Better Health Starts With Trust

Food Is Medicine Summit 2024

Speakers

| Moderator | Speaker 1 | Speaker 2 | Speaker 3 | Speaker 4 |

Nicole Salinas
(She/Her)
Federation of Virginia Food Banks

Chlo'e Edwards
(She/Her)
New Virginia Majority

Erika Huddleston
(She/Her)
Loudon Hunger Relief

Monica Kelley
(She/Her)
Blue Ridge Area Food Bank

Abby Calvert
(She/Her)
Augusta Health Food Pantry

FEDERATION OF VIRGINIA FOOD BANKS

NEW VIRGINIA MAJORITY
Democracy, Justice, Progress

loudoun hunger relief

Blue Ridge Area FOOD BANK

Augusta Health

Session Objectives

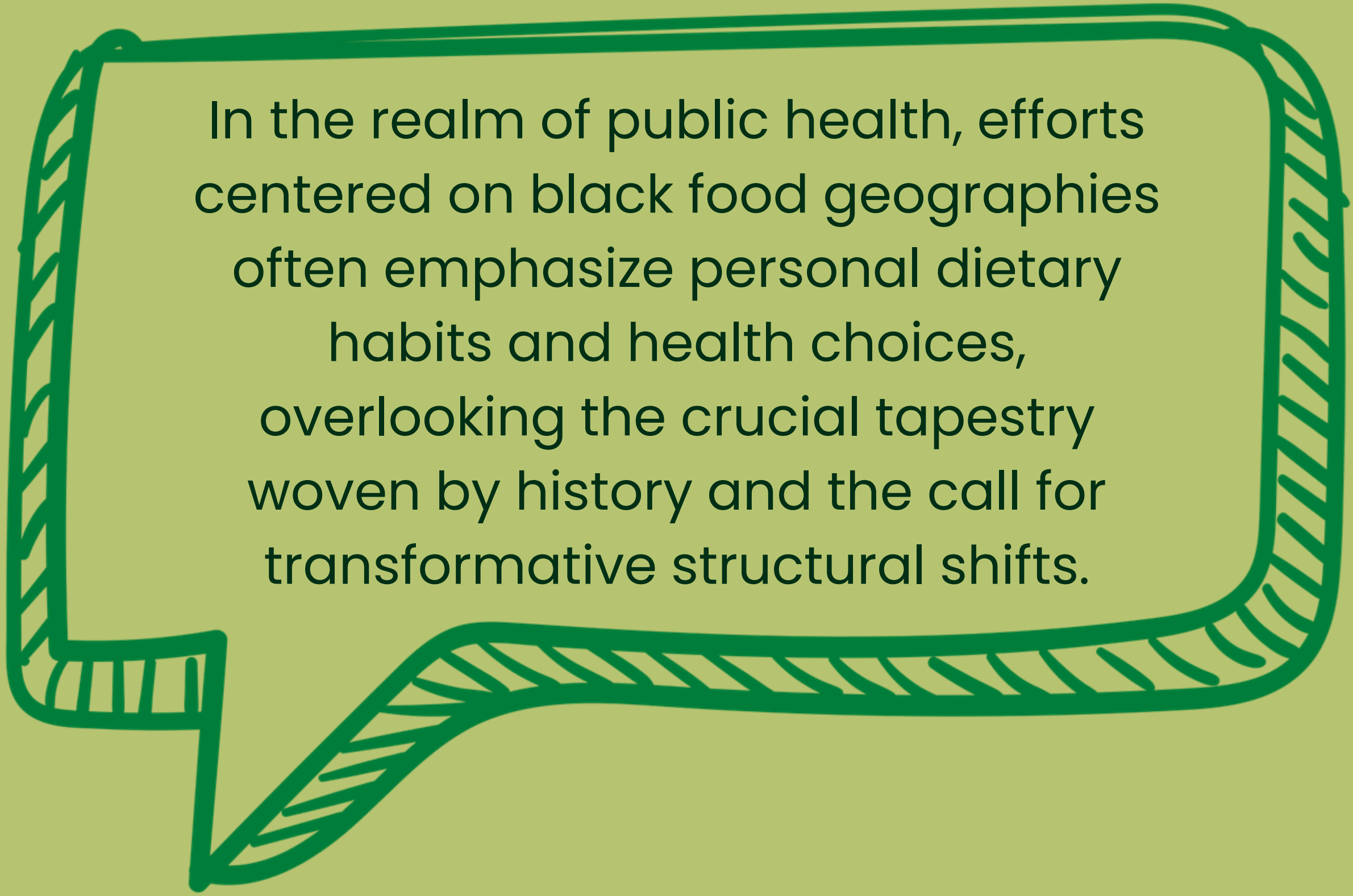Explore cultural, racial, and historical trauma plagues and its impact on community trust across the state and nation.

Navigate trust building through community-led frameworks to engagement for direct service and systems sectors.

Move from theory to practice through case studies that feature community-led approaches to change and ideas for implementation.

Community Trauma and Impact

In the realm of public health, efforts centered on black food geographies often emphasize personal dietary habits and health choices, overlooking the crucial tapestry woven by history and the call for transformative structural shifts.
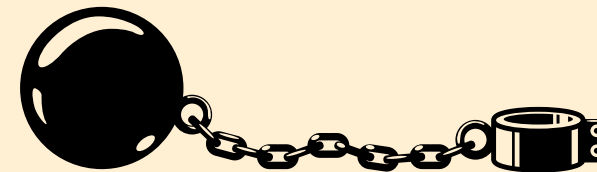
Toxic Stress and Trauma

Post Traumatic Stress Disorder

Focuses on individuals and episodic trauma.

Persistent Traumatic Stressful Environment

Recognizes the root cause of trauma is in the environment as a result of systemic problems (racism, ageism, homophobia, othering, and other social inequalities).

Post Traumatic Slave Syndrome

Adaptive survival behaviors in Black communities as a consequence of multigenerational oppression from centuries of chattel slavery, resulting in multigenerational trauma, absence of opportunity, and post-traumatic slave syndrome.

Racial Trauma

Mental and emotional injury caused by racial bias and ethnic discrimination, racism, and hate crimes. Exposure to racism as a stressor can take a significant toll on health.

Cultural and Historical Trauma

Enslaved Africans arrived to Virginia

20-30 enslaved Africans landed at Point Comfort, today's Fort Monroe in Hampton, Va., aboard the English privateer ship White Lion.

Transplant of African Foods to New World

Three basic food crops were boarded to provision slaves: millet or sorghum, fonio, and yams. In addition to these staples, okra, collard greens, oranges, bananas, watermelon, black-eyed peas, peanuts, and a slew of other crops, dispersing themselves across America

Soul Food

Old and New World crops and the influence of European, Native American, and African traditions, creating the cuisine we now know as soul food.

Employed Food Distribution Styles on Plantations

Plantations typically employed one of two distribution styles: slaves being served from a centralized kitchen or by rationing. Rationing allowed slaves to prepare food for themselves
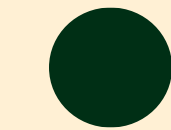
Today

In the aftermath of slavery, Black people strived to create a life for themselves. By institutionalizing racism, white people kept them inferior, restricting access to materials, like healthy food sources and adequate living conditions. Slavery was officially abolished in 1865; soul food, continues to carry its legacy.
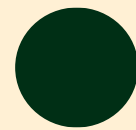
Impact of Food Trauma

Food Apartheid

Food apartheid is a system of segregation that divides those with access to an abundance of nutritious food and those who have been denied that access due to systemic injustice,

Slow Violence

Public health interventions focus on individual lifestyle change and nutrition, ignoring historical trauma or structural racism, leading to a myriad health issues, that catalyze "slow" death.
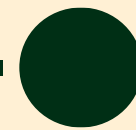
Broken Trust

Black Americans have no evidence that they can trust predominantly white institutions. All were built within a racist system and, intentionally or unintentionally, have in their DNA, barriers—from redlining to school segregation—meant to keep Black and Brown people out.
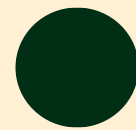
Generational Trauma

Researchers note historical trauma due to history of enslavement and racism. Black- and people of color-led food initiatives explicitly address historical, collective, and racial trauma (Soul Fire Farm).

Food Justice

Focuses on access to "healthy," nutritious, sometimes culturally-relevant foods with emphasis on empowerment or autonomy over the foods eaten.

Food Sovereignty

Focuses on community "entitlement" to food, land, seeds, and related resources by "dismantling" corporate food enterprise. The food sovereignty movement emphasizes (re)claiming and mobilizing resilience rooted in Black healing, collective agency, and community resilience.
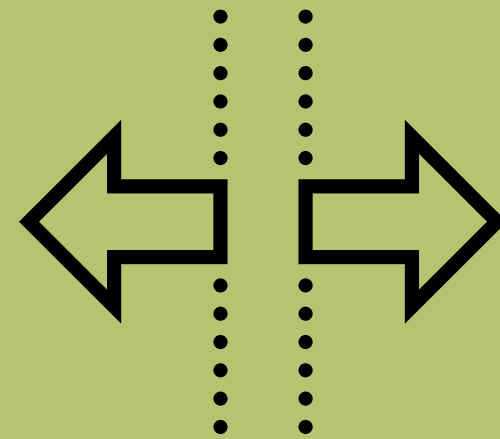
Framework 1: Building Trust

Building Trust

Trust Divide

Non-Profits

Non-Profit Industrial Complex "System of relationships" between nonprofits, foundations that fund them, the local, state, and federal government, and "the owning classes."

"The Master's toolbox will never dismantle the Master's House" - Audre Lorde

Community

If the issues faced are rooted in systems of government oppression and capitalism, how can nonprofits, complicit in the same systems, to solve them?

Institutions should be less for people than of people. Service lands in the category of "we do things to or for people" when the goal is to do things with them.

Beyond Trauma-Informed Care to Healing-Centered Engagement

> A healing-centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively.
>
> DR. SHAWN GINWRIGHT

girlsleadership.org

"What's <u>RIGHT</u> and <u>GREAT</u> about you?"

- From the medical model to the sociocultural model
- From treating the symptom to digging up the root(s)
- From deficit to aspiration
- From pathology to (limitless!) empowerment
- From scarcity to abundance
- From transactional to transformative
- From trauma towards healing
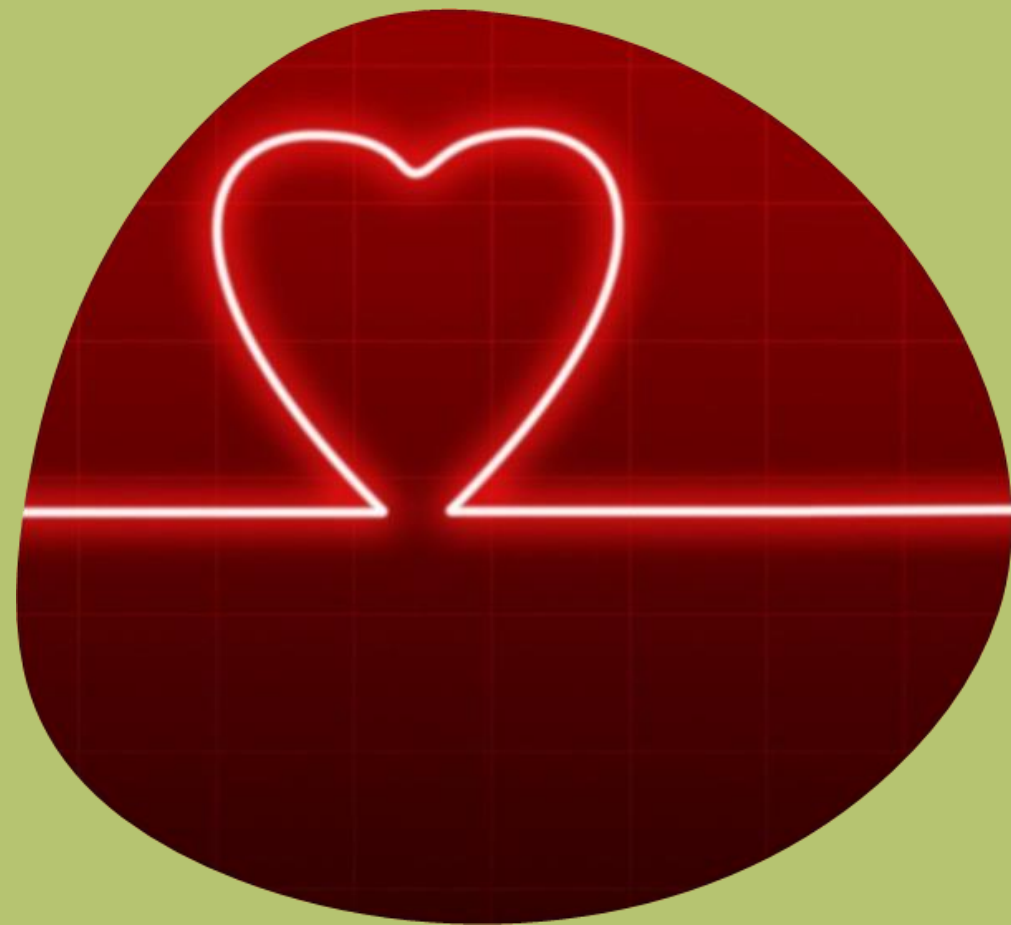
The Four Tenants

Healing-Centered Engagement is...

... is explicitly political, rather than clinical.

... is culturally grounded and views healing as the restoration of identity.

... is asset driven and focuses on the well-being we want, rather than symptoms we want to suppress.

... supports adult providers with their own healing.

The "CARMA" Model

The Healing Centered Engagement approach is operationalized through it's five CARMA principles.

C	Culture	The values and norms that connect us to a shared identity.
A	Agency	The individual and collective power to act, create and change personal conditions and external systems.
R	Relationships	The capacity to create, sustain and grow healthy connections with others.
M	Meaning	The profound discovery of who we are, why we are, and what purpose we were born to serve. The capacity to imagine, set and accomplish goals for personal and collective livelihood and advancement.
A	Aspiration	The exploration of possibilities for our lives and the process of accomplishing goals for personal and collective livelihood.

2024 Community Health Workers Advocacy Day

Community Health Workers

- Lay members of the community who work either for pay or as volunteers in association with the local health care system in both urban and rural environments.

- Usually shares ethnicity, language, socioeconomic status, and life experiences with the community members they serve.

- Identified by many titles, such as community health advisors, lay health advocates, promotoras, outreach educators, community health representatives, peer health promoters, and peer health educators.

- Offer interpretation and translation services, provide culturally appropriate health education and information, advocates for individual and community health needs, and provide some direct services such as first aid and blood pressure screening.