

T	Trauma
HE	Health Equity
N	Neurobiology

• • Spring/Summer 2019 • •

# THEN SEMIANNUAL REPORT

Dear THEN Friends and Colleagues,

We hope you've had a wonderful summer and are looking forward to fall. THEN had a busy and productive first half of 2019 applying the THEN lens to live presentations, online courses, webinars, and local radio and television appearances as well as participation in continuing education, civic engagement and activism. More details below.

**Thank you for your ongoing interest and support!**

- Mardge, Pat, Audrey and Kathleen

THEN CoFounders

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A System-Science approach to Trauma, Healing & Equity
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## THEN Summer Reading List



Stevenson B. ***Just Mercy***. 2016. Stevenson's moving (and trauma-sensitive) account of his experience as an attorney for marginalized children and adults falsely convicted or harshly sentenced. Stevenson describes our current penal system in historical context as he weaves together case studies and personal reflections to reveal stark statistics about the growth of mass incarceration in the US. [Learn more here.](#)



Halfon N, Laron K, Lee M et al. ***Life Course Health Development: Past, Present, Future***. 2013. Models of Lifecourse Health Development (LCHD) define health development as a dynamic process that begins before conception and continues throughout the lifespan. The Lifecourse Model paves the way for novel strategies for individual and population health trajectories with potential to eliminate health disparities, reduce chronic illness, and contain costs. [Learn more here.](#)



ISTSS. ***Global Perspectives on the Trauma of Hate-Based Violence***. 2019. Powerful graphics, historical context, definitions, literature review, and expands ideas of who can be affected by Hate-Based Violence, along with a call to action. The focus, however, is on mental health d-stigmatization and traditional psychotherapy for victims rather than prevention or addressing structural causes of Hate and Violence. [Learn more here.](#)



American Academy of Pediatrics Policy Statement. ***The Impact of Racism on Child and Adolescent Health***. 2019. Evidence supports the continued negative impact of racism on health through institutional structures and interpersonal relationships. [Learn more here.](#)

## THEN Vision Series

THEN is pleased to offer a pilot Professional Development Series for Clinicians, Educators, and Activists. **A System-Science Approach to Trauma, Healing and Equity**, will be a 6 session workshop introducing participants to the latest science of neurobiology and trauma with cross-sector applications. Each of the 6 workshop sessions will combine talks on core topics with reflective practice, group discussion, and the theory and practice of neuro-regulation.



## THEN Founder & Advisor Accomplishments

### Extra Special — A Baby and a Doctorate!

**Stan Sonu** and family welcomed baby Sophia Eden in July! Stan presented on Childhood Adversity and Health at CDC-Tuskegee University Public Health Ethics Conference and at the annual Children's Hospital of Atlanta "New Horizons" conference in May 2019. Stan was an Invited guest on the Medical Association of Georgia's Top Docs Radio show – [learn more here](#).

**Loren Williams** earned her doctorate in Educational Psychology from Governor's State University in May; her thesis, *Solution-Focused Brief Therapy and Students' Behaviors*, focused on SFBT applied in one of the CPS schools in North Lawndale. We can't wait to see what is next, Dr. Williams!

### Also Wonderful

**Paul Alt** presented "VA Healing Environments and Research: Connection, Reflection, Introspection, Trust and Acceptance" this July for the Center for Health Design. The webinar shared the philosophy and context for quality healing environments. A compelling audience question ending the session was: "What are the differences between a Veteran and an inner city child in a war zone?" [Watch it here](#).

**Kim Mann** was the lead collaborator and supporter for the *2017 Illinois Child Well-Being Study Final Report* released in April 2019. The study sampled 700 children who were listed as "in care" in DCFS' SACWIS client information system on October 23, 2017 and interviewed caseworkers, caregivers and children (age seven and older) themselves. [Read more here](#).



**Pat Rush** & Benton Harbor School Board Colleagues tirelessly petitioned the State of Michigan to keep the only public high school in Benton Harbor open for the largely low income community of color instead of handing the land over to developers; the school will remain OPEN at least for now. Pat also is part of a Michigan Juvenile Justice collaboration where she presents workshops on Child Development. In February, Pat presented “New Ideas in Chronic Disease” for the annual Gelfand pre-med lecture at Loyola University.

**Margie Schaps** and Health and Medicine Policy Research Group hosted “Illinois State of the Uterus: Reproductive Health Care in our State”, and Margie’s introductory remarks were quoted in the *Chicago Reader*. [Read more here.](#)

**Audrey Stillerman** was selected as the [May Featured Researcher](#) by the UIC Office of Community Engagement. Audrey co-presented at the DePaul Winter Education Forum with **Advisor Loren Williams** and co-taught the second series of the ECHO 12-week *Childhood Adversity and Trauma: Strategies for Promoting Health* with Lurie Children’s pediatric and psychology colleagues. [Read more here.](#)

**Marlita White** won this year’s Health and Medicine Policy Award, which will be conferred in late September. This May she presented “The Impact of Trauma on the Health of Women and Girls in Chicago” at the Northwestern Women’s Health Research Forum and co-presented “Childhood Experiences and Health: Leveraging the Science for Transformation” for the Illinois Department of Public Health’s Minority Health Month’s webinar series with colleague Lara Altman and **co-Founder Audrey Stillerman**.

**Orrin Williams** wrote a review of Penniman’s *Farming While Black* for Center for Humans and Nature. He also served on the opening night panel of the theatrical premiere of *Cooked: Survival by Zip Code* a movie about how race and privilege determined who lived and who died in the 1995 Chicago heat wave. [Read more here.](#)



## Academic Papers & Research

**Helen Burgess** published a placebo-controlled pilot study of a wearable morning bright light treatment for probable PTSD <<<https://www.ncbi.nlm.nih.gov/pubmed/30995350>>> and received an R61 to explore findings from a pilot study based on NIH-funded work about morning bright light improving pain in veterans <<<https://www.ncbi.nlm.nih.gov/pubmed/30995350>>> noting the effects of morning light treatment on PTSD.

**Mardge Cohen** co-authored 19 papers including collaborations with **Advisor Alan Landay** and **THEN co-Founder Kathleen Weber** including four articles on the impact of food insecurity on mental and physical health of women with HIV ([found here](#)). Mardge is continuing her extraordinary work with HIV-affected patients in Kigali Rwanda where the We ACTx clinic was named #1 for patients, including youth, achieving viral suppression, and best patient retention of all the clinics in Kigali! <<<http://www.we-actx.org/news/letter-from-the-director-january-2019/>>>

**Gene Griffin** co-authored "An examination of youth protective factors and caregiver parenting skills at entry into the child welfare system and their association with justice system involvement" <<<https://www.sciencedirect.com/science/article/pii/S0190740918308119>>> which found that minority status of parents and youth, and fewer protective factors for youth, were associated with more justice involvement. Reducing dual involvement for youth in the child welfare system may be achieved through strength-building and providing additional services at the beginning of the youth's care in the child welfare system.

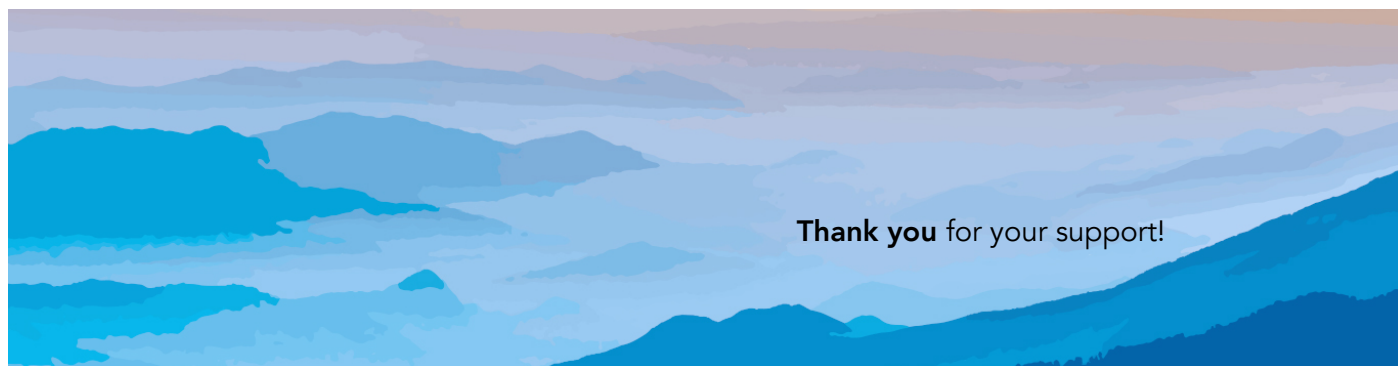
**Memoona Hasnain** co-authored two articles about education of health care professionals, "Entrustable Professional Activity Utilization: A CERA Study of Family Medicine Residency Program Directors" <<<https://www.ncbi.nlm.nih.gov/pubmed/31013347>>> and "Instrument Refinement for Measuring Self-Efficacy for Competence in Interprofessional Collaborative Practice: Development and Psychometric Analysis of IPECC-SET 27 and IPECC-SET 9" <<<https://www.ncbi.nlm.nih.gov/pubmed/30156930>>>.

**Alan Landay** co-authored 12 articles in the first half of 2019 including "Food Insecurity Is Associated With Inflammation Among Women Living With HIV" <<<https://www.ncbi.nlm.nih.gov/pubmed/30165648>>> with **co-Founder Mardge Cohen**, which found that food insecurity was associated with elevated inflammation in women regardless of HIV control supporting the need for programs that address food insecurity.

**Eileen Martin** co-authored 9 articles including "Elevated Depressive Symptoms Are a Stronger Predictor of Executive Dysfunction in HIV-Infected Women Than in Men" <<<https://www.ncbi.nlm.nih.gov/pubmed/30893126>>> which found that depression contributes to neurocognitive impairment across a broad range of cognitive domains in HIV+ and HIV- individuals; HIV+ depressed women show greater vulnerabilities in executive function.

**Bruce Perry** and Stuart Ablon published "CPS (Collaborative Problem Solving) as a Neurodevelopmentally Sensitive and Trauma-Informed Approach" <<[https://link.springer.com/chapter/10.1007/978-3-030-12630-8\\_2](https://link.springer.com/chapter/10.1007/978-3-030-12630-8_2)>> concluding that CPS adheres to major principles optimal for intentional change in the neural networks that mediate the motor, social, emotional, and cognitive functions in the brain should be considered a trauma-sensitive and trauma-focused intervention. Among many presentations, Bruce also offered a full day Pre-conference University, "Trauma Impacts the Brain, Healing Happens in Relationships" at the National Council NATCON Conference in May.

**Kathleen Weber** co-authored 4 academic papers to date including the Open Access "Olive Oil Intake Associated with Increased Attention Scores in Women Living with HIV: Findings from the Chicago Women's Interagency HIV Study" in *Nutrients* <<<https://www.mdpi.com/2072-6643/11/8/1759>>>. As Executive Director of WIHS, Kathleen is working to bring enhanced dental assessment and services to WIHS women.



Thank you for your support!