

LEARNING BY LISTENING : HOW COMMUNITIES HEAL AND HOW BEHAVIORAL HEALTHCARE CAN HELP

ABOUT US

BUILDING HEALING SYSTEMS

We are a collaborative effort promoting healing for all people served through the Maryland Public Behavioral Health System through resources, training, and support to foster anti-racist/anti-oppressive, trauma-informed, resilience-oriented, and equitable care and culture.

WE LISTEN TO LEARN HOW TO HELP

We invited people from community organizations to talk to us about trauma, adversity, and healing. We listened to what they had to say about the strengths and needs in their communities and how the behavioral healthcare system should provide support. Here is a summary of what we learned.

TRAUMA AND ADVERSITY



- Violence
- Racism
- Discrimination
- Child abuse and neglect
- Poverty and homelessness
- Problems related to mental illness or addiction.
- Incarceration
- Grief and loss

HEALING



- Resources to meet needs
- Education and employment
- Fewer barriers to services
- Physical and psychological safety
- Culturally-responsive care
- Strengths-based care
- Peer advocacy and support
- Alternative healing modalities
- Empathetic support

To learn more about the listening sessions and what we learned, read our full report [here](#).

Thank you to the people and organizations that made this work possible!

[Clay Pots](#)

[On Our Own of Maryland](#)

[Healing Youth Alliance](#)

[NAMI Maryland](#)

[Maryland Coalition of Families](#)

[NAMI Metro Baltimore](#)

