

Healing Centered Engagement: The Road to Holistic Programming



PRESENTED BY
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OHIO PREP DISTRICT 4

REUNITE, REIGNITE, RE-ENERGIZE: INNOVATING FOR THE FUTURE

U.S. Department of Health and Human Services, Administration on Children, Youth and
Families (ACYF), Family and Youth Services Bureau (FYSB) Adolescent Pregnancy
Prevention Program Grantee Conference

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(Lighthouse Youth & Family Services #CSP904320)

OUR MEETING IS HELD ON NATIVE LAND

Mvskoke
(Muscogee)

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The Objectives

Identify distinctions between Healing Centered Engagement and Trauma Informed Approaches.

Identify the five principles of Healing Centered Engagement.

Identify opportunities in your programming that promote development of Healing Centered Engagement principles necessary for holistic healing.

Develop a confident understanding of how Healing Centered Engagement builds upon the foundation of a Trauma Informed Approach.

What is Healing Centered Engagement?

Healing Centered Engagement is an asset-based and culturally rooted approach to healing and well-being. The term was coined by Dr. Shawn Ginwright in 2018 and is based on more than 30 years of research and practice with young people, schools, systems of care, and social workers.

HCE moves away from deficit-based mental health models that characterize many therapeutic interventions. In doing so, adults working with young people shift from asking “what happened to you” to “what’s right with you” and view young people as agents in the creation of their own well-being rather than victims of traumatic events.

Trauma Informed Care



Addresses individualized trauma, its effects, and triggers.

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Healing Centered Engagement



Does not limit trauma to the experience of an individual and offers a more holistic approach to fostering well-being.

Trauma Informed Principles

Safety

Physical
&
Emotional

|

Trauma Informed Principles

Safety

Physical
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|

Choice

Consent
&

Control

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Healing Centered Engagement Principles

Culture

Restorative
Conversations
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Trust

Consistency
&
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&
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Empowerment

Skill Building
&
Responsibility

Activity:



Let's test your knowledge!

Scan the QR code for Poll Everywhere and
let's take a pop quiz to see what we know
so far.

What does Holistic Programming Look Like?



Social Connection & Empathy

- Share your story first and take an emotional risk by modeling vulnerability for young people.

Social Connection & Empathy

- Share your story first and take an emotional risk by modeling vulnerability for young people.
- Practice listening without judgement.

Social Connection & Empathy

- Share your story first and take an emotional risk by modeling vulnerability for young people.
- Practice listening without judgement.
- Cultivate relationships with young people.

Encourage Dreams & Imagination

- Create activities for young people to play, reimagine, design, and envision their lives.

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- Build opportunities for goal setting.
- Create opportunities for young people to identify their own assets.

Reflection & Resilience

- Build critical reflection that draws upon the collective, moral, and emotional aspects of healing.

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- Actively engage with young people in ongoing civic education.

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- Build critical reflection that draws upon the collective, moral, and emotional aspects of healing.
- Actively engage with young people in ongoing civic education.
- Help young people uncover historical, racist, and structural impediments that keep them from thriving.

Culture & Community

- Make sure young people receive quality, equitable, and culturally supportive services that meet their basic needs.

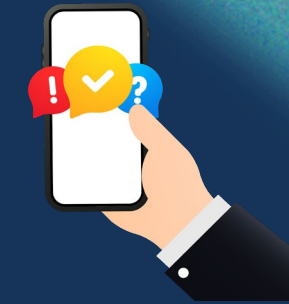
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- Actively engage with young people, on their terms, in conversations about identity.
- Take collective action in communities where young people live.

Activity: Assessment



Red Light: Have not gone
there

Yellow Light: Conversations have started and steps have been
taken

Green Light: Action has been completed and dialogue continues

“Over-burdened and overextended, stress is the body’s response to carrying more than it can bear. When we are trying to do more than we can, confront more than we could possibly cope with in several lifetimes, we end up feeling that our lives are out of control, that we can only “keep a hold on life” by managing and controlling.”
– bell hooks



Thoughts - Questions

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Thank you!!



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Session Evaluation

Please complete a brief evaluation form for all workshops and panels on Tuesday, May 23 and Wednesday, May 24 by scanning the QR code below or visiting the following link:

<https://tinyurl.com/SessEval232323>

