



Leading with Lived Experience

Tamika Daniel Creates Opportunities for Everyone to Thrive

Written by Charlotte Eure, MSW

In 2019, Tamika Daniel began serving as the Behavioral Health Community Organizer with Greater Richmond SCAN, working to increase SCAN's community engagement efforts and promote healing through an equity lens with a focus on resilience-building. Leading with her lived experience, Tamika helps individuals and groups from all walks of life learn how to understand and respond to trauma; advocate for themselves and their loved ones; build supportive, healthy relationships; and engage with authenticity and care. Tamika's work is integral to building equitable, trauma-informed communities.

As the backbone agency of the Greater Richmond Trauma-Informed Community Network (GRTICN) and convener of Virginia's Trauma-Informed Community Networks (VA TICNs), SCAN offers regular virtual trainings on topics related to trauma and resilience free to the public. Tamika offers an introductory training on trauma and resilience, two workshops on community engagement and building relationships, and two video series on topics related to advocacy.

Tamika's hour-long Introduction to Trauma and Resilience training is facilitated through a storytelling framework that connects on a personal level while educating on the impact of trauma and the science of building resilience. The training has received accolades from participants who are deeply impacted by the subject matter and the stories Tamika shares. She is developing a "train the trainer" to help teach and empower others in the community to facilitate this training by sharing their own stories.

"I really enjoyed that this training was given by someone who has lived the life and now shares her story. I think it carries more weight and inspiration rather than a general, textbook style presentation. It made the training feel more personal and comfortable."

The [I Have a Voice: Caregiver Advocacy Series](#) premiered in November 2020. Developed and led by Tamika, each of the eleven episodes features at least one professional and one community member with lived experience discussing advocacy related to topics including education, mental health, finances, rest, and more. In 2021, Tamika created a second series following the same format: [Mental Health Advocacy in the Black Community](#) covers mental health myths and stigmas, generational trauma, mental health resources, and much more in its six episodes, including a panel discussion on Black men and mental health. Both series are free to watch on SCAN's YouTube channel and Facebook page and remain a timeless resource.

Since July 2021, Tamika has regularly facilitated Cultivating Authentic Community Engagement, a workshop she developed for professionals who are interested in learning how to better engage with those they serve. The workshop is an opportunity for organizations to explore how they can increase their transparency and accountability; how staff can cultivate patience and consistency for the long-term work of community engagement; and how to work in collaboration with community partners. Tamika shares strategies that she developed from her own experiences and observations as a community member utilizing services and as a professional working with agencies. She provides space for participants to discuss, reflect, and imagine possibilities.

"Tamika generously shared her experiences and wisdom in ways that could be heard."

In an effort to reach more community members like herself, Tamika developed a complementary workshop to Cultivating Authentic Community Engagement in September 2022. The Importance of Building Long-Lasting Relationships on the Road to Self-Sustainability is for anyone in the community interested in learning about healing through healthy relationships and building a support system. Tamika addresses barriers to building relationships and shares strategies for finding support and connections, exploring sensitive issues like trust and trauma with love and care.

"I thank Tamika for being vulnerable and honest about her experiences. We have a lot in common regarding trauma, and when she spoke of not trusting people who invest in us, it really hit home. It took me years to learn how to build and trust those relationships as an adult."

Tamika Daniel's offerings are a powerful prevention strategy, getting at the root of the systems and norms that perpetuate trauma and creating shifts toward resilience and collective care. Whether you are a professional in the trauma-informed field or someone who is new to the topics of trauma and resilience, Tamika's work will speak to you and leave a lasting impact. Her workshops, trainings, advocacy, and storytelling inspire connection and healing within the relationships that everyone needs not only to survive but to blossom and thrive.



To learn more about upcoming public offerings from Tamika Daniel or to discuss bringing her work to your agency or community, visit grscan.com/communityprograms or email tdaniel@grscan.com.