

The Recovery Legacies of Frederick Douglass and Malcolm X

Presenter

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Great Lakes (HHS Region 5)

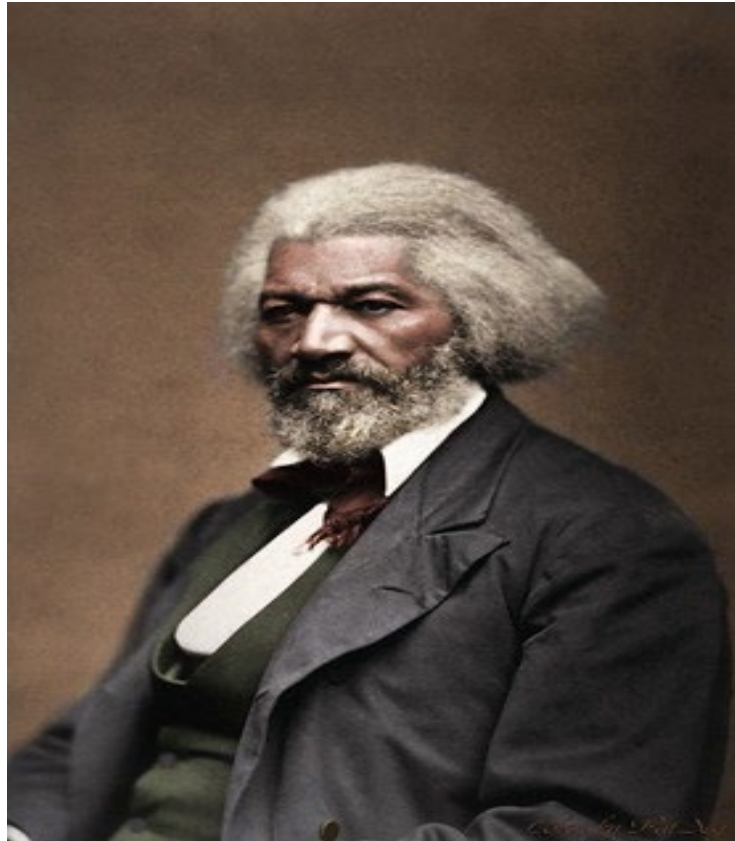
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





What is the reason African American History month is in February?



Source: flickr commons

“We can’t stagger to freedom.”

Frederick Douglass

Leader of the Black Temperance Movement

“When a slave was drunk, the slave holder had no fear that he would plan an insurrection. No fear that he would escape to the North. It was the sober thinking slave who was dangerous and needed the vigilance of the slave holder to keep him a slave.”

Frederick Douglass
March, 1846, Scotland

“I used to drink. I found in me all those characteristics leading to drunkenness.”

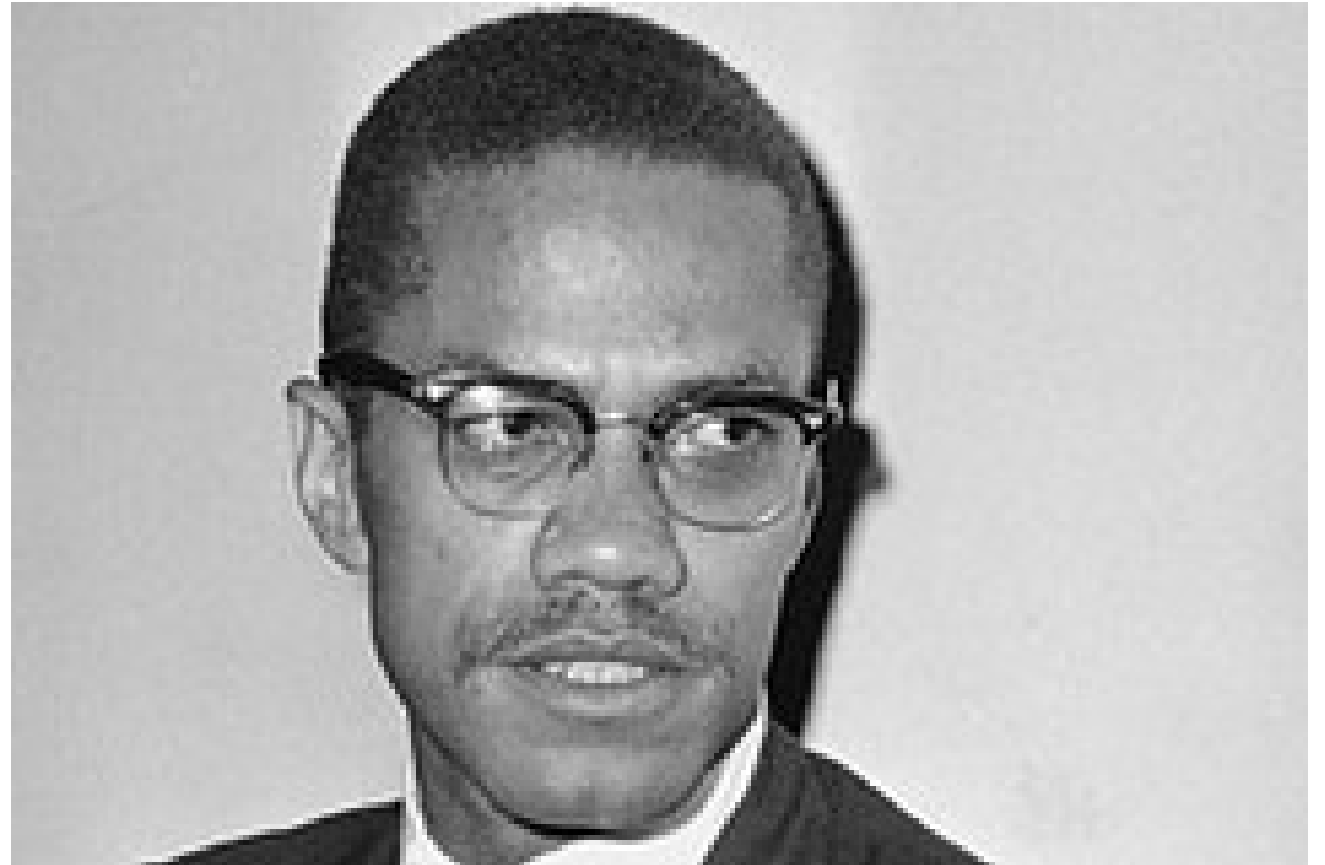
Frederick Douglass
February 18, 1846

“I have had some experience with intemperance. I knew what it was like to drink with all the ardor of a Drunk. Some of the slaves were not able to drink their share (portion of alcohol provided by those who owned slaves). I was able to drink my own and theirs too.”

Frederick Douglass
March, 1846, Scotland

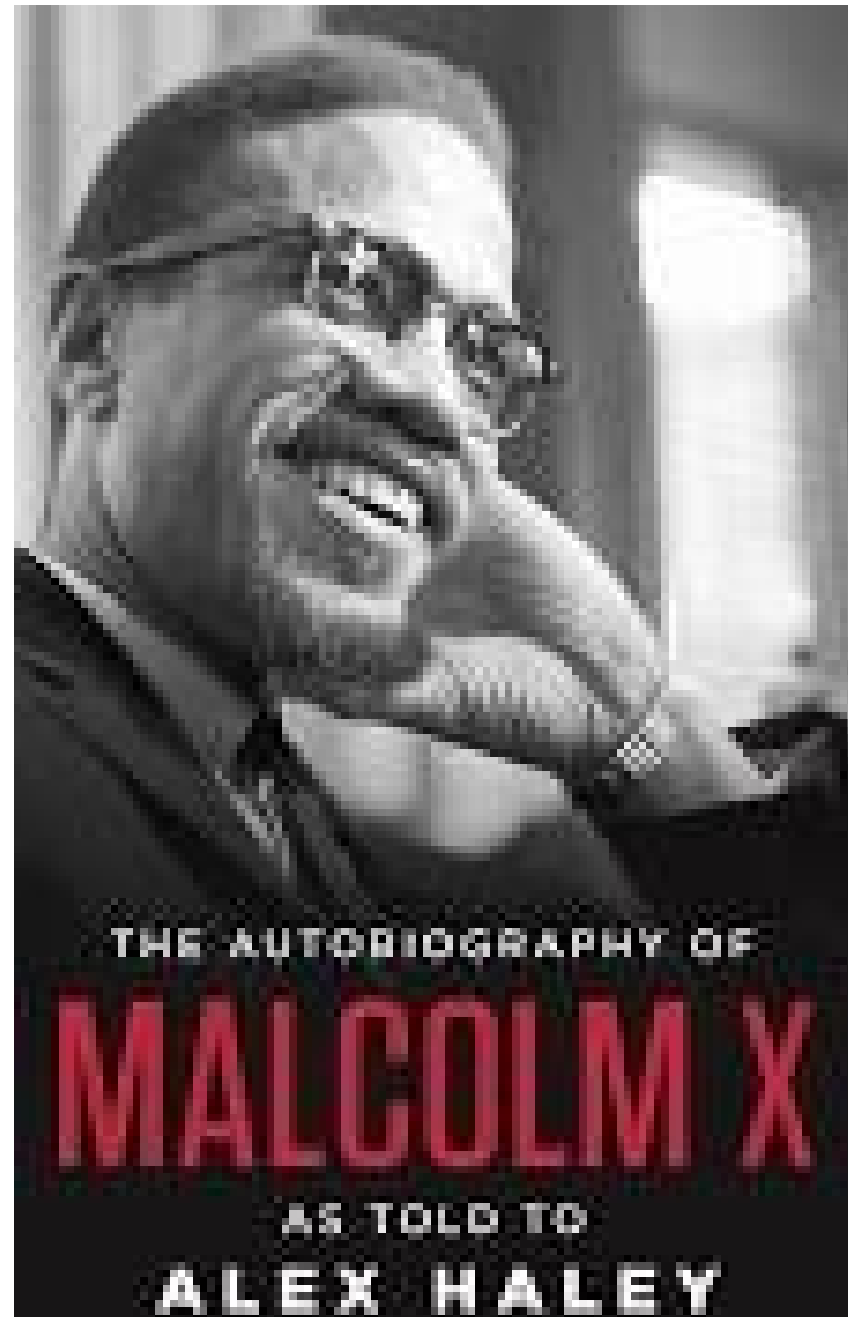
Malcom X

Source: flickr commons





Benneth Lee



Source: Amazon.com

Malcolm X Trauma History

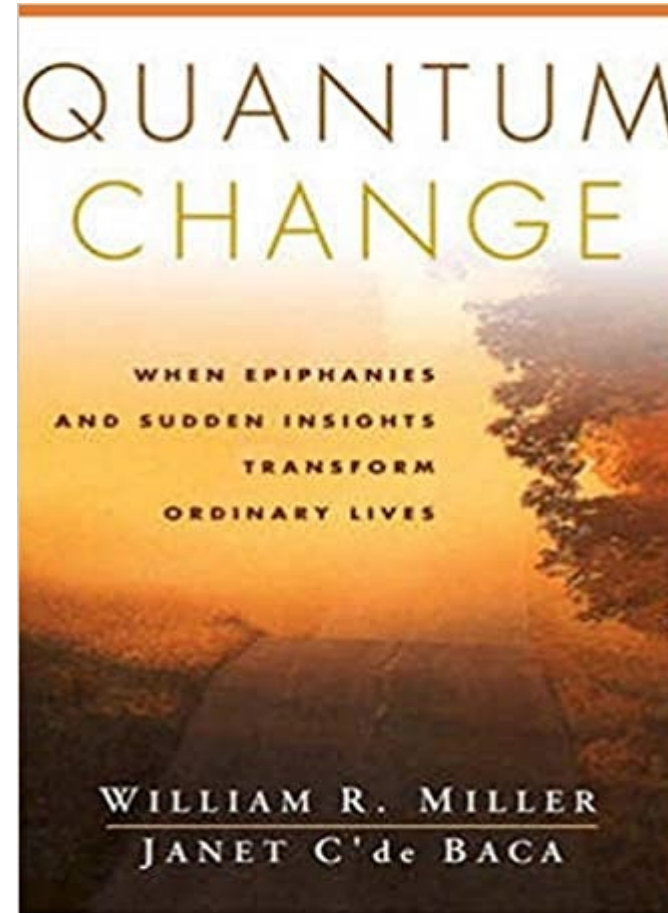
- Father killed by the KKK
- Mother placed in an asylum
- Siblings separated by the child welfare system



Benny Lee

CEO, National Alliance for the empowerment
of the formerly incarcerated

Malcolm X's Pathway of Recovery was Quantum Change




Source: Amazon.com



Spike Lee and Samuel L. Jackson

Source: flickr commons



Lessons from the recovery legacies of Frederick Douglass and Malcolm X

Lessons

- Purpose, advocacy and community development are important aspects of recovery for many African Americans. Fredrick Douglass was a leader of the Black Temperance Movement and anti-slavery advocate in recovery. Malcolm X started a program called 'fishing for the dead'.

What are the reasons you survived?

Who would benefit from your recovery?

Are there any conditions that you would like to help improve in recovery?



Billie Holiday

Source: flickr commons

Billie Holiday: An early advocate

- Her song *Strange Fruit* was the theme song for the anti-lynching movement

”Imagine if the government chased sick people with diabetes. Then forced them to take insulin in dark alleys. Then sent them to jail. If we did that, everyone would know we were crazy. Yet we do practically the same thing every day of the week with sick people hooked on drugs.”

Billie Holiday

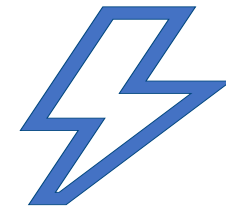
Lessons, Continued

- Efforts should be made to address **trauma** with African Americans seeking recovery

Definition of Trauma

Psychological Trauma

Damage to the mind that occurs as a result of distressing events. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope with the experience. Trauma may result from a single distressing experience or recurring events for days, weeks, months or years.



Traumatic Stress and African Americans

Historical Trauma Definition

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.

Dr. Maria Yellow Horse Brave Heart,
2000



Historical Trauma

- The Middle Passage
- Slavery
- Reconstruction Era
- Jim Crow Laws
- Lynching
- Riots

Photo: Library of Congress
A Greyhound bus trip from Louisville, Kentucky,
to Memphis, Tennessee, and the terminals. Sign
at bus station. Rome, Georgia, 1943





Impact of Historical Trauma on African Americans

- Loss of culture
- Survivor guilt
- Depression
- Traumatic stress symptoms
- Numbing



Impact of Historical Trauma:

- Historical unresolved grief
- Substance use
- Suicidal ideations
- Traumatizing others at the micro and macro levels



PTSD

- The person has been exposed to a traumatic event
- Recurrent and intensive distressing recollections of the event
- Efforts to avoid conversations, activities, places and people that bring up memories of the event
- Difficulty falling or staying asleep, nightmares, flashbacks

PTSD vs. Complex Trauma



PTSD:

Exposure to a specific traumatic event

Complex Trauma: Multiple Layers and Years of Traumatic Experiences

- Neglect
- Abandonment
- Multiple placements
- Parental substance abuse
- Adult emotional unavailability
- Multiple losses
- Exposure to domestic violence
- Abuse



Most Common Symptoms of Complex Trauma

- Difficulty regulating emotions 65%
- Difficulty with impulse control 63%
- Negative self-image 62%
- Difficulty concentrating (ADD) 60%
- Aggression (Conduct Disorder) 56%
- PTSD 12%
- Substance Abuse 10%

24 – 7 – 365 **Terror**

Addressing Trauma With African Americans With Substance Disorders

- Historical trauma



A small, vibrant green seedling with several leaves is growing out of a crack in a dark, textured asphalt surface. The background is a blurred, light-colored ground, suggesting an outdoor setting. The seedling is the central focus of the image, symbolizing growth and resilience.

The Healing of Historical Trauma

- Awakening and Collective Commitment
- Mass Mobilization
- Personal and Collective Mourning
- Forgiving the Unforgivable
- Return to culture
- Achieving a new harmony
- Cultural revitalization and celebration
- Nontraditional approaches

White and Coyhis



Leymah Gbowee Liberian, Nobel Peace Prize Winner

Source: flickr.com

Gregory Boyle and Homeboy Industries

Source: amazon.com

Tattoos on the Heart

THE POWER OF
BOUNDLESS COMPASSION



THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD



Addressing Trauma With African Americans With SUD:

- PTSD and Complex Trauma
- CBT
- 24 – 7 – 365 Terror



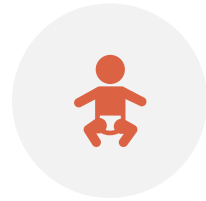
An Existential Concern

How long do African American males live?

Dispelling the Myth



500 murders
annually



40,000 annual
births in
Chicago



2.7 million
residents

Dispelling the Myth:

9 million residents of
Cook County

112 murders in
Englewood over last
20 years

73 thousand
residents of
Englewood

Life expectancy of
African American
men in Chicago is
age 70. Hispanic
Latino males age 73

Trauma-Informed Care Definition

- A trauma-informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up.
- In a trauma-informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.



How to Avoid Re-traumatizing African Americans With Substance Use Disorders in Treatment

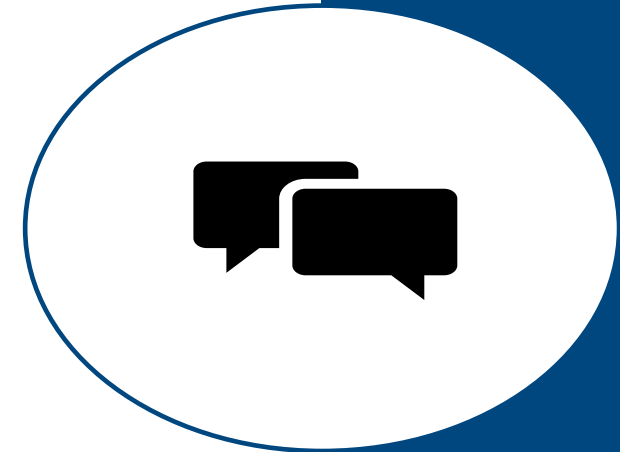
How We Harm

- Biases
- Threats
- Stereotypes
- Micro-aggressions
- Countertransference reactions
- Not believing the client



Do no Harm, Continued:

- Low expectations
- Touch
- Language
- Disproportionate Service Discharge
- Service energy
- Second-class service
- Pictures on the walls, audiovisuals, and written materials



Lessons...

The importance of honoring multiple pathways of recovery. Not silencing any voices.

- Treatment assisted
- 12-Step
- Medication assisted
- Smart Recovery
- Harm Reduction, etc.,
- The use of recovery coaches

Pathways of Recovery

- Mature out – “I’m sick and tired. . .”
- Solo recovery
- Dual recovery

Pathways of Recovery Continued

The use of technology

- Virtual recovery
- Telephonic recovery support
- Text messaging
- Online 12- Step group meetings
- Recovery apps

Pathways of Recovery Continued Wellness/Sports

- Recovery Basketball
- Nutrition
- Yoga
- Meditation (Refugee Recovery)
- Trauma Informed
- Faith-based



Pathways of Recovery: Recovery Residence

- Recovery Homes
- Halfway Houses
- Recovery High Schools
- Recovery Dorms
- Recovery Fraternities

Pathways of Recovery Employment-Based

- Portugal
- Safer Foundation
- Delancey Street
- Dawson Skills Center
- South Western Correctional Center
(lowest recidivism)

Southwestern Illinois Correctional Center Recovery Coaching Program



Pathways of Recovery: Family Recovery

- Alanon
- Nar-Anon
- Codependence Anonymous
- Families Anonymous
- ACOA

Pathways of Recovery: Combined

- Combined style – 70%

Lessons:

- Your family and community needs your recovery



GOING FROM THE PROJECTS TO P.H.D.

Transcending My Geography



DR. YVETTE L. PYE



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WELCOME The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.

www.museumofafricanamericanaddictionsrecovery.org