

# IOWA ACES 360 LEARNING GUIDE

# Pandemic Response Series

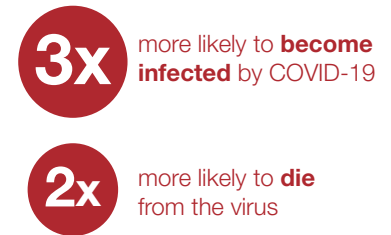
This guide was developed to help you learn more about trauma and equity in the context of the COVID-19 pandemic and to facilitate conversations in your organizations and networks. It was created in collaboration with Ingrid Cockhren, M.Ed, TN & Midwest Regional Community Facilitator and ACEs Trainer with ACEs Connection.

## OVERVIEW

The combined forces of the COVID-19 pandemic, elevated demands for racial equity, and broad economic devastation are shattering people's sense of safety and well-being. People of color are especially facing the greatest challenges of this time, making children more at risk for experiencing trauma.

The pandemic has made it clear that everyone's health and well-being are intertwined. Our response to this crisis will only be effective if we include the people and places left out by our current systems. Our policies and strategies must focus on creating an equitable society for our future.

**LATINO AND BLACK RESIDENTS COMPARED WITH WHITE RESIDENTS HAVE BEEN:**

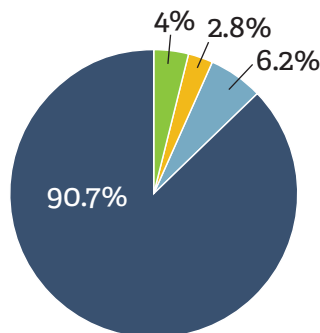


Source: NY Times, July 2020

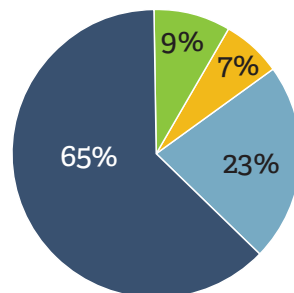
## PEOPLE OF COLOR ARE:

- At increased **risk for illness** due to higher rates of underlying health conditions
- More likely to be **uninsured** and lack access to care
- More likely to work in service industries that are particularly at risk for **loss of income**
- More likely to live in housing situations that make it **difficult to social distance**
- Often work in jobs where they **cannot work from home**
- Have **less access** to mental health and substance use treatment services

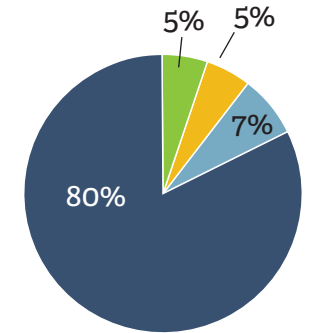
SHARE OF IOWA'S POPULATION



SHARE OF IOWA'S CORONAVIRUS CASES



SHARE OF IOWA'S CORONAVIRUS DEATHS



■ White ■ Black or African American ■ Asian or Pacific Islander ■ Hispanic or Latino

NOTE: Does not include people of unknown or other races who have tested positive for the coronavirus. Totals may not add to 100% because "Hispanic or Latino" is classified as an ethnicity and counted separately. Adapted from USA Today's graph of U.S. Census Bureau and Iowa Dept. of Public Health data.

Source: SAMSHA

This chart, updated July 8, shows that Black Iowans are 4% of Iowa's population, but make up 9% of COVID-19 cases. Latino Iowans make up 6.2% of Iowa's population but are 23% of COVID-19 cases. White Iowans are 90.7% of Iowa's total population but make up just 65% of COVID-19 cases.





## WEBINAR SERIES

This three-part webinar series, presented by Ingrid Cockhren in June 2020, provides an understanding of health

equity, collective trauma, and equitable recovery through historical and societal lenses. We encourage you to watch each of these one-hour recorded presentations to better understand the following key terms and to hold a discussion within your organization or network.

View the webinars at [www.iowaaces360.org/pandemic-response](http://www.iowaaces360.org/pandemic-response)

## KEY TERMS

This moment of crisis has elevated these critical concepts as part of the ACEs movement:

**Collective Trauma:** A large-scale shared trauma that is defined within the sociopolitical context of the time.

**Historical Trauma:** A collective group trauma, accompanied by grief, that is passed along through generations via traditions, culture, and parenting.

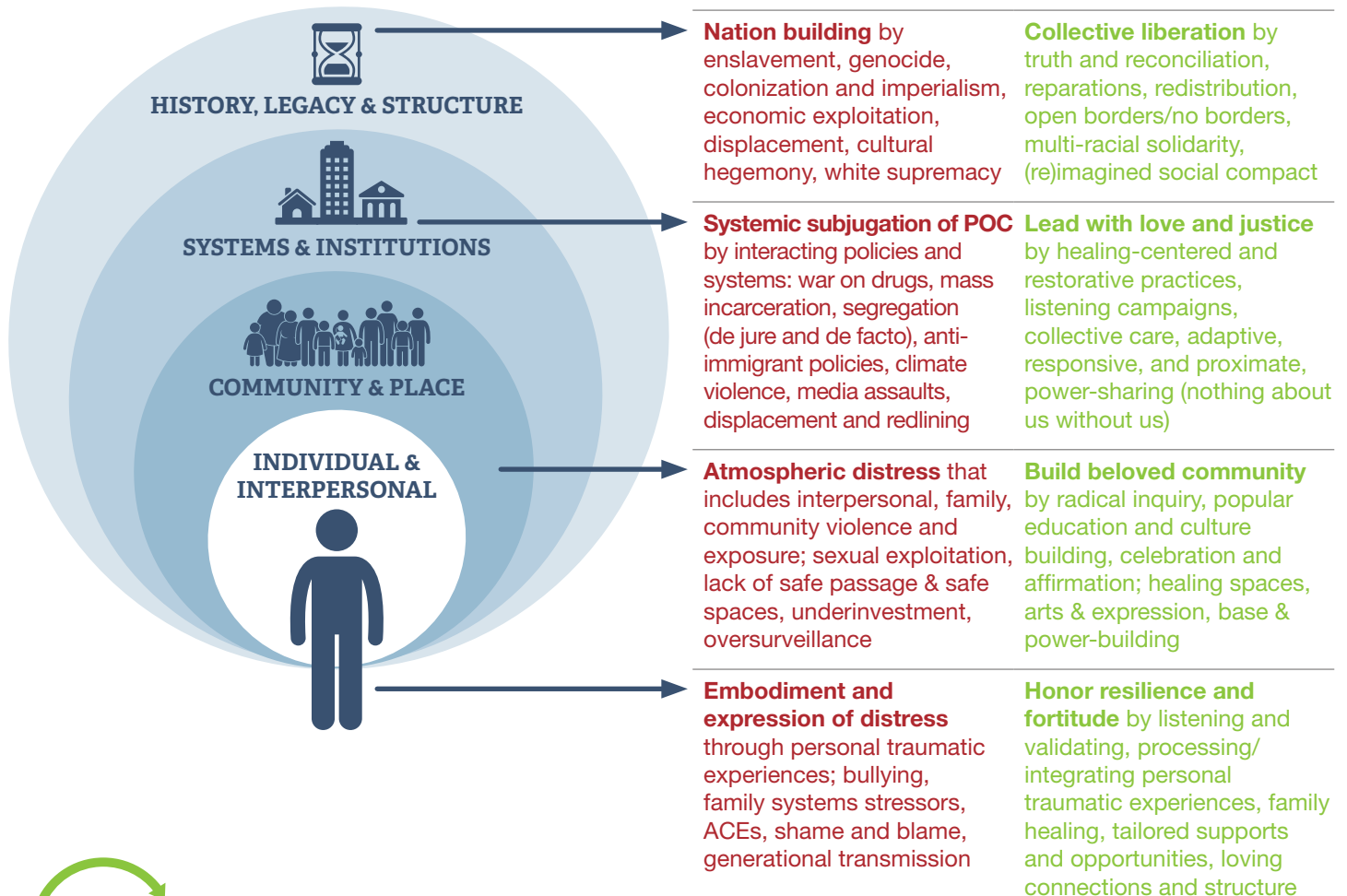
**Equity:** Everyone getting what they need in order to have access, opportunities, and a fair chance to succeed. It recognizes that the same for everyone (equality) doesn't truly address needs and, therefore, specific solutions and remedies, which may be different, are necessary.

**Health Equity:** Accomplished by addressing existing and systemic inequities within our society that drive poor health outcomes and health disparities.

**Equitable Recovery:** Pandemic recovery efforts should prioritize populations more at risk and address existing and historic systemic inequities.

## STRATEGIES FOR HEALING

This graphic, adapted from a version created by the Ryse Center, explains how we can address trauma and promote healing at all levels of society.



# Discussion Questions

As you review the learning materials, take a moment to answer these questions:

- 1. What does it mean to be healthy? What are your barriers to being healthy?** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
- 2. How has this pandemic changed you? How has it changed your community?** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
- 3. In your local city or town, which communities have been most impacted by this pandemic? In what ways do you feel connected to those communities? In what ways do you feel disconnected from those communities?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 4. What have you or your organization done to perpetuate health inequities?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 5. What are you or your organization doing to address health inequities?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## GROUP LEARNING

Have your organization, team, or community group watch at least one of the webinar recordings presented by Ingrid. Follow up with a virtual group discussion using the questions above as a guide.

## FURTHER LEARNING

### BOOKS

- **How to Be an Antiracist**  
by Ibram X. Khendi
- **My Grandmother's Hands**  
by Resmaa Menakem
- **The Great Influenza**  
by John M. Barry

### GROUP LEARNING

Select one of the titles above for your organization to read and then discuss together.

### ONLINE RESOURCES

Join ACEs Connection to find updated resources and to join groups having conversations on these topics:

- **COVID-19 Resources:** Links are on the right side of the ACEs Connection homepage.
- **Anti-Racism Resources:** Join the ACEs & African Americans group for a list of resources.
- **Webinars:** On the ACEs Connection YouTube channel, you can find these recordings:
  - Racial Health Inequities COVID-19
  - Racial Health Disparities COVID-19 Part II
  - Racial Trauma & How to be Antiracist

Join ACEs Connection at [www.acesconnection.com](http://www.acesconnection.com)

