



RADICAL
HEALING

Conceptualizing Radical Healing Through the Voices of Teens and Their Parents

University of Minnesota Medical School
Dean's Lecture Series

Hennepin Health Radical Healing Initiative



Aquí Para Tí / Here for You



**DEPARTMENT
OF HEALTH**



Psychology of Radical Healing Collective



· SAY OUR NAMES ·

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 · TAMAR CLA
 · TANISHA A
 · TARIKAWIL
 · ALTON STE
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GEORGE

FLOYD



I CAN BREATHE NOW

MAY 25, 2020

· J. J. · N. · S. · M. · P. · E. · R. · D. · W. · S. · G. · R. · E. · T. · A. · M. · L. · A. · N. · O. · A. · L. · E. · X. · A. · N. · T. · E. · R. · H. · E. · R. · N. · A. · D. · E. · S.

Racial Awakenings



The Psychology of Radical Healing Framework



French, B.H., Lewis, J.A., Mosley, D., Adames, H.Y., Chavez-Dueñas, N.Y., Chen, G.A., & Neville, H.A. (2020).
Toward a psychological framework of radical healing in communities of color. *The Counseling Psychologist*, 48(1), 14-46.

Roots of Psychology of Radical Healing

- **Psychology of Liberation**
- **Black Psychology**
- **Ethnopolitical Psychology**
- **Intersectionality**



Ginwright, 2010; Heilborn & Guttman, 2000; Neville, 2017; Watts, 2004

Healing vs. Coping

Coping	Healing
<ul style="list-style-type: none">• Surviving	<ul style="list-style-type: none">• Thriving
<ul style="list-style-type: none">• Focus on individualism	<ul style="list-style-type: none">• Focus on collectivism
<ul style="list-style-type: none">• No Critical Consciousness development	<ul style="list-style-type: none">• Gaining Critical Consciousness about oppression
<ul style="list-style-type: none">• Individualistic focus on symptom reduction	<ul style="list-style-type: none">• Collective multisystemic resistance and new realities

Radical simply means grabbing something by the
root

“



Angela Davis

Collectivism & Social Support

- Collectivism connects personal liberation with the broader BIPOC community
- The power of connection and belonging to one's ethnic group
- In the Process of Radical Healing:
 - Allows BIPOC to create a counter-space for healing
 - Authenticity and comradery can flourish
 - Offer refuge in the context of ongoing racism
 - Sharing one's story as a way of testifying and building solidarity with others





Critical Consciousness

- Three components of critical consciousness (Watts, Diemer, & Voight, 2011)
 - critical reflection
 - political efficacy
 - critical action
- In the Process of Radical Healing:
 - It is important for an individual's actions to be authentic, reflect their truth, and align with their identities and contexts (French et al., 2020)

WATCHARA PHOMICINDA / THE PRESS-ENTERPRISE VIA GETTY IMAGES



Cultural Authenticity and Self Knowledge

- Relying on Western psychology's theories of health and wellness is incomplete and potentially oppressive for BIPOC (Guthrie, 1988)
- Returning to ancestral roots (Moodley & West, 2005)
- Self-affirmation and racial pride (e.g., Quintana et al, 2012)
- In the Process of Radical Healing:
 - Resists colonized knowledge and practices as the only way of knowing
 - Honors ancestral wisdom and cultural teachings (Parham, 2009)
 - Requires a sense of self-definition and cultural authenticity in which BIPOC are not defined by their oppressors

Radical Hope & Envisioning Possibilities

- Radical Hope:
 - Necessary Condition of Working to Improve Human Existence
 - there must be some sense that the struggle is not in vain (Ginwright, 2016)
 - fosters visions of what is possible for a more egalitarian future
 - and people of all class backgrounds must define this vision (Neville, 2017)
 - An Act of Courage
 - when you face devastation and head toward an unimaginable future with the belief that something good will emerge (Lear, 2008)
 - In the Process of Radical Healing:
 - Can use hope as fuel to imagine possibilities for the present and future of the collective (French et al., 2020)



Listening to Youth and Parents



RADICAL
HEALING

How do Latine and African Immigrant youth and parents see the role of radical healing in their communities?

Hennepin Health Radical Healing Initiative



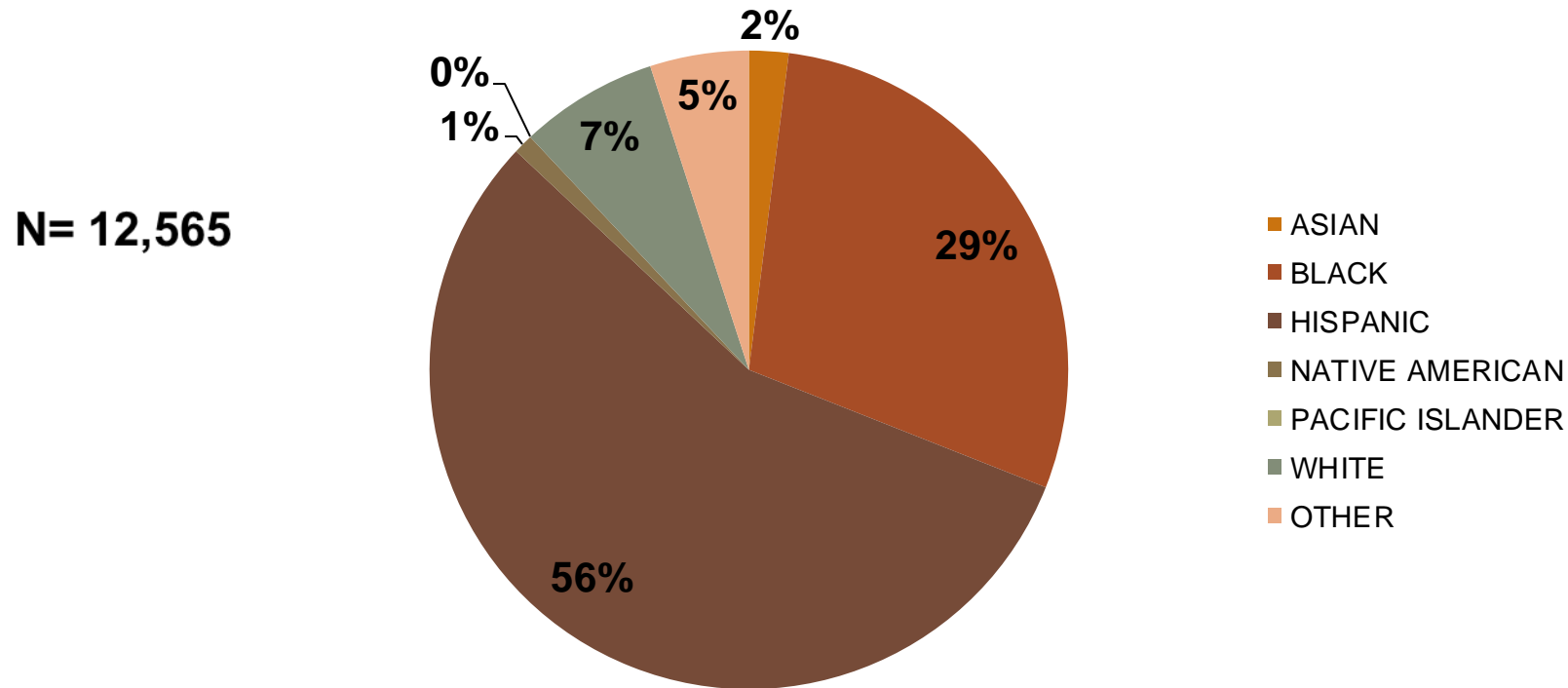
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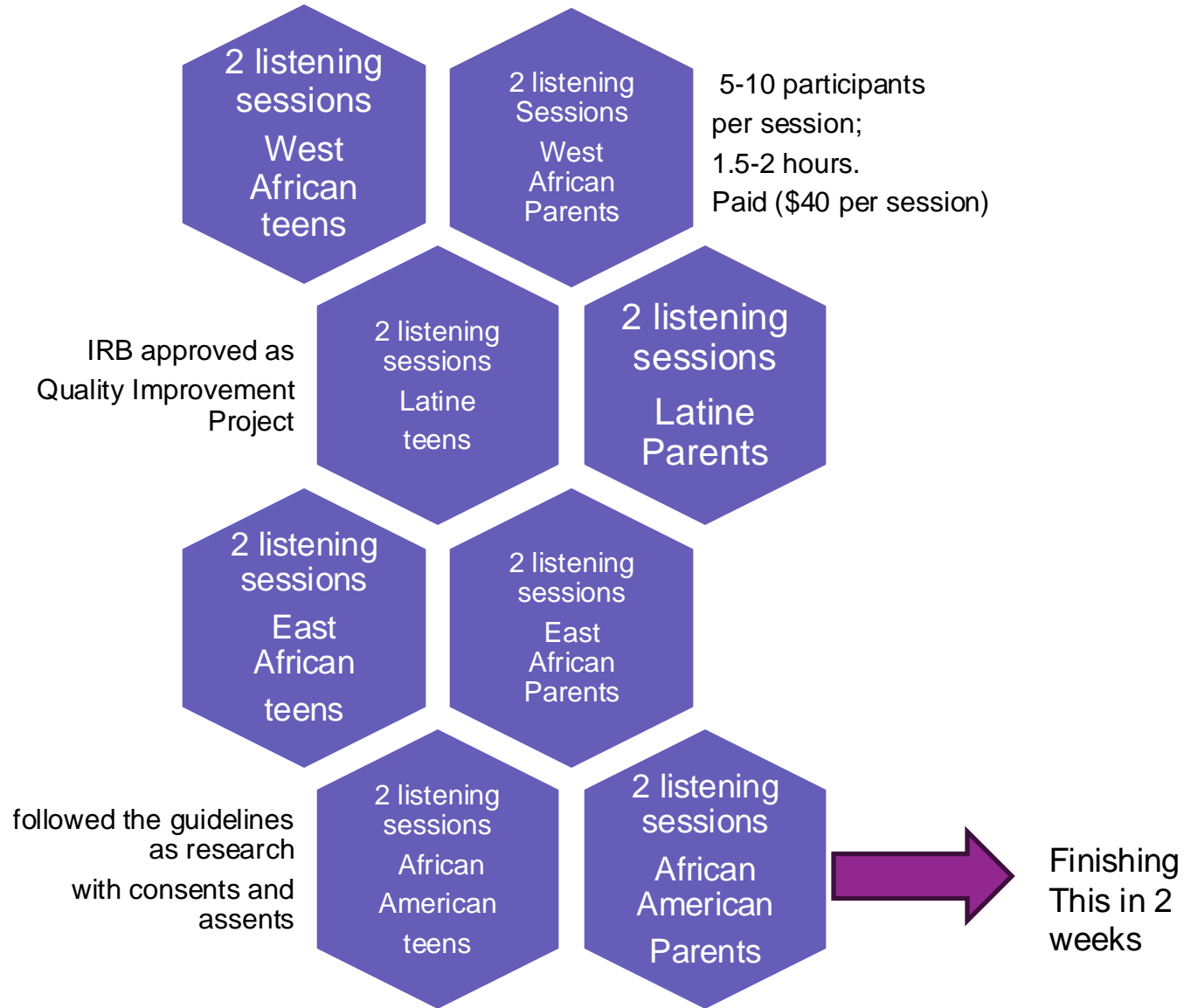
**DEPARTMENT
OF HEALTH**

Health Equity Crossroad

Number of Encounters by Race, Ambulatory Patients 11-17 years of age, 2015



Adolescent care at HCMC is at the crossroad of population health and health equity



**Think Tank
Community
organizations
(nex)
PLUS**

- **Dr Lauren McPherson**
 - Yasmin Adams
 - Dr Saida Yassin
 - Teneka Wise

Listening Sessions

Outstanding African Community Partners



Dr Richard Oni, Ph. D
Dr Ola Tolulope Monisola Ph. D., MPH



**Dr. BraVada
Garrett-Akinsanya, Ph. D.**
[Dr B]



**MINNESOTA SOMALI
COMMUNITY CENTER**

Hassanen Mohamed
Executive Director

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Six Regions of the Africa Union

1. North 7 member states

Algeria, Egypt, Libya, Mauritania, Morocco, Sahrawi Republic, Tunisia

2. West 15 member states

Benin, Burkina Faso, Cabo Verde, Côte d'Ivoire, Gambia, Ghana, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Nigeria, Senegal, Sierra Leone, Togo

3. Central 9 member states

Burundi, Cameroon, Central African Republic, Chad, Congo Republic, DR Congo, Equatorial Guinea, Gabon, São Tomé and Príncipe

4. East 14 member states

Comoros, Djibouti, Eritrea, Ethiopia, Kenya, Madagascar, Mauritius, Rwanda, Seychelles, Somalia, South Sudan, Sudan, Tanzania, Uganda

5. South 10 member states

Angola, Botswana, Eswatini, Lesotho, Malawi, Mozambique, Namibia, South Africa, Zambia, Zimbabwe

Population data: <https://www.worldometers.info/world-population/population-by-africa-subregion/>



6. Diaspora

Consisting of people of African origin living outside the continent, irrespective of their citizenship and nationality and who are willing to contribute to the development of the continent and the building of the African Union

MN FUN FACTS

- **West African immigrants** are a growing population in Minnesota, with the largest numbers coming from **Liberia** and **Nigeria**.
- Minnesota has about **32,500 West African immigrants**, and the total number of African immigrants in the state is estimated to be over 150,000.
- The number of African immigrants in Minnesota has increased **rapidly over the past two decades**.
- About **25% of African immigrants in Minnesota** come from **West African nations**, while **60% come from East African nations**

Table 2. Place of Birth for the Foreign Born Population, 2021	Minnesota		Change from 2010-2021	
	Number	Percent	Number	Percent
Total, Foreign-born Population	479,231	8.5%	+112,280	+30.6%
Europe	45,121	9.4%	+117	+0.3%
Asia	177,107	37.0%	+41,060	+30.2%
Africa:	133,255	27.8%	+63,053	+89.8%
<i>Africa: - Eastern Africa</i>	85,446	64.1%	+42,160	+97.4%
<i>Africa: - Middle Africa</i>	4,570	3.4%	+3,184	+229.7%
<i>Africa: - Northern Africa</i>	6,486	4.9%	+1,568	+31.9%
<i>Africa: - Southern Africa</i>	1,536	1.2%	+599	+63.9%
<i>Africa: - Western Africa</i>	32,477	24.4%	+15,436	+90.6%
Oceania	1,885	0.4%	+285	+17.8%
Latin America	110,104	90.4%	+8,616	+8.5%
Northern America	11,759	9.6%	-851	-6.7%

Source: 2017-2021 American Community Survey

Outstanding Latine Community Partners



Ursula Reynoso
Program Manager



RESEARCH. COMMUNITY. IMPACT.

Hispanic Advocacy and Community Empowerment Through Research

Patricia Mudoy
Research Associate

**RAICES
LATINAS**

Karina Kelton Marin

MN FUN FACTS

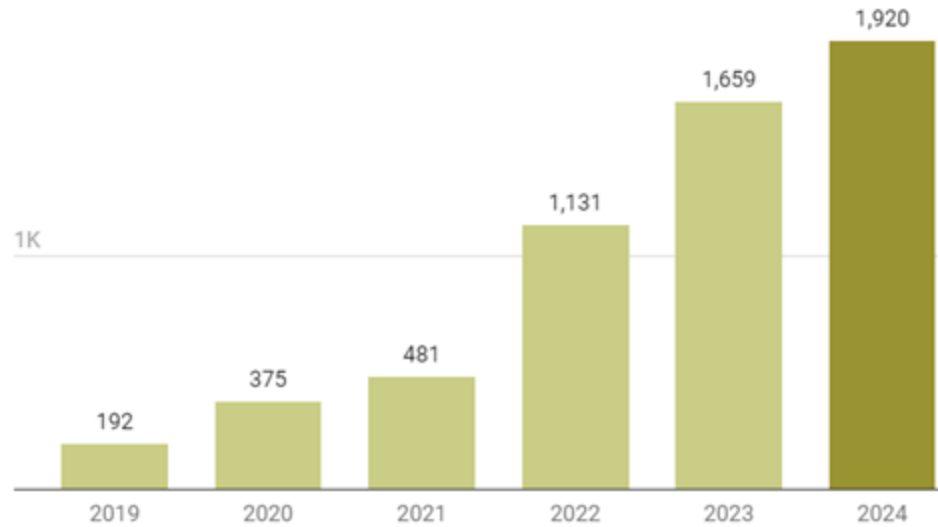
- As of 2020, there were over 345,000 people of Latino descent in Minnesota, making up 6.1% of the state's population. This is up from 3% in 2000 and 0.9% in 1980.
- FAST grow: The Latino population has grown 38% since 2010, which is much larger than the state's overall growth of 8%. This growth accounts for more than 26% of Minnesota's population growth since 2000. The Latino population is expected to reach half a million by 2035.
- Latinos in Minnesota include people of Mexican, Central American, South American, and Caribbean origin.

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Latin America	110,104	23.0%	+8,616	+8.5%
<i>Central America</i>	<i>78,334</i>	<i>71.1%</i>	<i>-1,424</i>	<i>-1.8%</i>
<i>Central America: Mexico</i>	<i>57,982</i>	<i>74.0%</i>	<i>-7,691</i>	<i>-11.7%</i>
<i>South America</i>	<i>24,843</i>	<i>22.6%</i>	<i>+7,531</i>	<i>+43.5%</i>
Northern America	11,759	9.6%	-851	-6.7%

Source: 2017-2021 American Community Survey

Pending Ecuadorian asylum cases have increased tenfold since 2019

The number of asylum cases in Minnesota's immigration court originating from Ecuador has surged in the last five years.



Data show the number of pending Ecuadorian asylum cases at the end of each fiscal year (Oct.

CHANGING MINNESOTA

Ecuadorians fleeing violence and economic distress seek a new start in Minnesota

The number of people from the South American country seeking asylum here has surged in recent years. Finding work and a place to live is difficult.



by Hibah Ansari

March 18, 2024





DISCLAIMER

COVID highlighted the challenges : Racism and Xenophobia in Medical Care

-
- I think for me the biggest thing will be in terms of medical treatment, what would be safe for me is **a lot of times like I have personally experienced where like have you go to a place and people they just like they don't take you seriously, they don't take your symptoms or you, you know, they kind of like, they dismiss you.** So a way of being safe will be **when doctors, people who work in the medical and like in health care will start treating everybody equally with no like implicit bias, not like some people, they don't even think about it. They do things. They dismiss you with some some something that is, it's in their subconscious.** Maybe the way they were brought up to see you or to, you know, treat you or whatever. So I hope that we get to a point where, like people will be taught how to like remove all of that. Like, no, their own biases. And so they can at least be aware of them and use that, you know, to treat everybody equally. **So that's that's I think that's one of the biggest thing I think about when when I think of safety in this country like just be treated equally fairly without anybody looking at the color of my skin – East African Parent**
 - **I feel like people in our community who maybe were scared to receive umm, help within a like hospitals. ...people are scared to get help just because they're immigration status. And stuff like that. So I feel like It was. It was big” – East African Youth**

COVID highlighted the challenges : Racism and Xenophobia in Medical Care II

-
- “Have you ever gone back to consider why people are not using services when they are affordable, accessible and also available?. **We need to look at other factors that is mitigating against people using [them]. We need to look more for community-defined evidences that are being used in the community.**” (West African Parent)
 - “It is fundamental that cultural-sensitive approaches are introduced in the areas where they are needed. Don't just get some money and then think, OK, but just because we have money, we are now capable of designing a program that will help heal people in a particular community. **We need to have more people from the community being part of all this assessment. Being part of all these designs and. Contributing what they know, we have assets in our community.**” (West African Parent)

Impact of COVID: Mental Health

- But the parent not being able to go out to work the hours they need to work. There were so many relief programs them to pay rent to help, you know, feed the family but. Some homes, some relationships actually stood the test of time because both parents had to go out in the morning. Go to work, meet with friends, talk with friends. And then they come back and they're too tired to even fight or have any disagreement, and they go to bed. **But being at home from morning till night, seven days of the week actually put a lot more pressure on a lot of relationships. And who were the people most impacted? They are our kids.” - West African Parent**
- I feel like relationship wise it lowkey kind of affected me because I'm not really a very social person. **I think I'm social, but when I'm away from people like it feels like a chore to like to grab my phone and text people** like I I won't do it, like **I need to be able to see you face to face**, to talk to you have a conversation go like that, but **trying to pick up your phone and you know, text people. It is a chore at this point.” - East African youth**

Impact of COVID: Mental Health II

- "My daughters did school online, I mean it was a drastic change, for all of us not seeing this my daughters not seeing their friends at school socializing outside the home. **Really, were they entering, or rather did they enter into depression, but I couldn't go to a psychologist in person**, it also had to be done on a video call, and I mean it didn't help much either. Well, at least they had someone to talk to other than the mother but someone else outside the home." - **Latine Adult**
- "Something like so skills, social skills. And because **I stayed inside for so long and I became super anxious as well because everybody was getting sick, everybody was dying, right. It was bad.** Everybody had masks on. It was scary. It was a scary experience, so I was being more cautious of what I was around, how they carried themselves, because if people aren't being cleaned right, you know, I was like a little being. **I don't want to get infected. I didn't wanna pass it on to my baby brother** like I don't have want him to get saved." - **Latine Youth.**

Impact of COVID: economic awareness

“Can I speak this one? Well, it affected us as a family financially because we were not prepared for an emergency like this where everyone, well, to some extent, lost their jobs and **we did not have that emergency fund, that is, for these types of emergencies**” - Latine Adult

Racial Uprisings: Catalysis for Youth Critical Consciousness

- “like during this time **though there was like a lot of racial injustice going on, it was still it was very cool how like we all came together to do all these protests to be able to fight, to fight and represent our struggles towards the world with all these protests that happened, which I thought was just very and very powerful movement too.**” – East African Youth
- “I feel like as someone who grew up in like another country, umm, coming to like America was kind of like an eye opener and then **George Floyd's like murder**, really like compacted on it. **Because like before, like, it wasn't really noticeable. But after, like, George Floyd kind of like like was murdered like it. It just became like an eye opener and like you could look around and like, see the racism and as someone who also goes to a school with like, majority of white people, you definitely see that like you like**, (name) told me, (name) said. You have to work harder than other people like in school like I have to like, work really hard than like my white peers. Because they they're just like cruising through, and the teacher is like, give them a good grade. **But I was like a student of color. Like you have to work like a lot harder than them. So that's definitely hard.**” – East African Youth

Racial Uprisings: Catalysis for Youth Critical Consciousness

- **“Having more programs or foundations about awareness of mental health and racism helps us like, see it change in society and also having some opportunity for like resources or scholarships or anything for first generation like kids and then and for their ethnicity.** Yeah. Yeah, like that would (help). I've seen like a lot of programs to help Latin, like everybody around, like Minneapolis specially. Yeah, like, but then, like all the riots and like George Ford and stuff like that. Like that really helps us.” - Latine Youth
- **“The protest and send everything on it made people more comfortable to speak their true reasons and what they wanted to change.** Uh, I'm pretty sure there was a couple of, like, immigration protests as well. That what we're encouraged by the George Floyd protests and. **I saw a change, I guess, like they were the police officer was taken accountable for”** - Latine Youth

Impact of Racial Uprisings Latine ADULTS: Increased gap of Critical Consciousness in some

-
- “After George's death, everything was an injustice, everyone knows it, it was a super injustice, but it changed the mentality of young people, as they say, some are afraid, **others No, others do not respect them, and the police then unfortunately did not cause them fear**. There are many teenagers who previously respected their elders. Not now.” -**Latine Adult**
 - “**Our bad behavior and our bad record also makes us see that they acted in a way that is seen as racism, right, but we have to tell our children that not all police officers are bad, and that they have to behave accordingly, well**, when they make a mistake or do something, right? If they discipline themselves in that way, they should be quiet and not confront the police, because sometimes we make many mistakes that we want to equalize ourselves with them, or we want to escape from justice, or from what we did and yes, really.” - **Latine Adult**

The Latine adults talked about negative beliefs they had about Black people and racism they experienced from Black folks. They also discussed police/community relations.

COVID + RACIAL UPRISING=

Collectivism: The Importance of Family, Peers, and Community

- *And I believe that it is not only the Latin culture, this, **but when our family is well, we are well, we have always put forward the love and care of our children and of our people that we love and that after the pandemic***
 - **Latine parent**
- *Seems like you can tell your friend something that you don't tell your parents. Yeah. Or you can just show some something. Umm, **just having like another trusted soul,***
 - **Latine youth**
- ***The other thing that has been giving me like giving me strength is community.** Just coming from a community where, like I have people, family, friends, people that I can talk to, people that I can ask for help when I need help. Umm my, the example **family members who can step in anytime and you know, lend out, you know, hand and and I do the same for people too. I do the same for my friends and I do the same for my family,***
 - **East African parent**



COVID + RACIAL UPRISING=

Collectivism

AND FAMILISM:

- **“I believe that we gain strength through our children.** Seeing our children, they are our main driving force.” - **Latine Adult**
- **“Yeah.I would say my mom is my motivation,** but I don't wanna take what she did for me for granted and I know she has been through worse situations. So its ok, I can fight this you know” - **Latine Youth**

COVID + RACIAL UPRISING=

Ethnic, Racial, and Cultural Pride

- **All the good things about being black, we are intellectually, you know. we are brilliant. We are creative, we have community, we have, we have solidarity and also, we have global influence.** When we talk about global influence, Africans are everywhere. It's not because we leave our country [that] we don't have what it takes to do good there.” - **West African Parent**
- “Umm.**So the one that I kind of went with was the showing ethnic pride.** My family always like puts on ethnic attire, and we always encourage like other people in our ethnic group to do so as well because **they kind of like shows our culture. And it like shows our pride as a group.**”
– **East African Youth**
- "**Just being yourself brighter**, you can be yourself and not have to worry about the label or stereotype or like that you have to like worry about looking one way or another and just a judgment-free zone” - **Latine Youth**

COVID + RACIAL UPRISING=

Ethnic, Racial, and Cultural Pride

-
- **“Moving here as a as a youth person and you just kind of feel ... maybe it's a little bit easier to blend right in. ...I just remember being lost, you know, and I just remember like, like I didn't fit in. But as they grow up, so then you go on to try to blend in and then along the way, you forget kind of who you are, right? Like you, you are like in between now.** Like you've tried so hard to go into the other group and now like you kind of feel like you don't fit in yours or like you haven't been trying hard enough to learn about your own culture and like to be a part of your own culture and community. So that's kind of how I felt. But then as an adult, I realized yes. like being an American and learning the American culture kind of will come naturally because you'll go to school. You will work. You will socialize with people that are, you know, that are Americans but your own culture was slipped away. If you don't, if you don't like you, if you're not intentional about, for example, like you know for us, like we go to the mosque. **Like I go to mosque where it's is the automated speaker and that that really helped with connecting back to my culture** and just learning and even like I started to let go of my language a little bit because I was so focused on learning English and that could cause more damage than helping. **So I would just say like, you know, being true to who you are and just learning, speaking to your culture, sticking to your community like they will get you through the hard times.”** – East African Parent

COVID + RACIAL UPRISING:

Ethnic/ Racial and Cultural Pride + Communal Celebrations/Mindfulness

- **“The music, the dances. In a family party.** For example, we I'm proud to represent my culture by dancing Azteca I'm proud of doing that because when I was little I wanted to originally do just like Azteca **but when I got into my team, I started to realize how beautiful our culture was. Feeling like the dresses, like the different kinds of customs that from each from each region of Mexico.** There's Jalisco, there is Puebla.(inaudible) And like in like all the regions from Mexico and it's, **I just feel like it's really beautiful to be able to, like, have a chance to represent my culture.**” - Latine Youth

COVID + RACIAL UPRISING:

Spirituality

- “And this is something that we've had, like you said, we've been doing it without really, not even putting a name to it. And now looking at it the way that it's broken down, **it really makes sense because that's how my religion, that's how my religion teaches me to live with people. And that's actually one of the things that really helps us a lot. Believing in something better!** It's done. Tells you cannot be hopeless like you always have to believe that something better. **So I am just and that's what I'm I'm really grateful. Just knowing that the things that I've known that I've done are things that actually psychologists came and said and somewhere and came up with a framework that actually matches that. So it's impressive to see that.”**
– East African Parent
- “After the pandemic, **I searched a lot. I am Catholic. So I was looking for something spiritual.** And yes, as this colleague says, we have to continue for the children, but it was also me personally. I grew closer to God and sought more. **I did some introspection. That helped me, as well as to see who I am and to regain strength to continue life.** And we can because we are here and many things arise due to the pandemic, not how we live. **Sometimes we always live fast. We can not see. We are not grateful for everything we have. Then spiritual strength will be drawn.”** – Latine Parent

Radical Healing Broadly

- " In Nigeria or Africa, African country, we use nature to kill nature. That means we take those herbs."
- **West African Parent**
- "I feel that like radical healing **is kind of a powerful movement, like it's really empowering the Society of people who never really had a voice and just had to live with the like live with their society and societal norms at the same time. So I feel like radical healing is really just like working it's magic** - **East African Youth**
- "The presentation on racism like really helps bring awareness to the society" - **Latine Youth**
- " We don't have a lot of research-based frameworks from people of color. A lot modality that we use and not use from ads so makes sense why they don't work for us. So having already that speak to us, that will always be A+. **So I'll see this incorporating this it in cultural healing well in a way of healing will be beneficial because as you said, we already have it in us, we just have to remind ourselves and then add that into the other modality. So that way they can work together.**" - **East African Parent**

And what I heard (so far)

- Give me the language that affirms my experiences as a community experiences; I am not alone in this. “Let me feel radical healing working its magic.”
- Don’t talk about racism; treat me equally to others. Honor my values and preferences; SEE ME.
- It is about race/ethnicity, and it is about religion.

More than work in Progress: our Healthcare System

- Structural Medicine; Foster reflexivity; help create critical Consciousness.
- ▣ We have work to do deconstructing the hierarchical care of Medicine. It's stubborn!
 - ▣ Increase its Critical Conciousness

Five States of Socio-political Development (or “the Liberating truth”)

“Below the Surface-
Talking with Teens about Race, Ethnicity
and Identity” Rivas-Drake; Umana-Taylor

- **Acritical Stage:** lack of awareness of uneven resources or power between groups. Differences that are recognized are believed to be justified or deserved due to some characteristics of the group with fewer resources.
- **Adaptive Stage:** differences and injustices are recognized, but the system that leads to the differences is believed impossible to change.
- **Pre-Critical Stage:** Critical awareness of inequality and differences in resources across groups begins to emerge. Individuals start to question whether adapting to the status quo is the way forward.
- **Critical Stage:** Individuals want to learn more about injustices, inequality, oppression, and liberation. In this stage, some individuals will come to the conclusion that the inequality is not fair and that some type of social change is necessary.
- **Liberation Stage (*Anti Racist*):** Individuals are clear about oppression and social injustices. They actively work to change the status quo by engaging social action and participating in activities to rectify injustices.

"The Election is Over, Now What?: Youth Civic Engagement and Critical
Consciousness,"
JAH Commentary- Brown, Shramko, Miller, Svetaz"



Thank You

Questions and Discussion