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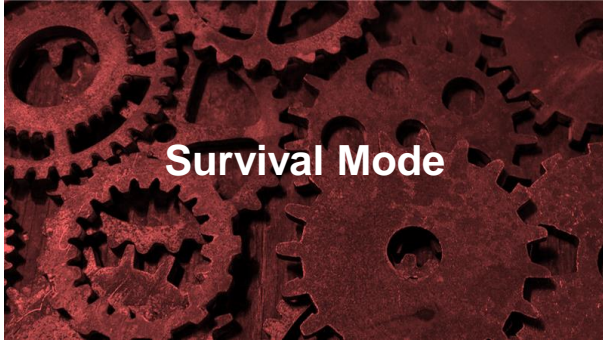
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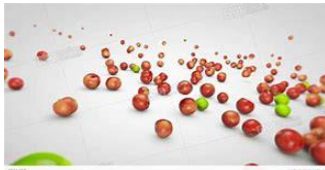
The Three Gears:

1. **The Survivor** (Physical and Mental)
 - Survival Mode
 - Life After (Family, rebuilding, self-awareness)
 - The Importance of Personal and Professional Development
 - Understanding the Importance of Empowerment
 - Applying the Stages of Change
2. **The Provider** (Mental and Physical)
 - What it means to serve
 - Building Compassion
 - Understanding Self to Understand Others
3. **The Organization** (Building Capacity)
 - Structural Soundness
 - Impact Through Survivor Leadership and Development
 - The importance of funding and partnerships
 - Empowerment vs. Disempowerment



So what is survival mode?

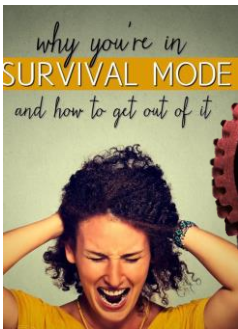




How to Determine if You're in Survival Mode

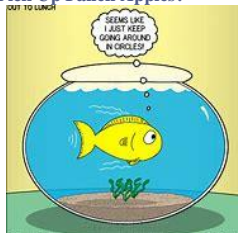


- Survival mode can be physical, emotional, mental and practical.
- It is when you are doing just enough to keep life going.
- In order to stay afloat, you have to let many other important areas of life slip by the wayside just to have the energy to stay above water.





Am I Trying to Tip the Cart Or Just Pick Up Fallen Apples?





Am I Trying to Tip the Cart Or Just
Pick Up Fallen Apples?





Time and Space to Heal

Time doesn't. All that Time does is
make it more distant, put more
space between you and what
happened. It doesn't heal anything.
I don't know how or what does the
healing, but it isn't Time.

Mercedes Lachey
PICTUREQUOTES.COM



Capacity Building



Maintenance

- Life After (Family, rebuilding, self-awareness, self-care)
- The importance of personal and professional development
- Understanding the importance of Empowerment
- Applying the Stages of change



The Provider

A Healing Centered Approach







A **healing centered approach** is holistic in nature and involving:

- culture
- spirituality
- civic action
- collective healing





- Trauma informed care does not encompass the totality of one's experience and focus only on their harm, injury and trauma. (deficit based)
- Trauma informed care requires that we treat trauma in people but provides little insight into how we might address the root cause of trauma in neighborhoods, families, and schools. (by only treating the individual we only address half of the equation leaving the toxic systems, policies and practices neatly intact.)
- Trauma informed care runs the risk of focusing on the treatment of pathology (trauma) rather than fostering the possibility (well-being).

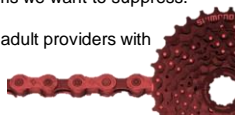
A healing centered approach:

- Views trauma, highlighting the ways in which trauma and healing are experienced collectively.
- Healing centered engagement expands how we think about responses to trauma and offers more holistic approach to fostering well-being.
- Healing centered engagement is strength based, advances a collective view of healing and re-centers culture as a central feature in well-being.



There are four key elements of healing centered engagement:

- Healing centered engagement is explicitly political, rather than clinical.
- Healing centered engagement is culturally grounded and views healing as the restoration of identity.
- Healing centered engagement is asset driven and focuses well-being we want, rather than symptoms we want to suppress.
- Healing centered engagement supports adult providers with their own healing.





Shifting from trauma informed care or treatment to healing centered engagement requires stakeholders to expand from a treatment based model which views trauma and harm as an isolated experience, to an engagement model which supports collective well-being.

Start by building empathy.

- Begins by building empathy with those we serve.
- **Takes time, is an ongoing process, requires honesty, openness and emotional risk.**
- This is the foundation of healing centered engagement
- Connection



Encourage survivors to dream and imagine.

- One of the greatest tools is the ability to see beyond the condition, event or situation that caused the trauma.
- Research has shown that the ability to dream and imagine is key to fostering hopefulness and optimism, both of which contributes to overall well-being (Synder et al., 2003).
- By creating activities and opportunities to play, reimagine, design and envision their lives strengthens their future goal orientation (Synder et al., 2003).



Build critical reflection and take loving action

- Healing and well-being are fundamentally political not clinical.
- We have to consider the ways in which policies and practice and political decisions harm the people we serve.
- Healing in this context means that those we serve develop an analysis of these practices and policies that facilitate the trauma in the first place.
- Critical reflection provides a lens by which to filter, examine and consider analytical and spiritual responses to trauma.
- Spiritual, means the ability to draw upon the power of culture, rituals, and faith in order to consistently act from a place of humanity, and love.



Build critical reflection and take loving action (cont.)

- These are not cognitive processes but rather ethical, moral and emotional aspects of healing centered engagement.
- **Loving action is collectively responding to political decisions and practices that can exacerbate trauma.**
- Taking action build a sense of power and control of one's own life.
- Research demonstrates that building a sense of power and control among traumatized groups is one of the most significant features in restoring holistic well-being.







Structural Soundness

- What are some complexities you often see in transition
- Not having adequate resources
- Not having a personal relationship with survivors in your program
- No follow through
- No input from survivors

Impact Through Survivor Leadership and Development!!!!!!!

- Needs Assessment
- Involving Survivors
- Getting feedback from Survivors(program)





Connection is Key

- Relationship Building
- Development of trust
- Being active with participants
- Team approach
- Connection with staff vs. the program

Connection is Key (cont.)

- Action Plan for Survivor
- Development of a support system
- Ongoing follow-up



Funding and Partnerships

- Collaboration efforts
- Finding resources to benefit the needs of the program
- Visiting sites
- Valuable volunteers
- Grant opportunities



Capacity Building



