



Center for
Urban Responses
to Environmental
Stressors



Social Stressors

FACT
SHEET

Community Resource

When Detroiters are facing stress, they can turn to their Neighborhood Service Organization (NSO). For over 60 years, NSO has provided human and social services to Detroiters, impacting thousands of people per year. They work by "The Power of One:" one person, one opportunity can impact a community. NSO's six Detroit and two metropolitan locations empower residents through mental health and wellness services, crisis support, and job training programs.

Since 2014 the NSO has held a seat on the CURES Community Advisory Board (CAB), which works to ensure research ideas and important information get to those who need it most. Partnering with CURES, the NSO, have helped to create community programming, such as *Asthma Prevention* and *From Childhood to Old Age: Mental Health & Neighborhood Stressors* chats.



SERVICES OFFERED

ADULT OUTPATIENT SERVICES
(mental health support)
313-961-7990

OLDER ADULT SERVICES
(wellness, advocacy services)
313-961-7990

LIFE CHOICES
(children, youth & adults
with developmental disabilities)
313-875-7601

YOUTHLINK
(workforce development
for young adults age 14-24)

New
Research



Your Neighborhood and Stress

Could Your
Neighborhood
Be Making
You Stressed?
How?



Dr. Malcolm Cutchin and his team asked those questions of Detroit's older adults as part of the Daily Activities, Neighborhood Stressors, and Stress (DANSS) study. Older African American adults provided saliva and hair samples so their stress could be measured and compared with their neighborhoods and experiences recorded for a week. "The goal was to learn how day-to-day life in their neighborhood played a role in how stressed they were," said Dr. Cutchin. The seniors received cell phones to document their daily activities through photographs, reports and in-person interviews.

Why were people more stressed in some neighborhoods? The study findings pointed to loss of trust in their neighborhood's social and physical environment. Pictures of dumping sites, abandoned houses, and frustrations with new neighbors and absentee landlords were examples of sources of stress. Our CURES Community Engagement team held an event so Dr. Cutchin could share the results of his study, and help people learn more about stress in Detroit neighborhoods.

You can view this video, "Talking with Seniors: Neighborhood Stress in Detroit," by visiting our website at: <https://cures.wayne.edu/community-engagement>



Community Questions

Q. Are studies on Adverse Childhood Experiences (ACE) happening near me?

A. Yes! The Michigan Association for Health Plans received funding to build awareness of adverse childhood experiences across the state. They plan to inform people about ACEs and help develop programs to support and build resiliency to help people cope with an ACE. For more information, visit <http://mahp.org/ace-grant>.

Q. Can you see cortisol in hair?

A. Cortisol is inside the hair, so it is not visible with the naked eye. In the DANSS study, for example, hair samples taken from older Detroiters were analyzed in a lab.

Q. What promotes resilience?

A. Having strong social networks and supportive relationships with family, friends and neighbors can build resiliency. Exercise can help, too.

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Different Kinds of Stress

Did you know there are different kinds of stress? At our recent community chat, *From Childhood to Old Age: Mental Health & Neighborhood Stressors*, Dr. Theresa Holtrop, Executive Director of Wayne Children’s Healthcare Access Program (WCHAP), explained different kinds of stress and the importance of protecting children from chronic stress.



POSITIVE

Some stress is necessary to energize and motivate us. Good stress can cause a short rise in your heart rate and cortisol, a stress hormone in our body. This type of stress isn’t damaging because cortisol levels fade quickly and your heart rapidly returns to its normal rate after good stress.



TOLERABLE

Tolerable stress is stress that might be serious, but only lasts for a short time. Imagine if a bear were walking down the street behind you. Your body will tell you to get out of the way with a quick jolt of “stress response” and increase to your heart rate.



TOXIC

Toxic or chronic stress happens over and over for a long period of time. Imagine if that bear came to your house every day! Toxic stress is bad because your body never gets a chance to go back to normal. Heart rate and cortisol levels stay high and can have damaging effects on every organ in your body, even your brain.

STRESS IN CHILDHOOD



In her presentation, Dr. Holtrop talked about an important study conducted in the early 1990’s that found Adverse Childhood Experiences (ACEs), or bad things we are exposed to when we’re young, can have a lasting impact on our health. ACEs include abuse and neglect, and experiences such as watching a relative struggle with violence, divorce or substance abuse. Thousands of people in the study were asked about things that happened to them when they were young and about their current health status. The more ACEs a person experienced, the more likely they were to have unhealthy behaviors and illnesses like cancer and heart disease.

Tips to Address Stress



Build Resiliency

ACEs can impact your health, but building resiliency can limit the damage. Resiliency is the ability to handle stressful experiences. Resiliency can come from a toolkit of coping strategies, supportive family and friends, and being active.

Make a List

What makes you happy? Visiting friends? Bouncing a ball? Music? Running? Whatever it is, do it! Doing things we enjoy can boost our mood and help reduce the impact of stress.

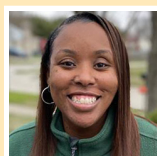


Fit Kids 360



Get Active!

FitKids 360 is a Wayne Children’s Healthcare Access Program that teaches kids and families to eat better and move around more through activities, games, and fun. FitKids is for kids 5-17 with a Body Mass Index (BMI) at least 85% higher than normal for children their age. To join, your child must be referred by a doctor. Learn more at www.wchap.org



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