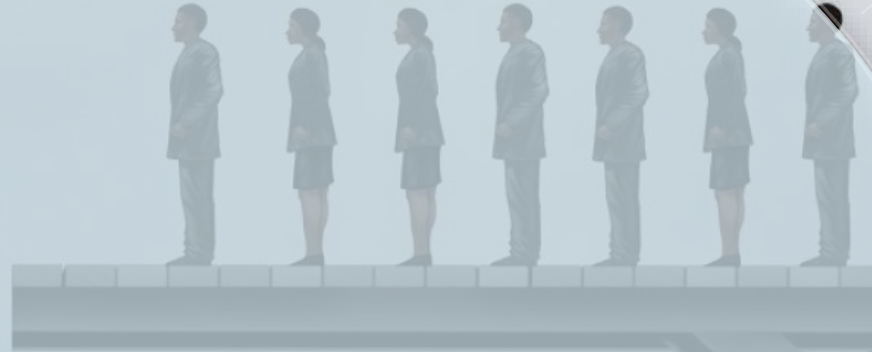


“If there is to be peace in the world,
There must be peace in the nations.
If there is to be peace in the nations,
There must be peace in the cities.
If there is to be peace in the cities,
There must be peace between
neighbors.
If there is to be peace between
neighbors,
There must be peace in the home.
If there is to be peace in the home,
There must be peace in the heart.”

— Lao-tse



TRAUMA OF DISCONNECTION

TRAUMA DISCONNECTS US FROM OTHERS

COULD IT BE A THREAD THAT BRINGS
THINGS TOGETHER?

HEALING INDIVIDUALS TO HEAL COMMUNITY

A COMMUNITY-BUILT MODEL OF SUPPORT FOR MENTAL WELLNESS AND GENUINE SELF-CARE

Bringing together individuals, groups, ideas, and programs for a trauma informed community

Kelsey Hopkins- Framing- “What Makes You Feel Connected?”

Brenda Vezina – Being Trauma Informed is a Peacemaking Process & Kiva

Jennifer Safford- A research driven foundation, the Youth Violence Prevention Initiative

Nerissa Harper- Ketter- Worcester ACTs a community research based “alongside of” model

Tara Gazda- P/PAL- A model of peer support, outside of the MH system, affinity space

Troy Thompson- No Evil Conversations, connecting individuals across difference, finding commonality

Mary Robbins- Pakachoag Community Center- a space to come together

Bradley Hall or Amy- IAOTRC, content to heal and develop the skills to heal others

Rev. Aaron Payson- Pandemic Recovery- A time of possibility and hope

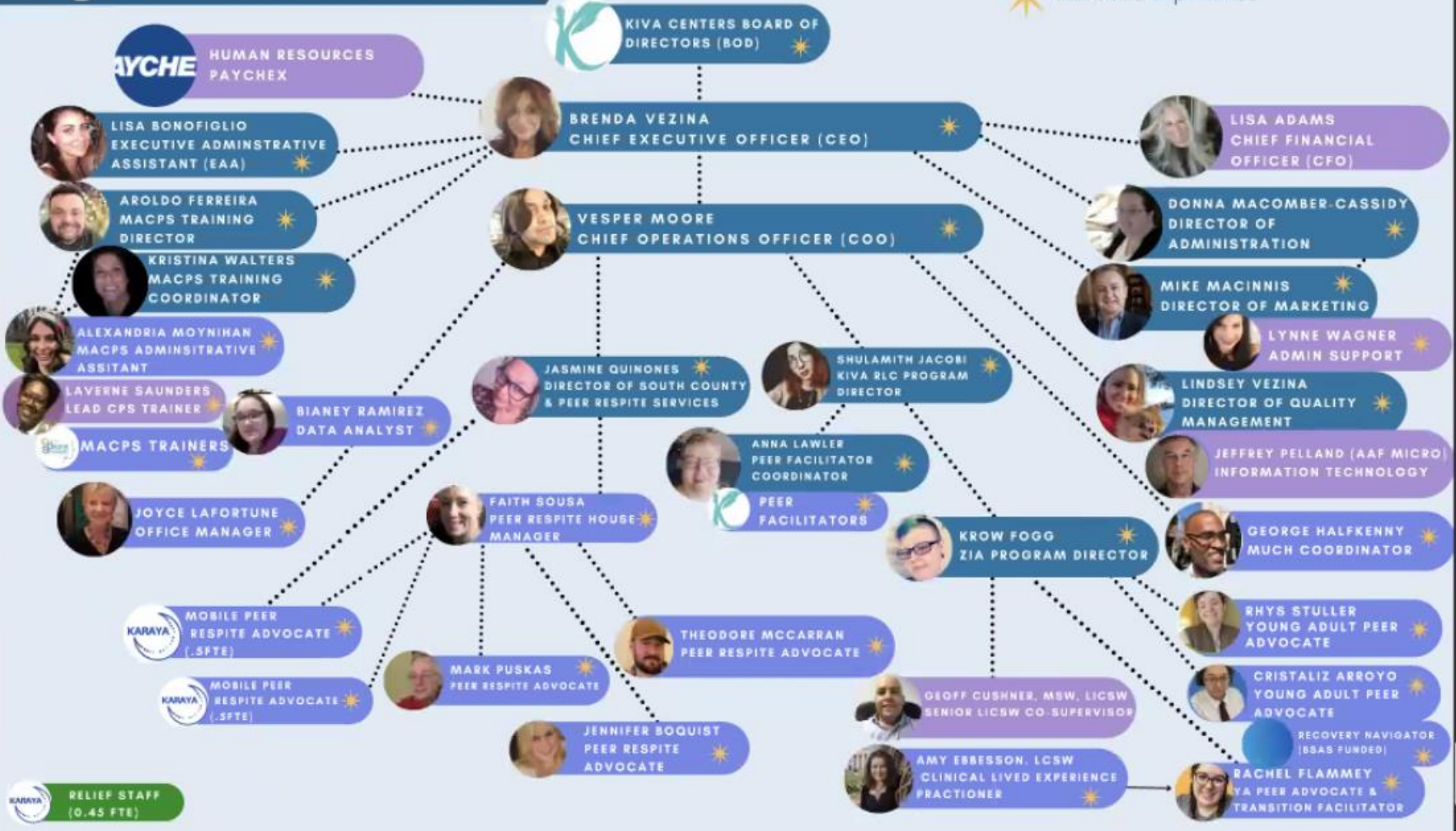




Organizational Chart

CONSULTANT EXEMPT
 RELIEF STAFF NON-EXEMPT

Has lived experience



RELIEF STAFF (0.45 FTE)

KARAYA CLINICAL CONSULTANT







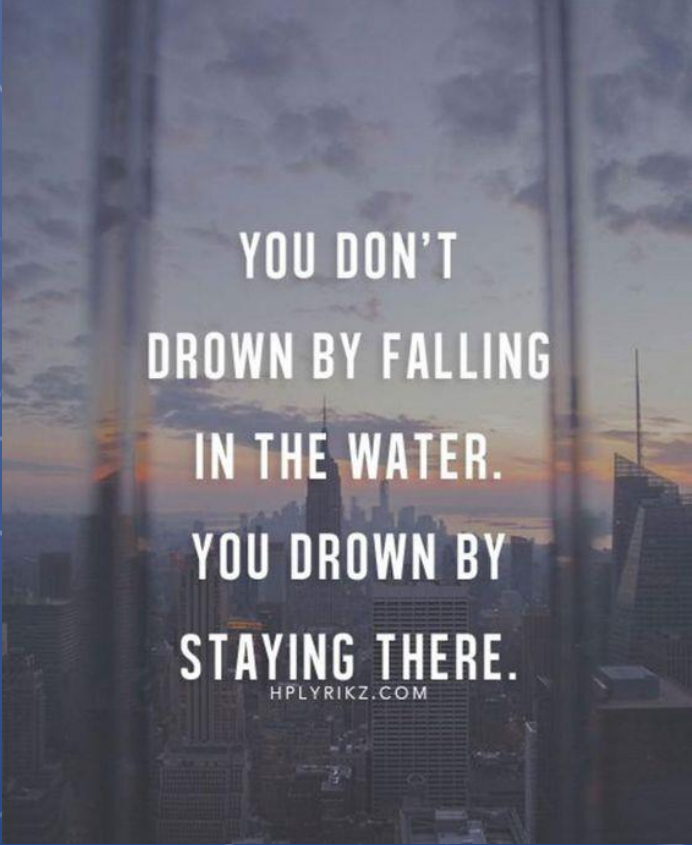
CYCJ

WORCESTER

ACT's

Addresses Childhood Trauma

PANDEMIC RECOVERY AND COMMUNITY HEALING

A cityscape at sunset, viewed through a window with vertical bars. The text is overlaid on the image.

YOU DON'T
DROWN BY FALLING
IN THE WATER.
YOU DROWN BY
STAYING THERE.
HPLYRIKZ.COM

SOCIAL CONDITIONS HAVE CREATED MENTAL
HEALTH CHALLENGES FOR NEARLY ALL OF US.

A CRISIS OF SPIRITUAL CONNECTION- BRENE

THE MOST EFFECTIVE INTERVENTIONS FOR

THIS CRISIS MOMENT CAN LEAD TO

IMPROVED MENTAL HEALTH OUTCOMES FOR

EVERYONE INVOLVED.



Pakachoag Center

Building community through culture, faith & the arts.

Do you have a
skill or passion to
share?

A class
you'd like to
teach?

A meeting place for ideas,
people, activities, and events
that promote human
understanding and connection.

Collaborate with us!

outreach@pakachoagcenter.org • 508-755-8718
203 Pakachoag St., Auburn, MA 01501-2567









epic
young leaders with ability

PPAL Parent/Professional
Advocacy League

PITCH Your Idea 
September 7th

DEADLINE TO APPLY AUGUST 19TH

An in person event for to introduce your business idea to the community, to gain feedback and win cash prizes!

In partnership with **PRIDE** Worcester

 **EforAll**
Turning Dreams into Businesses



I donate blood every 6 months to American Red Cross Association and have been doing so since I turned 16. Because of my O Positive blood it's extremely valuable to hospitals and patients around the country!



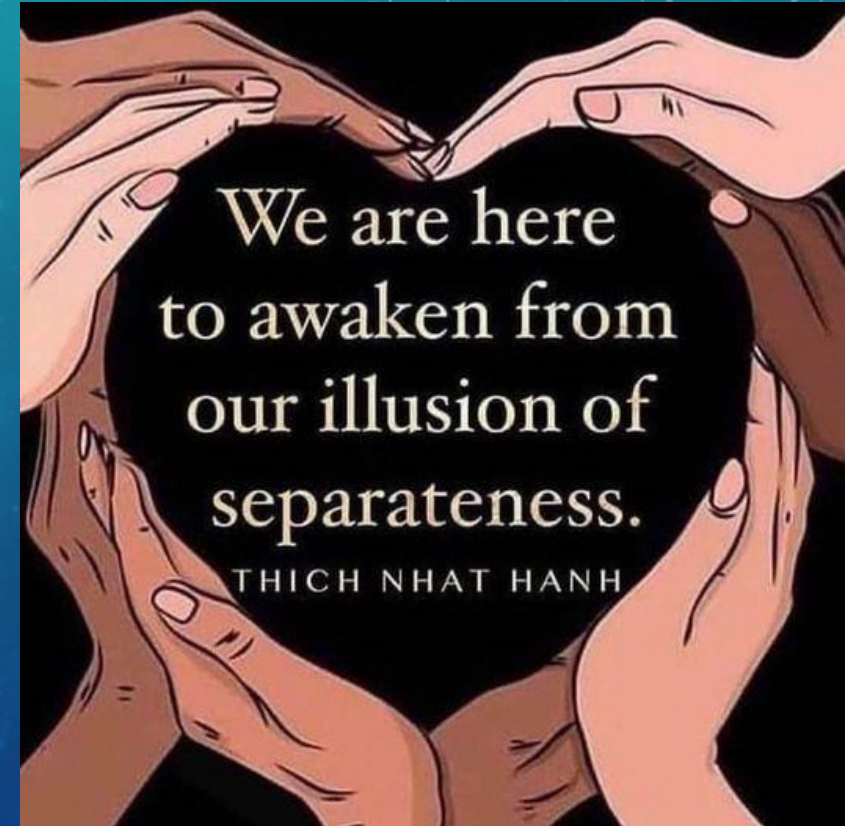
NO EVIL PROJECT
Show that people aren't defined by their labels.

Here and Now Memory Care



PEER SUPPORT IS EVIDENCE BASED

- The Medical model has harmed individuals and communities by focusing on symptoms and diagnosis while ignoring root causes- individual & pathology based
- Trauma is the root cause of the majority of mental illness
- Mental Health information should be widely shared and delivered by trusted community messengers/ members
- Delivered outside of a system designed to harm and oppress
- Grounded in community -Not grounded in corporate profit
- Our own experiences brought most of us to this work- we should be allowed to leverage this to be authentic
- Loving Relationships heal people



WHAT IS THE PROBLEM?

- Lack of accurate mental health information
- Misinformation about mental illness
- Stigma
- Work Force Issues
- Lack of behavioral Health Providers
- Lack of diverse providers
- Lack of culturally grounded services
- Difficulty interacting across identities- race, gender,



New day.

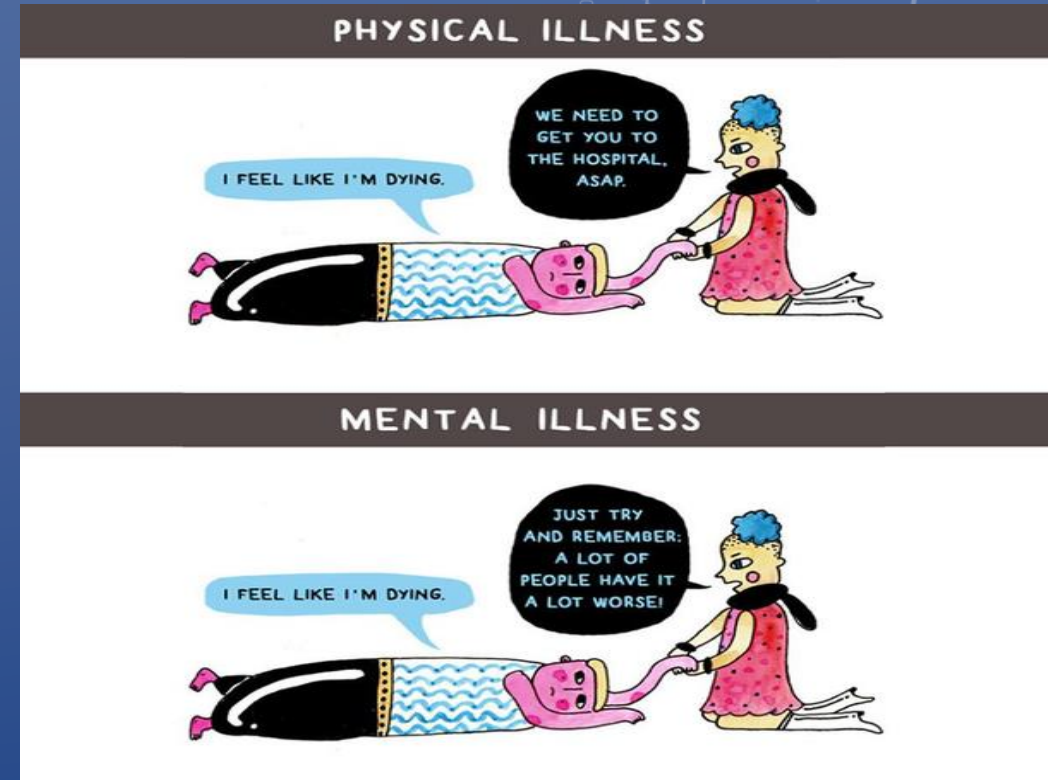
New beginning.

New chance.

STIGMA

CULTURAL VALUES

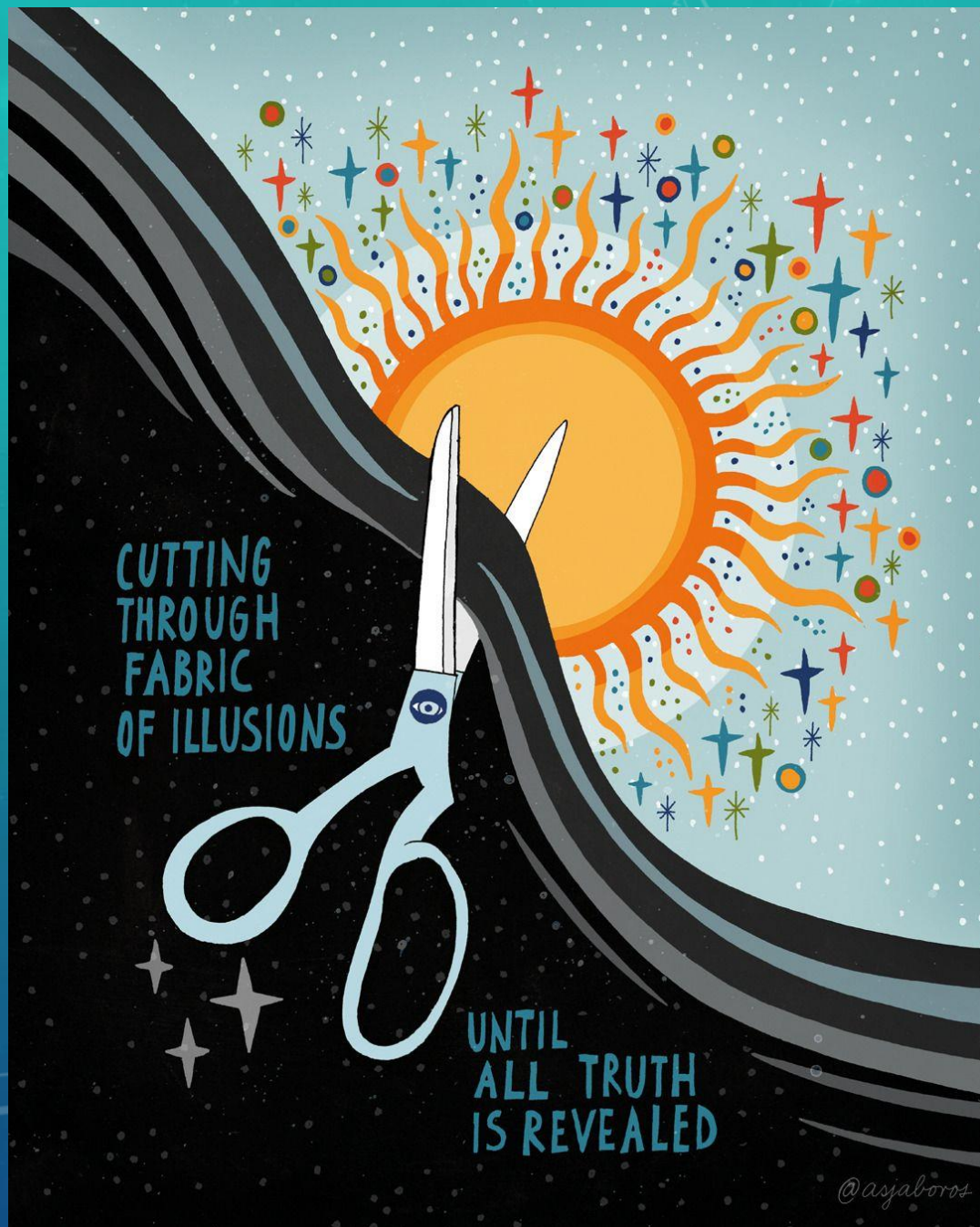
- stigma is a barrier that discourages individuals and their families from seeking help
- Keeps people from talking about what they are experiencing
- Causes shame and misunderstanding
- Lack of vocabulary





Our Assumptions

- We are all experts in our own experience
- We are all in different places in our journey
- Our journeys may have very different destinations- we get to decide for ourselves what is best for us
- There are no right or wrong answers- every choice has many possible outcomes
- All of us have more difficulty seeing our own patterns of behavior than someone else's
- We all benefit from giving and receiving help
- Our unique perspectives are the gift we share



- Doing our work is stopping the cycle
- Generational Impact/ Ripples
- Life in truth/ freely chosen
- Taking away the power of the unseen
- Transitional character
- Insight is the best predictor of
SUCCESS

POST TRAUMA- DELAYED REACTION

- Trauma is a predictable response to something extraordinarily stressful. It impacts all areas of life and can significantly affect functioning and quality of relationships.
- Often, symptoms show up when we are Out of danger
- Feeling too much or too little
- Guilt, shame, self-blame
- Withdrawing from others
- Feeling disconnected or numb



RELATIONSHIPS ARE THE MAGIC



"If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence and judgment. If you put the same amount of shame in a Petri dish and douse it with empathy, it can't survive," - Dr. Brene Brown.