



MINNESOTA: Minnesota Youth Unpack Their Trauma: "We Don't Have to Be Stuck in These Emotions"

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[CBS News](#) [1]

Hundreds of youth recently gathered at a cultural healing summit to share and process their trauma. Held at a Minneapolis church, the summit was hosted by a local nonprofit in collaboration with the Catalyst Initiative at the Minneapolis Foundation. Youth attendees learned about cultural trauma and strategies for coping with stress. They also participated in theater exercises and watched Native American actors perform a play that drew from their lived experiences of trauma. Many participants came away from the summit feeling less alone in their struggles and empowered to help themselves and others. Healing starts with "us," said 25-year-old Mariana Morgan-Sawyer, a member of a local nonprofit.

Spark Extra! Learn more about [enhancing life skills and resilience](#) [2].

Links within this resource

[1] <https://www.cbsnews.com/news/mental-health-care-minnesota-youth-hold-summit-to-deal-with-trauma-stop-the-stigma/>

[2] <http://www.sprc.org/comprehensive-approach/life-skills>

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