



SOCIAL WORK THROUGH HIP HOP

**Helping youth heal from complex trauma
while discovering themselves and their
culture through art, music, dance !**



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**“They come for the Hiphop,
but stay for the Healing”**



**Mental Health through
Hiphop and traditional
culture**

BluePrintForLife.ca

120 weeklong intensives in 45 remote communities

- Inuqjuak – Nunavik
- Pangnirtung – Nanavut
- Rae/Edzo – North West Territories (Dene')
- Clyde River – North Baffin Nunavut
- Purvirnituk – Nunavik
- Chisasibi- Quebec (Cree)
- Rankin Inlet – Nunavut
- Cambridge Bay – Nunavut
- Kangiqsualujjuaq –Nunavik
- Iqaluit – Nunavut
- Kuujjuarapik – Nunavik
- Umiujaq – Nunavik
- Kuujjuaq – Nunavik
- Pond Inlet –Nunavut
- Arctic Bay – Nunavut
- Kugluktuk – Nunavut
- Baker Lake –Nunavut
- Tasiujaq – Nunavik
- Salluit, Nunavik
- Grise Fiord, Nunavut
- Ivujivik, Nunavik
- Inuvik, NWT
- Calgary – Alberta
- Kangirsuk -Nunavik
- Quataq -Nunavik
- Akulivik -Nunavik
- Pelly Crossing – Yukon
- WhiteHorse – Yukon
- Greenland
- Kimmirut –Nunavut
- Duncan, Vancouver Island



22 Youth Justice Projects across Canada.



Who is Buddha anyway ?

**A father, a social
worker, a street
dancer for 40 years**





Complex Trauma

**Requires diverse and complex
intervention**

Exciting stuff about
trauma and the human brain !

The healing power of culture,
the arts, and the telling of
ones story.

The Proposition !

**Hiphop helps people heal !
It can build communities
and it can lead the world
as a model of diversity,
inclusion and respect !**

**It can be viewed as a
survival toolkit for a
modern age that youth
can take ownership of.**

**If you can't engage the youth
– all the good intentions and
hopes for them become a
non-starter !**

The real birth of Hip-hop !

**Born out of despair and
rage !**

**(My theory about why it didn't
disappear)**

**It has been embraced by
aboriginal cultures around
the world as a way of
asserting their modern
creative voice in Art , Music
and Dance.**

(While still embracing traditional culture)

A personal story !

Validating the personal story and leading by example in expressing oneself and emotions. Celebrating oral traditions !



1975

16 years old.

4 ft 7 inches tall – weighed 85 lbs



It was also a problem that my sister who was more than a year younger than me was taller than me !

Rockin the Red Wheels !



**Rockin the Red
Wheels !**

**And when the
lights dimmed !**

**And when the
beats slowed
down !**



Canadian Floor Masters 1983 -2010



How the idea started !





The Concept

Becoming the school curriculum



A five day boot camp intensive



When we tire them out through dance we engage their minds on the issues in their lives while exploring their cultural heritage!

Topics customized with youth input.

Examples of topics for a youth justice project could include:

- **Media Manipulation**
- **Bring your own culture into Hiphop**
- **Drugs and Alcohol -a harm reduction approach**
 - **Relationships – what does abuse look like**
 - **Respect**
 - **Bullying**
 - **How I sabotage myself**
- **Did you know this about Gangs**
 - **Finding your “One Mics”**
 - **Outside resources**
 - **Healing paths**
 - **Learning to Trust again**

100 youth and 10 leaders.





Over 7000 youth engaged .



8 different programs based on the
expressed needs of youth and communities.

Techniques employed

(Or used as guiding principles)

- Mentorship and Role Modeling
- Cognitive Therapy and Meditation techniques
- Group Therapy
- Resiliency training
- Humor and Laughter therapy
- Anger management training
- Safety planning
- Sport, Play and Art Therapy – in a cultural context.
- Disclosure and Healing Path stories
- Goal setting, daring to dream
- Self regulating techniques, impulse control and self discipline.
- Leadership training – cooperation skills.
- Positive Risk taking
- Inventory of strengths
- Visualization techniques and mindfulness training
- Traditional ceremonies – smudging etc
- Journaling and poetry

Reversing Power and Control !

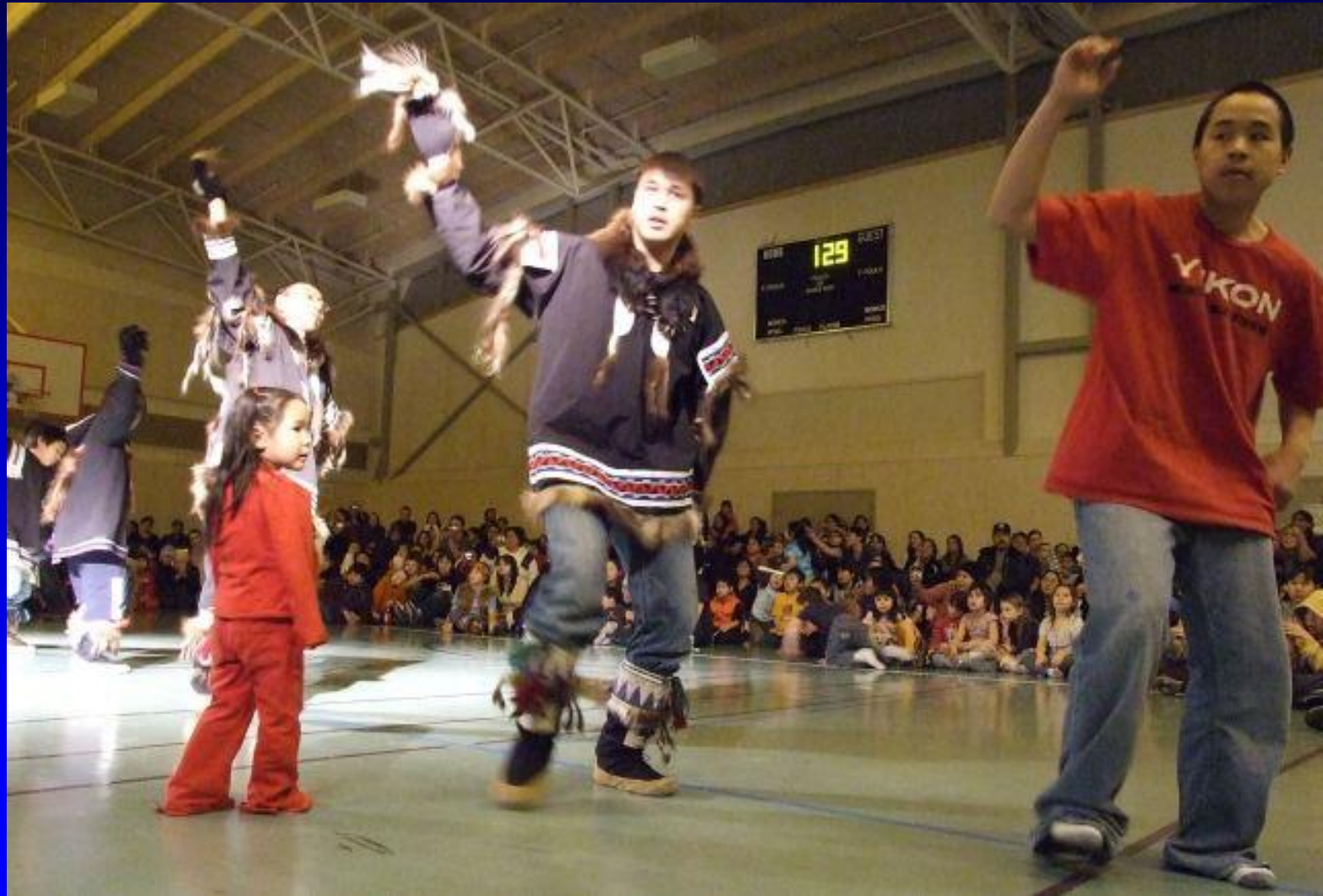


Adults humble themselves and participate with the youth !
RCMP, Social Workers, Teachers, Public Health, the Mayor !

Exploring Traditional Culture



Traditional Dances



Traditional Drumming



Throat Singing and Beat Box = Throatboxing



Arctic Sports



Cultural Graffiti





The Big Show

(A community celebration)



Bridging the Generations



Youth Corrections story's CYOC attention span and Winnipeg shows love







Calgary Young Offenders Centre
BluePrintForLife.ca 2015



**Edmonton Young Offenders Centre
BluePrintForlife healing program 2015**



A woman is shown in profile, looking down. She is wearing traditional Indigenous regalia, including a feather in her hair, a beaded necklace, and a large, colorful shawl with long fringe. The background is a grassy field under a cloudy sky.

Manitoba Youth Centre

**Angela inspires first nations
women to dance**



Youth with disabilities ! Timothy's story



Giving back to the Community



Pond Inlet Frost Graffiti

Sustaining a program



“Leadership Through Hiphop” and “Share our Spirit”

“Healing through Hip-hop”



Inner City Programs



1: 100 teenage girls –mostly Muslim at FFCA in Calgary

2: Racism and violence between an aboriginal school and a local white school

3: Working with Sudanese refugee youth.

4: Youth Corrections facilities across Canada

Some Great Photos

















“WolfPack Rockers”













Evidence
Based
Photo !

Time to dance

**Its Monday Movement
Maddness !**

**Yes, the 70's and
“The Hustle”**

Evaluations

- 1: Three year study of 6 youth corrections facilities across Canada
Justice Canada project Gangs and Guns. 12 projects.
- 2: Independent 3 community evaluation done by Nunavut's Dept of Health
and Social Services.
- 3: Ongoing evaluations by Kativik school board – questionnaires, video
responses, documentaries.
- 4: Feedback and evaluations from elders captured by wellness
organizations like Ilisaksivik Society
- 5: Many letters of reference from public health, mental health, social
workers, wellness centers, court judges, RCMP, teachers, social workers.
- 6: Ongoing youth testimonials
- 7: Project evaluation and handbook created around community healing
from residential schools –partnered with Pauktuutit

Contact Info

- www.BluePrintForLife.ca
- (Hundreds of photos of the youth from every project and online documentaries)
- Email Steve@BluePrintForLife.ca
- Request a DVD on what we do to show the youth in your community.