

Widening the Frame: Expanding Perspectives on the impact of poverty



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The Frame Gets Wider

- 1. The Neuron
- 2. The Relationship
- 3. The Community



Respecting One Another



Strengths Perspective

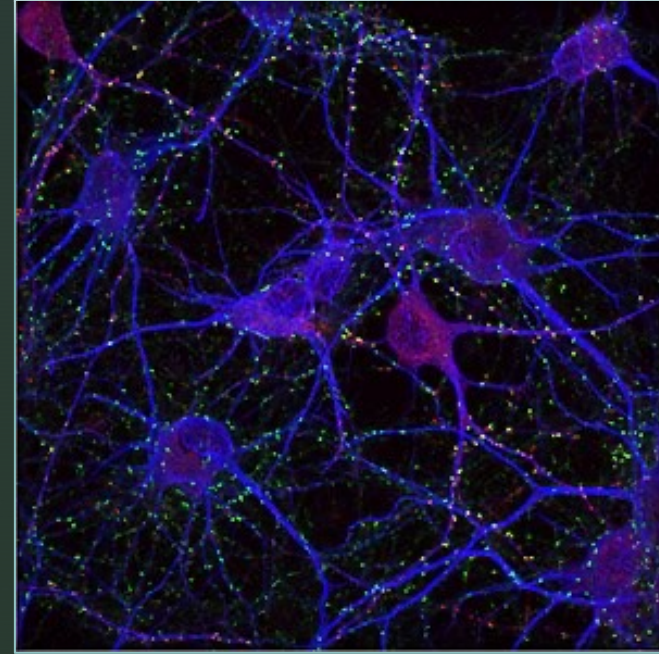


- It is easier (and more effective) to build upon something that already works to some extent
- Two types of strengths:
 - Prevention/resilience strengths
 - Intervention/coping strengths

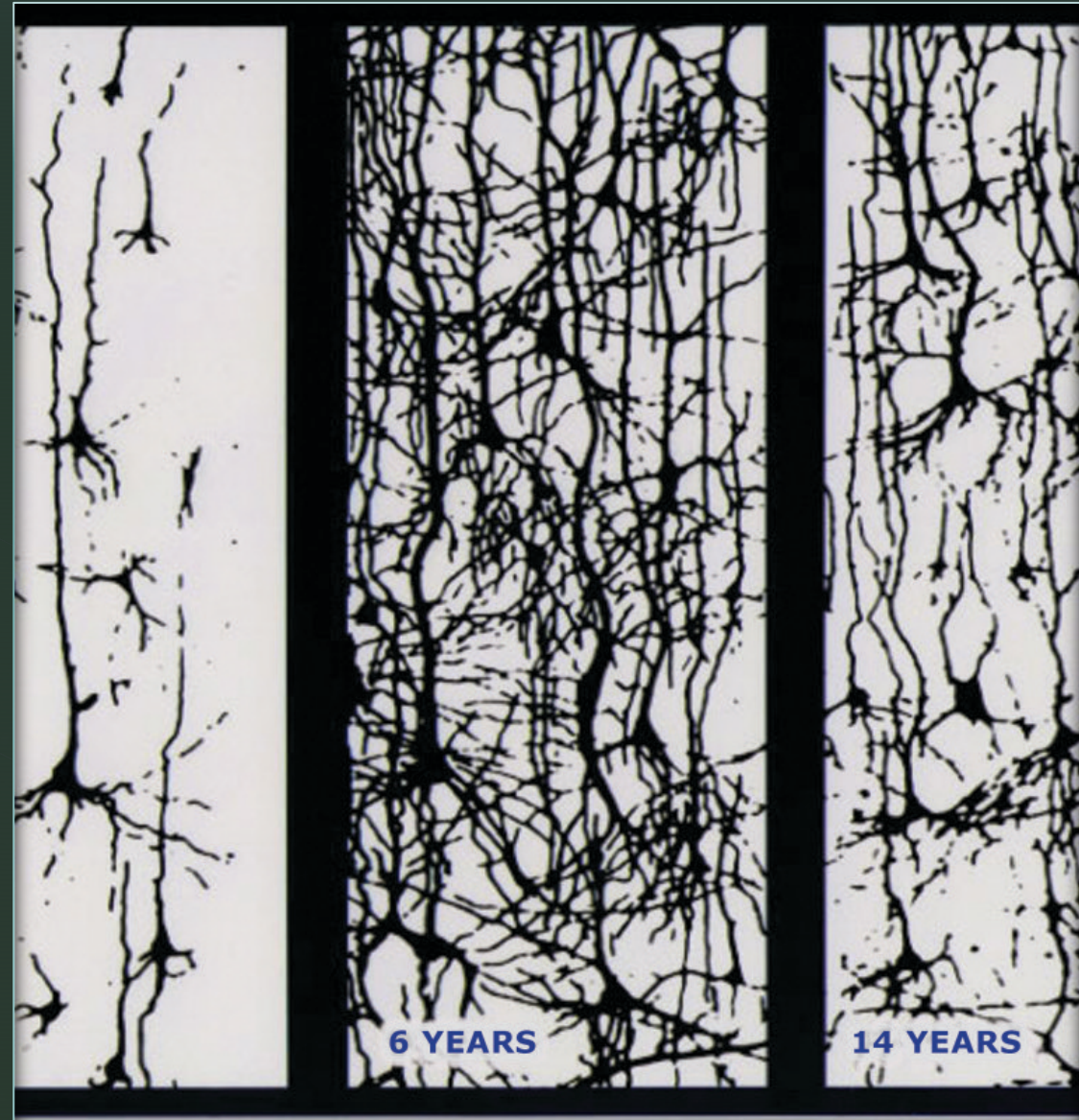
■ The Neuron



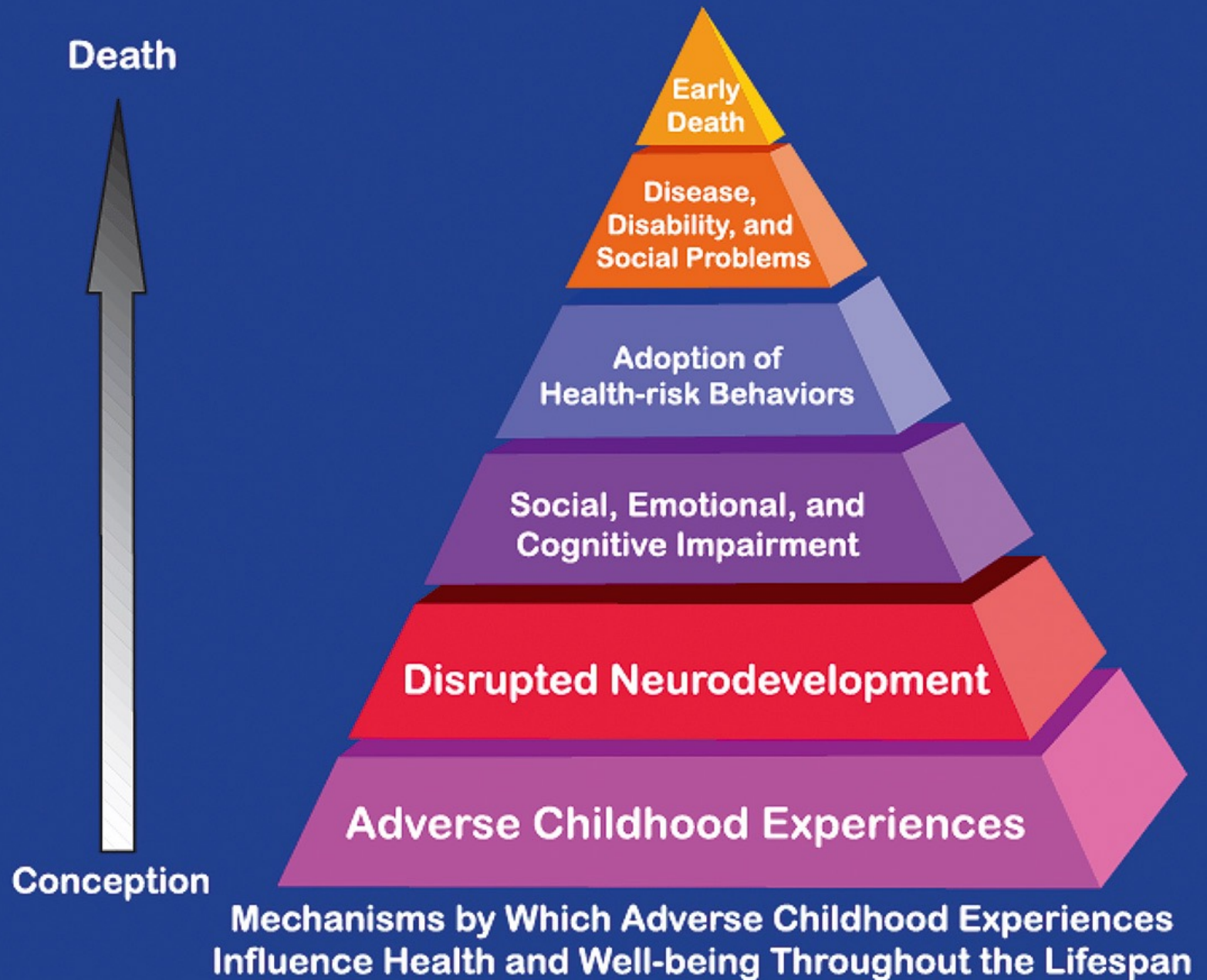
Neuronal Response



Neuronal Development

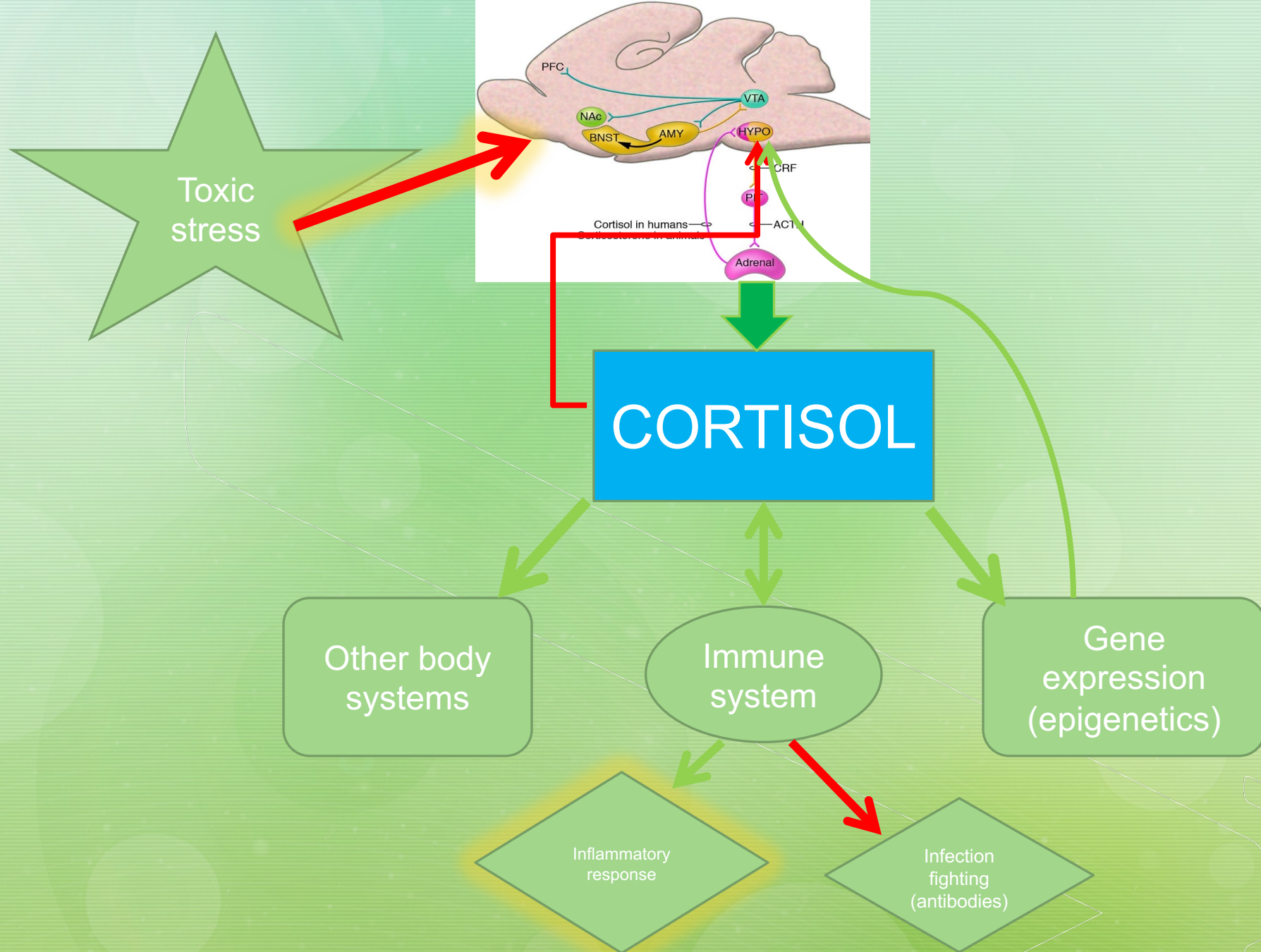


Effects of Trauma over the Lifespan



Effects of Trauma on the Brain





Stress and the tiger



- Bodies designed to respond to stress
- Adrenalin and cortisol help us run from tiger or hide
- Threat of short duration

BUT...when
the tiger lives
in your home,
neighborhood
or life



Brain process under typical conditions

The diagram features a curved, grey, textured path that dips into the center and then rises. A dashed yellow line runs along the top of this path. Below the path, a sequence of steps is written in black text, connected by right-pointing arrows. The steps are: Observe → Input → Interpret → Process → Evaluate Options → Plan → Act.

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Alarm system "Express Route"

Observe

Interpret

DANGER

Act

React (Flight - Flight - Freeze)

~~Process~~

~~Evaluate Options~~

~~Plan~~

**With repeated stress, the Alarm System
“Express Route” becomes the main road**

Observe

DANGER



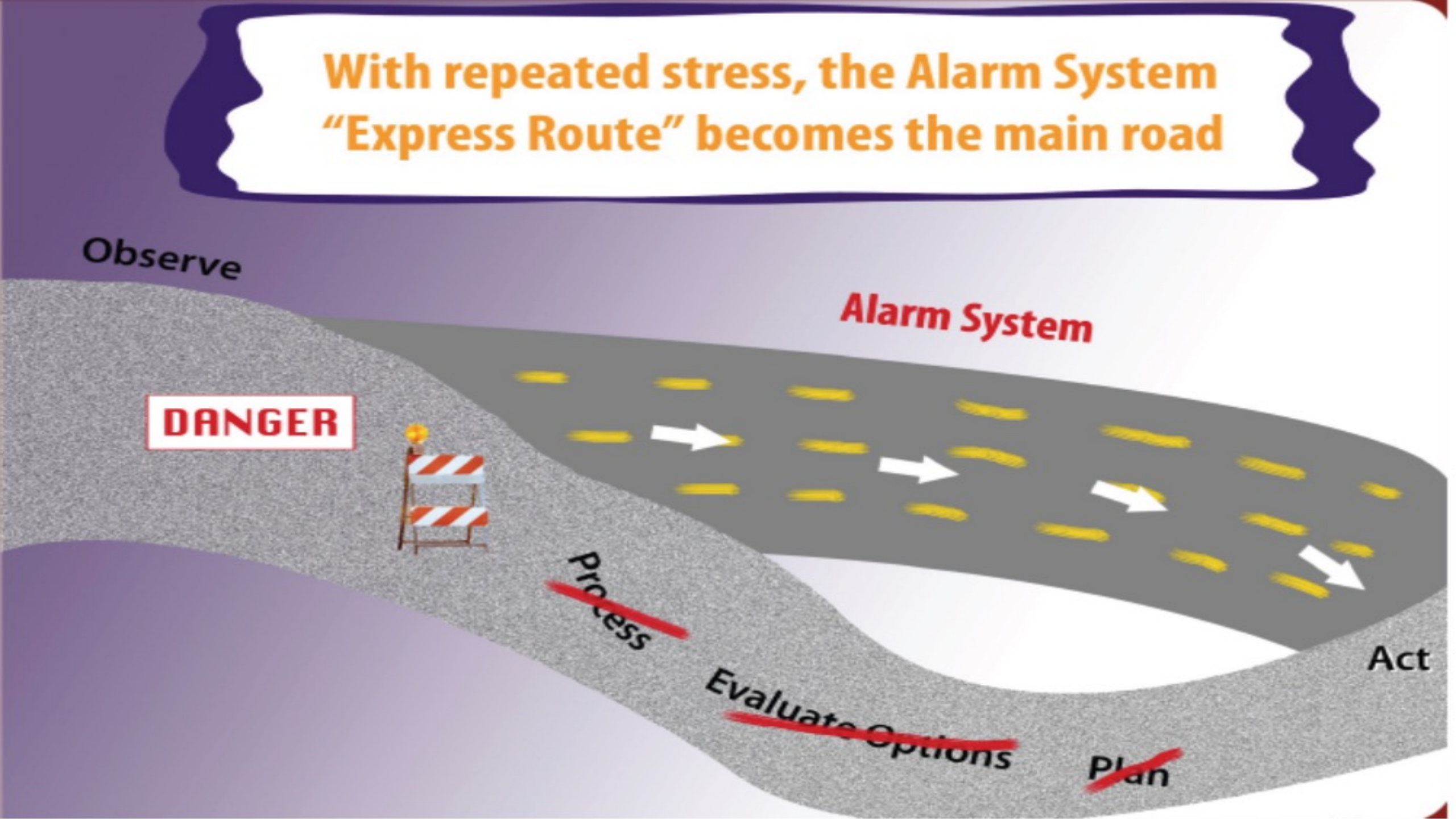
Alarm System

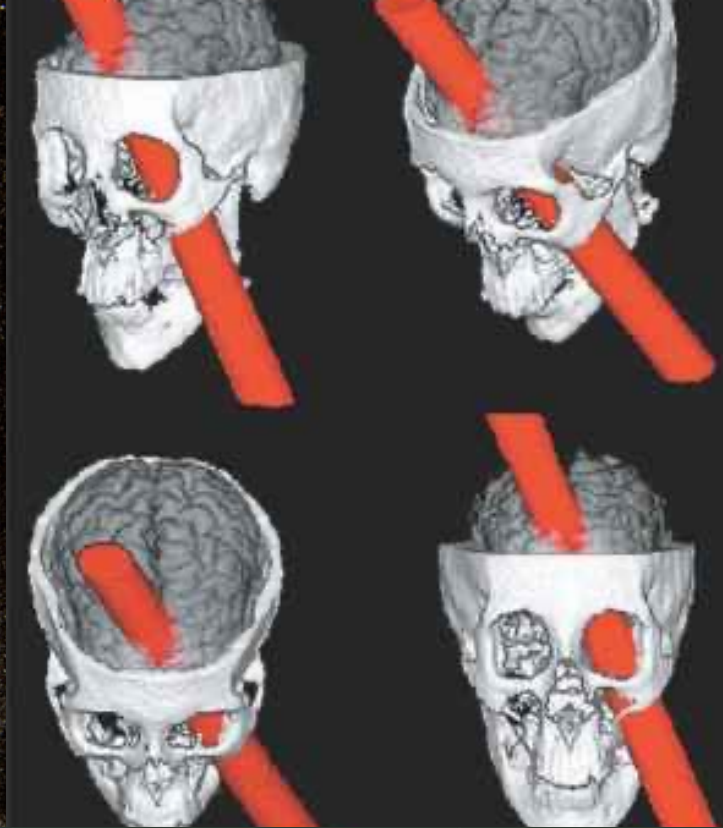
~~Process~~

~~Evaluate Options~~

~~Plan~~

Act





A Story of Hope: Phineas Gage





■ The Relationship



Connection, Connection, Connection



Listen with your heart,
you will understand - Pocahontas

To be fully seen by somebody,
then, and be loved anyhow —
this is a human offering that
can border on miraculous.” —
Elizabeth Gilbert

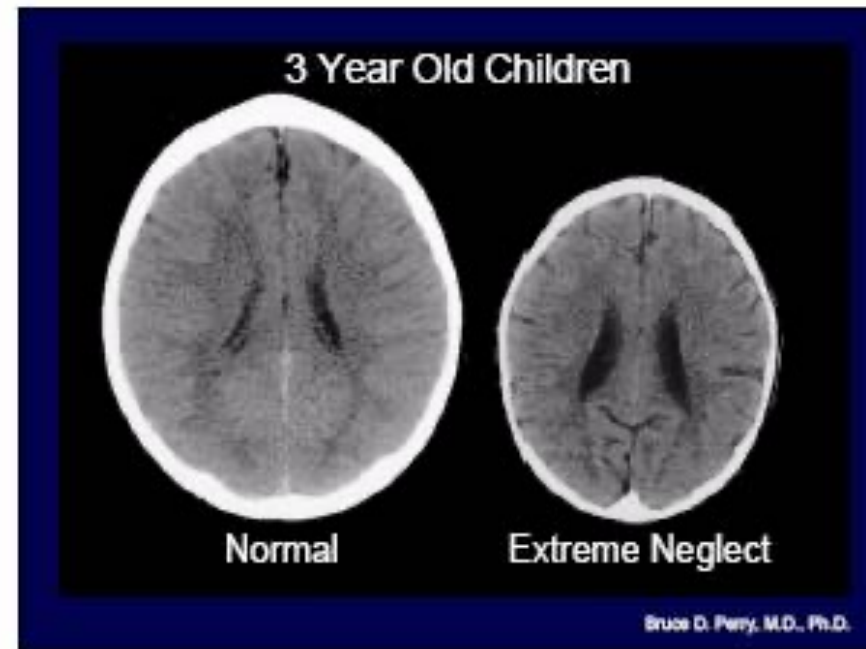
Attachment

Simply put . . . what the human person needs most is a *secure attachment relationship* (a *secure base* and a *safe haven*)

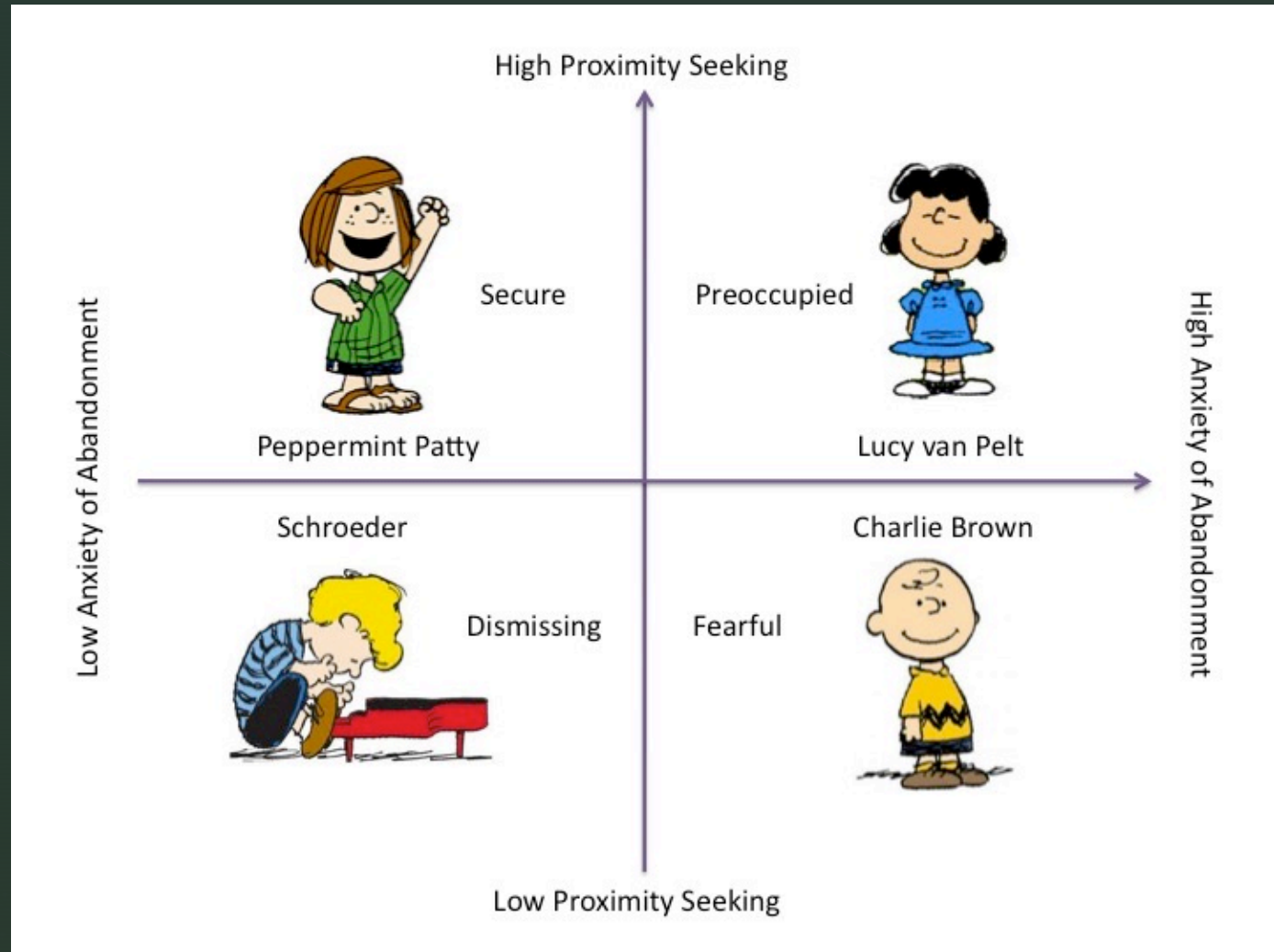


In order to FEEL DEEPLY Valued, Connected and Loved . . .
I need permanent, loving, caring connections

The brain on neglect . . .



Attachment Theory



By Age 5

Each Attachment Pattern
reflects a behavioral repertoire



Secure A.P.

Anxious A.P.

Avoidant A.P.

Disorganized A.P.

Playful

Stressed

Defiant

Frozen

Social

Worried

Isolative

Bizarre

Demanding

Provocative

Resourceful

Blaming

Detached

Random

Enthusiastic

Clingy

Angry

Pathological

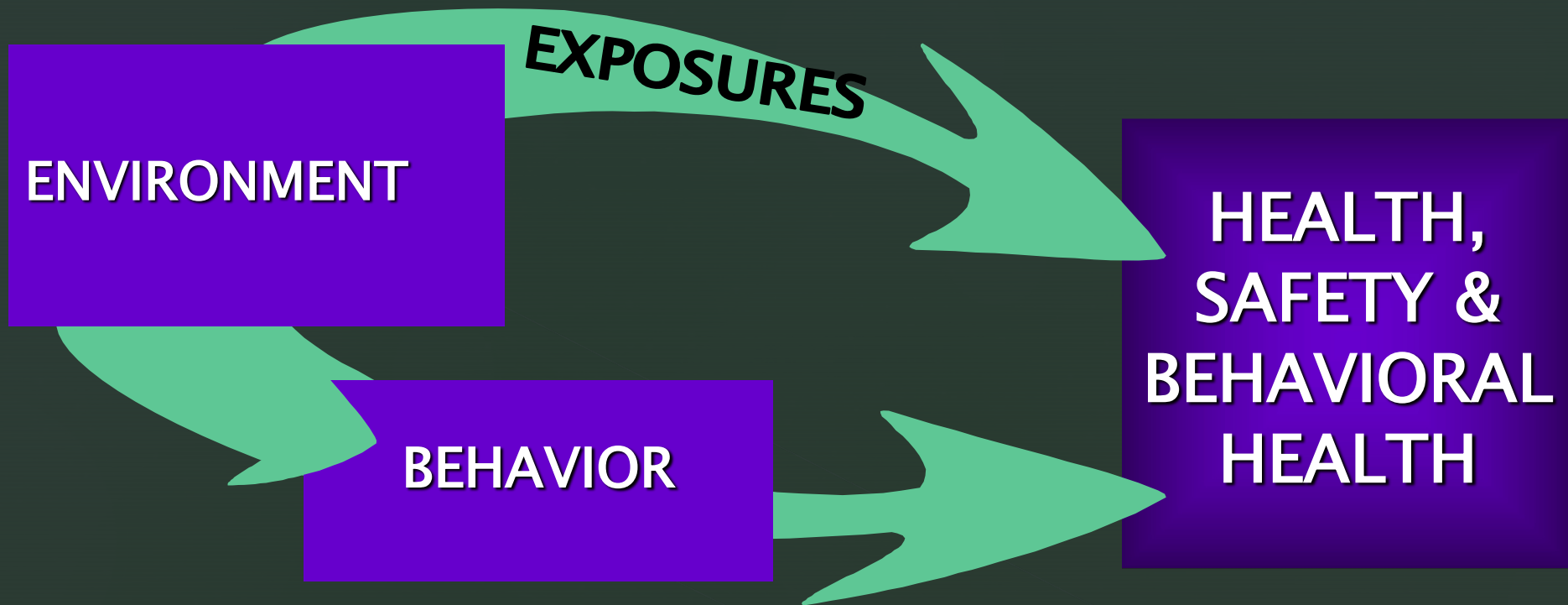






- The Community







**“ It is unreasonable to expect
that people will change their
behavior *easily* when so many
forces in the social, cultural,
and physical environment
conspire against such change.”**

Institute of Medicine

Community Change Skills and Approaches



Expanding Towards a System of Prevention

From

“After the fact”



To

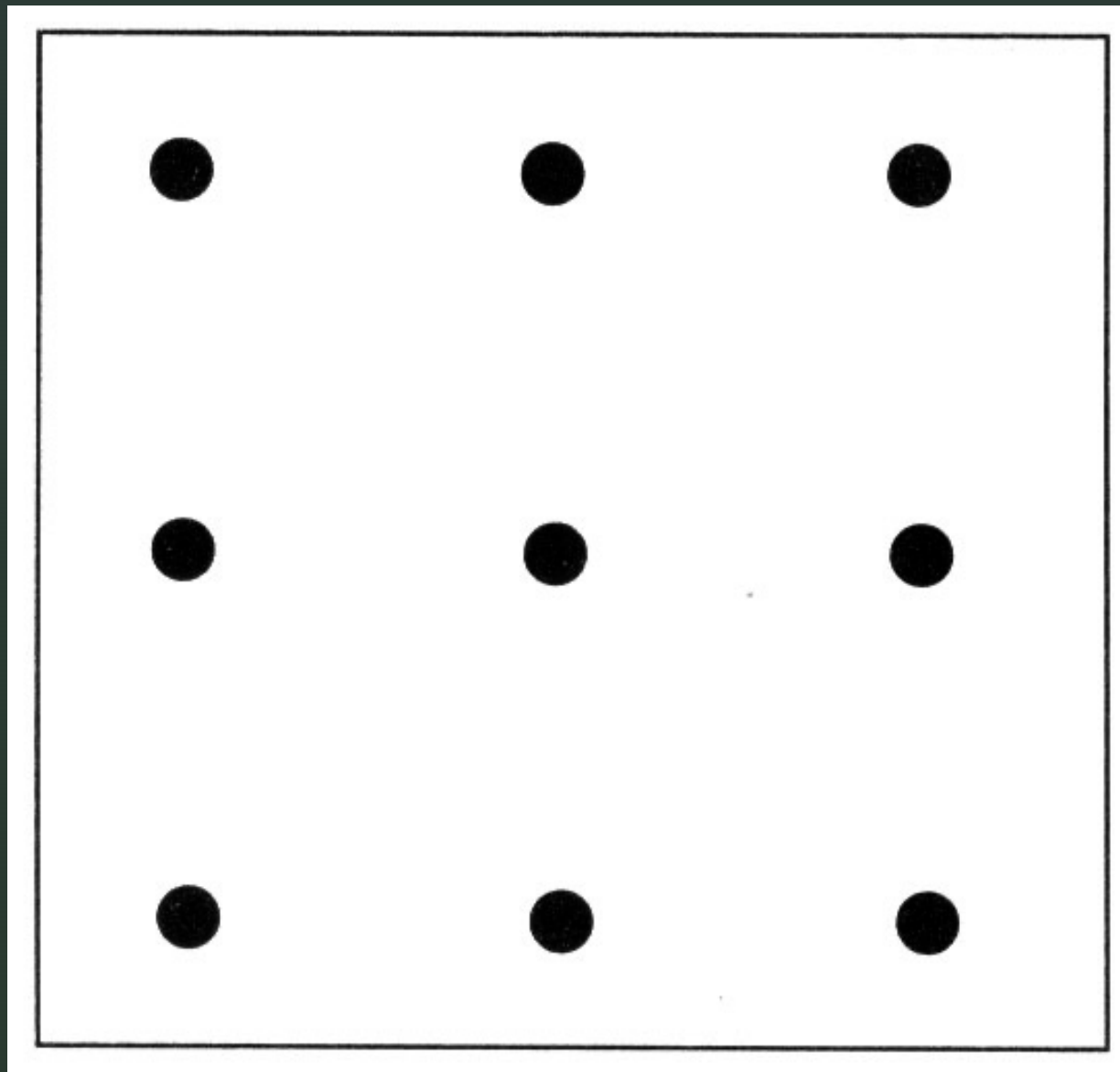
“In the first place”

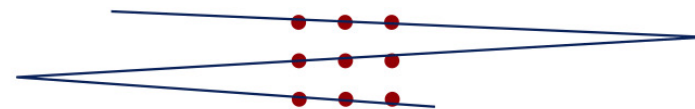
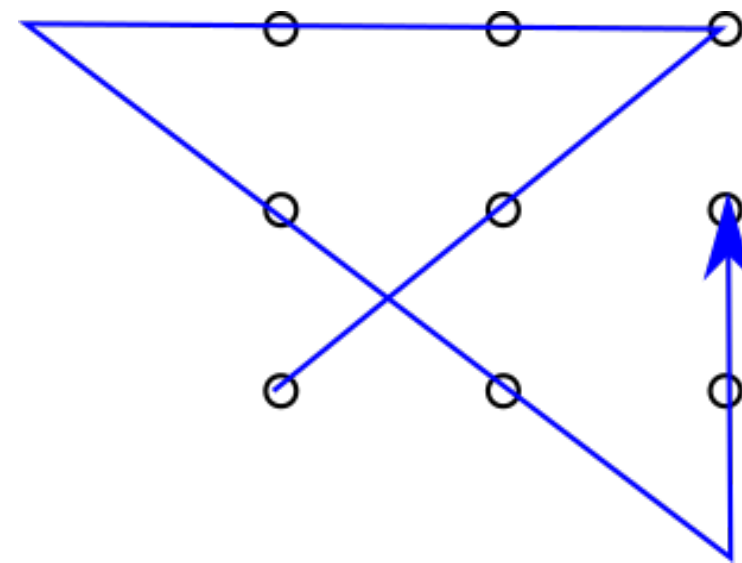
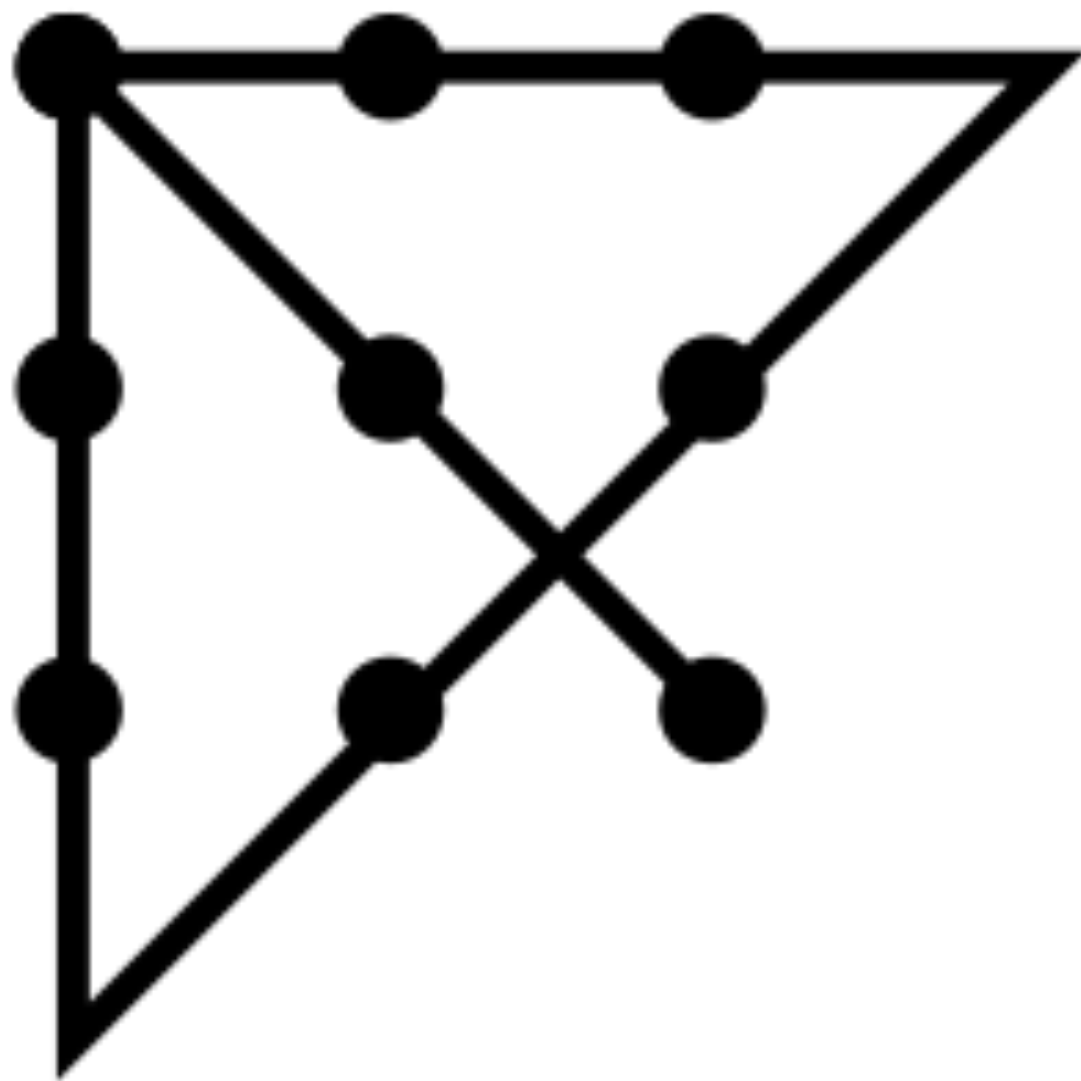
The Spectrum of Prevention: Open Space Examples

Influencing Policy	Promote policies that establish green spaces, comfortable spaces and community gardens where people can connect and build relationships
Organizational Practices	Encourage educational institutions to implement joint-use agreements and increase opportunities for physical activity
Fostering Coalitions	Develop a neighborhood group to maintain the green spaces and coordinate public art or other beautification projects
Educating Providers	Train community leaders to foster social cohesion through environmental design
Community Education	Engage professionals to understand how space contributes to health and mental health
Individual Knowledge	Encourage youth development activities that incorporate learning how to tend to building community









Core Principles

- **Awareness:** everyone is aware of the potential issues
- **Safety:** ensuring physical and emotional safety
- **Trustworthiness:** maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries
- **Choice:** respect and prioritize consumer choice and control
- **Collaboration:** maximizing collaboration and sharing of power with consumers
- **Empowerment:** prioritizing consumer empowerment and skill-building
- **Cultural humility:** respecting diversity within programs, provide opportunities for clients to express culture

Teamwork!





Discussion

- How can we, at our Ladies of Charity Service Center, widen the frame? Get outside the box to serve our clients?
- What struck me about understanding the human brain/neurons? How does this conversation reflect the presence of Christ in each of our clients?
- What supports do I need to better accept my clients where they are yet help them to expand their opportunities?