


CALIFORNIA BLACK WOMEN'S  
HEALTH PROJECT



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SONYA YOUNG AADAM



“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”

– Alexander Den Heijer  
*Seen on TheGoodQuote*

## POST TRAUMATIC SLAVE SYNDROME

- **DR. JOY DEGRUY’S** THEORY THAT CENTURIES OF SLAVERY FOLLOWED BY SYSTEMIC **RACISM** & **OPPRESSION** HAVE RESULTED IN MULTIGENERATIONAL ADAPTIVE BEHAVIORS—SOME OF WHICH HAVE BEEN POSITIVE AND REFLECTIVE OF RESILIENCE, AND OTHERS THAT ARE DETRIMENTAL AND DESTRUCTIVE.
- 



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# IN THE ROOM

DEAR ALLIES,...

your good  
intentions  
aren't  
good  
enough

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ONLY SEAT  
AT THE TABLE

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# COLLECTIVE ENGAGEMENT



**COURAGE**

is not the absence of fear,  
but rather the judgement  
that something else is  
more important  
than fear.

Ambrose Redmoon

**NEVER APOLOGIZE FOR  
YOUR BLACK THOUGHTS  
YOUR BLACK LOYALTIES  
YOUR BLACK MOTIVES  
YOUR BLACK HISTORY  
YOUR BLACK PRIDE OR  
YOUR BLACK SKIN  
BE STRONG  
BE PROUD  
BE UNAPOLOGETICALLY  
BLACK!!**



UNAPOLOGETIC





**Race matters**

*love  
rewards  
the brave*

**Courageous – Bold,  
Brave, Audacious,  
Fearless, Daring**



**Feel Know Do/Act**



**Experience is a  
teacher**



**Fundamental  
assumptions about  
one another**



**Safe Authentic  
Effective**

**BLACK WOMEN ARE SURVIVING,  
LIVING, & THRIVING**

# COMBAT STRESS

- STRESS GENERATED BY EXPERIENCES OF RACISM MAY START THROUGH MATERNAL EXPOSURES WHILE IN UTERO AND CONTINUE AFTER BIRTH
- TOXIC STRESS TRANSFORMS HOW THE BRAIN AND BODY RESPONDS, RESULTING IN SHORT- AND LONG-TERM HEALTH IMPACTS ON ACHIEVEMENT AND MENTAL AND PHYSICAL HEALTH.
- MANIFESTATIONS OF TOXIC STRESS SUCH AS PRETERM BIRTHS AND LOW BIRTHWEIGHTS IN NEWBORNS TO SUBSEQUENT DEVELOPMENT OF HEART DISEASE, DIABETES AND DEPRESSION AS CHILDREN BECOME ADULTS.

## Psycho-social Stressors

### ► THE "ISM" IMPACT:

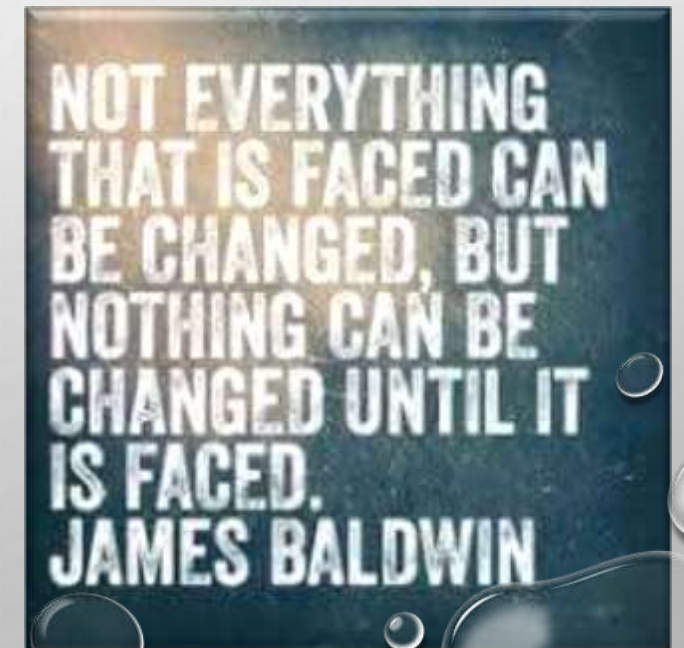
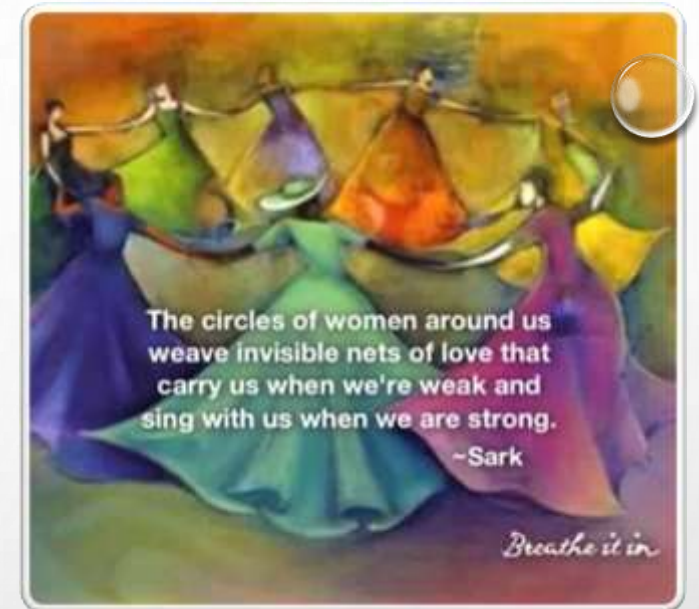
Racism, Classism & Sexism

### ► VIOLENCE & TRAUMA:

Structural oppression; explicit & implicit aggression

Ongoing traumatic threats – job loss, rejection, denial

Adverse Childhood Experiences (ACES) – experience & witnessing all forms of violence





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