



# Healing Practices in BIPOC Communities

It Is Time For Us To Become The Owners  
Of The Tools Of Our Own Healing!!!  
#HealingForTheVillage

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Giving Honor to the  
Ancestors on whose Backs  
we stand for bringing us this  
far on the way.  
Giving thanks to the Elders for  
providing leadership and  
Guidance.  
We will seek to embody your  
wildest dreams!!

# In our time today we will...

- Gain a fuller understanding of the need for healing.
- Increase our understanding of BIPOC healing practices .
- Discuss how BIPOC healing practices differ from traditional mental health treatment approaches
- Share an example of traditional BIPOC healing practices
- Get resources for learning more about healing practices that can be brought to your community.

# Why Do We Need Healing???



# The Journey to African American Citizenship...

## A Dream Deferred.

### 1619-2020

- 1619-1865 Chattel Slavery
  - 246 Years
- 1865-1965 Jim Crow and Segregation
  - 100 Years
  - No Rights (in the south) Limited Rights (In the north)
- Citizenship Rights
  - 55 Years
  - The Struggle continues for full inclusion
- **401 YEARS**

EMMETT TILL - MEDGAR EVERS - GEORGE JUNIUS STINNEY JR. - DR MARTIN LUTHER KING JR - HENRY SMITH - JOHN CRAWFORD III - MICHAEL BROWN - EZELL FORD - DANTE PARKER - MICHELLE CUSSEAUX - MARY TURNER - LAQUAN MCDONALD - MALCOLM X - TANISHA ANDERSON - AKAI GURLEY - TAMIR RICE - RUMAIN BRISBON - JERAME REID - MATTHEW AJIBADE - JAMES N. POWELL JR. - FRANK SMART - ERNEST LACY - NATASHA MCKENNA - TONY ROBINSON - ANTHONY HILL - MYA HALL - PHILLIP WHITE - ERIC HARRIS - WALTER SCOTT - WILLIAM CHAPMAN II - ALEXIA CHRISTIAN - BRENDON GLENN - VICTOR MANUEL LAROSA - JONATHAN SANDERS - FREDDIE CARLOS GRAY JR. - JOSEPH MANN - SALVADO ELLSWOOD - SANDRA BLAND - ALBERT JOSEPH DAVIS - DARRIUS STEWART - BILLY RAY DAVIS - SAMUEL DUBOSE - MICHAEL SABBIE - BRIAN KEITH DAY - CHRISTIAN TAYLOR - TROY ROBINSON - ASSHAMS PHAROAH MANLEY - MICHAEL STEWART - FELIX KUMI - KEITH HARRISON MCLEOD - JUNIOR PROSPER - LAMONTEZ JONES - PATERSON BROWN - DOMINIC HUTCHINSON - ANTHONY ASHFORD - ALONZO SMITH - TYREE CRAWFORD - INDIA KAGER - LA?VANTE BIGGS - MICHAEL LEE MARSHALL - JAMAR CLARK - RICHARD PERKINS - PHILLIP PANNELL - NATHANIEL HARRIS PICKETT - BENNI LEE TIGNOR - MIGUEL ESPINAL - MICHAEL NOEL - KEVIN MATTHEWS - BETTIE JONES - QUINTONIO LEGRIER - KEITH CHILDRESS JR. - JANET WILSON - RANDY NELSON - ANTRONIE SCOTT - WENDELL CELESTINE - DAVID JOSEPH - CALIN ROQUEMORE - DYZHAWN PERKINS - CHRISTOPHER DAVIS - MARCO LOUD - JAMES BYRD JR. - PETER GAINES - TORREY ROBINSON - DARIUS ROBINSON - KEVIN HICKS - MARY TRUXILLO - DEMARCUS SEMER - AMADOU DIALLO - WILLIE TILLMAN - TERRILL THOMAS - DEMETRIUS DUBOSE - ALTON STERLING - PHILANDO CASTILE - TERENCE CRUTCHER - PAUL O?NEAL - ALTERIA WOODS - BOBBY RUSS - JORDAN EDWARDS - AARON BAILEY - RONELL FOSTER - STEPHON CLARK - COREY CARTER - ANTWON ROSE II - TAYLER ROCK - MALICE GREEN - RAMARLEY GRAHAM - ELIJAH MCCLAIN - AIYANA STANLEY JONES - BOTHAM JEAN - PAMELA TURNER - DOMINIQUE CLAYTON - SEAN BELL - ATATIANA JEFFERSON - JEMEL ROBERSON - JAMES LEE ALEXANDER - RYAN MATTHEW SMITH - DERRICK AMBROSE JR. - ADDIE MAE COLLINS - CAROL DENISE MCNAIR - CAROLE ROBERTSON - CYNTHIA WESLEY - NICHOLAS HEYWARD JR. - CHRISTOPHER WHITFIELD - WILLIE MCCOY - VICTOR WHITE III - MARCUS DEON SMITH - CHAVIS CARTER - MARTIN LEE ANDERSON - CHRISTOPHER MCCORVEY - BRADLEY BLACKSHIRE - TIMOTHY THOMAS - REGINALD DOUCET JR. - DANROY "DJ" HENRY JR. - KARVAS GAMBLE JR. - ERIC REASON - KORRYN GAINES - REKIA BOYD - KIONTE SPENCER - DARIUS TARVER - WAYNE ARNOLD JONES - MANUEL ELLIS - VICTOR DUFFY JR. - KOBE DIMOCK-HEISLER - CLINTON R. ALLEN - DONTRE HAMILTON - TIMOTHY CAUGHMAN - SYLVILLE SMITH - COREY JONES - TYRE KING - ERIC GARNER - MILES HALL - KENDRICK JOHNSON - CHARLEENA LYLES - MICHAEL LORENZO DEAN - TRAYVON MARTIN - RENISHA MCBRIDE - KIWANE CARRINGTON - OSCAR GRANT III - BREONNA TAYLOR - KALIEF BROWDER - DARRIEN HUNT - TROY HODGE - WILLIAM GREEN - AHMAUD ARBERY - DION JOHNSON - TONY MCDADE - ANDREW KEARSE - JAMEL FLOYD - GEORGE FLOYD - RAYSHARD BROOKS - ITALIA MARIE KELLY - DAVID MCATEE - CHRIS BEATY

# The concept is not new...



- Healing practices have been in BIPOC communities since the beginning of time.
- Different approaches for different times and different situations.
- Common threads.
- Community can and has done this for itself when provided the tools.

# What's the difference ?

## Traditional Mental Health Treatment

- Office Based
- Models based on Dominant culture norms
- Provider often not from same community as client
- Model Based in "Treatment"
- "Head" work

## BIPOC Healing Practices

- Community based
- Models borne of Authentic cultural wisdom and practices
- Participants and leaders from same community
- Model based In "Healing"
- "Heart" work





# Risk Factors Are Not Predictive Factors Because of Protective Factors

Dr. Carl C. Bell

# Examples of healing practices in BIPOC Communities



# What's Happening In Rochester?

## Emotional Emancipation Circles

- Created by Community Healing Network and ABPsi
- Adults 20+
- Black Only Space
- Meets bi-weekly
- Healing from Racial Trauma
- Defying the Lie of White Superiority
- Defying the Lie of Black Inferiority
- Virtual meeting

## Ubuntu Circles

- Community Healing Network and ABPsi
- Black Youth ages 12-19
- Black Only Space
- Meets weekly
- Healing from Racial Trauma
- Defying the Lie of White Superiority
- Defying the Lie of Black Inferiority
- Hybrid meeting

# Village Teach-Ins



- Village Teach-Ins build positive racial identity development through sharing knowledge of self and community.
- At the Teach-Ins members of the village teach sessions in areas that they are deeply knowledgeable. This serves two purposes.
- First, Knowledge is being shared in culturally specific/culturally responsive ways by people who possess both the theoretical knowledge in the subject being delivered.
- Second, participants see in real time that knowledge, skills, and positive role models exist in the village.

# “Sista To Sista” Intergenerational Learning and Healing Circles



- “Sista To Sista” Circles provide Black women safe spaces intergenerational conversations, learning, healing, and growth.
- Due to many varied factors the intergenerational bonds that have served as protective factors for Black women have been broken.
- The circles create safe spaces to begin to weave and knit those relationships back together in culturally specific ways. Young women and season women will join in the process of loving, learning, and healing together.

# What are we seeing right now? What are participants saying?

## Emotional Emancipation Circles

- About 100 people registered
- Attendance ranges from 45-60 people
- Age range from 20-70 years of age
- Group is very interactive for being so large.
- People want smaller groups to be more intimate
- People feel that the space is very safe

## Ubuntu Circles (Young people)

- Group is capped at 20 participants
- Averaging about 17-18
- 50/50 split between live and virtual.
- Hybrid model presents unique challenges
- Participants look forward to group
- Participants use the group to draw other young people in to make positive behavior change

# What's Next?

- Expand Capacity for EEC and Ubuntu Circles
- Expand Village Teach In offerings
- Create more intergenerational learning and healing spaces

# Get More Information on These Practices

Emotional Emancipation Circles/ Ubuntu Circles  
Community Healing Network

<https://www.communityhealingnet.org/>



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