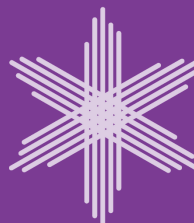


POINT SOURCE YOUTH PRESENTS:

A DISCUSSION ON TRAUMA, SELF CARE, & COMMUNITY BUILDING DURING COVID- 19

- Dr. Cynthia Lubin-Langtiw, *Associate Department Chair, The Chicago School of Professional Psychology (moderator)*
- Dr. Michele Andrasik, *Senior Staff Scientist/Director/Affiliate Assistant Professor, Fred Hutch/HIV Vaccine Trials Network/University of Washington*
- Dr. Dázon Dixon Diallo, *Founder & President, SisterLove, Inc.*
- Deepa Iyer, *Strategic Advisor, Building Movement Project, and Director of Solidarity Is*

The United States currently has two pandemics - COVID-19 and Anti-Black racism. Both are causing collective trauma, especially for Black and Indigenous communities. These co-occurring traumatic events require each of us to determine our roles individually and collectively in dismantling systems of oppression and support those affected the most.



KEY TAKEAWAYS

Collective trauma requires collective care. We must acknowledge this trauma in one another and the privileges each of us carries, and work to care for one another by dismantling the systems that lead to inequity.



Q + A

How can folks be better allies at this time?

We are beyond needing allies. Being an ally indicates that you are in solidarity with an experience that is not yours. Today, we need more co-conspirators and comrades than allies. An ally speaks up and stands with you. A comrade will put their lives between yours and the danger. A co-conspirator is in, of, and totally with the plan to fight with all they bring to the fight - their unique contributions, talents, and privileges are lent to the struggle.

It's important to remember that solidarity and allyship require us to act and take action in some way. It goes beyond saying Black Lives Matter in a post. It requires us to take action and speak to our own networks. It's important for white people to talk to white folks about anti-Black racism.

Q + A CONTINUED



What does the vital work of community building look like during a time of physical distancing?

The hardest thing about moving forward and doing it in a loving way is that our trauma as Black people has been pathologized for so long. Our anger has been seen as misplaced, our anger seen as being difficult or hard to handle. I think as you move in a loving way to acknowledge how those actions have been pathologized, criminalized, or “anti-patriotized” in the situation of kneeling. You must move away from pathologizing to a loving understanding of why people are so frustrated and so angry about all of this.

We have to look at naming trauma. When we name someone else’s traumas and someone else’s experience that’s using your thinking. You’re coming from a place of privilege to do that. I have to name how I am coping and no one can tell me how appropriate or inappropriate it is. You do not have the privilege to insert your YOU into my ME. That’s the upending of all of this – you don’t get to define my hurt, you don’t get to prescribe, and you don’t get to define my pain.

THE FACT THAT PEOPLE THINK THIS IS SOMETHING NEW IS TRAUMATIZING IN ITSELF. IT UNDERSCORES HOW DIFFERENT OUR LIVES ARE AND HOW ISOLATED AND INVISIBLE WE ARE AS BLACK PEOPLE AND ERASES OUR EXPERIENCE AS BLACK PEOPLE IN OUR COUNTRY.
- DR. MICHELE ANDRASIK



ACTIONS TO TAKE NOW

1. Make your commitment to end anti-Black racism public. Name what is going on and commit to dismantle white supremacy at your organization.
2. Center your youth, staff, and the community you serve. Ask folks what they currently need and work to meet those needs right now. This is not the time to keep doing what you have always done. Now is the time to stop, name, pivot, and act.
3. Work on systemic change. Get involved with coalitions and campaigns that are Black-led, trauma-informed, and are authentically serving the community.
4. Understand trauma and its effect on communities. Recognize that trauma manifests itself differently in everyone and learn how generational trauma affects Black and Indigenous communities.



THERE HAVE BEEN CONVERSATIONS ABOUT THE “RIGHT WAY” TO GO ABOUT THIS. THIS IS A REVOLUTION. THERE IS NO RIGHT WAY FOR A REVOLUTION TO TAKE PLACE.

- DR. MICHELE ANDRASIK

RESOURCES & LINKS

- [Dear \(Other\) White People*: Racism Is a Public Health Crisis - and It Is on Us](#)
- [Trauma Informed Care for Folks Experiencing Homelessness](#)
- [Trauma and Violence](#)
- [Trauma-Informed Care in Behavioral Health Services | Publications and Digital Products](#)
- [TIP 57: Trauma-Informed Care in Behavioral Health Services | Publications and Digital Products](#)
- [SisterLove, Inc.: Reproductive Justice Advocacy | United States](#)
- [bell hooks Institute](#)
- [Intergenerational Trauma – Legacies of Loss](#)
- [To Breathe Together: Co-Conspirators for Decolonial Futures](#)