



# HEALING-CENTERED

## engagement



The Crater Health District recently received a grant to help the district become a healing-centered organization. As a result of the grant and the interest within the district, we want to build upon the trauma-informed work that we've established from two "Beyond ACEs" summits to incorporate healing-centered components of work that is being done in the community. "Healing-centered engagement (HCE)" is an approach or framework that fosters healing and well-being within individuals and communities. It recognizes the impact of trauma on individuals and communities and seeks to create environments that support healing. This concept is often used in social work, community development, education, and healthcare. HCE comprehensively understands community well-being and acknowledges the interconnectedness of physical, emotional, and social dimensions of health. A healing-centered approach to addressing trauma requires a different question that moves beyond "what happened to you" to "what's right with you" and views those exposed to trauma as agents in the creation of their well-being rather than victims of traumatic events.

## Trauma-Informed



## Healing-Centered

### Key aspects:

- **Safety:** Prioritize creating a physically and emotionally safe environment.
- **Trustworthiness and Transparency:** Build trust with individuals by being transparent and maintaining clear communication.
- **Peer Support:** Encourage connections and support networks among individuals who have experienced trauma.
- **Collaboration and Mutuality:** Foster collaborative relationships between staff and individuals.
- **Empowerment, Voice, and Choice:** Promote empowerment by giving individuals a sense of control over their own lives.
- **Cultural, Historical, and Gender Issues:** Recognize and address the impact of culture, history, and gender on an individual's experience of trauma.
- **Understanding the Impact of Trauma:** Staff is trained to understand the prevalence and impact of trauma on individuals' lives.
- **Resilience and Strengths-Based Approaches:** Focus on individuals' strengths and resilience rather than on deficits.
- **Trauma-Informed Policy and Practice:** Integrate trauma-informed principles into organizational policies and practices.

### Key aspects:

- **Holistic Approach:** It emphasizes a holistic view of individuals and communities, taking into account their physical, emotional, mental, and spiritual well-being.
- **Cultural Competence:** Acknowledging and respecting the diverse cultural backgrounds of individuals is crucial. Healing-centered engagement considers cultural competence as an essential element in promoting well-being.
- **Community Involvement:** Communities are viewed as partners in the development and implementation of healing strategies.
- **Strengths-Based:** Rather than focusing solely on problems and deficits, healing-centered engagement emphasizes the strengths and resilience of individuals and communities. It seeks to build on existing strengths to promote healing.
- **Empowerment:** The approach aims to empower individuals and communities to take an active role in their healing process. This empowerment may involve providing resources, skills, and support to facilitate self-determination.
- **Culturally Relevant Practices:** Healing-centered engagement recognizes that different communities may have unique healing practices and traditions. It is culturally grounded and views healing as the restoration of identity.

