



national day of healing from racism

Tuesday, Jan. 17, 2023

Wayne State University | Detroit, MI





agenda

time	event
10-10:30 a.m.	Morning Guided Meditation <i>Amanda Hill, Co-Director, Manager of Operations Healing by Choice!</i>
10:30-10:40 a.m.	Welcoming Remarks <i>Dr. Marquita Chamblee, Associate Provost for Diversity and Inclusion and Chief Diversity Officer</i>
10:40 a.m.-noon	Fishbowl Discussion <i>Alex Boesch, Intercultural Training Director Office of Diversity, Equity, and Inclusion</i> <i>Dr. Stephanie Hawkes, Senior Director Office of Multicultural Student Engagement</i> Participants are invited to experience a discussion among a group of Wayne State staff and faculty as they explore the impact of racism in their lives.
noon-12:30 p.m.	Lunch Break <i>Box lunches will be served, to be eaten in the Ballroom</i>
12:30-1:30 p.m.	Self-Selected Breakout Rooms (choose 1) Hilberry A: Movement Healing <i>E. Simon Wolff (they)</i> Join politicized healer, E Simon Wolff, for a somatic practice session focused on building individual and collective capacity to notice and shift embodied values of white supremacy culture (i.e.: urgency, perfectionism, either/or thinking). These dominant cultural values, which are rooted in and perpetuate intergenerational trauma, often impede, and undermine our work toward racial justice and racial healing. Let's practice something different, together, for the sake of collective liberation. No previous experience with somatics or body-based practices required. All bodies welcome. Come as you are. To learn more about E and their practice, please visit elishesvasimonwolff.com . Hilberry B: Art Therapy Session (Maximum Capacity: 40) <i>Veronique Eason (she/her) Master's Level Student Art Therapist</i> <i>Brittany (B) Kihl (she/her/they) Youth Advocate Specialist with Avalon Healing Center and Art Therapy Graduate Student</i> Join us as we create a Unity Flag. Traditionally, flags represent individuals belonging to a specific country, community, or culture. Unity flags, however, display a group's collective agreement in committing to being the change they wish to see in the world. Unity Flags allow individuals to share what they would like to see for their family, community, and the world through the lens of dismantling and healing from racism.

This workshop will allow participants to collaboratively explore their beliefs, thoughts, experiences, and ideas about racism in a safe space. This workshop aims to use these former beliefs, thoughts, and ideas to create what we truly wish and hope to see for our communities and the world. Once these components are explored, participants will be led through an art experience where they will create an illustration of this healing. Participants can display healing, love, friendship, community, and/or other empowering images on their Unity Flag via graphics, words, colors, or symbols. **See page 5 of this booklet for more information about the session.**

Hilberry C: Coming Back to the Window of Tolerance

Schantell Taylor (she/her) | Healing by Choice!, Seeker and Keeper of Hawaiian Culture and Advocate for Culture-Based Education

In-depth breath work for the nervous system and bringing ourselves back into the window of tolerance through poly vagal massage.

1:30-1:45 p.m. Break

1:45-3:15 p.m. **Workshop: Talking to the Water**
Sherina Sharpe, Healing by Choice!

Malidoma Somé wrote, "The purpose of community is to do together what is impossible to do alone." Ritual is one of the fastest ways to bring community together to heal a complex wound. A well-crafted ritual allows us to move out of our heads (overthinking) into a heart space of feeling. In this ritual workshop, participants will experience a Digital Underground Railroad freedom ceremony. Participants will receive a candle and water. Please bring a journal and a pen. We will open with a guided meditation to look at America's history around race. The TALKING TO THE WATER Ritual will work with the element of water to explore our power in disrupting old patterns. Together, in ritual, we will break through shame and process grief in order to begin the work of reimagining our future. We will build the EMOTIONAL INFRASTRUCTURE necessary to undo historical divisions and knit ourselves into deeper community. The Digital Underground Railroad (DURxR) is led by Sherina Rodriguez Sharpe, ritualist writer and director who earned the title Medicine Woman of Racial Healing from her elders. DURxR is co-founded by Chace Morris, Kresge Fellow, poet and emcee whose visual album, "ONUS CHAIN", was named "Best protest album of the year" by OkayPlayer. Together, they created the Digital Underground Railroad, a new modality of racial healing that combines art, ritual, and justice, into a first of its kind sensory immersive experience in order to heal the "impossible problem" of racism.

3:15-3:30 p.m. Break

3:30-4:30pm **Theatre Performance & Community Dialogue**
The Freedom Players, directed by Billicia Hines | Director of the Black Theatre Program and Assistant Professor of Theatre & Dr. RAS Mikey Courtney | Assistant Professor, Theatre and Dance

Join us for an interactive performance by the Freedom Players, an ensemble within the Black Theatre and Dance Collective at Wayne State University. Participants are invited for a post-performance dialogue about the themes present in the performance.

4:30-4:45 p.m.	Break
4:45-5:45 p.m.	Buffet Dinner Table discussion topics will be provided to facilitate conversation
5:45-5:55 p.m.	Closing Remarks & 2024 Save the Date <i>Dr. Peter Hammer, Director of the Damon J. Keith Center for Civil Rights; Professor of Law; A. Alfred Taubman Endowed Chair</i>

assessment

Please take a moment to complete our assessment. Your feedback will be used to help us improve our event for next year.

<https://forms.office.com/r/WLe8yrkZY1>





art therapy session information (capacity limit: 40)

To participate fully in the session, please take a moment to think about the questions below in advance of the session:

- Think of a time when you were directly or indirectly affected by racism. Who was there to provide support?
- How have stereotypes impacted your race or how you view/perceive individuals of different races or ethnic backgrounds?
- How has race shown up in your personal life, career, care, and caregiving?

stay connected

emotional support



If you want one-on-one time to be listened to, meditation, movement, and/or be supported through what's coming up for you during today's event, a support person is available from 10:30-3:40pm in room 289 of the Student Center.

Email | healingbychoicedetroit@gmail.com

If the emotional support person is **not available in the moment**, we will contact you as soon as they can.



join the conversation on twitter!

Use [#HowWeHeal](https://twitter.com/HowWeHeal) + tag [@DetroitEquity](https://twitter.com/DetroitEquity)

land acknowledgement

Wayne State University rests on Waawiyaataanong, also referred to as Detroit, the ancestral and contemporary homeland of the Three Fires Confederacy. These sovereign lands were granted by the Ojibwe, Odawa, Potawatomi, and Wyandot nations, in 1807, through the Treaty of Detroit. Wayne State University affirms Indigenous sovereignty and honors all tribes with a connection to Detroit. With our Native neighbors, WSU can advance educational equity and promote a better future for the earth and all people.

recordings

This event **will NOT** be recorded to allow for open and honest dialogue. We ask that you please do not use any recording devices during the sessions.



WSU emotional support resources

services for students

Counseling and Psychological Services (CAPS)

5221 Gullen Mall, Room 552 Student Center Building, Detroit, Michigan 48202

Phone: (313) 577-3398 | After Hours: 313-577-9982

Counseling and Psychological Services (CAPS) provides free and confidential mental health assessment, counseling, case management, and referrals to currently registered Wayne State students, along with consultation and outreach to the Wayne State University community. CAPS also offers *telemental health* services to currently registered WSU students using the Microsoft Teams app. *To work remotely with a CAPS counselor, just download the Teams app to a computer and/or smartphone and then call (313) 577-3398.* They are available Monday through Friday from 8:30 am to 4:00 pm to provide you with an Initial Consultation.

<https://caps.wayne.edu/>

Wayne State Psychology Clinic

60 Farnsworth, Detroit, MI 48202

313-577-2840

Provides outpatient adult psychological services. Staffed by psychologists and psychology trainees.

<http://www.clas.wayne.edu/psychclinic/>

College of Education Counseling & Testing Center

College of Education Building, Room 306

313-577-1681

Provides outpatient counseling for children and adults. Staffed by master's-level counseling students.

<https://education.wayne.edu/counseling-clinic>

Campus Health Center

5285 Anthony Wayne Drive, Suite 115

Detroit, MI 48202

313-577-5041

Fax: 313-577-9581

<https://health.wayne.edu/>

services for faculty and staff

Ulliance Employee Assistance Program

Benefits-eligible employees have free, confidential access to Ulliance's Employee Assistance Program (EAP), 24 hours a day, 365 days a year, by simply calling 1-800-448-8326. To access the EAP online, go to lifeadvisoreap.com/memberlogin.aspx.

Thank you for participating in this year's National Day of Healing from Racism. We hope to see you again next year!



national day of healing from racism

Jan. 16, 2024

Wayne State University | Detroit