

Building COLLECTIVE RECOVERY into What You DO

UNIVERSITY OF ORANGE
urbanism department

This workbook & this Collective Recovery Curriculum is brought to you by the University of Orange Urbanism Department. This work is developed in partnership between The HUUB in Orange, NJ, University of Orange, and the Healthy Orange Coalition. This project is made possible through generous funding by the Fund for Unitarian Universalist Social Responsibility.

remember . respect . learn . connect



Building Collective Recovery into What You DO

The **goal** of our Collective Recovery workshops and materials is to provide tools for organizations, institutions, and groups to incorporate collective recovery into their existing programming.



Notes

Stay Connected

You can join any of the following meetings to share your challenges, ideas, and successes.

Healthy Orange Coalition

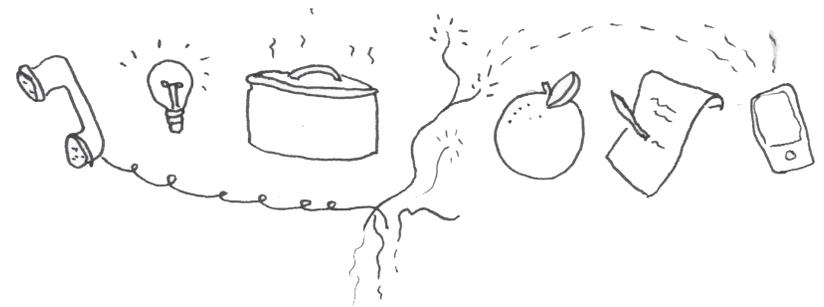
Monthly meetings, Thursdays from 4pm - 6pm
Email Rachel Bland for meeting times

The HUUB

Weekly meetings at 35 Cleveland St., Thursdays at 2pm
or attend monthly potlucks, Mondays from 6pm - 8pm
Email Charlie Wirene for more information

Rachel Bland, Healthy Orange Coalition Director
BlandRac@orange.k12.nj.us

Charlie Wirene, HUUB Managing Director
OrangeHUUB@gmail.com
Or call: (973) 674-0010



What is Collective Recovery?:

Collective Recovery is a way for communities to heal from trauma. Trauma is defined as an emotional shock following a stressful event.

We can treat trauma with individual therapy, but we know that more people are experiencing this type of deep stress than will get to see a counselor. We also know that when people are experiencing trauma their instinct can be to retreat from others and become isolated. One way people heal is by making connections to others, to nature, and to their communities. Collective Recovery provides methods for helping us heal together.

We learned about Collective Recovery from an organization called NYC RECOVERS. NYC RECOVERS started after September 11th when public health experts at Columbia University realized that the story in the media was focusing on heroes and victims but that everyone in the New York City region was in fact dealing with trauma. Drs. Mindy Fullilove and Lourdes Hernandez Rodriguez wanted to provide opportunities for everyone to heal.

- Practice deep listening, use some of the questions above, or other ones you think of.
- Have a potluck, so everyone can contribute
- Ask a funny person to be the host or emcee of your event or meeting
- Share photos. Of the past, of people having fun together, of places you love. Take time to make simple things sacred.
- Ask someone from another organization to come and share events or programs that they have coming up.

What programs do you have coming up?

What ways can you bring in the tasks of collective recovery to your event? How can you remember, respect, learn and connect?

Ideas and tips for your event:

- Take a moment to remember people that have been lost
- Remember those who have cared for us
- Do activities that create empathy with young people:
 - Draw a map of your childhood world
 - Ask *what values did you learn as a child?*
Who taught it to you?
How do you share it with others?
 - Write about what you value about young people
What would you like them to value about you?
- Have places for people to participate without speaking, like a place to draw or write or collage ideas. Use a questions or prompts to guide their input like:
 - Where is a place you cherish?
 - Who gives you strength?
 - Draw your favorite song
 - What does justice sound like?
 - What is home?
 - What are you grateful for?
 - What is beautiful to you?
 - Who do you want to be?
 - What does forgiveness feel like?



They said if every organization incorporated healing at their holiday parties then everyone would have gotten a dose of therapy. Many organizations joined with them. They told people - *Don't do something new or extra. Just think about how you can incorporate recovery into what you are already doing. We don't want to add more stress on people!*

Dr.s Fullilove and Hernandez Rodriguez identified four tasks of Collective Recovery:

REMEMBER
RESPECT
LEARN &
CONNECT:

Recovery doesn't just happen on an individual level, we can recover together by remembering, building respect for our children and one another, learning together, and connecting. In this guide we will identify ways to amplify our ongoing activities so that we can make our communities places of healing.

Examples of Collective Recovery:

In the following examples, think about the ways the event planners built in the four tasks of collective recovery: Remember, Respect, Learn, and Connect.

Luncheon of Champions: Post 9/11 Recovery with NYC Recovers

By Molly Rose Kaufman and Lourdes Hernandez Rodriguez

Through NYC RECOVERS the American Express Small Business Network connected with the Washington Heights Inwood Coalition on Aging and hosted a luncheon at a Tribeca restaurant facing financial hardship after September 11th. The event brought together senior citizens from Upper Manhattan with American Express employees. They mixed groups at the tables and did icebreakers and then worked in teams to decorate cakes with New York City themes like Broadway and the Central Park Zoo. Even though most of the seniors spoke Spanish and very little English, the groups were able to bond and have fun.

- Are there ways for people to be in motion? Dancing, walking, moving their bodies?
- Are there opportunities for people to create? To draw, build, cook, write or rhyme?
- How does your organization or group stay connected with each other? Are there ways you can encourage respect, remembrance, connection and learning through your communications? (For example, can you share upcoming events, tips for taking care of yourself, or jokes of the day)
- Are you celebrating your accomplishments? Are you celebrating with family, community, new friends or other organizations? You're working hard. It's important to feel proud.
- Are there things going on in your organization and other organizations that you want participants to learn about? What different ways might you share this information?
- Is it possible to go to a new space or take a walk together? This can help us get out of the places we retreat to when we feel afraid.

Building Collective Recovery into your calendar:

Use this guide to think about how you can bring healing and connection to your upcoming events and activities. There are a series of questions you can ask yourself, and then a list of ideas. Be creative, bring in your own ideas, and share your ideas with others!

Remember . Respect . Learn . Connect

Questions to ask yourself while planning an event:

- How can you make sure everyone feels welcome and included?
- How can you set up the physical space to allow for different types of interactions? (One on One discussions, watching a performance, space for someone to take a moment alone but still connected, etc.)
- Are there other groups you might want to be connected to that you can invite? (Youth groups, seniors, etc.) How can you extend a special invite for them to be involved?
- Are there opportunities to bring the group together through a moment of silence, a song, or a prayer?



Dr. Hernandez Rodriguez described the luncheon this way, “The energy level (and the decibels) increased as participants worked on their cakes. For some, it was as if permission had been granted to laugh and have a good time. When the task was completed, the people walked around admiring them as they headed to the buffet: pasta with various sauces, a colorful salad, plenty of refreshments. It was touching to see some of the AmEx employees serving and carrying food to frail seniors. Each cake was awarded a prize: the most colorful, the most original, best use of materials, etc.” The Luncheon of Champions used existing resources from each organization, made connections across the city, supported a small business and succeeded in uplifting morale for all.

Remembering Rosa: A Concert for Peace, Dec. 1st, 2016

By Aubrey Murdock

On December 1st in Orange, NJ, sitting in the old Central School Auditorium, I witnessed something magical. Instances of gun violence over the past year and discussions over safety were on the minds of many people in Orange. University of Orange's Music City program decided to organize an event to bring together musical talent in Orange as way to acknowledge pain and create space for healing and hope. Over the summer we picked the December 1st date to commemorate the 61st anniversary of Ms. Rosa Parks' act of civil disobedience: refusing the Jim Crow laws that required her to give up her seat for a white passenger. It was fitting that the concert would take place in the beautiful, balconied auditorium of Rosa Parks Community School.

As the concert opened, Rachel Bland, event co-host, reminded us that the story of Ms. Rosa Parks was not so simple as we learn in school. She prepared for her role in the movement by taking courses in civil disobedience. She was part of a dense, complex and organized network, launching the Montgomery Bus Boycott a mere four days after her act of civil disobedience - a successful boycott that lasted over a year.

The scope of the talent at Remembering Rosa: a Concert for Peace was impressive. Six to eight year-olds sang a song they'd written with their teacher ("don't hold me back, lift me up to the sky"), the Ebenezer Baptist Church choir hit us with a wall of joyous sound and Dr. Margaux Simmons performed a song she'd composed with her Lakotah family in mind. There was a spark of hope in seeing young performers cautiously approach the microphone for their solos, only to blow us all away. There was connection when middle school students spontaneously joined with American Sign Language as a choir sang "I Need You to Survive." There was relief when the gospel choir reminded us "the sun's gonna shine, if I hold out."

You might be practicing the tasks of Collective Recovery in your own programs and events without even knowing it! What other examples came to mind?