



### **RYSE Trauma and Healing Learning Series**

This spring, RYSE launched our 2nd Annual Trauma and Healing Learning Series. The series is designed to present and consider the impact of multiple forms of trauma and oppression on our growing young people, their families, and communities in order to build shared language and commitment to collective practice, mutual accountability, and support in implementing and sustaining trauma-informed, healing-centered approaches and practices. The trainings are geared toward those in the public health, social services, community-based programs, education, public systems and agencies, philanthropy, research, and others to gain new insights into trauma-informed community change, the impacts of personal and collective trauma on mental health, and strengthen successful practices working with trauma-exposed youth and communities. Trainings are open to stakeholders who serving Richmond and West Contra Costa, some conducted by RYSE, some by area expert trainers and partner agencies.

The series builds on and integrates the findings of RYSE's Listening Campaign, a community-engaged inquiry process designed to understand with more sensitivity, clarity, and empathy, the lived experiences of young people burdened with trauma exposure, marginalization, and histories of oppression. The LC engaged over 500 young people through a semi-structured research design<sup>1</sup>. The results have been shared with hundreds of local, regional, and national stakeholders through the Series and other convenings and presentations including Facing Race, APHA, National Network for Hospital-linked Violence Intervention Programs, Kaiser National Diversity and Inclusion Conference, and others.

Our commitment with the Campaign is to act on the needs and insights that young people shared in order to create more effective community supports and services, as well as more empathetic and empowering systems, policies, practices, and investments that are equipped to respond to and address the experiences and impact of trauma, violence, coping, and healing. The Trauma and Healing Learning Series is a direct action engaging adults in collective learning, shared commitment, and coordinated and integrated practice across and between services and systems.

We have also produced a series of briefs that highlight our values in relation to what we heard in the Campaign and how our integrative model responds to what young people say they need and want and also provides recommendations for key fields and systems responsible for young people.

### **2015 Series: Building Beloved Community**

#### ***Wednesday, March 25th AND Wednesday, April 1st (9am-12:30pm) Getting Risky: Integrating Risk Into Our Work***

This 2-part workshop explored the necessities, implications, and opportunities of risk-taking for young people and for the systems and stakeholders responsible for their well-being. Key topics included adolescent development, organizational development, neurobiology, complex trauma and healing, and trauma-informed systems and practices.

<sup>1</sup> RYSE partnered with faculty at the UC Berkeley School of Public Health to provide consultation on design, implementation and analysis

**Wednesday, April 8th (9am-12:30pm) *Black and Brown Lives Matter: Revealing the Psychic Wounds of Racial Oppression* (featuring Dr. Kenneth Hardy)**

This workshop explored the often invisible and significant connections between inequity, racial oppression, and trauma. It facilitated space for critical reflection and tender conversation about the explicit and implicit mechanisms and transmissions of racial injury, the impact of such injury on mental and emotional health for young people of color, and the opportunities and actions we can take organizationally and collectively to heal, restore, and reconcile these wounds. This workshop was co-sponsored by The California Endowment, Healthy Richmond, Families Thrive of Contra Costa County, and First Five Contra Costa.

**Thursday and Friday, April 16<sup>th</sup> and 17<sup>th</sup> (evening and all day) *Beloved Philadelphia***

RYSE presented the Listening Campaign and RYSE's trauma-informed approach to cross-sector stakeholders in Philadelphia, including the Mayor's Office, Children's Hospital Philadelphia, Healing Hurt People/Drexel University, and the Penn Museum. These sessions were organized by a staffer from Philadelphia Center for New Americans who attended RYSE's Session at The Facing Race Conference in November.

**Wednesday, April 29th (9am – 12:30pm) *Nonviolent and Restorative Communication: An approach to active listening, healing relationships, and beloved community***

RYSE shared our framework, approach, and practice of non-violent and restorative communication and what led us to more intentionally integrate this approach with young people, staff, and partners. This session included time to practice and apply the specific tools developed for implementation at RYSE.

**Wednesday and Thursday, May 28th and 29th (all day) *Recognizing Trauma and Supporting Resilience and Healing* (Co-convened by First Five Contra Costa, Families Thrive Initiative/Zero Tolerance for Domestic Violence, and RYSE, and featuring Dr. Joy DuGruy)**

A two-day summit to examine connections between trauma and neuroscience to better inform our work (brain-behavior-practice), to understand the role of history and social conditions of trauma and healing (culture-equity-practice), and to present local practices (including RYSE) of trauma-informed care and healing in Contra Costa County.

**Wednesday, June 17th (9am to 12:30pm) *Gender Justice, Trauma, and Healing: Exploring the impact of gender privilege and gender violence on trauma and healing for young people of color.***

This session explored and deepened understanding of adolescent gender identity, gender expression, and the intersections of race, class, ability and sexual orientation. To successfully navigate the myriad of changes that occur during adolescence, young people need supportive and knowledgeable adults who understand the role of trauma, systems of oppression and the strategies to inspire healing and transformation. This session was facilitated by Erica Woodland, LCSW, and Field-Building Director of [Brown Boi Project](#).

**Key Outcomes**

At least 183 individual stakeholders from over 60 organizations and agencies in West Contra Costa participated in the Trauma and Healing Learning Series local sessions.

In each local session of the Trauma and Healing Learning Series:

- At least 96% of participants in each session report increased understanding of trauma-informed youth development.

- At least 98% feel more informed about what young people have expressed as needs and wants from adults to help them address the ways trauma and violence shows up in their lives.
- At least 96% of participants indicated interest in shared commitment to trauma-informed policy and interest in continued participation in the learning series and connected opportunities for change.
- At least 98% of participants indicated they would recommend the session they attended to a peer or colleague.
- Across all sessions, at least 98% report the sessions they attended encouraged and/or challenged their thinking in one or more of the following areas: racial oppression, mental health, adolescent development, trauma, and/or healing.

### **Select quotes from Series participants:**

*"Addressing trauma SHOULD feel disruptive. I shouldn't shy away from figuring out a helpful and safe way to talk to my clients about it."*

*"[What I got from this Session] A new sense of awareness that I will implement in the work I do in serving youth. I have a better understanding of trauma and its impact in the community I serve. The workshop was very eye opening."*

*"Listening is key. Violence hurts your spirit more than just your mind."*

*"Not enough time. Need at least 3 days and need to keep doing."*

*"Y'all are hella versatile and practical with the knowledge dropping and teaching/learning-learning/teaching exchange! Pragmatic and grounded deep."*

*"Phenomenal work! Really concrete work around a topic that is so very wanted. Time flew by."*

### **RYSE Featured on ACEs Connection**

RYSE's trauma-informed and healing centered framework were highlighted on the ACEs Connection Network website. The article features our adaptation of the Adverse Childhood Experiences Pyramid and can be accessed at the following link:

<http://www.acesconnection.com/blog/adding-layers-to-the-aces-pyramid-what-do-you-think>