VA
TICNs

VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

Right now, we are witnessing the impact of centuries of racial trauma as communities demand justice and systemic change across the United States. Protests against ongoing anti-Black state violence have emerged right here in Virginia in what was once the capital of the confederacy. Historical trauma is "multigenerational trauma experienced by a specific cultural, racial or ethnic group. It is related to major events that oppressed a particular group of people because of their status as oppressed, such as slavery, the Holocaust, forced migration, and the violent colonization of Native Americans." Historical trauma has been widely recognized and studied, and historical resilience deserves equal recognition. Communities who have been historically oppressed have also shown incredible resilience, surviving and thriving through trauma and toxic stress. **Let's take a moment to honor resilience in our communities throughout Virginia with a look at the first annual Resilience Week Virginia.** And let us pause to remember that those of us who are white and occupy spaces of privilege have a responsibility to support communities of color and

other oppressed groups in building a more just, trauma-informed, and resilient society.

<u>Resources for Coping with Racial Trauma and Confronting White Supremacy</u>

Dr. Jennifer Mullan, a clinical psychologist known for <u>Decolonizing Therapy</u>, describes the importance to create a dialogue to address how mental health is deeply affected by systemic inequities and the trauma of oppression, particularly the well-being of Queer Indigenous Black Brown People of Color (QIBPOC).

<u>The Four Bodies: A Holistic Toolkit for Coping with Racial Trauma</u>.

<u>Black Emotional and Mental Health Collective (BEAM)</u> is a training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities.

Southerners on New Ground (SONG) discuss the role of white people in the movement for justice and liberation.

Kenneth Jones and Tema Okun describe characteristics of white supremacy culture that show up in our organizations, via Showing Up for Racial Justice.

Book and Film List via Racial Equity Tools includes An Anti-Racist Reading List from Ibram X. Kendi, a Resource Guide on Policing, Community Unrest, and Protest from the University of Washington in St. Louis, and Talking to Kids About Racism and Justice: A List for Parents, Caregivers, and Educators from Oakland Public Library.

Trauma-Informed Community Network
Part of the Partnership for a Healthier Fairfax

Thanks to our partners at Greater Richmond SCAN for compiling the above resources for TICN'S across Virginia. **Scroll back up and be sure to check out the Resilience Week recap video if you missed it!**

We have pulled together a few additional resources that we wanted to share as well.

Back in December, here in Fairfax, the Council of Racial Equity Stakeholders presented their findings to the Board of Supervisors. "The goal of the group was to foster **open and honest discussions on issues surrounding race**, with an ultimate goal of **engaging the community** to inform the county's application of the One Fairfax policy – a joint initiative with Fairfax County Public Schools to

intentionally **consider equity when making policies or delivering programs and services.**" You can read the highlights of their report and next steps **HERE**

If you know folks who could benefit from spiritual support during this difficult time, do not forget about the new Spiritual Support by Phone for Adults: **703-324-5185** line from the Fairfax County Chaplain Corps. Monday-Friday, 10 am-6 pm

Many folks are asking for ways to talk to kids right now. Here are a few places to start:

From Teaching Tolerance, Teaching About Race, Racism and Police Violence

Anti-Racism Resources for All Ages