

From: ncsticn@FAIRFAXCOUNTY.GOV <ncsticn@FAIRFAXCOUNTY.GOV>

Sent: Monday, June 1, 2020 3:39 PM

To: NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV

Subject: VA TICN Special Edition- Understanding Racial Trauma & Confronting Racism



VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

"Like so many of you, I'm pained by these recent tragedies. And I'm exhausted by a heartbreak that never seems to stop. Right now it's George, Breonna, and Ahmaud. Before that it was Eric, Sandra, and Michael. It just goes on, and on, and on. Race and racism is a reality that so many of us grow up learning to just deal with. But if we ever hope to move past it, it can't just be on people of color to deal with it. It's up to all of us - black, white, everyone - no matter how well-meaning we think we might be, to do the honest, uncomfortable work of rooting it out. It starts with self-examination and listening to those whose lives are different from our own. It ends with justice, compassion, and empathy that manifests in our lives and on our streets. I pray we all have the strength for that journey, just as I pray for the souls and the families of those who were taken from us."

-Michelle Obama



Artwork by @shirien.create on Instagram

Understanding Racial Trauma and Confronting Racism

FACT's issue brief on [Racial Trauma](#) explores historical trauma and connects it to current systems of oppression in the United States, with implications for practice with individuals and communities. The issue brief spotlights the [Southside TICN](#) and the organization Just Neighbors.

[Kenya Evelyn writes for The Guardian](#) about the debate around sharing footage of violence against people of color and the ways in which it can cause vicarious trauma.

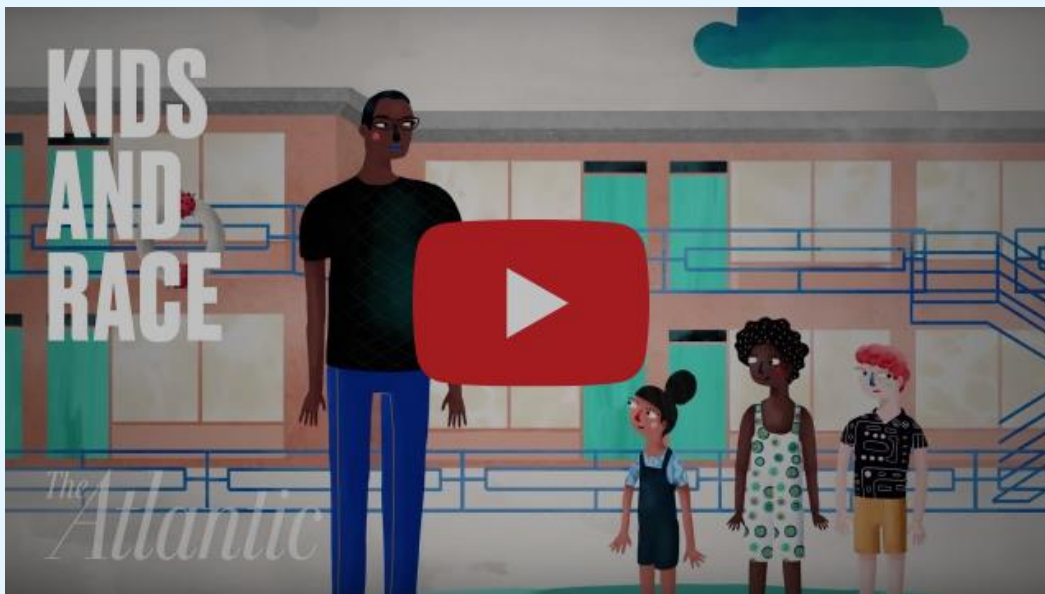
[How to Cope with Race-Based Trauma](#) by Jor-EI Caraballo, LMHC, co-founder of [Viva Wellness](#)

[14 Organizations and People Working to Support BIPOC Mental Health During the Coronavirus](#)

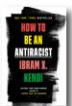
[Dismantling Racism](#) is a web-based workbook offered free to the community, with action tools, history, and other resources for confronting white supremacy culture and advocating for racial justice.

[Racial Equity Tools](#) is designed to support individuals and groups working to achieve

racial equity. This site offers tools, research, [practices](#), [curricula](#) and ideas for people who want to increase their own understanding and to help those working toward justice at every level – in systems, organizations, communities and the culture at large.



Author Jemar Tisby shares advice on how to have a conversation with children about race in this short 3-minute animated video. For more in-depth guidance and strategies, check out NYU Langone's webinar with child and adolescent psychologist Dr. Yamalis Diaz, [Talking to Your Children About Racism](#).



IBRAM X. KENDI

RACIAL EQUITY DURING &
AFTER THE COVID-19 PANDEMIC



[View a recording of "Racial Equity during the COVID-19 Pandemic"](#), a conversation with Ibram X. Kendi, National Book Award-winning author of *How to Be an Antiracist* and *Stamped from the Beginning: The Definitive History of Racist Ideas in America*, and Diane Yentel, National Low Income Housing Coalition president and CEO.

Kendi, who is also executive director of the [Antiracist Research & Policy Center](#), wrote a [series of essays in *The Atlantic*](#) about the urgent need to gather racial and ethnic demographic data to understand the outbreak and protect vulnerable communities. The [COVID Racial Data Tracker](#) was launched to compile the most complete race and ethnicity data on COVID-19 in the United States.



Color of COVID

[Richmond Mayor Levar Stoney](#) and local leaders recently held a conversation on the disparate impact COVID-19 has had on communities of color. Panelists include Dr. Danny Avula of the [Richmond City Health District](#), Delegate Delores McQuinn,

Delegate Lamont Bagby, Dr. Robert Winn, director of VCU Massey Cancer Center, and Dr. Patricia Cook of the Daily Planet Health Services.



Thanks to our partners at Greater Richmond SCAN for compiling the above resources for TICN'S across Virginia. We have pulled together a few additional resources specific to education settings that we wanted to share as well.

Trauma Sensitive Schools

From Teaching Tolerance, [Affirming Black Lives Without Inducing Trauma](#) offers resources for educators who want to engage in dialogue with students about violence while safe guarding student mental health.

From the Trauma and Learning Policy Initiative, [Trauma-Sensitive Remote Learning: Keeping Connections Strong](#) focuses on the cohesion, sense of belonging and connectedness that we know are important for kids and families facing all different types of crises, but are especially challenging during this time.

From The National Association for the Education of Young Children, check out their [Advancing Equity in Early Childhood Education](#) position statement, and the related content available on their site. They offer a bunch of free resources, as well as some low cost materials like [Anti-Bias Education for Young Children and Ourselves](#) .

From the National Association of School Psychologists, a [Call for Action to End Racism and Violence Against People of Color](#). The NASP offers a variety of other valuable resources on their site, including this guide to [Understanding Race and Privilege](#) .

Thanks to TICN members for sharing these resources. Please keep them coming and we will continue to pass them along as we all engage in the shared learning required to understand racial trauma and confront racism.