



SCHOOL CRISIS  
**RECOVERY**  
and  
**RENEWAL**

# The 2024 Winter Institute for Educators

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*Heart in Hand: Holding  
Generative Space  
for our Collective Healing*

**January 11, 2024**  
**9:00-1:00 PT // 12:00-4:00 ET**

# In Spirit of Building Accessibility and Community



**Mindful Presence.** Create digital safety by using camera **or** chat when possible.



Click on “CC” on the bar at the bottom of the screen for **auto captioning**.



Use reactions, raise hand feature to speak and chat to share, affirm, pose question, engage.



Self Care comes first!



If you have audio or technical issues during the session, the chat box is open for you to communicate with our team so they may assist you. **Please private chat “TECH SUPPORT.”**



Practice **Radical Self-Honesty**



# WHAT IS SCRR?

*Promoting effective and sustainable change in the ways school communities and school leadership builds the skills, knowledge, and attributes necessary to recover and renew after a crisis.*

[www.schoolcrisishealing.org](http://www.schoolcrisishealing.org)

School crisis readiness is essential. Response is critical.

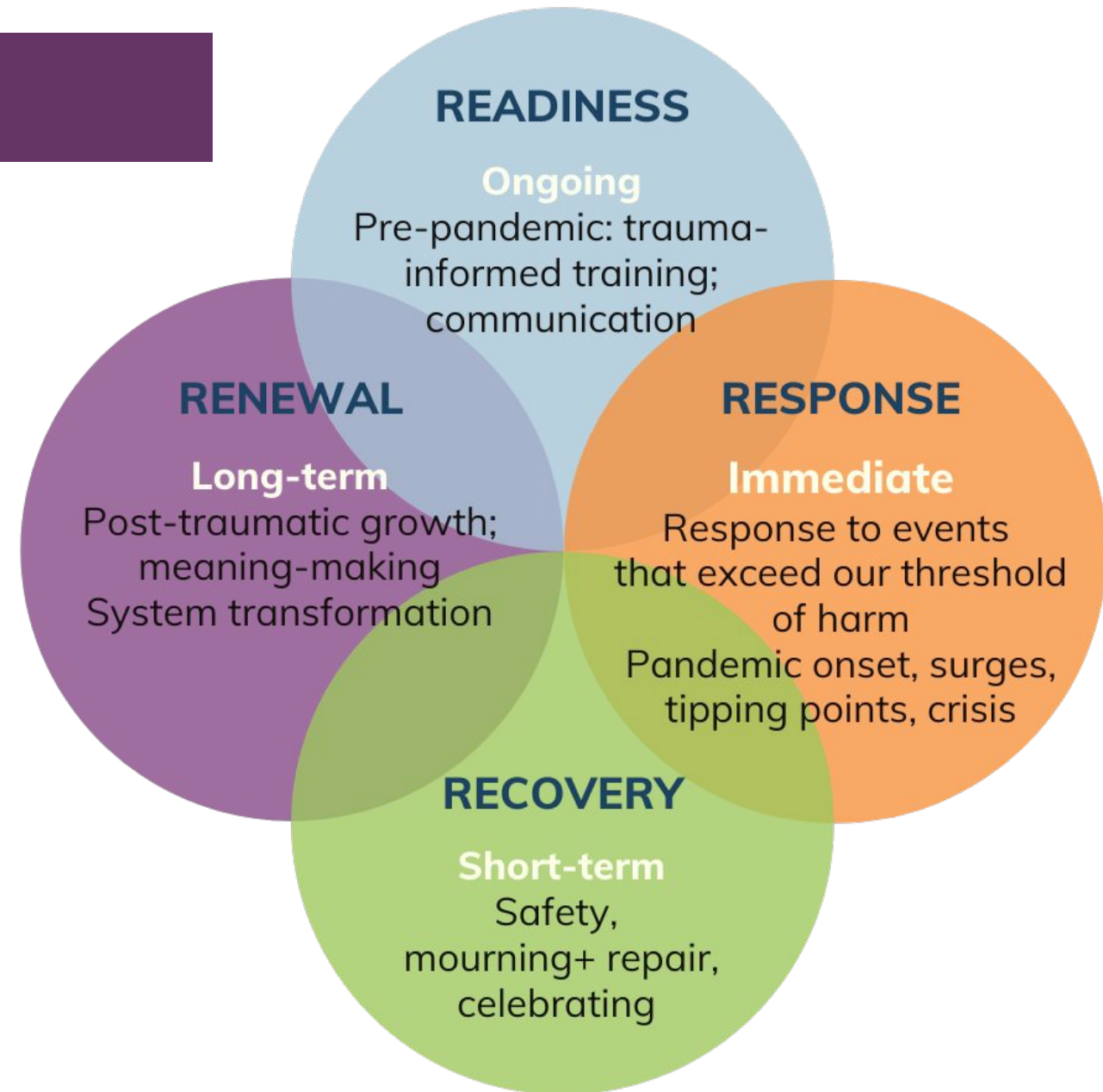
**And: what happens after matters, too.**



# WHAT IS SCRR?

## The 4 Rs: Readiness, Response, Recovery, and Renewal

Coming together with peers for mutuality, collaboration months or years after to make meaning of an experience or experiences helps us individually and collectively bring our bodies and minds from chaos to cohesion.



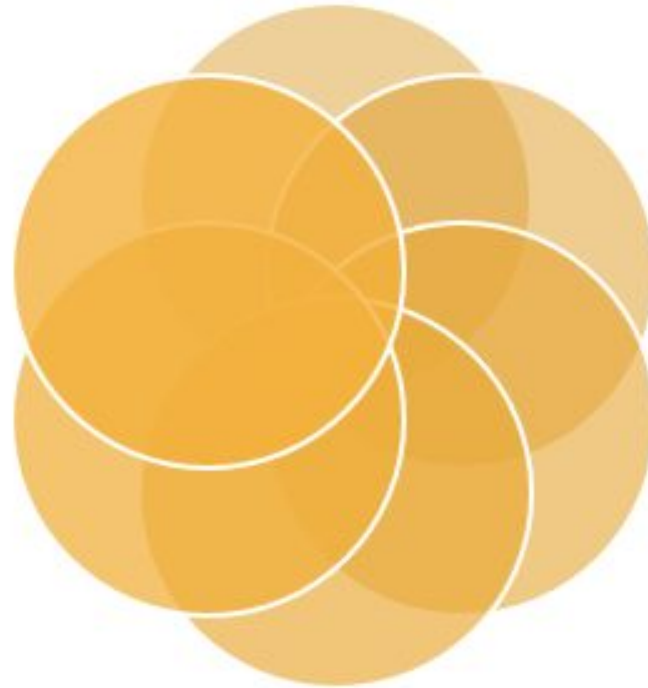
Check out our guide ["10 Pillars of Recovery and Renewal"](#) that introduces the three core practices of recovery + the seven elements of renewal.



**Humility &  
Responsiveness**

**Empowerment**

**Safety**



**Trustworthiness &  
transparency**

**Peer support**

**Collaboration**

**There is a conversation that  
only the people in this room  
right now can have. Find It.**

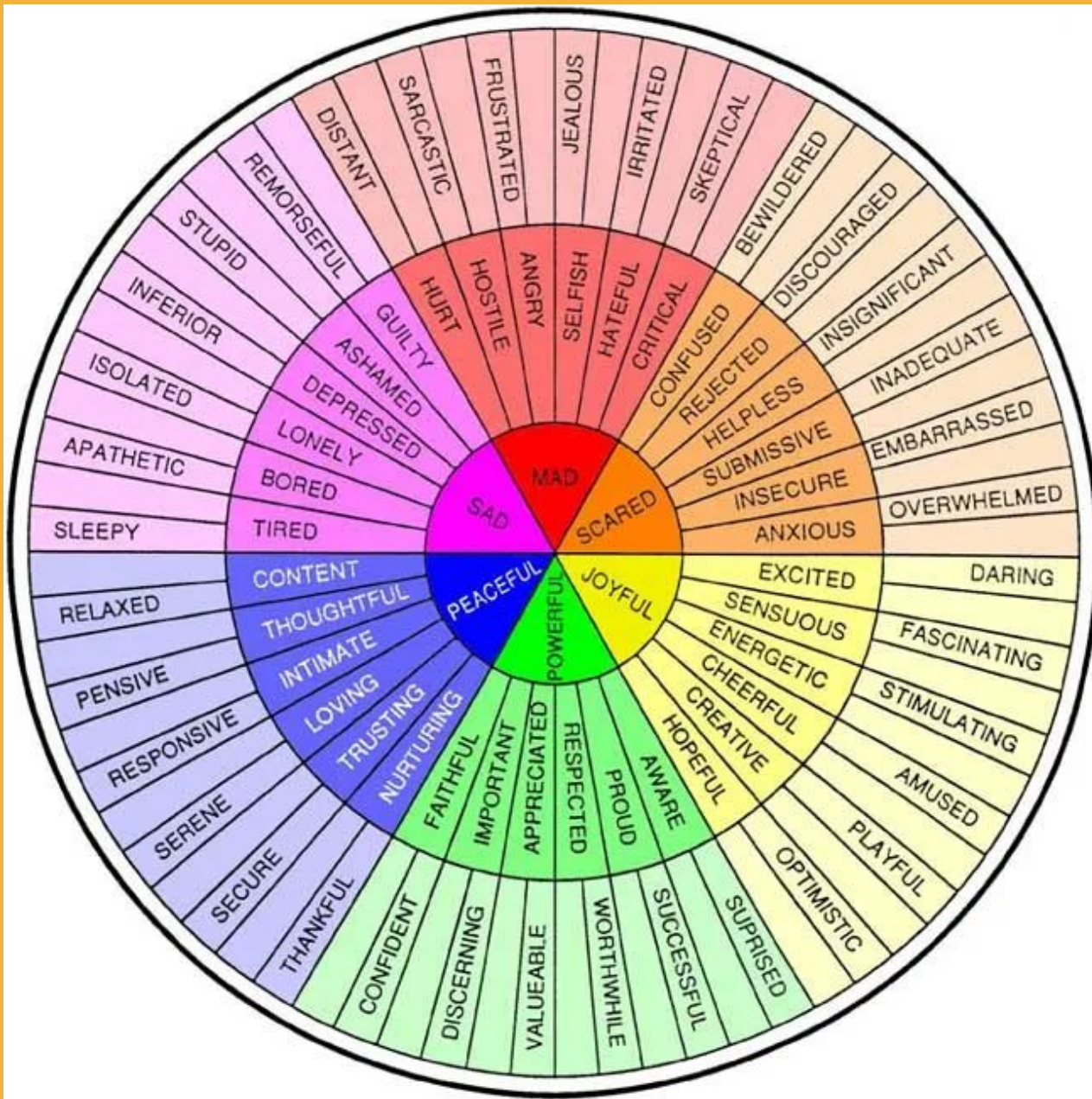
*adrienne marie brown*

***OUR WORKING AGREEMENTS FOR TODAY ARE TRAUMA INFORMED PRINCIPLES***

# SETTLING INWARD: SELF CHECK

**Take the next thirty seconds to engage in one of the following practices:**

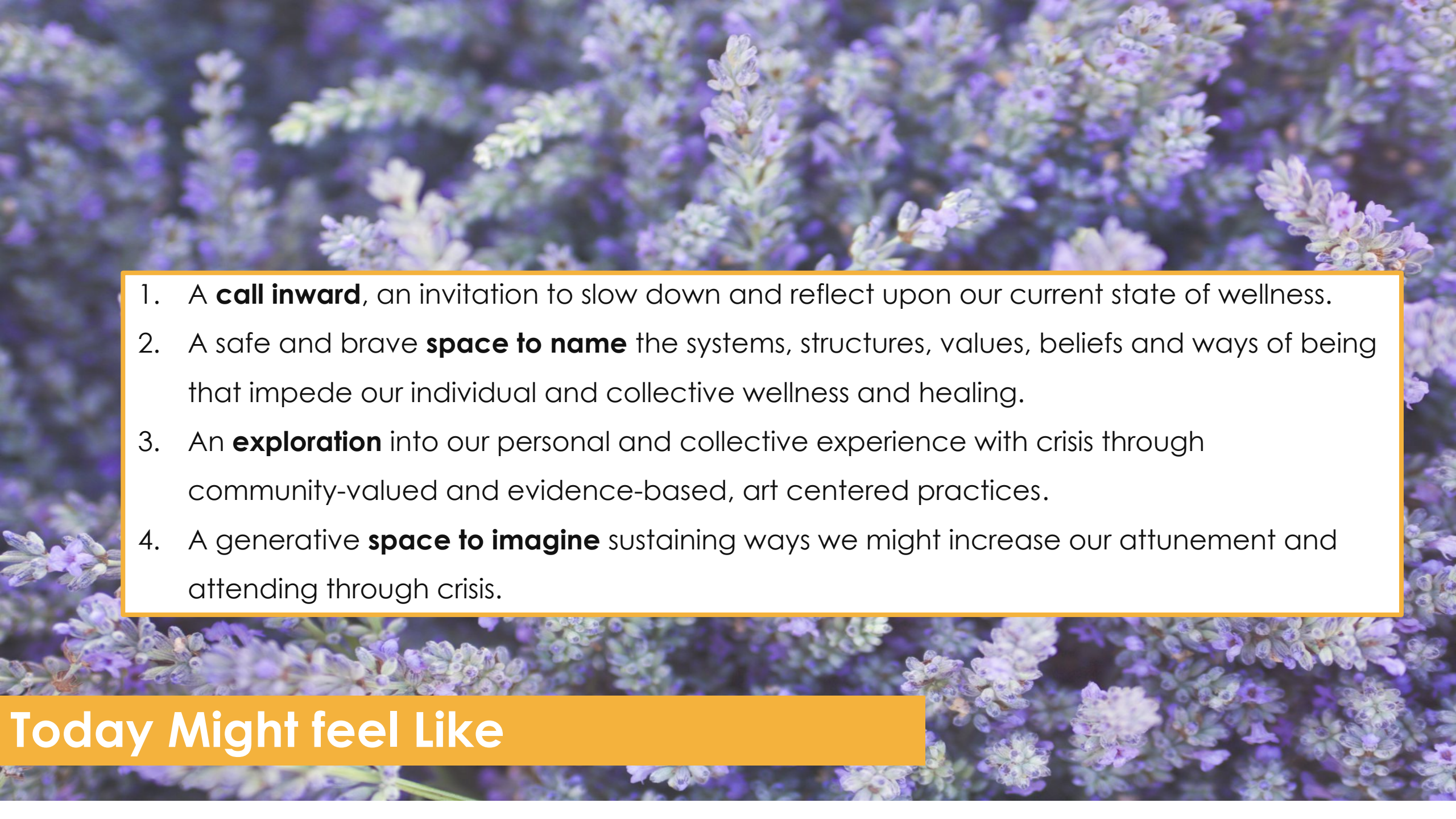
1. Drop your shoulders.
2. Exhale deeply.
3. Unclench your jaw. your belly.
4. Take a big stretch.
5. Sip water.
6. Shake it out a little.
7. Offer gratitude.
8. Feel into your feet. wiggle your toes.



**Chat Waterfall:** What feelings are you arriving with today?



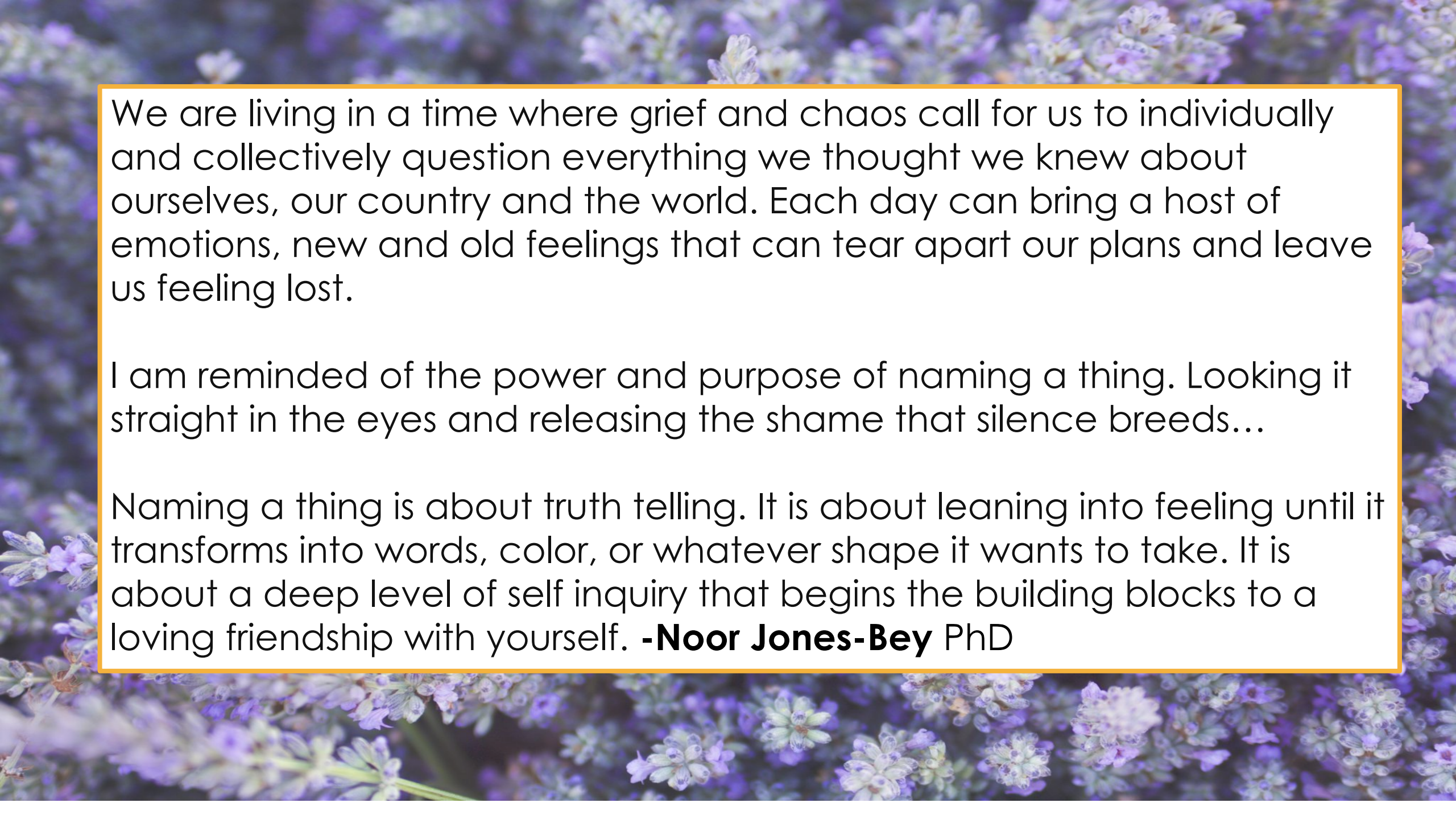
The Feelings Wheel, Developed by Dr. Gloria Willcox

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- A close-up photograph of lavender flowers in shades of purple and blue, filling the background of the slide.
1. A **call inward**, an invitation to slow down and reflect upon our current state of wellness.
  2. A safe and brave **space to name** the systems, structures, values, beliefs and ways of being that impede our individual and collective wellness and healing.
  3. An **exploration** into our personal and collective experience with crisis through community-valued and evidence-based, art centered practices.
  4. A generative **space to imagine** sustaining ways we might increase our attunement and attending through crisis.

Today Might feel Like

1. **Welcome to Heart in Hand** (9:00 am PT/ 12:00 pm ET)
  - Grounding, Framing and Introductions
2. **Toward Collective Grief and Healing through Apocalyptic Education** (9:15 am PT/ 12:20 pm ET)
  - Keynote Address **with Tiffany Marie**
3. **Attuning and Attending to Our Activation Workshops** (10:10 am PT/12:00 pm ET)
  - Somatic Practices for Embodied Liberation **with Hala Khouri**
  - Nichos de Memoria: Remembering Our Loved Ones Through Mini Altar Making **with Xico Gonzalez**
4. **Integration and Commitments** (12:40 pm PT/ 3:40 pm ET)
5. **Closing and Looking Ahead** (12:50 pm PT/3:50 pm ET)

**Today's Flow**

The background of the image is a dense field of small, light purple flowers, likely lavender, with green stems and leaves. The flowers are in various stages of bloom, creating a textured and vibrant background. The text is overlaid on a white rectangular area with a thin orange border.

We are living in a time where grief and chaos call for us to individually and collectively question everything we thought we knew about ourselves, our country and the world. Each day can bring a host of emotions, new and old feelings that can tear apart our plans and leave us feeling lost.

I am reminded of the power and purpose of naming a thing. Looking it straight in the eyes and releasing the shame that silence breeds...

Naming a thing is about truth telling. It is about leaning into feeling until it transforms into words, color, or whatever shape it wants to take. It is about a deep level of self inquiry that begins the building blocks to a loving friendship with yourself. **-Noor Jones-Bey PhD**

# Transforming our Strong Emotions into Agency

1. Bare Compassionate Witness.
2. Seek Safety, Comfort and Community.
3. Metabolize: Process, Release, Reorganize.
4. Dream Beyond the Crisis.
5. Take Righteous Action.





**Tiffani Marie, PhD**  
Apocalyptic Education

# TOWARD COLLECTIVE GRIEF AND HEALING THROUGH APOCALYPTIC EDUCATION

**Attuning and Attending  
Practice: Naming and  
Norming**



## COLLECTIVE PAUSE AND REFLECT:

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**Acknowledging:** I'm hearing...

**Activating:** I'm feeling...

**Attuning:** My feelings are telling me...

**Attaining:** I'm wanting to hold...

**Advancing:** I intend on sharing...



**Time to break**



**Hala Khouri, MA**

Somatic Experience Practitioner

# SOMATIC PRACTICES FOR EMBODIED LIBERATION

**Attuning and Attending  
Practice:** Storytelling and  
Coherent Narrative  
Construction



## COLLECTIVE PAUSE AND REFLECT:

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**Acknowledging:** I'm hearing...

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**Advancing:** I intend on sharing...



**Xico González, MFA**  
Educator, Artist

## IN DIALOGUE WITH THE HEART: ART MAKING FOR SELF AND COMMUNITY CARE

**Attuning and Attending  
Practice: Arts- based  
Therapeutics**



## COLLECTIVE PAUSE AND REFLECT:

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**Acknowledging:** I'm hearing...

**Activating:** I'm feeling...

**Attuning:** My feelings are telling me...

**Attaining:** I'm wanting to hold...

**Advancing:** I intend on sharing...

1. What **physical sensations** did you experience at any point in the day?
2. What **emotions** surfaced for you?
3. What **thoughts and wonderings** emerged?



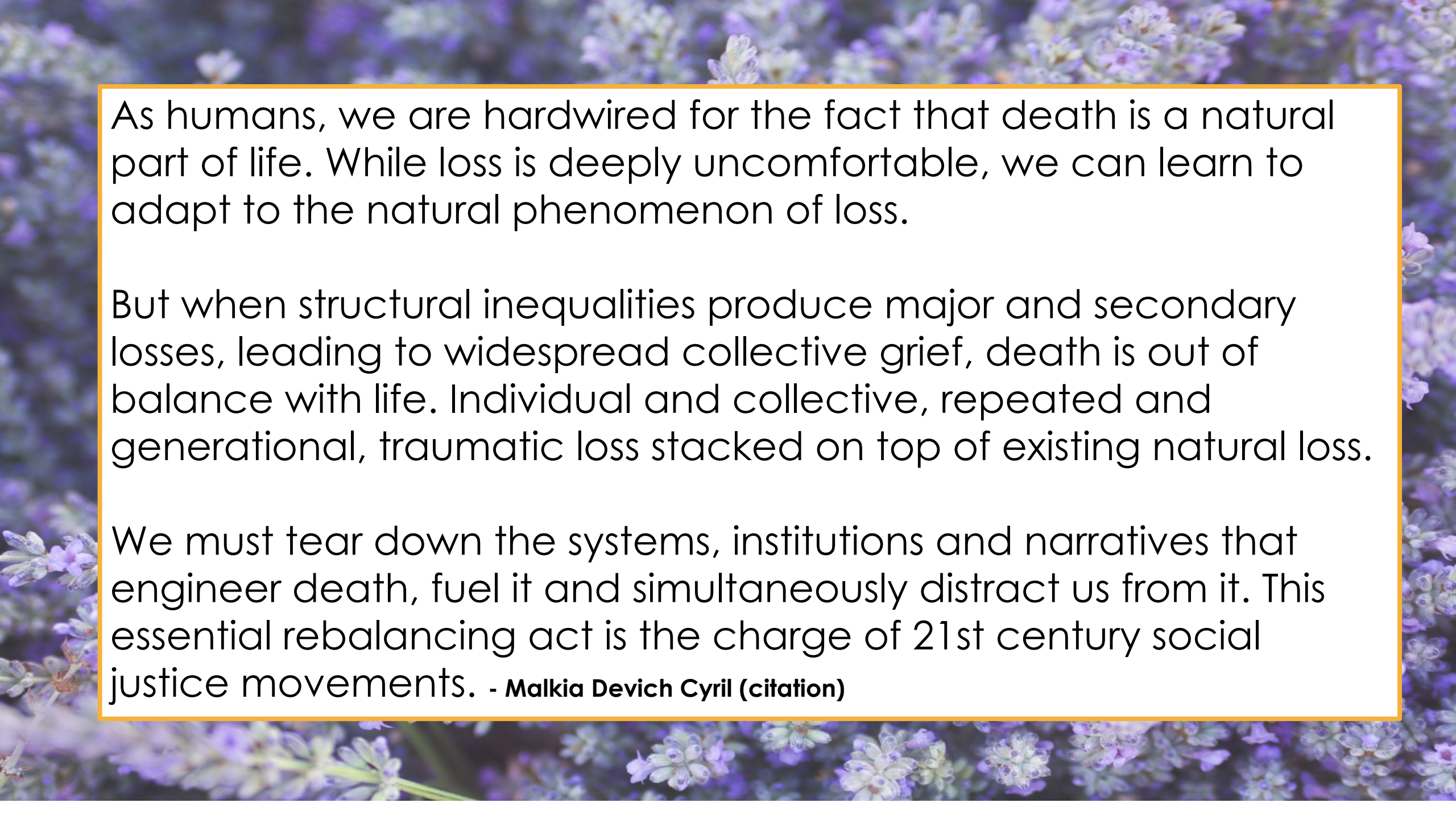
Art by Favianna Rodriguez

Embodied Reflection



1. Where and how did you experience attunement today?
2. What brought you joy today?
3. What felt challenging for you today? What felt uncomfortable? Why might that be? (e.g., *I felt uncomfortable being quiet- I'm used to so much noise in my school day*)
4. What might be one take away (something you can do immediately after today)?
5. What might be one walk away (a new way of thinking or being, something someone said that was impactful)?

## Small Group Reflection

The background of the slide is a soft-focus image of numerous small, light purple flowers, likely lavender, with green stems and leaves. The flowers are densely packed and fill the entire frame, creating a textured and somewhat ethereal atmosphere. The lighting is natural, highlighting the delicate petals and the vibrant purple hue.

As humans, we are hardwired for the fact that death is a natural part of life. While loss is deeply uncomfortable, we can learn to adapt to the natural phenomenon of loss.

But when structural inequalities produce major and secondary losses, leading to widespread collective grief, death is out of balance with life. Individual and collective, repeated and generational, traumatic loss stacked on top of existing natural loss.

We must tear down the systems, institutions and narratives that engineer death, fuel it and simultaneously distract us from it. This essential rebalancing act is the charge of 21st century social justice movements. - **Malkia Devich Cyril (citation)**



Thank you!

Evaluation: [https://bit.ly/SCRR\\_WI24Eval](https://bit.ly/SCRR_WI24Eval)



# Extended Learning Resources



## From the Field

- [Grief Belongs in Social Movements. Can We Embrace It?](#) by Malkia Devich Cyril

## From SCRR

- [“Mending our Wounds” – Educator and School Leader Recovery & Renewal](#): materials (articles, resources, archived trainings) related to educator and school leader crisis recovery and renewal: *how have, do, or might we resource ourselves and each other to regulate, restore, and repair after harm and rupture?* Check this page out for all Summer and Winter Institutes for Educator Healing content!
- [RITUALIZING REMEMBRANCE in our SCHOOL CULTURES: Día de los muertos](#) (2021) This resource was developed to support learners in our “Honoring Grief in our Classrooms” Community of Practice as a guide to co-constructing rituals and practices in your schools and communities, related to *Dia de los muertos*.
- [Foundational Modules](#)- a four-part asynchronous learning opportunity. Modules include signature SCRR training on theory, frameworks, trauma-informed and healing-centered crisis models with paired coaching clinics to provide discussion, knowledge sharing, and reflection.
- [Memorialization & Commemoration](#) - materials related to memorialization and commemoration intended to help guide your school crisis leadership through school crisis recovery, as mourning and remembrance are one of its key pillars.
- [School Suicide Postvention x Recovery and Renewal](#) - materials related to school suicide postvention + recovery and renewal: *how have, do or might school leaders go beyond suicide response into the aftermath?*

# Extended Learning Resources



## *From Our Faculty*

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# Upcoming SCRR Opportunities



## **Acknowledging Our Humanity: Reimagining A Professional Development Plan that Supports Educator Emotional Wellness Too**

January 30, February 6, 13, 20 and 27, 2024

[https://bit.ly/SCRR\\_AOH](https://bit.ly/SCRR_AOH)

## **What Helped & What Harmed? How to Hold Student & Alumni Listening Sessions**

February 1, 2024

[https://bit.ly/SCRR\\_WHWH2023](https://bit.ly/SCRR_WHWH2023)

## **Liberated School Suicide Postvention: Workgroups to Create Renewal-Focused Policy and Practice**

February 13, 2024 and May 28, 2024

[https://bit.ly/SCRR\\_Postvention\\_2324](https://bit.ly/SCRR_Postvention_2324)

## **Creating the Container for Us: How to Hold Space for Ourselves & Each Other After Student Death**

February 29, 2024

[https://bit.ly/SCRR\\_CC4Us](https://bit.ly/SCRR_CC4Us)

# Upcoming SCRR Opportunities



## **A Moment of Pause: Time to Cultivate Trauma Informed Communication**

March 4, 11, 18 & 25, 2024

<https://bit.ly/SCRR AMP2324>

## **Trauma Informed School Systems for Crisis Recovery and Renewal**

March 6, 2024

<https://bit.ly/SCRR TISS Spring24>

## **Self-Attuning: Tending to Emotional Activation - Healing our Own Wounds while Providing Care to Others while Providing Healing Care for Others**

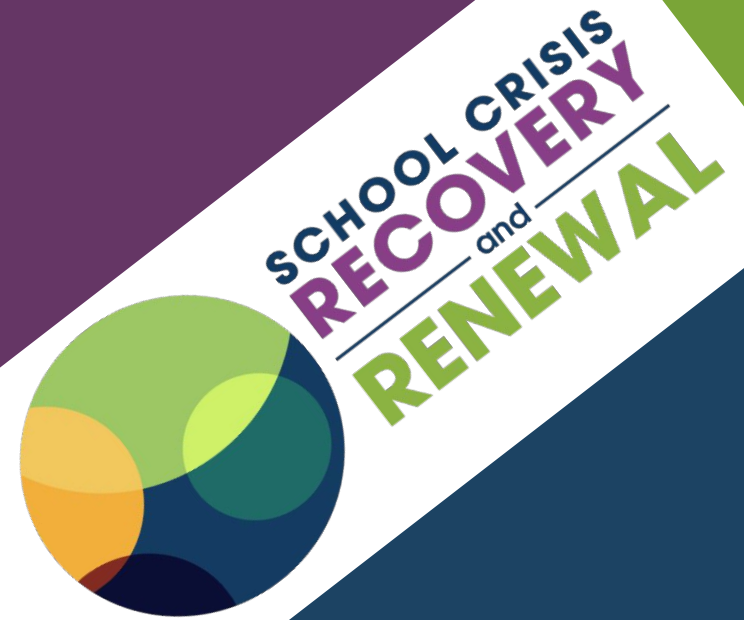
March 14, 21 and 28 April 4, 11 and 18, 2024

<https://bit.ly/SCRR SASpring24>

## **SCRR's Spring 2024 Network of Practice - A Spring Festival of Learning: The 2023-2024 SCRR Leadership Fellows' Capstone Project Symposium**

April 25, 2024

<https://bit.ly/SCRR SpringNoP24>



## Contact Info

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**Phone:** (888) 597.0995

**Website:** [www.schoolcrisishealing.org](http://www.schoolcrisishealing.org)

## Get social with us!

 **Facebook:** @scrr.project

 **Instagram:** @scrr\_project

 **Twitter:** @scrr\_project

# OUR SCRR Project TEAM

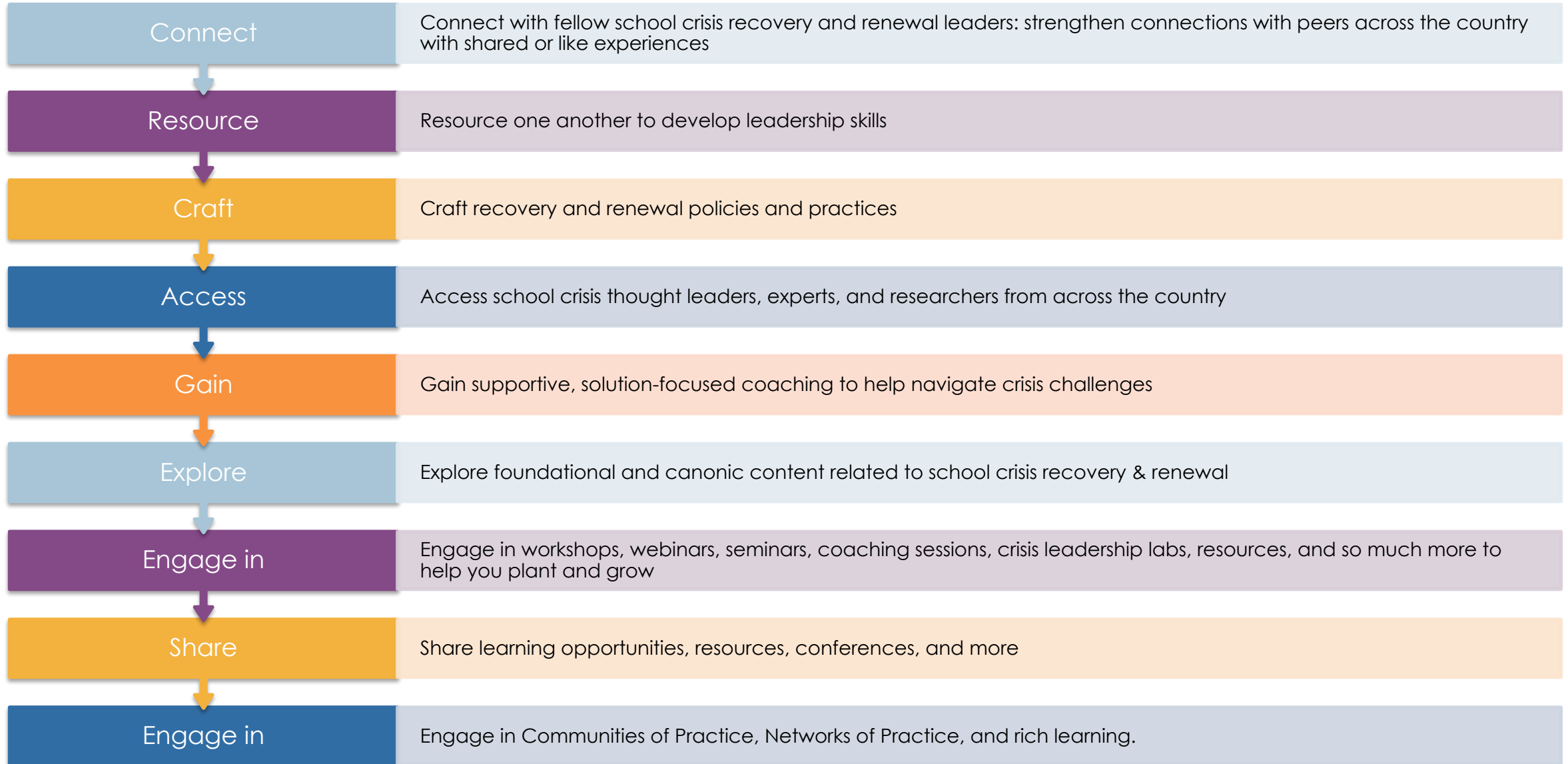


The SCRR Project is a collaborative effort between **The Center for Applied Research Solutions (CARS)** and **Trauma Transformed (T2)** and strongly informed by partnership with the **National Center for School Crisis Bereavement** and our team of school crisis recovery and renewal experts from across the country.

Funded by SAMHSA, we are part of the National Child Traumatic Stress Network.



# What can you get from collaborating with us?



# SAMHSA Disclaimer

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This program was prepared for the [School Crisis Recovery & Renewal Project](#) (Grant Number: H79SM082722) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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This project has a timeline running from 2020-2025 and is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS). At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

SAMHSA's mission is to reduce  
the impact of substance abuse and  
mental illness on America's communities.

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