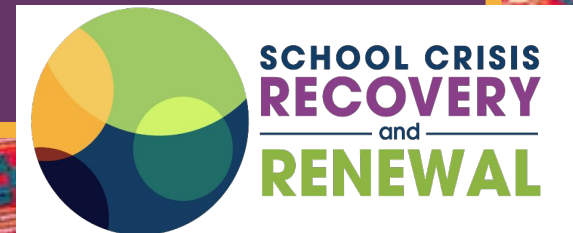


Together We Weave
Collective Storytelling for As a Source of Healing in Our
School Communities

The 2025 SCRR Winter Institute for Educator Healing

January 30, 2025
9:00-12:30 PT // 12:00-3:30 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

School crisis readiness is essential. Response is critical.

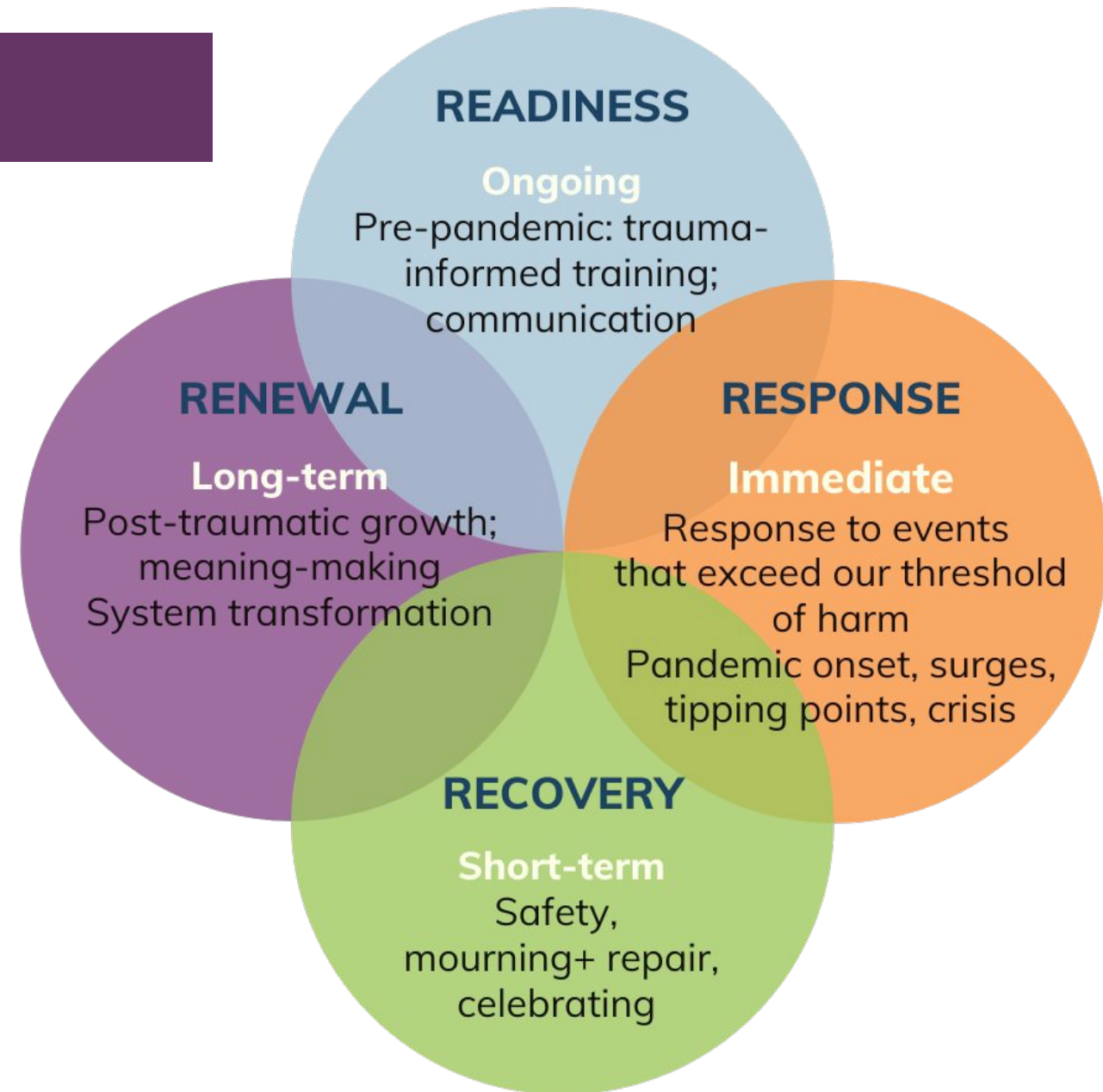
And: what happens after matters, too.



WHAT IS SCRR?

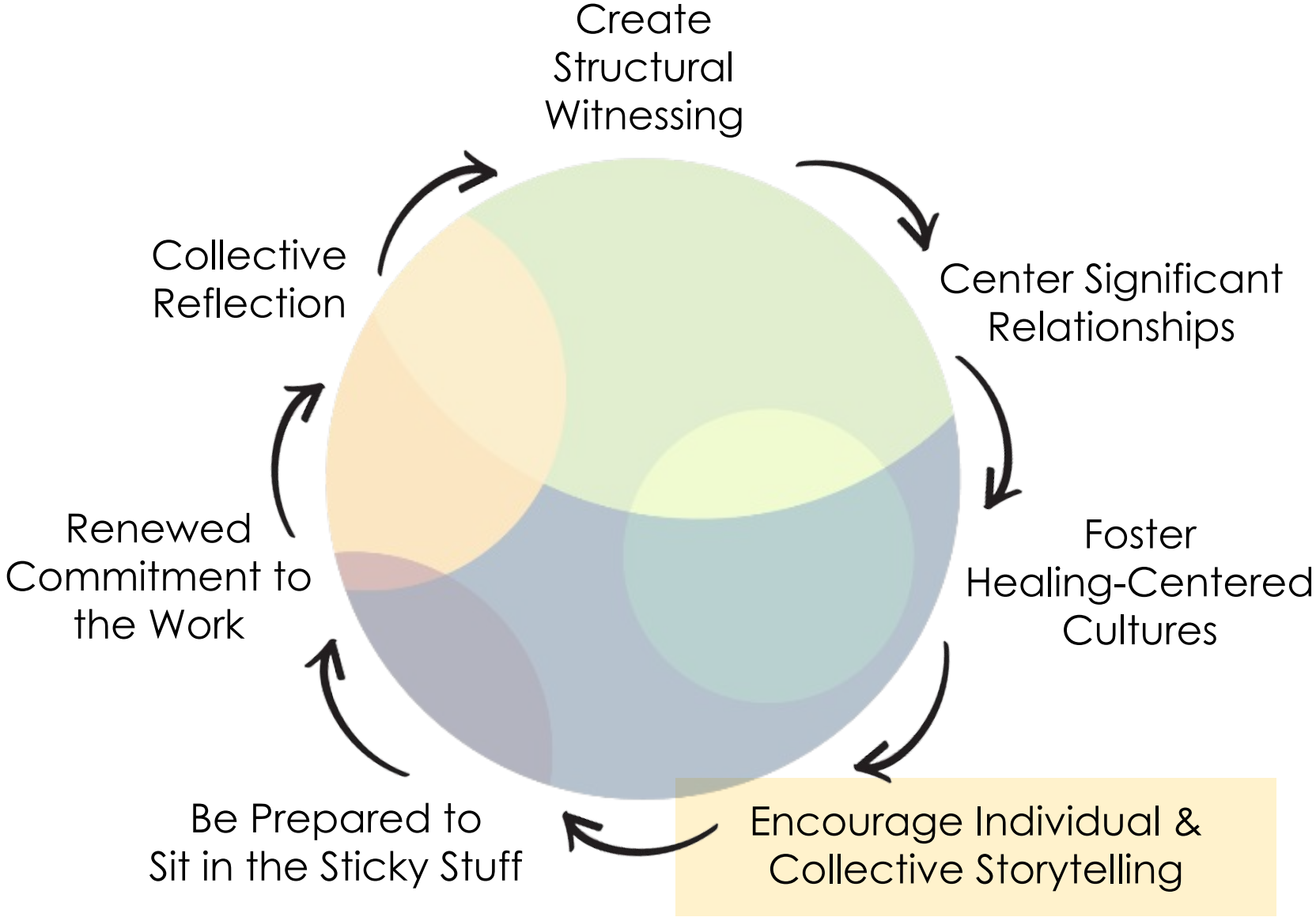
The 4 Rs: Readiness, Response, Recovery, and Renewal

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.

RENEWAL: *Toward Meaning-Making, Healing & Change*

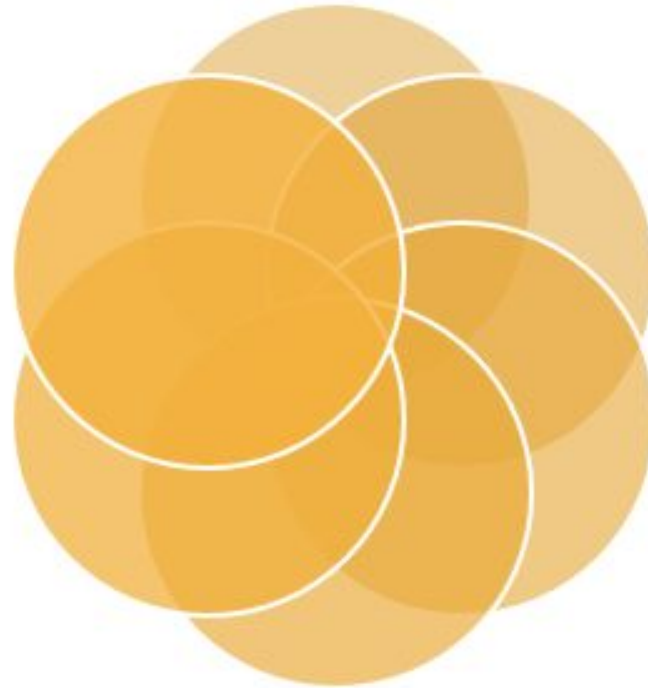




**Humility &
Responsiveness**

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

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 Together We Weave** 9:00 a.m. -9:20 a.m. PT/ 11:00 a.m CT / 12:00 p.m. ET
Grounding, Framing and Introductions with Oriana Ides
- 2. Historians of Healing: Memory & Transformation through Storytelling** -9:20 a.m. / 11:20 a.m. / 12:20 p.m. ET
Keynote Address with Michelle “Mush” Lee
- 3. Storytelling as a Practice for Collective Care** -10:00 a.m. PT / 12:00 p.m CT / 1:00 p.m. ET
Embodied Storytelling Practice with Chelsea Gregory, Tatiana Chaterji, Ramy El-Etreby
- 4. Integration and Commitments** -12:05 p.m. PT / 2:05 p.m. CT / 3:05 p.m. ET
- 5. Closing and Looking Ahead** -12:20p.m. PT / 2:20 p.m. CT / 3:20 p.m. ET

Today's Flow

SETTLING INWARD: SELF CHECK



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

- Drop your shoulders.
- Exhale deeply.
- Unclench your jaw. your belly.
- Take a big stretch.
- Sip water.
- Shake it out a little.
- Offer gratitude.
- Feel into your feet. wiggle your toes.

**“For apart from inquiry, apart from the praxis,
individuals cannot be truly human.**

**Knowledge emerges only through invention and
re-invention, through the restless, impatient, continuing,
hopeful inquiry human beings pursue in the world, with
the world, and with each other.”**

— Paulo Freire, Pedagogy of the Oppressed (1970)

Storytelling As a Source of Healing

1. Provides a structure and mechanism for **self and collective attunement** and **care**.
2. Fosters **coherent narrative restructuring** and **meaning-making**.
3. Cultivates **transformation** and Post Traumatic Growth.
4. Builds and strengthens **brave-community**.
5. Identifies **strengths, challenges, needs, and possible interventions** within a community .



**“Historians of
Healing: Memory
& Transformation
through
Storytelling”**

Keynote Address

Michelle “Mush” Lee, MA

Executive Director, Youth Speaks

THE POWER OF *Story* TO RESIST DESPAIR

A STORY-BASED KEYNOTE

Michelle Mush Lee, M.Ed
Executive Director, Youth Speaks

**WHOLE
STORY**



3 BIGGEST MYTHS ABOUT STORYTELLING AND LEADERSHIP

01

STORYTELLING IS EXCLUSIVELY FOR "ARTISTIC" PEOPLE.

02

THERE'S NO METHOD TO STORYTELLING.

03

STORYTELLING IS ONLY EFFECTIVE FOR SHORT-TERM, INDIVIDUAL CHANGE.





Story ACTIVITY

Go into your phone and find your photos.

Look at pictures from the last year.

In 2 minutes, list as many **tangible objects** in the photos as you can. (This can be colors, background images, expressions, landmarks, locations, people).



EVERYTHING SUCKS.



THE WORLD IS BURNING.

THE CITY IS BURNING.

I CAN'T AFFORD TO LIVE HERE.

I'VE PROBABLY TRAUMATIZED MY KIDS.

MY FAVORITE NEIGHBOR VOTED FOR TRUMP.

MY MOM HAS NO PAPERS.

I'M GOING BACK INTO HIDING.

I DON'T FEEL SAFE AT CHURCH.

I CAN'T TRUST MY DENTIST.

I'M BURNT OUT.

I BURIED MY DAD THIS WEEK.

**I HAVEN'T BEEN ON A DATE IN 3 YEARS, BUT I DON'T LIKE PEOPLE OR
PLACES OR GOING OUT PAST 7 AND PEOPLE.**

I FEEL SO HEAVY.

I THINK I'M THE PROBLEM.



WE'RE NOT ALONE.

WHOLE
STORY

LONELINESS & WELL-BEING

79%

Youth in America who report “persistent feelings of sadness or hopelessness”

Cigna Group, 2021

40%

Adults in Western countries who report feeling lonely at any given time

Luo , Hawkley , Wiata , and Cacioppo , 2012

43%

Adults who say they feel more anxious today than in 2023

American Psychology Association

The image features three hands of different skin tones reaching towards each other in a circular arrangement against a solid reddish-brown background. The hands are positioned at the top, left, and right, with their fingers slightly curled as if about to grasp each other. The lighting is soft, highlighting the texture of the skin.

The antidote is human connection.

-U.S. Surgeon General Vivek Murthy

- 
- The image features three hands reaching towards the center against a dark red background. One hand is at the top, one at the bottom left, and one at the bottom right. The bottom right hand has a rainbow-colored glow on its palm. In the center, there is a list of three items in white text.
- Deeper conversations
 - Service
 - Community (quality not quantity)



Take a deep breath.

GUIDING ASSUMPTIONS



- Stories matter.
- We each arrive to this moment with complex histories, cultures and identities, and while we are not representatives for people who share those identities, our membership allows us to access to shared historical memories and experiences.
- Meta-stories exists all around us.
- All great stories start in the middle (especially, when it feels like *the end*).



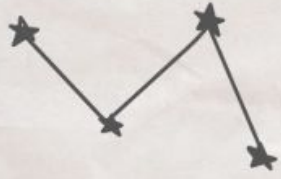
Story ACTIVITY

The Story of Now

STORIES, NARRATIVES & CULTURE



Stories are like stars.



Narratives are *meta-stories* like constellations that connect stars (and reinforce meaning).



Culture is the whole galaxy, both changes people and is changed by people.



WHAT'S ONE POSSIBLE
Narrative?



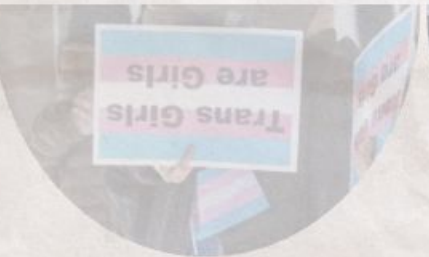
We are more than
stories of despair.



We are more than



stories of despair.



Story of
Tragedy

WHOLE
STORY

Forgiveness
Story

Fight
Story

Love
Story

Redemption
Story



Take a deep breath.



“There are some years that ask questions,
and some years that give answers.”

Zora Neale Hurston



Story ACTIVITY

7 Word Poem

The best advice you've given someone who has just lost something or someone precious.

Why did you did stay silent?

What's a question your healing is asking of
you?

If you could heal anyone in your community
who would it be?

Complete the sentence:

When we are _____ we are not
(another word for afraid).

Think about the last time you went through
the dark night of your soul.

What were you meant to learn?

PANTOUM POEM

Pantoum Form

The pantoum originated in Malaysia in the fifteenth-century as a short folk poem, typically made up of two rhyming couplets that were recited or sung.

- 4 lines
- any number of stanzas
- 2nd and 4th lines of each stanza serve as the 1st and 3rd lines of the next stanza
- last line of a pantoum is often the same as the first.



PANTOUM *Poem*

Stanza 1

Stanza 2

Stanza 3

A
B
C
D

B
E
D
F

E
C
F
A

PANTOUM

STANZA 1

Line A

Line B

Line C

Line D

STANZA 2

Line B

Line E

Line D

Line F

STANZA 3

Line E

Line C

Line F

Line A



“The intersection of grief and organizing is where we cultivate resilience and power.”

Malkia Devich-Cyril



Michellemushlee



@Mush510__



wholestorygroup.com



@youthspeaks



Ethnix.

1. What **physical sensations** did that experience incite in you?
2. What **emotions** surfaced for you?
3. What **thoughts and wonderings** are emerging?

**A moment of
pause...**



Tatiana Chaterji



Chelsea Gregory



Ramy El-Etreby

“Storytelling as a Practice for Collective Care”

Structural Witnessing Practice



**As Educators,
Facilitators,
Restorative Justice
& Applied Theater
Practitioners**

*We utilize storytelling as
a powerful tool for
healing, community
building, education, and
cultural transformation*



Chat Waterfall:

What or who is
keeping you
going these
days?



Grounding Together

Find your breath.

Feel the supporting surface(s) beneath your body.

Release a little more into support with each exhale...

Send energy down towards the earth and up towards the sky...

Expanding in all directions as you inhale/ releasing as you exhale...



Moving Together

Image Theater and Mirroring

Reflection
Connection
Awareness

Self Reflective Journaling Activity
Prompt #1

***What am I still
holding from the
past year?***

***Where in my body
am I holding it?***



Self Reflective Journaling Activity

Prompt #2

***My resilience
comes from...***



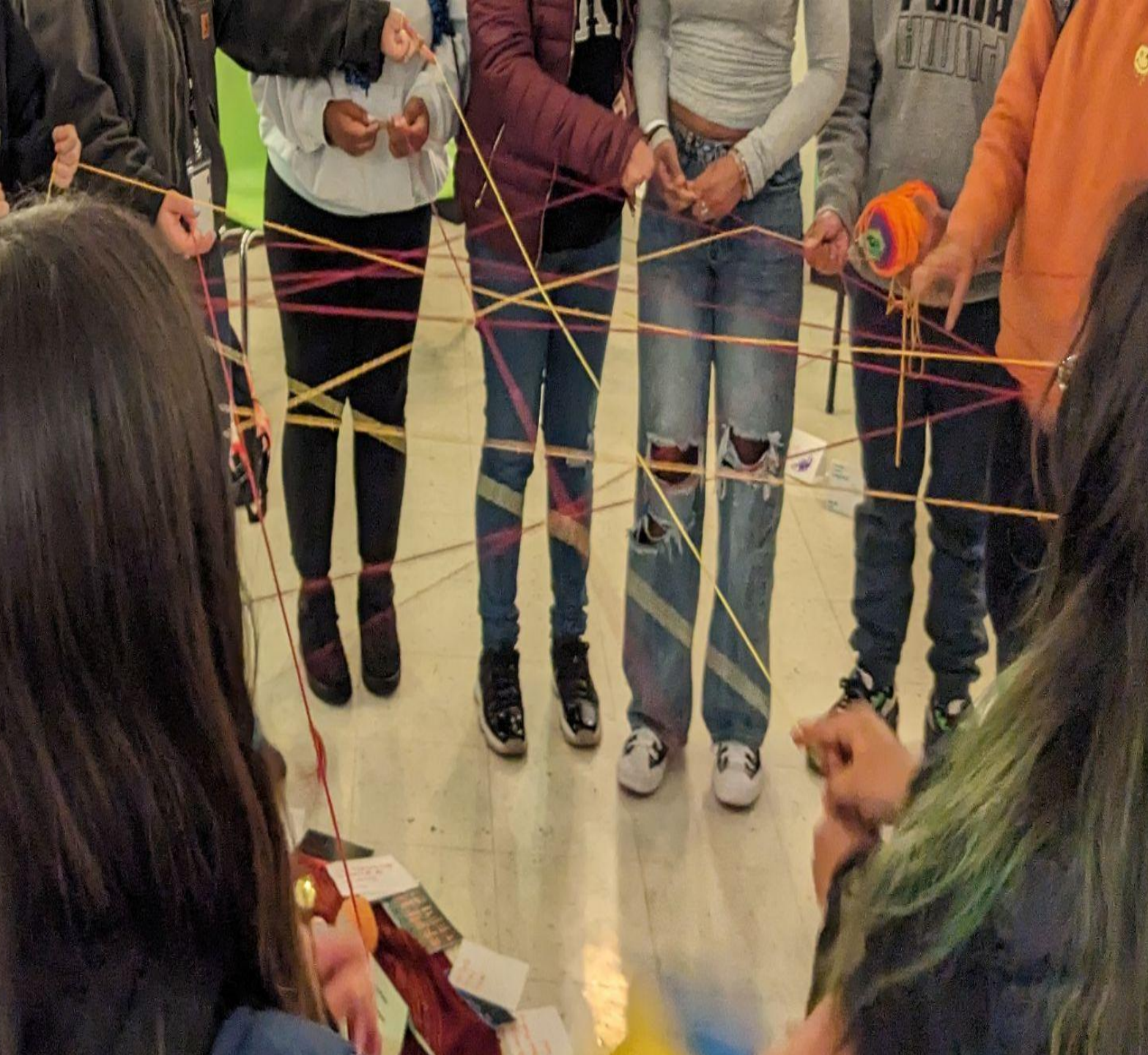
Art by Amanda Lynn



Art by Lexx Valdez

Self Reflective Journaling Activity Prompt #3

***My freedom comes
from...***



Story Circles: Passing the Virtual Talking Piece

- Mindful/ Full presence whether via mic or chat
- Speak and listen from the heart
- Speak and listen with respect
- Honor privacy and confidentiality
- Avoid commentary on others' experiences



Ethnix.

1. What **physical sensations** did that experience incite in you?
2. What **emotions** surfaced for you?
3. What **thoughts and wonderings** are emerging?

**A moment of
pause...**



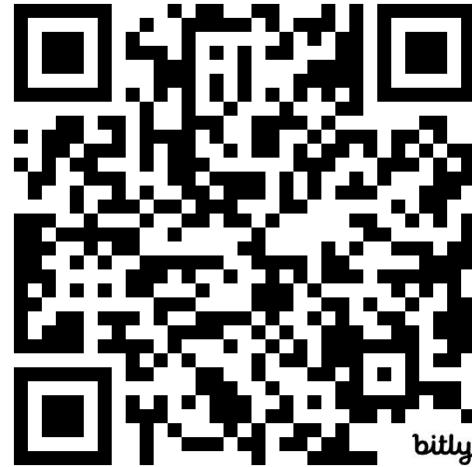
1. Did new information, sensations, insight or curiosities come to you today through the practice of storytelling?
 - What felt joyous? Why?
 - What felt challenging or uncomfortable for you today? Why?
2. How did storytelling help you find meaning, cohesion or renewed connection to purpose?
3. How did our shared storytelling facilitate a collective sense of healing and solidarity?
4. What might be one walk away (a new way of thinking or being, something someone said that was impactful)?

Full Group Reflection

We're tied at the ankles.
We cannot cross until we carry each other,
all of us refugees, all of us prophets.
No more taking turns on history's wheel,
The sea will not open that way.

This time that country
is what we promise each other,
our rage pressed cheek to cheek
until tears flood the space between,
until there are no enemies left,
because this time no one will be left to drown
and all of us must be chosen.
This time it's all of us or none.

Aurora Levins Morales; Red Sea. 2022



Thank you!

Evaluation: https://bit.ly/SCRR_WI_2025

Continuing Education



We are able to offer 1 Continuing Education Hour for attending today's **2025 Winter Institute for Educator Healing** session, at no-cost to you.

To register for CE Hours go to:

<https://bit.ly/4gl0ivq>

Extended Learning Resources



Resources From the Field

- [About – Better Because Collective](#)
- Core Texts from our [Re-writing Our Narratives: Cultivating Awareness and Collective Care through Critical Literacy – A Critical Friends Group](#) program
 - A New Spelling of My Name (Audre Lorde, 1982)
 - [Emergent Strategy: Shaping Change, Changing Worlds](#) (adrienne maree brown, 2017)
 - [Pause, Rest, Be: Stillness Practices for Courage in Times of Change](#) (Octavia F Raheem, 2022)
 - We Were Made for These Times: Ten Lessons on Moving through Change, Loss, and Disruption ([Kaira Jewel Lingo](#), 2021)
- [The Healing Power of Storytelling | Harvard Medicine Magazine](#) + [Health Story Collaborative](#)
- Hill, JaShawn & Soprych, Andrya. (2024). Beginning the Healing Journey: Re-Storying Violent Loss through Tree of Life Narrative Groupwork. *Advances in Social Work*. 24. 269-285. 10.18060/27353.
- [Why Your Brain Needs Stories](#) ([Cheyfitz](#), 2024)

Resources from other Institutes for Educator Healing

- [Heart A Like River](#) – an art-based recovery & renewal practice to help us tell our stories from SCRR Guest Faculty José González
- [“Grief as a Tool for Sustaining Loving Community”](#) 2024 Summer Institute for keynote from Sharim Hannegan-Martinez, Ph.D
- [“Toward Collective Grief and Healing through Apocalyptic Education”](#) 2024 Summer Institute Keynote from Tiffani Marie, Ph.D.
- [“We Are The Whole Story: Collective Healing and Storytelling Beyond Trauma”](#) 2023 Winter Institute Keynote from Michelle “Mush” Lee, MA
- [“We Got Outsiders Up In Here!” Ethnographic Research as a Resource for Critical Inquiry”](#) 2024 Summer Institute Keynote from Savannah Shange, Ph.D

Resources from the SCRR Blog

- [Naming A Thing: A Case For Feeling](#) by SCRR Guest Faculty Noor Jones-Bey
- [Three Texts to Help You Reflect on Your Grief-Responsive, Trauma-Informed Practice](#) by SCRR Guest Faculty Brittany R. Collins
- [Beyond Youth Resistance: Telling the Whole Story](#) by Dr. Meagan Corrado

References



- Chioneso, N. A., Hunter, C. D., Gobin, R. L., McNeil Smith, S., Mendenhall, R., & Neville, H. A. (2020). Community Healing and Resistance Through Storytelling: A Framework to Address Racial Trauma in Africana Communities. *Journal of Black Psychology*, 46(2-3), 95-121.
- Kiser, L. J., Baumgardner, B., & Dorado, J. (2010). Who are we, but for the stories we tell: Family stories and healing. *Psychological Trauma: Theory, Research, Practice, and Policy*, 2(3), 243–249. <https://doi.org/10.1037/a0019893>
- Lee, H., & Jahng, M. R. (2020). The Role of Storytelling in Crisis Communication: A Test of Crisis Severity, Crisis Responsibility, and Organizational Trust. *Journalism & Mass Communication Quarterly*, 97(4), 981-1002. <https://doi.org/10.1177/1077699020923607>
- Mullet, J. H., Akerson, N. M. K., & Turman, A. (2013). Healing the Past Through Story. *Adult Learning*, 24(2), 72-78.
- Neimeyer, R. A. (2006). Re-Storying Loss: Fostering Growth in the Posttraumatic Narrative. In L. G. Calhoun & R. G. Tedeschi (Eds.), *Handbook of posttraumatic growth: Research & practice* (pp. 68–80). Lawrence Erlbaum Associates Publishers.
- Neimeyer, R. A., & Levitt, H. (2001). Coping and coherence: A narrative perspective on resilience. In C. R. Snyder (Ed.), *Coping with stress: Effective people and processes* (pp. 47–67). Oxford University Press.
- Rosenthal, G. (2003). The Healing Effects of Storytelling: On the Conditions of Curative Storytelling in the Context of Research and Counseling. *Qualitative Inquiry*, 9(6), 915-933.
- Varga-Dobai, K. (2024) Writing for wellness: storytelling, care, and reflection in teacher education. *Literacy*, 58: 3–12. <https://doi.org/10.1111/lit.12316>.
- Wilson, A.O. (2019), "The role of storytelling in navigating through the storm of change", *Journal of Organizational Change Management*, Vol. 32 No. 3, pp. 385-395.

Upcoming SCRR Opportunities



Acknowledging Our Humanity: Reimagining A Professional Development Plan That Supports Educator Emotional Wellness, Too

Next Session February 4, 2025

https://bit.ly/SCRR_AOH_25

Liberated School Suicide Postvention Study & Inquiry Series

Next Session February 5, 2025 and April 2, 2025

https://bit.ly/SCRR_PostventionStudy

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

Next Session February 10, 2025

https://bit.ly/SCRR_Attuning2425

Upcoming SCRR Opportunities



Mourning is the Work - A Monthly Art and Ritual-Based Gathering for Educators to Practice Metabolizing our Grief

Next Session February 20, 2025

https://bit.ly/SCRR_Mourning

A Moment of Pause: Time to Cultivate Trauma Informed Communication

Kicks Off February 26, 2024, March 4, 9 & 12, 2025

https://bit.ly/SCRR_Pause2425

Trauma Informed School Systems for Crisis Recovery and Renewal

Final Offering! February 26, 2025

https://bit.ly/SCRR_TISS2425

Upcoming SCRR Opportunities



5 Years Since COVID-19: Embracing Our Lives After Loss - A Practice of Shared Witnessing and Meaning Making for Educators, School Providers, and Leaders



New! February 27 and March 6, 2025

https://bit.ly/SCRR_5YSinceCOVID

Love Made Visible: Cultivating Awareness, Protection, and Radical Healing for B/IPOC Educators Navigating Crisis

New! March 12 and 13, 2025

https://bit.ly/SCRR_LMV25



SCHOOL CRISIS
RECOVERY
and
RENEWAL

Contact Info

Email: SCRR@cars-rp.org

Phone: (888) 597.0995

Website: www.schoolcrisishealing.org

Get social with us!

 **Facebook:** @scrr.project

 **Instagram:** @scrr_project

 **Twitter:** @scrr_project

OUR SCRR Project TEAM

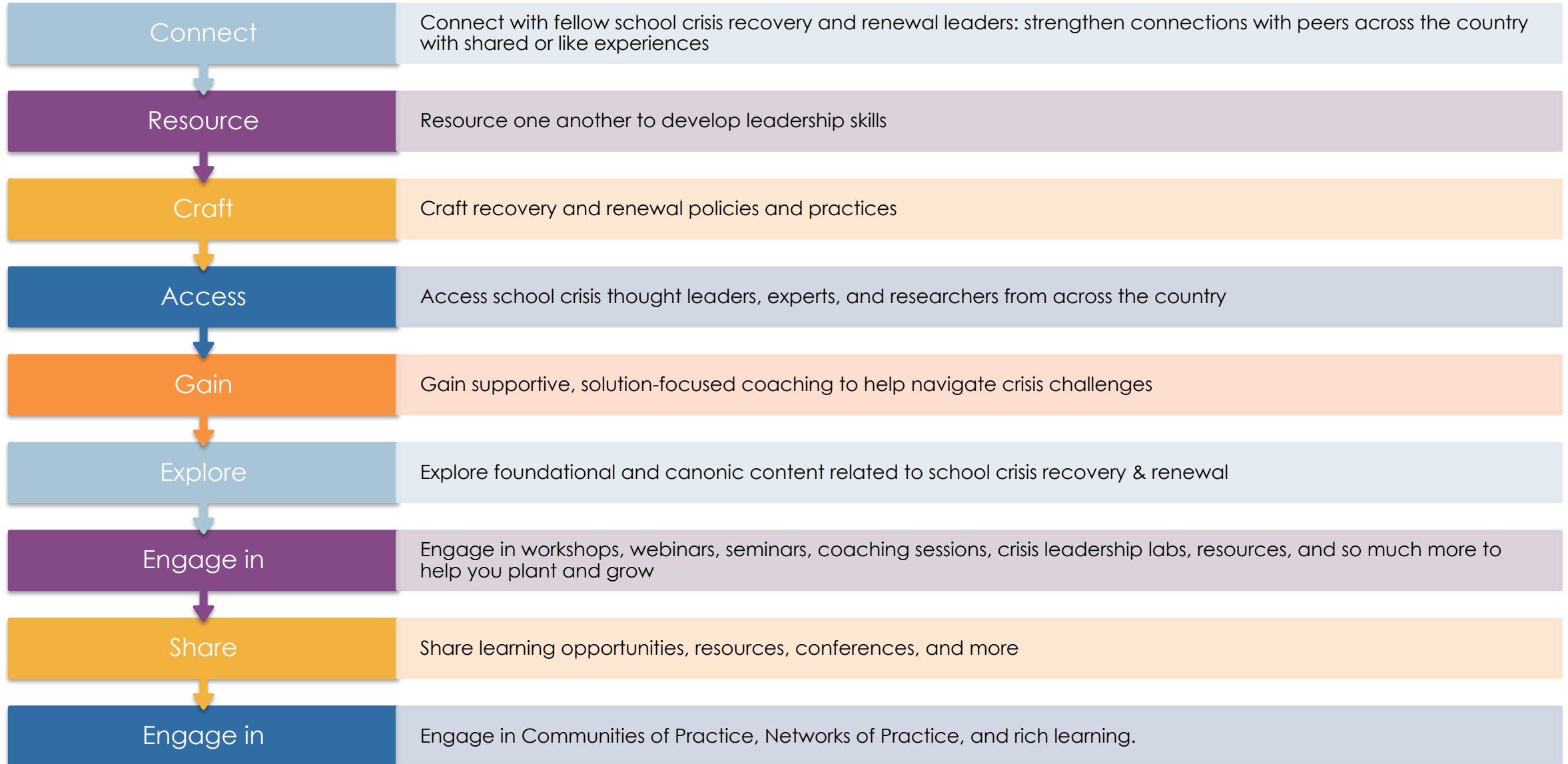


The SCRR Project is a collaborative effort between **The Center for Applied Research Solutions (CARS)** and **Trauma Transformed (T2)** and strongly informed by partnership with the **National Center for School Crisis Bereavement** and our team of school crisis recovery and renewal experts from across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

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).

All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated.

Do not reproduce or distribute this presentation for a fee without specific, written authorization from SCRR. This presentation will be recorded and posted on our website.

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.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)

