BEYOND TRAUMA INFORMED: CREATING HEALING INFORMED ORGANIZATIONS AND COMMUNITIES.

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"Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma."

"Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."
• Trauma informed care broadly refers to a set of principles that guide and direct how we view the impact of severe harm on young people’s mental, physical, and emotional health. Trauma informed care encourages support and treatment to the whole person, rather than focusing on only treating individual symptoms or specific behaviors.

• The term runs the risk of focusing on the treatment of pathology (trauma), rather than fostering the possibility (well-being).
“I AM MORE THAN WHAT HAPPENED TO ME, I’M NOT JUST MY TRAUMA”
REFRAMING: HEALING INFORMED

• Approach trauma with generative, culturally meaningful solutions that promote healing. Healing Informed models go beyond understanding and identifying trauma and view trauma as more than an isolated, individual experience.

• Center holistic practices that understand historic, vicarious, collective and individual trauma must be healed in community contexts.

• Asset driven approach that advances a collective view of healing, and re-centers culture as a central feature in well-being.
Trauma & Brain Development

Typical Development
- Cognition
- Social/Emotional
- Regulation
- Survival

Developmental Trauma
- Cognition
- Social/Emotional
- Regulation
- Survival

Adapted from Holt & Jordan, Ohio Dept. of Education
ROLE FOR PHILANTHROPY

• Invest in community designed solutions and promising practices.
• Organizational resilience, generative racial justice movements and leadership implications.
• Align with other funding priorities (education, youth, health).
• Risk tolerance & nimble investment strategies.
• Meaningful evaluation.
NHS IS A COMMUNITY DRIVEN SOLUTION FOR THE HEALING OF TRAUMA THROUGH REST, REMEMBRANCE, RESISTANCE, AND REVIVAL. OUR WORK IS CENTERED ON THE SURVIVOR VOICE AND LEADERSHIP.

WITH THE HELP OF OUR COLLECTIVE AND PARTNERS, WE OFFER A SAFE PLACE FOR OUR COMMUNITY TO GATHER, DROP-IN SPACE AND SUPPORT FOR VICTIMS OF SEXUAL EXPLOITATION, AND YOUTH LEADERSHIP AND EDUCATION THROUGH OUR 21ST CENTURY ACADEMY

WE UTILIZE HEALING PRACTICES THAT HAVE EMERGED FROM CENTURIES OF AFRICAN AMERICAN RESISTANCE AND REVIVAL, AND SUPPORT APPROPRIATE CONNECTIONS TO CLINICAL CARE FOR TRAUMA.

NHS IS A COMMUNITY DRIVEN SOLUTION TO CLOSE ON-RAMPS AND OPEN OFF-RAMPS TO THE SEX TRADE AND TRAFFICKING.

FOR MORE INFORMATION: WWW.LIBERTYCHURCHMPLS.ORG
ISLAM AS A GUIDE TO HEALTH AND WELLNESS

Our healthy body is a gift from God. We are the trustees. We should not misuse it, nor provide wrong raw products for the factory and we should keep superb maintenance of this delicate and sensitive machine, in order to enjoy it. It is the container of our soul.
BE MINDFUL OF WHAT WE PUT IN OUR BODIES

• Allah loves His creations so much that He is concerned even with what we eat and put in our body.

• Our muscles, bones, lungs, liver, brain and secretions are made from the raw product we feed it. If we provide the factory with junk raw products, the factory will not produce tough bones, strong muscles, good pump (heart) and clean pipes (vessels).
BROAD GOALS OF THE ISLAMIC MIND BODY WELLNESS CURRICULUM

• Exploring ideas of health and wellness
• Relate these ideas to Islamic tenants and principles
• Surfacing Western Culture’s influence upon current ideas of health and wellness
• Provide a Toolkit for Muslim Faith Leaders
• Provide a Toolkit for interfaith practices
WE EXPLORE SOLUTION STRATEGIES:
- WHOLE HEALTH (INDIVIDUAL AND COMMUNITY)
- COMMUNITY HEALTH

• Personal health
  • Meditation
  • Breathing
  • Active Spirituality
  • Reflection Practices
  • Movement (Yoga, fitness, etc.)
• Music Therapy
  • Islamic Therapy
  • Nabi Aman example: Body Movement
  • Nashida
  • Women Only
  • Men Only
• Guided Imagery
  • Visual/imagination
  • Interaction of Mind, Body and Spirit

• Community Health
  • Active in Community vs Isolation
  • Family
  • Faith Centers
  • Other options
  • Identity in Plurality
RESPONSES TO ISLAMIC MBM TRAINING

• Joining exercise programs with other organizations.
• Continuing breathing and exercise practices.
• Father/daughter exercise lessons shared back to community members.

“What lifted my heart and energy were the beautiful duas that were shared at the end of the session. They were so beautiful and loving to the group. It made me proud to be a part of this training”
FOR MORE INFORMATION

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