

2019-2020

WE CANN C.H.A.T. **CULTURE. HEART. ART. & TALK.**



ARTWORK BY ALKEMI

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

COMMUNITY ACTION OF GREATER INDIANAPOLIS
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INDIANAPOLIS, IN 46208

 **CAGI**  **CAGI**
www.cagi-in.org

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 Whitlow, **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 work 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.

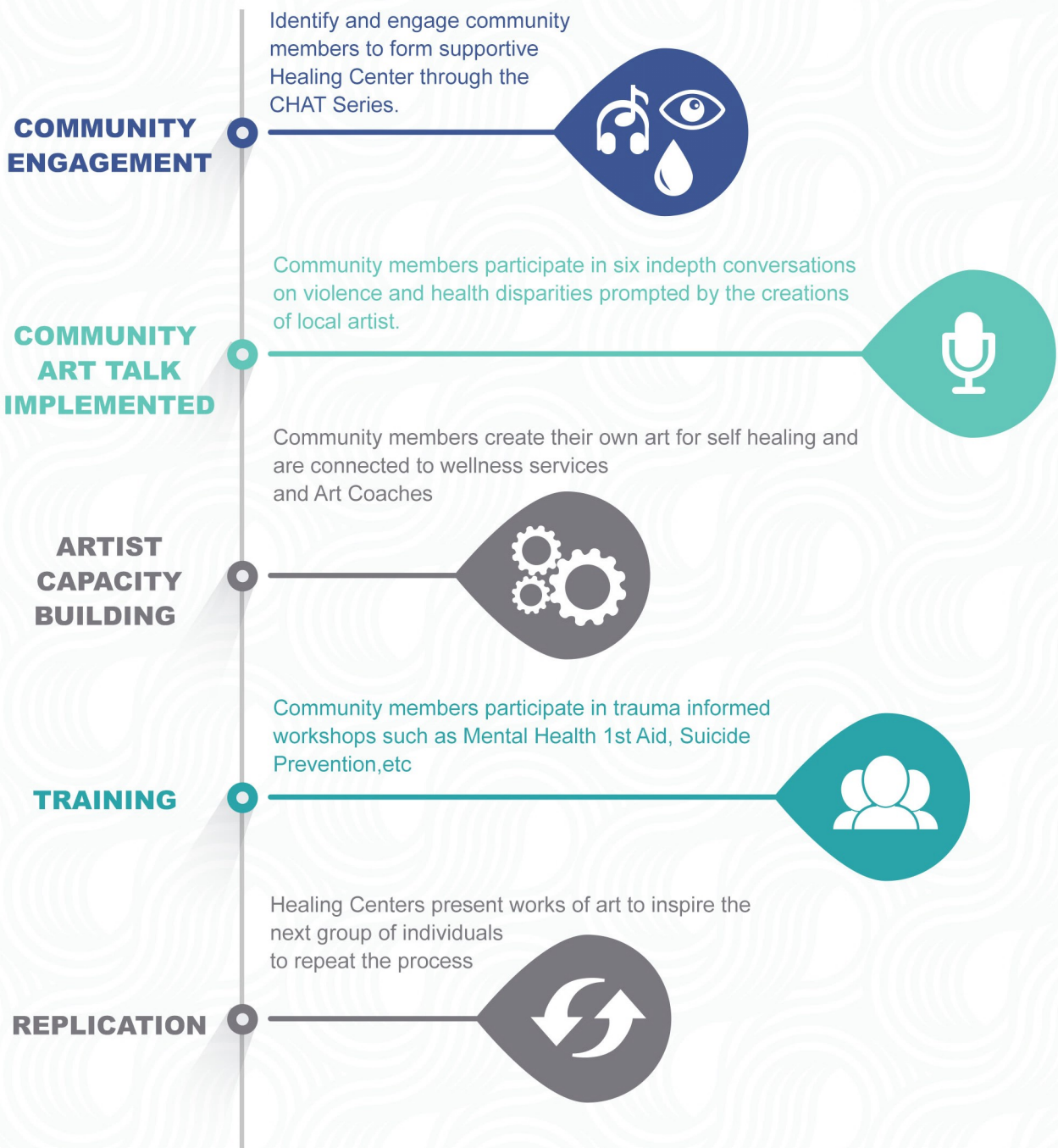
"A healing centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively," Dr. Ginwright writes.

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

A MODEL FOR HEALING CENTERED ENGAGEMENT



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.



KAREN SIMMS

*Meridian K. Consulting
C.H.A.T. Subject Matter Expert*

“Traumatization occurs when both internal and external resources are inadequate to cope with the external threat.”

– Bessel Van der Kolk, 1989

WHAT IS TRAUMA?

Trauma overwhelms the ordinary systems that give people a sense of control, connection and meaning.

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.

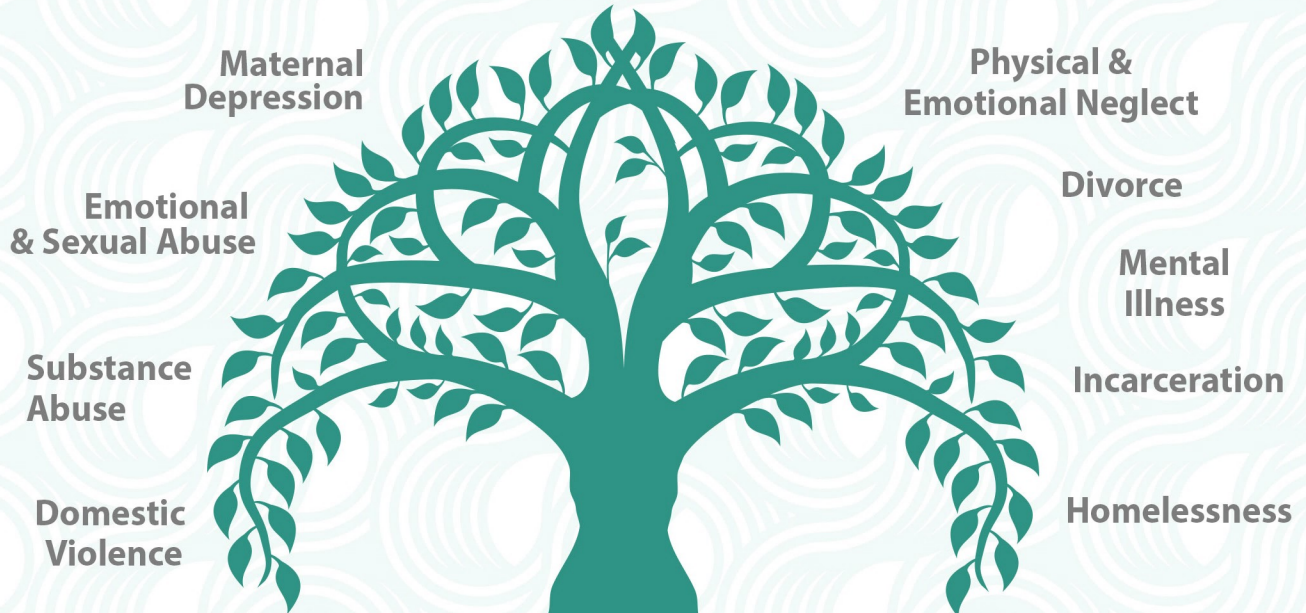
Art has been found to help people on the conscious and the unconscious level in self-expression while releasing dopamine “happy hormones” that send pleasure signals to the brain

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.

THE ROOT OF TRAUMA

Ellis W., Dietz W. BCR Framework Academic Peds 2017

Adverse Childhood Experiences



Adverse Community Environments



“When systems don’t work for a group of people, a community experiences almost insurmountable adversity.”



*IBA, MA, PhD Candidate
C.H.A.T. Data Analyzer*

STACIA N. MURPHY

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

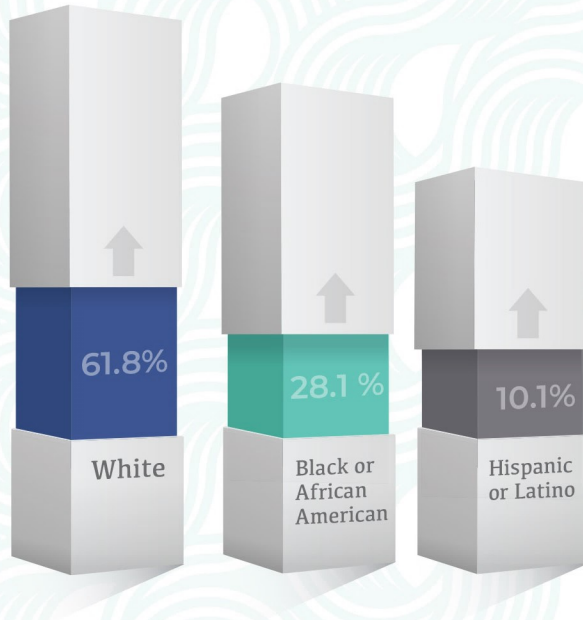
It is widely accepted that physical violence negatively impacts health, and therefore, traditional ways of addressing benefit from the types of analytic methods employed by the public health sector, particularly its emphasis on prevention and risk assessment. More recently, this link has been extended 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.**

C.H.A.T. DATA INITIATIVE

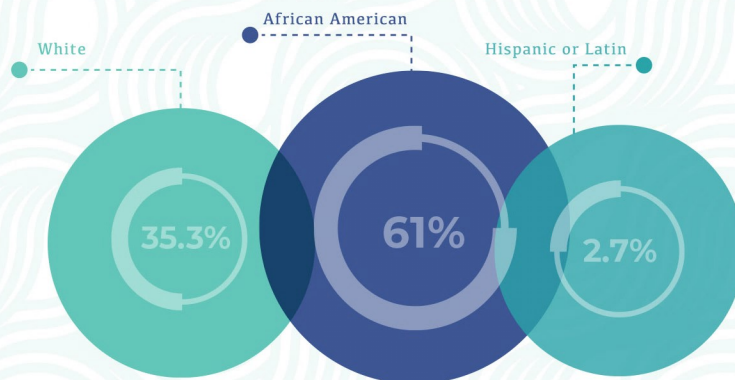
Stacia Murphy, PhD Candidate | CHAT Data Initiative



INDIANAPOLIS Population demographics

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

Rank	State	Number of Homicides	Homicide Rate per 100,000
1.	Missouri	333	46.21
2.	Wisconsin	144	37.57
3.	West Virginia	24	36.86
4.	Illinois	665	36.40
5.	Indiana	205	31.93



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 Omar 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.

C.H.A.T. 2019-2020 CURATED VISUAL ART



Gary Gee - America in Distress



Gary Gee - U Can Fred



Tony Radford - Inner City Blues* LICENSE TO KILL*



Alkemi - CHARED COAL & IRON, BURNING #1



Alkemi - CHARED COAL & IRON, BURNING #2



E Joyce - New Age Lynching (panels 1 and 2)



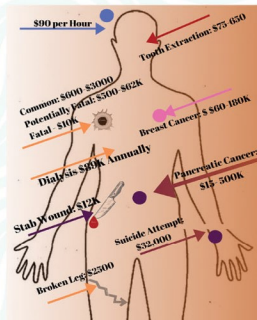
Rebecca Robinson - Protest



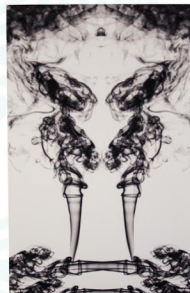
Mijiza - Blue Bondage



Rae Parker - Pray for Peace



Januarie York - Haichoo: The Cost of Healing



Lance Parker - Mirror Image Love

REMEMBER ...THE RED ELEPHANTS...

We were intelligent and strong... A Nation in hiding, Once chartered and sanctified, We were then... brought and sold... **Red Elephants...**

Majesty Every for profit... One Turk with white salt bleeding, Deep in the jungle's dark, steeped and full meaning... **Red Elephants...**

Explored and broken... Took the names of a slave, Once here in America, Broken and taught to believe... **Red Elephants...**

Blood of my blood... Drives of my Dream, What we thought would be LIBERTY, Was really just what it seemed... **Red Elephants...**

Silence and Sifters... After the sounds of a Gun, The legions of our death, killing our children one by one... **Red Elephants...**

A nation was required... None certain from, We built a nation in protest, Our numbers swollen, and cry team... **Red Elephants...**

Justice delayed... "O" Justice denied, The Nation for "O" then was more, more due... **Red Elephants...**

My Head is the RED... and the ELEPHANT is ME, My DEATH is the crime, Remembering "Me" in the Key... **Red Elephants...**

Today there is grief... for the lives we continue to give, How do we weigh the strength of a nation, we that often might fight... **Red Elephants...**

We should never forget the RED ELEPHANTS whom from were mistreated, so that we might live... My life if BEST IN PEACE is they struggle that was our HEAVEN... **Red Elephants...**

Trevon Martin... RIP
Michael Brown... RIP
Freddie Gray... RIP
Alton Sterling... RIP
Eric Garner... RIP
Keith Scott... RIP
Terrence Crutcher... RIP
Keith Children... RIP
Justin Rice... RIP
Philando Sifters... RIP
Otha Williams... RIP
Keith Scott... RIP
Eric Garner... RIP
Terrence Crutcher... RIP
John Crawford III... RIP

...A BADGE AND A UNIFORM SHOULD NEVER BE A LICENSE TO KILL...
By: R. Scott Sanchez... God's Past...

Richard Samuels - Remember The Red Elephants

f hiphopnewvoice

MANON VOICE

THE LANGUAGE



SPOKEN WORD

TONY RADFORD

INNER CITY BLUES "LICENSE TO KILL"



ARTIST

www.januarieyork.com

JANUARIE YORK

HAICHOO: THE COST OF HEALING
HAICHOO: THE COST OF HEALING II



SPOKEN WORD

artbygarygee.com

GARY GEE

AMERICA IN DISTRESS
U CAN FRED



ARTIST



 [raeparkerart](#)
 www.raeparkerart.bigcartel.com

RAE PARKER

PRAY FOR PEACE



ARTIST

  [dioooooop](#)  [Diopostle](#)

DIOP ADISA

STILL SHININ' DOCUMENTARY



MUSIC ARTIST

 [eric.d.saunders](#)  [BigNiteNight](#)

ERIC SAUNDERS

TEDDY BEARS



SPOKEN WORD

RICHARD SAMUELS

REMEMBER THE RED ELEPHANTS



VISUAL POETRY



MIJIZA HOLIDAY

PARENTS
THERAPY
BLUE BONDAGE



SPOKEN WORD

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LANCE PARKER

KEY OF THOUGHT



ARTIST

SYNERGY

SIR NOBLE JABU UNEQUA GANODU
THE PEOPLE GOTTA EAT
(FOOD APARTHEID)



SPOKEN WORD

MICHAEL JORDAN "ALKEMI"

CHARED COAL & IRON, BURNING #1
CHARED COAL & IRON, BURNING #2



ARTIST



f RyanLBennett

RYAN L. BENNETT

TRUTH: THE ONE-MAN SHOW



SPOKEN WORD

f e.joyce.moore @ E_Joyce

E. JOYCE MOORE

NEW AGE LYNCHING



ARTIST

f Ace born2win @ Ace_born2win

ACE WILLIAMS

YOUNG LIVES MATTER



MUSIC ARTIST

f originalpsnob @ psnob

REBECCA ROBINSON

PROTEST



ARTIST



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CIVIC REFLECTION (VALPERASIO)
SPIRIT & PLACE
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COMMUNITY RESOURCE TEAM
FORMULA8o8
DJiSM

FOR MORE INFORMATION OR TO HAVE
A CHAT IN YOUR COMMUNITY, CONTACT
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Spirit & Place Festival
New connections. New directions.

