C.H.A.T. DIALOGUE
HIGHLIGHTING VIOLENCE & HEALTH DISPARITIES
ACKNOWLEDGEMENTS

Terrence White
Executive Director
Community Action of Greater Indianapolis, CAGI

Primarily, Community Action of Greater Indianapolis’ We CANN - C.H.A.T. Program wishes to thank the many artists and facilitators in Indianapolis who have organized to bring one voice around the epidemic of violence and health disparities that exist within our community. You have shown us that healing is possible when neighbors connect CULTURE, HEART, ART AND TALK in a way that addresses systems of oppression and stabilizes trauma. Many of you were involved in the groundwork for writing this new model for community engagement. Thank you for sharing your valuable gifts, skills and talents with us. We also are grateful for the support that the Civic Reflection Dialogue, Meridian K. Consulting, Stacia Murphy for your most important work and insight on helping us to build informed community facilitators, artists and community members.

We are grateful to the many people who helped to make this work possible.

Menelik (Diop), Adisa Community Facilitator and Creative
Ryan Bennett, Community Facilitator and Creative
Patience Calvert, Community Facilitator
Armica Gaspar, Community Facilitator
David Gaspar, Community Facilitator
Gary Gee, Community Facilitator and Creative
Dyla Harris, Community Facilitator
David Holman, Community Engagement and Development
Katie Karstensen, Program Coordinator Institute for Leadership and Service
Stacia Murphy, C.H.A.T. Data Analyzer, Community Facilitator and Creative
Johnny Nichols, Community Facilitator
Omar Rashan, Community Facilitator and Creative
Tiffany Robinson, Community Facilitator
Vitian Robinson, Community Facilitator
Richard Samuels, Community Facilitator and Creative
Imani Sankofa, Community Facilitator
Karen Simms, Subject Matter Expert (Trauma Informed Care)
Monique Thomas, Community Facilitator
Darlene Watts, Community Facilitator
Katherine Whitley, Community Facilitator
Januarie York, Community Facilitator
Deatra Young, Community Facilitator
CHANGING THE WORLD WITH A C.H.A.T.

In a world where violence runs rampant and trauma remains a societal backbone, Indianapolis’ artists and activists look to inspire change and encourage solutions to the many violent social injustices that plague our communities. The Community Action of Greater Indianapolis (CAGI) and the Community Action Neighborhood Network of CAGI (WE-CANN) has join together to form C.H.A.T. (Culture, Heart, Art & Talk) to spark change in individuals with hopes of creating a domino effect of awareness and well-being within our neighborhoods, our city, our world.

This is a healing centered approach to community building that includes culture, spirituality, civic action and collective healing. C.H.A.T.’s artists, trauma-informed facilitators and participants will work together to create inspirational expressions of art with the intention to engage and transform the community.

Utilizing the Civic Reflection Dialogue technique, C.H.A.T. will allow recognition of shared experiences and encourage solutions of the multitude of social injustices, acts of violence and health disparities that impact Hoosiers and beyond.

To have a greater impact for those we serve, CAGI has broadened its reach to include place-based initiatives that engage residents through a trauma informed and asset-based lens with the aim of supporting people that have a lot of trauma to be more resilient.

Inspiring CAGI’s community-empowering wcrk is an article by Dr. Shawn Ginwright titled The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement. Within his piece, Dr. Ginwright stresses the importance enhancing a person’s well-being after a traumatic experience rather than symptom-based diagnosis and subsequent perceived ineffective treatment.

“A healing centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively,” Dr. Ginwright writes.

Ginwright, and by extension CAGI’s C.H.A.T., centers this philosophy around a person’s potential for a positive outlook. “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 own well-being rather than victims of traumatic events,” writes Dr. Ginwright. Our hope is to engage our community to be agents of wellness.

Val M. Tate, CLC

Community Engagement and Learning Development Director
WE CANN Movement Visionary
Community Action of Greater Indianapolis
The C.H.A.T. sessions will start in the 2nd quarter of 2020. Ten Indianapolis communities will be invited to host dialogue sessions on Violence and Health disparities utilizing visual and spoken word as a focus toward individual and community healing. Those invited will complete six (6) in depth sessions with an artist and facilitator. Once C.H.A.T. sessions have been completed, groups will have an opportunity to create individual or team art pieces of their choosing with the assistance of an art coach.
Trauma can be broken down in three areas of life:

- **Events** - Exposure to violence; victimization, including sexual, physical abuse, severe neglect, loss, domestic violence, witnessing of violence, disasters
- **Experience(s)** - Intense fear of/ threat to physical or psychological safety and integrity; helplessness; intense emotional pain and distress
- **Effect(s)** - Stress that overwhelms capacity to cope and manifests in physical, psychological, and neuro-physiological responses

When these ordinary systems are overwhelmed, trauma can affect the wellness of your thoughts, feelings, behavior, faith, parenting, relationship skills, health/body and future.

Your brain is very resilient and can heal from trauma over time when it is engaged in the following strategies:

- Helping reestablish feelings of safety – through safe supportive relationships and being heard
- Increasing one’s ability to understand one’s own feelings and emotions
- An intentional focus on trauma healing from trauma and growth
- Healing designed for the brain and body
- Working on the conscious and the unconscious
- Empowerment-based and growth enhancing healing
- Skill building

**Culture, Heart, Art and Talk (C.H.A.T.)** is a community engagement model that engages community to have conversations centered around violence and health disparities. These conversations are led by local artists and trauma informed facilitators that engage community in some of the above healing strategies.

Art has been found to help people on the conscious and the unconscious level in self-expression while releasing dopamine “happy hormones” that send pleasure signals to the brain

What makes C.H.A.T.’s so exciting is it supports dialogue whereby people can tell their story and be heard which is powerful and healing. It also helps with emotional regulation. As people tell their story and are heard, it can lead to a better understanding of their trauma and their feelings. Finally telling one’s story to a meaningful, trustworthy, compassionate person can be life changing and life altering- it is essential for healing.
“When systems don’t work for a group of people, a community experiences almost insurmountable adversity.”
James Baldwin once said, "If I love you, I have to make you conscious of the things you don’t see." Stacia is a community advocate and Baldwin’s timeless wisdom is a steady compass for her work.

A graduate of Purdue University with a BA in Psychology, a MA in Sociology (IUPUI) and PhD candidate in American Studies (IUPUI), her education is the foundation for amplifying community needs too often unheard and unseen. Stacia built her experience in project and client management and communications, in business and nonprofits for over a decade. A musician, she often volunteers with arts organizations to bring her extensive network of community relationships and creativity to the table. Her energetic, inquisitive son is a driving force of her advocacy.

HEALTH DISPARITIES, SOCIAL INEQUITIES, AND STRUCTURAL VIOLENCE

It is widely accepted that physical violence negatively impacts health, and therefore, traditional ways of addressing benefit from the types of analytic methods employed by the public health sector, particularly its emphasis on prevention and risk assessment. More recently, this link has been extended to include other social phenomena. Labeled the social determinants of health, inequities such as poverty, food insecurity, lack of educational opportunities, increased crime rates and exposure to violence, lack of adequate transportation, and poor neighborhood conditions work to negatively impact health.

Research has recognized the tremendous burden these inequities place on individuals and communities that increases their likelihood of suffering from major illnesses and diseases.

In a 2008 report, The World Health Organization recognized six aspects of society connected to health disparities that exist within the purview of the government and economy: finance, education, housing, employment, transport, and health. These aspects point to the multiple systems colliding with social and health inequalities. Inequitable systems inflict harm on specific communities in particular in the U.S. Aptly labeled structural violence, this harm affects black, brown and poor communities the most and African Americans especially. In each of these six broad areas, racial disparities are alarming: higher poverty rates and wealth gaps; lack of access to quality education and lower graduation rates; lack of quality affordable housing and higher percentages of renters with little to no legal protections; higher unemployment and under employment; lack of access to public transit and distance from employment centers; lack of health insurance, lower birth weights and lack of maternal care, higher stress and cortisol levels, increases in heart disease, and others. **Structural violence is quite frankly killing our communities. Simply put, oppression is bad for health.**
INDIANAPOLIS
Population demographics

NUMBER OF BLACK HOMICIDE VICTIMS AND RATES BY STATE IN 2016, RANKED BY RATE

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Number of Homicides</th>
<th>Homicide Rate per 100,000</th>
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<tbody>
<tr>
<td>1.</td>
<td>Missouri</td>
<td>333</td>
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<tr>
<td>2.</td>
<td>Wisconsin</td>
<td>144</td>
<td>37.57</td>
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<tr>
<td>3.</td>
<td>West Virginia</td>
<td>24</td>
<td>36.86</td>
</tr>
<tr>
<td>4.</td>
<td>Illinois</td>
<td>665</td>
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<tr>
<td>5.</td>
<td>Indiana</td>
<td>205</td>
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INDIANAPOLIS
Homelessness
ART IS FOR THE HEALING

OMAR RASHAN is a free-spirited, Maestro of Manifestation who believes Art to be an expressive language. He first discovered this revelation on his collegiate journey as a Visual Communication major, during which multiple visions were facilitated in live action. The ability to detect positive energy and unrealized potential founded Cmar as a prolific vessel, through which others can construct their dreams.

The freedom to express oneself artistically can be a therapeutic lifeline as evidenced by personal interactions as a dedicated, community advocate.

Omar’s authenticity and passion keeps him grounded, as he aims to salvage the creative spirits of Urban youth who face Trauma.

His range of work include traditional methods, mural work as well as graphic and product design utilizing imagination and cutting-edge digital graphic platforms. The abstract compositions that he so expertly produces in rich palettes of paint, ink, aerosol and mixed media create enigmatic statements which often incorporate symbols, highly rendered upon canvas or wood panel.

These works are an exploration of textural abstraction, graphically striking images, linework and detailed emphasis which reveal to the onlooker layer upon layer of fresh color, form and depth resulting in a strong physical presence which the artist hopes offers the feeling of optimism, connection and an invaluable form of human expression. Rashan's figurative creations capture subjects in crisp representational or realist styles, evoking vulnerability and luminous, sincere clarity of immediate perception.

In addition to creating fine art the enterprising thirty-eight year old artpreneur is a thriving illustrator who brings ideas to life for clients by creating finished drawings or paintings of a storyline or product. These combined efforts have brought his creations farther into the arts mainstream through participation in a number of juried exhibitions. His work has received noted awards and the prolific artist has pieces held in private collections. The diverse experience in the array of fields that Rashan brings into play enrich his abilities as a visual artist and contribute to a unique approach in all areas of his work capturing his own sense of manifesting a brighter future, using his growing skill-set as a window into a greater world.

“Art is my savior. It allows me to manifest my thoughts. It allows me to heal.”-Omar Rashan

Omar R. Jones, Community Arts Builder

WE CANN - CHAT 2019
Community Action of Greater Indianapolis, CAGI

Because of Rashan’s passion for art healing centered approaches to engaging the community and love for people, we are thankful to have him as the 2019-2020 C.H.A.T Community Arts Builder and curator of this year’s artworks.
MANON VOICE
THE LANGUAGE

SPoken WORD

TONY RADFORD
INNER CITY BLUES “LICENSE TO KILL”

ARTIST

JANUARIE YORK
HAICHOO: THE COST OF HEALING
HAICHOO: THE COST OF HEALING II

SPOKEN WORD

GARY GEE
AMERICA IN DISTRESS
U CAN FRED

ARTIST
RAE PARKER
PRAY FOR PEACE

DIOP ADISA
STILL SHININ' DOCUMENTARY

ERIC SAUNDERS
TEDDY BEARS

RICHARD SAMUELS
REMEMBER THE RED ELEPHANTS
<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tr>
<td>Mijiza Holiday</td>
<td>Spoken Word</td>
<td>Parents Therapy Blue Bondage</td>
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<tr>
<td>Lance Parker</td>
<td>Artist</td>
<td>Key of Thought</td>
</tr>
<tr>
<td>Synergy</td>
<td>Spoken Word</td>
<td>Sir Noble Jabu Unequa Ganodu</td>
</tr>
<tr>
<td>Michael Jordan “ALKEMI”</td>
<td>Artist</td>
<td>Charred Coal &amp; Iron, Burning #1, #2</td>
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Ryan L. Bennett
TRUTH: THE ONE-MAN SHOW
SPoken Word

E. Joyce Moore
NEW AGE LYNCHING
ARTIST

Ace Williams
YOUNG LIVES MATTER
MUSIC ARTIST

Rebecca Robinson
PROTEST
ARTIST
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A VERY SPECIAL THANK YOU TO...

COMMUNITY ACTION OF GREATER INDIANAPOLIS
WE CANN
MERIDIAN K CONSULTING
STACIA MURPHY
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KI NUMEDIA
COMMUNITY RESOURCE TEAM
FORMULA8o8
D JiSM

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VTATE@CAGI-IN.ORG OR GO TO WWW.CAGI-IN.ORG