Healing Practices in BIPOC Communities

It Is Time For Us To Become The Owners
Of The Tools Of Our Own Healing!!!

#HealingForTheVillage

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Giving Honor to the Ancestors on whose Backs we stand for bringing us this far on the way. Giving thanks to the Elders for providing leadership and Guidance. We will seek to embody your wildest dreams!!
In our time today we will...

• Gain a fuller understanding of the need for healing.
• Increase our understanding of BIPOC healing practices.
• Discuss how BIPOC healing practices differ from traditional mental health treatment approaches.
• Share an example of traditional BIPOC healing practices.
• Get resources for learning more about healing practices that can be brought to your community.
Why Do We Need Healing???
The Journey to African American Citizenship…
A Dream Deferred.
1619-2020

• 1619-1865 Chattel Slavery
  • 246 Years
• 1865-1965 Jim Crow and Segregation
  • 100 Years
  • No Rights (in the south) Limited Rights (In the north)
• Citizenship Rights
  • 55 Years
  • The Struggle continues for full inclusion
• 401 YEARS
The concept is not new...

- Healing practices have been in BIPOC communities since the beginning of time.
- Different approaches for different times and different situations.
- Common threads.
- Community can and has done this for itself when provided the tools.
What’s the difference?

Traditional Mental Health Treatment

- Office Based
- Models based on Dominant culture norms
- Provider often not from same community as client
- Model Based in “Treatment”
- “Head” work

BIPOC Healing Practices

- Community based
- Models borne of Authentic cultural wisdom and practices
- Participants and leaders from same community
- Model based In “Healing”
- “Heart” work
Risk Factors Are Not Predictive Factors Because of Protective Factors
Dr. Carl C. Bell
Examples of healing practices in BIPOC Communities
What’s Happening In Rochester?

Emotional Emancipation Circles

- Created by Community Healing Network and ABPsi
- Adults 20+
- Black Only Space
- Meets bi-weekly
- Healing from Racial Trauma
- Defying the Lie of White Superiority
- Defying the Lie of Black Inferiority
- Virtual meeting

Ubuntu Circles

- Community Healing Network and ABPsi
- Black Youth ages 12-19
- Black Only Space
- Meets weekly
- Healing from Racial Trauma
- Defying the Lie of White Superiority
- Defying the Lie of Black Inferiority
- Hybrid meeting
Village Teach-Ins

- Village Teach-Ins build positive racial identity development through sharing knowledge of self and community.

- At the Teach-Ins members of the village teach sessions in areas that they are deeply knowledgeable. This serves two purposes.

  - First, Knowledge is being shared in culturally specific/culturally responsive ways by people who possess both the theoretical knowledge in the subject being delivered.

  - Second, participants see in real time that knowledge, skills, and positive role models exist in the village.
“Sista To Sista” Intergenerational learning and Healing Circles

• “Sista To Sista” Circles provide Black women safe spaces intergenerational conversations, learning, healing, and growth.

• Due to many varied factors the intergenerational bonds that have served as protective factors for Black women have been broken.

• The circles create safe spaces to begin to weave and knit those relationships back together in culturally specific ways. Young women and season women will join in the process of loving, learning, and healing together.
What are we seeing right now? What are participants saying?

Emotional Emancipation Circles

• About 100 people registered
• Attendance ranges from 45-60 people
• Age range from 20-70 years of age
• Group is very interactive for being so large.
• People want smaller groups to be more intimate
• People feel that the space is very safe

Ubuntu Circles (Young people)

• Group is capped at 20 participants
• Averaging about 17-18
• 50/50 split between live and virtual.
• Hybrid model presents unique challenges
• Participants look forward to group
• Participants use the group to draw other young people in to make positive behavior change
What’s Next?

• Expand Capacity for EEC and Ubuntu Circles
• Expand Village Teach In offerings
• Create more intergenerational learning and healing spaces
Get More Information on These Practices

Emotional Emancipation Circles/ Ubuntu Circles

Community Healing Network

https://www.communityhealingnet.org/
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