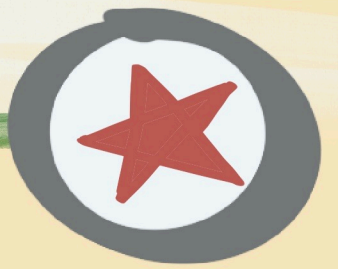


# Healing Summit

MARCH 29, 2022

# Summit Highlights



# Welcome!



Danelle Campbell

Repeated  
Community  
Trauma

The NEED  
is clear

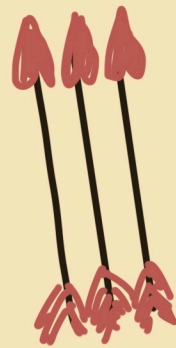
We SEE you!  
We CELEBRATE you!  
We HONOR you!



We are RESILIENT and we will HEAL & THRIVE

Alexa Benson-Valavanis

Thank you, Love Warriors!



Thank you,  
Rogers-  
Aaron  
Butte Strong Fund

Thank you Thrive Team!  
Erin, Michele, and Kari

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

# Refuel & Recharge

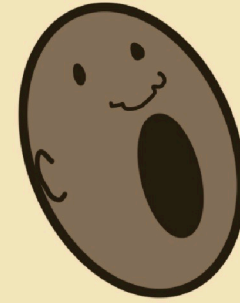
## Aaron Davis



Thought for the Day...  
What are you  
TRADING for today?



Keep your cup  
filled UP!



When you're  
hurting, go  
help!

## What We're Dealing with...

Covid-19 Working at home

WAR

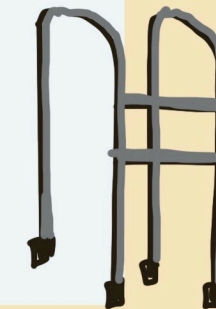
Illness  
• cancer

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."

# Healing for the Healers

Rich & Yvonne Dutra-St. John

"I need to put this love somewhere."

SEND SOME LOVE



A

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 you come... Do you remember?



A TREASURE HUNT... What if everyone here is a Treasure

JUST for YOU!

- ① Lower the water line ↑
- ② Listen

# Healing for the Healers



B

Rich & Yvonne Dutra-St. John

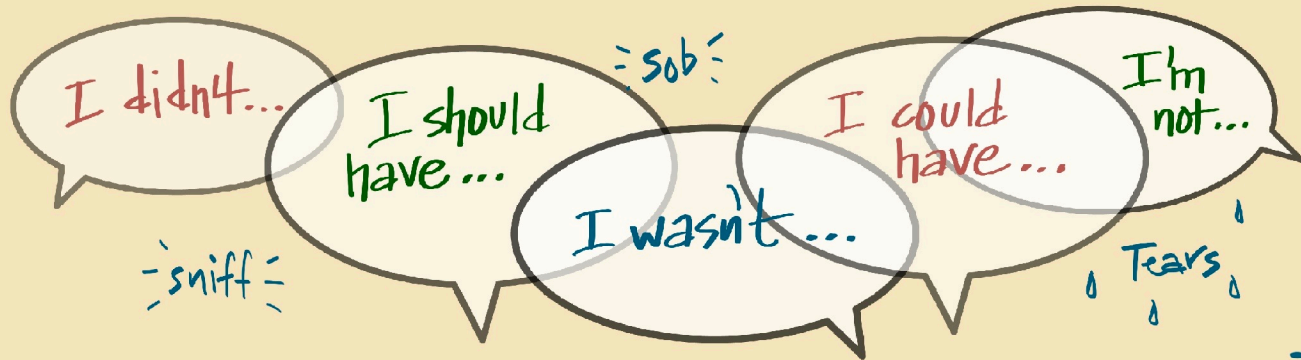
## Forgiveness Activity



Guilt in our Bodies...  
We must do our own work before helping others.

Have a RITUAL...  
keep doing it.

### "I forgive myself for..."



"A weight lifted off..." Intense. How come my body doesn't know how to forgive?  
Letting go of shame, guilt, and fear as well.

### I give myself permission to...



- not have to be everything to everyone...
- Grieve... boundaries

Permission to be VALUABLE

- come first
- Grieve
- Set boundaries
- Love myself more

### "I am letting go of..."



"Not sure who I am without my stress."  
Let my kids risk failure  
Self hatred  
Other people's expectations

### "I'm proud of..."

who I am and how my journey is unfolding  
YOUR LOVE!  
Your COURAGE

# Healing for the Healers



Rich & Yvonne Dutra-St. John

Shares from the Breakouts... "If you really knew me"

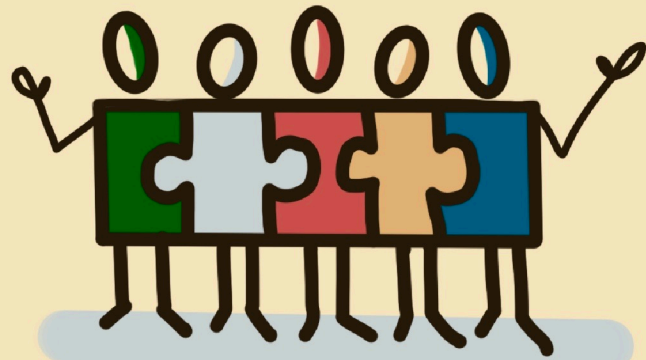
Started to cry,  
opened everyone up,  
could see everyone.

Sister's  
Birthday - 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  
-Annie enough /  
saying 'No'.



We are all  
connected...

# We are here  
for All of  
US!

# Healing for the Healers



Release the Emotional Balloon.

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

## The Iceberg



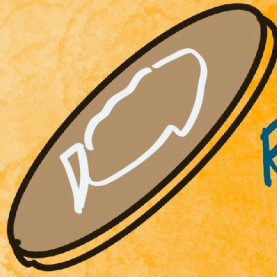
"If you really knew me..."

# Holding Dialogue Space

## Matt Reddam

### Why

Dialogue Space is Needed



Flip the Coin - Resilience is on the other side of the Trauma coin.



We seek SAFETY and the familiar when stressed

TRAUMA creates ISOLATION

### 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.

"I'm HERE." INFUSE HUMANITY.

### 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

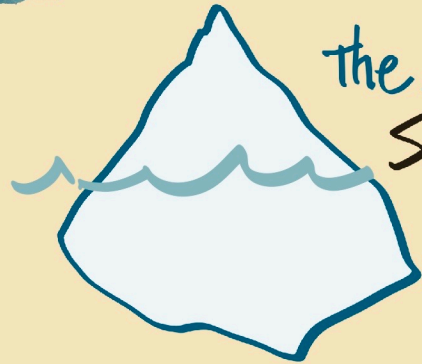
#### Surrender:

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

SO...



Scott Dinitz 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.

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

- Mother Teresa

"Wherever you go, there you ARE."

We need to do these things for OURSELVES

## LEADER

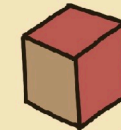
Those who have followers?  
or INFLUENCE?

In every MOMENT, and in every INTERACTION

## An ACTIVITY: 2 Types of Leaders



TWO OBJECTS



NOT your BEST

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

## Things We Can DO:

- Walking
- Stretching
- Drink Water
- Praying
- Music
- Sighing

## Forest Therapy

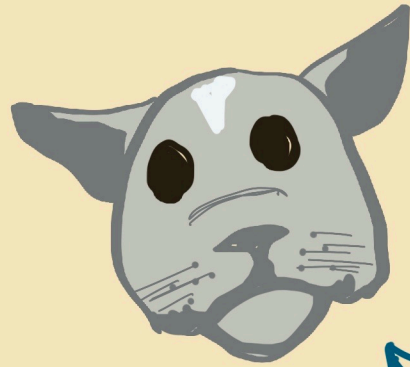
- Go outside
- Full sensory engagement for 3 minutes



# Closing Remarks



Aaron Davis



Find what brings you Joy!

Louie

## 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.

- What are your TRIGGERS? People, places, topics, etc.
- Avoid the thieves of joy.

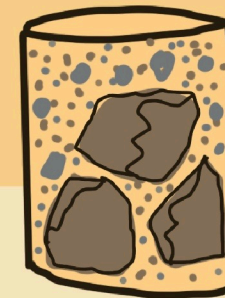
- **Keep Perspective**

- **Take a Break if necessary!**



- **Schedule Appointments with you.**

- **No.** Set priorities



Put the BIG ROCKS in first!

# 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!



Let Go...

"Hello Fear... Welcome Peace."

### Connecting with your True Self

Happiness  
Kindness  
Compassion  
Peace  
Love  
Joy



send out ripples to the WORLD

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

## 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



Robert

**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.



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.' can change everything.

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

**My hope:** Grow more counselors, find funding

