

# Community of Belonging

trauma informed care

Rev. Dr. Sanghoon Yoo, MSW



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# PROCLAMATION

WHEREAS, From its beginnings, Faithful City was founded to be more than a campus ministry. Faithful City not only served young people around the world at Arizona State University, but the organization has also been a valuable service partner to the Tempe community at large; and,

WHEREAS, Faithful City has maintained their strong values in service by working with Tempe Fire Medical Rescue and Tempe Police Department for emergency preparedness. Faithful City is also leading the trauma informed care and community building movement by working with the Governor's Office of Youth, Faith and Family and the Adverse Childhood Experiences Consortium; and,

WHEREAS, There is no better example of their commitment to service than when Faithful City partnered with the City of Tempe and Hudson Manor Neighborhood Association in 2010 for the inaugural adopt-a-park program; and,

WHEREAS, Faithful City has been a model for the adopt-a-park program scheduling regular clean ups, tree plantings and other beautification efforts for the sixty year old Hudson Park; and,

WHEREAS, Today we are here to celebrate the ten year anniversary of dedication to this park; and,

WHEREAS, It is not without the leadership of Founder of Faithful City, Reverend Sanghoon Yoo and Hudson Manor Neighborhood Chair, Philip Amorosi that have led to this success over the duration of time that has inspired so many volunteers and residents to contribute to their neighborhood and community; and,

WHEREAS, Today, we embrace the Faithful City motto of "Gather to Love, Scatter to Serve" in honor of celebrating the 10<sup>th</sup> Anniversary of a successful Hudson Park Adoption by Faithful City Church.

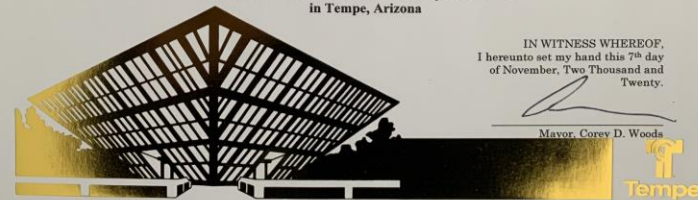
NOW, THEREFORE, I, Corey D. Woods, Mayor of the City of Tempe, Arizona, do hereby declare:

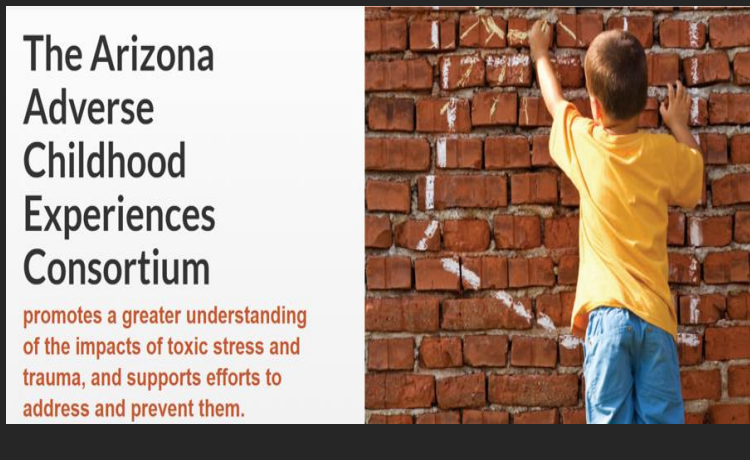
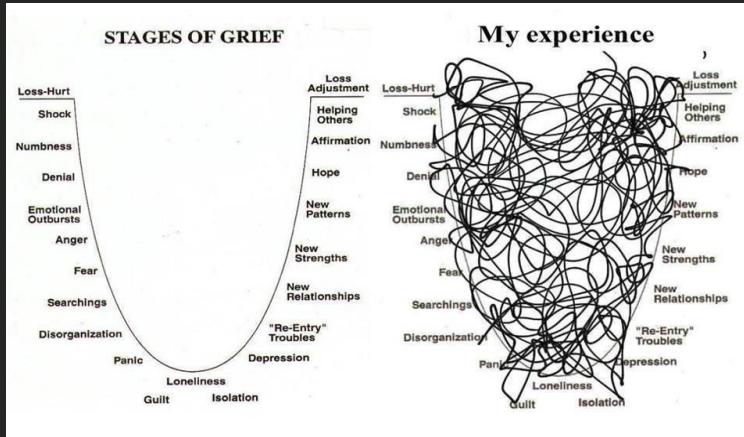
November 7, 2020

as  
Hudson Park 10<sup>th</sup> Anniversary of Service  
in Tempe, Arizona

IN WITNESS WHEREOF,  
I hereunto set my hand this 7<sup>th</sup> day  
of November, Two Thousand and  
Twenty.

Mayor Corey D. Woods





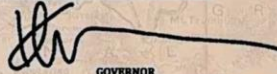
# Proclamation

**WHEREAS**, May is recognized nationally as Trauma Awareness Month; and  
**WHEREAS**, unaddressed trauma, especially in childhood, can contribute to serious health problems and poor outcomes in school, work, family, and community life; and  
**WHEREAS**, research has demonstrated that giving greater influences of positive experiences and relationships in childhood, and the effectiveness of trauma-informed prevention and early intervention; and  
**WHEREAS**, the impact of trauma is often intensified for individuals with co-existing physical, emotional, and economic barriers; and  
**WHEREAS**, with an understanding that every interaction difference, and all Arizonans can play a part in providing positive experiences for each other, especially children; and  
**WHEREAS**, Arizona professionals, faith leaders, community leaders and families are learning and using trauma-informed approaches to care for those who have suffered trauma; and  
**WHEREAS**, trauma-informed care and practices can help mitigate long-term impact of stressful events by applying the values of safety, trustworthiness, choice, and coordinated services; and  
**WHEREAS**, the State of Arizona is committed to applying a trauma-informed approach to policy making, program administration, and constituent services.  
**NOW, THEREFORE**, I, Katie Hobbs, Governor of the State of Arizona, do hereby proclaim May 2024, as

## ARIZONA TRAUMA AWARENESS MONTH

to engage all community members in opportunities to prevent and interrupt cycles of trauma, especially for children.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona



GOVERNOR

DONE at the Capitol in Phoenix on this twenty-second day of April in the year Two Thousand and Twenty-Four and of the Independence of the United States of America the Two Hundred and Forty-Eighth.

ATTEST:

  
SECRETARY OF STATE



Weave &  
**Cleave**

Weaving Voices of  
Resilience & Belonging

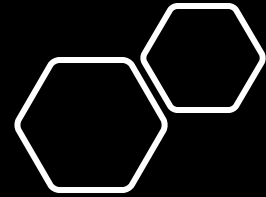
**A PODCAST OF THE FAITHFUL CITY**



MICHELLE STIFFLER



DR. SANGHOON YOO



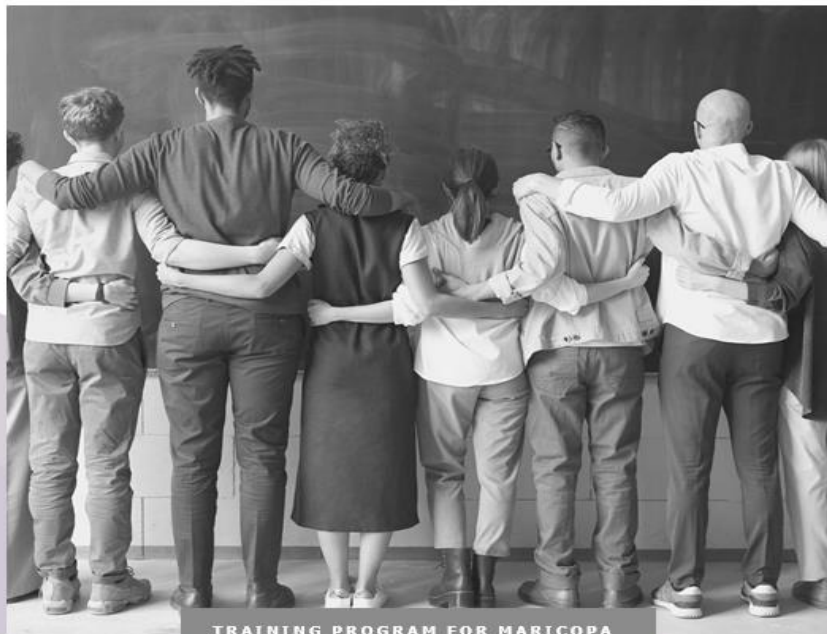


The Faithful City  
Maricopa County Dept of  
Public Health

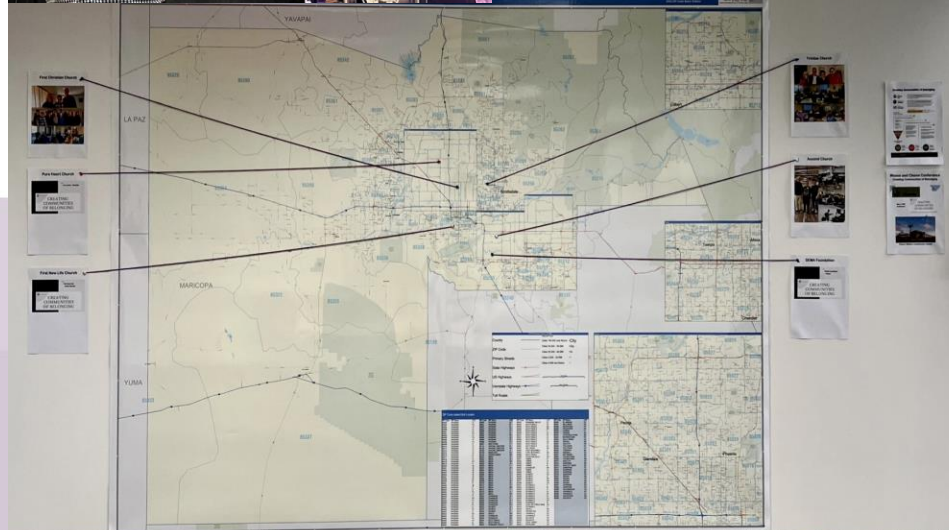
First Christian Church  
Phoenix, Arizona

# CREATING COMMUNITIES OF BELONGING

Substance Use Awareness & Prevention



TRAINING PROGRAM FOR MARICOPA  
COUNTY COMMUNITIES OF FAITH



# Poll Question

Do you feel a sense of belonging in your community?

- Yes
- No
- Not sure

# Six Principles of Community of Belonging

**#1**



**Weave and Cleave as Beloved**



**#2**



**Connection before Correction**



**#3**



**Ventilation and Validation**



**#4**



**Regulate Relate Reason**



**#5**



**Realize Recognize Respond Resist**

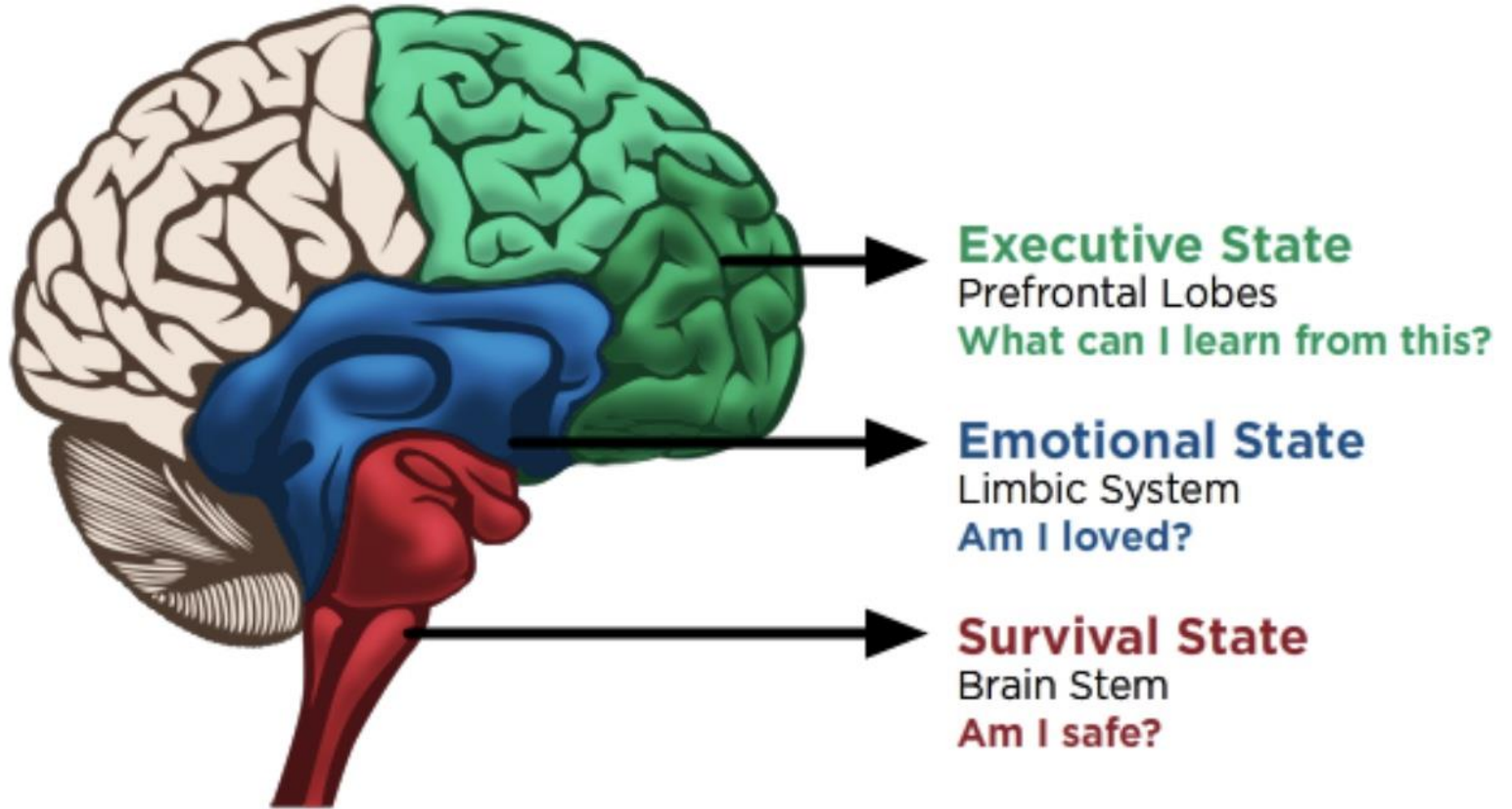


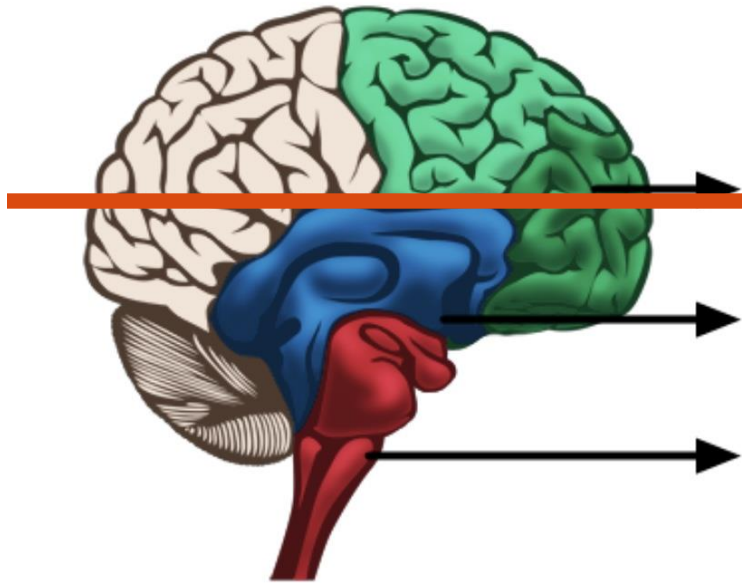
**#6**



**Challenges Concerns Celebrations**







### Executive State

Prefrontal Lobes  
What can I learn from this?

### Emotional State

Limbic System  
Am I loved?

### Survival State

Brain Stem  
Am I safe?

**FIGHT**



**FLIGHT** Oohlala!













**FREEZE**



# What's wrong with you?



## Adverse Childhood Experiences

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

ACEs Score

Cf.  
Positive  
Childhood  
Experiences

# What happened to you?



The Birth of Shame

# The Self-Sabotage Formula

BY: PSYCHIC LIFE COACH KAILO

## GUILT

Because I Carry Guilt,  
Therefore:  
I Should be Punished

## BLAME

Because I Carry Blame,  
Therefore:  
I Should Carry All Burdens

## SHAME

Because I Am Ashamed,  
Therefore:  
I Should Hide/Suppress

## UNLOVED

Because I Am Unloved,  
Therefore:  
I Should Be Perfect

## BROKEN

Because I Am Broken,  
Therefore:  
I Should Appear Whole

## IMPERFECT

Because I Am Imperfect,  
Therefore:  
I Should Imitate

~~Abandoned~~

~~Rejected~~

~~Worthless~~

~~Ashamed~~

**BELLOVED**

~~Used~~

~~Broken~~

~~Condemned~~

~~Abused~~



Peace  
be  
with  
You

שָׁלוֹם

SHALOM

...is more than a greeting!

# Restorative Justice (RJ)



*Connect before you  
correct*

## John 4:16-18

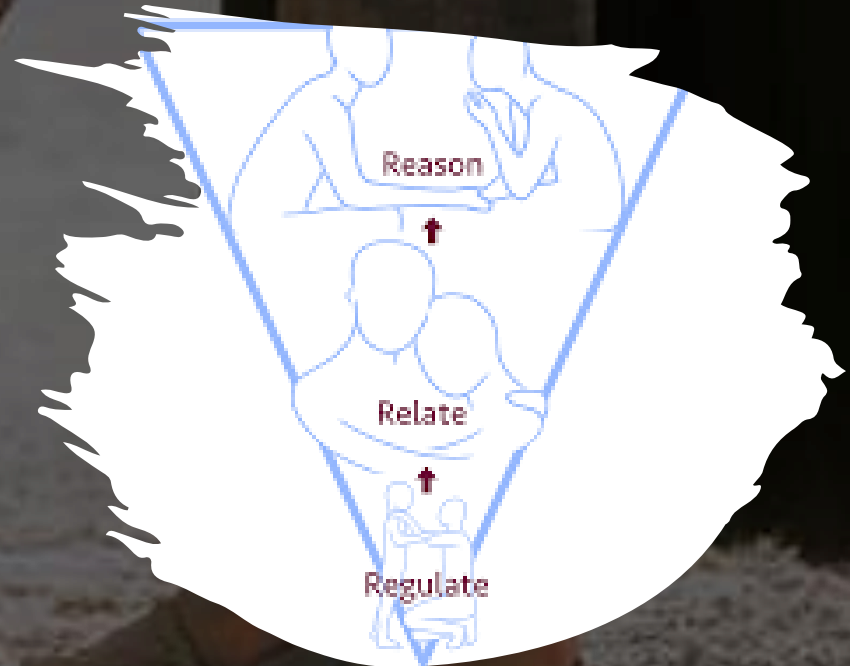
**<sup>16</sup> Jesus said to her, “Go, call your husband, and come back.” <sup>17</sup> The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; <sup>18</sup> for you have had five husbands, and the one you have now is not your husband. What you have said is true!”**



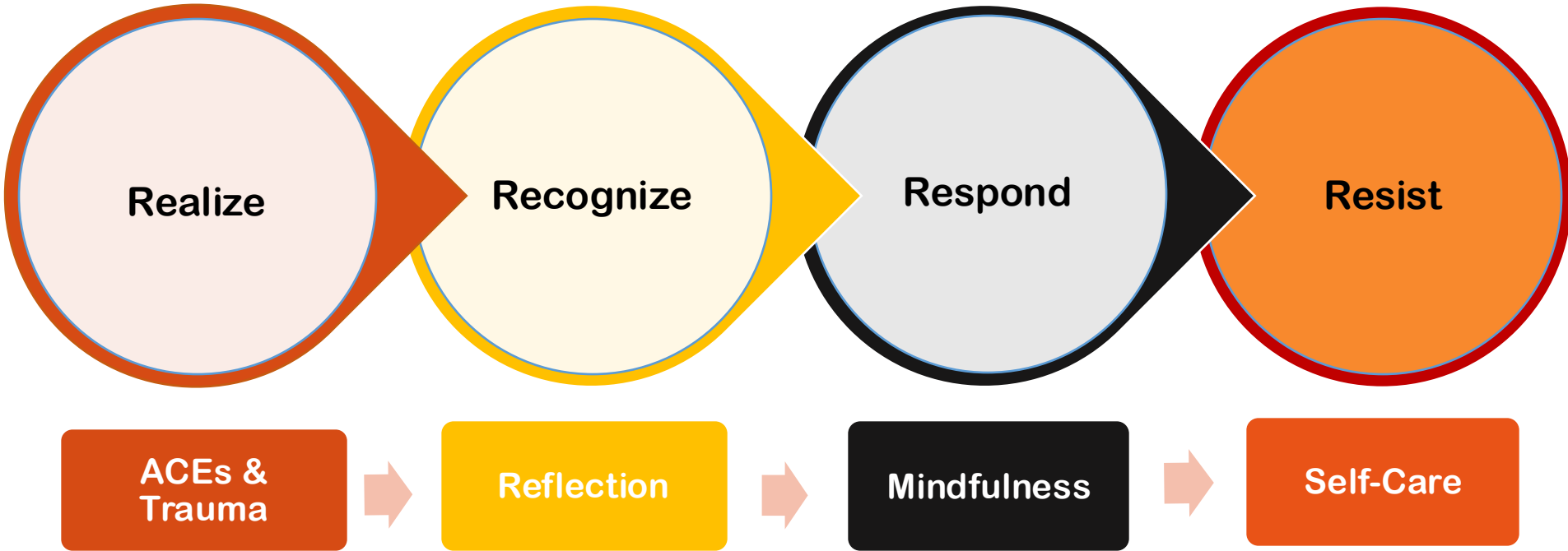
## Christianity and Safety

### John 8:7-11

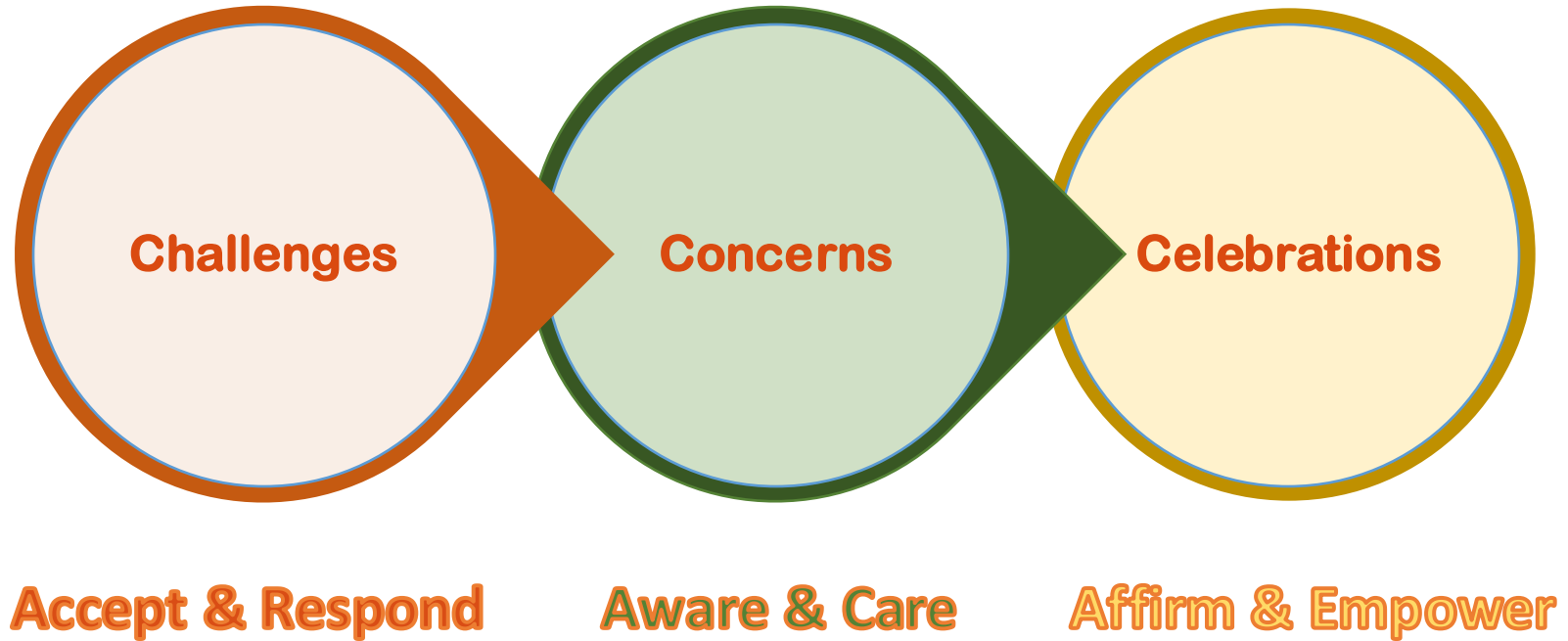
<sup>7</sup> When they kept on questioning him, he straightened up and said to them, “Let anyone among you who is without sin be the first to throw a stone at her.” <sup>8</sup> And once again he bent down and wrote on the ground. <sup>9</sup> When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. <sup>10</sup> Jesus straightened up and said to her, “Woman, **where are they?** Has no one condemned you?” <sup>11</sup> She said, “No one, sir.” And Jesus said, “**Neither do I condemn you.** Go your way, and from now on **do not sin again.**”

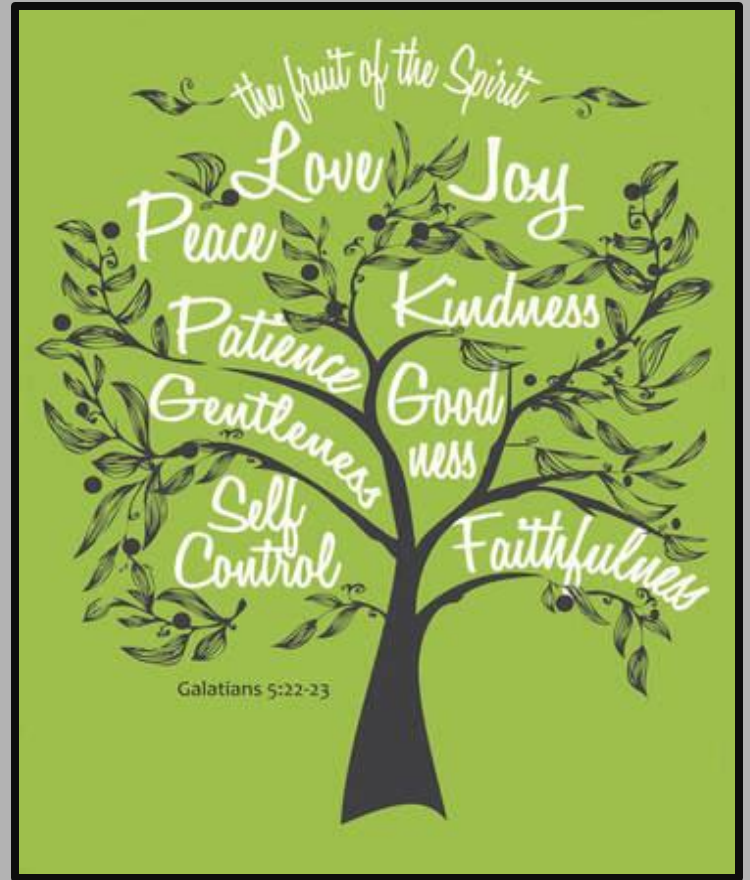
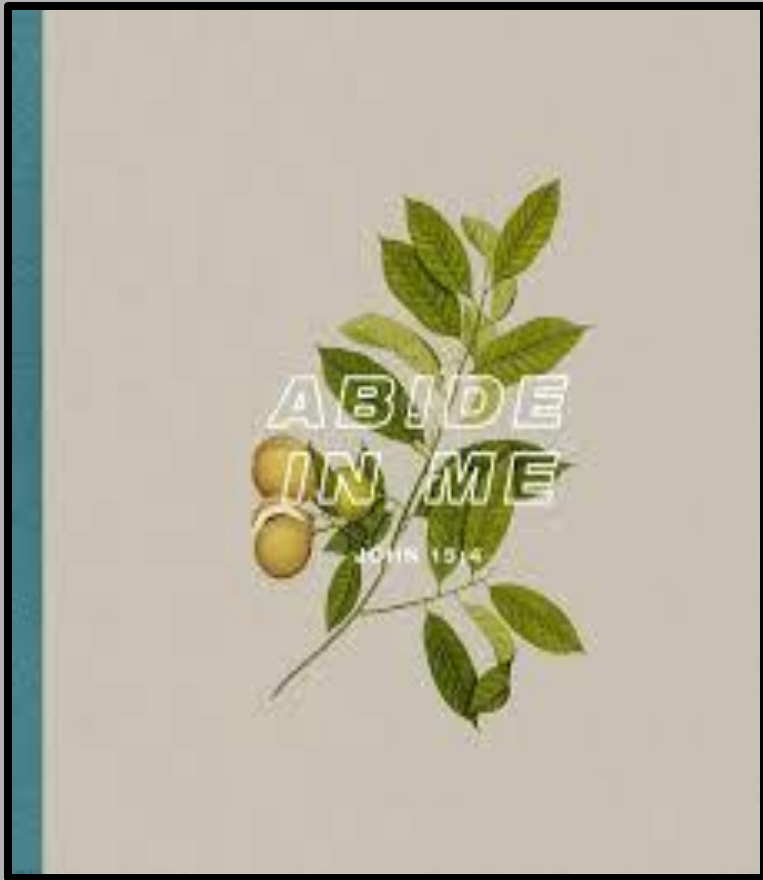


# Trauma Informed 4R Approach (SAMHSA & TFC)



# Three Steps for the Community of Belonging





# Poll Question

Have you used centering prayer?

- Yes
- No
- Not sure

*Breathe in*

S L O W L Y

G E N T L Y

D E E P L Y

*Breathe out*

# Centering Prayer

