



TRANSFORMING PAIN INTO POWER



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President

Detroit Student & Activist

Do Now

- Write down the name of a very close loved one
- Write down your favorite activity
- Write down your favorite place to go
- Write down (or simply think about) a secret you have that is embarrassing to the point very few know about it. If you don't want to write down the secret, use a symbol to represent it.

Mission

Founded by Detroit youth for Detroit Youth, Detroit Heals exists to foster healing justice for Detroit youth in which they are able to transform their pain into power. With a goal to combat trauma, we use healing centered engagement to share our greatest vulnerabilities with the rest of the world while simultaneously working to dismantle oppressive systems for marginalized Detroit youth.

Vision

Our organization was created for Detroit Youth who have been walking and developing in a world that has sought to silence their pain. We understand that our students face more challenges than any individual person can remedy so our goal is to have them help each other heal from their trauma together. They need a voice and access to share their greatest vulnerabilities with the rest of the world, giving their trauma a purpose. Exposure to trauma has a profound impact on cognitive development and academic outcomes and our specific students in Detroit seem to wake up to trauma like its breakfast. We believe that we need to look at children through the lens of "What happened to that child?" versus, "What's wrong with that child?"

Healing Justice?

- **“Healing justice identifies how we can holistically respond to and intervene on current and generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts and minds.”**
- Cara Page – Kindred Southern Healing Justice Collective

HEALING JUSTICE

- **SHIFTING FROM TRAUMA INFORMED CARE TO HEALING CENTERED ENGAGEMENT**
- **DECOLONIZATION OF YOUTH MENTAL HEALTH**
- **YOUTH CENTERED AND FOCUSED PRACTICES**
- **LISTENING**
- **SUBSTANTIVE ENGAGEMENT AS AN AGENT OF CHANGE**



Healing Justice: The healing justice framework lifts up resiliency and radical healing that centers the collective safety and emotional, physical, spiritual, environmental and mental wellbeing of Detroit Youth.



Consciousness: Building consciousness in our youth as well as in those who serve them. Incorporating intentional programming that is aligned with the Anti-Deficit Framework as a guiding model, we work to build consciousness that will lead to collective liberation and healing.



Literacy: Developing powerful readers and writers who use literacy to write for real reasons like to advocate for themselves and others, to deepen their own and others knowledge, & to illuminate the lives they live and the world they are a part of. It will be an opportunity for them to use their words to bring power to their realities.



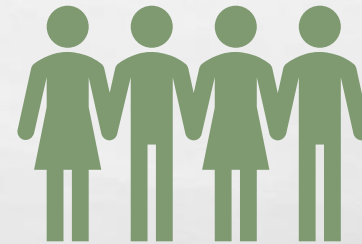
Access: Our distinct goal is to build access for our peers: Access to healing, Access to literacy, Access to Liberation and Access to new possibilities.

Four Pillars of Impact

THE WHY!



CHALLENGE



SOLUTION



WHAT IS TRAUMA?

- **ONGOING/COMPLEX TRAUMA**
- **ADVERSE CHILDHOOD EXPERIENCES (ACES)**
- **TOXIC STRESS**
- **GENERATIONAL TRAUMA**

EXPERIENCES OF TRAUMA CAN LEAD TO

**DISTRUST OF
AUTHORITY/SYSTEMS**

**DISENGAGEMENT
FROM SCHOOL,
FAMILY, PEERS, ETC**

IMPULSIVITY

**SUBSTANCE
USE/ABUSE**

**ACTING OUT
BEHAVIORS/TRAUMA
RE-ENACTMENT**

**HEIGHTENED
FIGHT/FLIGHT/FREEZE
RESPONSES**

WHAT TRAUMATIZED STUDENTS NEED



TO BE HEARD



AFFIRMATION



**SUPPORT NOT
PUNISHMENT**



VALIDATION

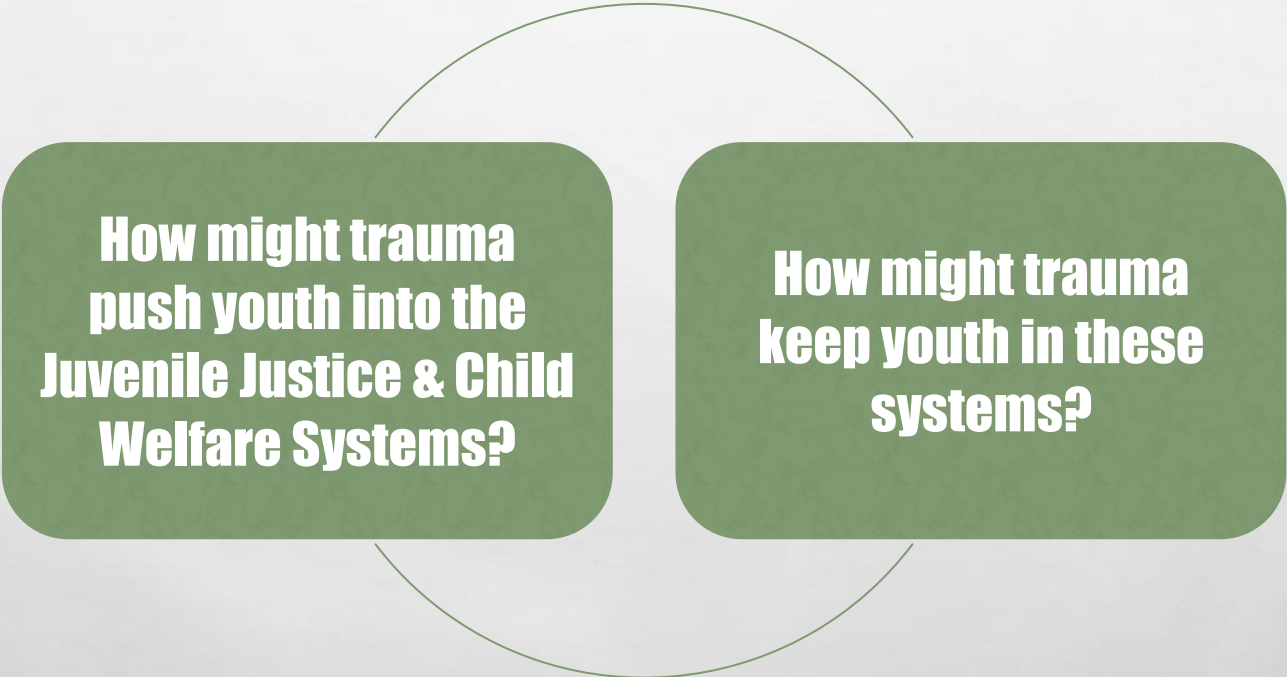


SAFER SPACES



**CONSISTENCY
AND STRUCTURE**

TURN & TALK



**How might trauma
push youth into the
Juvenile Justice & Child
Welfare Systems?**

**How might trauma
keep youth in these
systems?**

PROJECTS

"THIS IS WHAT HEALING FROM TRAUMA FEELS LIKE: YOU ARE HOLDING A DAM TOGETHER WITH SUPERGLUE AND BEHIND IT IS A GIANT OCEAN OF PAIN AND ALL YOU HAVE IS THIS IS SUPERGLUE FOR THE CRACKS IN THE CEMENT. THE TRICKLES OF PAIN THROUGH THOSE CRACKS ARE ENOUGH TO TERRIFY YOU, BUT EVERYONE AROUND YOU SEEMS OBLIVIOUS, THINKING, WELL YOU LOOK LIKE YOU'RE HOLDING IT TOGETHER, YOU LOOK LIKE YOU'RE HEALING...SO YOU MUST BE FINE."



HEALING CIRCLES



- OUR HEALING CIRCLES ARE DESIGNED FOR DETROIT YOUTH WHO HAVE BEEN WALKING AND DEVELOPING IN A WORLD THAT HAS SOUGHT TO SILENCE THEIR PAIN.
- WE UNDERSTAND THAT DETROIT STUDENTS FACE MORE CHALLENGES THAN ANY INDIVIDUAL PERSON CAN REMEDY SO OUR GOAL IS TO HELP EACH OTHER HEAL FROM OUR TRAUMA TOGETHER.
- WE NEED A VOICE AND ACCESS TO SHARE OUR GREATEST VULNERABILITIES WITH THE REST OF THE WORLD, TRULY GIVING OUR TRAUMA A PURPOSE.

HEALING CIRCLES

- OUR HEALING CIRCLES ARE VERY TRANSFORMATIVE. THEY ARE HOSTED IN VARIOUS LOCATIONS THROUGHOUT DETROIT. THESE SESSIONS ARE FACILITATED BY OUR TRAINED YOUTH ADVISORY.
- WE WILL START EVERY SESSION WITH A MEAL BECAUSE SHARING FOOD LEADS TO DIALOGUE AND DIALOGUE LEADS TO UNDERSTANDING, ACCEPTANCE AND PEACE. WE WILL THEN WALK OUR PEERS THROUGH A PROCESS OF TURNING THEIR TRAUMA INTO A WRITTEN NARRATIVE (STORY, POEMS, ESSAYS, ETC.)
- CIRCLES ARE ALSO SUPPORTED BY TRAINED THERAPISTS. WE INCORPORATE CRITICAL WRITING SKILLS ESSENTIAL TO THE BASIS OF LITERACY. EVERY HEALING CIRCLE ENDS WITH OUR HEALING MANTRA AND A POSITIVE RELEASING ACTIVITY LIKE YOGA, KARAOKE, DANCING, ETC.

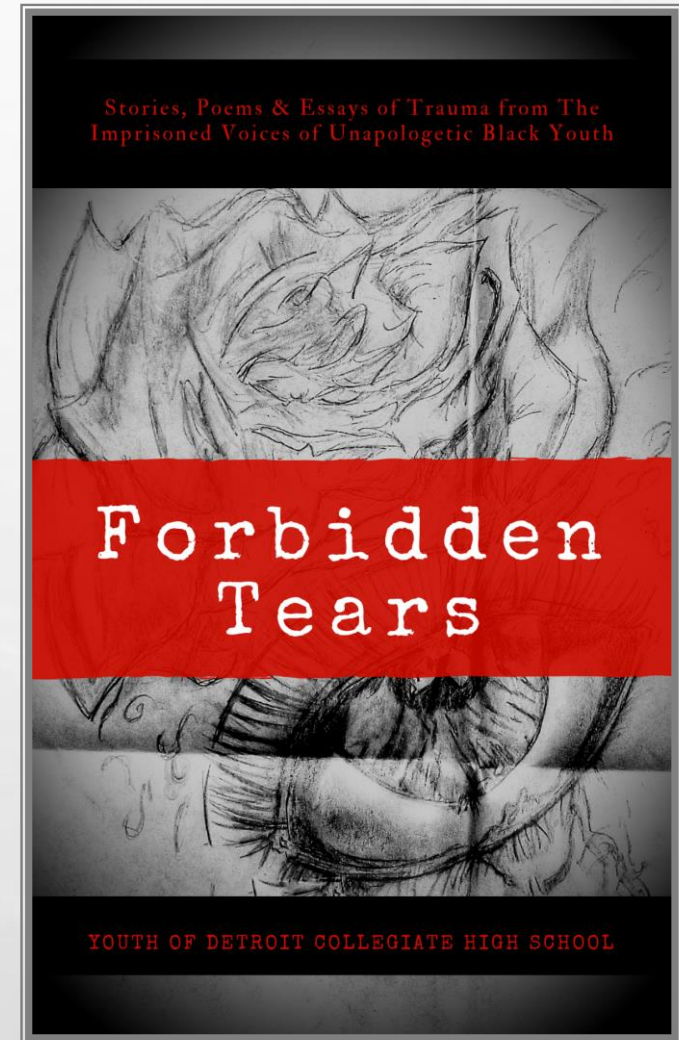


CIRCLE NORMS

- **OPEN MINDS EXPLORING TOGETHER WAYS OF DEEPENING CAPACITY TO HEAL, ALLEVIATING SUFFERING, & FINDING MEANING IN BOTH CHALLENGE AND JOY.**
- **TREAT EACH OTHER WITH KINDNESS AND RESPECT.**
- **LISTEN WITH COMPASSION AND CURIOSITY.**
- **HONOR EACH OTHER'S UNIQUE WAYS TO HEALING AND DON'T PRESUME TO ADVISE OR FIX OR TRY TO SAVE EACH OTHER**
- **LISTEN WITH ATTENTION.**
- **SPEAK WITH INTENTION.**
- **EVERY MEMBER OF THE CIRCLE HAS AN EQUAL VOICE & IS RESPONSIBLE FOR THE LEADERSHIP OF THEIR OWN HEALING.**

Forbidden Tears Publication Series

- *Forbidden Tears* was written with a goal to combat student trauma in Detroit. Students from the heart of Detroit have contributed their once silenced voices to this project in hopes of turning their pain into power. Unedited and raw, students share their compelling stories of trauma in the form of essays, poems and written narratives. This book serves as the gift in the wound as a lot of tears were shed in the production of this publication but it will sure be impactful to anyone who opens the cover. Here is the inception of a movement of youth that will no longer suffer in silence.
- **THIS IS FORBIDDEN TEARS.**
- *Forbidden Tears* Can Now be Purchased on Barnes & Noble & Amazon







Forbidden Tears

SOUTH OF DETROIT COLLEGIATE HIGH
SCHOOL





MICHIGAN STATE

S

CREATE

#BLACKMAGIC

I'M NOT RACIST

DREAM PLAN ACHIEVE

WHITE

YOUTH OF DETROIT
COLLEGIATE HIGH SCHOOL
FORBIDDEN TEARS
STORIES, POEMS & ESSAYS OF
TRAUMA FROM THE IMPRISONED
VOICES OF UNAPOLOGETIC
BLACK YOUTH



AIM
TO
INSPIRE

Forbidden
Tears

Forbidden
Tears

Stories, Poems & Essays of Trauma from The
Imprisoned Voices of Unapologetic Black Youth

Youth of Detroit Collegiate High School

BOOK LAUNCH

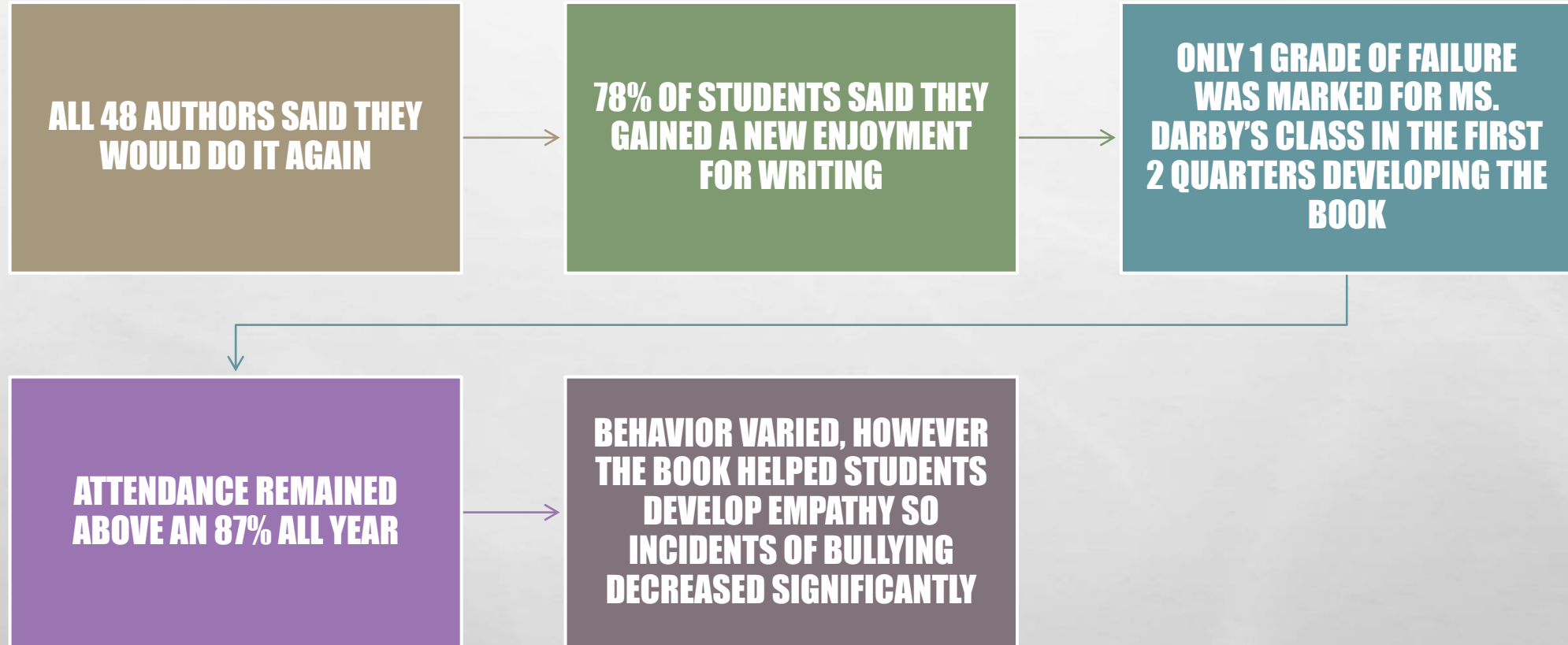
**TUESDAY,
APRIL 24TH**

**Forbidden
Tears**

**CHARLES H. WRIGHT MUSEUM
4PM-8PM**

*"If You Are Silent About Your Pain,
They'll Kill You & Say You Enjoyed It"*

DATA ANALYSIS





Healing Justice Gala

- The gala is a fundraising event for the organization that showcases the monumental greatness of Detroit youth with performances including spoken word, dance ensembles, monologues and choral performances.
- Additionally, two scholarships are given out as well as awards to youth trailblazers making a difference in the Greater Detroit Community.
- The gala is an opportunity to exchange dialogue about trauma in our communities, led by the voices of our young people.



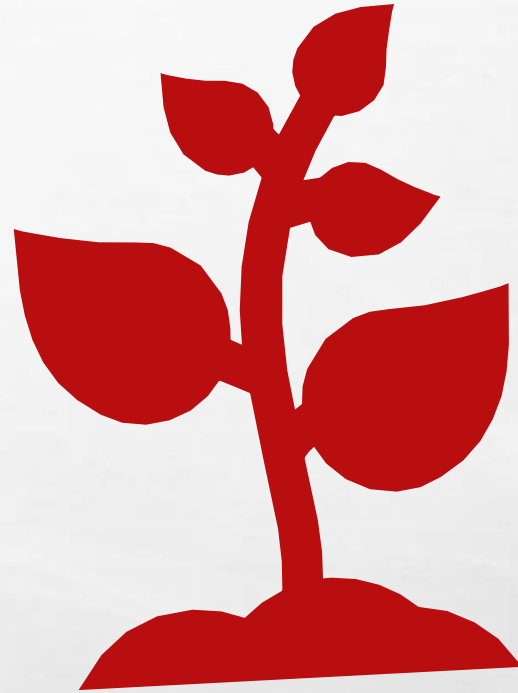
Healing Justice Gala

- "Trauma is personal. It does not disappear if it is not validated. When it is ignored or invalidated the silent screams continue internally heard only by the one held captive. When someone enters the pain and hears the screams healing can begin."
- — Danielle Bernock

DESTINATION: LIBERATION

- DETROIT HEALS DETROIT IS PARTNERING WITH WANDERLUST REVOLUTION ON AN INITIATIVE TO BRING RADICAL HEALING TO OUR MALE PEERS.
- WANDERLUST REVOLUTION, INC., IS A DETROIT-BASED NONPROFIT WITH A GOAL TO DECOLONIZE TRAVEL CULTURE AND UTILIZE TRAVEL AS A FORM OF RESISTANCE IN ORDER TO REACH LIBERATION.
- THIS INITIATIVE IS A TRAVEL IMMERSION INITIATIVE FOR FORMERLY INCARCERATED DETROIT MALE YOUTH. NO NATION HAS LOCKED UP MORE OF ITS OWN PEOPLE PER CAPITA THAN THE US.
- OUR GOAL IN THIS 8-WEEK PROGRAM IS TO GIVE THESE YOUNG MEN THEIR PURPOSE AND POWER BACK THAT SOCIETY OTHERWISE WOULD HAVE TRIED TO TAKE AWAY FROM THEM, INDEFINITELY. THIS WILL IMPACT AN ENTIRE SYSTEM THAT HELPED CONTRIBUTE TO THE TRAUMA IN THE FIRST PLACE, NOT LEAVING IT NEATLY INTACTED ENCOURAGING THE DEVELOPMENT OF FURTHER TRAUMA FOR GENERATIONS TO COME.
- OUR GOAL: GIVE THESE YOUNG MEN THEIR PURPOSE AND POWER BACK THAT SOCIETY OTHERWISE WOULD HAVE TRIED TO TAKE AWAY FROM THEM, INDEFINITELY. GIVING THEM A PIECE OF THEIR POWER BACK THAT ESSENTIALLY UNDERCUTS THE LIKELIHOOD OF RECIDIVISM.

HEALING MANTRA





**I SEE THE PROMISE AND POTENTIAL MY FUTURE HOLDS!
I ACCEPT MY SITUATION, I AM WHERE I AM AND I CAN
BUILD ON THAT!**



**I HAVE A BRIGHT FUTURE!
I GIVE MY BODY LOVE AND
SPACE TO HEAL!**



**I AM GRATEFUL TO MY BODY FOR
EVERYTHING IT DOES TO
SUPPORT ME!
I AM STILL STANDING!**






**I AM REASSURED! I AM SAFE!
I AM LOVED AND SUPPORTED!
FEAR CONTRACTS, LOVE EXPANDS.**



**I AM WORTHY!
MY SELF ESTEEM AND CONFIDENCE ARE GROWING!**





**I MOVE FORWARD AND LEAVE THE PAST BEHIND WITH
CONFIDENCE!**
I CAN DO THIS! I AM PEACE!
I AM LOVE! ALL IS WELL!

MEDIA

- **CHALKBEAT DETROIT:** [HTTPS://DETROIT.CHALKBEAT.ORG/2020/4/16/21225528/I-WAS-SCARED-FOR-SO-LONG-DETROIT-STUDENTS-LEARN-TO-FIND-INNER-STRENGTH-AFTER-EXPERIENCING-TRAUMA-LIV](https://detroit.chalkbeat.org/2020/4/16/21225528/i-was-scared-for-so-long-detroit-students-learn-to-find-inner-strength-after-experiencing-trauma-liv)
- **WXYZ DETROIT:** [HTTPS://WWW.WXYZ.COM/ABOUT-US/AS-SEEN-ON/DETROIT-TEACHER-HELPS-COMBAT-TRAUMA-IN-THE-CLASSROOM](https://www.wxyz.com/about-us/as-seen-on/detroit-teacher-helps-combat-trauma-in-the-classroom)
- **MICHIGAN CHRONICLE:** [HTTPS://MICHIGANCHRONICLE.COM/2020/02/06/EMPOWERMENT-THE-MISSION-FOR-NONPROFIT-ORGANIZATION-DETROIT-HEALS-DETROIT/#/?PLAYLISTID=0&VIDEOID=0](https://michiganchronicle.com/2020/02/06/empowerment-the-mission-for-nonprofit-organization-detroit-heals-detroit/#/?playlistid=0&videoid=0)
- **BLAC DETROIT MAGAZINE:** [HTTPS://WWW.BLACDETROIT.COM/NEWS-FEATURES/STUDENT-AUTHORED-FORBIDDEN-TEARS-ADDRESSES-TRAUMA-WITH-A-COLLECTION-OF-ESSAYS-POEMS-AND-NARRATIVES](https://www.blacdetroit.com/news-features/student-authored-forbidden-tears-addresses-trauma-with-a-collection-of-essays-poems-and-narratives)
- **C&G NEWS:** [HTTPS://WWW.CANDGNEWS.COM/NEWS/DETROIT-STUDENTS-PUBLISH-BOOK-ON-CONFRONTING-TRAUMA-108054](https://www.candgnews.com/news/detroit-students-publish-book-on-confronting-trauma-108054)
- **FOX NEWS:** [HTTPS://WWW.FOX47NEWS.COM/NEWS/EXCELLENCE-IN-EDUCATION/EXCELLENCE-IN-EDUCATION-52317-SIRRITA-DARBY](https://www.fox47news.com/news/excellence-in-education/excellence-in-education-52317-sirrita-darby)

RESOURCES

WEBSITES:

- <https://www.detroithealsdetroit.org/>
- [HTTP://TRAUMAAWARESCHOOLS.ORG/](http://traumaawareschools.org/)
- [HTTP://DEVELOPINGCHILD.HARVARD.EDU/ RESOURCE TAG EXECUTIVE-FUNCTION/](http://developingchild.harvard.edu/resource/tag/executive-function/)
- [HTTP://WWW.LIVESINTHEBALANCE.ORG/](http://www.livesinthebalance.org/)
- [HTTP://CHILDTRAUMA.ORG/HTTP://TRAUMAINFORMEDOREGON.ORG/RESOURCES/ADVERSE-CHILDHOOD-EXPERIENCES-ACE-STUDY/](http://childtrauma.org/http://traumainformedoregon.org/resources/adverse-childhood-experiences-ace-study/)

BOOKS/ARTICLES:

CHILD TRAUMA TOOLKIT

- [HTTP://TSAFOR.SCHOOLS.ORG/ STATIC/TSA/UPLOADS/FILES//CHILD TRAUMA TOOLKIT FINAL.PDF](http://tsafor.schools.org/static/tsa/uploads/files//child_trauma_toolkit_final.pdf)
- [HTTP://WWW.ELC-PA.ORG/WP-CONTENT/UPLOADS/2015/06/TRAUMA-INFORMED-IN-SCHOOLS-CLASSROOMS-FINAL-DECEMBER2014-2.PDF](http://www.elc-pa.org/wp-content/uploads/2015/06/trauma-informed-in-schools-classrooms-final-december2014-2.pdf)
- REACHING AND TEACHING CHILDREN WHO HURT: STRATEGIES FOR YOUR CLASSROOM
- FOSTERING RESILIENT LEARNERS: STRATEGIES FOR CREATING A TRAUMA-SENSITIVE CLASSROOM

FILM:

- PAPER TIGERS- [HTTP://KPJRFILMS.CO/PAPER-TIGERS/](http://kpjrfilms.co/paper-tigers/)