

Saturday, April 30
Concurrent Workshop

Family Violence
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**Addressing Violence and Trauma in
our Native Communities**

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PHYSICAL ABUSE
Definition

- Physical abuse is any non-accidental injury to a child under the age of 18 by a parent or caretaker. Injuries may include beatings, shaking, burns, human bites, strangulation, or immersion in scalding water, with resulting bruises and welts, broken bones, scars, burns, retinal hemorrhage, or internal injuries.

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PSYCHOLOGICAL MALTREATMENT
Definition

- **Psychological Neglect** - the consistent failure of a parent or caretaker to provide a child with appropriate support, attention, and affection.
- **Psychological Abuse** - a chronic pattern of behaviors such as belittling, humiliating, and ridiculing a child.

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CHILD SEXUAL ABUSE
Definition

- Child sexual abuse is the exploitation of a child or adolescent for the sexual gratification of another person.

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DOMESTIC VIOLENCE
Definition

- Domestic violence constitutes the willful intimidations, assault, battery, sexual assault, or other abusive behavior perpetrated by one family member, household member, or intimate partner against another.
- Domestic violence affects not only those abused, but witnesses, family members, co-workers, friends, and the community at large.

The National Center for Victims of Crime, 2004

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BULLYING

Definition

- Bullying is when one person hurts or threatens someone else physically, verbally, or in writing.
- The bully may choose a victim who is smaller or younger than they are, or who is from a different race or culture, they may pick on someone who is different in some other way.
- It can be a one time event or continuous.
- Can include: pushing, shoving, kicking, teasing, or writing threatening notes.

The National Center for Victims of Crime, 2005

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TRAUMA

Definition

- Any physical damage to the body caused by violence or accident or fracture etc.
- An emotional wound or shock often having long-lasting effects

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Incidence of CAN in AI/AN Communities

☞ Rate of victimization:

- One substantiated report of child victim of abuse or neglect for every **30** American Indian/ Alaska Native children age 14 or younger.

(Department of Justice, 1999)

- National Rate is 12.3/ 1000

NCCAN, 2002

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Incidence of CAN in AI/AN Communities

- AI/AN children = 1.2% of child population
- AI/AN children- 2.5% of all confirmed maltreatment cases nationally (highest incidence ratio of any racial group on available data nationwide- DHHS, 1999)
- Neglect endangers AI/AN children 4 times more often than physical abuse and results in numerous child fatalities (NICWA, 1999)

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Substance Abuse and Child Abuse in American Indian communities

- 70-90% of child abuse cases involve alcohol
- Higher frequency with females (70.4) than males (60.)
- 50-80% of child neglect involve alcohol
- Alcohol abuse less frequent in cases of sexual abuse

(NIJC,1995)

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Effects

- Violence
- Paranoia
- Anxiety
- Distrust
- Less constraints about hurting, injuring, neglecting, or molesting children
- Interference with appropriate parenting ability

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Kinds of Trauma Events

- Trauma events may include:
 - natural or man-made disasters
 - interpersonal violence
 - car accidents
 - life threatening illness
 - war
 - terrorist acts
 - many others possibilities.

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Duration of the Trauma

- One time event
- Chronic
- Historical/Intergenerational

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How is Trauma Experienced in Indian Country

- As a single event (car accident)
- As a prolonged experience (removal)
- As a cumulative effect (violence)
- As a historical event with prolonged impact (relocation)
- As a personal event that continues to impacts over several generations (boarding school)

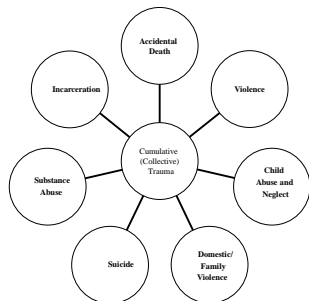
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Trauma in Indian Country

- Historical Trauma:
 - Maria Brave Heart-Historical Trauma and Unresolved Grief (HTUG)
 - Spero Manson-Veterans Project; Day Schools
 - Karnina Walters-Urban Indian Women

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Trauma in Indian Country



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Indian on Indian Violence

- Domestic Violence
- Gang Violence
- Sexual Assault
- Bullying
- Child Abuse
- Elderly Abuse
- Neglect
- Homicide

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Effects on Children

- Increase risk for car accidents/accidental deaths
- Increased risk for behavioral problems
- Increased risk for neglect
- Increase risk for suicide with age
- Increase risk for substance abuse with age

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Trauma Specific Effects

- Anger
- Fear and Anxiety
- Post traumatic Stress Disorder
- Depression

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Anger and Trauma

- Not generally a PTSD symptom
- Usually related to meaning attached to event
- May serve to avoid fear
- May inhibit resolution of PTSD symptoms
- Elicit or deal with later in treatment (Berliner, 1992.)

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Fear and Trauma

Child learns:

- Fear is adaptive, helpful, normal
- Three ways to respond to fear: fight, flight, freeze
- Fear experienced in 3 channels: physically, mentally, behaviorally

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Post Traumatic Stress Disorder

- How Prevalent?
 - 25% of children and adolescents (9-16 years old) experience at least one potentially traumatic event in their lives
- Of these children only a few will develop symptoms of posttraumatic stress disorder or (PTSD)

*National Child Traumatic Stress Network

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Depression

- Shame
- Guilt
- Grief
- Suicide risk
- Somatization

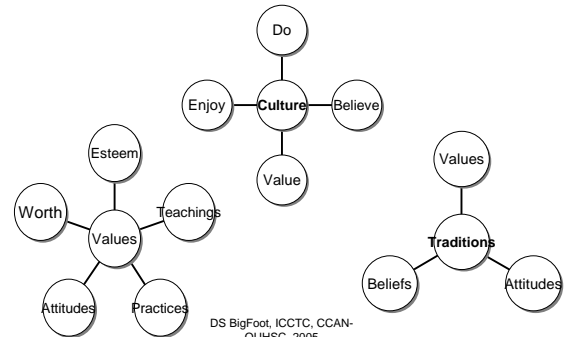
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Treatment Techniques for Trauma

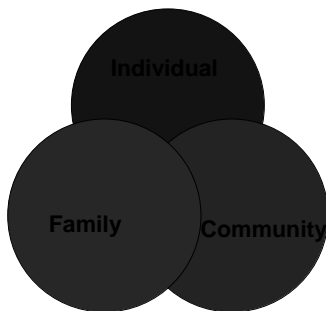
- Muscle Relaxation/Deep breathing
- Thought stopping
- Pleasant imagery
- Positive Self-Talk
- Recognizing triggers/reminders
- Family/ Social support
- Creating the Trauma Narrative

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Cultural Considerations for AI/AN Communities

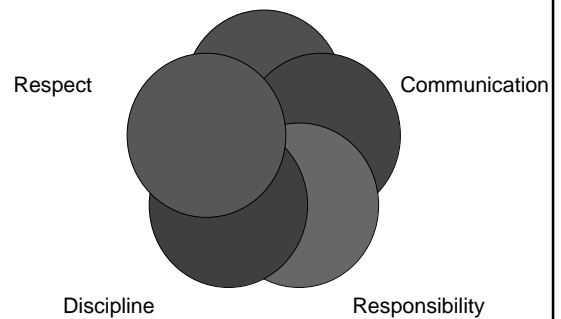


Levels to Address Violence



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Supervision



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