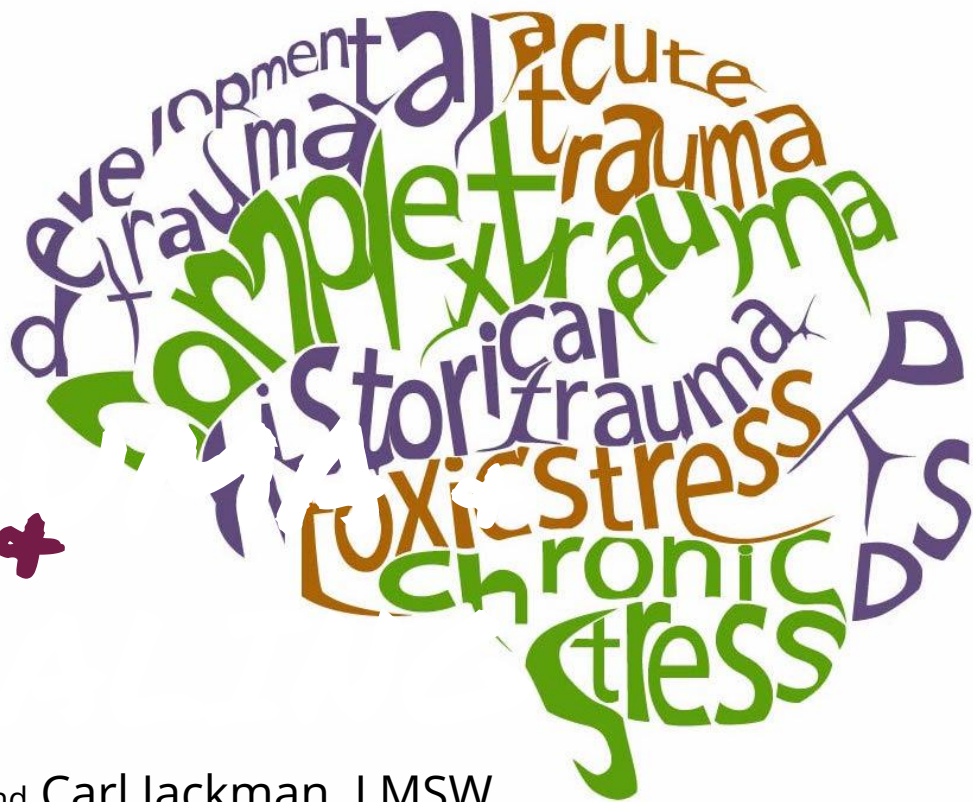


TRAUMA + HEALING

with Justine Gonzalez-Belay and Carl Jackman, LMSW



CIN VALUES



Our Values

Access

Equity

Inclusion

Diversity

Community Building

Brave Space/Safe Space

Open Communication

Youth at the Center

Core Elements

Welcoming

Collaborative

Active Listening

Non-Judgmental (safe)

Being an Advocate

Compassion/Empathy

Problem Solving

Challenging/Questioning/Inquiry
discomfort is okay

Vulnerability

Values in Action

Sharing resources and best
practices

Advocating for young
people and yourself

Setting clear expectations

Not just theory but practice

Providing space for
reflection and transparency

Promoting equity through
speakers, workshops,
lectures

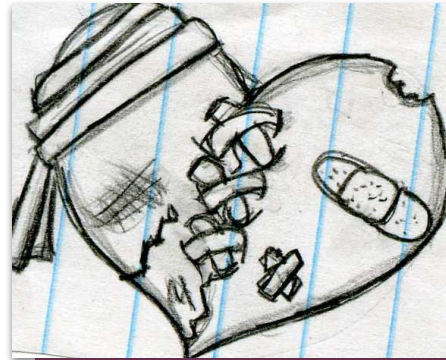
Relevancy

Quality experiences

INTRODUCTIONS

Justine Gonzalez-Belay, *Red Hook Initiative*

Carl Jackman, LMSW, *The Opportunity Network*

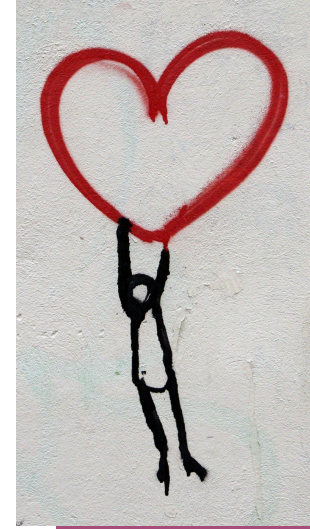


"*The Spirit of Healing*" mural by Jesse Trevino



TODAY'S AGENDA

- Introductions & Icebreaker
- Community Practice
- Shared Language and ACE's
- Think, Pair, Share: Exploring Stress
- Gallery Walk: Trauma Responses
- Case Study: Trauma Informed Approaches
- Break Time
- Risk and Resiliency Factors
- Self-Keeping and Wellness Practice
- Healing Justice
- Radical Healing Practices



ICEBREAKER

- The Seven Word Autobiography



COMMUNITY PRACTICE

- Creating a Safe Space
 - Take Care of Yourself as Needed
 - What is said here stays here AND...
 - What is learned here leaves here
- Creating a Brave Space
 - Controversy with Civility
 - Own Your Own Intentions & Impact
 - Challenge by Choice
 - Respect
 - No Attacks (Arao and Clemens, 2013)

(The Art of Effective Facilitation: Reflections from Social Justice Educators, 2013)



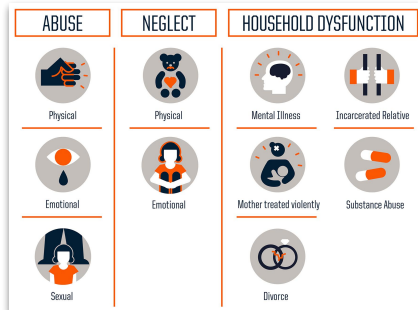
SHARED LANGUAGE

- Stress and Trauma are Normal
- Stress vs. Trauma vs. Traumatization
 - What is Stress? Trauma? and Traumatization?
 - *Stressful events are not always traumatic.*
Traumatic events do not always lead to traumatization
 - Support & Resources
 - Protective Factors
 - Building Resilience

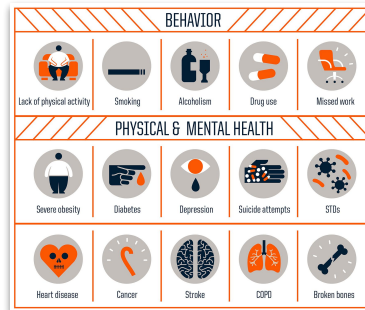


ADVERSE CHILDHOOD EXPERIENCES

- **What are ACEs?**
 - What experiences could be considered an ACE?
- **ACE's are Common**
 - How can ACE's impact staff and student behavior at our sites?
 - Physical, Emotional and Mental wellness



Three Types of ACEs



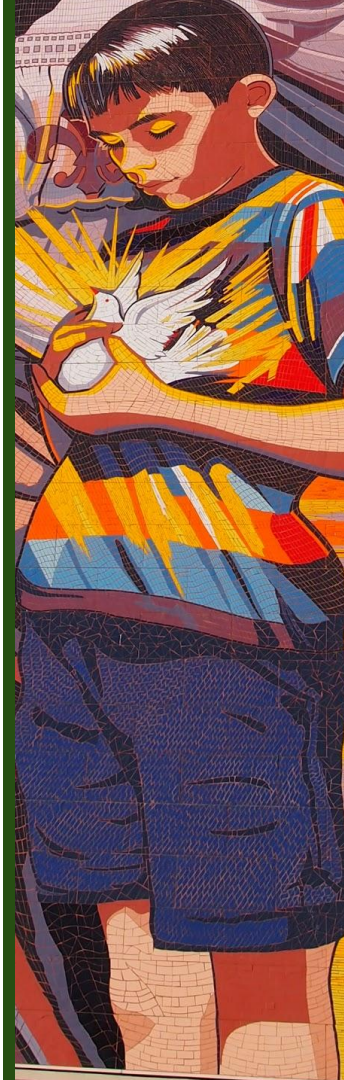
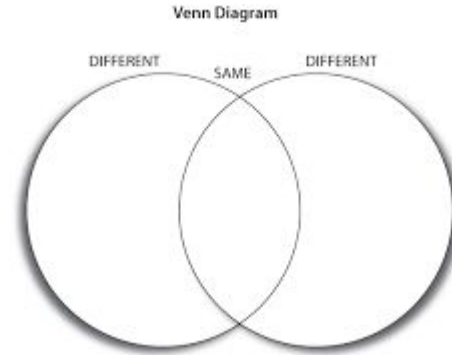
ACE's & Adult Health Risks



THINK, PAIR, SHARE

Exploring Stress

- What are the most common stressors faced by:
 - Young people at our sites
 - Colleagues at our sites?
- The Impact of Stress
 - Our bodily responses to stress determine the type of stress we are experiencing, not the stress event.
 - Thoughts?



BREAK TIME

Time for a Break!
See You in 5 Minutes.



GALLERY WALK

- **Common Responses to Traumatization**
 - Fight or Flight
 - Learned Helplessness
 - Thinking Under Stress - Action NOT Thought
 - Loss of Volume Control
- **Gallery Walk Activity**
 - Read, reflect and write on each trauma response using the prompts at the Gallery Station



CASE STUDY

- **Trauma Informed Approaches**
 - Review Trauma Informed Classroom Strategies Handout
 - For Example...
- **In groups, you will,**
 - Review and discuss the case study
 - Using the prompts & handouts, identify...
 - Alternative staff responses to the case study using a trauma informed lens.
 - Share out our discussions



BREAK TIME

Time for a Break!
See You in 5 Minutes.



HOW IS STRESS AFFECTING YOU AND YOUR TEAM

What are some workplace factors of risk & resilience?

- Social support / exposure to trauma exposed environment
- PTO
- Severity and frequency of job stress
- Job demands vs resources (supervision, training, workload, etc.)
- Compensation and advancement

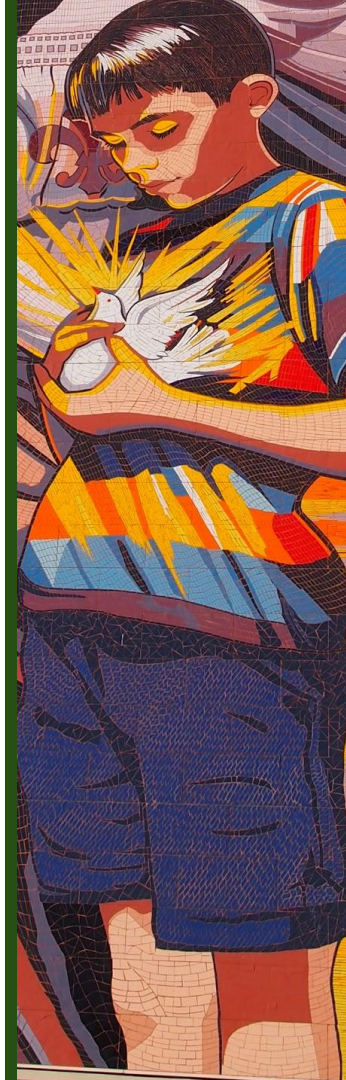
Risk Factors
Increases risk of stress



What are some individual factors?

- Belief in value of your work / rewards of the work
- Work-family conflict / current life stress
- Physical health problems
- Coping style and practices

Resilience Factors
Decreases risk of stress

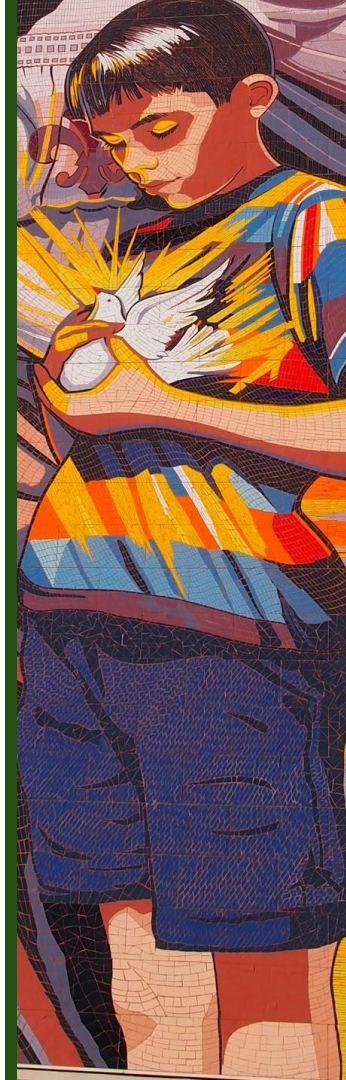
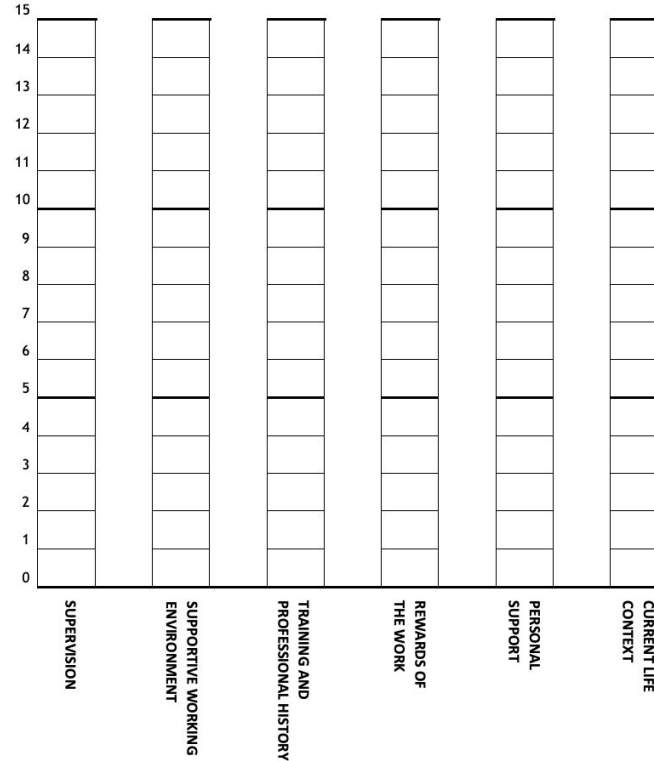


RESILIENCY PREDICTORS IN YOUR WORKPLACE SCORING

Resiliency Predictors Score Chart

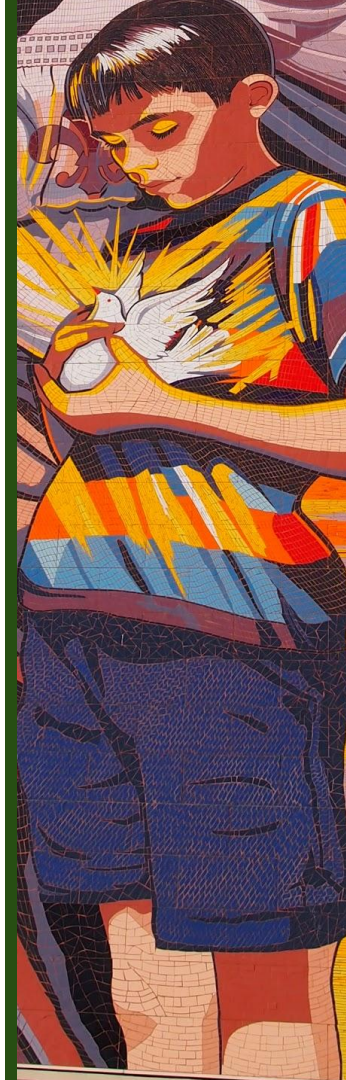
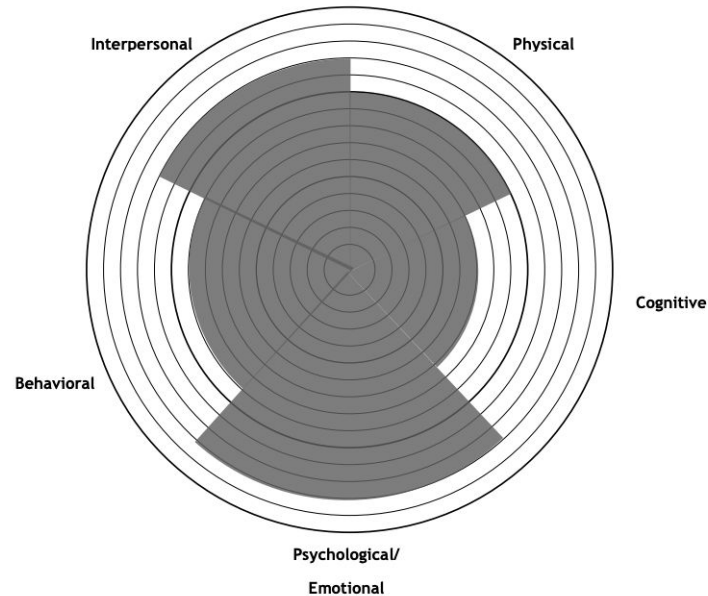
Please print this Graph and complete it by hand

Instructions: This is a simple bar chart that helps you see your scores. Please fill in your score totals in each of the 6 columns



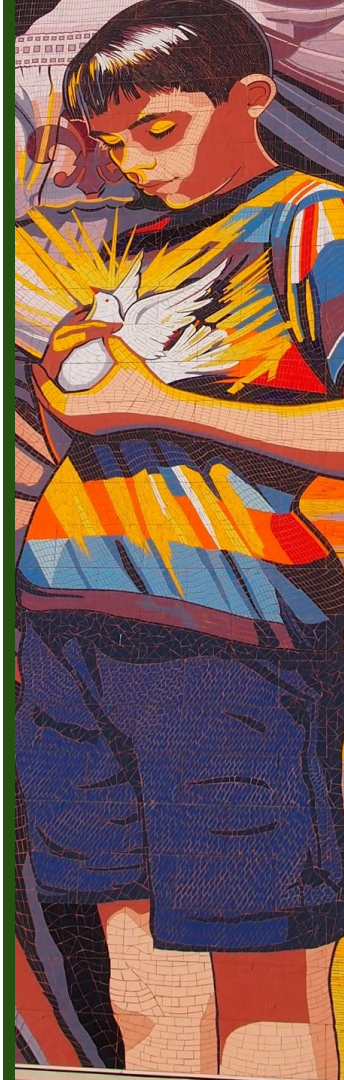
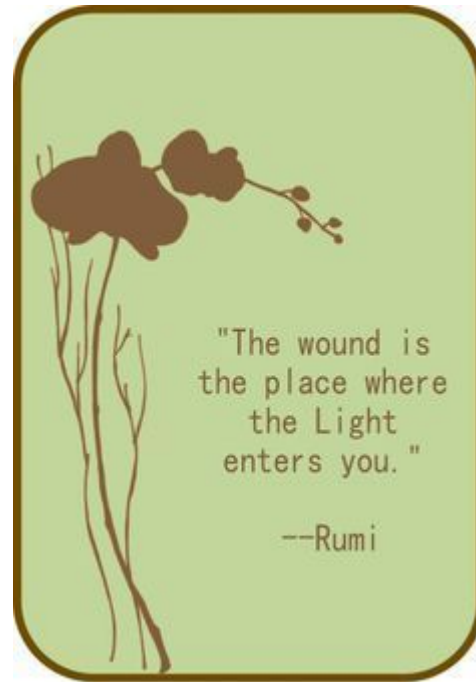
SELF-CARE QUESTIONNAIRES & LIFE GRAPHS

Example	Your score
Physical	10
Cognitive	7
Psychological/Emotional	13
Behavioral	9
Interpersonal	12



SELF-KEEPING + WELLNESS

...The commodification of self-care is supplementary -- prioritizing health in just one area creates an imbalance of unhealth in other areas -- and externally focused, often disregarding our diverse needs. But when you find sustainable ways to nourish yourself as a whole, you create a network of resiliency we call self-keeping."



HEALING JUSTICE

“healing justice...identifies how we can holistically respond to and intervene on **generational trauma and violence**, and to bring **collective practices** that can impact and transform the consequences of oppression on our bodies, hearts and minds.”



THANK YOU!



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