

#### California School-Based Health Alliance hosts...



#### **Tap Root Wisdom**

Understanding Racial Trauma and Promoting Resilency





**Andrea Gutierrez** 



**Taquelia Washington** 



**Amelia Ortega** 



**Nydia Hernandez** 



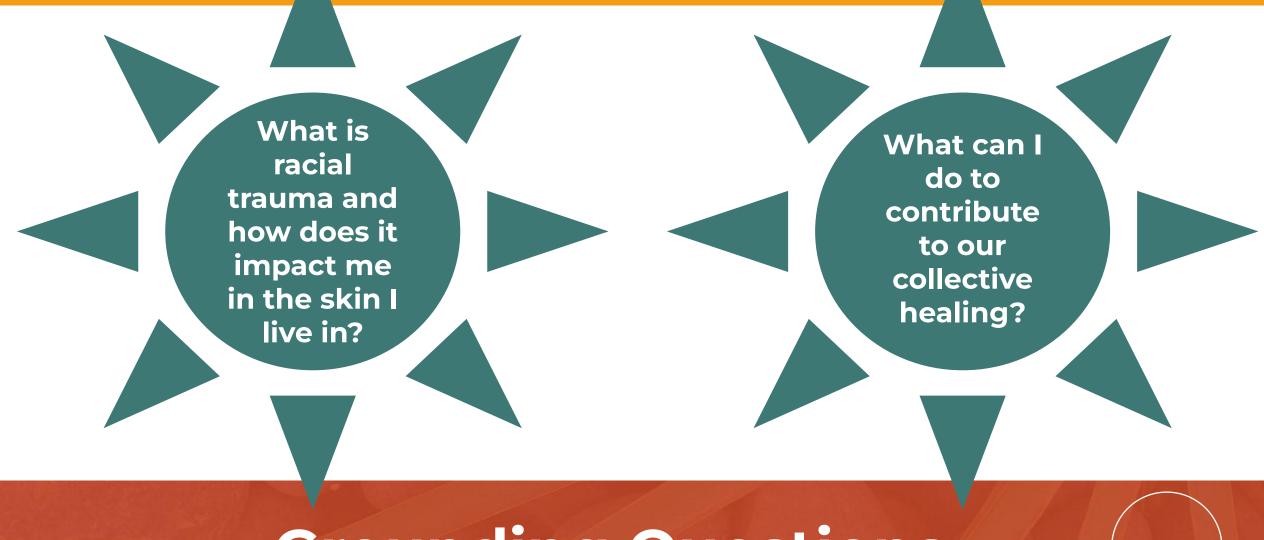
Jo Brownson

#### Participants will...

- 1. **Identify** and **describe** racial trauma.
- Explore symptoms associated with racial trauma at the individual and community level.
- 3. Experience embodiment exercises that they can use to foster healing and promote resiliency within themselves and those they serve.

# **Training Intentions**





# **Grounding Questions**



# Agenda Flow





#### **Opening**

- Welcome and Intentions
- Facilitator Introductions
- Grounding



#### **Rooting and Growing**

- Overview of Trauma
- What is Racial Trauma?
  - Causes of Racial Trauma
- Individual and Collective Racial Healing

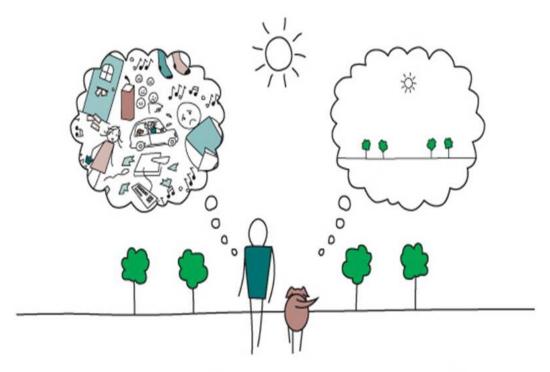


Q & A



Closing





Mind Full, or Mindful?

#### Mindful Movements, In Counts of 8's

#### **Embodiment Exercise**



- When something happens in the body that is too much, too fast, or too soon, it overwhelms the body.
- Trauma is not a flaw or weakness. It is a highly effective tool of safety and survival. It is the body's protective response to an event or series of events that it perceives as potentially dangerous.
- This perception may be accurate, inaccurate, or entirely imaginary.

(Resmaa Menakem, My Grandmother's Hands)

#### What is Trauma?



# Trauma is...

# Discrete

Singular (Capital T)
traumatic events such as an
assault, near death
experience, or witnessing a
death.

# Complex

Experiencing multiple significant traumas, including ongoing, chronic traumatic exposure or multiple relational traumas can lead to Complex PTSD.

# Kinds of Trauma

Historical conditions of our ancestors' lives, experiences within our families and the lineage of our people's survival - live on in our bodies.

# Historical Systemic Developmental

Systemic inequalities result in chronic, traumatic impact, particularly for marginalized people.

Our relationships with caregivers, peers and communities can cause interruptions in our developmental paths as we age.

These interruptions regarding racial identity can lead to experiences of racial trauma.

# What do we mean when we say "White Supremacy"?

# Our "Heart" Definition of White Supremacy

White supremacy is both an ideology and a historical and current system of trauma that shapes our perception of what is "real". It moves through our individual and collective bodies as an energy intent on maintaining unequal power relationships.

Racial trauma is our **body's response** to being exposed to race-based stress, violence, erasure and gaslighting that is endemic to living on the land now called the United States - a nation founded on settler colonialism and White supremacy



"History is the present. We carry our history with us. To think otherwise is criminal."

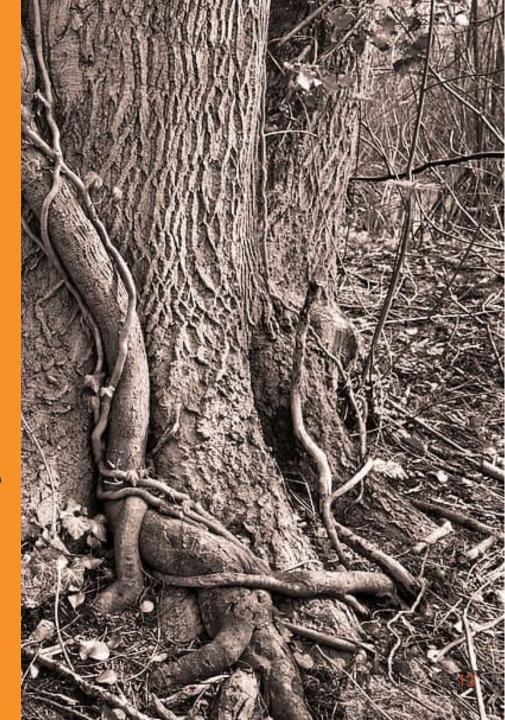
JAMES BALDWIN

# What is Racial Trauma?



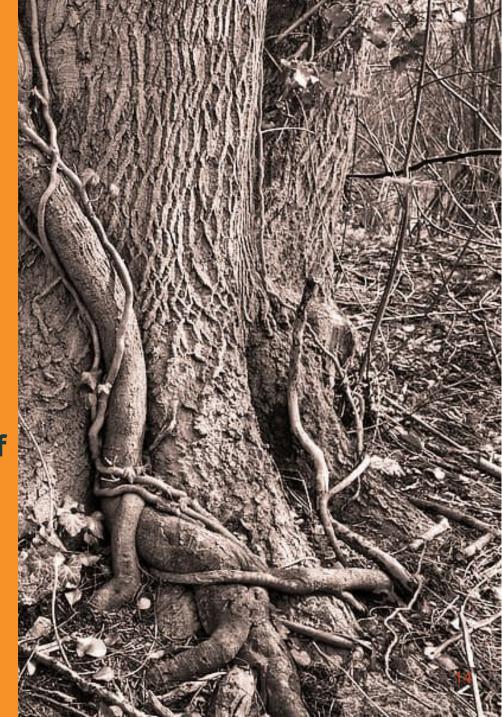
# Institutional Trauma and Cultural Betrayal

- Our lives come into contact with many systems, here today we are highlighting the medical and school systems
- Institutional trauma and cultural betrayal trauma (Gomez, 2020) are more specifically how we can understand our experiences of harm when interacting with institutions.



# Institutional Trauma and Cultural Betrayal

- Being harmed by our doctor, women of color's
  pain being invalidated or minimized, and
  seeking out care from people in our community
  who align themselves with institutional agendas
  and not the community's needs are examples of
  institutional betrayal trauma.
- Institutionally and culturally we may feel betrayed and we may culturally experience feeling invisibilized by our own people.



#### Institutional Trauma and Cultural Betrayal Example





#### Institutional Trauma and Cultural Betrayal Example

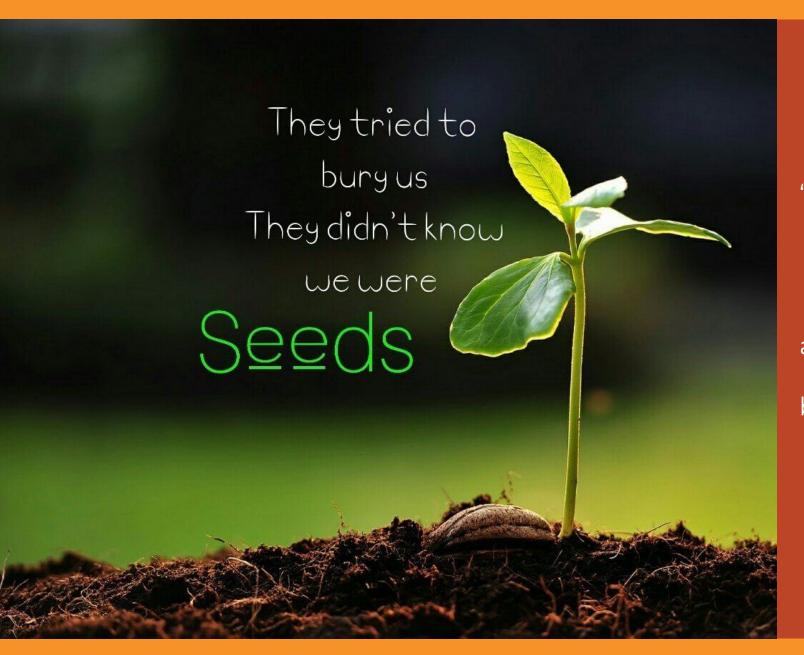


### 1 minute reflection

# RRC's Definition of Racial Healing

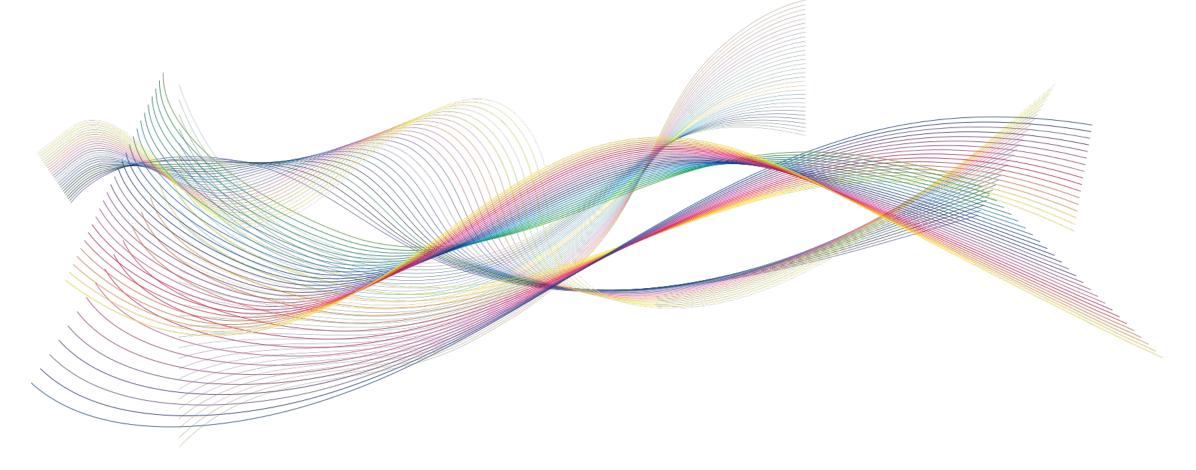
Racial healing is an intensely personal AND collective practice involving the recovery of a sense of wholeness and belonging that has been stolen, obscured or co-opted by the system of White supremacy

### 1 minute reflection



#### Xinachtli

The word "Xinachtli" means
"Germinating Seed". As we dive deep
into our own healing journeys it is
important to think of ourselves as a
part of the earth and relate to every
aspect. When we think of ourselves
as germinating or growing seeds, we
also must think of the plant that
blooms from this seed. We can relate
to this concept with our
trauma/healing.



How we are at the small scale is how we are at the large scale. The patterns of the universe repeat at scale.

(adrienne marie brown)





# Can be in relationships and found through personal process

Respite for nervous system

Slowing

down

\_

Complex, ongoing and constant



#### EMBODIMENT AND REGULATION PRACTICE



# **Next Steps: Save the Date!**



Limited space available for those interested in exploring content more in racial affinity.

Registration will occur through CSHA. Stay tuned for more information about how to register!

- Multiracial/ Mixed Race Identified 3/29 @ 11-1pm PST
- Facilitated by Amelia Ortega
- BIPOC identified 3/21 @ 9:30-11:30am PST
  - Facilitated by Taquelia Washington, Andrea Gutierrez, and Nydia Hernandez
- White identified 3/22 @ 3-5pm PST
- Facilitated by Jo Brownson



#### THANK YOU FOR JOINING US!

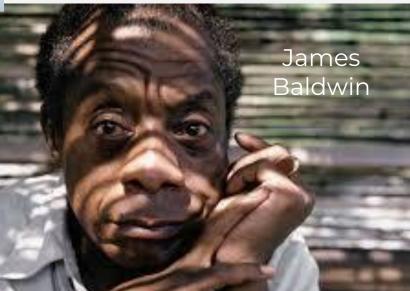
#### Citations











© Radicle Root Collective

#### Citations

- (1) Vides. (2021). Racial Trauma: The Role of School Psychologists to Inform Schools and Help Improve Youth Resiliency. ProQuest Dissertations Publishing.
- (2) Larson, Chapman, S., Spetz, J., & Brindis, C. D. (2017). Chronic Childhood Trauma, Mental Health, Academic Achievement, and School-Based Health Center Mental Health Services. *The Journal of School Health*, 87(9), 675–686. <a href="https://doi.org/10.1111/josh.12541">https://doi.org/10.1111/josh.12541</a>
- (3) Samuel, I., & Wellemeyer, J. (2020, July 4). *Black students experience trauma from racist incidents at school, experts say.* NBC News. <a href="https://www.nbcnews.com/news/nbcblk/black-students-experience-trauma-racist-incidents-school-experts-say-n1232829">https://www.nbcnews.com/news/nbcblk/black-students-experience-trauma-racist-incidents-school-experts-say-n1232829</a> Mendoza
- (4) Hassan, A. (2016, September 17). *Readers' Stories About Race and Education*. The New York Times.

https://www.nytimes.com/2016/09/18/us/readers-stories-about-race-and-education.html