

Rise Sister Rise

*Evaluating African American Girls'
Experience of Trauma and Resiliency
in Ohio's Communities*



**Placing Black Girls at Promise:
A Presentation of the Rise Sister Rise Study
Columbus
City of Columbus Commission on Black Girls
Spiritual Health**

Project Partners

- **PI: Frances C. Frazier, M.A.,
Women's Work_{fcf}, Inc.**
- **ODMH:**
 - Leslie Brower, Ph.D.
 - Kraig Knudsen , Ph.D.
 - Lara Belliston , Ph.D.
 - Linda Garrick
 - Holly Setto
 - Jamoya Cox
 - Lynette Cashaw-Davis
- **Angela Tucker-Cooper** (Mental Health America of Summit County)
- Jill Frost, Public Relations
Averi Frost, PR Assistant



WomensWork_{fcf}, Inc.

Ohio

**Department of
Mental Health**

MHIA
Mental Health America
of Summit County

For African American adolescents to develop into individuals actively engaged in optimal personal and collective development, they must be placed “at promise” as opposed to “at risk” in order to become contributing members of their families, schools, communities, and the broader society.

American Psychological Association, Task Force on Resilience and Strength in Black Children and Adolescents. (2008). *Resilience in African American Children and Adolescents: A Vision for Optimal Development*.

Presentation Overview

- Background and Purpose
- Community Involvement/Role of the Church
- Methodology and Demographics - who are the Girls
- Results:
 - Protective Factors and Strengths
 - Risk Factors
- Building Resiliency in African American Girls in Ohio

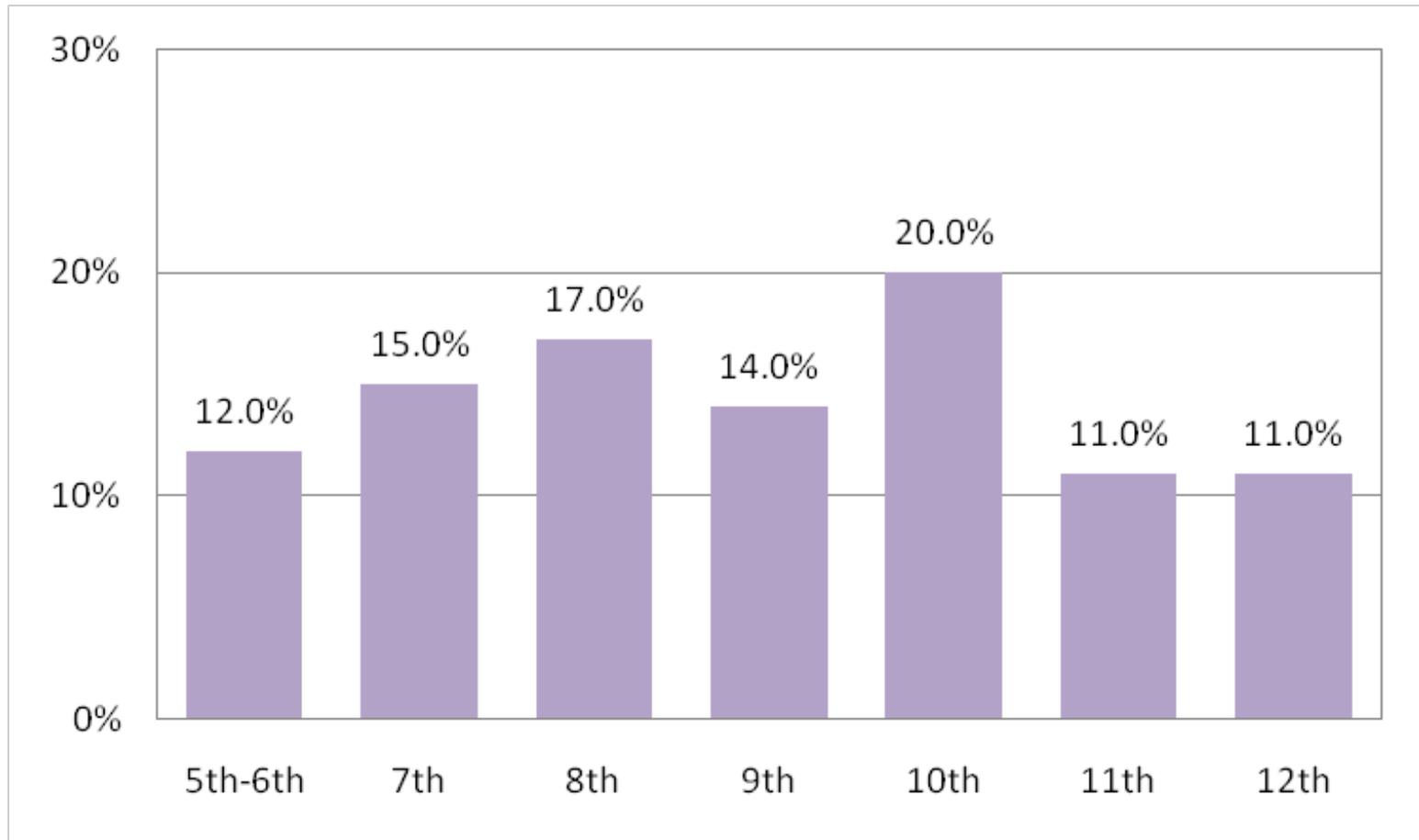
Focus on African American Girls

- African American girls have a number of ***strength-promoting resources*** which can help overcome risks.
- Resiliency themes may be common across ethnicities and cultures but their expression is unique within each culture.
 - **Family ties** – strong biological and non-biological kinship networks provide emotional support and the sharing of resources, childcare, and information
 - **Communalism and Neighborhood ties** – emphasis on the community can create a sense of interdependence and collective well-being
 - **Religious Involvement** – religion can be a social support between women and girls and helps integrate and involve the girls more deeply within the community

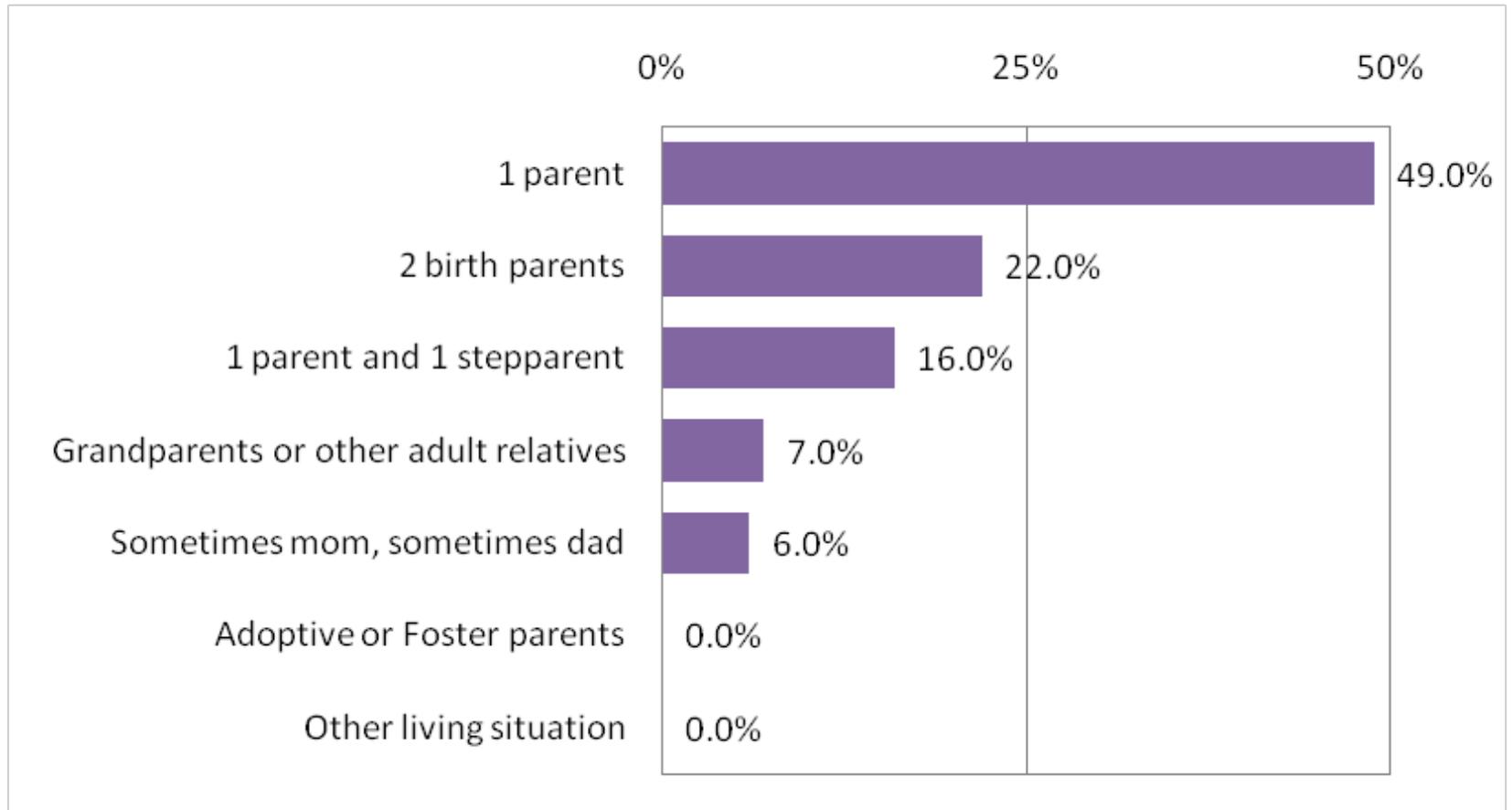
Focus on African American Girls

- Financial disadvantage, uncertain economic conditions, and low prospects for achievement negatively impact the ability of Black girls to make a ***healthy transition to adulthood***.
- Particularly among Black girls residing in an urban context, structural factors such as ***poverty, social immobility***, increased likelihood of ***victimization***, limited ***access to resources***, and both real and perceived ***lack of opportunities regarding education, employment***, and the possibility for forming loving, long-term romantic relationships that result in marriage, all work together to become critical factors impacting Black girls' development during the adolescent years.
- Black Women for Black Girls Giving Circle (2009)

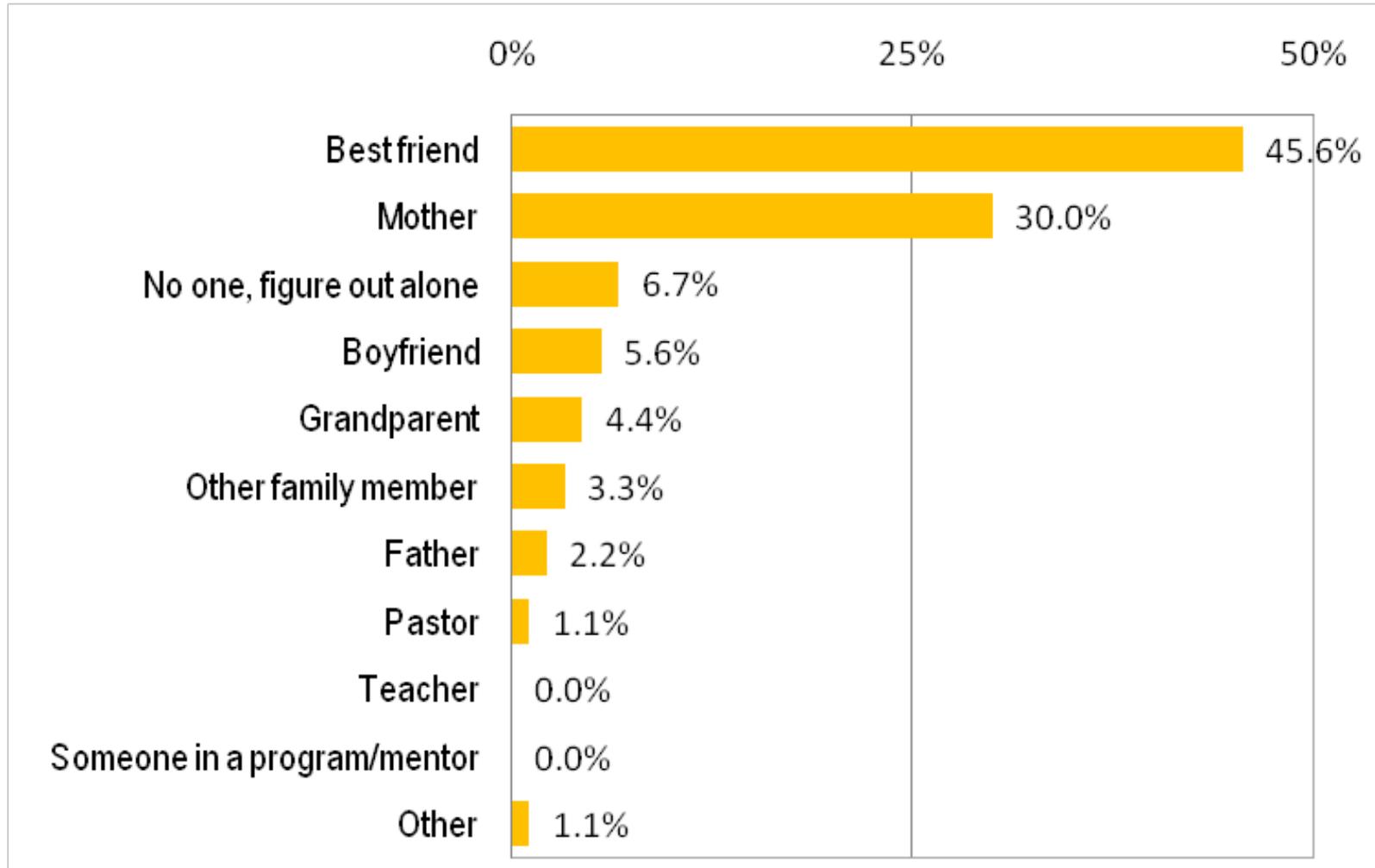
101 girls surveyed in Columbus



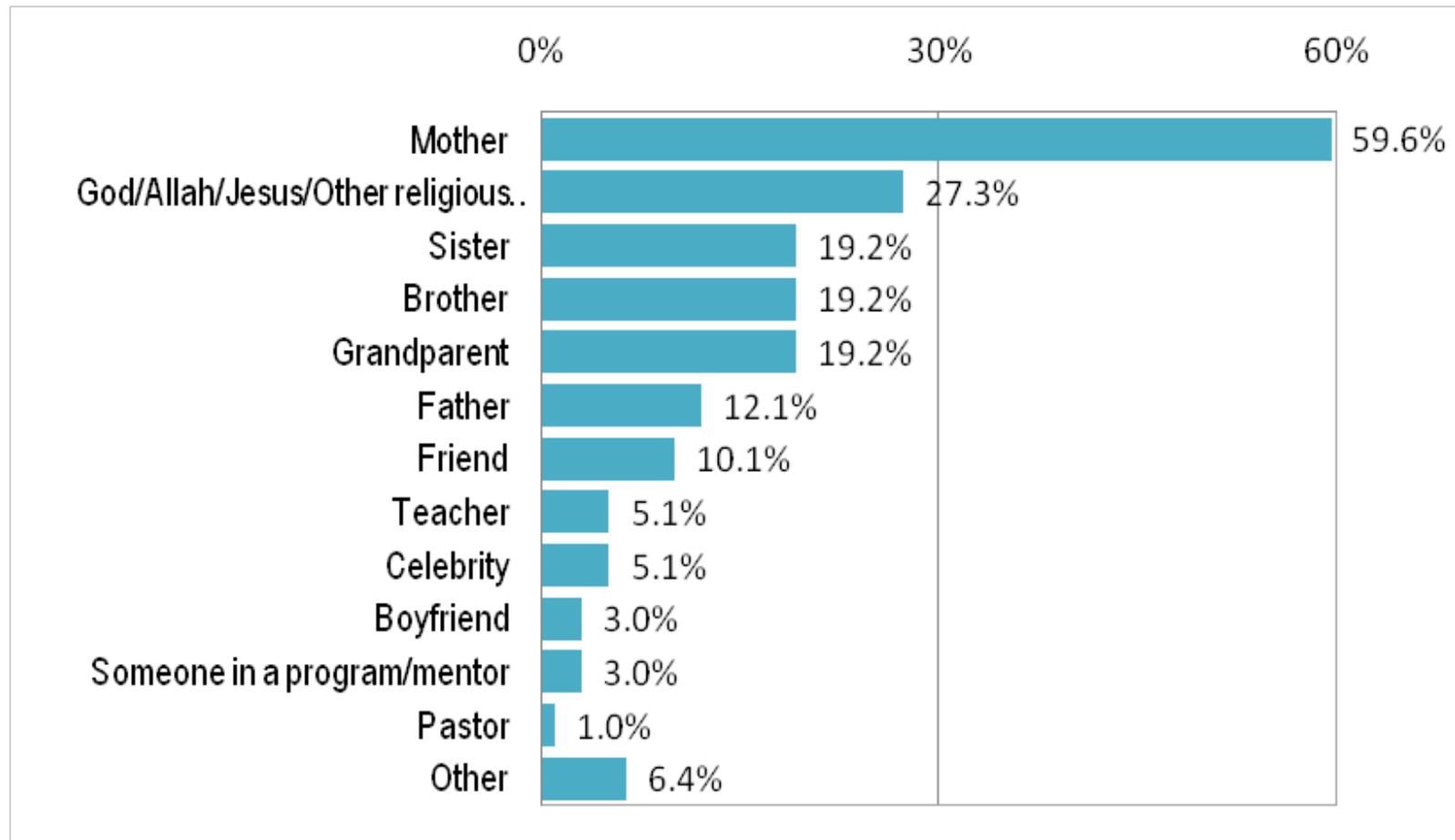
Girls' Living Situation



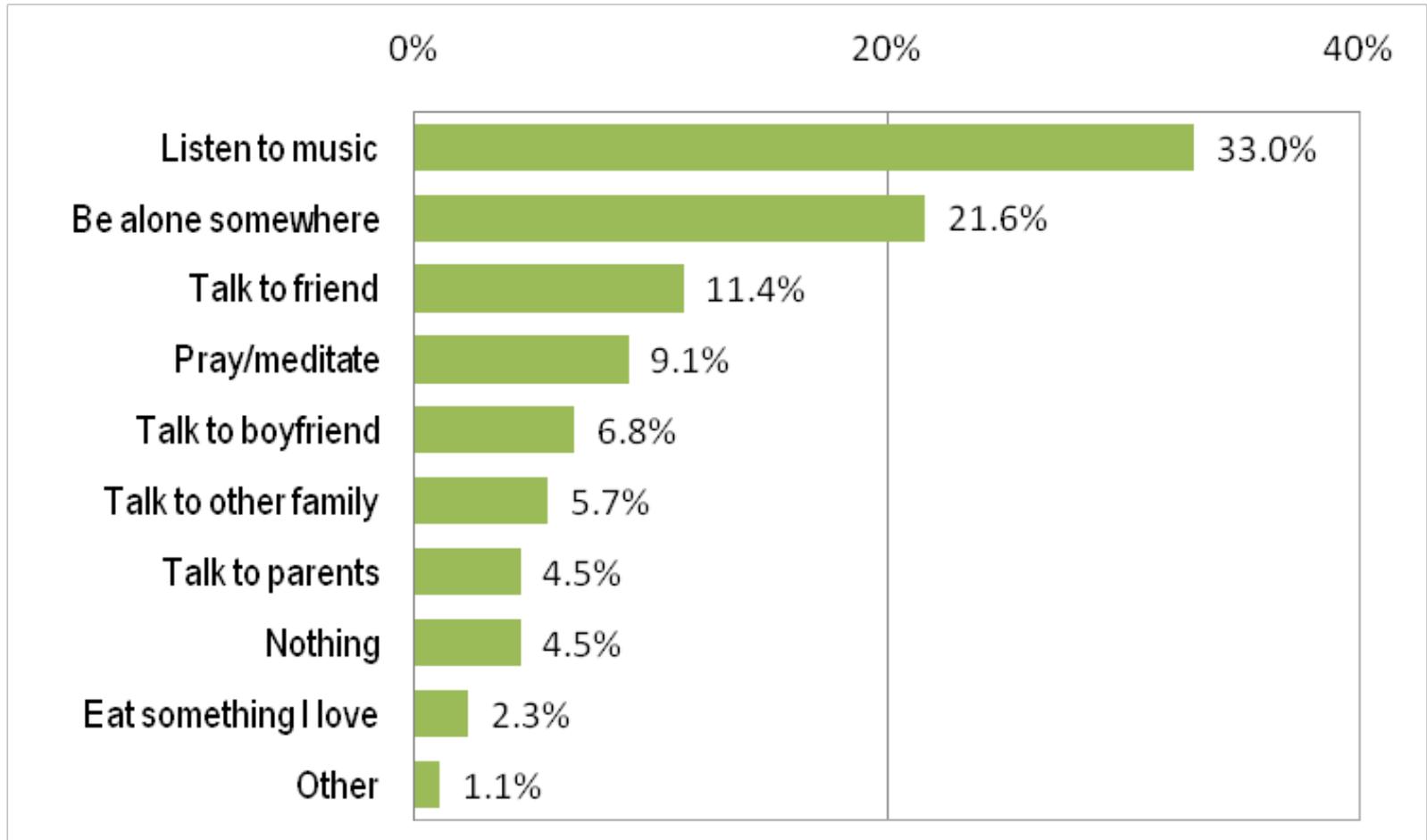
Whom Girls Seek Advice From



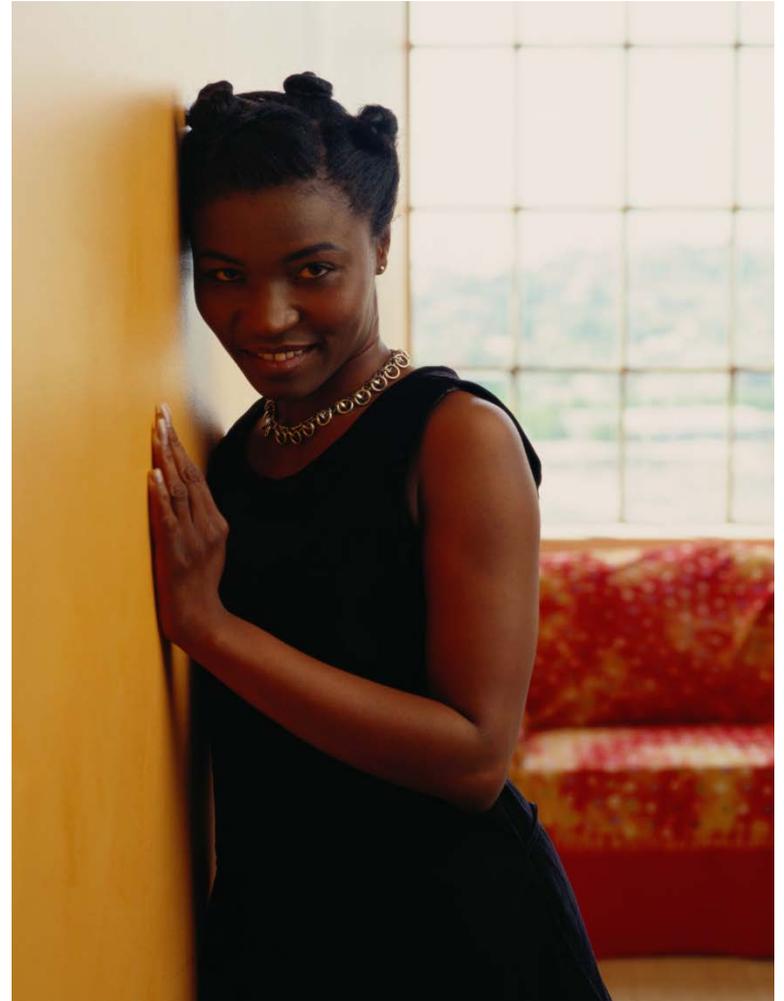
Who Has the Most Influence on Girls



Girls Coping When Sad or Depressed

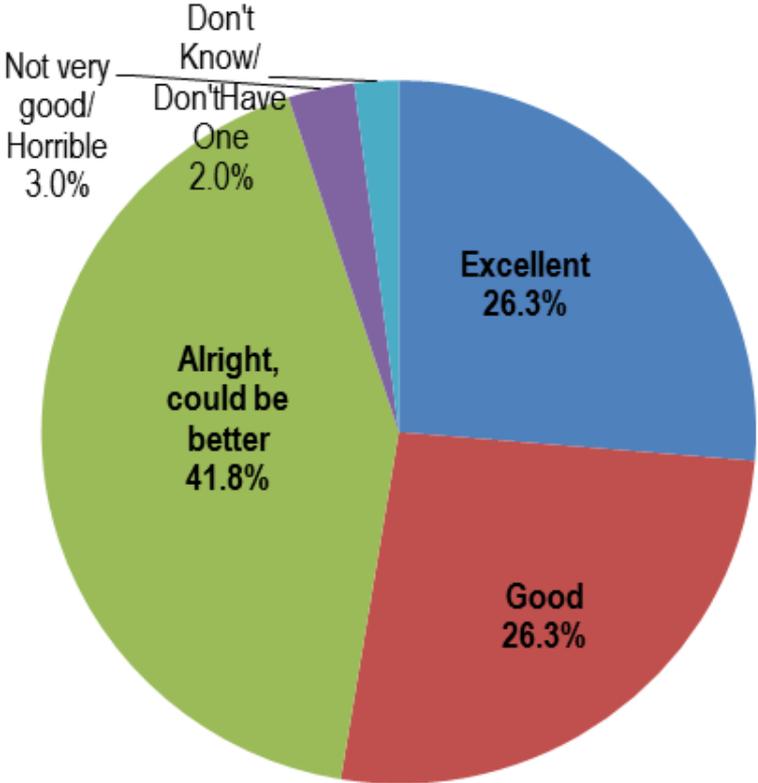


“If I’m stressing over anger, I’ll write a journal entry into my phone where nobody will have it. Or if it’s something that is emotional, I’ll probably turn on some music, most likely gospel, and sit there and think about it and think of ways I can stop being upset – to just believe and be encouraging of myself. Or I go see my cousin, who usually gives me a big hug until I start laughing.”

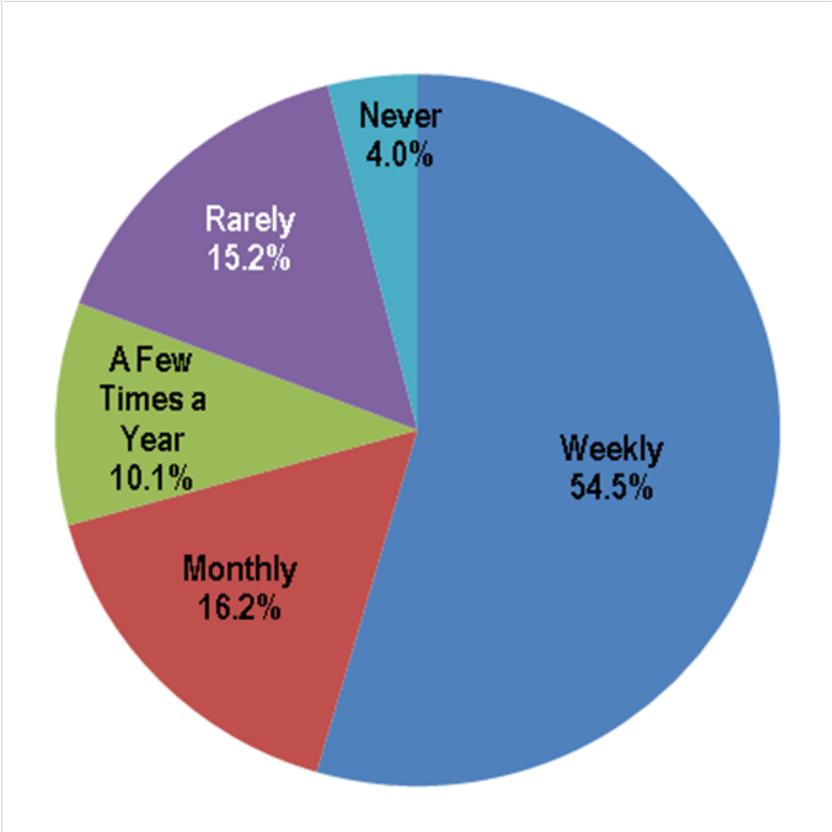


Spirituality and Religious Involvement

Relationship with Higher Power



Attendance at Religious Services



Spirituality and Religious Involvement



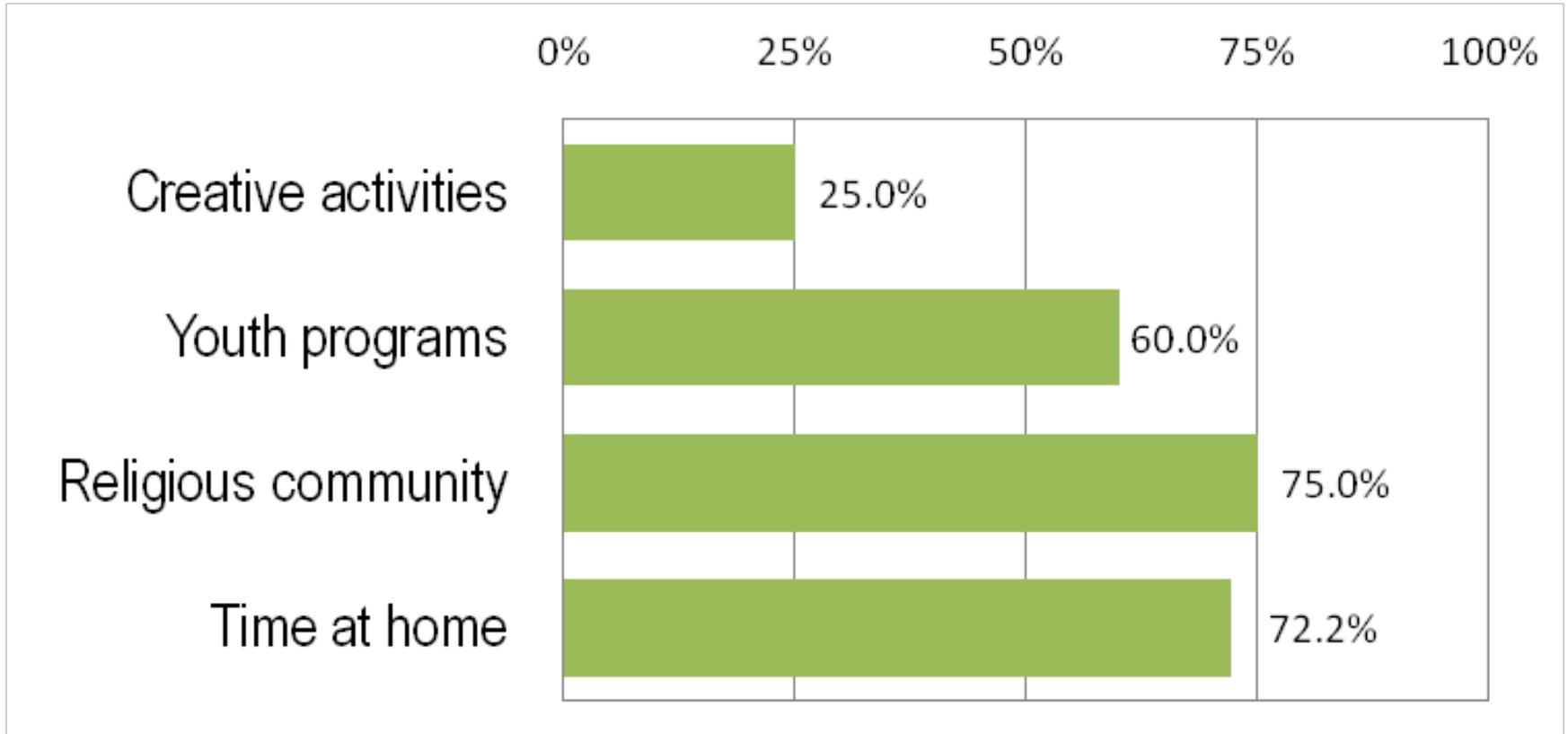
“[My grandfather] is how I actually came to the church. When I was younger, he used to wake me up just to say goodbye to him, and I’d beg to go to church with him, and he would always say, ‘Next Sunday, next Sunday.’ And finally I caught him and said, ‘Today’s Sunday. This is the Sunday.’ And then I went every week, and I became so immersed.”

“I have a strong religion/relationship with God. I love my personality. I love my voice. I love the respect I have for myself.”

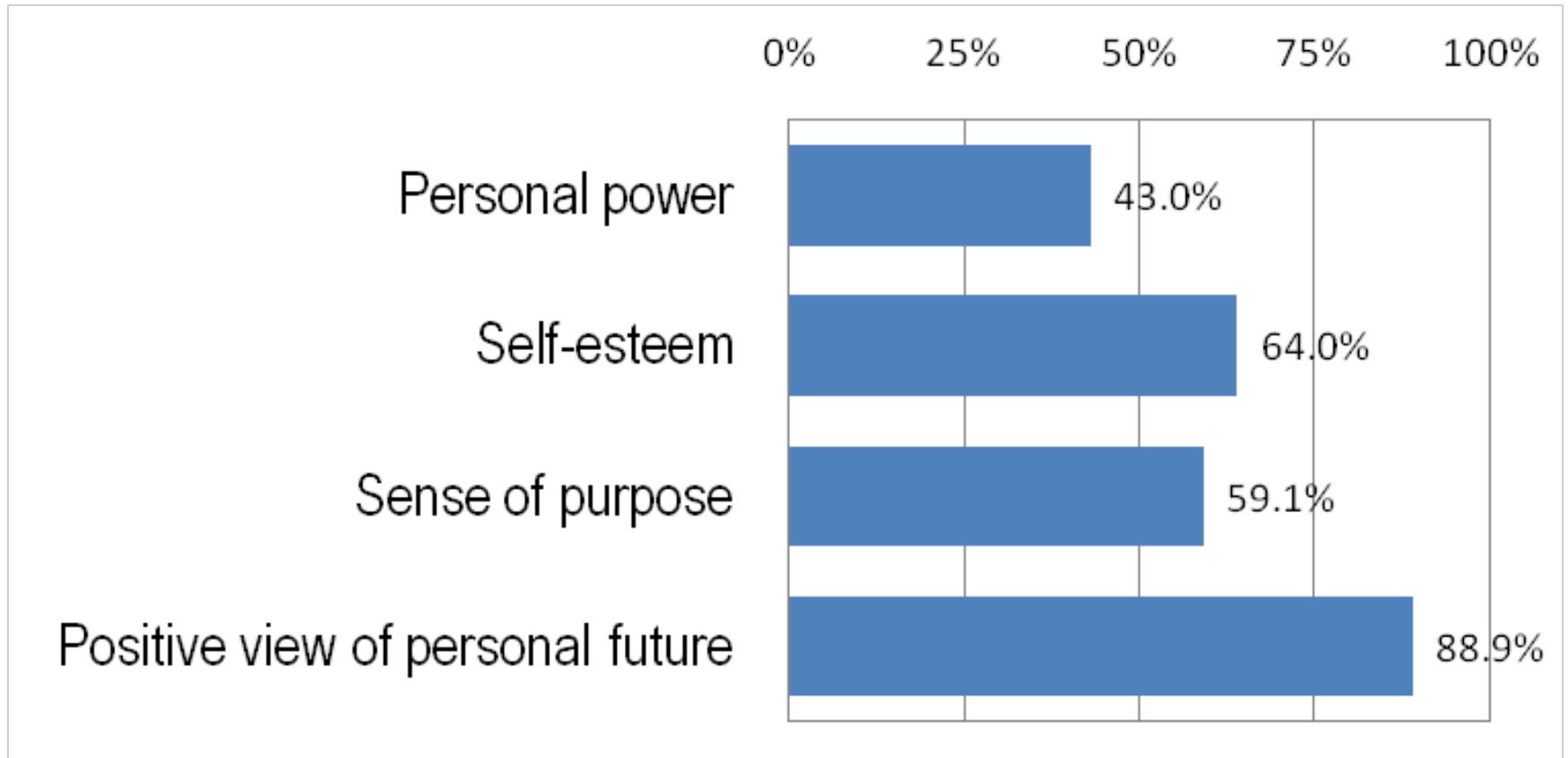
“I love me but God comes first before anything.”

“I am a young African American girl that describes herself as beautiful, blessed, talented, pretty, kind, loving, and most of all a child of God.”

Constructive Use of Time



Positive Identity



How the Church Can Help Black Girls

Sample Responses from 124 Girls

- Support in prayer
- Look forward to a better future, wanting to trust in the Word
- Giving in the community; teaching us respect, love and honor
- Being strong and wise and family based
- Structure, love, respect
- Being respected at all times

How Can the Church Help Black Girls (cont'd)

- Helping us read
- Helping us reach our goals as youth and future leaders
- After church service groups on Tuesday and Thursday
- Mentorship among successful women
- Reference letters
- Counseling / having a therapist

What keeps me strong

“What keeps me strong is **God and my mom**. The reason why my mom keeps me strong is because I see the things that she goes through, and when you see a person go through something tough, that gives you the strength and power and courage to be better.”

“**I’m taking this class**, this nursing class, anatomy and patient care, so when I go to college to become a pediatrician, I will know the stuff I’m doing. That’s keeping me strong.”

“Not worrying about negative stuff, and **staying positive** keeps me strong.”

“**Having goals** – I know I have something I’m going towards in the future – me going to college and stuff like that. I know it’s me pushing forward through that stuff, so it’s going to be better for me.”

“**I can make my life how I want it**, and the way I want to make it is very positive. I want to get a job and have a car and a house, so I have something to look forward to, to keep me strong.”