A FRAMEWORK FOR HEALING JUSTICE
Today’s Agenda

1. Introducing Healing Justice
2. Shifting Our Thoughts Around Wellness
3. How We Can Each Implement Healing Justice
4. 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?
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
What questions or reflections do you have?
Thank you!

Contact Me: darriana@youthrisetx.org
www.youthrisetx.org

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