Welcome!

Danelle Campbell

Repeated Community Trauma
The NEED is CLEAR
We SEE you!
We CELEBRATE you!
We HONOR you!

We are RESILIENT and we will HEAL & THRIVE

Alexa Benson-Valavanis

Thank you, Love Warriors!
The "little me" needed you...
you save lives, you make lives better
you reduce suffering on the planet

Thank you, Aaron Rogers-
Bute Strong Fund

Thank you, Thrive Team!
Erin, Michele, and Kari

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Thought for the Day...
What are you trading for today?

What We're Dealing with...
- Covid-19
- Working at home
- WAR
- Illness: Cancer
- Loss: Dog, Dad
- So much CHAOS!

Steps to Get Out of the Bed
1. Awareness
   Deep personal honesty
2. Acceptance
   It is what it is
3. Adjust
   Be the Realist
4. Affirm

"If you do not make time for your wellness, you will have to make time for your illness."

When you're hurting, go help!

Keep your cup filled up!

Aaron Davis

Healing Summit
MARCH 29, 2022

THRIVE
NYCT.ORG

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Healing for the Healers
Rich & Yvonne Dutra-St. John
“I need to put this love somewhere.”

Formula for Change:
Notice
Choose
Act

Some Practices:
Gratitude Noticing

I made a difference for THIS one.

We don’t have to do this ALONE!!

release your emotional balloon...

The Iceberg

Why have you come... do you remember?

A treasure hunt... What if everyone here is a treasure

JUST for YOU!

Lower the water line

1. Listen

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Forgiveness Activity

“I forgive myself for…”

- I didn’t...
- I should have...
- I wasn’t...
- I’m not...

“I am letting go of…”

- Guilt
- Shame
- Fear

“A weight lifted off…”

Intense: How come my body doesn’t know how to forgive?

“Not sure who I am without my stress.”

Let my kids risk failure

Self hatred

Other people’s expectations

“I give myself permission to…”

- Grieve
- Love myself
- Set boundaries

- not have to be everything to everyone...
- Grieve boundaries
- Permission to be VALUABLE
- come first
- Grieve

“I’m proud of…”

who I am and how my journey is unfolding

Your LOVE!

Your COURAGE

Have a RITUAL...

keep doing it.

Guilt in our Bodies...

We must do our own work before helping others.
Healing for the Healers
Rich & Yvonne Dutra-St. John
Shares from the Breakouts... "If you really knew me"

Started to cry, opened everyone up, could see everyone.
- Bliss

Blessed - partners opened up. Some days don't want to be here...
- Gavyn

We were all vulnerable, put down our walls, BRAVE.
- Shelby

Being vulnerable ourselves is huge. Biggest fear - not being enough, not saying 'No'.
- Annie

We are all connected...

We are here for all of us!

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Healing for the Healers

"Image" - Titles, what we 'DO', "trying" to do/ be

"If you really knew me..."

Release the Emotional Balloon.

"We don't fall apart, we fall together..."

The Iceberg

10% Love
90% Joy
Fear
Frustration
Overwhelm
Anger
Grief
Stress
Tears
Guilt

Healing Summit
MARCH 29, 2022

THRIVE
NYCT.ORG

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Holding Dialogue Space

Matt Reddam

**Why**
Dialogue Space is Needed
Flip the Coin - Resilience is on the other side of the Trauma coin.

**The Problem**
Systems are designed to keep going
They are not designed for HUMANITY

**What is Dialogue Space?**
Dialogue is a structured, facilitated conversation that fosters relationships in which participants seek to reach a greater mutual understanding through curiosity & honesty.

**Definition:**
Intentionally constructed spaces of learning & healing, where one’s full humanity, one’s authentic self, is invited and welcomed into the space.

**How To Create Dialogue Space?**

**Conditions:**
- Equality
- Respect
- Flow...moving
- Focus on the whole
- Minimize host

**Create:**
- Guidelines
- Check-in
- Theme/Topic
- Reflective questions - prompts
- Close with intentionality
- Debrief if appropriate

**Surrender:**
- Specific outcomes
- Fixing
- Auto-responding
- Comfort for everyone
- Ego/perfectionism
- Fear of vulnerability
- Being Fast

---

We seek SAFETY and the familiar when stressed.

TRAUMA creates ISOLATION.

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Breaking Cycles & Creating Change
MARCH 29, 2022

Scott Dinitis and Emiliano Jimenez

The Iceberg returns... Smiling faces AND a lot going on too...

Emiliano's Daughter's story
The story of how dedicated community members can save a life, and make a difference.

"Wherever you go, there you ARE."

We need to do these things for OURSELVES

An Activity: 2 Types of Leaders
- BEST
  - Two OBJECTS
  - NOT Your BEST

AHA -
- Easier to find "not"
- External environment can reflect our internal state

LEADER
Those who have followers? or INFLUENCE?

In every MOMENT, and in every INTERACTION

Things We Can Do:
- Walking
- Stretching
- Music
- Drink Water
- Sighing

Forest Therapy
- Go outside
- Full sensory engagement for 3 minutes

"We shall never know all the good a simple smile can do..."
- Mother Teresa

GRAPHIC RECORDING BY RAVEN@PRAWDYOUOUT.COM
Closing Remarks

Aaron Davis

Find what brings you Joy!

Start
• Dancing
• Walking
• Putting self First
• Time in nature walk on grass
• Yoga

Stop
• Missing my walk
• Less criticizing
• Feeling not good enough

Protect your peace
- Be informed, but don’t be infiltrated
- Win the morning – no news

Keep Perspective

Take a Break if necessary!

Schedule Appointments with you.

No. Set priorities

Put the BIG ROCKS in first!

• What are your TRIGGERS? People, Places, topics, etc.
• Avoid the thieves of joy.

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM

THrive
NVCT.ORG
**Mindfulness Moments**

Chau Yoder

**Sitting Meditation**

Breathing In, Breathing Out.

Relax... and notice as you move down through your body...

**Moving Meditation**

PBS: Pause, Breathe, Smile!

"Hello Fear... Welcome Peace."

**Let Go...**

"My mind is a clear blue sky..."

**Connecting with Your True Self**

Happiness

Compassion

Love

Kindness

Peace

Joy

Send out ripples to the world.
Healing Summit
MARCH 29, 2022

Video Diaries

Norma
Services & support groups, disaster, trauma, mental health

Biggest reward - being an advocate
Be inclusive, vulnerable, be an example
Advice: have empathy
Hope for youth: create safe spaces, bring back hope in youth, build resilience

School counselor
I see “rootlessness” and restlessness. Kids and adults need attachment.

Self care: taking emotions seriously, a gift, the aliveness, do not flee from boredom, embarrassment.

Advice: Take off your “adult hat” and put down advice. Meet them where they are. Not knowing what to do... presence is the thing.

Robert

Santy
Working with youth
A community approach to Mental health & wellness
Satisfaction from helping people blossom

Youth Need: Adults forget what it’s like to be young. Need to listen, validate, not ‘fix’. Have empathy. Create spaces for “time travel”

Vision: Shared responsibility, collaborative approach. Take care of each other!

Elaine
Saw a need in schools, especially after the Camp Fire, to help kids through the fire, then the pandemic.
What a sacred privilege to help hold the pain, nurture growth.
‘This wasn’t your fault.”

Self care: rest, water, talking to friends,...

My hope: Grow more counselors, find funding

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM