



# **Direct Services and Trauma Informed Approach: Radical Compassion**

Wednesday, May 8<sup>th</sup>, 2024

1

**Advocacy**

**Youth  
Housing  
Initiative**

**Race  
Equity**



**OHIO**

Balance of State  
Continuum of Care



**COHHIO**

Training and  
Technical Assistance



**COHHIO**

Coalition on Homelessness  
and Housing in Ohio



**COHHIO**

Homeless Management  
Information System

**Housing Ohio**  
*conference*

**SOAR  
Ohio**

**Fair Housing  
& Tenant  
Information**

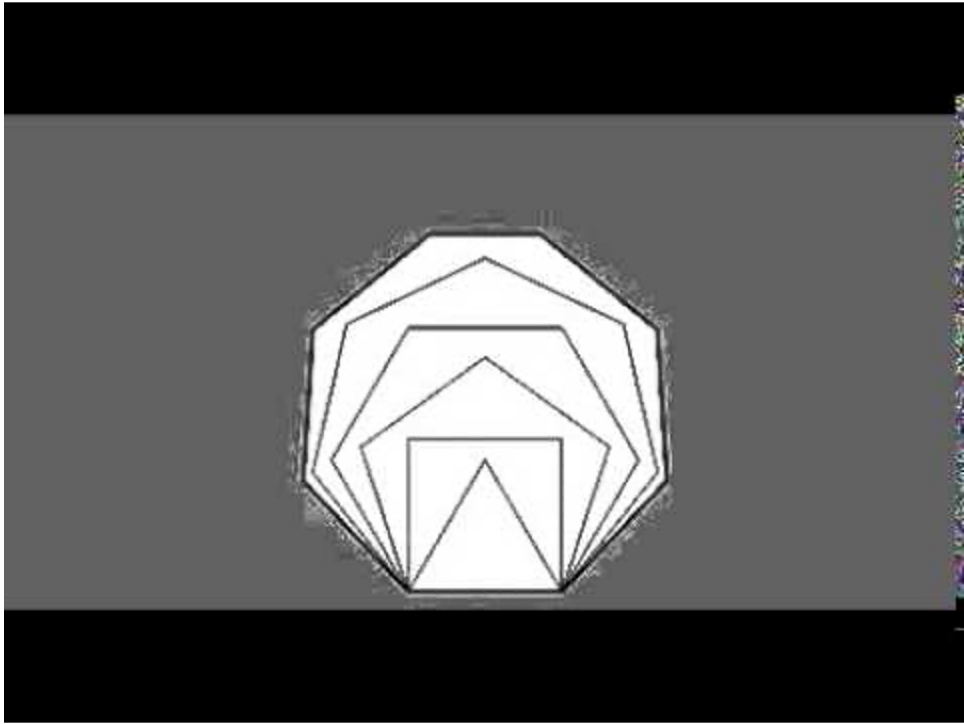


**Healthy Beginnings**  
At Home

# Radical Compassion



Arianna Howard, BS, MED, PHD  
Compassion Influencer, Empath & Master Trainer



# Agenda

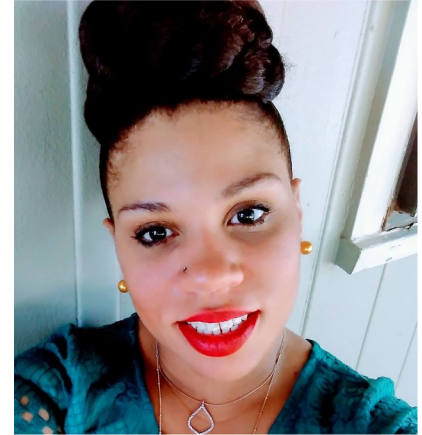
- ❑ Intro, Tools & Rules
  - ❑ Radical Compassion
  - ❑ Love & Knowledge Continuum
  - ❑ The & Principle
- ❑ Q&A, Evaluations





- Native of Mansfield, Ohio
- Ohio State University Alum
  - BS, Human Development
  - MEd, Mathematics & ELA (4-9)
  - PhD, Literacy Studies
- 18 years of Service
  - Educator, Preschool & Middle Grades
  - Guidance Counselor & Administrator
  - Trauma Coach & Supervisor
  - Supervisor, Preservice Educators
  - National Conferences, Published
  - Plant-A-Seed, 2017

Who's in the room?





# Rules of Engagement

be.  
here.  
now.

# Rules of Engagement

be.  
here.  
now.

+

personal and  
professional

# Rules of Engagement

be.  
here.  
now.

+

personal and  
professional

+



Practice the  
Pause.



# Rules of Engagement



# School & Skill Supplies



+



+



# Rules of Engagement



## The Four Agreements

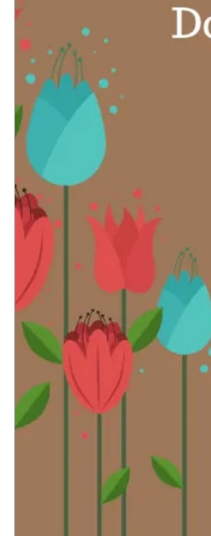
by don Miguel Ruiz

Be Impeccable with  
your Word

Don't Take Anything  
Personally

Don't Make  
Assumptions

Always Do  
Your Best





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What is **Radical Compassion**?



How do we do this work....

How do we do this work....

- We're tired? Frustrated?

How do we do this work....

- We're tired? Frustrated?
- They're scared?

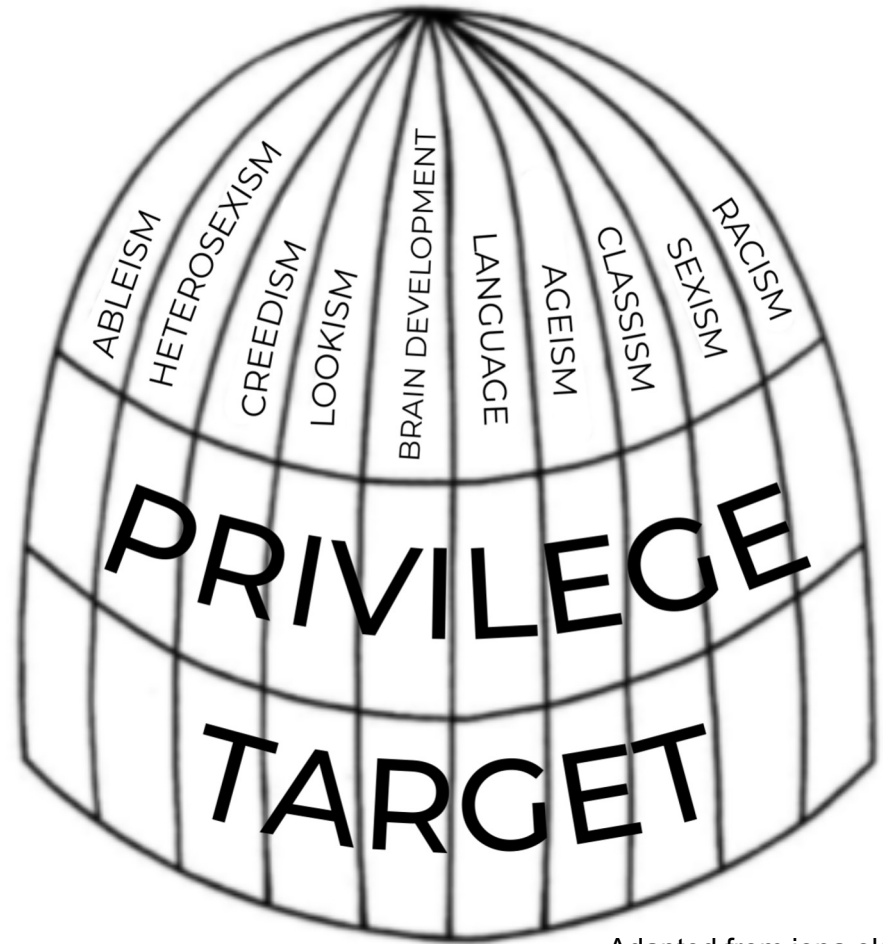
How do we do this work....

- We're tired? Frustrated?
- They're scared?
- There's resistance?

# Tools for Equity & Justice



# Cage of Oppression



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# Cage of Oppression

- ❖ Born into a society of existing systems



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# Cage of Oppression

- ❖ Born into a society of existing systems
- ❖ Didn't create them; We maintain them



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# Cage of Oppression

- ❖ Born into a society of existing systems
- ❖ Didn't create them; We maintain them
- ❖ Unspoken rules of privilege and oppression



Adapted from jona olsson

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# Cage of Oppression

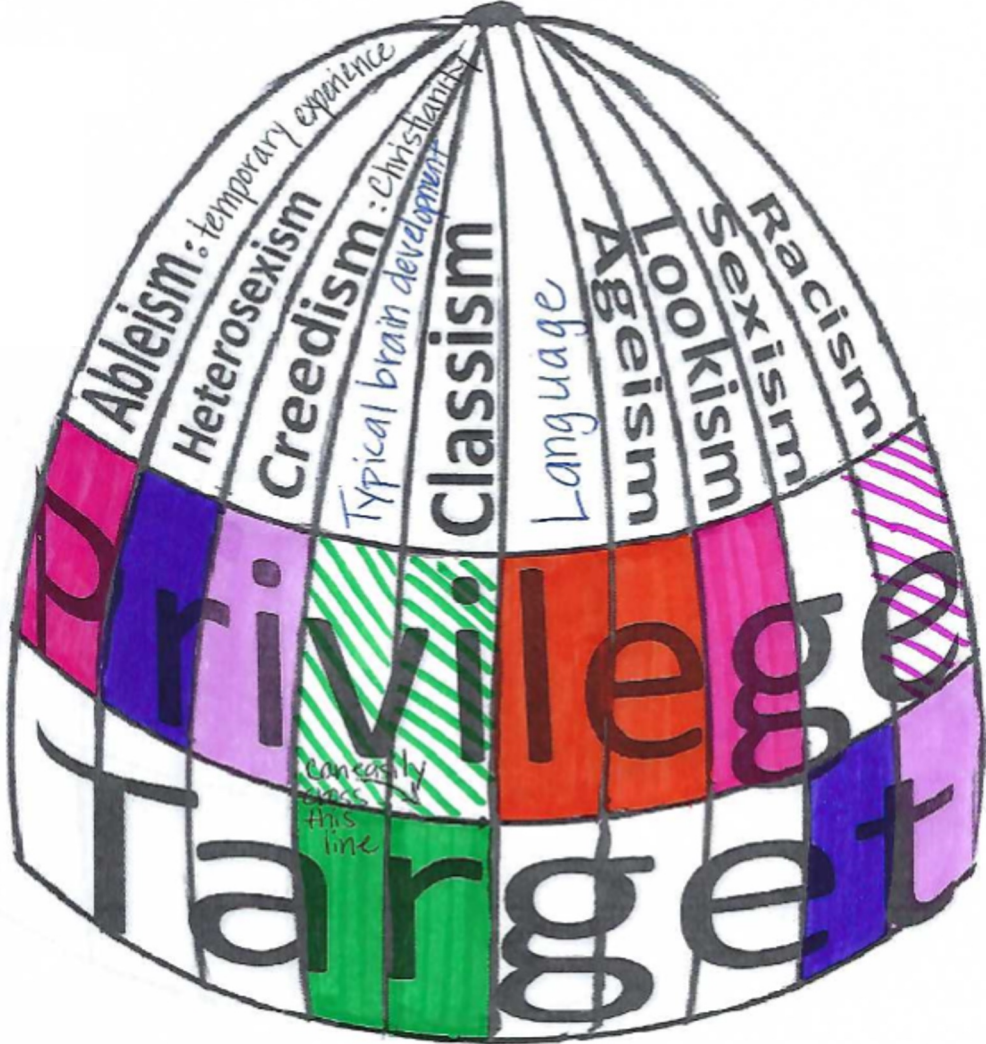
- ❖ Born into a society of existing systems
- ❖ Didn't create them; We maintain them
- ❖ Unspoken rules of privilege and oppression
- ❖ How you identify *and* how others perceive you



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**Cage of  
Oppression**





# Cage of Oppression

- 1.
- 2.
- 3.



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# Cage of Oppression

1. What is the unspoken privilege?
- 2.
- 3.



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# Cage of Oppression

1. What is the unspoken privilege?
2. How do you identify?
- 3.



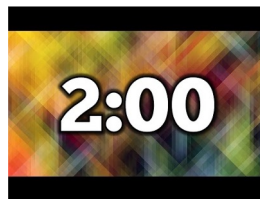
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# Cage of Oppression

1. What is the unspoken privilege?
2. How do you identify?
3. How do others perceive you?



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# Exploring the Cage



1. Which aspects of The Cage are you “born with”? Which aspects of the cage does one possess the power to “change”?
1. Are some oppressions or privileges more “weighted” than others? Do they matter more, influence more, or are easier to “see”?
1. What systems of oppression & privilege are missing from The Cage?

# Large-Group Reflection



Practice the  
Pause.





What “single stories” have been told or assumed about you?



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**Menti.com**  
Code:





# Love and Knowledge Continuum™



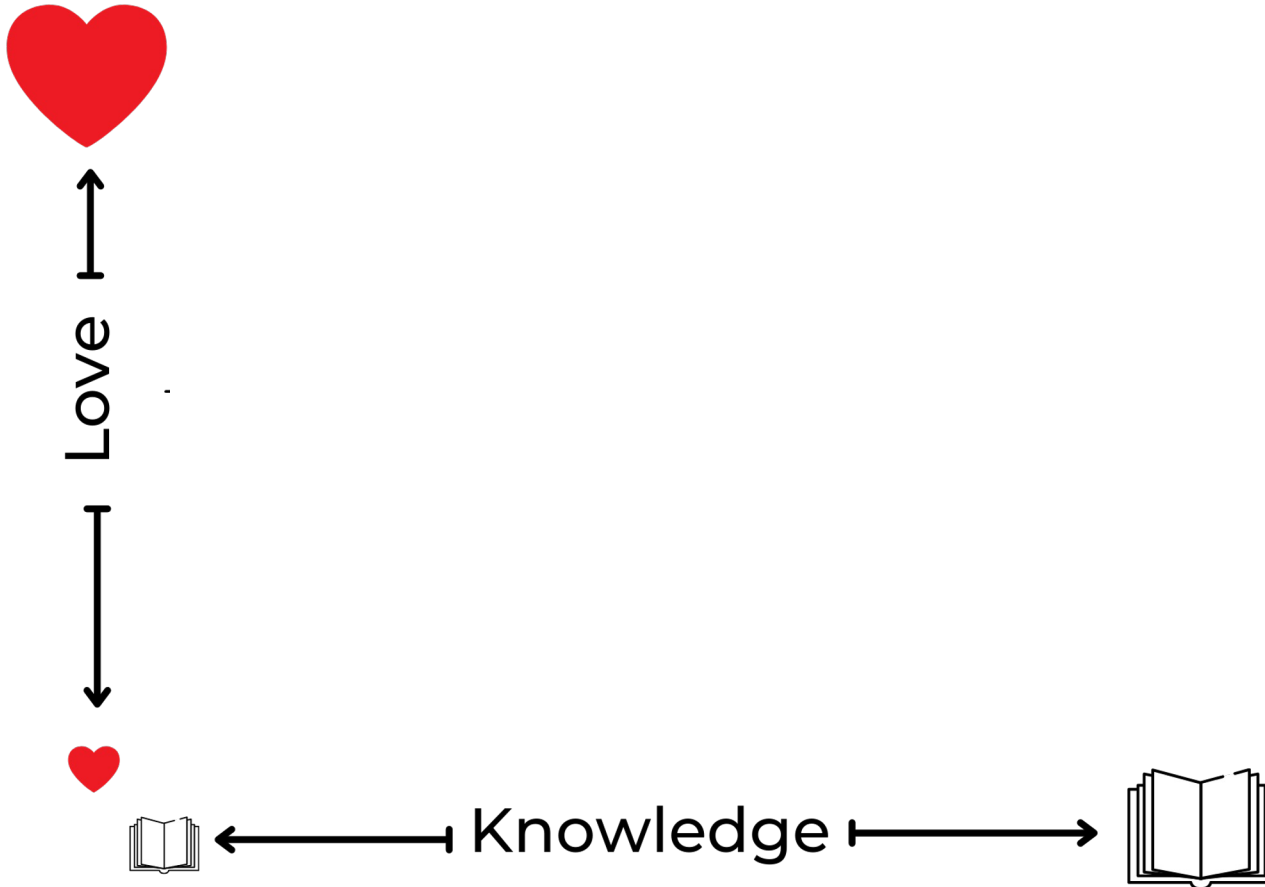
# Love and Knowledge Continuum™



Love

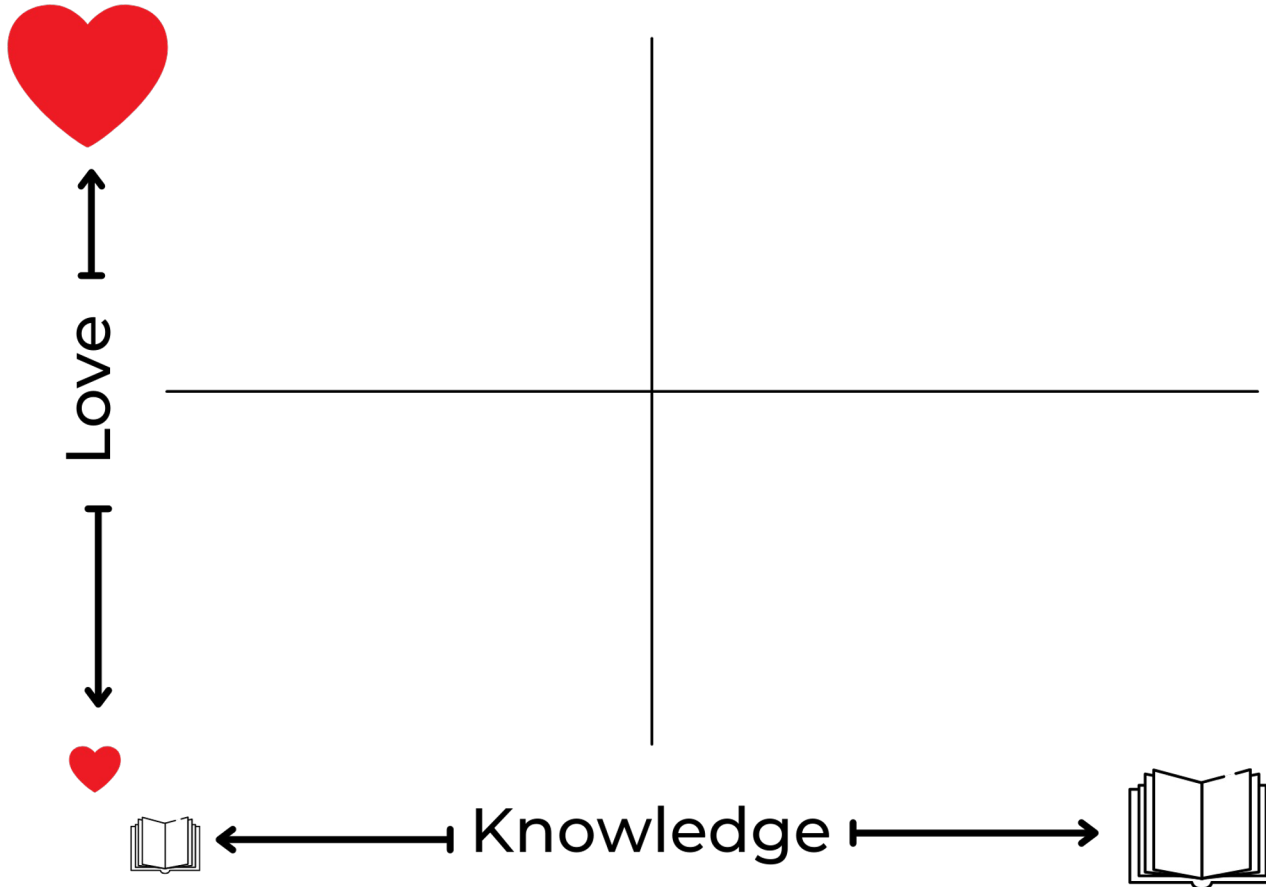


# Love and Knowledge Continuum™



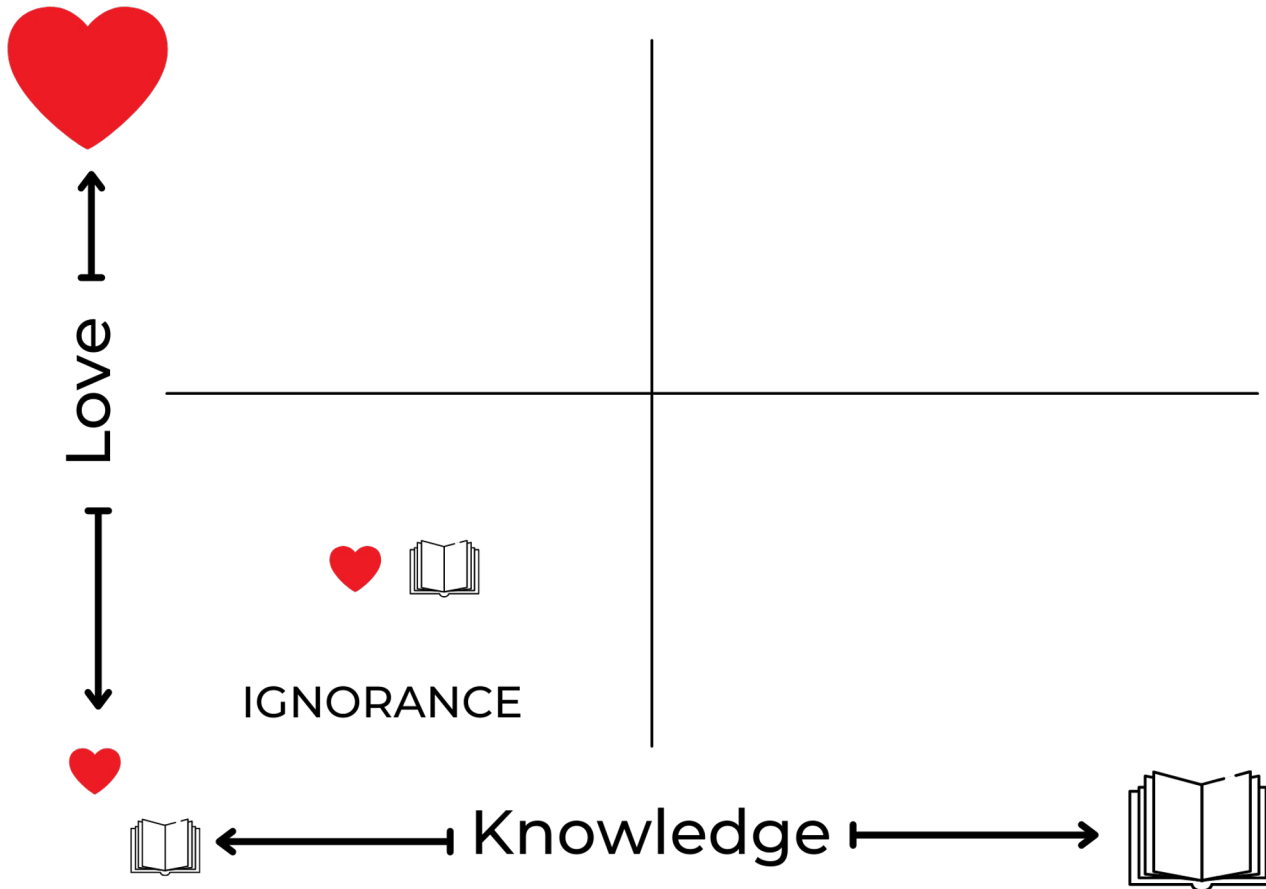
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# Love and Knowledge Continuum™

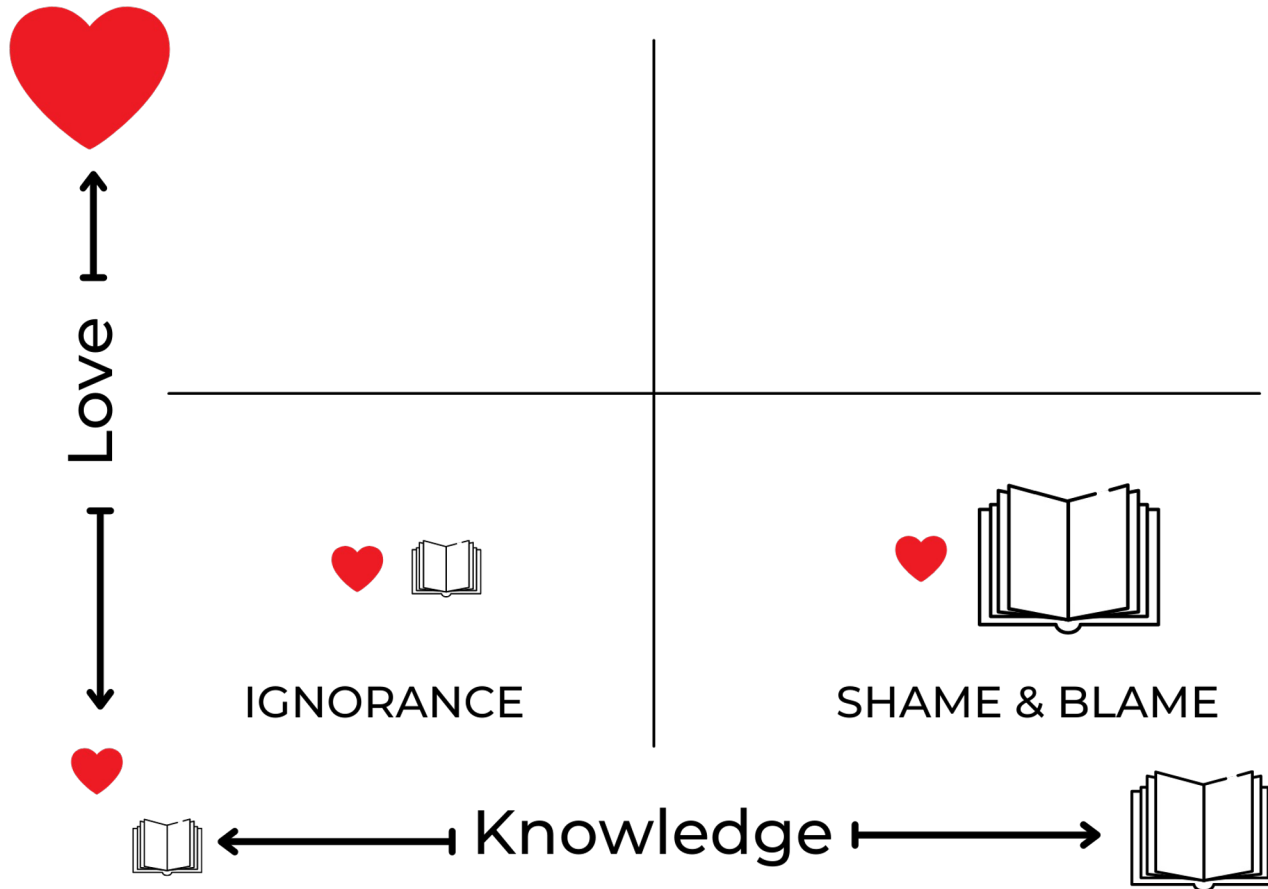


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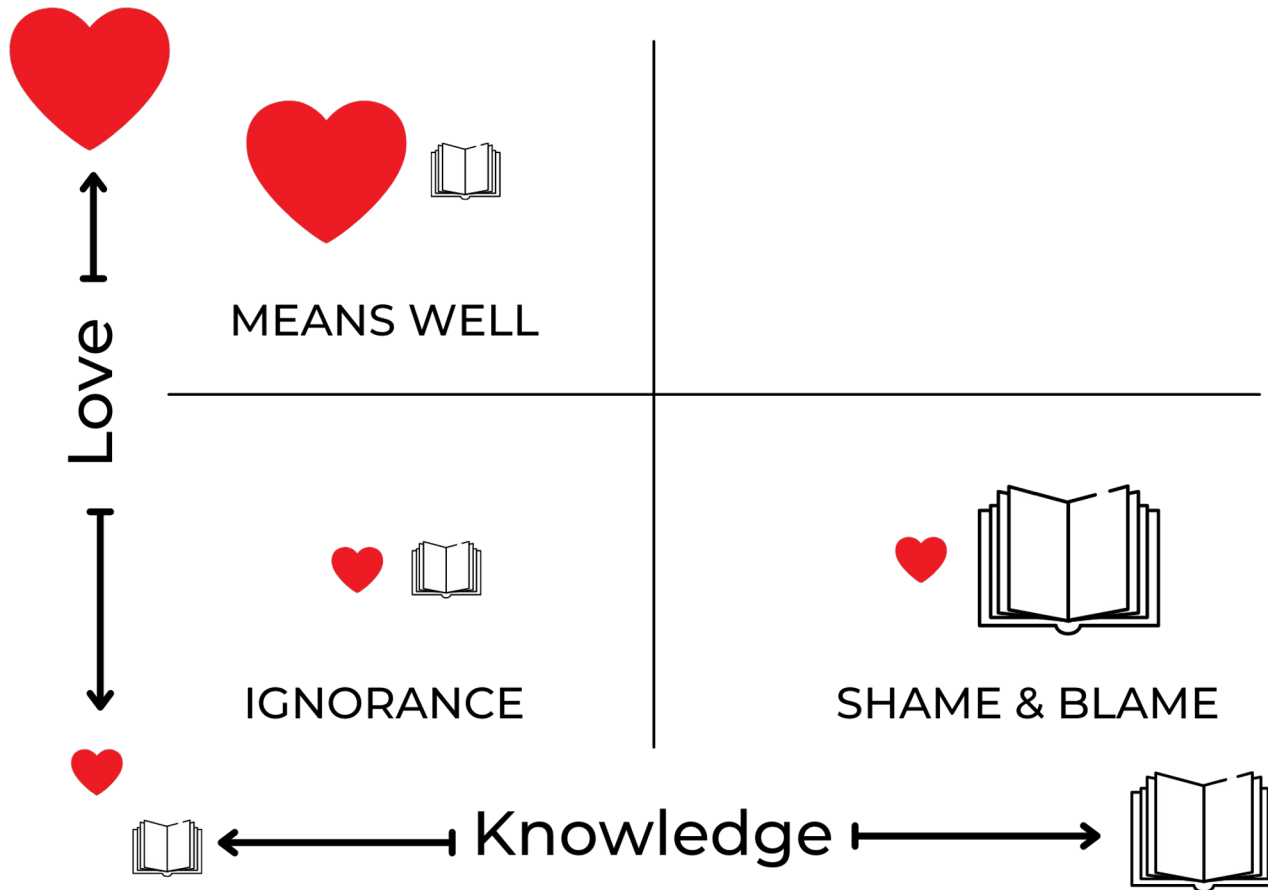
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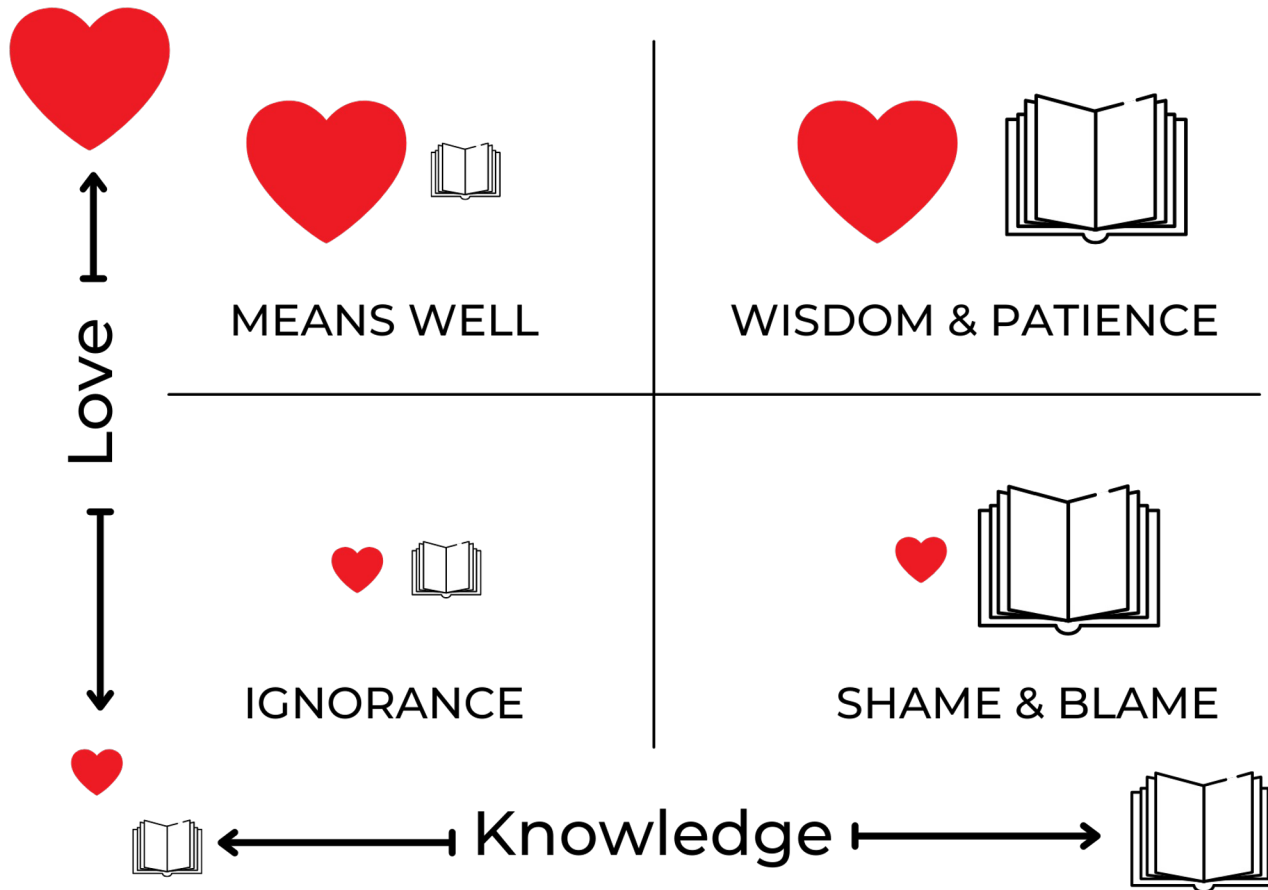
# Love and Knowledge Continuum™



# Love and Knowledge Continuum™



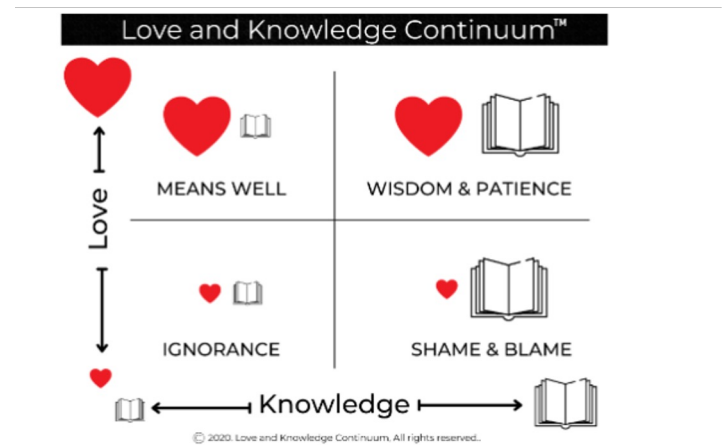
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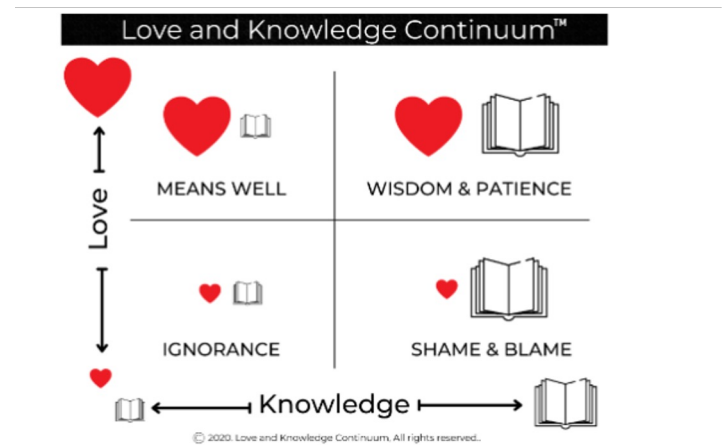
A woman of color is checking out at a cash register. She is in a foul mood and is nasty to the cashier. When she leaves, the cashier looks at me (a white woman) and says, “They’re all like that!”



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Your co-worker Jess has worked for the company for 20 years. Jess is up for a promotion and feels confident she will get it. She's devoted a lot of time and care to the company. Later that week, you run into Jess and learn the promotion was given to 25 year old Indian woman. Jess tells you she feels derailed because of affirmative action. "Indians have no right to take my job," she laments.



After a staff meeting, you overhear several co-workers commenting on the new boss, who is openly gay. “He is just so feminine, I can’t stand it. But you know, they get priority around here, so he can be as flamboyant as he wants and no one is going to say anything.”



# The “And” Principle





# The “And” Principle

- The “And” Principle gives us permission to feel **more than one emotion** or to have **more than one opinion** about something



# The “And” Principle

- The “And” Principle gives us permission to feel **more than one emotion** or to have **more than one opinion** about something
- The “And” Principle gives us permission to **stand on all sides of an issue**





## Moving to a new place

---





## Moving to a new place

Moving to a new place is scary. I am afraid I won't make new friends.





## Moving to a new place

---

Moving to a new place is scary. I am afraid I won't make new friends.



Moving to a new place is exciting! I get to meet new people and explore new places.





## Moving to a new place

Moving to a new place is scary. I am afraid I won't make new friends.



?



Moving to a new place is exciting! I get to meet new people and explore new places.





## Disney Princesses







## Disney Princesses

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I love Disney  
Princesses!





## Disney Princesses



I love Disney Princesses!



Disney princesses can make some of my friends believe beauty only looks one way.



## Disney Princesses

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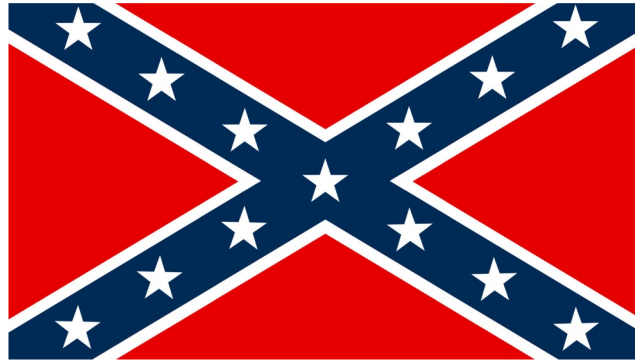


I love Disney Princesses!



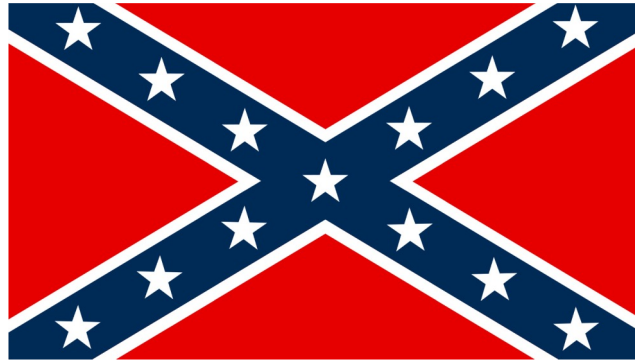
Disney princesses can make some of my friends believe beauty only looks one way.





**Confederate Flag**

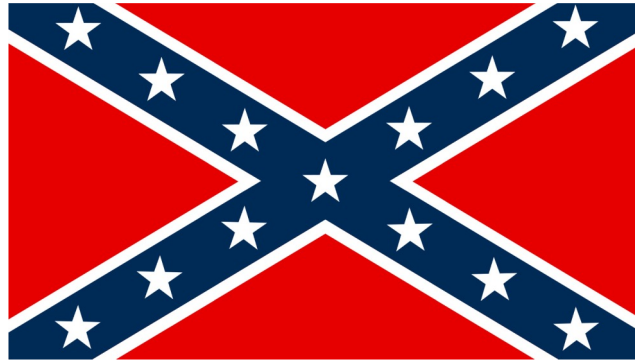




**Confederate Flag**



This is a symbol of **racism** and hatred.



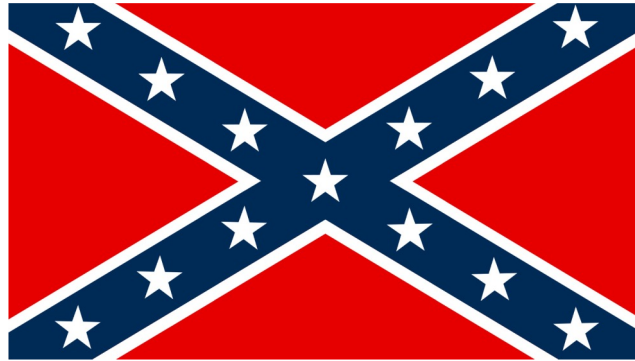
## Confederate Flag



Seeing this flag reminds me of happy family memories.



This is a symbol of **racism** and hatred.



## Confederate Flag

?



Seeing this flag reminds me of happy family memories.



This is a symbol of **racism** and hatred.





# The “And” Principle

## ACTIVITY





# Large-Group Reflection



Practice the  
Pause.







*Who you are*  
as a  
human

*is*

*Who you are*  
as a  
professional

If we expect others to change,  
we must believe in their capacity  
to do so.

*ah*  
ARIANNA HOWARD

One degree of change.....





# TIC : **Thing** that **Instantly Calms** You



# Free Resource List



# Evaluation Survey

# Choose compassion.



**Arianna Howard, BS, MED, PHD**

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Empath & Master Trainer