



# Harmonizing Healing Paths: Deploying the Community's Scale for Comprehensive Healing

Introducing a community-developed scale to measure and facilitate comprehensive healing from community violence

# Workshop Description

This workshop introduces 'The Community's Scale for Healing Possibilities', a measurement tool developed through a collaborative process with over 30 community organizations to assess healing from community violence.

The scale's adaptability and significance for a broad spectrum of professionals, including clinicians, community organizers, researchers, and program facilitators, will be showcased.



# Workshop Goals and Objectives

- **Introduce the Community's Scale for Healing Possibilities**

The workshop will present this collaborative, community-informed scale designed to measure healing from community violence.
- **Provide Strategies for Integrating the Scale**

Practical approaches will be shared for incorporating the scale as a discussion tool, evaluation measure, or ongoing check-in in participants' own practices.
- **Demonstrate Broad Applicability of the Scale**

Examples will be provided to show how the scale can be applied in various therapeutic and healing contexts to enhance practice.

# Expected Outcomes



## Enhanced Understanding

Participants will gain a deeper, nuanced understanding of the scale and its purpose in supporting holistic healing and well-being.



## Strengthened Capability

Participants will enhance their ability to effectively apply the scale in their work, leveraging its insights to drive positive change.



## Empowered Contribution

Participants will feel empowered to utilize the scale as a tool to actively contribute to the healing and well-being of individuals and communities.

By engaging with this comprehensive healing scale, participants will be equipped with the knowledge, skills, and motivation to foster transformative change in their communities.

# **Respecting Experiences of Young Adults Affected by Violence**

# Why We Need a Way to Measure Healing

---

In the area of recovery from trauma and violence, there are several measures available to assess **symptoms and coping**.

- However, in our review, no clear definition existed of **healing** from community violence, grounded in the reality and experience of those most affected.



# What is Community Violence?

---

Community violence is harm that happens in a community to **individuals and groups of people**.

- It is fueled by **past pain** and oppression.
- It **shuts down views of the future**.
- It creates **personal harm** and **ruptures a community**.



# What is Healing from Community Violence?

---

Healing from community violence is getting to the core of the harm and **reclaiming possibilities.**





**How a Partnership Developed  
*The Community's Scale for Healing  
Possibilities***

# The Partnership that Developed The Community's Scale for Healing Possibilities

---

- Common Justice
- The Center for Nonviolence and Social Justice
- H.O.L.L.A.
- Homeboy Industries
- M.A.D.E. Institute
- The Love More Movement
- Reimagining Justice

These organizations worked with the Hunter College School of Social Work to develop a scale that would measure healing.

# How the Scale Was Developed

---

Partners used a mixed-method participatory scale development process that was **trauma-informed** and social justice-based to:



Define the meaning  
of **healing** from  
community violence



**Identify indicators**  
for measurement



Test the **validity**  
and **reliability** for  
the measure

# Essential Values of the Participatory Process

---

**Our focus** honored the stories, voices and strengths of young people and practitioners of color affected by structural racism – how they've been harmed and their ways of knowing.

**Our team members** each had experienced healing from community violence, supporting the healing of others, or both.

**Our process** created a space of affirmation, mutual aid, community trust-building and joy.

# More than Just a Measurement Tool

---

The tool itself was a **catalyst** for discussions and **led to insights** into healing.

Community discussion **participants identified *how*** the scale was more than just a measurement tool.

The core project team **developed a companion discussion guide** to support group reflection and used among participants of a healing or survivor-centered program.

# **A Closer Look at the Scale**

# Early Testing

**300+ participants**

were recruited from the seven community-based organizations for early testing of the scale in 2021

**176 responses**

used for the final sample for the exploratory factor analysis

**200+ recruited**

for a second wave of testing, for a confirmatory factor analysis in 2022

*Of those recruited for the second wave of testing:*

**51%**

were under 25 years old

**99%**

identified as Black or Latino

**32%**

experienced community violence less than five years earlier

# Dimensions of Healing

---

The scale has 36 items – questions that a participant answers – organized under four **dimensions of healing**.

**Getting to  
the core**  
(Items 1-13)

**Reclaiming  
possibilities  
and hope**  
(Items 14-21)

**Faith in the  
healing  
process**  
(Items 22-30)

**Trusting the  
community  
in healing**  
(Items 31-36)



# A Sample of Questions and Responses on the Scale

---

After experiencing community violence, because of healing....	Never	Sometimes	Often	Prefer Not to Answer
1. I face my past so I can heal my pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can open up to people when I need to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I can ask for help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I'm able to move forward with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# The Community's Scale for Healing Possibilities: Conceptual Model

---



# Dimension 1: Getting to the Core

---

I face my past so I can heal my pain.

I can forgive myself for the harm that I have caused others.



## Dimension 2: Reclaiming Possibilities and Hope

---

I recognize that I deserve to heal.

I do my part so future generations will not go through the harm I went through.



# Dimension 4: Trusting Community in Healing

---

I am connected to a community supportive of my choice to heal.

I am able to use my experience to help others and myself heal.



# Context and Goals

- **Partnership-driven Development**

The scale was developed through a partnership between community-based organizations and researchers.

- **Defining Healing from Community Violence**

The goals were to define healing from community violence, grounded in lived experiences.

- **Conceptualizing Dimensions of Healing**

The goals included conceptualizing the dimensions of healing from community violence.

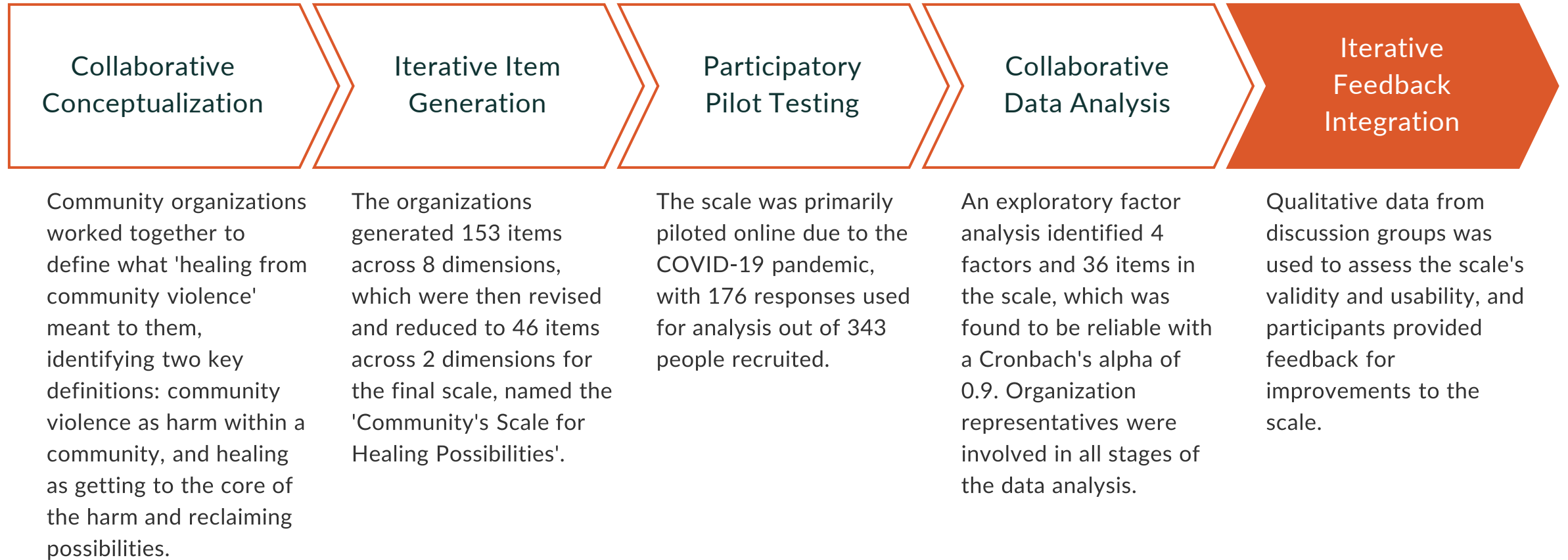
- **Identifying Indicators**

The goals involved identifying indicators to measure healing from community violence.

- **Validating and Reliability Testing**

The goals also included testing the measure's validity and reliability.

# Participatory Scale Development Process



# Essential Values of the Participatory Process

---

**Our focus** honored the stories, voices and strengths of young people and practitioners of color affected by structural racism – how they've been harmed and their ways of knowing.

**Our team members** each had experienced healing from community violence, supporting the healing of others, or both.

**Our process** created a space of affirmation, mutual aid, community trust-building and joy.



# Significance and Feedback



## Valuable Tool for Multiple Purposes

The Community's Scale for Healing Possibilities is seen as a valuable tool that could serve various needs, from assessment to provoking thoughtful discussions about healing.



## Scale Discussions as Part of the Healing Process

Many participants found that the process of taking and discussing the scale was itself a meaningful part of their healing journey, providing insights and realizations.



## Recommendations for Revisions and Clarifications

Participants provided suggestions to improve the scale, such as clarifying the definition of



## Potential for Assessing Healing Impact

While needing some revisions, participants saw the scale as a powerful assessment tool that could measure the impact of their healing work from community violence.

The Community's Scale for Healing Possibilities is recognized as a valuable and versatile tool, with opportunities for refinement and deployment as part of a comprehensive approach to healing from community violence.

## Qualitative Findings: Discussion Groups

Participants in the discussion groups provided valuable feedback on the Community's Scale for Comprehensive Healing. They felt the scale captured important elements of their healing journey from community violence, serving as a useful discussion tool and healing intervention. Participants also offered revisions to enhance the scale's validity and usability.



# Recommendations for Use

## Culturally Responsive Framework

Utilize the scale's four healing dimensions developed with direct community input to guide culturally grounded interventions.

## Integrate Healing Dimensions

Infuse the four healing dimensions - getting to the core, reclaiming possibilities, faith in healing, and trusting community - into existing healing practices.

## Amplify Community Healing

Assess participants' strengths and growth areas to tailor community healing work and use the scale as a pre/post assessment tool.

## Community-Defined Model

Leverage the asset-based, community-defined healing framework to complement existing therapeutic approaches.