

Additional Resources

Decolonizing Mental Health - PBS Collection

<https://www.pbs.org/show/mysteries-mental-illness/collections/decolonizing-mental-health/>



North Sound ACH - Resource Library

<https://northsoundach.communitycommons.org/>



National Council for Mental Wellbeing - The Social Justice Leadership Academy

<https://www.thenationalcouncil.org/program/the-social-justice-leadership-academy/>



National Child Traumatic Stress Network - Learning Center

<https://learn.nctsn.org/>



Decolonizing Behavioral Health:

How Intersecting Identities Factor into Trauma and Resiliency

Definitions for Major Terms

Resilience: The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

Identity: The distinguishing character or personality of an individual and our sense of who we are as individuals and as members of social groups. It also refers to our sense of how others may perceive and label us.

Intersectionality: A concept first introduced by professor Kimberlé Crenshaw; it is the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups.

Trauma: The lasting emotional response that often results from living through a distressing event. Traumatic events can be difficult to define because the same event may be more traumatic for some people than for others.

Privilege: Certain social advantages, benefits, or degrees of prestige and respect that an individual has by virtue of belonging to certain social identity groups. It is also the benefits and advantages held by a group in power that arises from the oppression of others with marginalized identities. These advantages are often difficult to identify by those with privilege because they don't experience the oppression that comes from a lack of it.

Marginalization: The act of casting aside groups that are considered "other" within society by relegating them to unimportant or powerless positions. Marginalization manifests itself in various ways, such as ignoring the needs of certain groups or by failing to provide them with the same opportunities as other groups.



Center for Human Services

Building a stronger community...one family at a time.

Colonizing: The act of taking control of (a people or area) especially as an extension of state power: to claim (someone or something) as a colony and it is also the act of taking or making use of (something) without authority or right.

Decolonizing: The act of freeing from the dominating influence of a colonizing power. It is also to identify, challenge, and revise or replace assumptions, ideas, values, and practices that reflect a colonizer's dominating influence and especially a Eurocentric dominating influence.

Adverse Childhood Experiences (ACEs): Negative or potentially traumatic events that can occur during childhood, which is defined as ages 0-17. ACEs can include abuse, neglect, violence, or household challenges.

Positive and compensatory experiences (PACEs): Positive experiences that can help people build resilience and protect against mental and physical illness. PACEs can occur before age 18 and can include supportive relationships and enriching resources.

Notes

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Additional Resources

Dr. Dan Siegel's Hand Model of the Brain

<https://www.youtube.com/watch?v=f-m2YcdMdFw>



Personal Identity and Loss Activity

<https://www.nc2s.org/wp-content/uploads/2022/02/TR-Schools-1-Tool-Personal-Identity-and-Loss-Activity.pdf>

Sometimes You're a Caterpillar Video

<https://www.youtube.com/watch?v=hRiWgx4sHGg>



Harborview Behavioral Health Institute - Race, Equity, and Social Justice Conference Videos

<https://bhinstitute.uw.edu/past-events/>