Brittany N., APSW is a psychotherapist at Anesis Therapy. Brittany works with families and individuals in community to navigate and guide their life challenges. Her work emphasizes on Post-Traumatic Stress Disorder and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Brittany work includes self-empowerment, selfcare, and healing through sensory integration.

Belinda R., LPC began working at The Road Home in 2013, helping families who are homeless find housing as well as working with families already in housing to maintain that housing. In her current role, she is involved in service coordination and program development and evaluation.

Karma, MSW works as Mental Health Primary Care Behavioral Health Associate at Group Health Cooperative (GHC). Karma works along with primary care providers to provide quality care for mental health needs in primary care settings. Karma provides brief cognitive behavioral therapy, crisis management, psychoeducation, parental strategies, supportive therapy, and behavioral activation and mindfulness meditation.

Lynneta L., APSW is a Behavioral Therapist at UW Health Hospitals and Clinics. She provides MDFT (Multidimensional Family Therapy) centering adolescents behavioral concerns i.e. substance abuse, anxiety depression etc.
Intergenerational Trauma and Reconciliation: Considering Rwandan Approaches for Mental Health Services with Communities of Color in the United States.

Brittany Neal, MSW, APSW
Lynneta Latham, MSW, APSW
Karma Tshedon, MSW
Belinda Richardson, MS, LPC
Rwanda

- **Population:** 11.9 million
- **Language:** Kinyarwanda
- **Religion:** Roman Catholic
- **4th smallest country in Africa continent.**
- Known as the land of a “Thousand Hills” because most of the country is covered by rolling, grassy hills.
ABIGAIL on Twitter: "Hotel Rwanda (Cut The Tall Trees/First ..."
April 7 – July 15, 1994

President Juvenal Habyarimana was assassinated

Soldiers, police and militia executed key Tutsi and moderate Hutu Military and political leaders

500,000 to 1,000,000 Rwandans were killed, about 70% of Tutsi population

Machetes and rifles were used

Hutu gangs (neighbors and fellow villagers) searched for victims hiding in churches and school building.
April 7 – July 15, 1994

Sexual violence

250,000 to 500,000 women were raped

Many women became infected with HIV

Rape Squad were created by men that were infected prior to the genocide

Wanted to cause “slow, inexorable death

Sexual mutilation to both men and women
Genocide

The deliberate killing of a large group of people, especially those of particular ethnic group or nation.

Racial killing

Masacre

Mass murder

Mass homicide
Global Genocide

- **1700s and 1800s– Native Americans**
  - 100 million
- **1804 Haiti’s Revolution**
  - 5,000 death of the French
- **1941 to 1945 Holocaust**
  - More than 16 million death
- **1959 to 1965– Cultural revolution in China and Tibet**
  - 500,000 to 2 million deaths
- **1975 to 1979– Khmer Rouge in Cambodia**
  - 1.5 to 2 million death
5 Aspects of Genocide

Killing members of the group

Causing serious bodily or mental harm to members of the group

Deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part

Forcibly transferring children of the group to another group

Imposing measures intended to prevent births within the group
<table>
<thead>
<tr>
<th>Aspects</th>
<th>Rwanda</th>
<th>US (Slavery)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Killing members of the group</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Causing serious bodily or mental harm to members of the group</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Deliberately inflicting physical destruction in whole or in part</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Forcibly transferring children of the group to another group</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Imposing measures intended to prevent births within the group</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>
Summer Conference in Kigali

To gain new insight through a unique African perspective on how they are dealing with the aftereffects of the Rwanda 1994 Genocide.
Context of Summer Conference in Kigali, Rwanda

These are some of the topics discussed at conference in Rwanda:

- Participatory Theatre and Education Cinema
- Promoting Reconciliation through narratives of Friendship Protectors
- Mental Health in Rwanda
- Openness to Reconciliation: Theory
- Mental Disorder Amongst Minors
- Formation of Identity in Post-Genocide Generation
- Epigenetics
- Men treatment Program
- Psychiatric inpatient and outpatient center
- AODA Treatment center
- Women Center
We are going to focus on these areas from the conference

- Epigenetics
- Mental Health in Rwanda
- Formation of Identity in Post-Genocide Generation
- Participatory Theatre and Education Cinema
- Openness to Reconciliation: Theory
Epigenetics

The study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.
Epigenetics and Trauma

What are the effects

- Research from Holocaust survives who suffered PTSD had children with lower levels of cortisol

- Lower cortisol levels can increase the risk of PTSD.
Mental Health in Rwanda

- Challenges of integration of MH care into primary care settings
- Absence of financial resources
- Government commitment
- Trained mental health personnel
- Burden of MH Issues increased after the genocide
- Mental Health Hospitals
Mental Health in Rwanda

Significant rate of co-morbidities with PTSD

• Major depression: 54%
• Drug usage: 10%
• Headaches: 71% (principal somatic disorder)
African Americans mental health

- Adult Black/African Americans are 20 percent more likely to report serious psychological distress than adult whites.
- Black/African Americans living below poverty are three times more likely to report serious psychological distress than those living above poverty.
- Black/African Americans of all ages are more likely to be victims of serious violent crime than are non-Hispanic whites, making them more likely to meet the diagnostic criteria for post-traumatic stress disorder (PTSD). Black/African Americans are also twice as likely as non-Hispanic whites to be diagnosed with schizophrenia.
Lasting effects of the Genocide

- High rates of mental health and psychosocial problems due to the dehumanized, brutality that they experience.
- High level of depression, anxiety and PTSD
- Women head household
- Community mistrust
Formation of Identity in Post-Genocide Generation

“Generation After: living with the consequences of the 1994 genocide against Tutsi”

- Who am I?
- How am I connected to others? What are the relevant groups I belong to?
- How I came to be part of this nation/country?
- How am I connected to the world?
<table>
<thead>
<tr>
<th>Levels of identity formation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who am I?</strong></td>
</tr>
<tr>
<td>“self-concept”/basis of the process of individuation (sense of uniqueness)</td>
</tr>
<tr>
<td><strong>How am I connected to others members of my group?</strong></td>
</tr>
<tr>
<td><strong>How I come to be part of this nation/country?</strong></td>
</tr>
<tr>
<td><strong>How am I connected to the world?</strong></td>
</tr>
</tbody>
</table>
Conflict Resolution
What is Conflict?

Definition 1

Definition 1: A serious disagreement or argument, typically a protracted one.

Characteristics: Negative tone, thoughts of violence, hatred and war.

Definition 2

THE WAY IT (CONFLICT) IS MANAGED DETERMINES IF IT HAS A NEGATIVE IMPACT ON LIFE

Definition 2: Conflict is simply a question waiting to be resolved.

Characteristics: Conflict is normal, conflict is inevitable
Methods of conflict resolution

Management of conflict entails for steps:

1. The recognition of an existing or potential conflict
2. An assessment of the conflict situation
3. The selection of an appropriate strategy
4. Intervention

(Apgar, 2017)
Conflict Resolution

Acknowledge

Justice

Reconciliation
Conflict Resolution

How did Rwanda Acknowledge the genocide?

Named it “The 1994 Genocide against the Tutsi.”

Named the aggressors “perpetrators”
How did Rwanda administer Justice for the genocide?

- Prison time
- Genocide Memorial
- Mental Health Services (as available)
Conflict Resolution

How did Rwanda Reconcile?

Change Laws

Emphasis on the “Generation after”

Social Justice Organizations emerged
NEVER AGAIN RWANDA
http://neveragainrwanda.org/
Liminality

Latin root
“Limen”
which means threshold
“A special duty or performance of which reversals and inversions (of reality) compensate for rigidities or unfairness of normative structure (Schencher, 2003).”
Liminality

Wedding  War  Genocide
Liminality
Participatory Theatre

without even realizing that they are finding solutions to their problems.
Mental Health is different for POC

- Cycle of trauma e.g. mental health = racism
- POC healing practices e.g. mediation
- Cultural context of mental health
- Less available for resources
- Underdiagnosed or overdiagnosed
- Psychotropic drugs trials
Mental Health in Dane County

- According to the 2014 Survey of the Health of Wisconsin (SHOW), 12% of adult respondents in Dane County screened positive for major depression, while 1 in 5 adults screened positive for moderate or severe anxiety.

- Rates of depression among Medicare beneficiaries in Dane County are higher at 17.7%. Medicare beneficiaries include adults over age 65, individuals with disabilities and end-stage renal disease.
Mental Health in Dane County Youth

- 54% of Dane County high school students report feeling nervous or anxious always or often within the past 30 days.

- Over 36% of African-American Dane County high school students say they feel anxious always or often. That percentage increases to 48% for African-American girls.

- Low income youth are more anxious (69.5%) than their more affluent peers (28.8%).

- Low income high school youth report being more depressed (61.9%) than their more affluent peers (15.1%).
In Dane County in 2016, Blacks made up approximately 10% of the juvenile population ages 12–17, but 70.5% of the juveniles in detention.

A Dane County Black youth was 23.5 times more likely to spend time in the county’s secure detention program than a White youth.

In 2017, 40% of all male admissions to the Dane County Jail were black, as were 29% of all female admissions, although blacks make up just 5.3% of the population.
Mental Health in Dane County

- Dane County ranks best in the state for availability of mental health providers with one for every 270 persons. This is also well within the top decile nationally.

- However, Dane County residents who have BadgerCare or Medicaid coverage report that it is difficult to find psychiatrists that accept their insurance and are taking new patients.
Future Implications

- Acknowledgement of U.S history through U.S. Education system
- Addressing Racism
- Reconciliation and forgiveness
- Genocide Memorial for Slavery
- Diverse mental health professionals
- Etiquette mental health care
Questions/Concerns
References

https://truthout.org/articles/intergenerational-trauma-is-a-biological-reality/


Formation of Identity in post-genocide generations Masengesho Kamuzinzi/ Associate Professor of policy analysis/UR-CASS

2018 Dane County Youth Assessment, Dane County Youth Commission, Madison, Wisconsin.

SHOW. (2014)


