

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

August 6, 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.



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.

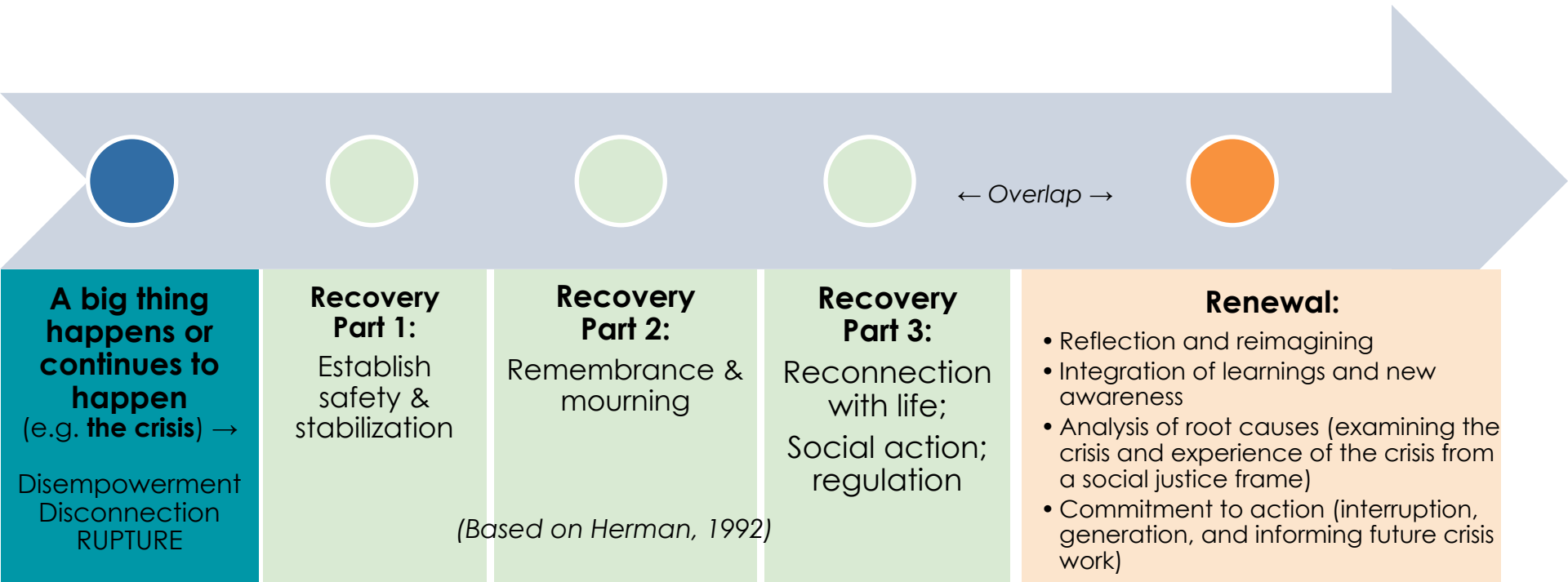
www.schoolcrisishealing.org

School crisis readiness is essential. Response is critical.

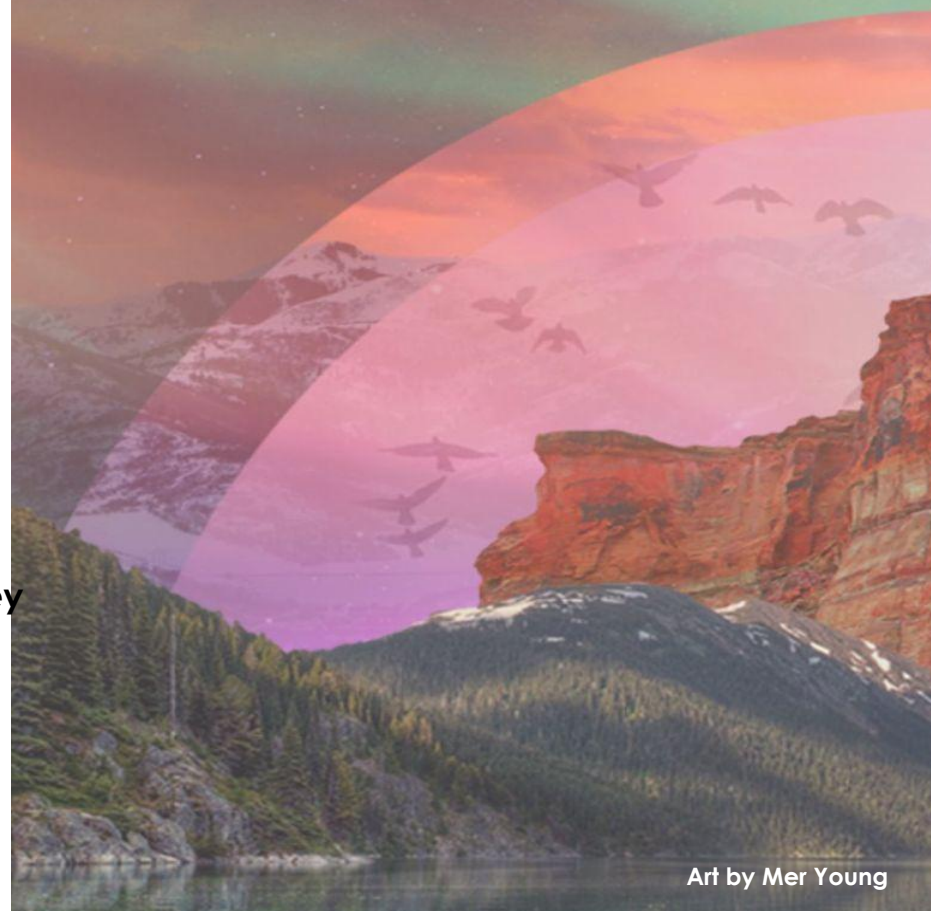
And: what happens after matters, too.



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

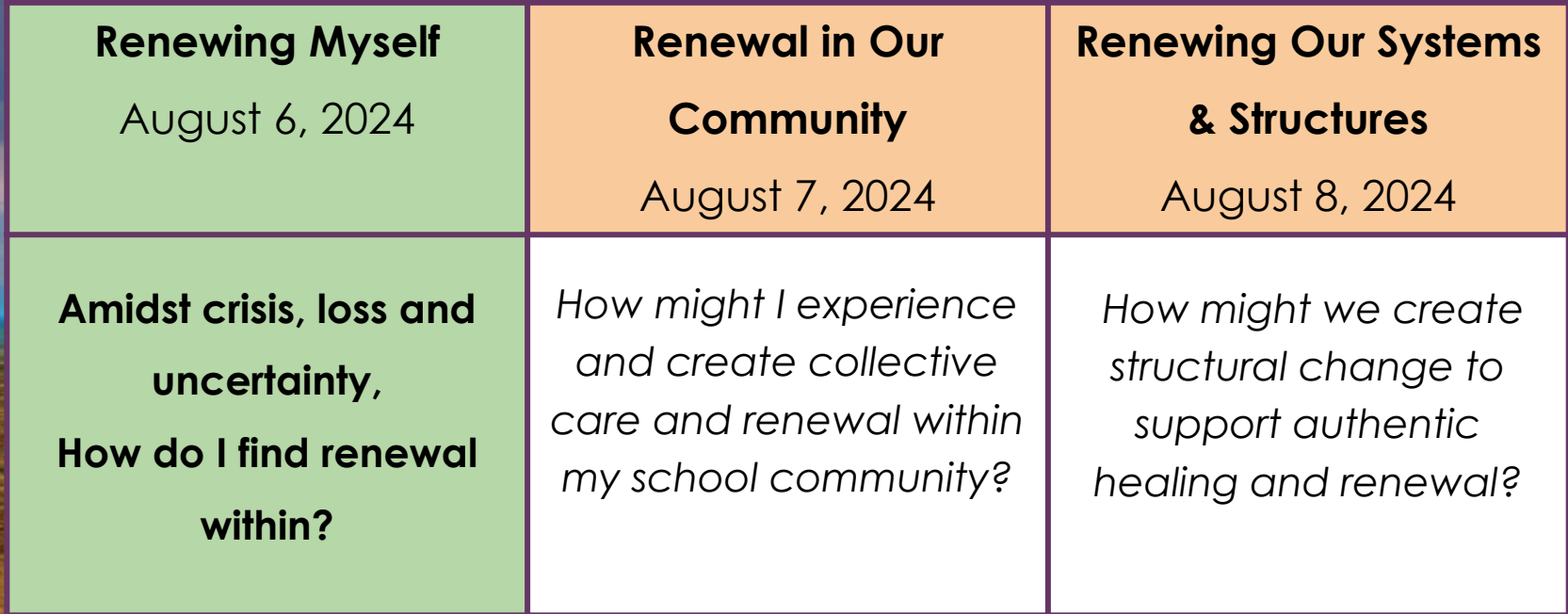


1. Create a **safe, generative, and regulating experience** for educators, school-based mental health providers, and people who tend to the emotional well-being of youth.
2. Engage participants in **community valued and evidence based, art-centered activities** that positively impact the process of recovery 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.



Art by Mer Young

WHAT TODAY MIGHT FEEL LIKE



Renewing Myself August 6, 2024	Renewal in Our Community August 7, 2024	Renewing Our Systems & Structures 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 Educator Healing:

Embracing Renewal; Praxis and Practice towards Healing

SCRR Welcome Summer Institute 9:00 am PDT/ 12:00 pm EDT

Day 1: Sustaining Myself *How might I renew myself as an educator?*

Keynote Address

9:20 am PT/12:20 pm ET

Renewing our Hop for Closing the 'Tragic Gap'

Alex Shevrin Venet, M.Ed

Self Attuning Practice

9:55 am PT/12:55 pm ET

My Body is a Vessel: Radical Rest to Reconnect

Shirley Johnson, LMFT

Collective Renewal Strategy

10:30 am PT/1:30 pm ET

Beginning Again: A Vision for Educators as Human Be-ers, Not Only Human Do-ers

Leora Wolf-Prusan, Ed. D, Camden Webb, MA, Christine Ewing, MS, LMFT, Roberta Marguerite Chávez, MA

Art-based Healing Intervention

11:20 am PT/12:20 pm ET

Honoring the Four Directions Within Us

Jesus Solorio, LMFT

Meaning Making, Integration and Closing 11:55 m 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

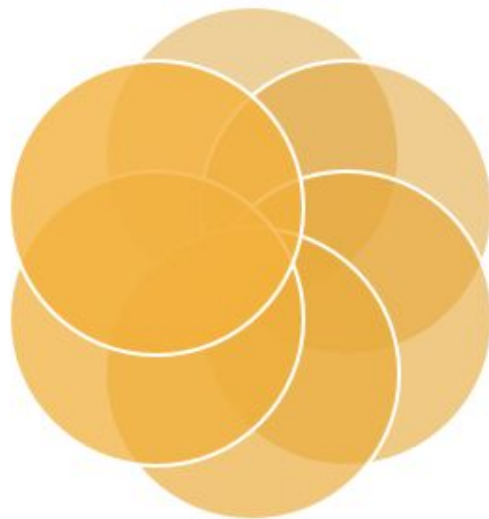


Safety

**Humility &
Responsiveness**

**Trustworthiness &
transparency**

Empowerment



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

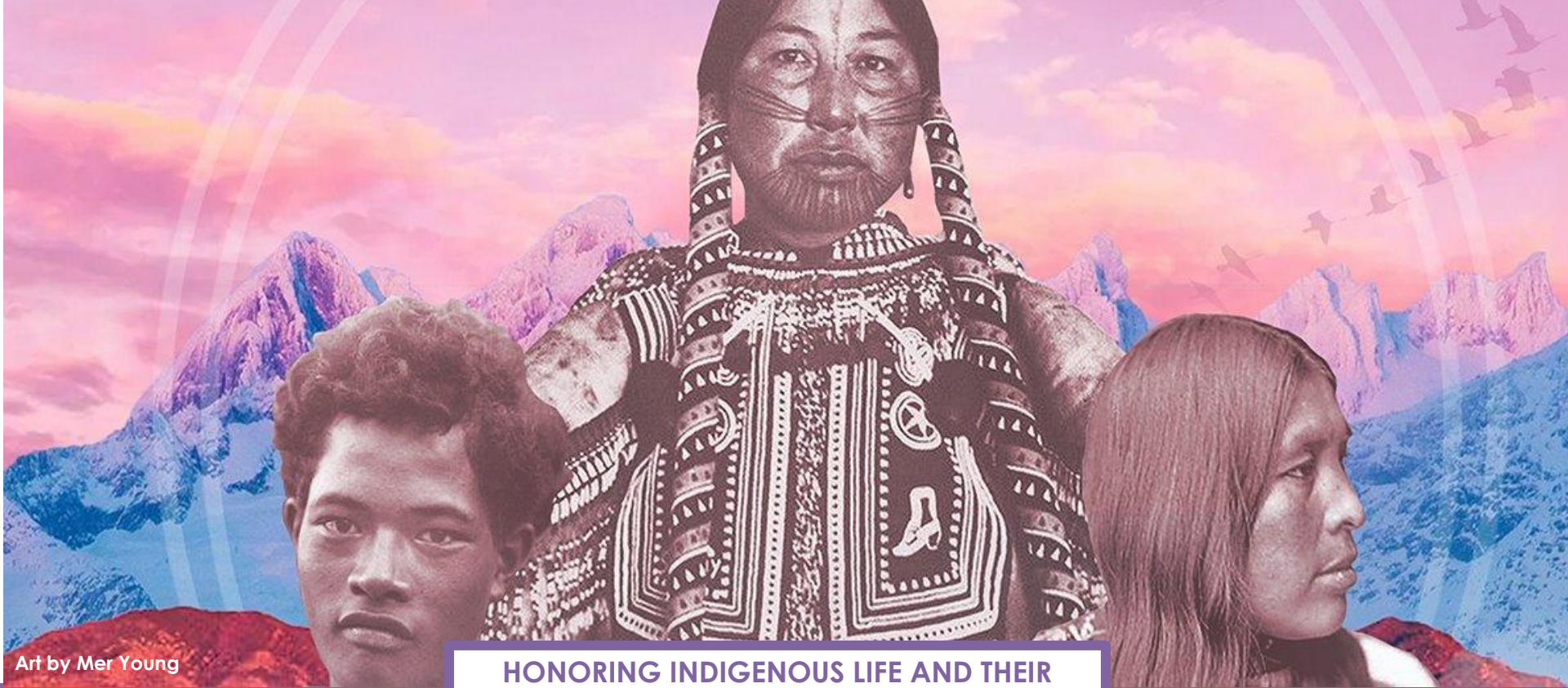
Take the next sixty seconds to engage in any of the following practices:

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



SETTLING INWARD

Getty Images



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 are you noticing about your relationship to slowing down?
 - In this moment?
 - Over the summer?
 - Throughout your lifetime?



FINDING MY RENEWAL

Praxis and Practice Towards Healing



Liberation is Praxis.

The action and reflection upon
our world to transform it.

- Paulo Freire, *Pedagogy of the Oppressed* (1968)

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: Alex Shevrin Venet, M.Ed



**Renewing Our
Hope for
Closing the
'Tragic Gap'**



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:

Shirley Johnson, LMFT



**My Body is a
Vessel:
Radical Rest
to Reconnect**



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



SCRR Collective Renewal Strategy.

COLLECTIVE RENEWAL STRATEGY

Leora Wolf-Prusan, Ed.D, Camden Webb, MA, Christine Ewing, MS, LMFT & Roberta Marguerite Chávez, MA



**Beginning Again:
A Vision for
Educators as
Human Be-ers,
Not Only Human
Do-ers**



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:
Jesus Solorio



**Honoring the
Four Sacred
Directions
within Us**



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.**

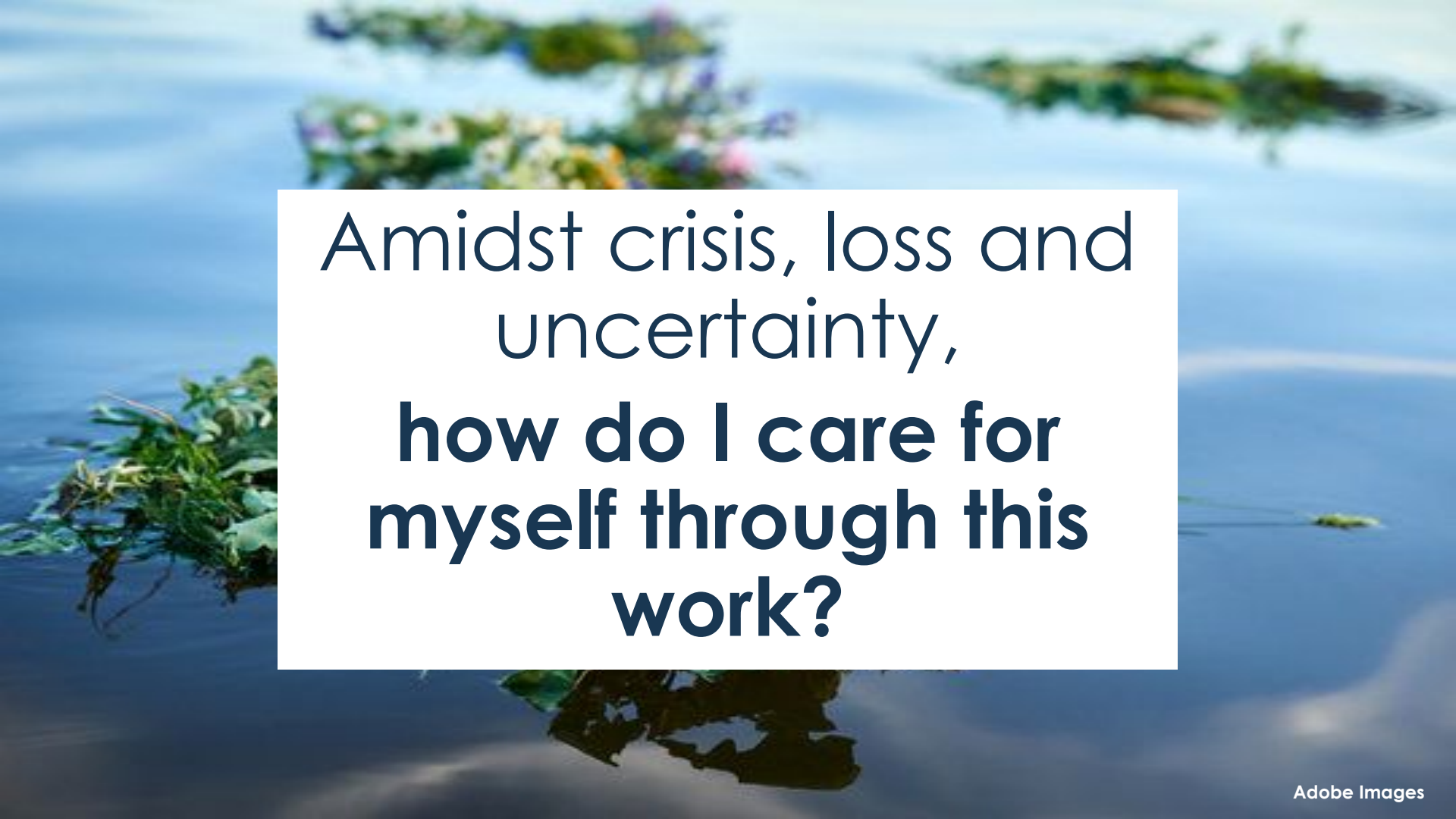
Honor the expert within. Speak with “I” statements. Affirm what **is** for you while also acknowledging the wisdom of others.

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



Amidst crisis, loss and
uncertainty,
**how do I care for
myself through this
work?**



PAUSE AND REFLECT

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.



CLOSING AND LOOKING AHEAD



	August 7 Sustaining My Community	August 8 Sustaining Our Structures
Opening Words	"Grief as a Tool for Sustaining Loving Community" Sharim Hannegan-Martinez, Ph.D.	"We Got Outsiders Up In Here!" Ethnographic Research as a Resource for Critical Inquiry" Savannah Shange, Ph.D.
Self-Attuning Practice	"Mapping Our Relatedness: Resourcing Ourselves in Expansive Community" Candice Valenzuela, M.A.	"Somatic Practices for Liberation" Sue Kuyper, LCSW
Collective Renewal Strategy	"Acknowledging Our Humanity: Using Professional Development to Support Educator Emotional Wellness, Too" Noor Jones-Bey, Ph.D.	"Trauma Informed School Systems for Crisis Recovery and Renewal" Jen Leland, LMFT
Art-based Healing Intervention	"Heart Like A River" José González, M.S.	"Art Making for Educator Self-Care, Burn Out & Vicarious Trauma" Tonia Hererro, MPS, ATR-BC, LCAT, ATCS
Meaning Making & Integration Conversation & Closing		

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

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

A Moment of Pause: Time to Cultivate Trauma Informed Communication

September 16, 23, 30 and October 7, 2024

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

SCRR Fall 2024 Network of Practice - Grief is the Medicine

November 14, 2024

https://bit.ly/SCRR_Fall24NoP



THANK YOU

Feedback for Day 1 https://bit.ly/SCRR_SI24_1

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



Closing Practice

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;



[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.**



Contact Info

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Website: www.schoolcrisishealing.org

Get social with us!

 Facebook: @scrr.project

 Instagram: @scrr_project

 Twitter: @scrr_project

What can you get from collaborating with us?

