

Think back to when you were 14, 17, or 20

What were the biggest stressors for you at that age?

How did you cope with them?

How did the adults in your life respond to your coping?

How did those responses impact you then?

How do they impact you now? In your work?



RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal and transform the lives and communities.

RYSE is a:

- ✓ Home
- ✓ 'Beloved Community'
- ✓ Movement
- ✓ *RYSE Commons!*

RYSE provides:

- Sanctuary and safe space
- Opportunities to connect, heal, learn, and lead
- Programs in Community Health, Youth Organizing, Media, Arts & Culture, Education & Justice
- Trauma response and triage



Conditions and Context



BIYOC treated as problem, risk, threat

BIYOC adulfified by systems

Overly focused on individual behavior change; metrics of compliance

COVID has revealed and escalated harm

In light of and in spite of these conditions, young people continue to show up for each other, for us, for our communities, for the generations that follow.

Truths of our youth

“My experience with violence is very brutal...I grew up with violence as if it were my sibling.”

“Healing looks like education. If people understood their privilege and how their actions can deeply affect someone, I think that it would help a lot of people who are struggling with these issues.”



Truths of our youth

“Realizing institutions don’t work for you, but against you, is the first step to healing your community.”

“We know we can’t run the city- it’s too complex- but our experience and our voices should count, especially because we’re the most effected.”





**Trauma is structural,
historical, political,
intergenerational,
interpersonal, and
embodied.**

**So then must be our
healing.**

Interacting Layers of Trauma and Healing

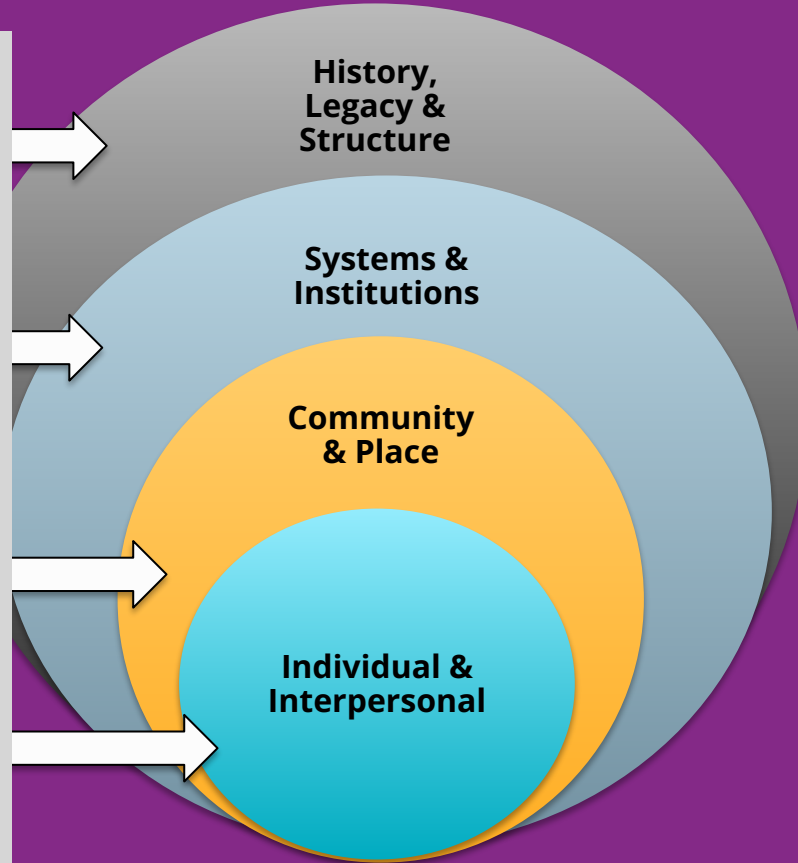
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Resource Extraction, White Supremacy, Patriarchy...

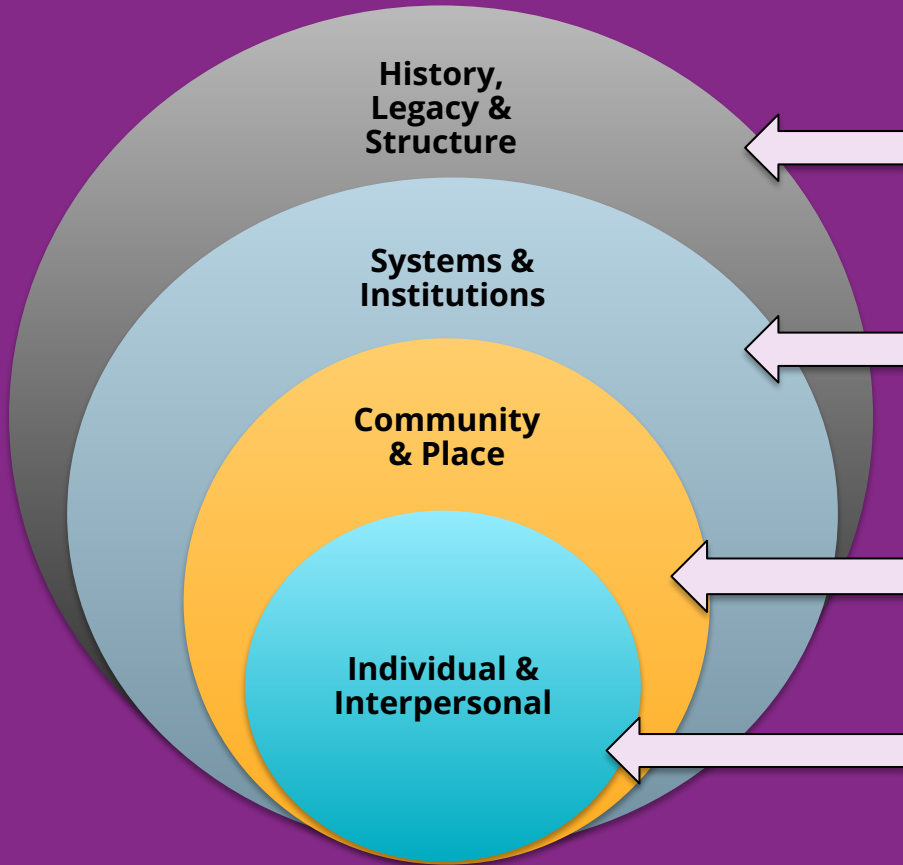
Systemic Subjugation of BIPOC by Interacting Policies & Systems: (Capitalism): Broken Treaties, War on Drugs, Mass Incarceration, Criminalization of Poverty & Survival, Anti-Immigrant/Imperialist Policies, Redlining and Gentrification, Climate Violence, Harmful Media Narratives ...

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation/Gender Violence, Displacement, Lack of Safe Passage and Spaces; Lack of Green Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying/Gender Violence, Family Systems Stressors, ACEs, Numbing, Shame and Blame, Epigenetics...



Interacting Layers of Trauma and Healing



Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, Gender Justice, Just Transitions...

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Identity Affirming, Adaptive, Responsive, and Proximate, Land and Power-sharing (Nothing about us without us)...

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Land Acknowledgement, Arts & Expression, Base & Power-Building...

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections To Each Other and The Land; Loving, Predictable Structure...

Healing-Centered Engagement

Is explicitly political, rather than clinical

Is culturally grounded and views healing as the restoration of identity

Is asset driven and focuses on the well-being we want, rather than the symptoms we want to suppress

Is supportive of providers in their own healing

Asks “Who are you? What is right with you? And what is right with your community?”



Healing-Centered Engagement

Does NOT center on behavior or changing behaviors.

Integrates trauma awareness, coping, survival through acknowledgement and affirmation, witness-bearing.

Creates and holds brave space(s) for health struggle for all of us.

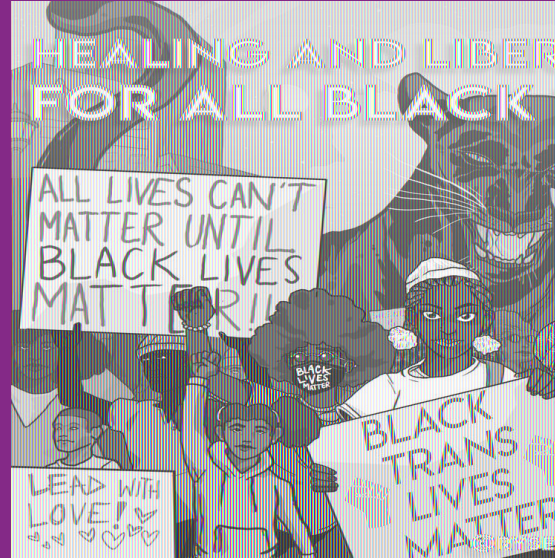
Enables and invites grief, celebration, sadness, rage, joy to happen in the same space at the same time.

Always makes room for dreaming and being.



Healing-Centered Praxes - more in next session

- Harm reduction - assessing and addressing risk of systems' harm.
- Non-violent and restorative communication - how we organize love.
- Radical Inquiry - tending to and taking care of our roots, our young people.
- Invitation...mapping ourselves on the layers



Rich in Health

Comida y Bebidas Gratis

Servicio gratis que incluye:
Exámenes dentales
Demostraciones de acupresión y masaje.
Información de acceso a la atención médica
Educación financiera
Inscripciones de consejería de salud mental
Pruebas de VIH / Información de salud sexual

QUIEN: Jóvenes de 13 a 21 años.
CUÁNDO: Viernes 31 de Mayo de 4-7pm
DÓNDE: RYSE Center, 205 41st Street, Richmond CA
Para más información: 510.374.3401.

Interacting Layers of Trauma and Healing



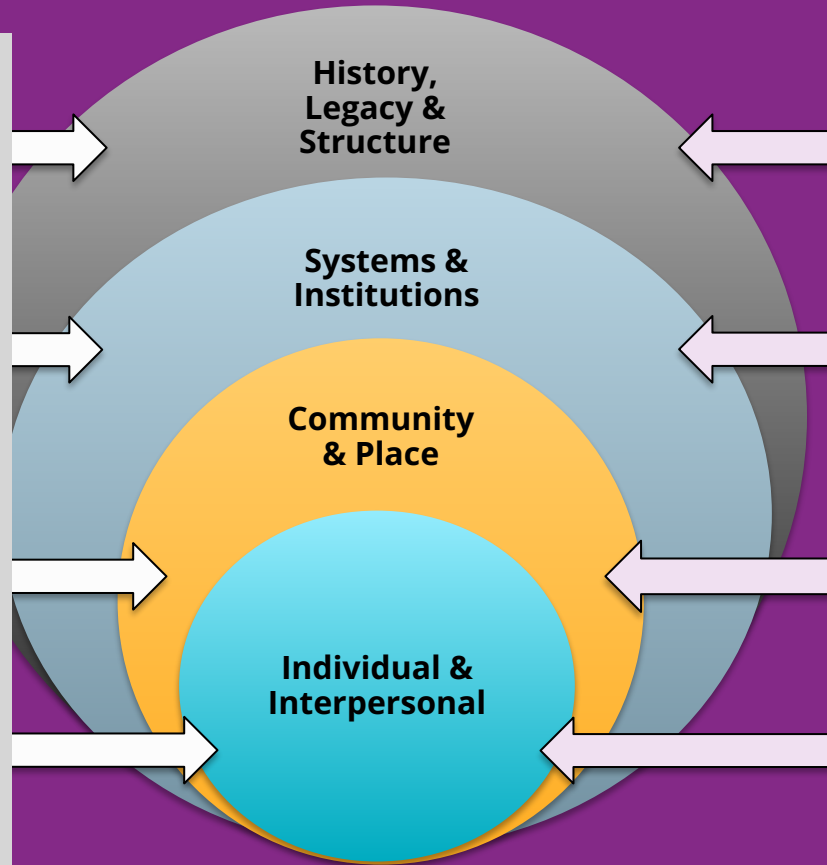
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Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying/Gender Violence, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission...



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Mapping the layers of trauma and healing

- a. What is your family's lived personal experience in the layers?
- b. What can you say about 2-3 generations of your family's experience in the layers?
- c. What feels most important, poignant, tender about your lived experience(s) and legacy in these layers?
- d. What is your lived professional experience in the layers?
- e. What can you say about 2-3 professional generations before you in the layers?
- f. In what layer do you spend most of your professional time and efforts?
- g. What is the relationship between your personal and professional experience?

Healing

In memoriam...

Words from Marissa Snoddy, RYSE's Clinical Director

...young people's responses to violent, oppressive systems are often pathologized,

... I believe my role in counseling is to validate their experiences; relocate the problem outside of the young person and back onto the system; and name how systems have been and continue to be set-up to harm marginalized communities.

In sessions, young people get to (re)imagine what healing and liberation looks like for themselves and our/their communities.

I love that I get to be a part of young people's healing journeys. Healing is hard work and there is also a lot of laughter and celebration in the process.

