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
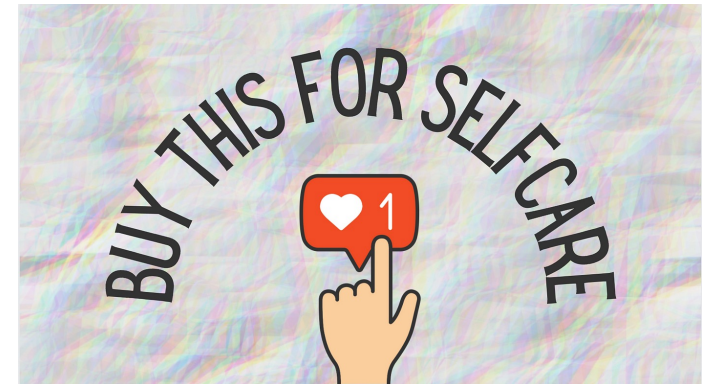
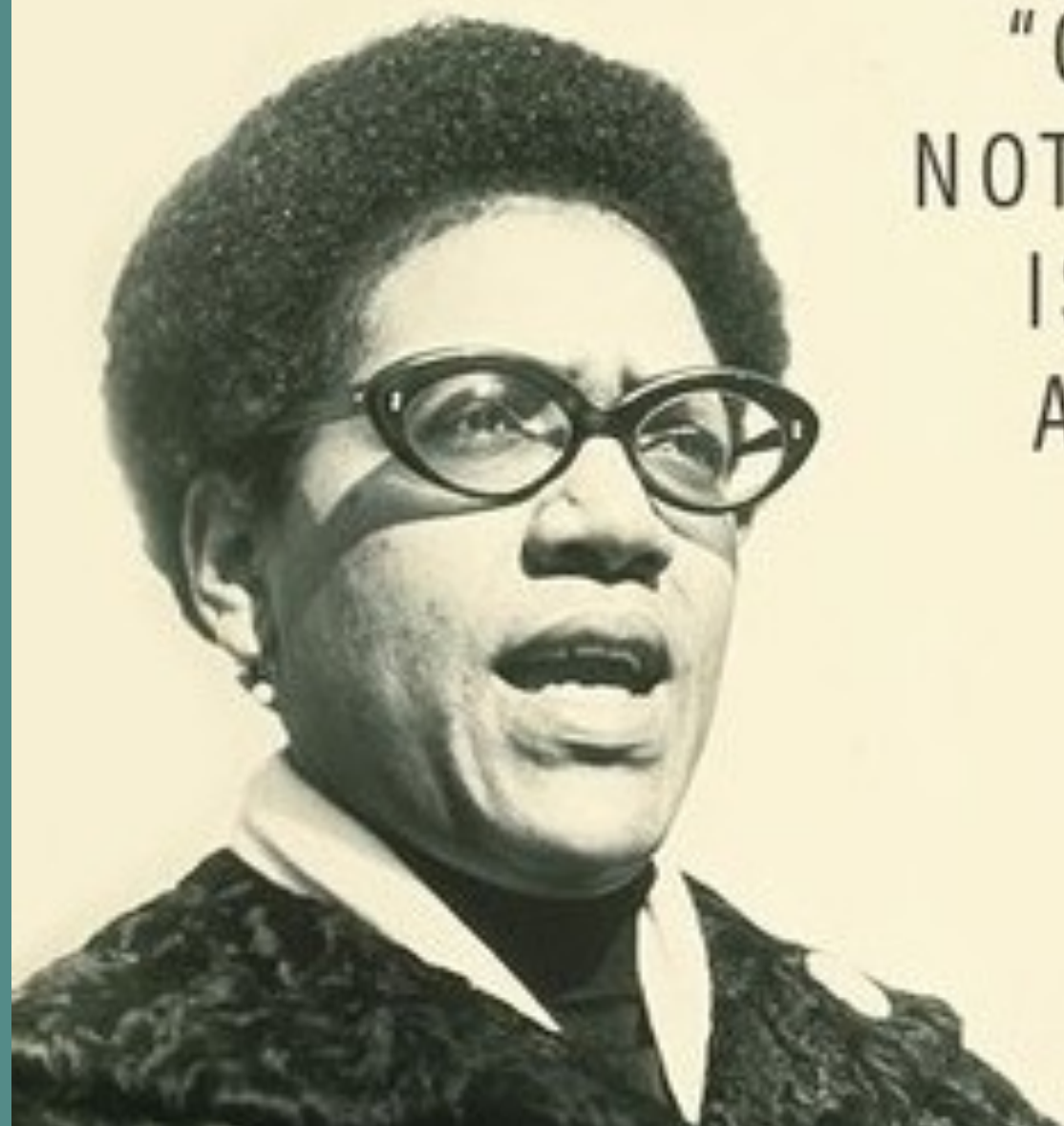What comes to mind when you hear the term "**self-care**"?

TREAT YOURSELF

BYREDO
BIBLIOTHÈQUE
BOUGIE PARFUMÉE

FEU DE BOIS

BUY THIS FOR SELFCARE

Engaging in advocacy & activism is **hard work.**

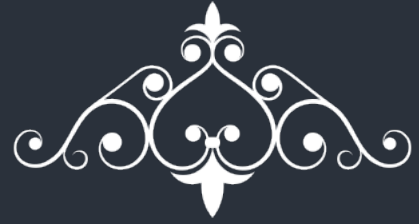"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."
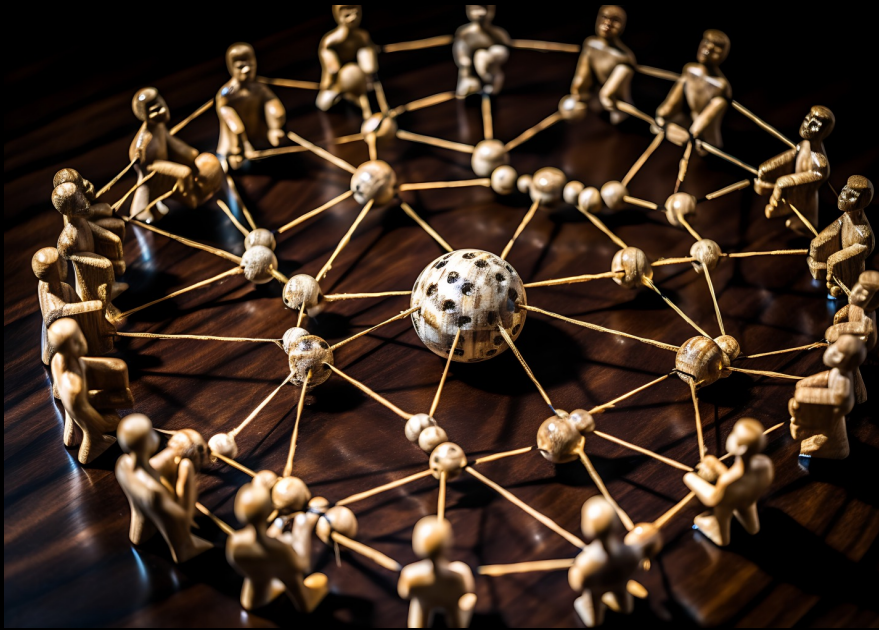
-AUDRE LORDE

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](#)

- [Kinser et al. - Self-Administered Mind-Body Practices for Reducing Health Disparities](#)

- [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](#)

- *Images: [Zoe Firth](#); [Alena Ozerova](#); [eknicole](#); [Oprah Daily](#); [Alina555](#); [Barrirret](#); [Feature China/Future Publishing](#); other images used were purchased through [Adobe Stock](#).*

Thoughts & Wonderments?