



Trauma, Resilience and Equity are not only related to current stress and experiences. The history of a person plays an essential role. [An article from “The Institute of Family & Community Impact”](#) provides valuable information on how all three principles are tied to Black History Month. Portions from the website article are included as the remaining content of the #TREbit HISTORY MATTERS (emphasis added).

Overcoming intergenerational trauma is achieved, not by erasing history, but by honoring it and empowering those who have suffered historical trauma. For 400 years, Black history in America has been about overcoming suffering more than the suffering itself. You can hear the cries for liberation if you listen. From the freedom spirituals of people enslaved to the chants of “We Shall Overcome” during the March on Washington, Black voices throughout history have elevated healing in the midst of adversity.

We can’t truly observe Black History Month without seeing trauma — or seeing trauma overcome. In addition, we can’t fully serve our clients and communities without listening to their stories. We may be just one rung on the ladder to liberation. But we can be a firm hand to hold while each individual takes another step up.

We must be willing to listen and learn. First, we must acknowledge history, trauma, and their long-lasting, generational effects. Even people considered “successful” may struggle due to consequences of trauma their parents and grandparents suffered. We may not know family members’ individual stories. But **if we don’t know the history of our Black communities, that’s our own failing.**

We also must study the data. From health and wealth to schools and homes, Black Americans experience inexcusable disparities. You can slice it up however you like, but modest gains in outcomes for African Americans over the last few decades have not erased the chasm that exists between Black and White America.

Then we have to examine carefully the policies that affect these outcomes.