

The 2024 SCRR Summer Institute for Educator Healing:  
**Embracing Renewal; Praxis and Practice towards  
Healing**

**August 8, 2024**



9:00 a.m. – 12:30 p.m. PT / 11:00 a.m. – 2:30 p.m. CT / 12:00 p.m. – 3:30 p.m. 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.”**



The session recording will be posted on our event page by **the end of the month.**

# Disclaimer Notice

The views represented during this presentation are our personal views and are not the official views of SAMHSA or NCTSN.



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

# 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.**



# Renewing our Leadership: Reimagining what should and could be



## Root Cause Reflection & Analysis

- What might be the underlying issues that contributed to the crisis?
- Where is there need for deeper reflection?
- What may have surfaced through the crisis that we need to address?



## Meaning Making

- What are the stories we are telling about the rupture- as individuals and as a collective?
- Who is defining the storytelling?
- What outcomes do we see from the stories being told?
- Whose stories are being centered and uplifted? Why?



## Restoration and Identity Shifts

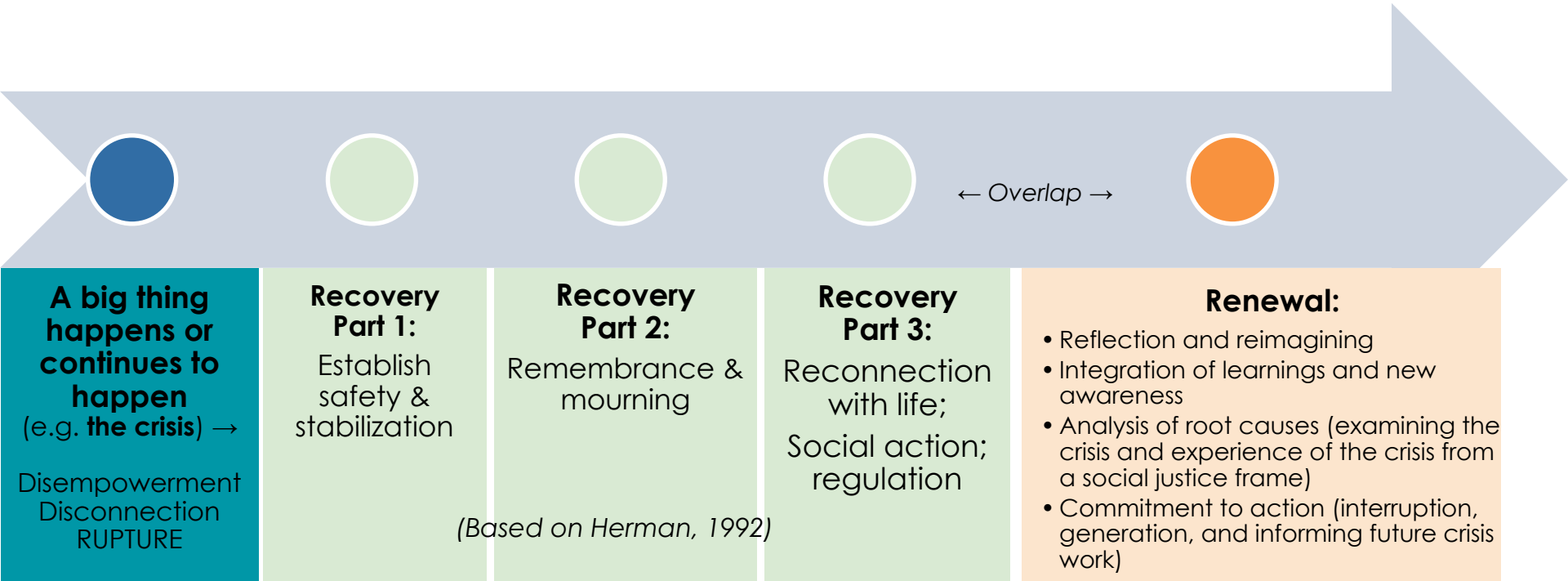
- What might it look like to move forward without moving on?
- How are we redefining ourselves and our school community?



## Healing & Repairing

- Where might harm have been caused during response and recovery? How do we make it right?
- How do people define healing as individuals?
- How do we create a collective acknowledgement or affirmation of that healing?
- Who needs an apology? Who needs to apologize?

# STEPS TO **RECOVERY & RENEWAL**: *From crisis to connection* *From chaos to cohesion*



1. Create a **safe, generative, and regulating experience** for educators, school-based mental health providers, and people who tend to the emotional well-being of youth.
2. Engage participants in **community valued and evidence based, art-centered activities** that positively impact the process of recovery and renewal after and amidst crisis.
3. Provide an opportunity for educators and other school professionals to **learn new ways in which they can utilize art and ritual** to recover and renew to support their community after a big thing (crisis event).
4. Support participants in **imagining new ways to incorporate** healing practices into their in crisis recovery efforts.



**WHAT TODAY MIGHT FEEL LIKE**

<b>Renewing Myself</b> August 6, 2024	<b>Renewal in Our Community</b> August 7, 2024	<b>Renewing Our Systems &amp; Structures</b> August 8, 2024
Amidst crisis, loss and uncertainty, How do I find renewal within?	<i>How might I experience and create collective care and renewal within my school community?</i>	<i>How might we create structural change to support authentic healing and renewal?</i>

The 2024 Summer Institute for Educators Healing:

**Embracing Renewal; Praxis and Practice towards Healing**

**SCRR Welcome Summer Institute** 9:00 am PT/ 12:00 pm ET

**Day 2: Sustaining our Structures: *How might we create structural change to support authentic healing and renewal?***

**Keynote Address**

9:20 am PT/12:20 pm ET

We Got Outsiders Up In Here!' Ethnographic Research as a Resource for Critical Inquiry  
**Savannah Shange, Ph.D**

**Self Attuning Practice**

9:55 am PT/12:55 pm ET

Somatic Practices for Liberation  
**Sue Kuyper, LCSW**

**Collective Renewal Strategy**

10:30 am PT/1:30 pm ET

Trauma Informed School Systems for Crisis Recovery and Renewal  
**Jen Leland, LMFT**

**Art-based Healing Intervention**

11:20 am PT/12:20 pm ET

Art Making for Educator Self-Care, Burn Out & Vicarious Trauma  
**Tonia Herrero, MPS, ATR-BC, LCAT, ATCS**

**Meaning Making, Integration and Closing** 11:55 am PT/ 2:55 pm ET

A top-down view of a variety of succulent plants. The plants are packed closely together, showing different colors and textures. There are large, rosette-shaped plants in shades of purple and blue, smaller green ones, and some with fuzzy, hair-like leaves. The overall appearance is lush and vibrant.

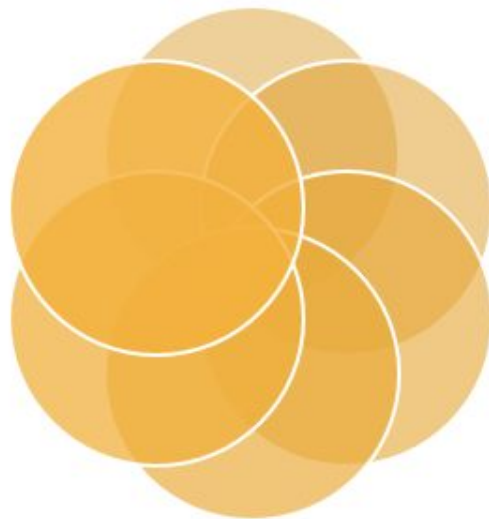
# Slowing Down Together



**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***

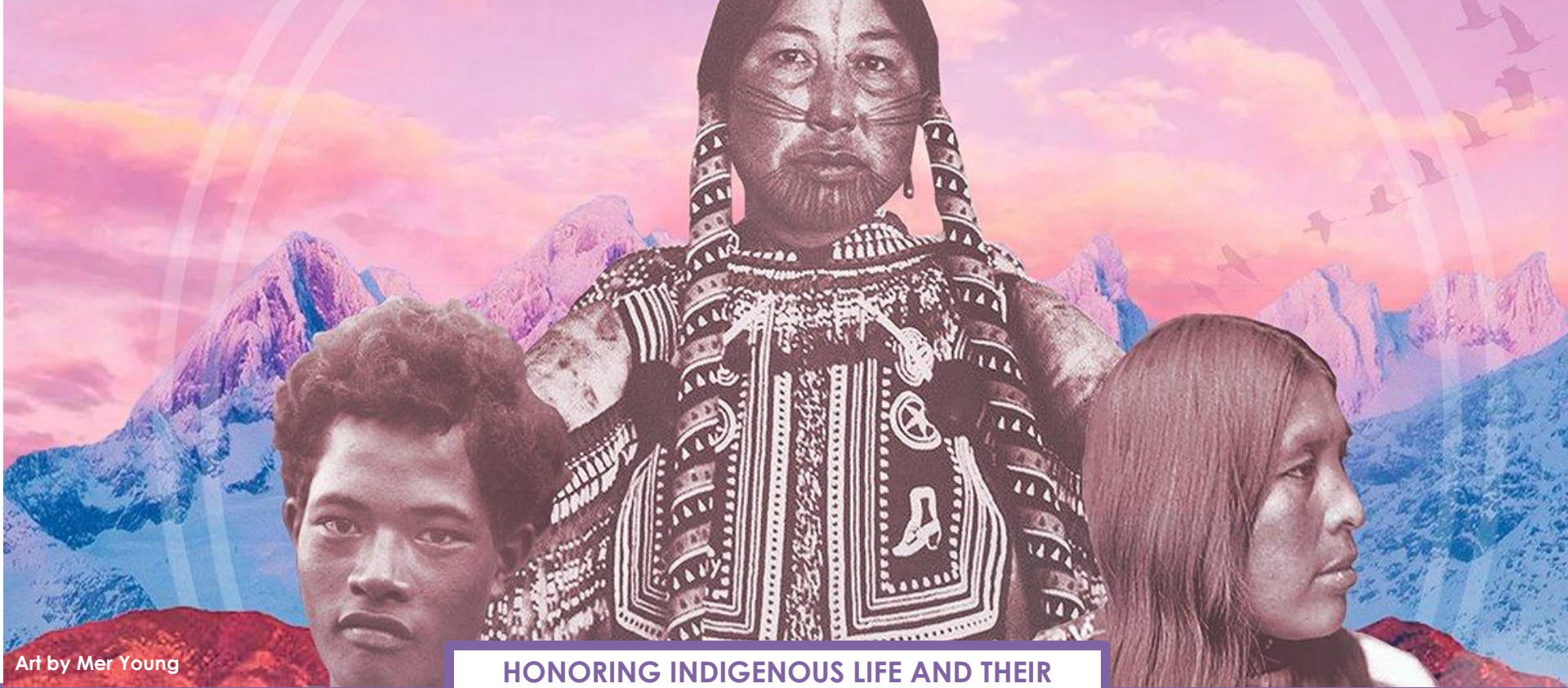
## Take the next sixty seconds to engage in any of the following practices:

1. Drop your shoulders.
2. Exhale deeply. Audibly.
3. Unclench your jaw. Your belly.
4. Take a big stretch.
5. Sip water.
6. Shake it out a little.
7. Find a warm tone in your body. Offer gratitude.
8. Feel into your feet. wiggle your toes.
9. Look around the room, find exits, notice light, signs of life



Getty Images

# SETTLING INWARD



Art by Mer Young

**HONORING INDIGENOUS LIFE AND THEIR SACRED RELATIONSHIP TO THE LAND**

# CHAT WATERFALL



1. What was your experience during the settling in practice?
  - Body
  - Mind
  - Heart
2. What external conditions, systems and structures are most influencing your ability to find renewal as you enter into the new school year?



# FINDING MY RENEWAL

Praxis and Practice Towards Healing

The background is a solid teal color. A bright green, glowing spiral starts from the right side and moves towards the center. A large, glowing green circle is positioned on the right side, partially overlapping the spiral. The glow of the spiral and circle is soft and ethereal.

"The systems we seek to change  
outside of our bodies are also  
carried within our bodies."

- Susan Raffo (2017)

# OUR ECOSYSTEM IS RELATIONAL



Ancestors, legacy supports,  
policy + structural change

District supports, student  
supports, transportation, county  
or state office of education, public  
health, government

Afterschool programs, community  
and cultural centers, faith-based,  
environment, parks, and nearby  
clinics, recreation/childcare

Students, educators, families,  
neighbors, site leaders, support  
staff (bus, safety), volunteers



**Welcoming Keynote.**

**KEYNOTE ADDRESS:** Savannah Shange, Ph. D



**We Got Outsiders  
Up In Here!’  
Ethnographic  
Research as a  
Resource for  
Critical Inquiry**



**PRACTICE REST.**

**Breathe.**

**Stretch.**

**Move.**

**Release.**

**Reflect.**

**Next up: Self-Attuning  
Practice**

9:55 a.m. PT / 11:55 a.m. CT / 12:55  
p.m. ET



**Self-Attuning Practice.**

# SELF-ATTUNING PRACTICE:

Sue Kuyper, LCSW



## Somatic Practices for Liberation



**PRACTICE REST.**

**Breathe.**

**Stretch.**

**Move.**

**Release.**

**Reflect.**

**Next up:  
Collective Renewal  
Strategy**

10:30 a.m. PT / 12:30 p.m. CT  
/ 1:30 p.m. ET



**Collective Renewal Strategy.**

**COLLECTIVE RENEWAL STRATEGY:**  
Jen Leland, LMFT



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



**PRACTICE REST.**

**Breathe.**

**Stretch.**

**Move.**

**Release.**

**Reflect.**

**Next up:  
Art-Based Healing  
Intervention**

11:20 a.m. PT/ 1:20 p.m. CT/ 2:20 p.m. ET



**Art-based Healing Intervention.**

**ART-BASED HEALING INTERVENTION:**  
Tonia Herrero, MPS, ATR-BC, LCAT, ATCS



**Art Making for  
Educator  
Self-Care, Burn  
Out & Vicarious  
Trauma**



**MEANING MAKING AND INTEGRATION**

**Praxis and Practice Towards Healing**



**Find presence.** Do what you need to do in order to be here with us fully. We will do our best to nourish our group ability to be present with breaks, breath reminders, and a pace that honors connection over urgency. **This space and time can be sacred.**

**Honor the expert within.** Speak with “I” statements. Affirm what **is** for you while also acknowledging the wisdom of others.

**Choose forgiveness, offer grace.** It's been a lot. We may still be learning how to come together. And we're dealing with all of it with less fuel in our tanks. Let's be compassionate to ourselves and each other.

**Lean into the generativeness of discomfort.** When discomfort arises, offer it wonder. How might it be an opportunity, a teacher, a gift?

**Safety and self-preservation first.** You know yourself best. If you need to shake it out, step outside, hydrate - please do.

# Showing Up for Meaning Making



Shifting the crisis  
paradigm:

**How do we impact  
structural change to  
support authentic  
healing and renewal?**



## PAUSE AND REFLECT

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1. What is feeling most profound to you right now?
2. What do we know about this feeling?
3. What is this feeling longing for from you?

# CLOSING- 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.

A top-down view of a variety of succulent plants. The plants are packed closely together, showing different colors and textures. Some are large and rosette-shaped, while others are smaller and more compact. The colors range from deep purples and blues to bright greens and pinks. A white rectangular box with a purple border is centered over the image, containing the text "CLOSING AND LOOKING AHEAD" in a bold, purple, sans-serif font.

**CLOSING AND LOOKING AHEAD**

# Upcoming SCRR Opportunities



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

August 22, 2024, October 9, 2024 or February 26, 2024

[https://bit.ly/SCRR\\_TISS2425](https://bit.ly/SCRR_TISS2425)

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

Kicking off September 10, 2024 and meeting monthly through April 2025

[https://bit.ly/SCRR\\_Attuning2425](https://bit.ly/SCRR_Attuning2425)

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

September 16, 23, 30 and October 7, 2024

[https://bit.ly/SCRR\\_Pause2425](https://bit.ly/SCRR_Pause2425)

# Upcoming SCRR Opportunities



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

October 9, 2024 • December 4, 2024 • February 5, 2025 and April 2, 2025

[https://bit.ly/SCRR\\_PostventionStudy](https://bit.ly/SCRR_PostventionStudy)

## **SCRR Fall 2024 Network of Practice - Grief is the Medicine**

November 14, 2024

[https://bit.ly/SCRR\\_Fall24NoP](https://bit.ly/SCRR_Fall24NoP)



**THANK YOU**

**Feedback for for Day 3**

**[https://bit.ly/SCRR\\_S124\\_3](https://bit.ly/SCRR_S124_3)**

**Continuing Education <https://bit.ly/3A2u5tw>**



**CLOSING PRACTICE AND LOOKING AHEAD**

Want more self-attuning content (recordings, material)?

Go to:

<https://schoolcrisishealing.org/mending-our-wounds-educator-and-school-leader-recovery-renewal/>

Scroll down to...

“Videos of SCRR Teachings and Materials on Educator Healing Movement & Embodiment; Storytelling & Building Coherent Narratives; Self-Attuning Practices; Art-Based Therapeutics; and, Relational Leadership”



[ABOUT US](#)

[EVENTS](#)

[RESOURCES](#)

[GET INVOLVED!](#)

[CONTACT US](#)

## “MENDING OUR WOUNDS” – EDUCATOR AND SCHOOL LEADER RECOVERY & RENEWAL

This page hosts materials 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?*

### Quick Links to Key Sections on this Page

- [SCRR Resources for Educator & School Leader Recovery & Renewal](#)
- [Resources from our “Mending Our Wounds,” our Winter and Summer Institutes for Educator Healing](#)
- [Videos and Accompanying Materials on Educator Healing](#)
- [Resources & Research from the Field: Educator and School Leader Recovery & Renewal](#)



Sign up to our newsletter for event announcements, resource offerings, and more!

<https://bit.ly/SCRRNewsletter>

## What can you get from us for you?

- No cost resources, coaching, consulting, and learning (e.g., webinars, trainings, workshops, and communities of practice)
- Archived content for you to bring to your own site
- Language, resources, and framing to expand the school crisis continuum of care (from readiness and response to recovery & renewal) - [What is School Crisis Recovery & Renewal?](#) + [School Crisis Recovery & Renewal Resources](#)

**And most importantly, community and connection. We're in this healing stuff together.**



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



## 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

# What can you get from collaborating with us?

