

**Trauma &
Healing
Through
Hip Hop**

Featuring:

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NYAPRS 38th Annual Conference

RISE UP! Community, Connection, Culture

Our roots: From chaos...



Our roots: From chaos...



Our roots: From chaos...



Our roots: From chaos...



Our roots: From chaos...



Our roots: From chaos...



Expression / Language



Art



ART



ART



Art





PIONEERS of HIP HOP

Social Connections



Fashion



Dancing



DJ's



Rappers



Evolution: Reggaeton

TEGO CALDERON



References

➤ dancaderua.com

➤ lipstickalley.com

➤ Google Images

➤ na.decodedmagazine.com

➤ hiphopconnection.com

➤ Riotsound.com

➤ Imagarcade.com

➤ Wild Style by Charlie
Ahearn

References

- Some of the photographers include –
 - Jules Aarons
 - Morton Broffman
 - Joe Conzo

References

- Poetry

 - Boogie Down
Productions
 - KRS 1, Scott La Rock
 - B-Boys Records

- The Message

 - Grand Master Flash and the
Furious Five
 - Rhino Records

- The South Bronx

 - Boogie Down
Productions

 - KRS 1, Scott La Rock

 - B-Boys Records
Self Destruction

 - KRS 1, D Nice
 - Jive Records

 - Cambumbo
Tego Calderon
Coo-kee

 - White Lion Records

HIP HOP SPEAKS

Female Rap Artists

GOALS OF RECOVERY AND CULTURE OUR STORIES THROUGH HIP HOP

To discuss how Hip Hop has historically been a movement based on the struggles of communities

To discuss the overall messages of struggle, loss, empowerment, recovery, and triumph of women in the Hip Hop community

SHA ROCK



IMPACT OF HIP HOP

- ◆ Identification
- ◆ Inspiration
- ◆ Motivation
- ◆ Music

MC LYTE



HIP HOP AS A VEHICLE FOR EXPRESSION

- ◆ Narrates our personal experiences
- ◆ Tells a story
- ◆ Creates connections
- ◆ Portrays images

QUEEN LATIFAH



MESSAGES IN HIP HOP

- ◆ Pain (Loss and trauma)
- ◆ Happiness
- ◆ Empowerment
- ◆ Community
- ◆ Social Movements

LAURYN HILL

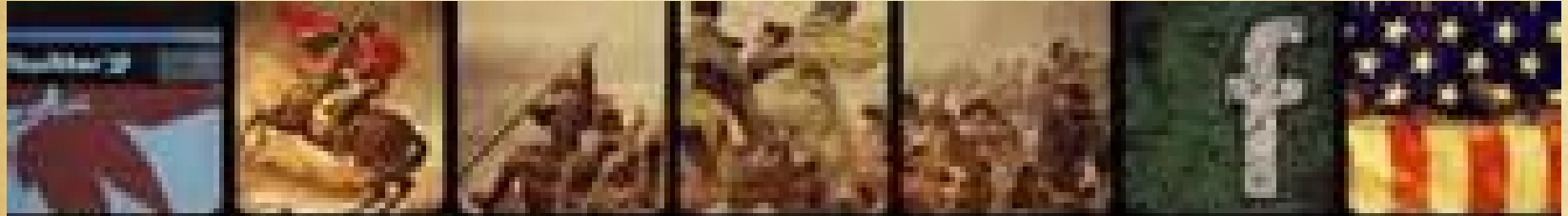


LAURYN HILL



YOUTH – HIP HOP MESSAGES

- ◆ Understanding social context and generational ways of communicating
- ◆ Encouraging peer support
- ◆ Social media and current events
- ◆ Social roles
- ◆ Communicates and unpacks feelings



YOU'RE THE VOICE

Social Media's Role in
Modern Social Movements
& Political Uprisings



Songs and Artists

- ◆ Rappin and Rockin in the House - MC Sha Rock – Funky Four Plus One More
- ◆ Cha Cha Cha – MC Lyte
- ◆ U.N.I.T.Y – Queen Latifah
- ◆ Superstar – Lauryn Hill
- ◆ Everything Is Everything – Lauryn Hill

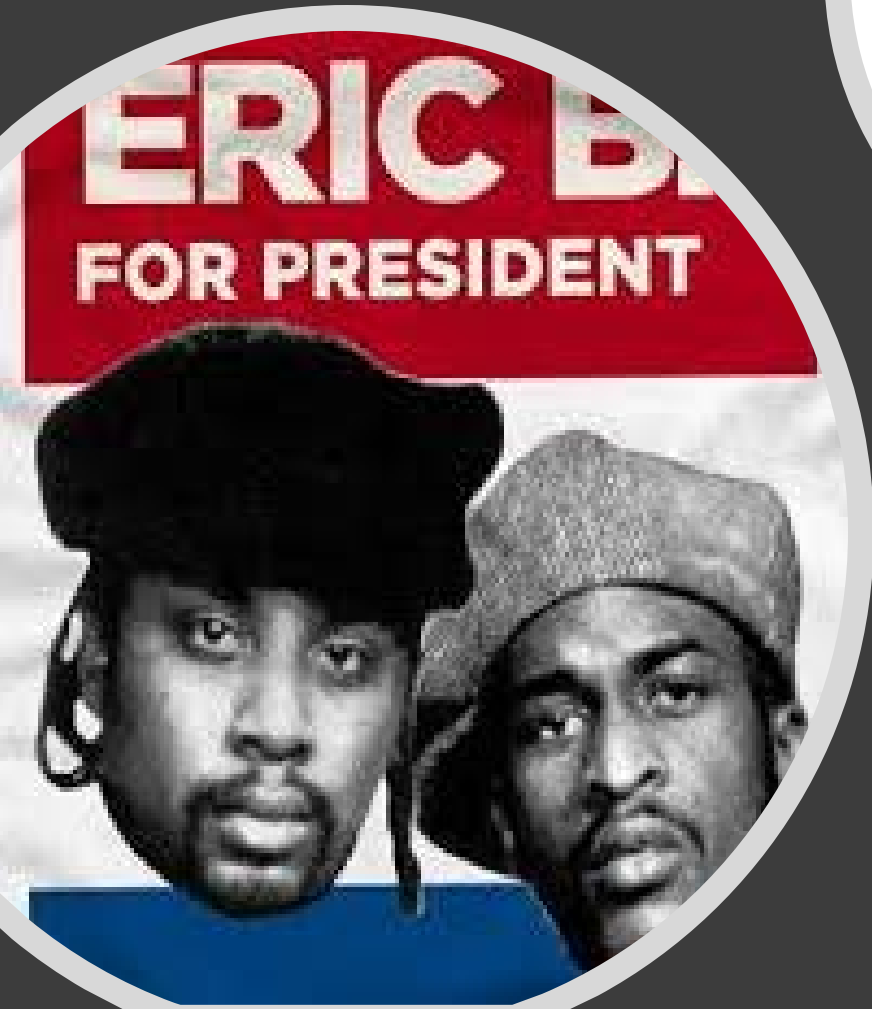


Discovering My Strengths and Technique through Hip Hop

Chacku Mathai



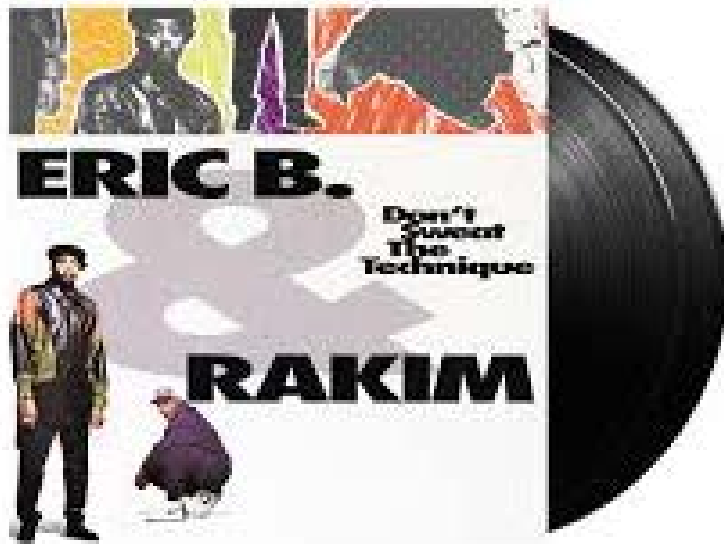
Did you know that the classic *Paid in Full* cut, “My Melody,” was actually the first song Eric B. & Rakim recorded together?



Eric B is President



Classical to intelligent to be
radical
Masterful never irrelevant
mathematical
Here's some soothing souvenirs
For all the years you taught to
sought the thoughts and ideas



Because of my culture
I'm equipped to
construct a
Technical style that'll be
full of technology
Complete sights of new
heights after I get deep
You don't have to speak
just seek and peep the
technique



**Office of
Mental Health**

Hip Hop Heals!

Amanda Saake, LMSW, CPRP

Special Assistant to the Commissioner, Office of Consumer Affairs

New York State Office of Mental Health



rage against the machine

It has to start somewhere
It has to start sometime
What better place than here
what better time than now.

EMINEM

IS ANYBODY OUT THERE?
IT FEELS LIKE I'M TALKING TO MYSELF.
NO ONE SEEMS TO KNOW MY STRUGGLE.
AND EVERYTHING I COME FROM

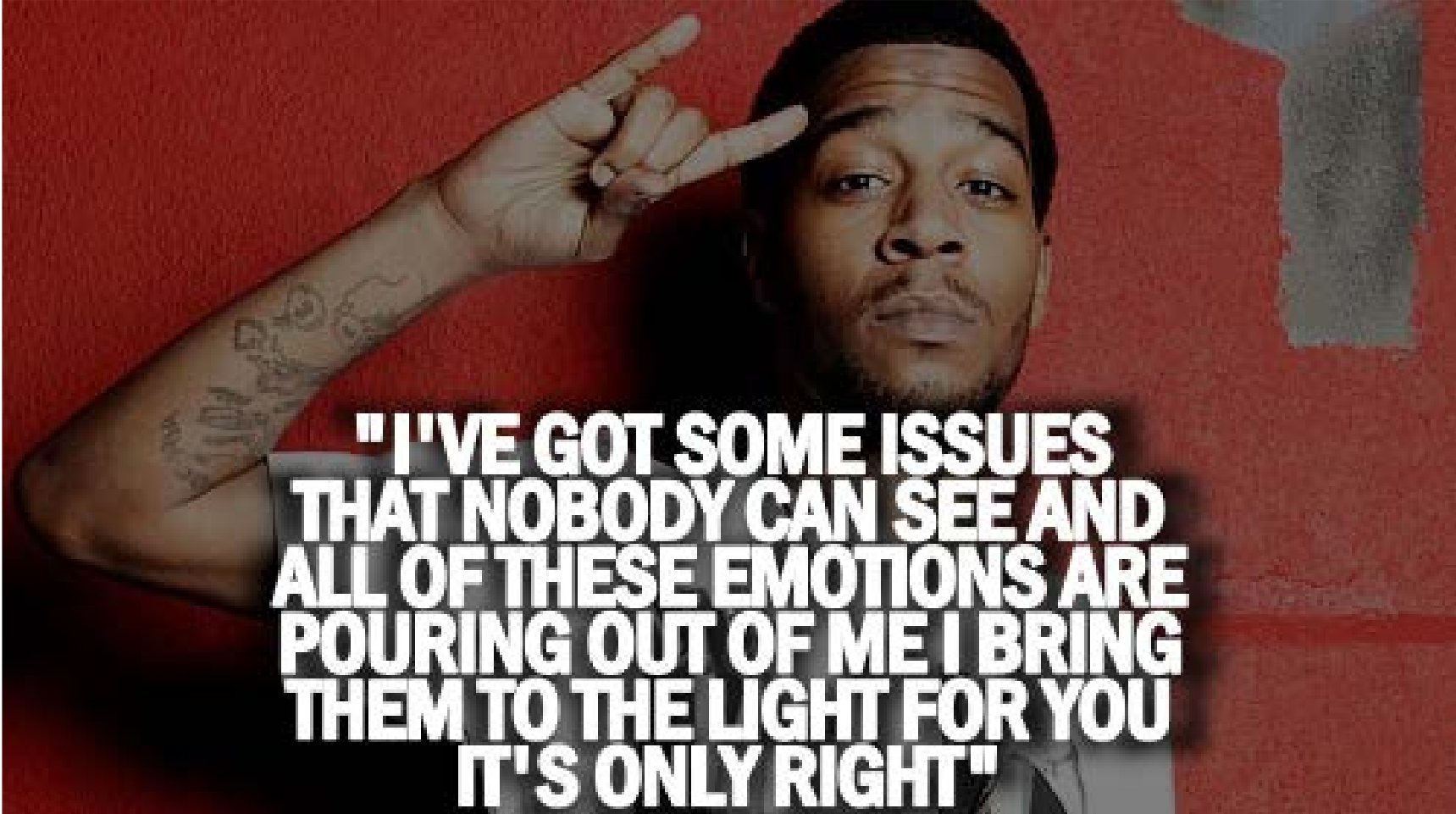
— eminem





NAS

**"RESPECT ALL, FEAR NONE,
MY PRIDE IS EVERYTHING"**

A photograph of Kid Cudi against a red wall. He is pointing his right index finger to his forehead. A white text box with a black border is overlaid on the lower half of the image, containing a quote. The quote is in all caps and reads: "I'VE GOT SOME ISSUES THAT NOBODY CAN SEE AND ALL OF THESE EMOTIONS ARE POURING OUT OF ME I BRING THEM TO THE LIGHT FOR YOU IT'S ONLY RIGHT".

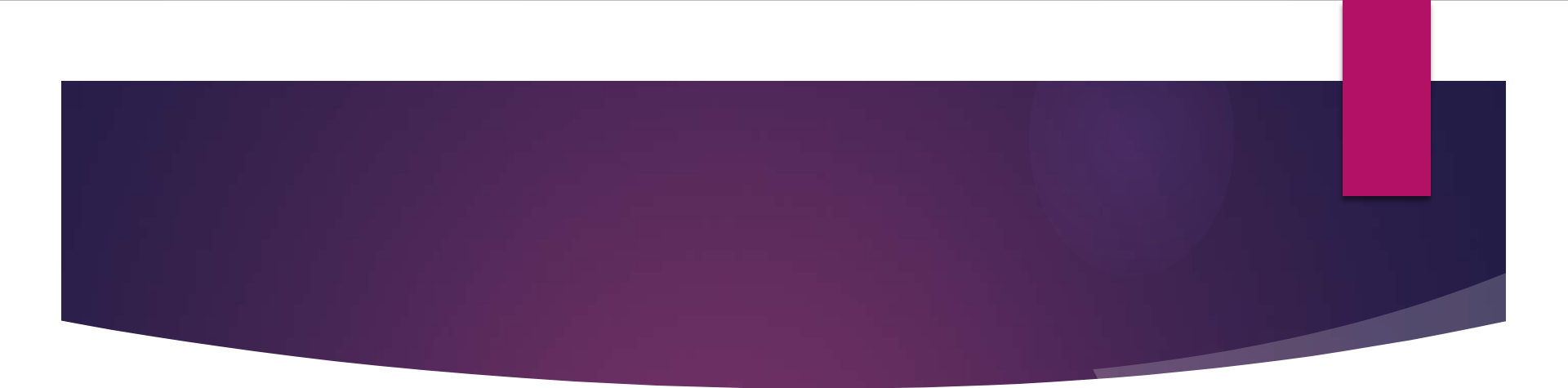
**"I'VE GOT SOME ISSUES
THAT NOBODY CAN SEE AND
ALL OF THESE EMOTIONS ARE
POURING OUT OF ME I BRING
THEM TO THE LIGHT FOR YOU
IT'S ONLY RIGHT"**

Kid Cudi




A look at today

MENTAL HEALTH, HIP HOP, AND MILLENNIALS/GEN X

- 
- ▶ a recent National Institute of Mental Health study, three million adolescents reported at least one major depressive episode (MDE) in 2015. The prevalence was highest among youth with two or more racial identifiers.
 - ▶ The National Alliance on Mental Illness reports that 1-in-4 college students have a diagnosable mental illness.

Kid Cudi

- ▶ Kid Cudi checked himself into rehab for depression and suicidal urges in Oct. 2016. The rapper has always been vocal about his issues through his music.
- ▶ On his 2008 mixtape, *A Kid Named Cudi*, he candidly spoke always



*“All I wanted to do
is help kids
not feel alone
and stop kids from
committing suicide.”*

Wounds- Kid Cudi

“We all have times when we weep/It’s a troubled life, traumatized psychologically/I pray, in the shadows when I’m speakin’ to no one/Myself, did everything right, didn’t I?/So why aren’t I whole?/You know you better dig deeper/Don’t lie to you/You better dig deep, deep”

Online reactions



No Relation, Esq.
@TheCosby

Tweet a rap song about black men and mental health
[#YouGoodMan](#)

7:06 AM · Oct 5, 2016 · Twitter for iPhone

59 Retweets 451 Quote Tweets 98 Likes

Black boys and men dealing with mental illness, you are strong. [#YouGoodMan](#) [#BellLetsTalk](#)



Lil Uzi Vert

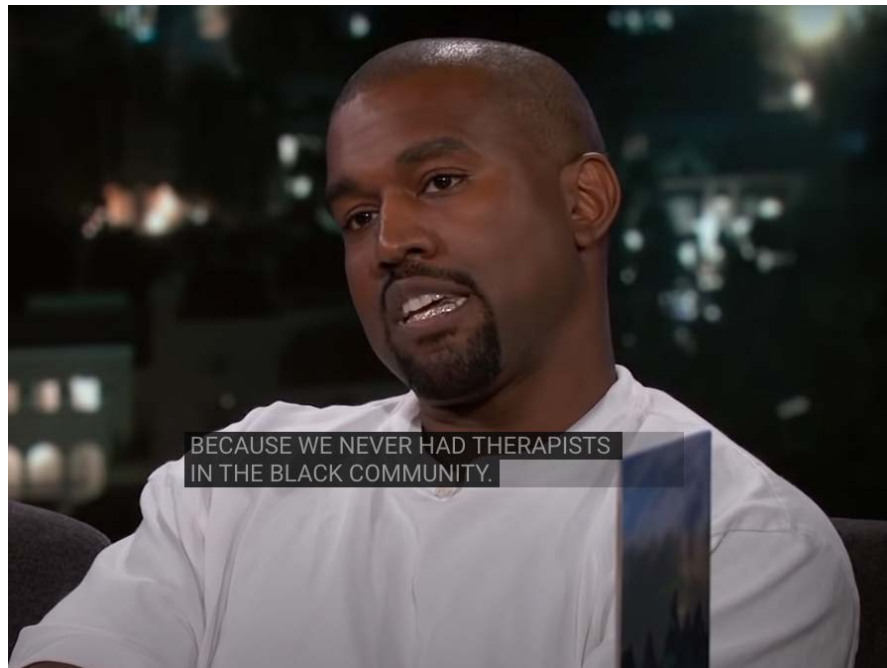
- ▶ Within his fan base, Uzi Vert uses *his experience* to normalize mental health issues; this lessens the effect of stigmatization
- ▶ Uzi Vert by being open about his mental health dialogue session.



XO Tour Llif3- Lil Uzi Vert

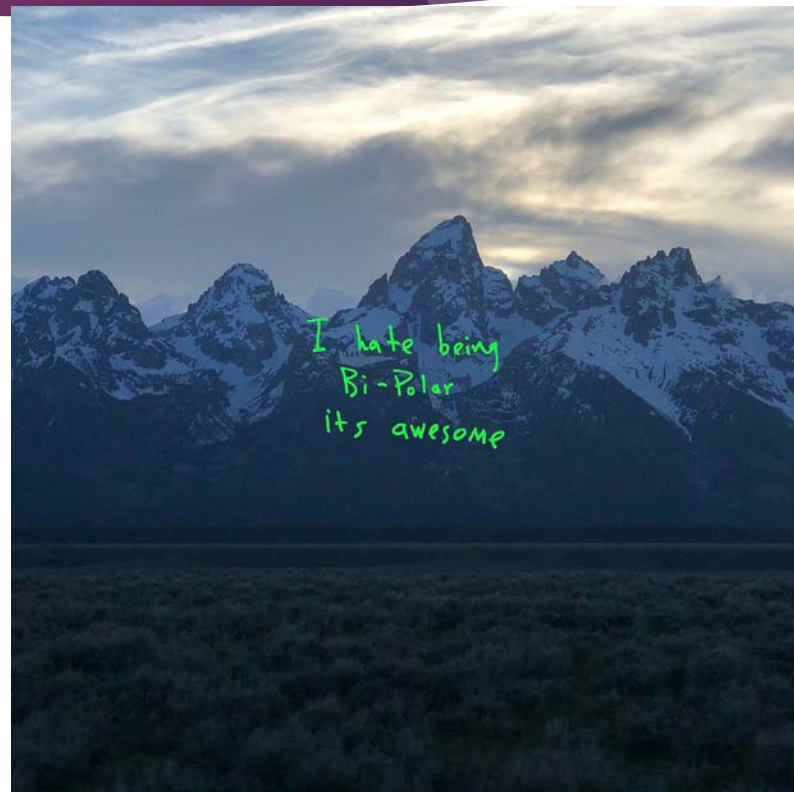
“She said I’m insane yeah/I might blow my
brain out/Xanny numb the pain
yeah/Please, Xanny make it go away/I’m
committed, not addicted but it keeps
controlling me/All that pain now I can’t feel
it, I swear that it’s slowing me”

Kanye West

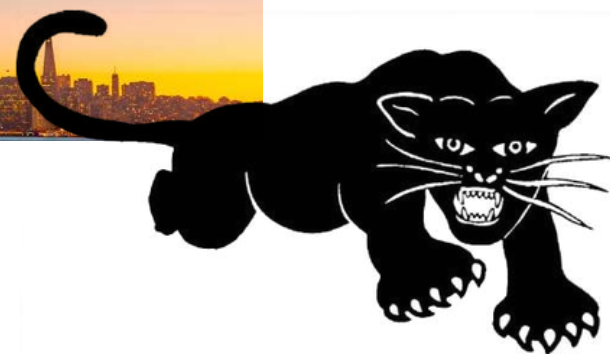


Yikes - Kanye West

*“That’s my bipolar shit, n*** what?
That’s my super power n***!
Aint no disability.
I’m a super hero. I’m a super hero!!”*



My story



Some thoughts...

- ▶ embracing the relevant culture of this generation—even if we don't always agree with the packaging or the medium—helps become a better provider
- ▶ Understanding that Hip Hop has historically been about talking about marginalized people's struggles
- ▶ Today we are seeing that artists are more open about mental health issues via social media and the press, which creates conversation amongst young people
- ▶ Artists uniting with activism around changing the mental health system



Bindiram

@bindiram

▶ Release (Prod. By Cody Crossly)