Thank you for attending ***Angry, Raucous, and Shamelessly Gorgeous*** at Portland Playhouse.

Theatre can open us up to new ways of thinking, challenge our assumptions, and leave us seeking ways we can better support ourselves and our communities. This document contains a variety of resources (health & wellness, education & learning, and taking action) that we have compiled to support you in your journey.

Mental Health & Wellness Resources

BIPOC Mental Health Resources Portland Oregon

Special thanks to this MH Resource list compiled by Linda Castillo, M.S, OCHA Chair. For more information, please contact her at 503-309-4519.

Portland BIPOC Health and Wellness Providers:

1. **Dr. Eleanor Gil-Kashiwabara, Luminosa Psychological Services**
   Dr. Gil-Kashiwabara provides multicultural therapy with an emphasis on culturally responsive care. She helps individuals from historically marginalized backgrounds navigate the psychological effects of racism and oppression.
2. **New Wellness Center**
   a. **Graciela Teofield** offers Reiki, Vibrational Sound Healing, and Breathwork.
   b. **Nneka Denise** is a Transformational Healing Catalyst, serving individuals, groups and communities. Nneka leads a monthly **Restoring our Heart Sacred Grief Circle**. Upcoming sessions March 5th, April 2nd, and May 2nd - **Sign Up.**
   c. **Miranda Lattimore** is the Creative Director of ZEN:MNM, currently offering private, group and corporate yoga classes in Portland, Oregon and online. Through ZEN, she also leads and curates wellness experiences for businesses, community members, and non-profit organizations.
   d. **Janelle Woodlief** provides Thai Bodywork, trauma informed massage, self-care coaching, and coaching for healers.
   e. **Ladies of the Light** is a community celebrating shared purpose and individual growth. Through community workshops, transformative retreats, and an online platform, Ladies of the Light provides resources to nourish mind, body, and spirit.

Additional Resources:

1. **Coming to the Table** provides leadership, resources, and a supportive environment for all who wish to acknowledge and heal wounds from racism that is rooted in the United States' history of slavery.
2. **Word is Bond** empowers young Black men ages 15-19 years as they find themselves navigating a world that provides very few answers to unlocking their highest selves.
3. **Volunteers of America** works to enhance lives by promoting self-determination, building strong communities, and standing for social justice in our communities.
4. **The AERO Space**, a pole dance studio collective with a mission of fostering empowerment through movement & community

Culturally Sensitive Mental Health Providers in Portland:

1. **OHSU Avel Gordly Center for Healing** focuses on culturally sensitive care for the African and African-American community, providing trauma-informed care, therapy, and medication management.
2. **Native American Rehabilitation Association of the Northwest, Inc. (NARA)** offers services to Native American, Alaska Native, and others in need, focusing on culturally relevant education and health services.
3. **Therapy for Latinx** is a mental health directory to connect with Latinx clinicians in Portland.
4. **The Levantar Program at The Northwest Catholic Counseling Center** offers bilingual, culturally competent care to native Spanish speakers, serving all regardless of faith or finances.
5. **Portland and Multnomah County 24-Hour Crisis and Referral Services**
   Call for addiction and mental health services at: 503-988-4888 or 1-800-716-9769.

National and Online Mental Health Resources:

1. **Mental Health America: Racial Trauma Resources** provides resources for exploring racial trauma recovery, self-care guides, and trauma-informed therapists.
2. **Coping with Racial Trauma Infographic** was created by the University of Georgia, providing allyship and self-care tips.

Local Grief and Trauma Resources:

1. **The Grief House** creates and supports community-led offerings that foster the metabolism of grief from all kinds of loss.
2. **Nneka Denise: Grief Doula and Founder of the wRite to Heal Project** offers grief support and creative healing initiatives.
3. **Wapato Island Farm** offers community reconnection with land and each other.

4. **Working Class Acupuncture** provides affordable, community-focused healing spaces and low-cost, accessible acupuncture.

Trauma and Racial Healing Resources:

1. **Dr. Lisa Collins** is known for her work in trauma and racial healing, bringing compassion and wisdom into her practice.
2. **STAR Toolkit** from Eastern Mennonite University is a collection of resources for trauma resilience and sexual harms, including visuals and videos to build resilience.

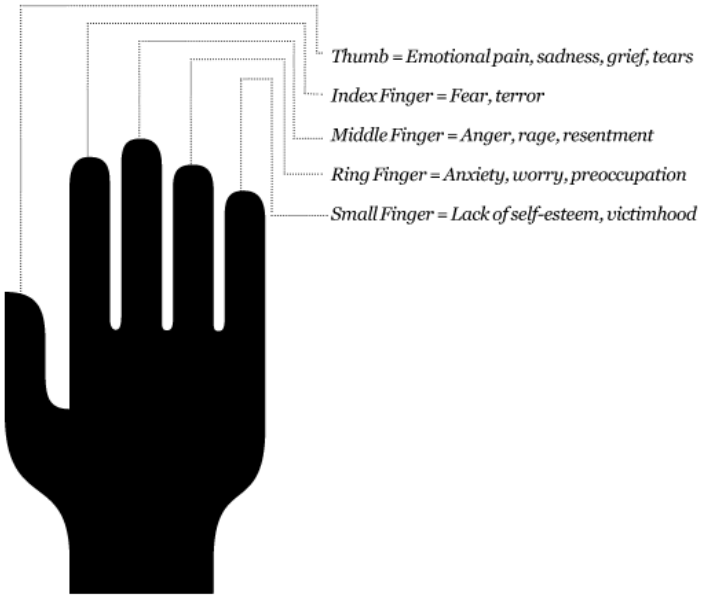
Other Local Resources and Programs:

1. **The Black Parent Initiative** was established in 2006 to help black families achieve financial, educational and spiritual success.
2. **Advance Gender Equity (AGE) in the Arts** works to transform the American theatre canon to be inclusive and representative of all people through coalition-building and direct investment in storytellers who have historically been denied opportunities because of gender, race, and/or age.
3. **Rahab's Sisters**, a community for women, trans, and nonbinary folks experiencing poverty, houselessness, and isolation, aiming to build community through radical hospitality with women and gender-diverse individuals marginalized by poverty, houselessness, sex work, violence, and substance use.
4. **Meals 4 Heels**, Portland's Only Delivery Service Catering to the Sex Worker Community.
5. **YWCA of Greater Portland** is on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all.
6. **Oregon Family Support Network (OFSN)** is families and youth working together to promote mental, behavioral, and emotional wellness for others through education, support and advocacy.
7. **Boys & Girls Clubs of Portland Metro** works to empower young people through after-school programs and leadership development.
8. **Big Brothers Big Sisters of the Columbia Northwest** helps children realize their full potential and build their futures by providing dedicated one-to-one mentors.
9. **Children's Healing Art Project (CHAP)** brings the healing power of art, free of charge, to children and families facing medical challenges.

Techniques and Practices for Stress Relief and Wellness:

1. **Finger Holds:** In difficult or challenging situations when tears, anger or anxiety arise, the fingers may be held to bring peace, focus, and calm so that the appropriate response or action may be taken. Gently hold each finger with the

opposite hand for 2 to 5 minutes until you feel a steady, rhythmic pulse. This will help move and drain blocked energy, and bring back a sense of balance and harmony to the body. The practice may also be done for relaxation with music, or used before going to sleep to release the problems of the day and to bring deep peace to body and mind. This may be practiced on oneself or on another person.



2. **Breath Observation:** Breath awareness means paying attention to each individual breath without trying to change anything. You can notice the flow of breath, the expansion of the lungs, the movement of the rib cage and abdomen, sensations in the nose or throat, the movement of the diaphragm, etc. Simply observing the breath can damp down stress.
3. **Constructive Rest:** One of the simplest ways to help yourself reduce excess tension and manage the effects of stress is the Alexander Technique Constructive Rest practice. To practice Constructive Rest:
    a. lie on your back on a firm surface
    b. bend your knees and position your feet hip-width apart
    c. rest your arms on the floor or stomach
    d. gently breathe in and out
    e. try to be aware of your body's position in space.

    The goal of this practice is not to flatten yourself against the floor, nor is it to relax and go heavy, so, don't try to push yourself against the floor; instead, allow gravity to help you rest gently onto the ground.
4. **Emotional Tapping/the Emotional Freedom Technique (EFT):** EFT is a body/mind self-help method that involves tapping with fingertips on acupuncture-like points on the hands, face, and body while giving focused attention to uncomfortable thoughts and feelings. When we are willing to face negative emotions like guilt, hurt, fear or anger while tapping (instead of trying to fight them or push them away), we can experience surprising relief. See Kaiser Permanente's EFT Overview for a How-To guide and video explanation of this technique.

Educational Resources & Further Learning

TO READ:

1. **How Playwright August Wilson Captured the Highs and Lows of Black America** by Sarah Kuta for Smithsonian Magazine
2. The **Idlewild** Series by Pearl Cleage: **What Looks Like Crazy on an Ordinary Day** & **I Wish I Had a Red Dress**
3. **Blues for an Alabama Sky** by Pearl Cleage
4. **"When Sue Wears Red"** by Langston Hughes
5. **Resources for understanding August Wilson's *Fences*,** Guide from the Kennedy Center
6. **An Indigenous People's History of the United States** by Roxane Dunbar-Ortiz

TO WATCH:

1. **Fences (2016)** on Netflix, Hulu, YouTube Movies, or Peacock
    a. Or just watch **Viola Davis' monologue** from the film
2. **"Oh Susannah"** (from the 2021 Moira Smiley album *In Our Voices*): a reframing of an influential folk song originally born of white supremacy, sung by Dawn Pemberton and Moira Smiley, and dedicated to Black Love everywhere
3. **Origin** (feature film) on Hulu
4. **A Conversation with Pearl Cleage and Marti Lyons**, presented by American Writers Museum

TO LISTEN:

1. **S2E1: Art & Activism with Pearl Cleage** on the Alliance Theatre Podcast
2. **Freedom Songs**, curated by Dramaturg Nneka D. Coxeff. These are communal tools for expressing sorrow, hope, and resistance against oppression, providing a shared voice for the struggle for physical and psychological liberation across generations:
    a. **We Shall Overcome**
    b. **Oh Freedom**
    c. **This Little Light of Mine**
    d. **Go Tell It On The Mountain**
    e. **Ain't Gonna Let Nobody Turn Me Around**
    f. **Wade in the Water**
    g. **We Shall Not Be Moved**
    h. **A Change is Gonna Come**
    i. **Say it Loud – I'm Black and Proud**
    j. **What's Going On**

Resources for Taking Action

1. **Visit 5calls.org** (or download the Apple or Google app) to find your national representatives and scripts for making calls to your legislators
2. **Use the Oregon Legislature's "Find Your Legislator" tool** to find your state representatives and their contact information
3. **Visit the "Get Involved" page** on Equal Justice Initiative (EJI)'s website