

CALIFORNIA BLACK WOMEN'S
HEALTH PROJECT



WWW.CABWHP.ORG

SONYA YOUNG AADAM



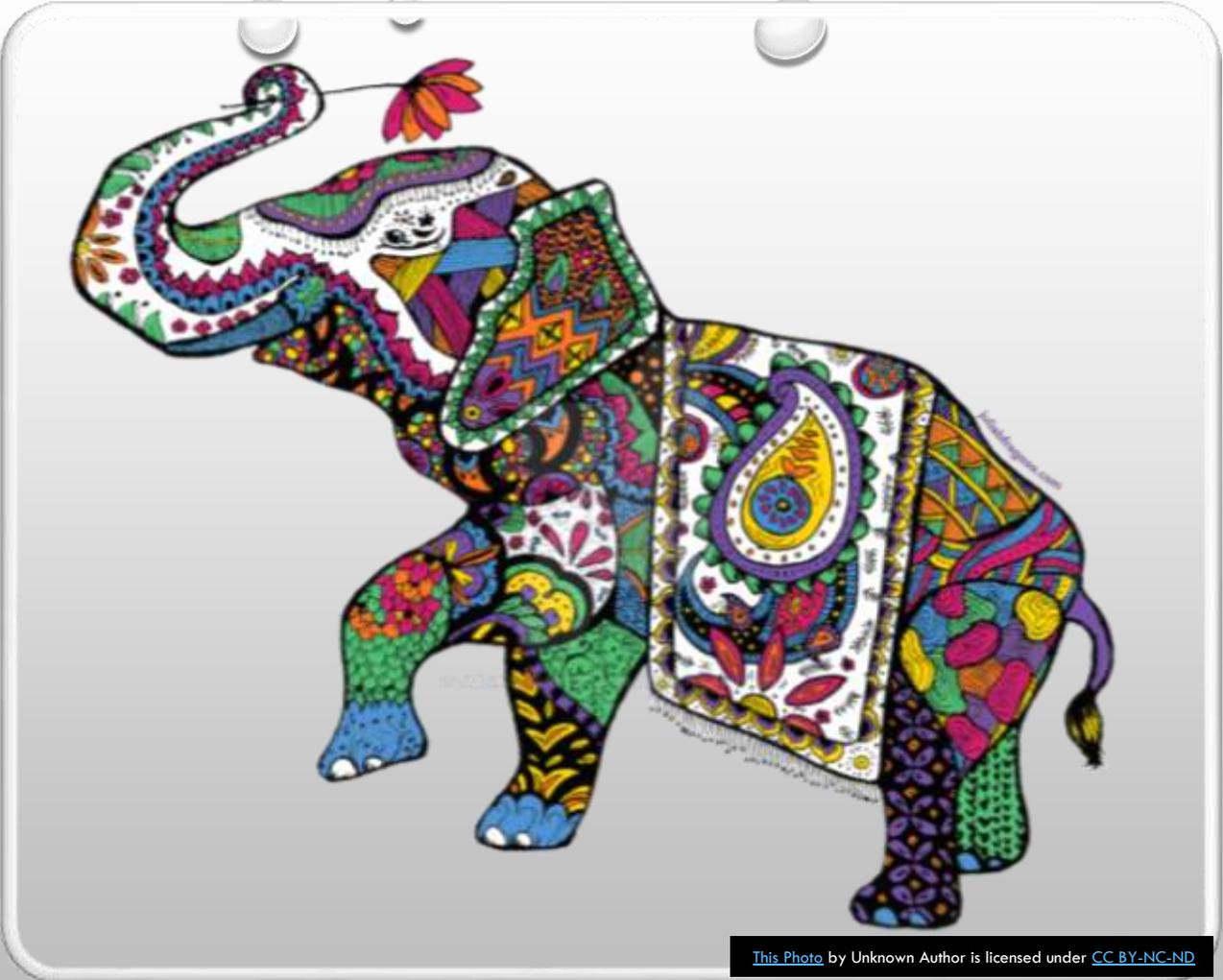
“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”

– 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:

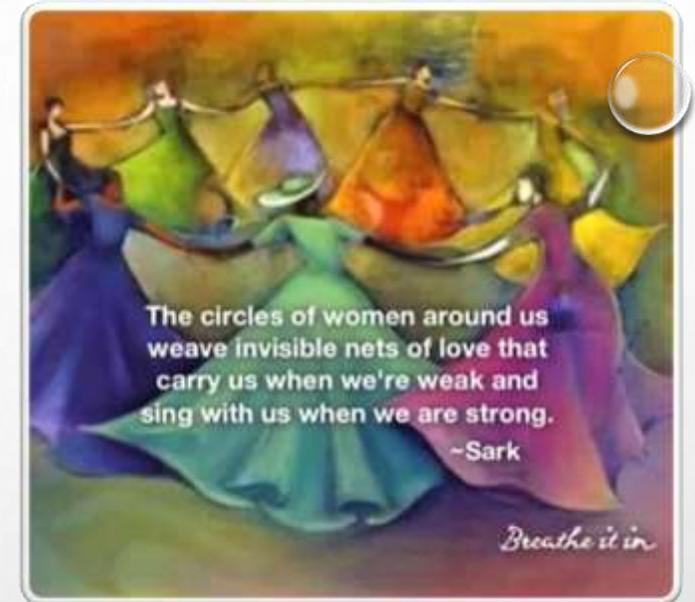
Racism, Classism & Sexism

▶ VIOLENCE & TRAUMA:

Structural oppression; explicit & implicit aggression

Ongoing traumatic threats – job loss, rejection, denial

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



NOT EVERYTHING THAT IS FACED CAN BE CHANGED, BUT NOTHING CAN BE CHANGED UNTIL IT IS FACED.
JAMES BALDWIN



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