Healing Centered Engagement
What To Expect

Todays ‘Good To Knows’

- Welcome & Grounding
- Introductions
- HCE Overview
- Marquis Engle’s Story Unpacked
- Breakout Groups
- Large Group share/ Debrief
- Closing
Group Mindfulness Invitation

We invite you to:

1. Lean into self-reflection and being a little vulnerable
2. Bring your full humanity not just your roles and titles aside for this meeting
3. Observe your personas (vacationer, professor, superhero, multi-tasker)
4. Be present, on camera and open to new ideas
5. Keep other participants information anonymous
6. Recognize that we all different experiences and perspectives
7. Understand that this work is a journey not a final destination, and takes place over time
Flourish Agenda

We design strategies that unlock the power of healing and engage youth of color and adults in transforming their schools and communities.
**Icebreaker**

**Who Are You?**

Instructions: In pairs, take turns asking your partner: Who are you?

Each person will have two minutes to share.

Partners should continue asking the question until the full two minutes are complete.
What is Healing Centered Engagement?

Healing centered engagement is a process that aligns institutions with a perspective, approach, and strategy that addresses harm and restores well-being. It supports systems with shifting from a culture of harm, discipline, punishment, and confinement to restoration, hope, and healing.
Healing centered engagement supports adult providers with their own healing.
Healing centered approach involves fostering well-being at three levels:

INDIVIDUAL

INTERPERSONAL

INSTITUTIONAL
Conditions for Systems Change for Healing Centered Engagement

- **Mental Models**
  - What assumptions, beliefs and values do people hold?

- **Structure**
  - What influenced the pattern?

- **Patterns**
  - What have been the trends over time?

- **Interpersonal**
  - What happened?

- **Institutional**
CARMA
Principles for a Healing Centered Approach

01 Culture
02 Agency
03 Relationships
04 Meaning
05 Aspirations
Marquis’s Housing Story
Unpacking the process
Journaling Reflection
Connecting the points

- Identify a moment when you were at your lowest or most unwell.
- Define the behaviors, values and conditions that restored your wellness.
- How might you embody these characteristics to best impact the end user?

10 minutes individually

- Share in small groups.

15 minutes collectively
Open Discussion