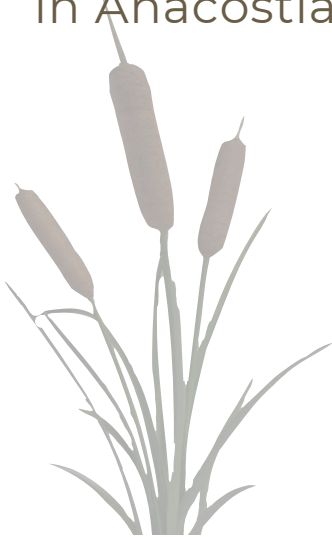


# Trauma Informed Engagement & the Anacostia River

Building a cohort of Ward 7 and 8 partners supporting trauma informed engagement in Anacostia Park.



# Anacostia Park



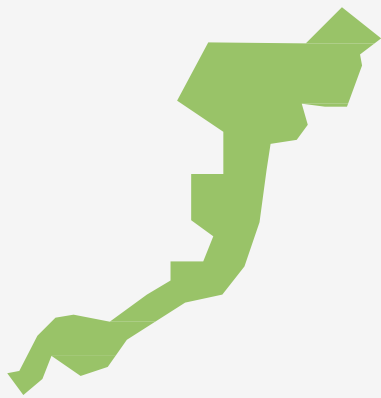


**6+** miles of gorgeous Anacostia  
River waterfront

**1,200** Acres of park land



**1,200** Acres of park land




**Anacostia Waterfront**  
Washington, DC



**Central Park**  
New York, NY





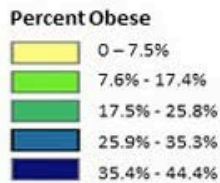
The only National Park that grows  
**lotuses and water lilies**



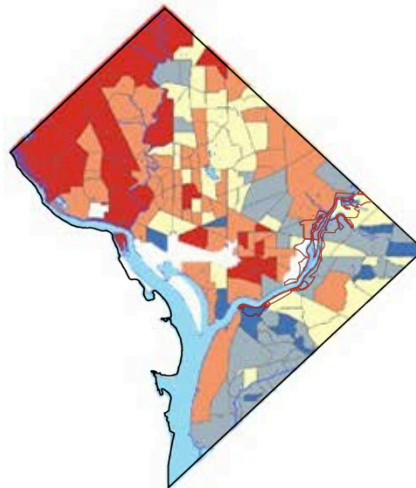
**The only** waterfront  
skating pavilion in a  
National Park!

# Disparities Across the River

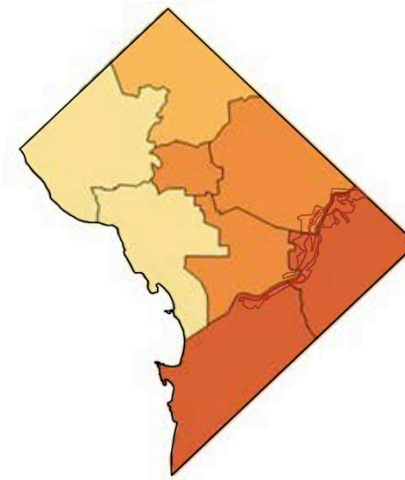
**DC Obesity Rates**  
2010 – By Ward



**DC Median Household Income**  
2011 – By Census Tract

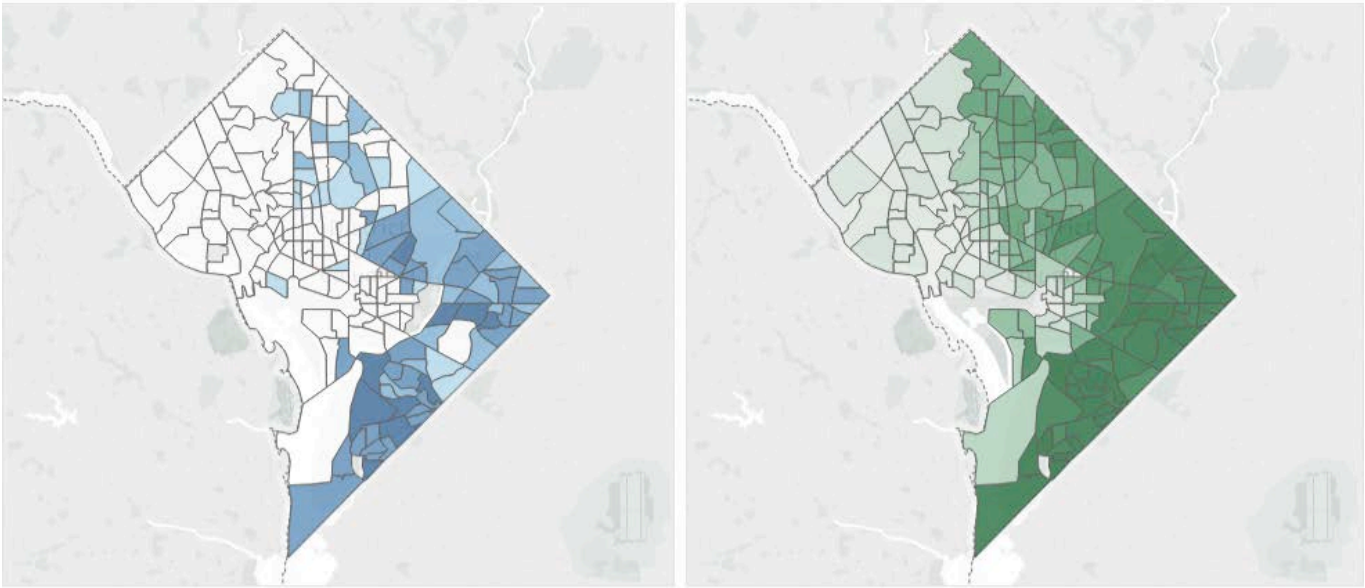


**DC Childhood Poverty Rate**  
2014 – By Ward





# Disparities Across the River



# of indicators (0-4)  
□ 0   □ 1   □ 2   □ 3   □ 4

% Black or African-American  
0.0 100.0

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](http://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 2001, Vol 32, No. 4  
Print version: page 40

## 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

13 MINUTE READ

PHOTOGRAPHS BY LUCAS FOGLIA



## Bird Therapy: On The Healing Effects Of Watching Birds



Grr!Scientist contributor  
Science  
Evolutionary & behavioural ecologist, ornithologist & science writer

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

Caoimhe Twohig-Bennett\*, Andy Jones

Norwich Medical School, University of East Anglia, Room 1.23 Queen's Building, Norwich Research Park, Norwich NR4 7TJ, United Kingdom

Harvard Men's Health Watch

## 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 Macatee





# Environment:

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



# Trauma Informed Engagement



# 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

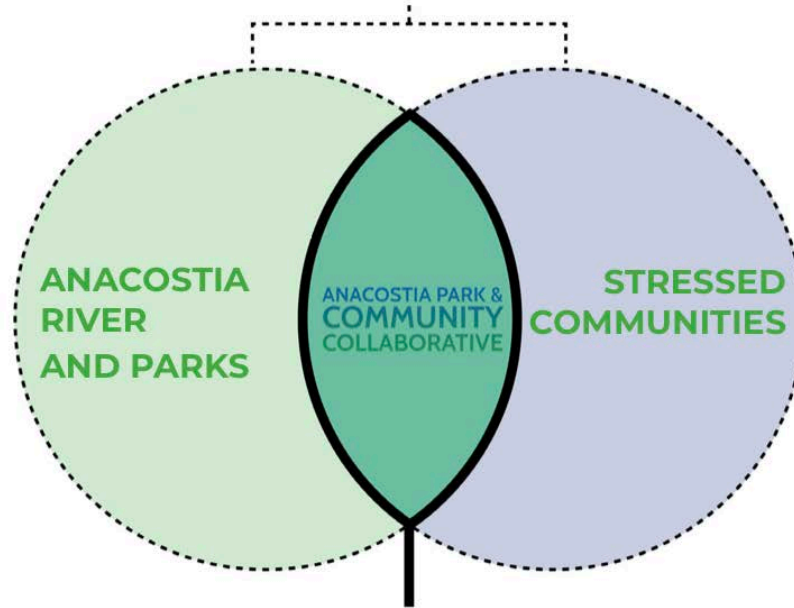


IMMEDIATE CONCERNS		PARTNER INTERESTS		
<ul style="list-style-type: none"> <li>• Crime/Violence</li> <li>• Youth Engagement /Services</li> <li>• Workforce Readiness</li> <li>• Employment</li> <li>• Trauma interventions</li> <li>• Mental Health Services</li> </ul>	<ul style="list-style-type: none"> <li>• Educational Supports</li> <li>• Family/Community Reunification</li> <li>• Drug/Alcohol Supports</li> <li>• Homelessness</li> <li>• Displacement</li> </ul>	<ul style="list-style-type: none"> <li>• Host family reunification circles and restorative justice circles in Anacostia Park</li> <li>• Train re-entering parents in parent led family time in Anacostia Park</li> <li>• Engage networks in volunteer opportunities for service hours</li> <li>• Park related experiences that support improved health of clients and staff</li> <li>• Opportunities for training and career/workforce development</li> <li>• Promote park events and activities among NRNRC networks</li> </ul>		
NPS HEALTHY PARKS, HEATHY PEOPLE & PARKS RX EXPERIENCES/OUTCOMES THAT BENEFIT WARD 7 & 8 RESIDENTS				
MENTAL HEALTH	PHYSICAL HEALTH	SOCIAL WELL BEING	SPIRITUAL HEALTH	
<ul style="list-style-type: none"> <li>• Walking /Talking Groups</li> <li>• Recovery / Support Walking Groups</li> <li>• Running Groups</li> <li>• Forest Bathing</li> <li>• Yoga</li> <li>• Mediation</li> </ul>	<ul style="list-style-type: none"> <li>• Bike Riding, Tours</li> <li>• Field Games</li> <li>• Sports</li> <li>• Skating</li> <li>• Walking Groups</li> <li>• Running Groups</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga /Mediation</li> <li>• Swimming</li> <li>• Canoeing</li> <li>• Kayaking</li> </ul>	<ul style="list-style-type: none"> <li>• Family Reunification Circles</li> <li>• Restorative Justice Circles</li> <li>• Family Cookouts</li> <li>• River Tours</li> <li>• Anacostia Park Events</li> <li>• "Grouptivities"</li> <li>• Education Programs</li> </ul>	<ul style="list-style-type: none"> <li>• Family Reunification Circles</li> <li>• Restorative Justice Circles</li> <li>• Mourning Space</li> <li>• Peace Efforts</li> </ul>
NATIONAL PARK SERVICE NEEDS /OUTCOMES SUPPORTED BY WARD 7 & 8 RESIDENTS				
RESOURCE MANAGEMENT	PARK MAINTENANCE	VISITOR SERVICES	PHILANTHROPIC	
<ul style="list-style-type: none"> <li>• Weed Removal</li> <li>• Plantings</li> <li>• Monitoring</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteers For Park Events</li> <li>• Cleaning Up</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteers For Park Events</li> <li>• Interpretive Programming Support</li> <li>• Visitor Center Support</li> </ul>	<ul style="list-style-type: none"> <li>• Social Capital</li> <li>• Human Capital</li> <li>• Programming Sponsorship</li> <li>• Infrastructure Support</li> <li>• Fundraising</li> </ul>	



# ANACOSTIA PARK & COMMUNITY COLLABORATIVE

APACC's Shared Vision



APACC's Shared Work





## ANACOSTIA PARK MEANINGFUL ENGAGEMENT COHORT

### Anacostia Park and Community Collaborative

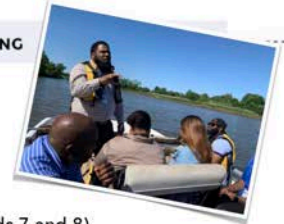


Members of this cohort will:

- 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



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 (Wards 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**



# Anacostia Park

National Park Service  
U.S. Department of the Interior



## BACK TO SCHOOL

#1

# FAMILY



# SKATE



## SATURDAY, SEPT 21 1 PM-5 PM

**ANACOSTIA PARK SKATING PAVILION**  
1500 ANACOSTIA DRIVE SE WDC 20020

## SCHOOL CRAFTS FIELD GAMES FAMILY PORTRAITS

& MUCH MORE

# FREE



## GET COOL FOR SCHOOL

FOR MORE INFO: [WWW.NPS.GOV/ANAC](http://WWW.NPS.GOV/ANAC)

## OCTOBER

## NOVEMBER

# HARVEST FESTIVAL

SATURDAY OCT 26<sup>TH</sup> 2 PM - 6 PM

ANACOSTIA PARK SKATING PAVILION • 1550 ANACOSTIA AVE SE DC 20020

## Family Day III FAMILY FIELD DAY

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 & 8.

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.

**LOCAL BANDS  
PUMPKIN PATCH  
HAY RIDES  
PRODUCE GIVE-A-WAY**

**NFL/NBA/MLB  
OVERSIZED FIELD GAMES  
SOUP MAKING STATION  
WINTER WELLNESS WORKSHOP**

**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

