

# Resources - Race, Equity and Inclusion

The New York State Trauma Champions Collaborative (TCC), comprised of champions from fourteen state agencies, was convened in 2019 to begin building statewide capacity and structures that support state and local government and professional agencies in integrating a trauma-informed approach into all aspects of their work. The TCC has compiled the following resources to support increased understanding of race, equity, and inclusion as it relates to trauma, and how to translate this understanding into a more effective system response.

	<b>Title</b>	<b>Brief Description</b>
<b><u>Articles</u></b>	<a href="#">Step Guide to Understanding Racism and White Privilege</a>	11 Step guide to understanding racism and white privilege.
	<a href="#">103 Things for Racial Justice</a>	This article addresses specific actions that white people can take to support racial justice.
<b><u>Books</u></b>	<a href="#">Measuring the Effects of Racism</a>	A manual for mental health professionals.
	<a href="#">White Fragility</a>	Author, Robin DiAngelo, explains why it's so hard for white people to talk about racism.
	<a href="#">I am Not Your Negro</a>	This book authored by James Baldwin reflects on the tragic history of racism in America.
	<a href="#">Blind Spot Implicit Bias</a>	Mahzarin Banaji and Anthony Greenwald explore hidden biases that we all carry from a lifetime of experiences with social groups – age, gender, race, ethnicity, religion, social class, sexuality, disability status, or nationality.
	<a href="#">My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies</a>	In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology and offers a step-by-step healing process based on the latest neuroscience and somatic healing methods.

## Title

## Brief Description

### Books

[Post Traumatic Slave Syndrome](#)

In this book, based on twelve years of quantitative and qualitative research, Dr. DeGruy addresses the residual impacts of generations of slavery and opens up the discussion of how the black community can use the strengths we have gained in the past to heal in the present.

### Compendium

[Resources for White People to Learn and Talk About Race and Racism](#)

A reading list for white people to learn and talk about race and racism.

### Podcasts

[NPR Code Switch](#)

Fearless conversations about race in America.

[How to Be an Anti-Racist](#)

Podcast conversation with New York Times bestselling author Ibram X. Kendi author of “How to Be an Antiracist” and the Director of the Antiracist Research and Policy Center at American University.

### Videos

[13th Full Fracture](#)

Director Ava DuVernay's examination of the U.S. prison system looks at how the country's history of racial inequality drives the high rate of incarceration in America.

[How Structural Racism Works](#)

Presentation by Brown University Professor, Tricia Rose.

[Putting Structural Racism at The Table](#)

Presentation by john a. powell, Professor of Law and Professor of African-American Studies and Ethnic Studies at the University of California, Berkeley.

[Black Male Grief Reactions to Race Based Trauma](#)

Black Male Grief Reactions to Race-Based Traumatic Losses Among Emerging Adult Black Men”.

[Healing Centered Engagement](#)

The NYS Youth Justice Institute & NYS Division of Criminal Justice Services partnered with Flourish Agenda to hold a 90-minute virtual event entitled “The New Paradigm: Healing Centered Engagement”.

## Websites

Title	Brief Description
<a href="#">Racial Equity Tools</a>	Curricula designed for use by educators & trainers to deepen the understanding and develop skills of those working toward racial equity.
<a href="#">BEAM Toolkit</a>	Black Emotional and Mental Health (BEAM) is a 501 (c)(3) organization whose mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.
<a href="#">Social Justice Toolbox</a>	The Social Justice Toolbox is a resource hub for free, curated, ready-to-rock social justice activities and facilitation guides designed to help you make the most of your diversity workshops and social justice trainings.
<a href="#">Black Lives Matter</a>	Black Lives Matter Global Network Foundation, Inc. is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power
<a href="#">Center for Nonviolent Communication</a>	This global nonprofit organization is dedicated to sharing Nonviolent Communication (NVC) and offers a variety of trainings.
<a href="#">Common Justice</a>	Common Justice develops and advances solutions to violence that transform the lives of those harmed and foster racial equity without relying on incarceration.
<a href="#">Flourish Agenda</a>	A team of trainers, researchers, educators, movers, and shakers that equip schools, youth-serving organizations, foundations, and local governments with tools and strategies that allow young people of color to flourish.

## Websites

Title	Brief Description
Healing Circles	Healing Circles is a nonprofit whose vision is to provide positive social support to anyone who asks for it. This takes place in small circles built on a framework that brings out the best in people. Their Coming Together circles support those dealing with specific issues such as gender, age, race, geography, language, and arts-based healing.
The King Center	The King Center's mission is to empower people to create a just, humane, equitable and peaceful world by applying Dr. King's nonviolent philosophy and methodology. This website includes a number of resources.
NAACP	Founded in 1909 in response to the ongoing violence against Black people around the country, the NAACP (National Association for the Advancement of Colored People) is the largest and most pre-eminent civil rights organization in the nation.
National Equity Project	The National Equity Project is a leadership and systems change organization committed to increasing the capacity of people to achieve thriving, self-determining, educated, and just communities.
Understanding Privilege and Intersectionality	Resources, Ted Talks and other presentations to support an understanding of racism, white privilege and intersectionality.