

# Helping Young Women Navigate Intergenerational Trauma

In honor of Women's History Month, we're spotlighting a community partner that benefits young women in the South Bay with Kaiser Permanente grant funding: The Positive Results Center (PRC). Kande Lewis, CEO of PRC since 2010, shares with us how Kaiser Permanente's grant dollars are making a difference in the lives of young women experiencing trauma:



"Women and girls are resilient – but that's painful to say because it means that we're constantly going through some nonsense," Lewis says. "From the time we are little, many of us are having to fight something. This is especially true for women of color, who are often sexualized from a young age."

"Intergenerational violence and abuse begin in the womb. The child experiences whatever the mother is experiencing, whether that's housing insecurity, food insecurity, sexual assault, physical violence, poverty, illiteracy, attempted suicides, or low self-esteem." Such adversity creates a cycle of trauma that puts

children whose parents have experienced it at greater risk of experiencing it themselves.

"Kaiser Permanente's funding has allowed PRC to provide free mental health sessions for girls and parents. It has enabled us to bring in artists to work with those who are more comfortable communicating their pain through art, as well as provide training to youth in how to identify signs of adversity in friends and support them. All this helps young women to see that their experience is not who they are, it's just what has happened to them."

Lewis herself is an exemplary role model for women, who overcame adversity to achieve success. After years in the corporate world experiencing racism, sexism, and sizeism, Lewis quit her job and joined PRC, which her brother had founded. "I had to go through some things to be here – but the adversity I experienced allowed me to really be empathetic and understand the plight of the women in my community."

Recently appointed as a member of the Community Engagement Stakeholder Committee for Kaiser Permanente's Bernard J. Tyson School of Medicine, Lewis gives input on what support is needed most from health care. She reflects, "I'm really excited about this opportunity because we're able to help formulate some of the plans, trainings, and workshops for students, so they can better support these community needs [when they become doctors]."

Kaiser Permanente has helped fund PRC annually since 2013, investing a total of \$232,116. This includes funding from Kaiser Permanente's National Advancing Racial Justice and Equity Grant Initiative. We're proud to help build successful women in the communities we serve!

To learn more about the Positive Results Center, visit [www.prc123.org](http://www.prc123.org)