

Healing Justice Train the Trainer



JUSTICE
TEAMS
NETWORK

**A CURRICULUM MANUAL
FOR FACILITATORS**



M.H. FIRST
COMMUNITY FIRST RESPONSE

“

Our people are born into trauma. The evils of white supremacy meet them in their mother's womb and follow them to the grave. Generational trauma compounds lived trauma. So many of us are walking wounded. Then we are shamed if we seek healing, seek peace, seek wholeness.



I have been an organizer for over two decades. The most important lesson I have learned is that we must make room for healing. We must prioritize it. It should not be an afterthought but actually the center of our work; for organizers, advocates, artists and the people we say we are living to serve. Anything else is putting band-aids on gunshot wounds. Addressing our trauma. Healing ourselves and our communities is the pathway toward whole communities, the foundation of reimagining public safety and the most crucial shift we must make in how we approach and engage in our work.

”

CAT BROOKS

**Executive Director of Justice Teams Network
and Co-Founder of the Anti Police-Terror Project**

“

Healing Justice (HJ) provides a framework for organizers, health practitioners, anyone in a healing or organizing role to think critically about the way we choose to organize with our communities. This is a time where healing must be centered in our organizing spaces.

We deserve to live with dignity, community care, and joy. HJ ensures that our work leads us towards a liberation that is healing for each one of us.



”

GUADALUPE CHAVEZ
Healing Justice Practitioner & Organizer
Justice Teams Network

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INTRODUCTION



WHO IS JUSTICE TEAMS NETWORK?

We are organizers, healers, artists, and changemakers leading the fight against state terror across the state of California. The Justice Teams Network (JTN), is based in Oakland California, the territory of xučyun (Huichin), the ancestral and unceded land of the Chochenyo speaking Ohlone people, the successors of the sovereign Verona Band of Alameda County. JTN engages in work across the state with 14 BIPOC-led anchor organizations. Our aim is to eradicate all forms of state violence & criminal acts against incarcerated people through a unified network in voice, vision and action.

We stand in solidarity with the thousands of organizers, advocates, activists, artists and simply humans who are engaged in the business of preventing – and responding to – state violence.

Often this work happens in silos with limited resources and visibility. The Justice Teams Network is changing that by connecting organizations and groups committed to ending the hundreds-year war against Black, Indigenous, POC bodies and poor people by the state within a powerful network that shares resources, information, and campaign strategies in real time; strengthening impact and resilience.

WHO IS THIS MANUAL INTENDED FOR?

This manual intends to support Healing Justice (HJ) practitioners, healthcare practitioners, organizers, and politicized healers committed to incorporating Healing Justice principles, practices, and actions into all movement work. The manual takes you step by step to facilitate your own Healing Justice training.

The training itself is aimed to support community organizations, collectives, organizers, community members, health practitioners, traditional medicine peoples, and educators in implementing HJ as a framework for their community work.

This manual, like anything related to transforming systems of violence, is a true labor of love, and we hope this manual helps spread Healing Justice across California and beyond.

OUR HEALING JUSTICE VISION AND STRATEGY

JTN's vision and strategy is to spread Healing Justice across the state of California and beyond. We honor our legacies of utilizing our traditions and healing modalities to transform ourselves, our circumstances, and the world.

JTN does this by sharing Healing Justice tools, strategies, and curricula to our member organizations and equipping them with the support they need to strategically incorporate HJ into their organizations and organizing efforts.

We uplift HJ as a part of the political strategy that transforms trauma while building the power our communities need. HJ is not a side note, nor is it a fad.



We understand that HJ is not self care, nor individual wellness. Rather, HJ is a strategy to create infrastructure for community care and interdependence. HJ is an interruption to the individualistic perspective of white supremacy and capitalism.

One of the many tactics used against Black, Indigenous and people of color has been to create an illusion of separation between the earth and humanity. It is critical that we make room within our movements to remember and reclaim Indigenous ways of connecting with the earth. Part of healing from genocide, slavery, white supremacy, and all state imposed trauma is also reconnecting to the elements and earth rituals that protected our ancestors and have kept us alive despite our peoples being hunted, disappeared, killed.

LEARNING OUTCOMES FOR THIS CURRICULUM

Healing Justice Train the Trainer
Participants will:

- Understand and share with others the importance and urgency of adopting an HJ framework in abolitionist movements, rapid response work, intimate partner violence work, harm reduction and more
- Understand how HJ interrupts state violence and helps create a new vision for public safety in BIPOC communities
- Gain the ability to apply HJ principles and practices in their own work and lives, and teach others how to implement HJ in their own organizing and living, as well
- Take home a renewed commitment to their own healing, as well as understand collective healing as part of political work
- Articulate key terms and concepts such as trauma, resilience, and Healing Justice
- Learn (remember) rituals and activities that can be done to heal while fighting for Black and Indigenous lives, and while building relevant alternatives to 911 in their locations.



Healing Justice is one of the strategies we utilize to help our communities build safety as we move towards prison and police abolition. Through our work with the California Healers Network, we are building statewide infrastructure to support organizers, organizations, and directly impacted communities.

State violence impacts our hearts, bodies, minds, and spirits; it attempts to rob BIPOC and communities living in conditions of economic poverty of our right to life, our dignity, and our sense of connection. Via our Healers Network we are honoring the essence of HJ to be rooted in place and build collective models of care and safety in relationship to liberation movements in California and beyond.

PREPARING FOR TRAINING YOUR ORGANIZATION IN HJ:

QUESTIONS THIS TRAINING WILL ENGAGE PARTICIPANTS IN

- How do we center the healing and overall wellness of communities most impacted by state violence?
- How do we involve healers in this work? How do we grow their participation in sustainable ways for long term support of our families and our organizing spaces? (Rapid Response Healers Networks)
- What role does HJ have in reimagining public safety?
- How does HJ help create infrastructure for mental health response teams, localized healing hubs, and an integrated movement ecosystem?

NOTE FOR FACILITATOR:

Review the following sections with participants of your training “Structuring your training sessions” and “Questions this training will engage participants in”.

A NOTE ON AGENDAS AND TRAINING SESSIONS

This is the training manual for trainers. Upon completion of your training with JTN, participants will be equipped to conduct HJ training using this curriculum. The manual is not inclusive of training agendas because you, as a future facilitator of this HJ framework, will need to create your own agendas, based on the tools in this curriculum and the needs of your group. You will bring your wisdom, brilliance, creativity and knowledge of your group to transform this information into a training that meets the needs of your group.

We suggest you spread the training over into three training sessions of 2 hours and 30 minutes each. The lengthiness of each session allows for a 30 minute break, extensive time for discussion, integration of concepts, and flexibility to meet the group's needs as they arise. Use this curriculum to guide your preparation for each training session. These are suggestions of what to cover in each session:

- **Training 1:** Participants will be introduced to JTN's HJ framework and definitions as well as key concepts, principles, and examples of Healing Justice in action. Best practices and examples of groups across California implementing HJ will be highlighted. Participants will receive a Participants Handbook to accompany their HJ ToT journey.
- **Training 2:** Participants will deepen their understanding of HJ as a key strategy towards Racial Justice, Disability Justice, Transformative Justice, and Abolition. Participants will engage in medicine making they can do with their own communities. Medicine making entails tools they can use during protests, rapid response, or as part of daily rituals that uplift their organizing efforts. Participants will receive medicine making kits at the workshop.
- **Training 3:** Participants will explore place based, culturally relevant, and replicable models that respond to the needs of their communities. One example is a healer's networks as a step towards implementing Healing Justice infrastructure in their own city. They will be guided to build out the plan for implementing what they have learned during the HJ training into their own organizations.

STRUCTURING YOUR TRAINING SESSIONS

- ★ **Grounding & Check In's:** Start your meeting with a collective grounding activity like taking a few minutes to check in, taking a breath together, or setting collective intentions for your session.
- ★ **Create Space for People to be Seen:** For newly formed groups or groups that do not know each other well we recommend you take the time to include:
 - ★ **Name, pronouns, and any other self-identifying names.** This creates a safe space for everybody to be seen in ways that feel dignifying to them. Really take your time here. Don't rush through. This may be the only time someone has actually asked them about themselves and their day/lives.
 - ★ **Access Needs:** Prior to the session, contact participants to ask about their access needs in case there is something you as the facilitator need to prepare ahead of time. Do this in addition to, at the beginning of each session, taking a moment to invite individuals in your group to share access needs they would like the group to be aware of. Don't push but allow people to share - or not share - as they choose. Self-determination is critical to the HJ process; especially for bodies that have had their agency stripped from them for most of their lives.



@SANCRISTHANN

- ★ **Group Agreements:** Use the agreements provided in this manual (see below) as a foundation for collective agreements. Encourage the group to name additional agreements.
 - ☆ ***Speak from the heart:*** We encourage you to stay connected to your heart when you share your experiences. This training is a reminder that we can move in alignment with more of our bodies, not just our mind, which tends to dominate our organizing spaces.
 - ☆ ***Speak mindfully:*** Get to the heart of what you want to convey making room for others to also speak and share.
 - ☆ ***Practice curious listening:*** Try to avoid planning what you say as you listen to others speak. Listen with your whole self. Stay curious.
 - ☆ ***Confidentiality:*** Do not share details about our time together with folks who are not in the room. Together we are creating a generative and safe space for us all to feel we can strategize without the fear of information being taken out of the room or out of context.
 - ☆ ***Take care of yourself:*** We encourage you to have your grounding tools with you during sessions. Crystals, mojo bags, drinking water, herbal tea, doodling supplies, and whatever else inspires you in this work.
 - ☆ ***Honor individuals:*** Remember we each have unique learning and process styles. Let's stay aware of how we transition and be sure to slow down to ensure that everyone has an opportunity to be heard and to what is being shared.

A Note on Popular Education (PE):

We use PE as a tool to share the content of this manual to ensure that participants are met as equal partners in the learning process.

PE principles that you as a facilitator are encouraged to adhere to as part of your teaching methodology are:

- Both facilitator and participants engage in a learning process together.
- Be creative and fun. Use visuals, music, storytelling, writing, multimedia and/or drawing as tools to share knowledge and learn together!
- Remember that this manual is only a blueprint, which you can build on based on your community's needs, understanding of healing, and Healing Justice.
- Build community along the way. Healing Justice invites us to create spaces of collective care together. Using PE as a way to build community while healing happens can be very generative for everyone involved.

TIPS FOR FACILITATORS

Your healing is as important as the healing of your constituents and communities. This manual may bring up your own trauma as a result of training others. Create a container for yourself that allows you to train others while being held by your own community. This is a time for you to call in your loved ones and ask for support. Lastly, we recommend that you create a ritual that you do before and after conducting a training. The ritual can be as simple as lighting a candle for yourself, reading an affirmation, or journaling.

Before you begin, we suggest you read the entire manual to understand how it is organized, how the lessons flow and the journey you will be taking trainees on.



TRAINING CONTENT

This manual is meant to be a general guide for you to use as a template to conduct your own training sessions. Read the entire manual before organizing your own sessions. It is highly suggested you incorporate your own examples, ice breakers, pauses as you see needed.



HJ PRACTICE: STORYTELLING

Purpose: To break the “ice” by getting to know each member of the group via storytelling.

Directions:

1. Write the questions below on large chart paper and have them visible for the group to see.
2. Divide the group in pairs or 3's and ask each group to answer each of the questions. Give ample time (5 minutes each person) to answer the questions.
 - What does healing mean to you?
 - Who has influenced you in your healing journey?
 - What is the role of healing in social movements?
3. In the large group give time for each participant to share their names, pronouns, and briefly answer one of the small group questions aloud.

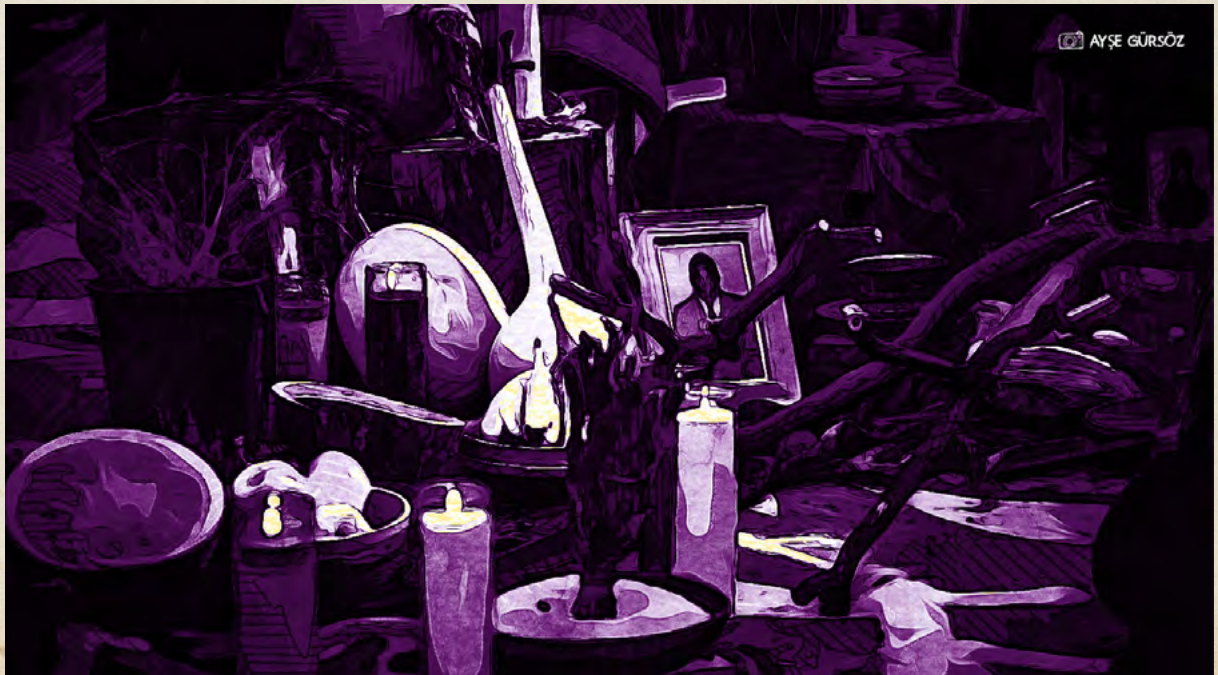
WHAT IS HEALING JUSTICE?

Cara Page & Kindred definition:

“

Healing justice (framework)...identifies how we can holistically respond to and intervene on generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts and minds.

”



JTN'S ADAPTATION AND APPLICATION:

Healing justice is one framework within which we organize to end all forms of state violence while nurturing our communities leadership capacities and healing generations of trauma by utilizing healing modalities indigenous to our communities.

HJ is a response and an interruption to state sanctioned violence that impacts our communities- including but not limited to the Medical Industrial Complex, Prison Industrial Complexes, militarized policing, institutional racism, forced impoverishment, and so much more. HJ guides all of our work; mental health response, our work with our member organizations, impacted families and allies. HJ invites us to create alternatives to the world we inherited that are not dependent on the state. This is central to how we organize and advocate for our loved ones who too often are targets of racism, ableism, intimate partner violence, and homophobia/transphobia. We do not wait for the state to take care of us, we take care of us.

HJ GALLERY VIEW

Purpose: To introduce HJ via images and quotes by other healers and organizers in the U.S.

Directions:

1. Print quotes and images (see Appendix) and tape them up on the walls of your training room/space.
2. Invite participants to view “HJ Gallery” of images and quotes
3. While viewing the gallery, reflect on these questions:
 - What images, words, or quotes resonate with you?
 - What are you gathering that Healing Justice means?
 - What are you noticing is a part of a Healing Justice framework?
4. Facilitate a large group share out using the reflection questions as your guide.

JTN'S HEALING JUSTICE PRINCIPLES

- **Interdependence & Community Care:** Our survival depends on our ability to be in connection with each other and the earth. We take the time to build a care network amongst our peoples and the planet.
- **Sustainability:** Our visions deserve movements that nurture the healing and leadership of both front line workers/organizers and impacted communities (often we are the same both impacted and the organizers). Our lives are worth fighting for and it is our birthright to live them in sustainable ways that invite our imaginations to envision - and manifest - a life without violence against our communities or ourselves. Healing Justice is the pathway to sustainability in our work, our communities and our lives.
- **Imagination and Action:** We come to this work with a spirit of imagination and action in that what we create will come from our spirit, heart, and minds and lead us toward action. For instance, Healing Justice is central to reimagining public safety: As organizers and healers leading intersectional movements we know that from our imaginations are born the alternatives to the current police state we live in. We create alternatives rather than wait for the state to provide them for us.
- **Presence:** We meet people and honor them where they are in their healing path. We do not assume we know more about a person's ability to heal than they know for themselves. We show up with compassion and are ready to support.
- **HJ by and for our peoples:** HJ is created by people in the community who see a need and seek to address those needs by offering alternative solutions. Healing modalities used to heal and organize must be inclusive of the indigenous practices and traditions of the community who is organizing for their own liberation. We do not shy away from our own indigenous practices because we know that is how our peoples have survived and it is how we will also thrive.

- **Self determination:** Our movements must allow people to define healing and success at their own pace, in their own language and toward their own end.
- **Healing is a central part of our political work:** HJ is not separate from our political work, but rather the foundation. It should inform organizing protocols, patterns and practices. We encourage ourselves and each other to be in a process of healing our body, hearts, minds, and spirits as we work. We invite all of ourselves into our organizing, advocacy, and campaign spaces. Often this also means that our work is cultural and spiritual work.
- **Justice should address the whole person.** We acknowledge that systems of power and oppression impact our minds, bodies and spirit, therefore we have to address this impact on all three levels.
- **All minds and all bodies deserve justice.** In a system that targets people with disabilities and produces disabilities through violence, confinement, medical negligence and abuse, we must build a movement that achieves justice for all people; including those with physical and mental health disabilities.

JTN'S FOUNDING HJ PRINCIPLES AS HIGHLIGHTED IN THE HJ TOOLKIT (2018):

- **Without healing there is no justice.** We understand that healing is a lifelong process and that often we never fully heal, especially when our loved ones are killed unjustly. We also understand that if we do not participate in a process of healing, the pain caused by state violence can overwhelm us as well as our communities. Holding these two truths, we honor the need to be in healing processes, including the process of demanding justice for our loved ones.
- **Our work must be trauma informed and resilience-centered.** Trauma functions to create long lasting impacts on our lives. We must build practices and containers of resilience that not only support impacted communities in healing from harm but invite us to imagine and practice being in community without systems of harm.
- **Resilience is strategic.** We support the healing of our communities not only because we deserve wellbeing, but also because the power required to win our people's wellbeing is the power required to win all other visionary demands for justice.



Why HJ is important now more than ever

We have been clear for many years about the importance of centering Healing Justice in all of our work. JTN is a leader in supporting rapid response organizations to create sustainable models of alternatives to calling the police as well as supporting defund the police efforts across California.

In the past couple of years during and after the Trump administration we saw a rampant increase in anti-Black racism and violence against our Black siblings in the U.S. Most recently the COVID-19 global pandemic also made it clear that BIPOC communities will literally not survive without creating strategic and new place-based systems of emergency response, care, healing, health, and public safety.

COVID-19 has in many ways revealed the health access crisis that Black people have been surviving for decades. Lastly, we are living through catastrophic climate change impacts such as fires and storms across the U.S. BIPOC communities continue to lead us towards a new world where [we take care of us](#).

During the first year of COVID-19 we also saw the rise of our movements take the next step in a global stance to end anti-Blackness and state violence against BIPOC bodies. What became crystal clear was that Healing Justice has to play a central role in our movements. How do we sustain another 400 years? How do we end generational burnout, trauma and movement related illness? We center healing. For ourselves, our comrades and the communities we serve. We do it together. We break the stigma. We thrive.

As communities across the state – and the country – we are redefining public safety from militarized police and prisons to compassion and care. We are ensuring communities have the things they need to thrive like housing, work and training opportunities, substance abuse prevention and treatment and compassionate mental health support.



The time is now for us to invest in these efforts to ensure our people have what they need to create alternative models of public safety, and to push for policy change at the local and state levels. To effectively do this we need to uplift Healing Justice in our work and our communities.

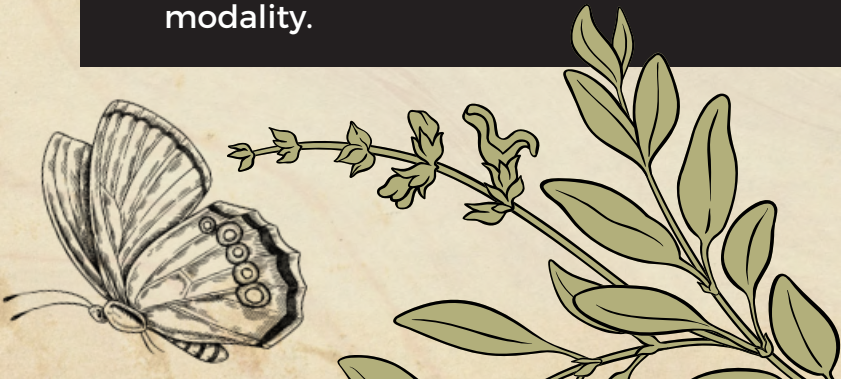
HEALING AND HEALING JUSTICE MAP (LARGE GROUP ACTIVITY)

Purpose:

For participants to ground in their own understanding of what healing and Healing Justice is for them. To experience HJ as a place-based, community-centered strategy that is co-created among workplace, community, and family.

Directions:

1. Facilitator prepares the space by putting up paper to create a collective timeline
2. Give participants multi-color sticky notes and markers
3. Ask participants to answer these questions in their sticky notes (5-10 minutes)
 - What medicine or healing do you carry?
 - What collective healing practices do you and your family/community practice together?
4. Invite participants to paste the sticky notes on the timeline posted on the wall. If there is no start date to this practice for the participant, they can place it on the date of the first memory they have of using this healing or community care modality.



CONTEXT AND LINEAGE OF HEALING JUSTICE

(adopted from lineage by [Kindred HJ Collective](#) and Cara Page)

A HJ BIRTH STORY FROM KINDRED HEALING JUSTICE COLLECTIVE:

“When Hurricanes Katrina and Rita hit New Orleans and the Gulf Coast in 2005 followed by a global witnessing of the callous abandonment of people with disabilities, incarcerated people and poor, Black, migrant and elderly folks, some of the elders we previously spoke to reflected back, “This feeling in our bodies is the same thing I felt during times of immense losses in movement in the past”. Our communities experienced post-traumatic stress and ongoing trauma from living through and witnessing the massive State assault and privatization of public property and resources in the Gulf South.

Healing Justice was born in the wake of Katrina and Rita and in the shared struggle to fight the rise of post-9/11 fascism. We sought to map and elevate how our movements and communities build collective care, safety and protection for each other in the South.

From these deep roots, the political framework of healing justice was conceived, and one year later in 2006, the Kindred Southern Healing Justice Collective was formally launched.

“

We need to be able to respond to the increased state of burnout and depression in our movements; systematic loss of our communities' healing traditions; the isolation and stigmatization of healers, and the increased privatization of our land, medicine and natural resources that has caused us to rely on state or private models we do not trust and that do not serve us.

”

~Cara Page

A southern-based Black feminist-led, multiracial, intergenerational collective of health practitioners, healers (energy, earth, body based traditions), therapists, birth workers and health justice organizers, Kindred was organized to intervene and respond to generational trauma and systemic oppression; to build community and survivor-led responses anchored in Southern traditions of resiliency; and to sustain our emotional, physical, spiritual, psychic and environmental well-being.

We sought to transform the collective grief and trauma of our communities, and to challenge western medical models and public health systems that continued to be an extension of State control and policing on our communities. Kindred's first activities, in partnership with Stone Circles, were held at the Southeast Social Forum in Durham, North Carolina in 2006. Our full public launch was at the first United States Social Forum in Atlanta, Georgia in 2007.”

SOME HIGHLIGHTS FROM HJ'S LINEAGE:

- Southern organizers, specifically Cara Page coined the term, Healing Justice in the early 2000s.
- This framework is rooted in queer, abolitionist, & Black feminist politics.
- HJ centers healing and medicine as an integral part of collective liberation.
- HJ also emerged from lessons gathered by organizers and healers during Hurricanes Katrina and Rita.
- In 2005 Kindred Southern HJ Collective was created by healers and organizers in the South in response to crisis, trauma, and violence specific to that region

Before Healing Justice was used as a political framework in our movements, healers, healing practices, and rituals have been central to how we organize our societies and communities. We name a few examples of justice related healing work that predates HJ as we speak of it today:

- Generations of healers and traditional community care rituals that have taken care of their communities through transitions, impacts of colonization, and white supremacy. Some examples:
- Native and indigenous peoples' strong relationship to land, spirit, and body via the honoring of elements, plant spirits, and food as medicine.
- Earth based rituals, drumming, song, cooking, story telling, prayer, transformative justice circles, and intergenerational wisdom sharing and learning in community.
- Elder councils and ceremony before war, i.e. sweat lodge before battle.

- Social Liberation Psychologists in Latin America called for a “psychology by and for the people” and localized healing responses to state terror and U.S. sponsored civil wars in the 1970’s and 1980’s. Liberation psychologists in El Salvador took a stance to radicalize the field of psychology by taking the people’s lead in how therapy, psychology, and healing was perceived and administered.
- Black Panther Party- Healers, organizers, and Food and Health programs, including free medical clinics, national sickle cell anemia testing, lunch programs, and acupuncture clinics.
- Fannie Lou Hamer- “I am sick and tired of being sick and tired.” (See below for story)
- Harriet Tubman - a bold and fierce midwife, traditional healer, and abolitionist freedom fighter who helped free enslaved Black folks throughout the southern U.S.
- The Young Lords- “The New York Young Lords defined themselves as “a revolutionary political party fighting for the liberation of all oppressed people.” Headquartered in East Harlem, and inspired by the Black Panthers, the New York branch existed from 1969 to 1976. Their health activism included: the Garbage Offensive, which protested irregular sanitation services; the launch of breakfast programs for poor children; the Lead Offensive, during which they conducted door-to-door medical home visits in collaboration with progressive nurses, medical technicians and doctors to test local children for lead poisoning and adults for tuberculosis; the takeover of a city operated Tuberculosis truck; child care center; and a dental clinic. ([For the People’s Health](#))
- Mental Health First Sacramento and Oakland- See page 29 for detailed description
- [Harriet’s Apothecary](#) – “We self organize to center healing, wellness and resilience in our communities without relying on the medical industrial complex while also taking health institutions to task about how they create safer and thriving spaces for Black, Indigenous, and People of color.”

THE MEDICAL INDUSTRIAL COMPLEX (MIC) HAS SERVED TO HARM POOR AND BIPOC COMMUNITIES ACROSS THE U.S.

Fannie Lou Hamer, October 6, 1917 – March 14, 1977, was an American voting and women's rights activist, community organizer, and a leader in the civil rights movement. She was the co-founder and vice-chair of the Freedom Democratic Party, which she represented at the 1964 Democratic National Convention. Hamer organized Mississippi's Freedom Summer along with the Student Nonviolent Coordinating Committee (SNCC). She was also a co-founder of the National Women's Political Caucus, an organization created to recruit, train, and support women of all races who wish to seek election to government office.

In 1961, Hamer received a hysterectomy by a white doctor without her consent while undergoing surgery to remove a uterine tumor. Such forced sterilization of Black women, as a way to reduce the Black population, was so widespread it was dubbed a "Mississippi appendectomy." (Michals)

WHAT WE KNOW ABOUT THE MIC:

(It) Historically defines whose body is deserving of quality accessible, and dignified care

This is determined by wealth, white cis, heterosexual, able bodied, male, and Christianity

Also imposes whose body is to be criminalized, pathologized, and prioritized based on the above criteria of who is fit and unfit to survive.

The MIC exists to uphold the state and perpetuate systems of oppression

The weaponization of disease against indigenous communities 527 years ago. Germ and biological warfare has been a common tactic used to kill Native American communities across the U.S.

HJ is a political, cultural, and spiritual strategy that directly addresses and aims to interrupt the violence that the MIC has inflicted on Black, Indigenous, people of color, poor, disabled, LGBTQI+ communities across the world.

HERE ARE SOME ASSUMPTIONS WE MAKE WHILE DOING THIS WORK:

The medical industrial complex has historically caused more harm than healing in BIPOC communities - Healing Justice calls us to take back our health and wellness; to utilize all the ways in which we heal; and not depend on western medicine to “save us” - Ways we do this already:

Grow our relationship with the earth and our bodies by growing our own food, herbs, and medicine.

Pop-clinics of traditional medicine all over cities in the U.S.

We honor the historic role that healers, medicine people, shaman/sha-people, have played in the healing and shaping of our communities. I.e. grandmother councils, prayer or ceremony (for example sweatlodge) before battle, Seers, visionaries, etc.

We involve healers in this work. We grow their participation in sustainable ways for long term support of ourselves, families and our organizing spaces.

We co-create healing spaces where we center modalities that nurture and feed our resilience, strength, and that of the communities we work with.



Foundational Theories and Methodologies of JTN's Healing Justice Framework

- ✧ **Transformative Justice**
- ✧ **Restorative Justice**
- ✧ **Spiritual and Cultural practice as central to healing and organizing**
- ✧ **Harm Reduction**
- ✧ **Disability Justice**
- ✧ **Environmental Justice**
- ✧ **Black Queer Feminism**
- ✧ **Immigrant Rights**
- ✧ **Language Justice**

CONCEPTS AND DEFINITIONS

Now we will review some important concepts and definitions that will help us understand the context in which our HJ framework has been created:

TRANSFORMATIVE JUSTICE VERSUS RESTORATIVE JUSTICE VERSUS HEALING JUSTICE

Transformative Justice

Transformative Justice (TJ) is a political framework and approach for responding to violence, harm and abuse. At its most basic, it seeks to respond to violence without creating more violence and/or engaging in harm reduction to lessen the violence. TJ can be thought of as a way of “making things right,” getting in “right relation,” or creating justice together.

Transformative justice responses and interventions 1) do not rely on the state (e.g. police, prisons, the criminal legal system, I.C.E., foster care system (though some TJ responses do rely on or incorporate social services like counseling); 2) do not reinforce or perpetuate violence such as oppressive norms or vigilantism; and most importantly, 3) actively cultivate the things we know prevent violence such as healing, accountability, resilience, and safety for all involved. (Mia Mingus, Bay Area Transformative Justice Collective.)

Restorative Justice

Restorative Justice (RJ) is a community-based approach to repairing harm and restoring relationships when a harm or injustice occurs in a community. Depending on the process or technique used, restorative justice involves the victim, the offender, their social networks, justice agencies, and the community. ([Alberta Restorative Justice Association](#) and [California Conference for Equality and Justice](#))

Healing Justice

HJ is a political, cultural, and spiritual strategy that directly addresses and aims to interrupt the violence that the MIC, the PIC, and Capitalism has and continues to inflict on Black, Indigenous, people of color, poor, disabled, LGBTQI+ communities across the world. HJ seeks structural change as well.



Trauma

1. An experience, series of experiences, and/or impacts from social conditions, that break or betray our inherent need for safety, belonging, and dignity.
2. Individual or Collective: Experiencing an event of harm or abuse that impacts your spiritual, physical, emotional, psychic, and environmental well being. (Dr. Maria Yellow Horse Brave Heart)

HJ LISTENING PRACTICE

Facilitator plays a clip from <https://fortification.libsyn.com/abolition-in-covid-times>

Reflection Questions:

1. What are you learning about how HJ and TJ work together?
2. Why is this collaboration important as we work towards our collective movement visions?
3. How will we build these skills together?

State violence

1. Terrorism carried out or sponsored by a government, which involves deliberate attacks on civilians, for the purpose of attaining a political or religious goal.
2. Acts of violence committed by an official state, military or sponsored by a sovereign government outside of the context of a declared war, which target civilians or show a disregard for civilian life in attacking targets—either people or facilities.
 - Impacts us on a spiritual, mental, emotional, and physical level
 - Robs us of our sense of safety, connection, and wellbeing
 - Produces trauma, addiction, and perpetuates a culture of harm
 - Does not create safety in our communities or world.

Resilience

Practices that feed our spirits, minds, heart, & body daily and allow us to center and come back to ourselves after trauma in ways that rejuvenate us, expand our capacity and re-establishes our sense of dignity, agency, safety, connection, and trust.

- We are born resilient
- Coping
 - (conditioned tendencies- Flight, Fright, freeze, appease, or disassociate often help get us through trauma- thankful for what our bodies do to get us through!!)
- Heal and expand our capacity to move through the world, move towards our vision despite systems, trauma.
- We do not build resilience to take on more trauma from the state

Building Power (BP) in a Healing Justice context (derived from Susan Rafo)

BP is about building power within ourselves and collectively. The purpose is to shift the continued impact of the original wounds that have shaped and defined the US. We build power to change systems and institutions of power.

Abolition

The action or an act of abolishing a system, practice, or institution. Abolitionism, or the abolitionist movement, was the movement to end slavery. This term can be used both formally and informally. In Western Europe and the Americas, abolitionism was a historic movement that sought to end the Atlantic slave trade and set slaves free.

SMALL GROUP ACTIVITY

Purpose: For participants to learn the concepts and definitions in an engaging way.

Directions:

1. Large groups are divided into small groups (2-5) depending on size of group.
2. Each group receives 1-3 envelope(s) with one key concept.
3. Read the definition with your group and discuss the following questions:
 - Do you agree/disagree with this definition? If something is missing from this definition, what do you think it is? Take note of this addition to share with the larger group.
 - What is your experience of this key concept in your community?
 - What is the relationship between these key concepts? How does this relationship play out in your community?
4. Return to the large group and do a share out per group to hear highlights of small group discussion.

Prison Abolition

Abolition means not just the closing of prisons but the presence, instead, of vital systems of support that many communities lack. Instead of asking how, in a future without prisons, we will deal with so-called violent people, abolitionists ask how we resolve inequalities and get people the resources they need long before people cause harm or harm is caused to them.

Rapid response as it relates to state violence

“Abolishing the police state means improving our systems of care, emergency response protocols, and it invites us to imagine a sustainable and radical way of responding to emergencies that do not involve the police and the state.” -Asantewaa Boykin (RN), Co-Founder Anti Police Terror Project & MHFirst Sacramento

Example: Mental Health First

MH First, a project of Anti Police-Terror Project, is a cutting-edge new model for non-police response to mental health crises. The goal of MH First is to respond to mental health crises including, but not limited to, psychiatric emergencies, substance use support, and domestic violence situations that require victim extraction.

Our purpose is to interrupt and eliminate the need for law enforcement in mental health crisis first response by providing mobile peer support, de-escalation assistance, and non-punitive and life-affirming interventions, therefore decriminalizing emotional and psychological crises and decreasing

the stigma around mental health, substance use, and domestic violence, while also addressing their root causes: white supremacy, capitalism, and colonialism. -Anti Police Terror Project, MH First

Healing centered organizing

Rather than viewing healing as simply an individual act of self-care, Healing Justice organizers view the act of healing as a political act that makes communities more whole while empowering people to bring about changes in the system. (Ginwright 2015)



SMALL GROUP ACTIVITY

Purpose: For participants to share the current rapid response work they are a part of and how Healing Justice or having an organized network of healers would benefit their work and communities.

Directions:

1. Break up into groups of 2-6 depending on the size of the group.
2. Each group is given a large piece of chart paper and markers. Each group assigns a scribe and 1-2 presenters.
3. Invite the group to Dialogue and respond to the following questions:
 - In the absence of a Rapid Response Healers Network, what happens when there is a traumatic or crisis event in the community? (from your experience)
 - What difference would it make to have an entity like the Rapid Response Healers Network existing? What gaps/needs is the network filling? Who would benefit the most?
 - What feels most helpful about adapting a healing justice framework for your rapid response work?

Trauma informed organizing (TIO)

Organizing that seeks to understand trauma and its impact on the mind, heart, body, and spirit. TIO aims to create an organizing culture of safety, empowerment, and healing. Some examples of how this looks for JTN are:

- ★ not tokenizing families who have been directly impacted by police violence and not asking people to provide testimony if they do not want to;
- ★ Providing HJ practitioners before and after impacted people tell their stories at events or actions;
- ★ Creating Healers Networks city by city across the state of California;
- ★ Supporting the creation and implementation of replicable alternatives to State responses to community needs, harm, and mental health crises.



"HOW TO" DO HEALING JUSTICE IN YOUR COMMUNITY

“

For nearly a century, to be an Indigenous California Native was to live a life in hiding, anonymity, and denial of one's own identity. Life in a prison — a prison of secrecy...Elimination of the settler-colonial carceral state is necessary for a free and safe future. To this end, how do we address punishment and harm in a nonpunitive way? How do we utilize an [Indigenous Justice](#) and [decolonized abolitionist framework](#) to transition to holistic and survivor-centered practices? How can we heal ourselves individually and collectively in a way that does not further harm and contribute to the fracturing of our families and communities?

~Morning Star Gali, HJ Committee APTP Sacramento

”

BUILDING YOUR NETWORK OF HEALERS

Healers are historically the backbone of all communities. They are who we call when a loved one or ourselves is in crisis or simply need a kind compassionate listening ear.

At JTN we also hold true that healers are visionaries and changemakers. This is why we believe that core to our work as organizers is also growing a politicized network of healers whom we can count on to show up for the tedious work of rapid response and the love labor of healing collectively.

Read below suggestions on how to build out your own healers network in your city and neighborhood.

HEALING TAKES MANY FORMS



List of potential Healers you can organize into your network:

- Therapists, peer counselors, paraprofessional therapists (not licenced but can be certified by community clinics or life experience)
- Chinese medicine and Acupuncturists
- Bodyworkers, i.e. massage, traditional “sobadores”
- Birthworkers, i.e. doulas, midwives
- Energy healers and reiki practitioners
- Dancers and yoga practitioners
- Therapy, i.e. talk therapy, art therapy, etc.
- Physical Therapy Artists and creatives, especially for children
- Somatics coach
- Herbalists
- Sound bowl healers
- Nurses
- Curanderas
- Naturopathic doctors
- Western doctors
- Aromatherapists
- African drummers
- Other traditional healers

Often healers are folks who have previously organized in social movements but have felt “burnt out” by the traditional structures of movements. Our healing justice work requires us to take the time to call in healers and healing practitioners back into the work of organizing our communities.

GROUNDING YOUR HJ STRATEGIES IN YOUR OWN COMMUNITIES LEGACY OF RESILIENCE AND UNDERSTANDING OF HEALING.

1. GET TO KNOW YOUR COMMUNITY (SOME QUESTIONS TO GUIDE YOU):

- ✧ What practices of healing and wellness are innate in the community that you are organizing/are a part of?
- ✧ What are some resilience practices that your community does together after trauma?
- ✧ What are some of the ways that state violence impacts your community?

2. USE PUBLIC MEMORIALS AND OTHER WAYS OF MEMORIALIZING HARM, HONORING RESILIENCE

- ✧ Public altars, art making, block parties, death anniversary community gatherings, poetry readings to honor the lives of those lost to police, carceral, and other forms of state violence.

HEALING JUSTICE IN RAPID RESPONSE WORK DURING TIMES OF CRISIS

Refer to [The Anti Police-Terror Project’s Rapid Response Toolkit](#) for a more thorough description of the First Responders Core Team.

Extracted from our [Healing Justice Toolkit](#): Listed here are the additional team members that a response team can include to incorporate Healing Justice into your Rapid Response work:

- Listeners (1-3) - this could be a therapist, counselor or someone who has excellent listening skills, shows empathy and is relatable to the community. Ideally, the listener must speak the language of the community being served, i.e. Spanish, English, Creole, etc.

- Other Practitioners/Healers - These folks make sure the community is taken care of on a spiritual and physical level. They carry medicine bags with water, snacks and spiritual tools such as herbal medicine, incense or sage, and crystals. These folks are key to bringing Healing Justice to a space where trauma has just happened/ is happening. Along with the Listener these healers help to shift the energy of the space by making sure everyone is being cared for in the ways that they need. Aromatherapy Spritzer, Roll-on, or cloths with sweet smelling oils on them

Crystals have been used all over the world for thousands of years in healing work. A part of your preparation you may want to keep some of the following on hand:

- 🔮 **Rose Quartz:** stone of unconditional love and peace; valuable crystal for the heart and the heart chakra. Invites deeper healing and self-love; offers energies of calm and affirmation- popularly used in trauma or crisis situations.
- 🔮 **Lepidolite:** stone used to bring gentleness and healing to disease, particularly emotional stress, depression, emotional dependency.; a calming and protective stone that supports one to “be in own truth,” free from influence, intimidation or negative energy from others; self-love.

- 🔮 **Lapis Lazuli:** brings harmony to the physical, emotional, mental and spiritual bodies; affirms deep inner self-knowledge; provides protection against psychic or mental “attack”; also a truth-teller stone; stimulates throat and third eye chakras; encourages self-awareness; stress relief and gifts deep peace and serenity.
- 🔮 **Black Tourmaline:** a grounding and protective stone; protects against negative energies or entities, psychic attack, even electromagnetic smog; supports in grounding one’s energy to serve the purpose of dispersing tension or stress; clarity; supports movement and choice from a centered position.



GOALS OF THE HJ ORGANIZER ON SITE:

- Provide Care and Support
- Connect with Lawyers that we or other families have worked with
- Connect with healers network – this helps avoid organizer or Rapid Response team burn out – expand the network of support!
- Coordinate support amongst families' immediate and extended network
- Organize! Connect families to others who are fighting a similar fight



OTHER WAYS TO INCORPORATE HJ INTO YOUR RAPID RESPONSE WORK:

- Providing warm meals such as greens and beans; protein bars; hot/cold teas; and pre-made wellness kits with teas for anxiety, sleep support, and grief.
- Bodywork, acupuncture, and therapy are the primary services that can immediately help the family begin to address the trauma on a somatic, mental, and physical level
- Set online or in-person sessions for the family in a comfortable, quiet, and safe space. Find unused offices, or do house visits for these services when possible. Find out from the family what they prefer and lead with that.
- Utilize tools you feel comfortable with, i.e. prayer, sage or incense, music, song, drum, circle.

BEST PRACTICES FOR HEALERS NETWORKS ON THE GROUND

(also included in Appendix)

- Consent, consent, consent
- Notice where our judgements rise up and be in our breath first
- Be and stay present throughout the event
- Make Eye contact and greet people
- Ask how you can help
- Stay hydrated and make sure to take breaks before exhaustion or burn out
- Ask for people's preferred pronouns; don't assume a person's gender
- Stay in communication with the people you're working with; help take care of each other
- Stay connected to your breath
- Nourish your body! Increase your vitamin C!
- When called, be vulnerable
- Assume that people know the most about their own healing; uphold and support the healing knowledge and practices that people already have in their lives

- Bring an item that helps you stay grounded, like a photo, crystal or a plant bundle
- Bring more of yourself to the work! If you like to sing, SING! Drum, DRUM! Everyone has medicine to share, HJ invites you to bring it to your organizing and movement work. It is both healing for you and for your community.
- Aftercare for yourself! Rest, shower, reflect (ritual, writing, talking)

Sustaining the work

- Taking care of your rapid responders and your network of healers
- Develop a rigorous Political Education program for healers to partake in as part of their work with your organization



HJ AND REIMAGINING PUBLIC SAFETY:

Reimagining public safety is at the heart of prison abolition. We understand that HJ is a necessary strategy in order to achieve a real community public safety framework.¹

We know we need to create the systems that heal us as we abolish systems that create more trauma. Black, Indigenous, People of Color, LGBTQI+, disabled, and immigrant communities must be able to exist without the fear of being constantly patrolled, traumatized, or disappeared, and killed by the state. We believe that safety grows from people having their needs met in a life affirming manner.

This is why one of our principles is imagination in action, we know that the alternatives our communities need are born from our unwavering and fearless imagination.

¹ For more information, check out: https://abolitionanddisabilityjustice.files.wordpress.com/2020/09/small_print_file.pdf

REIMAGINING PUBLIC SAFETY SMALL GROUP ACTIVITY

Purpose: For participants to tap into their own imaginations and visions for public safety that is influenced by the HJ principles and framework learned so far in this training.

Directions:

1. Divide the group into groups of 2 or 3
2. Provide markers and large chart paper to each group
3. Ask the groups to discuss the following questions and take notes on the chart paper for the large group share out
 - What does reimagining public safety mean to you?
 - What does reimagining public safety Not mean to you?
 - How can an HJ framework influence how you work?

WHAT REIMAGINING PUBLIC SAFETY MEANS:

- ★ Investing time and money in:
- ★ Understanding of intergenerational trauma and what it will take time to transform/heal our communities.
- ★ Creating and sustaining wellness centers, healing centers, trauma centers that offer a variety of healing modalities beyond western methods of healing
- ★ Youth programs, job readiness and apprenticeship opportunities
- ★ Showing respect and supporting teachers role in our communities by paying them well and offering more support
- ★ Build affordable housing and give the community access to it
- ★ Invest in continuing education, jobs, and apprenticeship programs for youth ages 13-25
- ★ Develop and invest in an alternative response to mental health crises, Interpersonal Violence, and substance abuse issues
- ★ Creating safe spaces for our LGBTQI communities to live dignified and long lives
- ★ Invest in neighborhood and city wide networks of healers that help cut the “red tape” between community and access to wellness services

WHAT REIMAGINING PUBLIC SAFETY DOES NOT MEAN:

- “Community” policing
- Investing in “better” policing
- Investing in more training for police
- Metal detectors at our schools
- Socializing BIPOC youth to be afraid of police or to be submissive to state authorities.

“

Healing Justice is how we have survived hundreds of years of colonization and anti-Black racism.

”

~Cat Brooks

BEYOND CRISIS:

HJ as a methodology to build community infrastructure and organize ourselves /communities beyond capitalism and white supremacy

— **Creating infrastructure for mental health response teams**

- Sacramento and Oakland Mental Health First response teams
- Justice Teams – California Rapid Response Network
- Anti Police-Terror Project

— **Localized healing hubs**

- Restorative and Transformative Justice projects
- [Minneapolis HJ](#)
- [Detroit HJ](#)
- [National Queer and Trans Therapists of Color Network](#)

— **And an integrated movement ecosystem**

- Advocacy, Campaigns, grassroots community organizing, healing justice collectives, creating replicable models for new systems of care and accountability that are place-based and community-led.

**HJ IS A STRATEGY TO CREATE
INFRASTRUCTURE FOR COMMUNITY
CARE & INTERDEPENDENCE.**



**HJ IS AN INTERRUPTION TO THE
INDIVIDUALISTIC PERSPECTIVE OF
WHITE SUPREMACY & CAPITALISM.**

CREATING OUR OWN ALTERNATIVES TO 911

**MENTAL HEALTH FIRST:
SAFETY, WELLNESS, AND COMMUNITY FIRST.**

MH First, a project of Anti Police-Terror Project, is a cutting-edge new model for non-police response to mental health crises. MH First's purpose is to interrupt and eliminate the need for law enforcement in mental health crisis first response by providing mobile peer support, de-escalation assistance, and non-punitive and life-affirming interventions, therefore decriminalizing emotional and psychological crises and decreasing the stigma around mental health, substance use, and domestic violence, while also addressing their root causes: white supremacy, capitalism, and colonialism.

According to MH First, "We lead with the principle that police should not be involved when responding to a crisis unless asked by mental health responders as a last resort. Crisis response services should support people through quality follow up and on-going care regardless of their ability to pay."

MH First Sacramento has been operating since January 2020, and MH First Oakland has been operating since August 2020.



“MHFirst Oakland was born out of our love for families impacted by police terror that we have been supporting. When Steven Taylor, Jr. was murdered by the police in San Leandro Walmart in the midst of a mental health crisis, we knew we had to bring MHFirst to Oakland. We are grateful to APTP Sacramento for their leadership and guidance in this process. We do this work out of love for our communities and to interrupt and PREVENT state terror inflicted upon the BIPOC communities of the Bay Area. Some of us are psychiatric survivors, some of us are mental health professionals, some of us are both. Many of our team members have been impacted by state terror as well. We strive and struggle to create a decolonial space, and believe that together we can create the conditions of care and protection that we all deserve.”

— Daniela Kantorova, MH First Oakland

HJ COMMITTEE

The Sacramento APTP Healing Justice committee is currently working on healing baskets for families who have lost loved ones at the hands of Sacramento PD. Bags will include self care products donated by the Sacramento community that will remind families that the community is thinking about them.

The Healing Justice committee will also be working on collaborating with MH First by creating a mobile resource guide. This will assist volunteers in accessing resources while on the road or during Jail Support.

JAIL SUPPORT – SANTA RITA JAIL

Honoring Dajuan Armstrong Jr., who entered Santa Rita Jail for a weekend sentence and never came home, APTP is providing material support and direct care to folks at Santa Rita Jail as a small but meaningful way to address the harm caused by incarceration in our community.



“

HEALING JUSTICE means taking seriously the effect of trauma, oppression and violence in our lives. It means recognizing that when we are uncomfortable or scared or furious, this is important information. We can learn from this information. We can shift what is happening in our bodies. The role of healing justice practitioners is to come into those spaces described above and to help shift what is happening. Often the reason we get stuck or feel like we need to run from the room or start fighting with someone who can and should be an ally is because of what we are holding. This holding affects how deeply we can dream and how far we can vision. Ending oppression means ending how it exists in our communities and in the systems around us — and it means ending how it lives within our bodies.

~Susan Rafo, 2017

”

MORE VOICES FROM THE GROUND

JTN MEMBER ORGANIZATIONS

- ☆ [Anti Police-Terror Project, Oakland and Sacramento](#) – The Anti Police-Terror Project began as a project of the ONYX Organizing Committee. We are a Black-led, multi-racial, intergenerational coalition that seeks to build a replicable and sustainable model to eradicate police terror in communities of color. APTP is not a non-profit organization.
- ☆ [\(L.E.A.N.\) Law Enforcement Accountability Network](#) – Our mission is to promote the victims of police brutality and their families and empower them to advocate for police transparency and accountability by: Providing education and support to victims of police brutality and their families; Creating a sense of social consciousness of the affect police violence has on family and the community; Providing resources that will help victims of police brutality and their families heal; Advocating for policy changes that promote just and dignified law enforcement; Collaborate and network in coalition with other community and national partners to accomplish LEAN's mission.
- ☆ [Black Lives Matter Los Angeles](#) – BLM LA is much more than a racial and social justice movement, it is rooted in Spirit. Like each successful iteration of Black freedom struggle, Black Lives Matter draws deeply from spirituality and the path forged by our mightiest Ancestors. The Sacred Resistance Team was built following the installation of the 45th President of the United States in 2017, recognizing that the toppling of the White-supremacist-patriarchal-heteronormative-capitalism that he embodied requires significant Spiritual work. Sacred Resistance is an interfaith effort that utilizes Spiritual tools and practices to advance justice.
 - [Healing in Action: A Toolkit for Black Lives Matter Healing Justice & Direct Action](#)

- ☆ **BLM San Diego** – A liberation movement for ALL Black people. We envision a world w/o police or prisons.
- ☆ **Committee to End Police Brutality San Diego** – CAPB is a group of grass-roots people who have come together democratically to serve the needs of the community. We are made up of a cross section of the community and call for the support and participation of all people who are affected directly or indirectly by police brutality, harassment, and misconduct. Our main purpose is to take actions that will relieve the community of the degrading and humiliating harassment, the vicious beatings and abuse, and blatant murder of community members by police, sheriff and border patrol (SD law enforcement).



We will independently research and document peoples complaints of police misconduct, investigate police shootings, monitor police activity and organize popular forums in the community, which will reveal the peoples specific needs and concerns, and then take actions that will have positive, long term effects on people's lives. We work towards building principled unity amongst all the peoples who suffer under the weight of police violence. We are committed to a real democratic process of organizing and accountability to the community, to insure public debate where every person is heard, where every man and women has a vote and that the needs and aspirations of the majority be upheld

- ☆ **STOP Police Terror Coalition** – We are a statewide Coalition of impacted family members whose loved ones were killed by law enforcement. We came together in 2018 as we organized to PASS CA Senate Bill 1421, the “Right To Know Act.” In 2019, we passed AB 392, the CA Act To Save Lives.
- ☆ **Dignity and Power Now** – DPN is a Los Angeles based grassroots organization founded in 2012 that fights for the dignity and power of all incarcerated people, their families, and communities. Our mission is to build a Black and Brown led abolitionist movement rooted in community power towards the goal of achieving transformative justice and healing justice for all incarcerated people, their families, and communities.
- ☆ **The Liberation Collective for Black Sacramento** – Formerly #BLMSac, #Sac4BlackLives & #TLC4BlackSac, we exist to voice the needs of the collective, NOT THE FEW. LBN speaks to our divine power.



- ☆ **Fairfield Change** – Community organizers fighting for change in Fairfield and the larger Bay Area, Ca region.
- ☆ **Decarcerate Sacramento** – Decarcerate Sacramento is a coalition working to end jail expansions, decrease jail populations, and shift county funds away from policing and incarceration towards community-based systems of care that actually keep the public safe.
- ☆ **Young Women’s Freedom Center** – The Young Women’s Freedom Center was founded in 1993 to empower and inspire cis and trans young women, trans young men, and gender-expansive young people who have been disproportionately impacted by incarceration, racist and sexist policies, the juvenile and criminal justice systems, and/or the underground street economy, to create positive change in their lives and communities.
- ☆ **People’s Budget Bakersfield** – The People’s Budget Bakersfield is a grassroots coalition that is several years in the making. Throughout the city of Bakersfield Black and Brown organizers have been fighting for police accountability and reform dating back to the early 2000’s. Building upon the work of our elders.
- ☆ **Justice for Steven Taylor** – Grassroots group fighting for justice for Steven Taylor who was murdered by San Leandro Police Department on April 18, 2020. Fighting to build a legacy of change and possibility in Steven’s honor, led by his family.



APPENDIX

List and instructions for icebreakers and movement breaks

HJ FRAMEWORK GALLERY

Quotes:

“ Rather than viewing healing as simply an individual act of self-care, healing justice organizers view the act of healing as a political act that make communities more whole while empowering people to bring about changes in the system. ”

– Ginwright 2015



“ What does it mean to shift our ideas of access and care (whether it’s disability, childcare, economic access, or many more) from an individual chore to collective responsibility that’s maybe even deeply joyful? ”

– Leah Lakshmi
Piepzna-Samarasinha,
*Care Work: Dreaming Disability
Justice,*

“ When I use the phrase “healing justice,” I am reflecting on how the systems we seek to change outside of our bodies are also carried within our bodies. I am recognizing that the systems of care in western medicine that we depend on are also part of the systems of dominance and oppression that we want to transform. And finally, I recognize that all of our people and most recently, indigenous, Black and Brown people have culturally grounded systems of care and support that have been violently disappeared and then often repackaged and sold by people outside of those cultural traditions. “Healing justice” is more than the fact of healing which happens to people who care about justice. ”

– Susan Raffo, 2017

SELF CHECK IN – MEDICINE WHEEL ACTIVITY

Medicine Wheel: As people come in, pass out paper and art supplies and have people draw a circle divided into four equal parts. At the top of each section, folks should write: mental, physical, emotional, and spiritual. Ask participants to put one or two words in each section to describe how they are doing today in each particular section. Be sure to have them leave room in each section – we'll be having them write more in these wheels later in the circle.

In the check-in round, invite participants to share the words in one or two sections. This will help people check in with themselves and be really present in their bodies, emotions and thoughts.

Meditation and Breathing Exercise:

Set an intention of something you would like to receive or release in this moment of pause and self awareness.

Sit comfortably and close your eyes if you wish. Breathe normally, at your rhythm and pace. Notice your breath, where it is at, how deep you are able to breathe.

Notice any sensations in your body.

Notice temperatures in your body.

Now I am going to invite you to notice emotions in your body and where are they currently living.

I know for me for example I have been feeling a lot of rage and grief, and those emotions are living in my chest and my throat.

So take a moment to notice what is in your body at this moment. Honoring your body, honoring these rightful emotions that you are feeling.

Next I invite you to draw your breath up through your feet up your legs, stomach, and back; breathe into your chest, up in your shoulders, neck and head.

As you inhale, imagine and feel your breath filling your entire body

As you exhale, allow a full relaxation of your body, giving into the safety that your body provides you. Release any tension, stress, nervousness with each exhale.

Let each exhalation be more relaxed than the one before.

May this moment of breathe allow you to continue on in our meeting feeling grounding.

Please answer the following questions in your medicine wheels:

- ★ What practices, hobbies, activities or rituals help maintain your self care in these four areas? Even if you don't practice them daily.
- ★ How can they be collective practices? With friends, loved ones, family, co-workers, etc.
- ★ Highlight or circle one or more areas in which you would like to do more community care.
- ★ Name one goal for 1 or more sections about how you'd like to incorporate more community care into your work.

Closing: Going Out of Our Minds

--by Sonia Johnson

We don't need someone to show us the ropes.

We are the ones we've been waiting for.

Deep inside us we know the feelings we need to guide us. Our task is to learn to trust our inner knowing.

To learn more about the use and origin of Medicine Wheels: <https://www.nlm.nih.gov/nativevoices/exhibition/healing-ways/medicine-ways/medicine-wheel.html>

TAPPING TO RELIEVE FEAR AND ANXIETY

- 1.** Wash your hands and choose a quiet space to do this healing exercise with yourself. The tapping and affirmations will take about 20 minutes. It can be adjusted to be a shorter or longer activity, depending on your preference.
- 2.** Using 3 fingers, begin tapping on the side of your hand, on the side of your little finger, and say out loud, Even though I feel all this fear and anxiety, I choose to love and accept myself.
- 3.** Begin tapping on the side of your other hand. Say to yourself outloud, Even though I feel all this fear, I choose to love and honor myself.
- 4.** (With your right hand) Tap on your right side of your face, on the top of your eyebrows and on cheek bones (under eye). Say, Even though I feel all this fear, cause things are going on and I don't know how to handle it and I don't know how bad it's going to get, I choose to deeply and completely love, honor, and accept myself, and maybe anyone else involved.
- 5.** (With your left hand) Tap on the left side of your face, on the top of your eyebrows and on your cheek bones (under eye). Say, All this fear, all this belief that fear is the appropriate response, I choose to unconditionally show up for myself, I am enough, I need not be afraid of letting go of fear, (even if just for this moment)...
- 6.** Tap on your upper lip and under your lips/chin. Say, All this fear that if i am not afraid, i wont be able to make good choices. I lean into self trust, and trusting my community to love me whole.
- 7.** Tap on your heart space and chest. Say, I choose to clear that fear, I love and appreciate those parts of me that are just trying to keep me safe.

8. Tap on your left side under your arm (near rib cage), Say, I have every intention of keeping myself safe.
9. Tap on your right side under your arm (near rib cage). I can be alert, I can be aware, without being alarmed, all this fear that I just won't pay attention if I am not feeling enough anxiety, I can pay attention while calling forth a feeling of peace, even if it only for this moment.
10. Tap on the top of your head (more gently). Say, I am concerned for my well being and the well being of others, and the best thing I can do right now for myself and others is to be as clear headed as possible to be as level headed as possible, fear tends to get in the way of that and so much of the fear I may be feeling, is not just my own. There are a lot of people panicking, I am clearing this panic for this moment, I am clearing all this fear, allowing myself to feel peace in this moment so that I can make good choices for myself and help others make good choices for themselves too.
11. Tap on your cheeks and under your eyes. Say, we can all help each other get through this. Allowing myself to feel my breathe, this is really good for my immune system and my nervous system. This is another reason why it is good to help move the fear out of my body so that it doesn't become stagnant in my body. Allowing myself to be as peaceful as possible, in body, mind, heart, and spirit
12. Breathe in counting to 5, hold your breath for 2 counts. Release in 5 counts. Repeat 2 times.

WALKING PLANT MEDITATION

HEALING JUSTICE TIMELINE

- [A not so short HJ timeline](#)
- [Cara Page](#)

BEST PRACTICES FOR HEALERS

HEALING RITUALS RESOURCES

- [Ancestral Spiritual Resistance Zine](#)
- [Learning from the Earth during COVID-19](#)
- [La Cura Podcast](#)

OTHER RESOURCES

- [Tips on how to have challenging conversations with families outside of the jails sites](#)
- Prentis Hemphill: [Centering Practice](#)



RECOMMENDED (FURTHER) TRAINING AND READING

- Rapid Response training
- Transformative Justice (TJ)
- TJ Circle facilitation
- Pod creation by Mia Mingus
- Restorative Justice
- De-escalation
- Conflict Resolution
- Disability Rights
- Know Your Rights + Cop Watch
- Grief support
- CPR
- Street medic or herbal medic training

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Michals, Debra. “Fannie Lou Hamer.” National Womens History Museum, 2017, <https://www.womenshistory.org/education-resources/biographies/fannie-lou-hamer>. Accessed 31 March 2021.

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