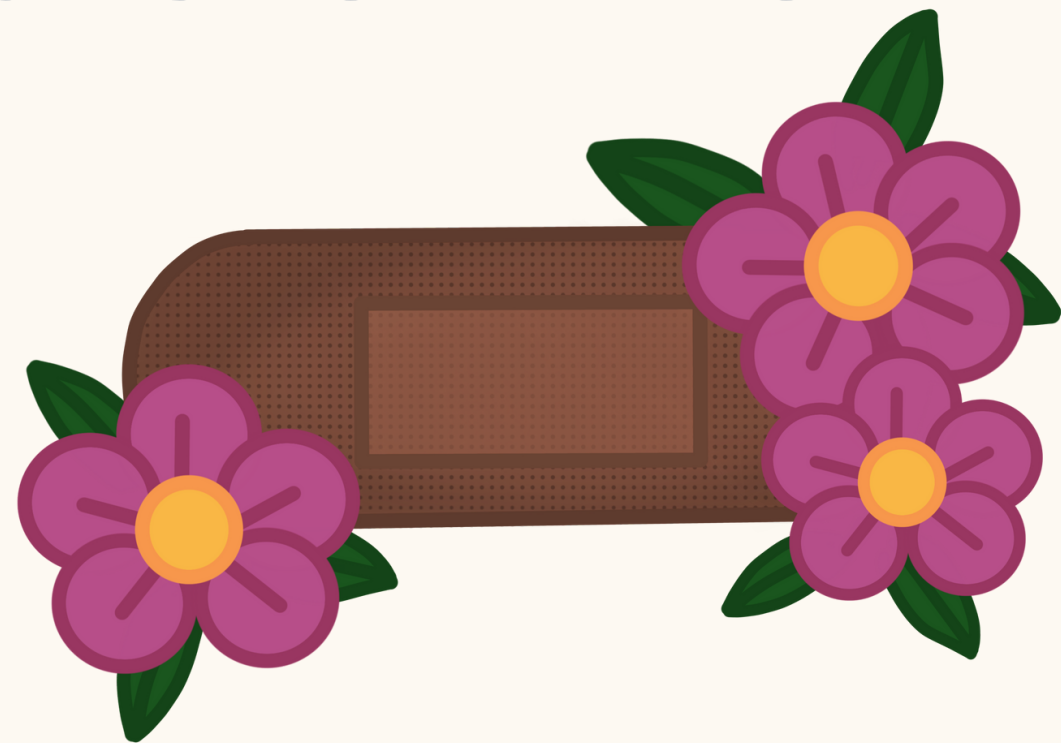


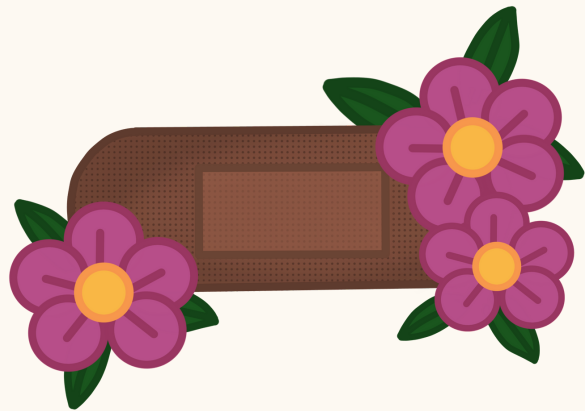
# A FRAMEWORK FOR HEALING JUSTICE



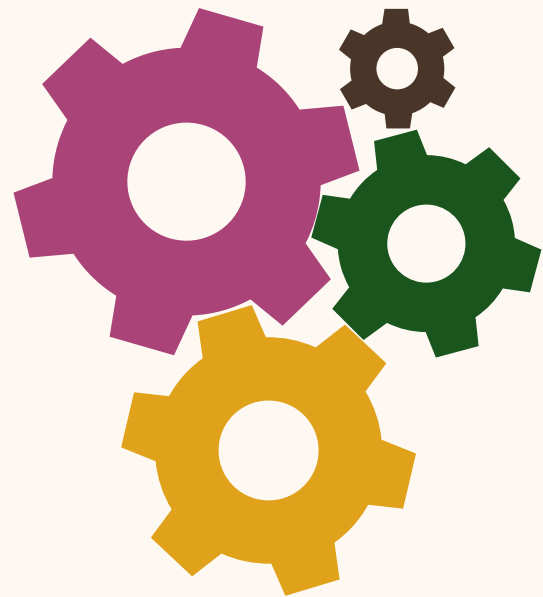
**YOUTH  
RISE** TEXAS

DARRIANA DONEGAN  
AOIFE HOPKINS  
RACHEL MURALI  
NAIDHRUVA DEB  
ANJANA GANESH

# Today's Agenda



Introducing  
Healing Justice



Shifting Our  
Thoughts Around  
Wellness



How We Can Each  
Implement Healing  
Justice



Q&A

**WHAT COMES TO MIND  
WHEN YOU HEAR THE  
WORDS HEALING  
JUSTICE?**

*WHAT DO YOU ALREADY KNOW ABOUT IT?*

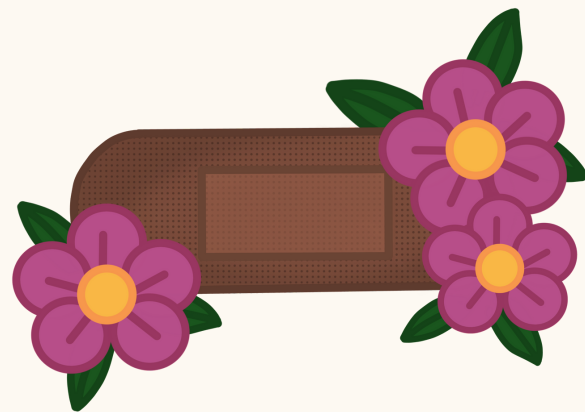


**HEALING JUSTICE ADDRESSES  
GENERATIONAL TRAUMA FROM  
SYSTEMIC VIOLENCE AND  
OPPRESSION BY REVIVING  
ANCESTRAL HEALING  
PRACTICES, AND BUILDING  
NEW ONES.**



- **WHAT IS GENERATIONAL TRAUMA?**
- **WHAT IS SYSTEMIC VIOLENCE AND OPPRESSION?**

# Definitions



## ANCESTRAL HEALING

The ways in which our ancestors connected with self, nature, and community to foster healing



## GENERATIONAL TRAUMA

The psychological effects that experiencing trauma causes being passed from one generation to the next and next...



## SYSTEMIC OPPRESSION

Disadvantaging of groups of people based on their identity. This exists at the institutional level and across structures

**THE FRAMEWORK FOR  
HEALING JUSTICE  
WAS INTENTIONALLY  
CO-CREATED BY  
BLACK, SOUTHERN,  
QUEER FOLK.**

## **CREATING SPACE TO STRETCH**

Healing justice makes space for people to figure out how to integrate it into their own work.

## **BACK TO THE ROOTS**

With the adaption or integration of this framework it is important to hold its origin story with respect and transparency.



## THINGS TO CONSIDER:

HOW OR WHY WERE YOU CALLED INTO THIS WORK?

HOW ARE YOU CURRENTLY SUPPORTING YOUR OWN HEALING, WELLNESS, HEALTH?

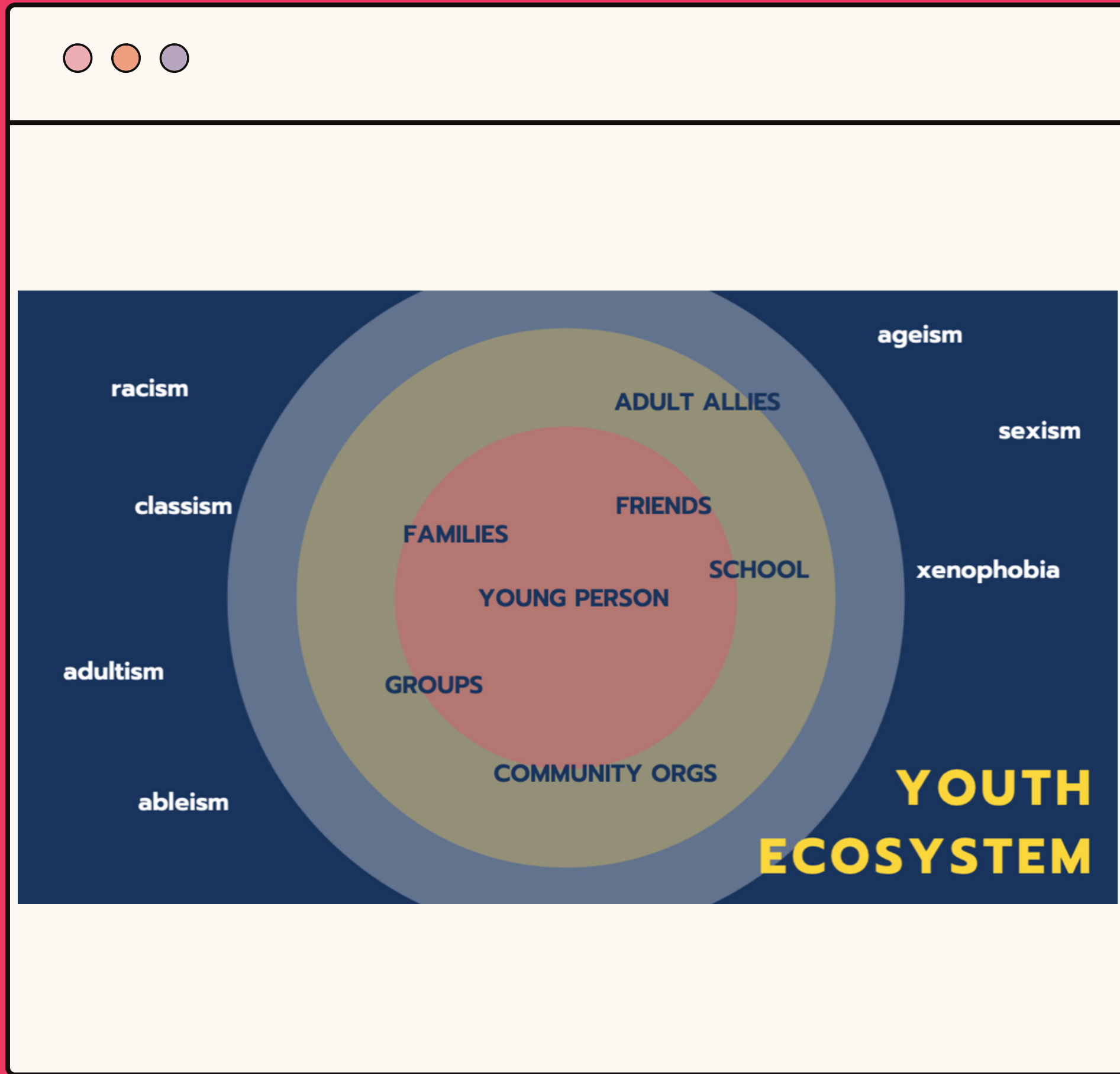
WHAT DOES IT LOOK LIKE FOR YOUNG PEOPLE WHEN WE DON'T HAVE STRUCTURES IN PLACE TO SUPPORT THEIR MENTAL HEALTH AND HEALING?

HOW DOES YOUR ORG/SCHOOL/BUSINESS CURRENTLY SUPPORT YOUNG PEOPLE?



# Why Implement Healing Justice?





# Are You Supporting Young Folks?

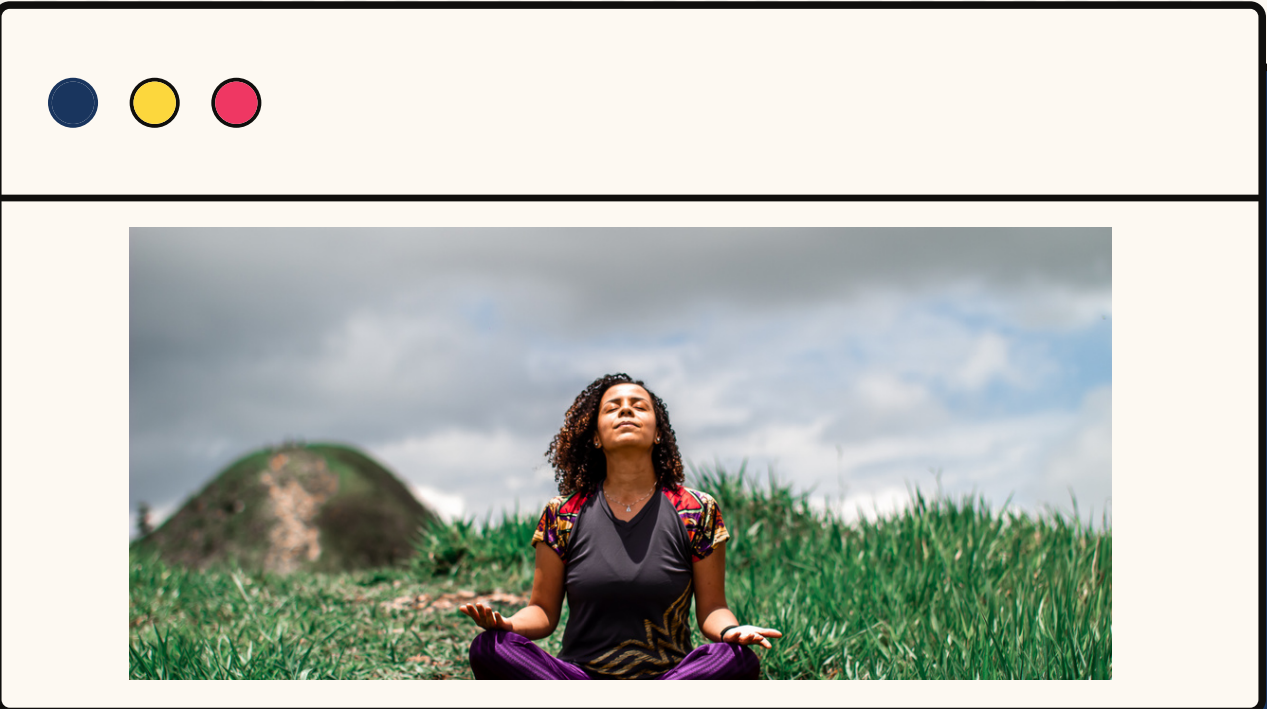
Grab a pencil and brainstorm 3 ways you want to deepen or grow the way that you support youth?





A few ways to practice traditional healing include...

- Circles/Storytelling
- Art Therapy
- Body Movement
- Herbal Medicine
- Breath Work
- Energy Work
- Massage Therapy
- Religious Rituals





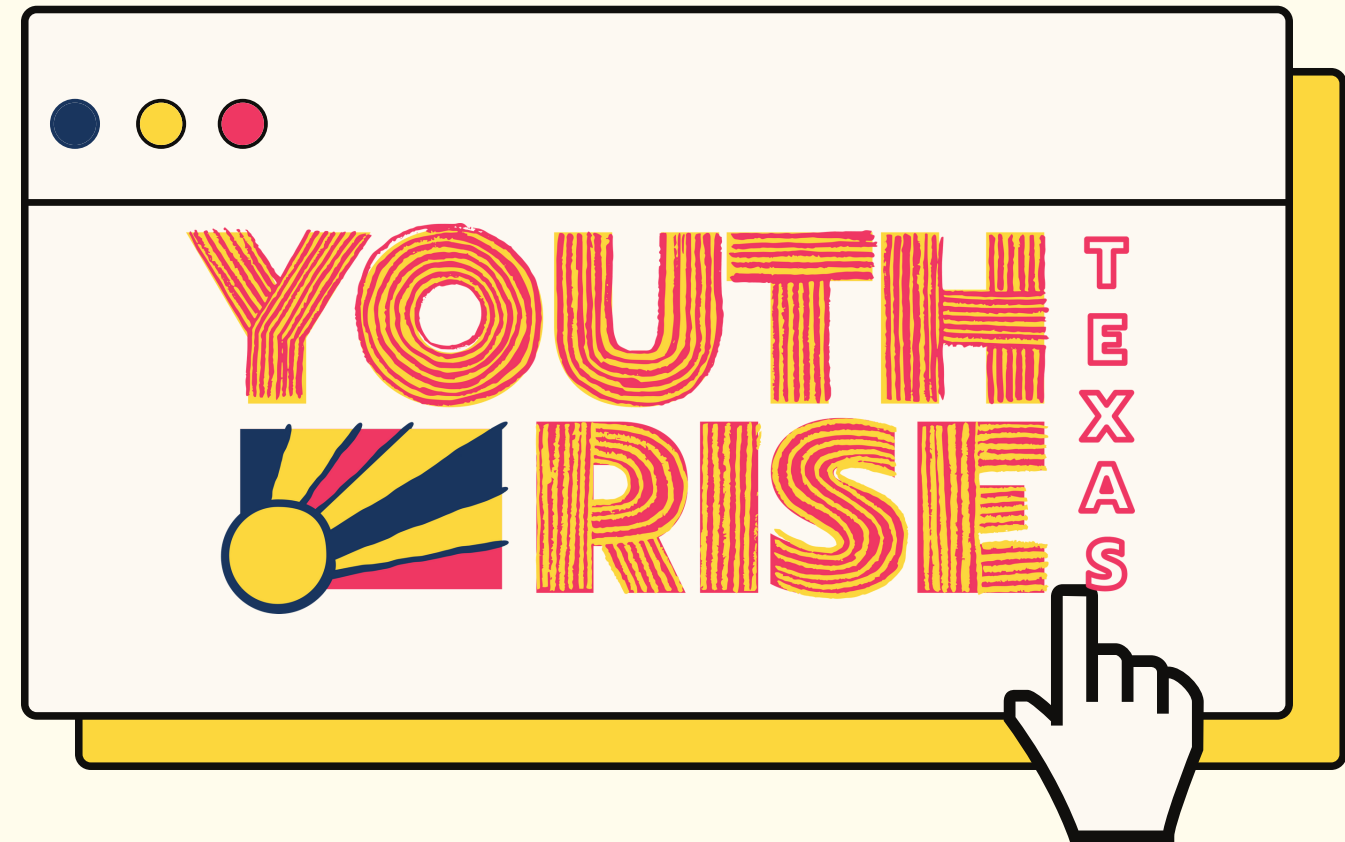
# Questions & Answers



**What questions or reflections do you have?**

# Thank you!

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**[www.youthrisetx.org](http://www.youthrisetx.org)**



**Thank you for your  
time and work in  
being here with us!**