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## Securely Attached

- ego resiliency
- self esteem
- independence
- respond positively to others
- more longer lasting relationships
- EMPATHY - especially for peers in distress

3

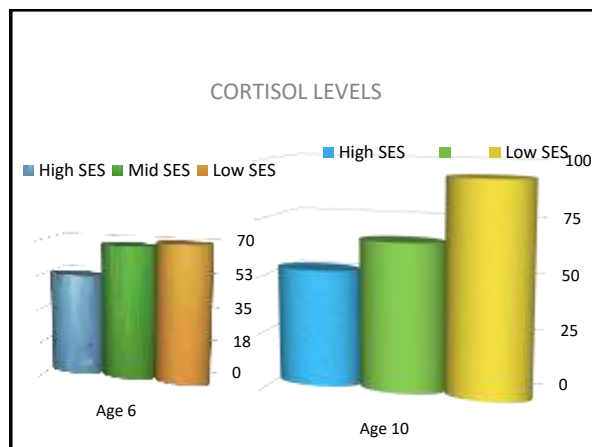
## Insecurely Attached

- Lying, stealing and bullying
- Unable to contain emotions, more likely to be targeted and bullied
- More short term-thinking, compromised advanced judgment

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More than twice as  
likely to have ACE  
score of 3 or higher



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## TOXIC SHAME

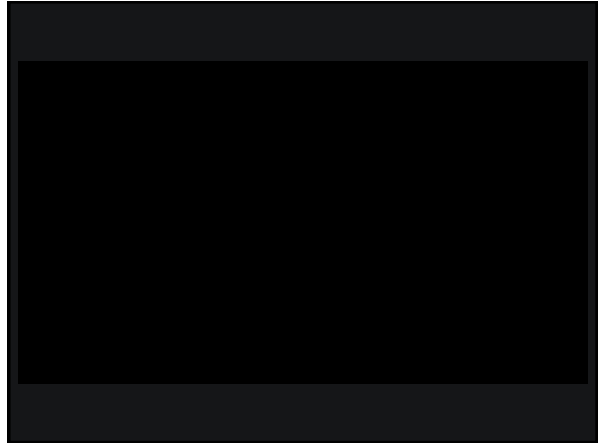
- Low SES people have more shame
- Shame is toxic and demoralizing
- Internalization of shame precludes understanding of oppression
- The “trick” is to make people ashamed of the injuries inflicted upon them

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Dominant monkeys had more dopamine  
AND were less likely to use cocaine  
Subordinates died earlier, with gastric ulcers,  
enlarged adrenals, parts of hippocampus destroyed.

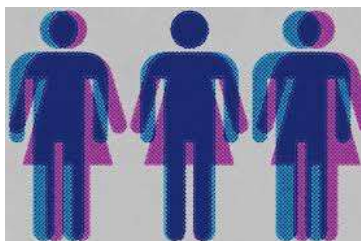
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#### Gender Identity, Gender Expression and Sexual Orientation

LGBTQ+ community has three times  
(30%) the risk of addictions compared  
to general population (9%)



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#### Black and Brown Children

- Three times as likely to grow up poor
- More likely to be diagnosed with disease and disorder

(Economic Policy Institute, 2018)

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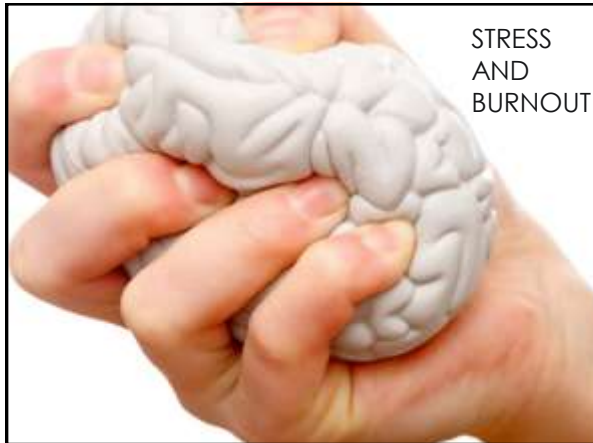
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STRESS  
AND  
BURNOUT

17



the great disconnect

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## SOCIAL CHANGE

Not just recipients of services, but  
agents of societal transformation



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