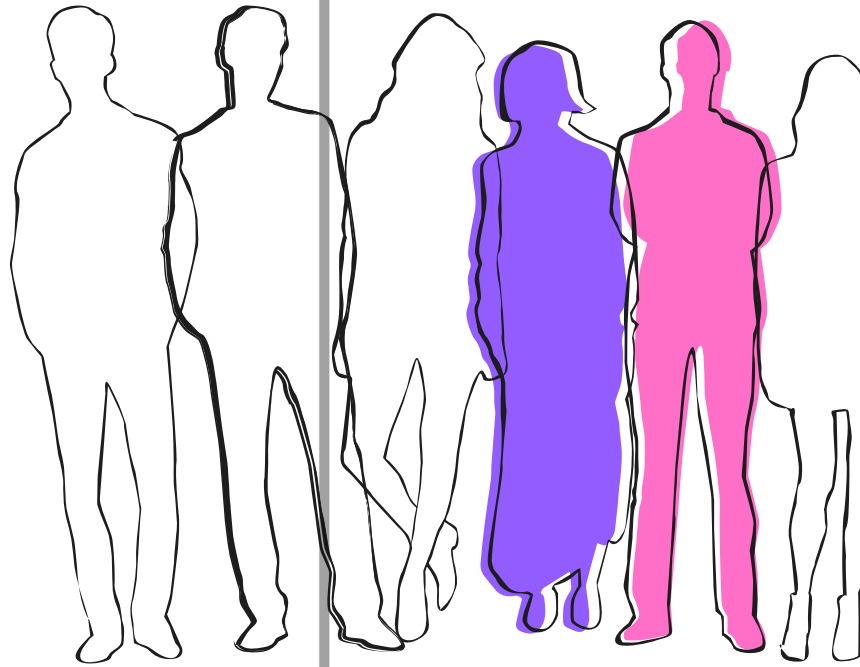


**community care  
is self care  
is community care**  
communities  
showing up for each other

understanding care  
in our work for  
liberation compiled  
by



**OUTRIGHTVERMONT**  
making it better since 1989



## When community care is social distancing

**This resource was developed as a response to the statewide GSA Network priority of harm repair: responding to harms when they happen, supporting authentic healing, and developing community level resources that empower, heal, and move away from punishment and cancel culture.**

**COVID-19 challenged and transformed our approach to community care by emphasizing the need to distance as a way of keeping people safe.**

**This time has underscored that our lives are precious, and how we care for our health, our mental health, our social connections, and our communities makes all the difference.**

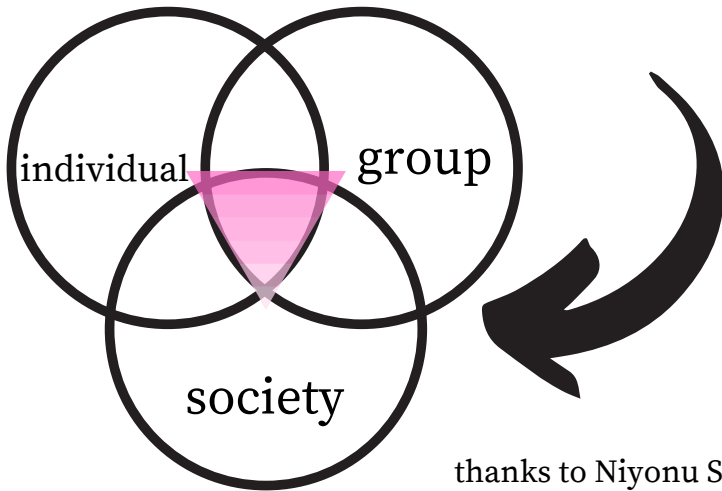
**This toolkit frames care for yourself as part of creating a better world, and examples of folks who need care coming together to offer care, too.**

**May this comic by Deanna Zandt (<https://www.deannazandt.com/>) and the sweet examples named here inspire and support your care, and your sense of connection in community.**

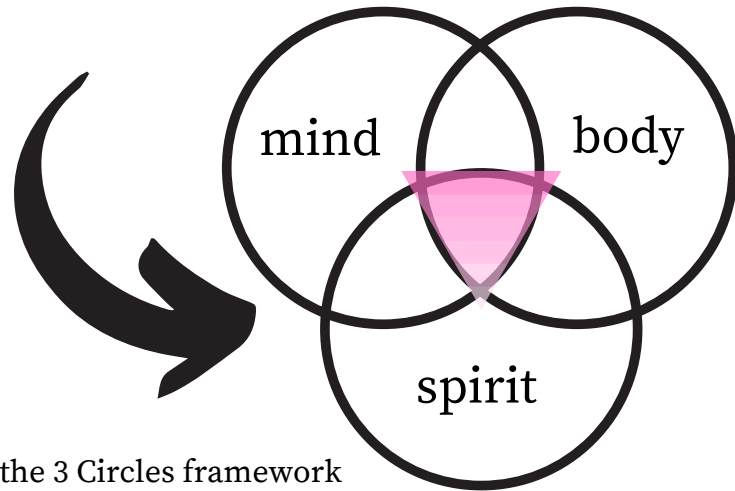
# But first...

Society has tricked us into thinking we are alone in our struggles and desires. In truth, we are all connected-- as individuals, and in groups embedded in society.

Capitalism teaches that our bodies, minds and spirits are separate. Cultivating awareness of these circles can help us challenge that harmful lesson, recognizing instead that we are inter-connected. **When we practice awareness and care at all the levels, we can get free!**



the 3 Circles



thanks to Niyonu Spann for the 3 Circles framework



## LGBT YOUTH ARE:

- TWICE AS LIKELY TO BE BULLIED DURING THE PAST MONTH
- FOUR TIMES MORE LIKELY TO HAVE MADE A SUICIDE PLAN DURING THE PAST YEAR
- FIVE TIMES MORE LIKELY TO HAVE ATTEMPTED SUICIDE DURING THE PAST YEAR

2019 YOUTH RISK BEHAVIOR SURVEY,  
DEPARTMENT OF HEALTH, VT

## what do we do about it?

When we experience isolation, harm, or injustice it is easy to believe we are alone in healing from and responding to that harm. The good news is: That is not true.

There are things we can do to take care of ourselves, and there are groups of folks who take care of each other through community care. There are also organizations of folks who not only care for community, they offer **STRUCTURAL** care, in other words: they work to change the circumstances and systems that cause harm.

Here are examples of types of care, and groups in Vermont doing these kinds of care:

# SELF-SOOTHING

Activities that provide distraction and/or comfort in difficult times

TV BINGEING



BUBBLE BATH

FANCY BEVERAGES



SINGING LOUDLY

GETTING OUT INTO NATURE



FRESH FLOWERS



TIME OFF FROM HOME RESPONSIBILITIES & CHILDCARE



CUDDLING



EXERCISE



## Self-Care, Community Care: Social Support Spaces with Outright Vermont

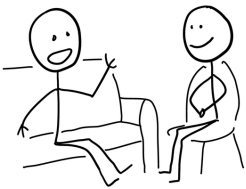
Friday Night Group, Trans Group, and Drop In create space for LGBTQ+ youth to come together for connection and support when often schools, families, and communities don't feel safe or supportive.

Friday Night Group has been running for over 30 years, in person, and now online. LGBTQ+ youth are centered in these spaces, and define the space they want to build together.

# SELF-CARE

Activities that help you find meaning, and that support your growth & groundedness

GOING TO THERAPY



NAPPING



EATING WELL FOR YOUR BODY



MEDITATING

TAKING OWNERSHIP OF YOUR FINANCES



GETTING MEDICAL CARE



MASSAGE

EXERCISE



Saying YES and NO when you really mean it



YOGA



SETTING - & KEEPING! - BOUNDARIES

## Self-Care: The Vermont Diversity Health Project

This listing of queer and trans competent healthcare providers can help with the self care of finding a therapist, primary care provider, or a profession who can otherwise support your wellness.

## Community and Structural Care: Outright Youth Organizers

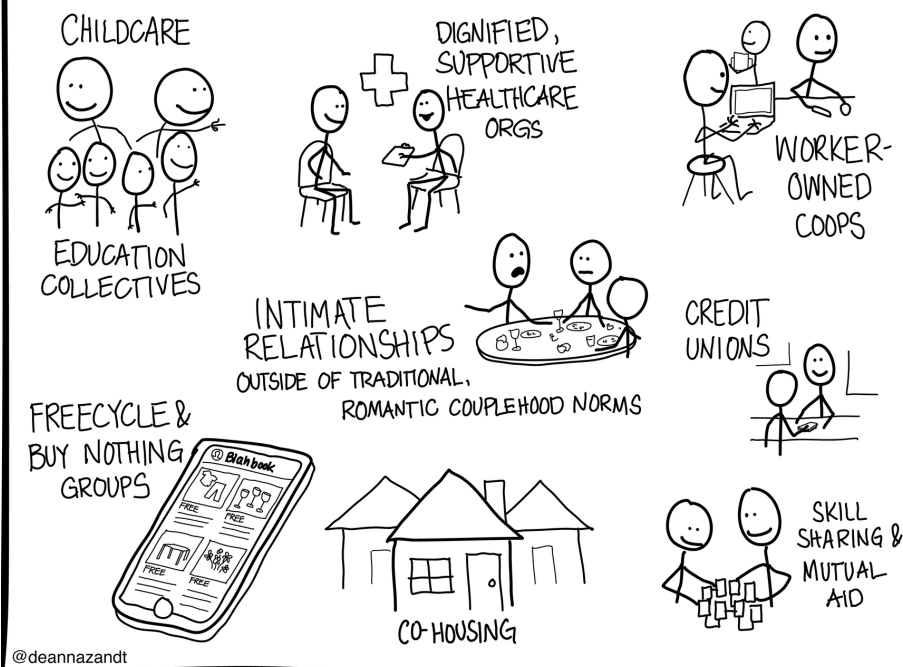
Queer and trans youth showing up for other youth, learning from each other, and building community. These organizers are working to create freer, more liberated schools in Vermont.

## Structural Care: Education at Outright

We advocate, educate, and consult with school communities statewide to ensure Vermont schools are doing their work to be safe, supportive, and affirming to all students regardless of their perceived or actual gender and sexual identity.

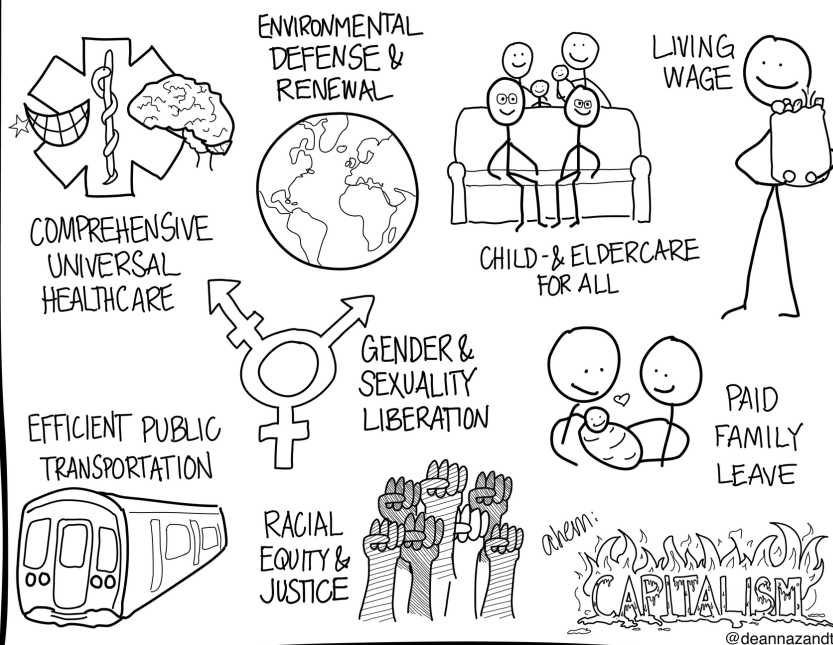
## COMMUNITY CARE

Workarounds for systems that don't inherently support care (ie, capitalism!)



## STRUCTURAL CARE

Systems that support community care, self-care AND self-soothing





# Examples of Community and Structural Care in Vermont

## Community and Structural Care:

### The Root Social Justice Center

"The Root Social Justice Center provides a physically and financially accessible space in Southern Vermont for social justice groups to meet AND is a hub for racial justice organizing."

The Root prioritizes People of Color leadership and shifting resources to People of Color-led racial justice work--and through its Mutual Aid Support Network. We operate collectively to sustain a space that strives to be free of oppression, harm, and injustice."

## Structural Care:

### Women's Justice and Freedom Initiative

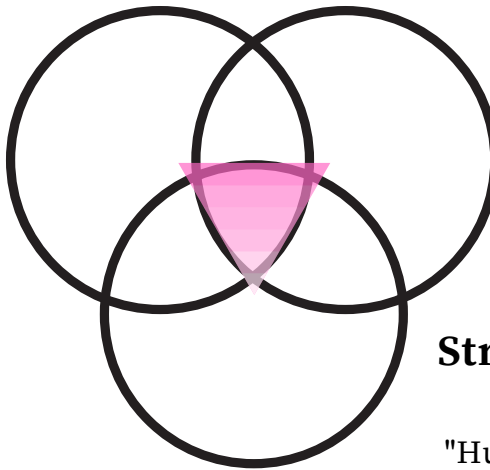
This Chittenden based group works to end all prisons, and specifically to shut down the Chittenden Regional Corrections Facility.

"Our advocacy spans from addressing the immediate needs of all women, all girls, and all LGBTQ+ people impacted by the legal system to community organizing and legislation on a statewide and federal level to abolish the prison industrial complex."

## Community Care: Vermont Mutual Aid Network

In communities across the state, people connect with each other to share resources, labor, and vital support in the time of Covid- 19.

Each community is organized differently, but the core of it is that people help each other, and helping each other makes everyone's life better.



## Community and Structural Care: Hunger Free Vermont

"Hunger Free Vermont works to end the injustice of hunger and malnutrition for all Vermonters."

## Self-Care and Community Care: VT CARES

"Vermont CARES works for and with Vermonters affected by HIV/AIDS to promote well being through a continuum of prevention, support, and advocacy services."

No single person can do all the kinds of care that are needed all the time; we each can play a role in supporting each other in different ways, though. Now, go forth and care for each other—and yourself.



**small is good small  
is all. the large is a  
reflection of the  
small.  
- adrienne maree  
brown**