Racing ACEs
if it’s not racially just, it’s not trauma informed

Adverse Childhood Experiences*

Death

Early Death

Disease, Disability, and Social Problems

Adoption of Health-risk Behaviours

Social, Emotional, & Cognitive Impairment

Adverse Childhood Experiences

Trauma and Social Location

Early Death

Quality Life Losses for POC

Burden of Disease for POC

Coping and Risk - Measures of Structural Oppression

Affective Load, Disrupted Neurological Development

White Fragility, Grief & Rage of POC

Social Identity Threat, Micro and Macro Aggressions, Complex Trauma, ACEs

Structural Racism, White Supremacy, Social Devaluation of People of Color

Intergenerational Transmission of Traumas

Historical Trauma

Implicit bias, epigenetics

Trauma is historical, structural, and political.
The science has finally caught up.
Impacts of trauma are embodied across generations.
Differentiated response:
➢ White communities are validated, empathized, resourced, restored.
➢ Communities of color are shamed, questioned, ignored, stigmatized, criminalized.

“Racism is (whites’) massive experience of cognitive dissonance.” - Dr. Joy deGruy

RYSE works to ensure primacy of the priorities, needs, and interests of young people of color across all practices, policies, approaches, investments, and relationships.

We lead with love and sacred rage
We prioritize people over programs
We acknowledge injustice and harm
We take risks
We stop to acknowledge loss and grief
We encourage self-care
We practice collective healing
We honor resilience and resistance
We celebrate and have fun
Interacting Layers of Trauma and Healing

Dehumanization and Distress
- Nation Building by Enslavement, Genocide, Colonization & Imperialism, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy
- Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining
- Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance
- Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission

Community & Place

History, Legacy & Structure

Systems & Institutions

Individual & Interpersonal

Liberation and Healing
- Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact
- Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)
- Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation, Healing Spaces, Arts & Expression, Base & Power-Building
- Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure

RYSE, 2017