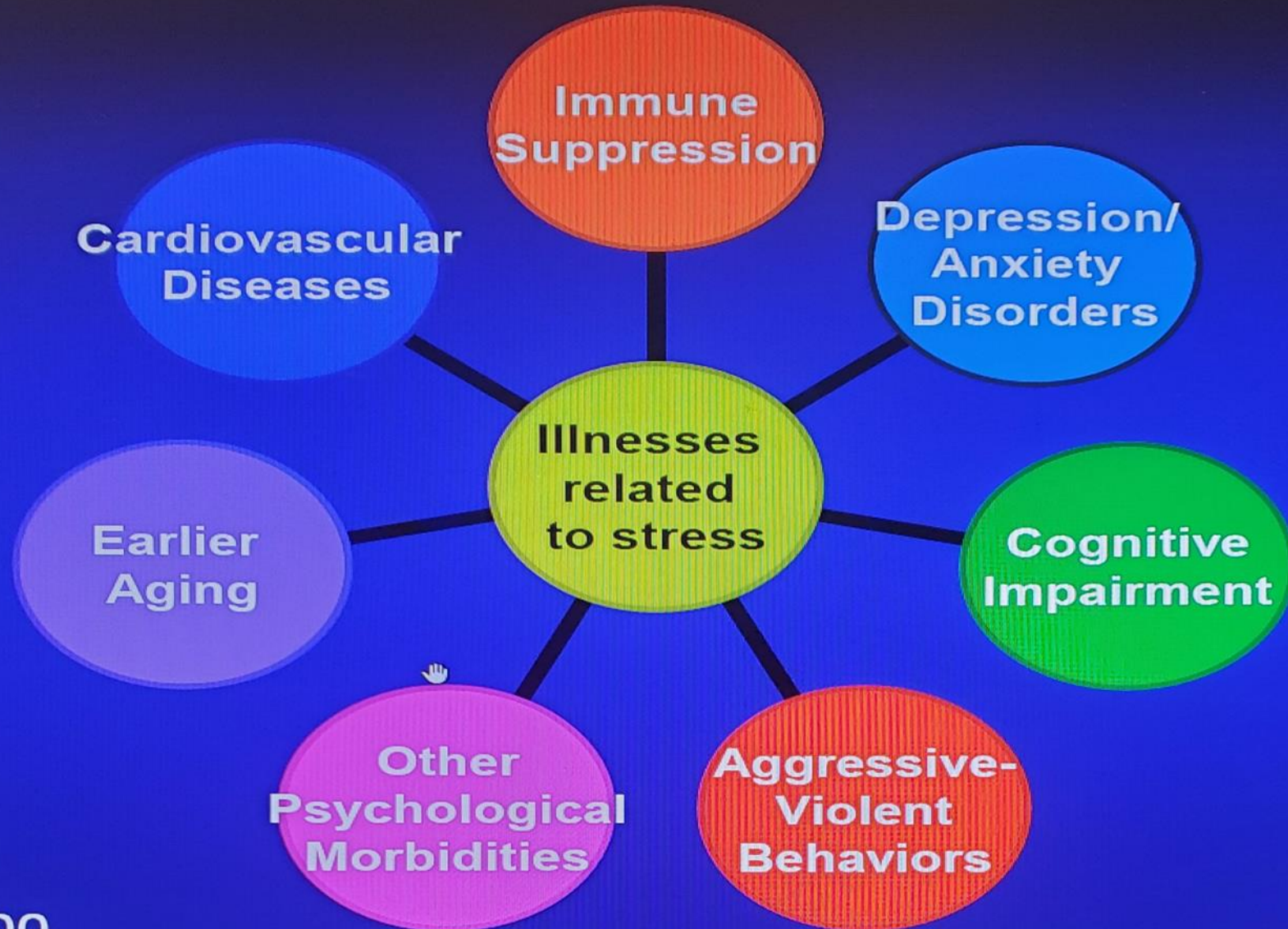


Vicarious Traumatization

- ✓ Similar to CF and STS
- ✓ Changes one's view/ belief systems
- ✓ Decreased sense of personal safety
- ✓ Disrupts sense of meaning, especially related to work



Chronic Stress: Long-Term Consequences





Oración Diaria

facebook.com/oraciondiaria/

Amado Dios, qué hermoso es poder despertar, sentir tu presencia y reconocer que Tú estás siempre a mi lado dándome la sabiduría necesaria para conducir mi vida por la senda del bien y del amor. Te pido por todo aquel que está despertando en esta mañana con tristeza o alguna necesidad. Te suplico que cada persona en el mundo pueda sentir la grandeza de tu mano obrando y al mismo tiempo, pueda comprender que tus planes son perfectos y que cada cosa que sucede tiene una razón de ser. En el Nombre del Padre, del Hijo y del Espíritu Santo.

Amén

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Psalm 103:2-3 Praise the Lord, my soul, and **forget not all his benefits**—who forgives all your sins **and heals all your diseases.**

Grounding Exercise



Breathe slowly

3 things you see

3 sounds you hear

3 things you feel

Breathe, feel grounded



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Many Latinos could not stay home during the COVID – 19 Pandemic:

**HISPANICS/LATINOS MAKE UP
18.5 percent of the U.S. population,
yet they accounted for 34 percent of all coronavirus cases.**

NLBHA Conference 2022

National Latino Behavioral Hispanic Association

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NLBHA'S MISSION:

The Mission and Goal of the National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino(a)(x) populations

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The U.S population recently rose to 18.5% Latino

Total deaths by race/ethnicity- (As of August 24, 2022)

*Note: 15,8% of U.S. COVID-19 deaths are among Latinos, according to a new CDC data web page, “Health Disparities: Race and Hispanic Origin.

Latinos: 164,112 have died due to COVID-19

- Ages 35-44:

Latinos: 33% distribution of COVID-19 deaths

*Note: Illinois (17.4% of total state population is Latino(a)(x))

- City of Chicago:

29% of the total population is Latino(a)(x). (Resource- Chicago.gov accessed 7/13/22)

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The strongest predictors of Latino COVID-19 Death Rates:

- **Poverty**
- **Uninsured,**
- **Limited English Proficiency**
- **Immigrant status**

Resource- NLBHA Conference- Tree Center (Transdisciplinary Research, Equity and Engagement Center) UNM, B. Boursaw analysis of Covid-19 data from John Hopkins (Sept. 2020)

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The largest percentage of COVID-19 cases in Chicago are among Latino(a)(x)s.

Covid-19 Cases by %

- Hispanics/Latino(a)(x)s: 27.9%
- Blacks: 22.1%
- Whites: 26.2%
- Asians: 4.4%
- Other: 5.3%
- Unknown: 14.1%

(Resource- Chicago.gov, accessed 7/13/22)

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2020 Survey Found:

- **Over 20% of Latino(a)(x)s say they are suffering from anxiety**
 - **15.7% say they suffer from increased stress.**
 - **12% of Latino(a)(x)s say they have gained weight.**
 - **33% of Latino(a)(x)s say they “fear what the future may hold.”**
-
- **NLBHA Conference- National Latino Behavioral Hispanic Association**
Salud America: <https://salud-America.org/coronavirus>

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COVID - 19 Pandemic Disparities

- **High Stress Levels**
- **Low access to food; health care; testing; employment in crowded conditions more susceptible; lack of access to personal protective equipment (PPE).**
- **Lack of support for the Latino(a)(x)/Hispanic community**
- **Lack of access to Health Services & Hospitals**
- **Mental Stress & factors that appear to include an acculturation process v/s assimilation; exposure to potentially stressful events (i.e. discrimination, repeated micro-aggressions, profiling, work place hostility)**

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COVID – 19 Pandemic Disparities:

- **Social Isolation**
- **Economic stressors including job loss; housing instability; difficulty covering daily expenses**
- **Lack of insurance**
- **Changes and disruptions to services and education**
- **Complex Grief & Trauma**
- **Barriers to accessing mental health resources**

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Strengths in the Latino(a)(x) Community:

- **Culture as Resiliency; 'Cultura Cura'**
- **Ethnic Pride**
- **Intergenerational Ties (family & community)**
- **Traditional Familia is core support (Familismo)**
- **Traditional Stories and Customs are a fundamental support**

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Summary:

- **Latino(a)(x)s face a heavy burden of coronavirus.**
- **Latino(a)(x)s are highly exposed to the virus as essential workers.**
- **This population suffers from inequities in income, healthcare access, access to food, and more.**
- **Bias in medical treatment (The Aspen Institute, Washington D.C.)**
- **Latino(a)(x) undocumented immigrants often don't benefit from unemployment aid or stimulus checks & may have Limited English Proficiency.**
- **Policies to address social support for Latino(a)(x)s in poverty are lacking.**
- **(Resource- NLBHA Conference)**

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The sources of Racial/Ethnic Health Care Disparities are complex, rooted in Historic and contemporary inequities, and involve many participants at several levels including health systems, their...processes, ...healthcare professionals, and patients.

Stereotyping, biases (ie. Explicit, Implicit), and uncertainty (or as author, Robin DeAngelo has stated, 'Social illiteracy') on the part of healthcare providers can all contribute to unequal treatment in the quality, or lack thereof, health care.

Nelson et al. Nat. Cad Press. 2003

Robert Wood Johnson Foundation

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How do You Identify Yourself in terms of the following:

SOCIAL IDENTITIES & RACE & GENDER:

- **Family Status**
- **(Dis)ability**
- **Socio-Economic Status**
- **Nationality**
- **Color**
- **Where do you live?**
- **1st, 2nd, 3rd...Generation?**
- **Exposure to Crime**
- **Occupation**
- **Education**
- **Sexual Orientation**
- **Age**
- **Native Language or other languages spoken**
- **Religion**
- **Political Beliefs**

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Margaret Mead PhD (1901-1978) has defined 'culture' as follows:

Culture means human culture, the complex whole of traditional behavior which, has been developed by the human race and is successively learned by each generation.

Maragaret Mead PhD was an American Anthropologist (and Psychologist) whose work emphasized the relationship between culture and personality formation. Her work explored human development from a cross-cultural perspective and covered topics on gender roles and childrearing in both American and foreign cultures.

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Definition of Culture:

- LA CULTURA CURA- (CULTURE HEALS)

“Within the collective dignity, love, trust and respect of all people, exists the wisdom and resources for a beautiful, harmonious tomorrow.”

Jerry Tello- Founder, Director of Training & Capacity Building
National Compadres Network

- Gregg Henriques- ‘Culture’ as a large scale justification system (shared beliefs and values that coordinate populations of individuals).

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JERRY TELLO is a father, grandfather, son, brother and relative of many. He is from a family of Mexican, Texan and Coahuiltecan roots, and was raised in the South Central/Compton areas of Los Angeles.

Over the last 40 years, he has dedicated himself to the service of individuals, families, and communities. He has done so by speaking to over half of a million people, and training thousands of service providers across the nation.

Mr. Tello is considered an international expert in the areas of: transformational healing, men and boys of color, racial justice, and community peace and mobilization.

He is co-founder of the National Compadres Network and is currently Director of Training and Capacity Building. He has authored numerous articles, videos, and curricula addressing fatherhood, youth “rites of passage,” culturally-based family strengthening, and healing the healer. He is the author of Recovering Your Sacredness, A Father’s Love, a series of children’s books, co-editor of Family Violence and Men of Color, has served as a principal consultant for Scholastic Books on International Bilingual Literacy curriculum, and has published a series of motivational health and healing CDs.

He has appeared in Time, Newsweek, Latina and Lowrider magazines. He is the recipient of numerous awards, which include the 2016 Maria Shriver’s Annual Advocate for Change award, the 2015 White House Champions of Change award, two California Governor’s Awards, the Ambassador of Peace Award presented by Rotary International, and the 2012 Presidential Crime Victims Service award, presented by President Bill Clinton and Attorney General Janet Reno.

The Bridge from Crisis to Emotional Stability Post Pandemic with The Goal of Recovery Across Generational Trauma



The Bridge from Crisis to Emotional Stability Post Pandemic with The Goal of Recovery Across Generational Trauma

JERRY TELLO at the NLBHA discussed the Cross-Cultural Issues that we go through as 1st generation Mexican American children:
Confusion (In school system, where perhaps a teacher does not acknowledge your legal name 'Tell'..Oh instead of 'TE'..YO).

Anger

Hate, Shame, Guilt (When you are a witness to the discrimination against your parents)

Susto (Fear)

Self-Hate (INDOCTRINATION AND ACCEPTANCE OF SOCIETY'S LABEL OF "You're violent" IS INTERNALIZED..

....and festers until it becomes Rage

- TRADITION, CUSTOMS, SPIRIT (Acknowledge Your Sacredness):

An Inoculation to the misunderstandings in the Great World View of the Society that attempts to define 'who you are' v/s the 'Sacred you' & the Blessings your Abuela's would give the 'Sacred you' (grandparents and familia) say you are a Blessing!!

DIGNIDAD- DIGNITY MESSAGE "YOU ARE A BLESSING, JUST THE WAY YOU ARE!"

Tradition of grandmother's Blessings, Cooking, accepting of your friends as sons or daughters

RESPETO- RESPECT- "YOU HAVE A SACRED PURPOSE"

CONFIANZA- CONFIDENCE- Being called 'MIJITO' (my son) with the genuine love and acceptance (CARINO)

"I TRUSTED HIM, SO HE TRUSTED ME"

- Jerry Tello (Founder & Director of Trainings & Capacity Building of the National Compadres Network, NCN)

Book- RECOVERING YOUR SACREDNESS offers a culturally- based family strengthening approach to healing men, young and old.

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Culturally & Linguistically Responsive Care

National CLAS (Culturally and Linguistically Appropriate Services) Standards:

- **Respectful**
- **Responsive to:**
 - Cultural beliefs**
 - Preferred language**
 - Mental Health Literacy**
- ***(I would add the issue of ‘social literacy’ of the mental health provider)**
- **Integrated into the organization**

(Resource Office of Minority Health 2020)

The Bridge from Crisis to Emotional Stability

DISCUSSION QUESTIONS:

- **How do you feel about your Racial Ethnic Identity? And in different social interactions (ie. Social, Work, Family environment)?**
- **What are your key memories of your Racial Ethnic Identity formation? Were they positive/negative? How did they impact you?**
- **How do you agree or disagree with your parents? And how has this impacted your parenting, or not, with your own children?**

The Bridge from Crisis to Emotional Stability Post Pandemic

A Trauma Focused Care approach to communication:

Open Discussion-

- **When you worked with a client who was exposed to trauma, how did you respond to their specific needs?**
- **Share a success story. What were the issues or problems. What did you learn from the experience.**
- **Thousands of children have been separated from their families after a traumatic journey, in detention camps, after fleeing to the US in search of asylum. Have you had interactions with them? What measures did you implement to put them at ease?**
- **How did you gain their trust? Is your approach culturally relevant?**

Resource: University of Stanford Medicine

The Bridge from Crisis to Emotional Stability

Dear God,

I bring every grieving parent into your throne of grace. Lord, they are going through a lot of pain after the loss of their children. It is not an easy thing for a parent to bury their child.

Father comfort them. Help them to continue being faithful to you even through the pain. Lavish them with your love and fill the void left in their hearts with your unconditional love.

In Jesus' powerful name, I believe and pray.

Amen.

anonymous

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Box (or 4x4x4x4) Breathing

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Release the breath to the count of 4, and
Count to 4 before beginning again.

Repeat 3 -5 times or more as needed.



The Goal of Recovery Across Generational Trauma (ie. Tragic Loss in Uvalde Texas)



The scene Tuesday outside Robb Elementary School.

Twenty-one people are dead — 19 students and two teachers — after a shooting on May 24, 2022, at Robb



The Goal of Recovery Across Generational Trauma (ie. Tragic Loss in Uvalde Texas)



"There was lot of angst and a lot of fear," said King. "Parents were wondering where their kids were, trying to find them amidst all the chaos. They were terrified."

The Goal of Recovery Across Generational Trauma (ie. Tragic Loss in Uvalde Texas)



The Goal of Recovery Across Generational Trauma (ie. Tragic Loss in Uvalde Texas)



**Rest in peace.
You are loved and never forgotten.**



The Bridge from Crisis to Emotional Stability Post Pandemic

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The Goal of Recovery Across Generational Trauma

Pre-attack Concerning Behaviors-

- Mental Health
- Interpersonal interactions
- Quality of the active shooter's thinking or communication
- Recklessness
- Violent media usage
- Changes in hygiene and weight
- Impulsivity
- Firearm behavior
- Physical aggression- Threats, Anger

*People most likely to take note of concerning behaviors also may feel constrain from acting on these concerns because of loyalty, disbelief, and/or fear of the consequences.

Who Noticed Concerning Behaviors-

- Family Member*
- Friends*
- Schoolmate*
- Spouse/Domestic Partner
- Teacher/School Staff
- Co-Worker
- Other (i.e. Neighbor)
- Online Individual
- Religious mentor

<https://www.fbi.gov/file-repository/pre-attack-behaviors-of-active-shooters-in-us-2000-2013.pdf/view>

The Goal of Recovery Across Generational Trauma

Other Pre-attack Concerning Behaviors-

- Work performance * Adverse Interpersonal action taken against shooter
- School performance * Above was the Primary Grievance of shooter
- Threats/Confrontations
- Risk-Taking
- Drug Abuse/Alcohol Abuse
- Physical Health
- Other (i.e. idolizing criminals)
- Quality of Sleep

<https://www.fbi.gov/file-repository/pre-attack-behaviors-of-active-shooters-in-us-2000-2013.pdf/view>

The Goal of Recovery Across Generational Trauma

Leakage-

Leakage occurs when a person intentionally or unintentionally reveals clues to a third-party about feelings, thoughts, fantasies, attitudes or intentions that may signal the intent to commit a violent act. In direct threats of harm are included as leakage, but so are less obvious, subtle threats, innuendo about a desire to commit a violent attack, or boasts about the ability to harm others. Leakage can be found not only in verbal communications, but also in writings (i.e. journals, school assignments, artwork, poetry) and in online interactions (i.e. blogs, tweets, texts, video postings). Prior research as shown that leakage of intent to commit violence is common before attacks perpetrated both adolescents and adults, but is more common among adolescents.

(Resource- Moley.J.R. & O'Toole, M.E. (2011). The concept of leakage in threat assessment. Behavioral Sciences and the Law, 29, 513-527)

The Goal of Recovery Across Generational Trauma

Considerations:

Although more than half of the active shooters with pre-attack targets made threats (n=22), in the majority (65%) of the overall cases no threats were made to the target, and the FBI cautions that the absence of a direct threat should not be falsely reassuring to those assessing the potential for violence raised by other circumstances and factors. Nor should the presence of a threat be considered conclusive.

There is a significant amount of research and experience to demonstrate that direct threats are not correlated to a subsequent act of targeted violence. Only a small percentage of threats were communicated via writing or electronically while verbal threats in this study was more common.

*Nearly half of the active shooters had suicidal ideations or engaged in behaviors some time before the attack.

Resource- A Study of the Pre-Attack Behaviors of Active Shooters in the United States Between 200 and 2013 U.S. Dept. of Justice, Federal Bureau of Investigation

trau·ma

- Physical
- Emotional
- Behavioral health

“In the United States, 61 percent of men and 51 percent of women report exposure to at least one lifetime traumatic event, and 90 percent of clients in public behavioral health care settings have experienced trauma.”

SAMHSA



Expression: Be Aware of Triggers

- Trauma anniversaries
- Media/images/stories
- Associated places, people
- Similar incidents
- Birthdays
- Holidays



The Goal of Recovery Across Generational Trauma

- <https://www.chicagotribune.com/news/breaking/ct-chicago-homicides-data-tracker-20220426-iedehzuq5jdofbhwt3v2w6cjoy-story.html>
- Chicago's homicide victims in 2022 are often young, Black and male.
- Most homicide victims in Chicago die as the result of gunshot wounds.

The Goal of Recovery Across Generational Trauma

- The number of people slain so far in 2022: 526.
In 2021, violence spread into Chicago neighborhoods that normally enjoy a sense of security, rattling nerves and putting city leaders on the defensive.
- In Chicago, 797 people were slain in 2021 — 25 more than in 2020.
- The number of people slain so far as of October 6, 2022: 526.

The Goal of Recovery Across Generational Trauma

- **Information about homicides is released daily by the city of Chicago. The release of homicide victims' names is delayed by two weeks to allow time for the victims' families to be notified of a death by Chicago police.**
- **[City reached at least 800 homicides in 2021, a level not seen in 25 years]**
- **The homicide figures do not include killings that occurred in self-defense or in other circumstances not measured in Chicago police statistics. Homicide data from Illinois State Police, which patrols the city's expressways, also is not included here.**

The Goal of Recovery Across Generational Trauma

- **Racial Trauma, Stigma and imposter syndrome are factors which adversely impact the mental health and wellness of young adults**
- **Suicide prevention to support requires a holistic, whole person and culture and community care perspective**

The Goal of Recovery Across Generational Trauma

- **Health Promotoras are trained for outreach to community members with a range of skills:**
- **Community building**
- **Effective listening/ communication**
- **Health Coaching**
- **Stress Management and Self-Care Strategies, which includes mindfulness adaptation for Latino(a)(x) immigrants**
- **Motivational Interviewing**

- **Promotora-led intervention:**
- **Reduction of depression, acculturative stress, covid risk behaviors.**

The Goal of Recovery Across Generational Trauma

Definitions:

Aslyee: Someone who is also seeking international protection from dangers in his or her home country, but whose claim for refugee status has not been determined legally.

Refugee: Someone who has been forced to flee his or her home because of war, violence or persecution (but has legal status in their receiving country).

Immigrant “Someone who makes a conscious decision to leave his or her home and move to a foreign country with the intention of settling there.”

Migrant: Someone who is moving from place to place within his or her country or across borders usually for economic reasons such as seasonal work.

*Both immigrants and migrants are not leaving their countries because of persecution and violence, but for better opportunities.

The Goal of Recovery Across Generational Trauma

Refugees-

- The effectiveness of mental health screening largely depends on a screener's ability to navigate complex cultural and linguistic issues
- Rates of trauma are higher in the refugee population.
- Are 10 times as likely as the general population to have PTSD, Depression, Anxiety & the difficulty of integrating into new environments that are completely different, with unwelcoming racism and discrimination.
- Stigma, fear of deportation and/or losing their children are a barrier to seeking mental health services.

The Goal of Recovery Across Generational Trauma

Violence intervention programs, are strategies that have expanded greatly over the years and include street outreach, group violence intervention, crime prevention through environmental design, hospital-based violence intervention programs, safe passage programs and cognitive behavioral therapy.

(Resource: Community-Led Public Safety Strategies Every Town Research and Policy, NLBHA presentation by Gilbert Ramirez, MSW, LCSW, LSSW, Deputy Director of Behavioral Health and Wellness Programs & Angel Garcia, Certified Peer Support Worker, Violence Intervention Program, Social Services Manager)

The Goal of Recovery Across Generational Trauma

- **Recommendations for interviewing immigrant youth exposed to trauma:**
- **Establishing connection**
- **Supporting young children during their stage of development**
- **Supporting teens during their stage of development**
- **Self-care**

The Goal of Recovery Across Generational Trauma

CONCEPTS OF DEATH BY AGE GROUP

The concept of death from a child's perspective is very different from an adult's understanding of death. Furthermore, as the child grows and matures, his/her earlier ways of thinking about death will change. It is essential for the adult to have a sense of how children conceptualize death at different ages so that when the time comes to talk about death, whether of a pet or a loved one, the adult can respond in a manner appropriate to the child's developmental age. The ages given below are not meant to be exact but rather representative of the differing developmental stages.

Young Infants – Birth to 1 Year Of Age

- Up to 6 months, a loss brings no response due to undeveloped memory capacity for specific personal relationships.
- Up to 6 months, there is no ability to conceptualize death.
- From 6 months to 1 year, a loss, like separation, may be felt, if at all, as a vague absence or experiential sense of "something different."

Older Infants - 1 to 2 Years Of Age

- The death of the primary caregiver will usually result in displeasure and depression.
- Although a loss may occur, there is no ability to understand or attribute meaning to it.
- Infants can be influenced by the parent's tense and emotional grief reactions to a death in the immediate family.

The Goal of Recovery Across Generational Trauma

2 to 6 Years Of Age

- Death is understood as temporary and reversible.
- There is no concept of a personal death; death is something that only happens to other people.
- Dead persons or animals are broken and can be fixed, or asleep and can be awakened, or gone and will be back.
- Well developed 4-6 years olds often think about, and are quite interested in, death and often want to see and touch dead things.

6 to 9 Years Of Age

- From 6 to 8 years, a clearer understanding of death is developing.
- There is an increased interest in the physical and biological aspects of death.
- “Magical thinking” predominates with the belief that thoughts can make things happen. Even accidents and death.
- By 9 years of age, the child’s concept of death is very similar to an adult.
- Death is not reversible or temporary but only happens to some, or other people.
- Death is often thought of as a person or a “ghost” figure.

9 to 12 Years Of Age

- Child’s concept of death expands to that held in adult life.
- Awareness of the possibility of personal death now fully developed.
- An objective curiosity develops: “What does the body look like?”, “Is the blood blue?”, “The body stiff?”, “Cold?”
- Even though there is a cognitive awareness of death and its universality and finality, there is a strong tendency towards denial.
- There is an increased interest in what happens after death.

The Goal of Recovery Across Generational Trauma

12 Years Of Age Through Adolescence

- Death is now viewed abstractly and subjectively.
- There is strong egocentrism and a tendency to think of themselves as immortal.
- Subjective curiosity develops: “What is the meaning of life?”, “What is my special mission?”, “Why doesn’t anyone besides me understand the implications of life and death?”
- Death is often romanticized as beautiful and tragic; paradoxically a gesture or statement that will somehow endure.
- Due to television and movies, they see loss experienced through death as easy to deal with.
- Although there is much objective philosophizing about death, it is still seen as something that happens to others.

The Goal of Recovery Across Generational Trauma

Stage	Basic Conflict	Important Events	Key Questions to be answered	Outcome
Infancy (0 to 18 months)	Trust vs. Mistrust	Feeding/ Comfort	Is my world safe?	Children develop a sense of trust when caregivers provide reliability, care and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3)	Autonomy vs. Shame and Doubt	Toilet Training/ Dressing	Can I do things by myself or need I always rely on others?	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feeling of autonomy, failure results in feelings of shame and doubt.
Preschool (3 to 5)	Initiative vs. Guilt	Exploration/ Play	Am I good or bad?	Children need to begin asserting control and power over the environment. Success in this state leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11)	Industry vs. Inferiority	School/ Activities	How can I be good?	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feeling of inferiority.
Adolescence (12 to 18)	Identity vs. Role Confusion	Social Relationships/ Identity	Who am I and where am I going?	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adult (19 to 40)	Intimacy vs. Isolation	Intimate Relationships	Am I loved and wanted?	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40 to 65)	Generativity vs. Stagnation	Work and Parenthood	Will I provide something of real value?	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65 to death)	Ego Identity vs. Despair	Reflection on life	Have I lived a full life?	Older adults need to look back on life and feel a sense of fulfillment. Success at this state leads to a feeling of wisdom, while failure results in regret, bitterness, and despair.

The Goal of Recovery Across Generational Trauma

Resources:

- **The Beast by Oscar Martinez and**
- **To Die in Mexico. Dispatches from Inside the Drug War by John Gibler**

Both authors describe the threats that migrants, including children, face: Rape, forced conscription into organized crime, and kidnappings that often end in murder.

- **Migrant Youth, Transnational Families, and the State by Lauen Heidbrink**
- **Child Migration and Human Rights in a Global Age by Jacqueline Bhabha**

This author discusses the realities of child trafficking and shows how expedited removal perpetuates the cycle of human trafficking and leads to the re-trafficking of more than half of the children returned.

Resource: (The University of Texas at Austin, Steve Hicks School of Social Work, Dean Luis H. Zayas.)

The Goal of Recovery Across Generational Trauma

Resources:

- Luis H. Zayas- The psychological impact of child separation at the US-Mexico border; Ted Talks (15minute presentation)
- Addressing Trauma in Young Children in Immigrant and Refugee Families through Early Childhood Programs (<http://www.migrationpolicy.org/events>)
- Guidance for Mental Health Professionals Serving Unaccompanied Children Released from Government Custody
Available at: <https://youthlaw.org/publication/guidance-for-mental-health-professionals-serving-unaccompanied-children-released-from-government-custody/>

The Goal of Recovery Across Generational Trauma

RESOURCES:

SAVE THE CHILDREN-

- **Psychological First Aid Training**
- **Manual for Child Practitioners**

<https://resourcescentre.savethechildren.se/library/psychological-first-aid-field-operations-guide-2nd-edition>

American Academy of Child and Adolescent Psychiatry-

- **Facts for Families**
- **Resource Centers**
- **Resource Libraries-Disaster Liaison**
- **Network Resource Library**

<https://www.aacap.org>

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Network Resource Library

<https://www.nctsn.org/interventions/psychological-first-aid>

National Center for PTSD; National Child Traumatic Stress Network:

(SPR Manual)

**Skills for Psychological Recovery-
Field Operations Guide**