

# 9<sup>th</sup> Annual Community Empowerment Through Black Men Healing Conference



June 15<sup>th</sup> & 16<sup>th</sup>, 2017

Metropolitan State University 700 East Seventh Street. St. Paul MN 55106

June 15<sup>th</sup> Day One

10:30 AM

Morning Workshops

New Main Building

**Resmaa Menakem, M.S.W.** He will further discuss his trauma work and book.

**Andre Koen** *"We love black people, just wish they weren't so black"*

- Moving beyond Internalized oppression
  - What is "Blackness" vs. "Being Black"
  - The Roots of Black Power: before Slavery...
  - Black the unity of all...
- The Marvel of the Black Panther
  - Human Beings are Whole, not things
  - White Tigers, in space where we aren't
  - Commanding our stories
- **Invictus-save yourself**
  - "unconquerable" or "undefeated" in Latin, is a **poem** by William Ernest Henley
  - My existence is enough
  - Know the TRUMP

**Jasmine Boudah** *"Mothering Through Pain and Suffering in Silence: A Collection of Stories that delves deeply into how the Black superwoman complex impacts parenting."* Reading and discussion

**Donavan Bailey** *"Kunta (Toby)? Holistic criminal justice reform and beyond..."*

In 1977 *Roots*, a popular mini-series, displayed one of the most profound scenes in television history. Slave, Kunta Kinte, was caught running from his master in hopes of getting back to his native Africa. He was captured and whipped in public. This punishment first appears to be a consequence for absconding. But as a way to make sure Kunta embraced his new land and identity, this was an attempt to force him own his American name, "Toby".

Bloody lash after bloody lash cut into Kunta's back while he was given opportunity to stop the beating by saying his American name. In defiance, time after time Kunta replied with his native name. Finally, Kunta exhausted and battered spoke, "Toby".

"Kunta Kinta" was not only a name but an identity, a culture. To relinquish that name was to relinquish his humanity and bring about depression and confusion of purpose. Today on a larger scale this issue of name and identity is playing itself out in the criminal justice system. This is seen in the continued disparity of minorities in jails and prisons.

Resting on such theories as The Soul Wound, Historical Trauma, Post-Traumatic Slave Syndrome this workshop develops the notion of improper identity as a chief cognitive and treatment focus. Further, it expounds in a solution-oriented motif on the theory of Racial Identity Development and the anchors of academics, belief systems, legacy, exposure and opportunity. In total this workshop seeks to assist criminal justice programs and foundational concepts in creating wholesome identity modalities and policies for reducing historic disparities, recidivism and crime.

Objectives:

***"History is not about the past. It's about the present!" Dr. El-Kati***

- Attendees will learn about the theories of the Soul Wound, Historical Trauma, Post-Traumatic Slave Syndrome and Racial Identity Development and these concepts connection to current racial disparities in criminal justice.
- Attendees will learn about practical cognitive restructuring and treatment modalities to assist in corrections and treatment work.
- Attendees will be challenged to use holistic components and cultural competence as a standard for any policy or agenda seeking to lower criminal justice disproportionality.

**Sameerah Bilal-Roby, Executive Director and Nedra R. Robinson** is the Early Childhood Specialist African American Babies Coalition, AABC Projects

**"Brains Are Built Campaign"** The goal of the Brains Are Built Campaign is to share what is known from brain science and early childhood development research in a culturally relevant and accessible way with parents, grandparents and young people. Participates will learn about the following:

- Why the project was developed.
- The 15 Factors that develop healthy brain growth.
- How you can be a Certified Host Trainer for the "Brains Are Built Campaign"

**Lee Buckley, MA, MN DOC "Strengthening Families Affected By Incarceration Collaborative: Outcomes Among Youth with Incarcerated Parents in Minnesota"** Update

The objective of this presentation is to share update information about outcomes of students who have or have had incarcerated parents. Key points of the presentation will include statistical analysis of the "incarcerated parents' variables and their relationships to students' attendance, behaviors, achievement, engagement, and school connectedness, in addition to other mental health variables.

**1:30 PM**

**Afternoon Workshops**

**New Main Building**

**Kamyala Howard, MSW, LICSW & Chanelle Lynn Ellison "Our Story, Our Truth, Our Road to Healing: A Narrative story of my Color of ACES & the Science behind it"**

We all react differently to stress and trauma. There is evidence that different personality traits are associated with a wide range of physical and emotional reactions. There is no "right" or "wrong" way to think, feel, or respond to trauma! For many it is not the actual "traumatic event" that causes so much detrimental pain, but it is the person's perception and interpretation of the trauma that impacts them the most.

Science supports that experiencing trauma in childhood can have a severe and long-lasting effect and when not resolved, a sense of fear and helplessness carries over into adulthood, setting the stage for further trauma. Therefore healing requires the efforts of countless individuals from multiple walks of life, including professionals, paraprofessionals, and members Community.

**objectives**

- Participants will listen firsthand to the life experience of an individual's traumatic lifecycle and discover their journey to health and healing
- Participants will gain a deeper understanding of the process for change that happens to individuals impacted by stress and trauma
- Participants will learn how to be more effective at handling negative occurrences with individuals impacted by stress and trauma

**Kasim Abdur Razzaq & Salma Hussein "BLACK TRUAM: A Political-economic construct, unpacking the problem & formalizing solutions"**

Black trauma is a phenomena often grouped together, described alongside and divided into linear time-frames of traumatic occurrences happening to black people. This workshop is designed for black professionals, families, couples, communities and individuals to hear validation and gain insight into the collective experience of "Black Trauma." The workshop offers politics, economics and power as a framework to understand black trauma. The workshop unpacks the specific nuances of

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the ACES study related to the particular experience of black people and strategy needed to foster true healing. Among those nuances is the immutable importance of culture. The workshop outlines the “cultural re-centering” framework for participants as a process for black healing.

Objectives:

- Re-contextualize black trauma as a political-economic condition.
- Highlight the use of “power” through politics and economics to create trauma.
- Outline necessary conditions to heal.
- Provide theory & methodology for healing (e.g. cultural re-centering).

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### **Ujamaa Place: “Working with African American males”**

Ujamaa Place is an African American culturally specific organization focused on young men who may suffer multiple barriers to becoming stable. Ujamaa Place engages these young men to foster their development within the Ujamaa Place community and assist them in becoming stronger, more responsible, employed, prosperous men and fathers who provide and contribute positively to their families and community. Our mission is to empower young Black men (ages 18-30) to change their behavior through redefining their concepts of themselves, manhood, success and positive community values. Located in St. Paul, Minnesota, Ujamaa Place offers these young men success in their lives through education and skills training specifically aimed at turning their lives around to become productive members of their families and communities. Ujamaa Place is not a holding place, but a place of new beginnings and transition. Graduates continue to successfully hold jobs and are enrolled in job training programs in which they gain the skills necessary to secure high skill jobs with benefits.

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### **Curtis Marshall “From ACEs to healing: A Public Health Approach to Trauma”**

The public health impact of trauma exposure is staggering for both individuals and communities. In recent years, researchers, policymakers and practitioners have begun to frame traumatic stress and exposure as a major public health issue at all levels, including the general public. Although individual characteristics are important in shaping risk for trauma exposure, a goal of public health is to address social and contextual factors influencing the likelihood of occurrence and reoccurrences of trauma across the life span.

Objectives:

- Understand the relationship between trauma and public health;
- Identify actions in support of promoting trauma as a public health issue;
- Discuss and understand the potential broad reach of the public health approach to trauma thru public health models and case examples.

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### **Charisma Smith “Race, Aces, Trauma & Sexuality”**

Objectives:

- Facilitator will explore the intersection of adverse childhood experiences, race, trauma, and sexuality.
- Discover how this intersectionality impacts youth and young adults cognitive and emotional capacities.
- Explore the challenges youth and young adults deal with as a result of these intersections.
- Learn skills that support youth through triggers, trauma, and setbacks.

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### **Rashida Fisher “Saving the Soul That Serves: Self-Care for the Prevention of Compassion Fatigue, Burnout, and Vicarious Trauma”**

This presentation will focus on raising awareness about compassion fatigue, burnout, and vicarious trauma and its symptoms, as well as prevention techniques through professional and personal self-care to increase cultural and psychological well-being. This presentation provides helping professionals of color with tools for self-care and prevent burnout and compassion fatigue using the Wellness Model and the FABULOUS Principle.

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**“When I dare to be powerful, to use my strength in service of my vision, then it becomes less and less important whether I am afraid.” Audrey Lorde**

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