



“If I didn’t define myself for myself, I would be crunched into other people’s fantasies for me and eaten alive.” (Audre Lorde, 1982)

# Healing

SCHOOL COMMUNITIES  
Shifting the Dominant Paradigm  
to Center Student Wellness



MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



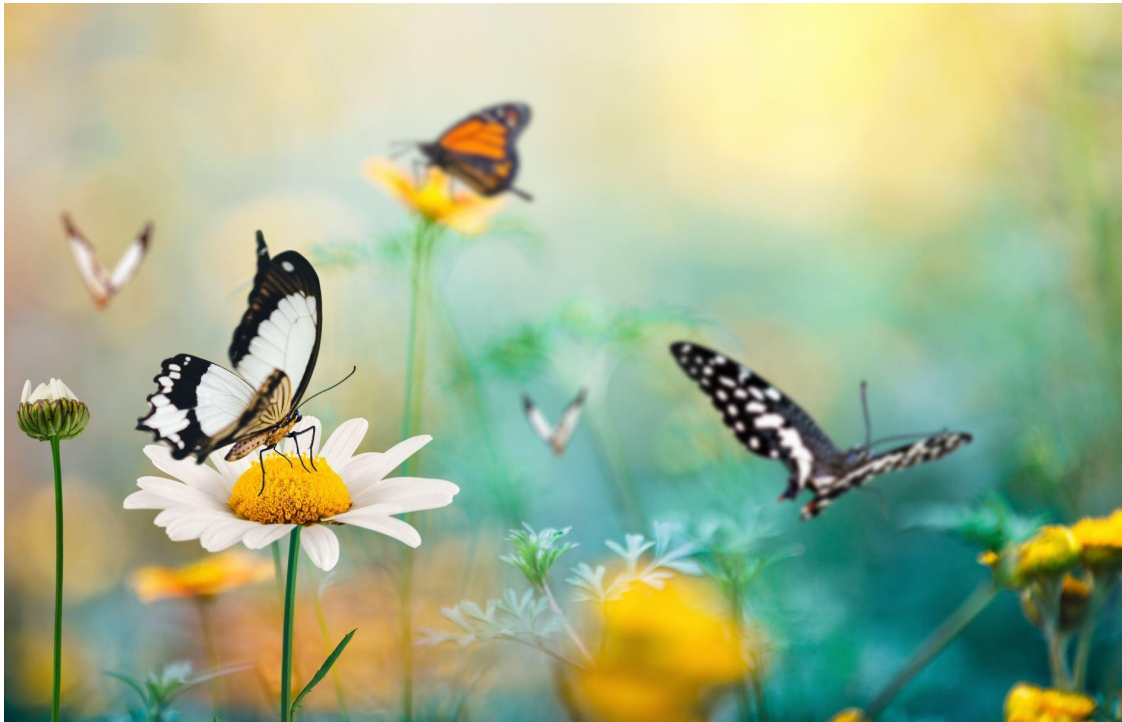
Session Six  
March 15, 2022

**From  
Coping  
to  
Hoping**

**Teaching  
Students  
to Thrive  
through  
Social  
Trauma**

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# Introductions: Waterfall in the Chat Box



- Who are you?
- What role do you play in supporting mental health?
- Where are you joining us from?

# Today's Tech Logistics

To ensure the best audio quality for the duration of our session, **please mute mics when not speaking and go off video if you are moving.**

If available, you can click on "CC" on the bar at the bottom of the screen for **closed captioning.**

If you have a link to resources you'd like to share or questions for the group...chat! **Chat is the best option.**

We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information email.

If you have audio or technical issues during the session, the chat box is open for you to communicate with us so we may assist you. **Please private chat us.**

We want to hear what you think about today's event! Please take a moment at the end of today's session to complete a [brief](#) survey for us.

Follow us on social media!   @MHTTCNetwork  @healingschoolcommunities



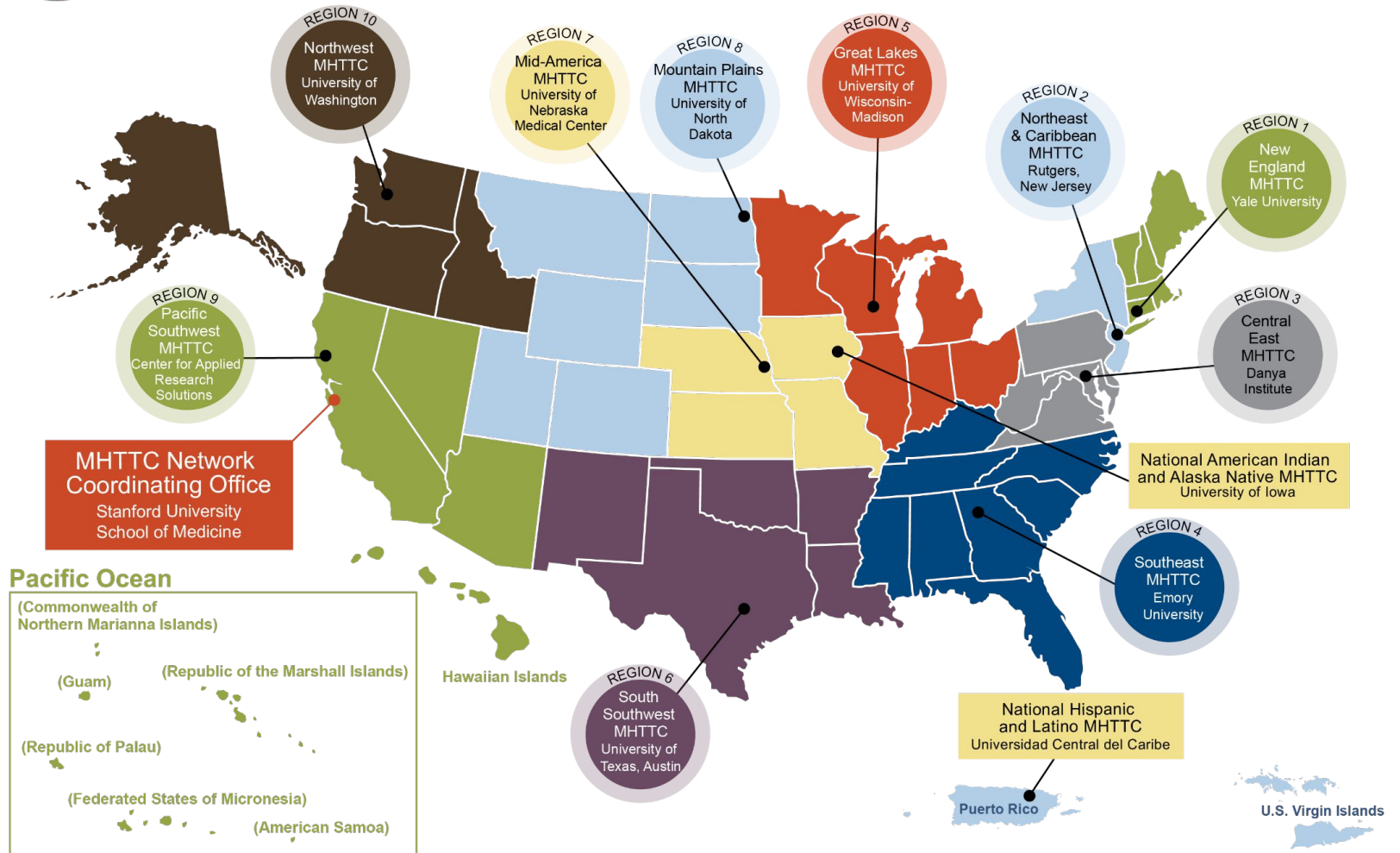
# Visit our website at [www.mhttcnetwork.org](http://www.mhttcnetwork.org)



## MHTTC

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## MHTTC Network



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Healing  
School  
Communities

Community  
of Practice

Our goal is to **build a network of support** among school communities that **strengthens our capacity to lead** in challenging racial violence while forging school cultures and climates of healing and wellness



# Healing

## SCHOOL COMMUNITIES Shifting the Dominant Paradigm to Center Student Wellness



**Session One:** Shifting the Dominant Paradigm to Center Student Wellness

Tue. 8 Feb. 2022

**Session Three:** Culturally Sustaining and Healing Centered Pedagogy

Tue. 22 Feb. 2022

**Session Five:** Interrupting/Examining the Impact of Oppression and Resistance on Student Wellness

Tue. 8 Mar. 2022

**Session Seven:** Towards Application and Integration

Tue. 22 Mar. 2022

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**Session Six: From Coping to Hoping: Teaching Students to Thrive Through Social Trauma**



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



# Session Overview

- I. Introduction & Background
- II. Social Trauma
- III. Thriving
- IV. Narrative
- V. Wounded Healing





**SETTLING IN**



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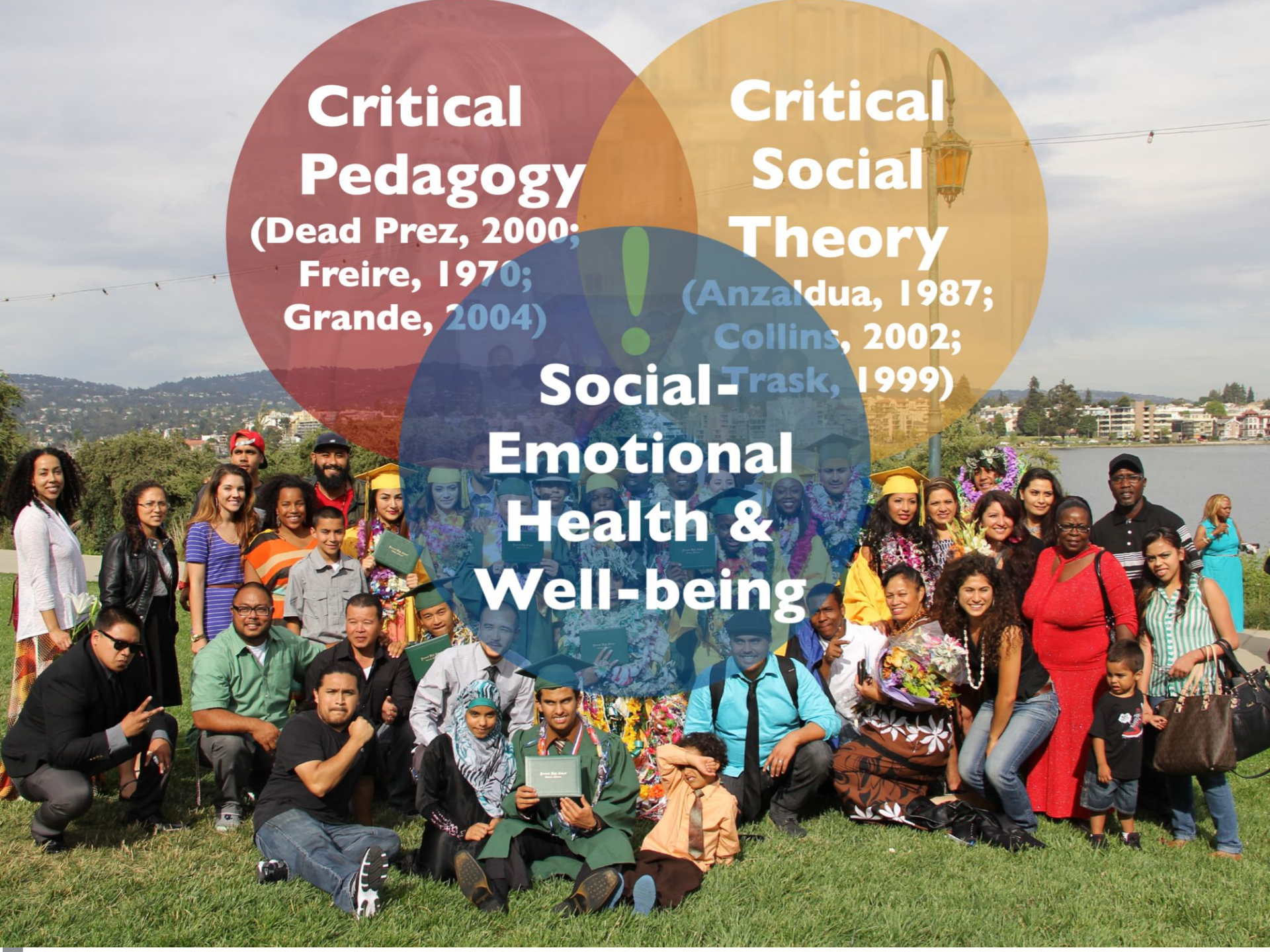
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**Critical  
Pedagogy**  
(Dead Prez, 2000;  
Freire, 1970;  
Grande, 2004)

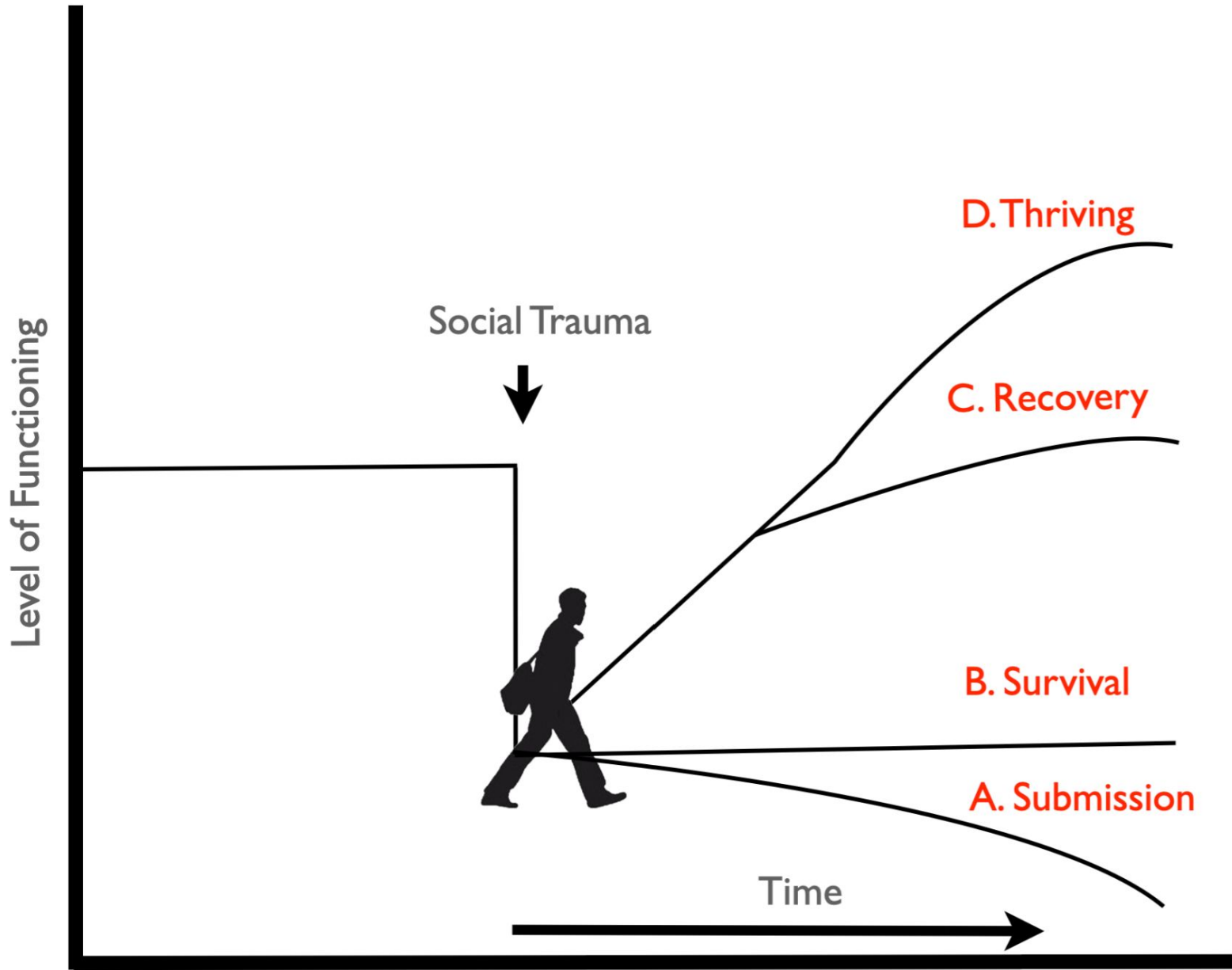
**Critical  
Social  
Theory**  
(Anzaldúa, 1987;  
Collins, 2002;  
Trask, 1999)

**Social-  
Emotional  
Health &  
Well-being**

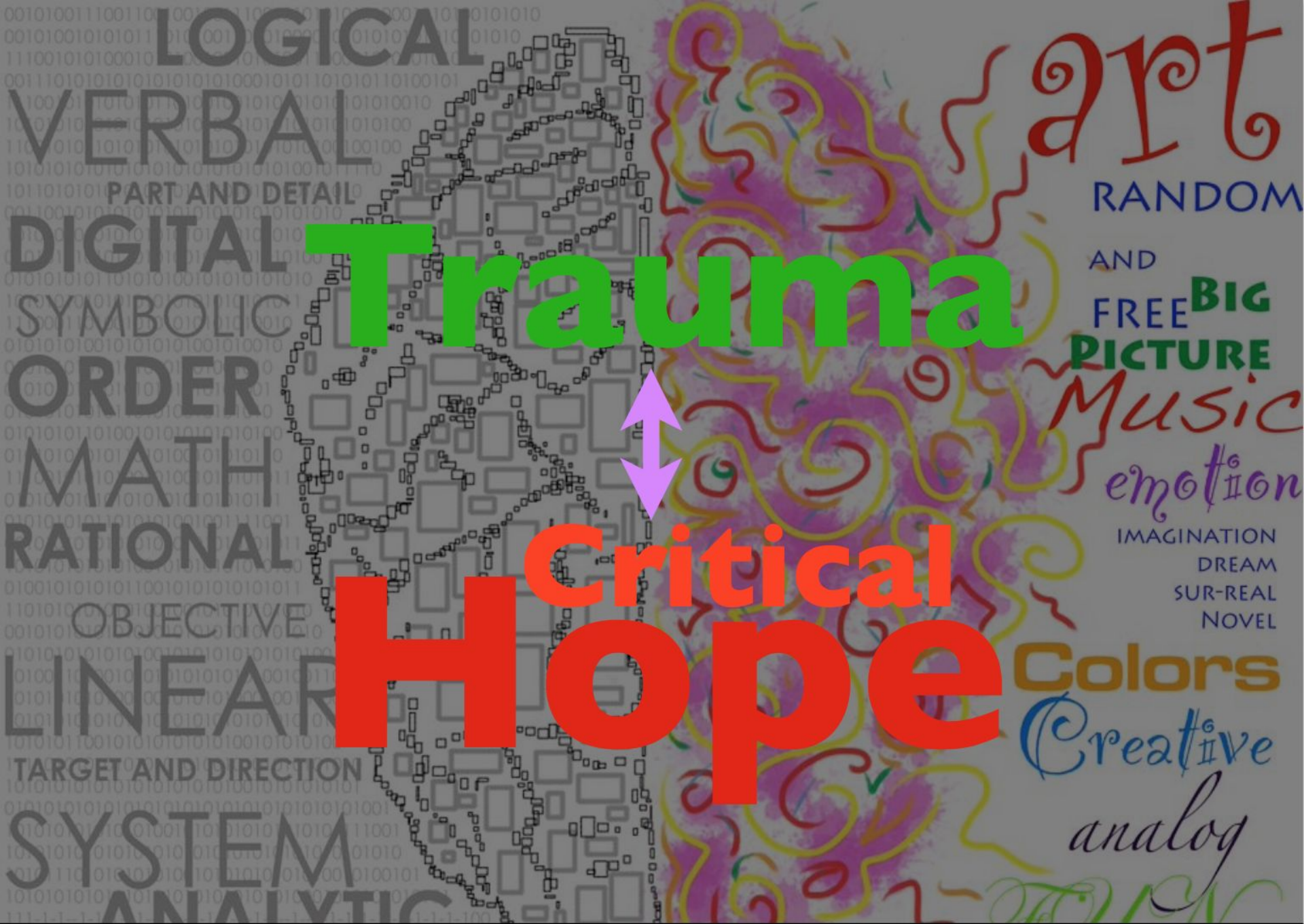








Possible outcomes of challenge as described by O'Leary and Ickovics (1995)



Trauma

Critical  
Hope

(Solomon & Siegel, Healing Trauma, 2003)



# CONCLUSION

“[we need] great deal more of the kinds of professional mental health services that

**do not yet exist.”**

(Gone, 2003, p. 228)

**Wounded  
Soul Healer**

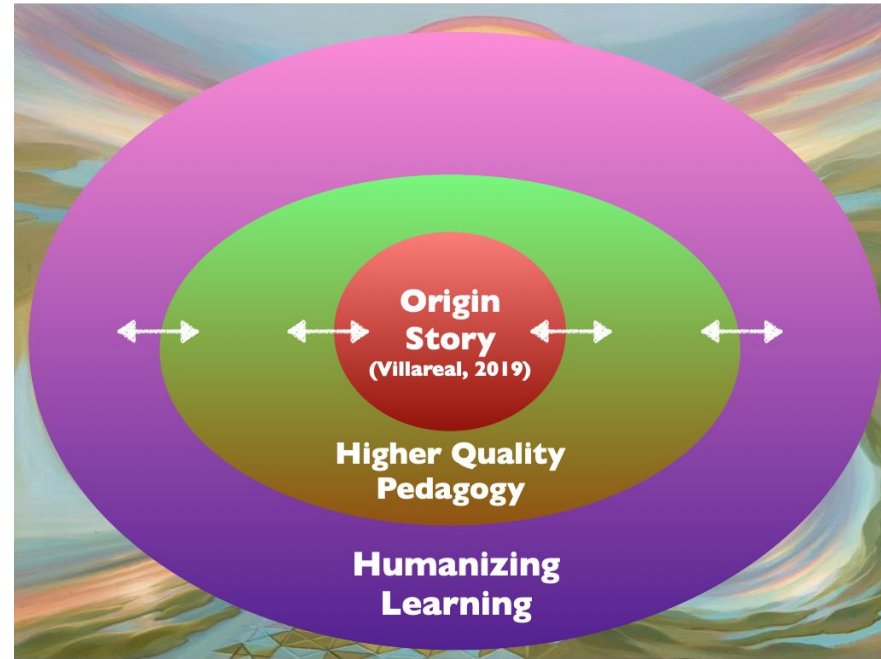
(Duran, 2006;  
Jung, 1944)



from Laurence Tan



# Case Study & Solution Mining



# Healing School Communities



Ancestors, legacy supports, policy + structural change

District supports, student supports, transportation, county or state office of education, public health, government

Afterschool programs, community and cultural centers, faith-based, environment, parks, and nearby clinics, recreation/childcare

Students, educators, families, neighbors, site leaders, support staff (bus, safety), volunteers

Created by RYSE, 2017




# Archetypal Wounds

(Mario Martinez, 2016, "The MindBody Code")

- **Shame**
- **Pride**
- **Abandonment**
- **Loyalty**
- **Betrayal**
- **Protection**

CASE STUDY





**Describe a time when you felt culturally/  
personally betrayed/shamed/abandoned  
or loyalty/pride/protection in the  
schooling system?**

**How did this experience affect you as a  
person & pupil?**

**If you were your own educator, how  
would you have more effectively  
addressed your needs as a student?**

## **CLARIFYING QUESTIONS**

Before breaking into small groups to discuss this dilemma, is there anything that would help you understand the challenge and or context better?



## **SMALL GROUP DISCUSSION**

1.





## FULL GROUP DISCUSSION

1. What did you hear?
2. Using the Ecological Model as a framework, how might we better understand the dilemma?
3. How might we address this dilemma?

# Session Debrief

What's coming up for you - mind, body and heart?

How did today's session expand your understanding of what young people need?

How will you put what you learned today into practice?

What questions and needs do you still have?

# Home Study: What resonated with you from this week's session?

Questions to ponder, be in conversation about and or journal between sessions.

How did it feel in your body to be a part of this conversation?

What surprised you or challenged you from this week's session?

How are the themes from this week's session showing up in your work or personal lives?

What did this session's content make you wonder?

- Feel free to write directly into our jamboard on the designated page or in your own journal.
- Upload texts, images, poetry, video clips, quotes or other resources that come to mind when exploring the content of this week's session.





**THANK YOU.**

For joining. For trusting us. For building with us.  
For creating this community.



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# Evaluation Information

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- The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.
- At the end of today's training please take a moment to complete a **brief** survey about today's training.

**Access here:**

<http://ttc-gpra.org/GPRAOnline/PCS?e=0088220153&n=M>



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**MHTTC**

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YOUR MHTTC ▾

TRAINING AND EVENTS ▾

RESOURCES ▾

PROJECTS ▾

COMMUNICATION ▾

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To jump to a specific center, click the center's name. To save a center as your default center, select the center by clicking the photo, then click the Save button at the bottom of the page

### Centers Across The Network



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