Self- & Collective Care: Supporting Ourselves & Each Other When Doing the Work

Whitney Marris, CTIPP's Director of Trauma-Informed Practice and System Transformation
Resilience Investment, Support, & Expansion (RISE) from Trauma Act

- Creates a new HHS grant program to fund community-based coalitions that coordinate stakeholders and deliver targeted local services to address/prevent trauma
- Creates a new HHS grant program to support hospital-based trauma interventions to address mental health needs, prevent re-injury, & improve long-term outcomes
- Increases funding for the National Health Service Corps loan repayment program, in order to recruit more school-based mental health clinicians—with an emphasis on increasing representation across dimensions of diversity
- Enhances federal training programs at HHS, the U.S. Department of Justice, & the U.S. Department of Education to provide more tools for early childhood clinicians, teachers, school leaders, first responders, & community leaders
- Reauthorizes four critical federal programs: The Interagency Task Force on TIC, National Child Traumatic Stress Network, the CDC’s ACEs Data Collection program, & SAMHSA’s Trauma Support in Schools grant program
  - FY ‘23: $117 million in federal funding to support trauma research, training, coordination, & services

Community Mental Wellness & Resilience Act

- Establishes a competitive grant program at the CDC to create, operate, or expand community-based programs using a public health approach to build mental wellness & resilience
- Works within these programs to enhance the capacity of all residents for mental wellness & resilience to prevent and heal mental health challenges generated by disasters & toxic stress
  - Incorporates a “set aside” to help address rural mental health disparities
- Supports community initiatives to build their own developmental and culturally appropriate strategies to enhance and sustain population-level mental wellness and resilience, with specific attention to those who have been made particularly vulnerable/who experience many risk factors limiting their ability to access optimal wellness
What comes to mind when you hear the term “self-care”?
Engaging in advocacy & activism is hard work.
“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

-Audre Lorde
Self-Care:
Rethinking Conceptual Frameworks
We need each other.
Ubuntu

I am because we are.
Bridging Self- & Collective Care: Some Examples

- Establish/participate in mutual aid efforts.
- If you are benefitting from something, find ways to ensure it also benefits others. Similarly, if something is hurting you, speak out before it hurts others.
- Be intentional about celebrating successes, milestones, and significant moments together!
- Ensure roles are shared equitably (vs. the burden of care lying disproportionately with people with oppressed identity factors).
- Maintain awareness and respect that each person has unique needs, capacities, and priorities; engage in check-ins to create space for all to share theirs

- Embed shared learning about sustainable ways to engage in self- and collective care (e.g., hold workshops in the community).
- Build in time for rest and restoration after major calls to action take place.
- Anchor in compassion and consider stepping up when others are experiencing difficulty in their role.
- Engage in ongoing self-reflection about how you are showing up and choosing to participate in the spaces you find yourself in.
- Share learnings, and give credit where credit is due.
Breakouts & Discussion
Community Agreements

"We will commit to..."

• INVITING EVERYONE TO PARTICIPATE WHILE HONORING EVERYONE’S RIGHT TO PASS

• DEMONSTRATING MUTUAL RESPECT
  1) Give attention to person who has the floor
  2) Create space for perspectives, experiences, ideas & contributions
  3) Prioritize impact over intention
  4) Preserve confidentiality & privacy
  5) Choose words with intention

• ENGAGING WITH CURIOSITY & COMPASSION RATHER THAN SHAMING OTHERS OR MAKING ASSUMPTIONS
  Call people IN rather than OUT

• USING INCLUSIVE LANGUAGE THAT IS ACCESSIBLE TO VARYING LEVELS OF KNOWLEDGE AND FAMILIARITY

• TAKING SPACE & MAKING SPACE BY PAYING ATTENTION TO HOW FREQUENTLY, HOW LONG & HOW QUICKLY WE SPEAK

• SPEAKING FROM OUR OWN EXPERIENCE
  Use "I" statements rather than generalizations

• ENGAGING IN ONGOING SELF-REFLECTION & SELF-CARE

• MODELING THE MODEL, WITH RECOGNITION THAT MANY OF US HAVE OUR OWN TRAUMA HISTORIES
How can CTIPP support you?
With Gratitude For & Credit To:

- Dockray – Self-Care Isn’t Enough; We Need Community Care to Thrive
- Horn - Decolonising Emotional Well-Being and Mental Health in Development: African Feminist Innovations
- Hui - Anti-Racism Work Requires Rest—Here’s How 4 Social Justice Activists Practice Self Care
- Know Your IX – Activist Burnout and Self-Care
- Miller et al. - Foster Parent Self-Care: A Conceptual Model
- Porteous-Sebouhian - Why Acknowledging and Celebrating the Black Feminist Origins of ‘Self-Care’ is Essential
- Raising Voices - How Can We Amplify Self and Collective Care?
- Rent Strike: Self- and Collective Care
- Wyatt & Ampadu – Reclaiming Self care: Self care as a Social Justice Tool for Black Wellness

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Thoughts & Wonderments?