Trauma Informed Engagement & the Anacostia River

Building a cohort of Ward 7 and 8 partners supporting trauma informed engagement in Anacostia Park.
Anacostia Park
6+ miles of gorgeous Anacostia River waterfront
1,200 Acres of park land
1,200 Acres of park land

Anacostia Waterfront
Washington, DC

Central Park
New York, NY
The only National Park that grows 
lotuses and water lilies
The only waterfront skating pavilion in a National Park!
Disparities Across the River

DC Obesity Rates
2010 – By Ward

DC Median Household Income
2011 – By Census Tract

DC Childhood Poverty Rate
2014 – By Ward

Percent Obese:
- 0 – 7.5%
- 7.6% - 17.4%
- 17.5% - 25.8%
- 25.9% - 55.3%
- 35.4% - 44.4%

Median Household Income:
- <$25,000
- $25,000 - $39,999
- $40,000 - $59,999
- $60,000 - $99,999
- >$100,000

Percent Living in Poverty:
- 2.6% - 7.0%
- 7.1% - 17.6%
- 17.7% - 24.5%
- 24.6% - 50.3%
Disparities Across the River

Indicators incorporate neighborhoods with a high rate of persistent poor health (CDC 500 cities), poverty (ACS), low educational attainment (ACS), and/or high absolute levels of incarceration (DC DOC). Race/ethnicity data from ACS. Some tracts excluded due to small sample sizes.

Maps by the D.C. Policy Center
dcpolicycenter.org
Health benefits of nature

Green is good for you
Psychologists’ research explains the mental and physical restoration we get from nature—and has important implications for how we build our homes, work environments and cities.

By REBECCA A. CLAY
April 2003, Vol 52, No. 4
Print version: page 80

Bird Therapy: On The Healing Effects Of Watching Birds

This Is Your Brain on Nature
When we get closer to nature—be it untouched wilderness or a backyard tree—we do our overstressed brains a favor.

By FLORENCE WILLIAMS
PHOTOGRAPHS BY LUCAS POGLIA

The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes

Caomh’e Twohig-Bennett*, Andy Jones
Norwich Medical School, University of East Anglia, Room 1.23 Queen’s Building, Norwich Research Park, Norwich NR4 7UJ, United Kingdom

Sour mood getting you down? Get back to nature
Research suggests that mood disorders can be lifted by spending more time outdoors.

Published: July, 2018

Kids Who Spend More Time Outside Are Happier Adults, Science Says
Scientific research confirms that playing outside is good for children and their development, but how do families find the time? One Michigan couple has started an online site dedicated to helping little ones spend 1000 hours a year in the great outdoors.

By Rebecca MacLean

Harvard Men’s Health Watch
Environment:

the living and non-living things that make up your immediate surroundings
Trauma Informed Engagement

- Residents Have Basic Needs Met
- Residents begin to take on leadership roles
- Residents are agents for community change
- Parents Become Educators
- Parents Can Provide Financial Stability To Children
- Residents are comfortable working with data and information
- Residents Feel Safe in The Community
- Community Experiences Improved Health Conditions
- Parents Establish Culture And Values
Principles for Providing Trauma-Informed Care
by Harris and Fallot

1. SAFETY
The number one component in providing trauma-informed care is providing safety. Unless someone feels safe, all bets are off. They will not hear your well-reasoned words, nor be able to perceive your good intentions because the higher brain will be offline. They will be in survival mode.

2. CHOICE
Giving options is one way of restoring choice, which was taken away along with control during the trauma.

3. COLLABORATION
Trauma-informed care is about moving from a 'power over' to a 'power with' paradigm. Our higher brains are wired for cooperation and collaboration. It is the opposite of the domination and oppression inherent in relational trauma.

4. EMPOWERMENT
Empowerment increases the degree of autonomy and self-determination. The mistake many well-meaning people make is to advocate so actively on behalf of the survivor that THE SURVIVOR never develops skills to advocate and find safety for themselves.

5. TRUSTWORTHINESS
Often, childhood trauma involves betrayal by an adult who is supposed to love and protect you. Being trustworthy is one way to heal this wound.

6. PREDICTABILITY
Trauma is often unpredictable and leaves the trauma survivor in an agony of suspense waiting for the next bad thing to happen. We can avoid this by creating predictable environments and schedules as well as helping the survivor anticipate transitions.
Building a Cohort

### Immediate Concerns
- Crime/Violence
- Youth Engagement /Services
- Workforce Readiness
- Employment
- Trauma interventions
- Mental Health Services

### Partner Interests
- Host family reunification circles and restorative justice circles in Anacostia Park
- Train re-entering parents in parent led family time in Anacostia Park
- Engage networks in volunteer opportunities for service hours
- Park related experiences that support improved health of clients and staff
- Opportunities for training and career/workforce development
- Promote park events and activities among NRRPC networks

### NPS Healthy Parks, Healthy People & Parks Rx

#### Experiences/Outcomes that Benefit Ward 7 & 8 Residents

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Physical Health</th>
<th>Social Well Being</th>
<th>Spiritual Health</th>
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</thead>
<tbody>
<tr>
<td>Walking /Talking Groups</td>
<td>Bike Riding, Tours</td>
<td>Family Reunification Circles</td>
<td>Family Reunification Circles</td>
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<tr>
<td>Recovery / Support Walking</td>
<td>Field Games</td>
<td>Restorative Justice Circles</td>
<td>Restorative Justice Circles</td>
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<tr>
<td>Groups</td>
<td>Sports</td>
<td>Family Cookouts</td>
<td>Mourning Space</td>
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<tr>
<td>Running Groups</td>
<td>Skating</td>
<td>River Tours</td>
<td>Peace Efforts</td>
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<tr>
<td>Forest Bathing</td>
<td>Walking Groups</td>
<td>Anastasia Park Events</td>
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<tr>
<td>Yoga</td>
<td>Running Groups</td>
<td>“Groupivities”</td>
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<tr>
<td>Meditation</td>
<td></td>
<td>Education Programs</td>
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### National Park Service Needs /Outcomes Supported by Ward 7 & 8 Residents

<table>
<thead>
<tr>
<th>Resource Management</th>
<th>Park Maintenance</th>
<th>Visitor Services</th>
<th>Philanthropic</th>
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<tbody>
<tr>
<td>Weed Removal</td>
<td>Volunteers For Park Events</td>
<td>Volunteers For Park Events</td>
<td>Social Capital</td>
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<tr>
<td>Plantings</td>
<td>Cleaning Up</td>
<td>Interpretive Programming Support</td>
<td>Human Capital</td>
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<tr>
<td>Monitoring</td>
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<td>Visitor Center Support</td>
<td>Programming Sponsorship</td>
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<td></td>
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<td>Infrastructure Support</td>
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<td>Fundraising</td>
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ANACOSTIA PARK & COMMUNITY COLLABORATIVE

APACC's Shared Vision

ANACOSTIA RIVER AND PARKS

APACC's Shared Work

STRESSED COMMUNITIES
ANACOSTIA PARK MEANINGFUL ENGAGEMENT COHORT

Anacostia Park and Community Collaborative

Members of this cohort will:
• Co-lead, promote and actively engage their networks in Park events and programs.
• Expose the park and its programming to a large network of individuals in stressed situations.
• Engage specialists like social workers, principals, and mental health practitioners in nature based activities like walking talking groups, meditation, invasive species removal, bike tours, field games, sporting, and skating, bird watching, gardening, conducting wildlife surveys, and community events.

JUN  JUL  AUG  SEP  OCT  NOV  DEC  JAN  FEB  MAR  APR

FOCUSED COHORT: MEANINGFUL ENGAGEMENT

LATE SKATE  LATE SKATE  LATE SKATE  FAMILY DAY  FAMILY DAY  FAMILY DAY

Online classroom for focused cohort on meaningful engagement (led by Akilma Price)

Current members and partners of the Collaborative include:
• Alice Ferguson Foundation (citywide)
• Anacostia Business Improvement District (Ward 8)
• Anacostia Coordinating Council (Ward 8)*
• Anacostia Riverkeeper (citywide)
• Anacostia Watershed Society (citywide)*
• Building Bridges Across the River (Ward 8)
• Chesapeake Bay Trust (citywide)
• Casey Trees (citywide)
• Clean Water Fund (citywide)*
• Committee to Restore Shepherd Parkway (Ward 8)
• Community Preservation and Development Corporation (Ward 7 and 8)*
• DC Appleseed Center for Law and Justice (citywide)*
• DC Department of Energy and the Environment (citywide)*
• East River Family Strengthening Collaborative (Ward 7)*
• Fairlawn Citizens Association (Ward 8)
• Far Southeast Family Strengthening Collaborative (Ward 8)*
• Friends of Kenilworth Aquatic Gardens (Ward 7)
• Groundswell (citywide)
• Historic Anacostia Block Association (Ward 8)
• Institute for Public Health Innovation (citywide)
• Living Classrooms - Kingman Island (Ward 7)
• Neighborhood Legal Services Program (citywide and Wards 7 and 8)
• Policy Innovation Lab at Georgetown University (citywide)
• Sierra Club – Washington, DC Chapter (citywide)
• Urban Institute (citywide)
• Ward 7 Business Partnership (Ward 7)
• Washington Parks & People (citywide)
• Anacostia High School
• National ReEntry Network for Returning Citizens
• East of the River Services
• DCPS
• Martha’s Table
• Bread for the City
• Criminal Justice Coordinating Council
• Office of Victim Services & Justice Grants
• Court Services and Offender Supervision Agency
• Safer, Stronger DC Office of Neighborhood Safety and Engagement
• National Council on Behavioral Health
• Kenilworth Courts Resident Council
• River Terrace Community Organization

National Park Foundation
<table>
<thead>
<tr>
<th>OCTOBER</th>
<th>NOVEMBER</th>
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<tr>
<td><strong>Harvest Festival</strong>&lt;br&gt; <strong>Saturday Oct 26th 2 PM - 6 PM</strong>&lt;br&gt;Anacostia Park Skating Pavilion 1500 Anacostia Drive SE WDC 20020&lt;br&gt;Families will participate in fall skating party celebrating fall and family. Families participate in holistic seasonal health demonstrations including “make and take” natural products that address seasonal adaptations. Ideas include host a youth talent review featuring talented students from Ward 7 &amp; 8.</td>
<td><strong>Family Day III</strong>&lt;br&gt;<strong>Family Field Day</strong>&lt;br&gt;Families are invited brave the colder weather to participate in popular field day events that encourage teamwork, fitness, and fun. This event will recreate field days on a whole new level. Ideas include a coat and hat give-a-ways and a shea butter making station.</td>
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<tr>
<th>LOCAL BANDS</th>
<th>NFL/NBA/MLB</th>
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<tr>
<td>PUMPKIN PATCH</td>
<td>OVERSIZED FIELD GAMES</td>
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<tr>
<td>HAY RIDES</td>
<td>SOUP MAKING STATION</td>
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<tr>
<td>PRODUCE GIVE-A-WAY</td>
<td>WINTER WELLNESS WORKSHOP</td>
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</table>
To join our efforts please contact:
Akiima Price, Anacostia Community Liaison
akiima@partner.nps.gov

Erin Garnaas-Holmes, APACC
egh@cleanwater.org
http://www.anacostiaparkcommunity.org

Consider joining us on Facebook:
Anacostia Park Meaningful Engagement Cohort
Anacostia Park and Community Collaborative