

Rise & Shine 2022 Program Report

What is Rise & Shine?

- Our annual parent-led training program for parents impacted by family policing in NYC meets 3 days/week for 18 weeks.
- Our fourth class graduated 6 parents in June!
- Writing and public speaking workshops
- Expert speakers on child welfare history and law, parent advocacy, trauma and toxic stress, self-care
- Shadowing and participation in movement-building
- Peer support and collective care

*"To achieve liberation you must speak your truth.
You can turn poison into medicine and use
artistic forms to tell your story."*

Q: What did you learn from Rise & Shine Program?

- "I am not the only family that has suffered by the hands of ACS."
- "Make a practice to actively listen."
- "To be true to my voice."
- "To build meaningful relationship with peers interested in doing the same work as you."
- "I learned my legal rights and I learned about the history of ACS and how to advocate for change."



Shadowing Opportunity Results

Parents engaged in interactive learning via shadowing and participating in advocacy and organizing opportunities.





"I am learning to speak my truth, to heal in a safe space and to use community and close relations for support."

Parent Reflections

- "Sharing experiences with each other helps us feel less alone and it also teaches us how to deal with future experiences."
- "Be true to your voice, offer your time to those in need, build meaningful relationships with peers interested in doing the same work as you."
- "Be sure to have a supportive network of people that you can trust; do not hold it all inside because that will only cause you additional, unnecessary suffering."



Moving Forward

"The lessons gave me clarity as to how I wanted to present my story, how it could help move along a cause to assist with changing the child policing system and especially how I can help other affected parents."

"I hope to make a contribution in child welfare through spoken word, knowledge, wisdom and understanding. I hope to continue to reach people of all ages, races and classes."

100%

gained coping tools that they plan to use to manage trauma responses in their life or work

100%

learned about strategies they can do to bring other child welfare-affected families together to build safe and healthy communities

83.3%

feel confident that they gained the skills to become a community leader and/or a support to their peers now or in the future

100%

gained a better understanding of how stressors relate to laws, policies and investments in our communities