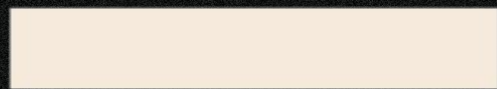


POD MAPPING



**DETROIT
SAFETY
TEAM**

Our Revision of Pod Mapping

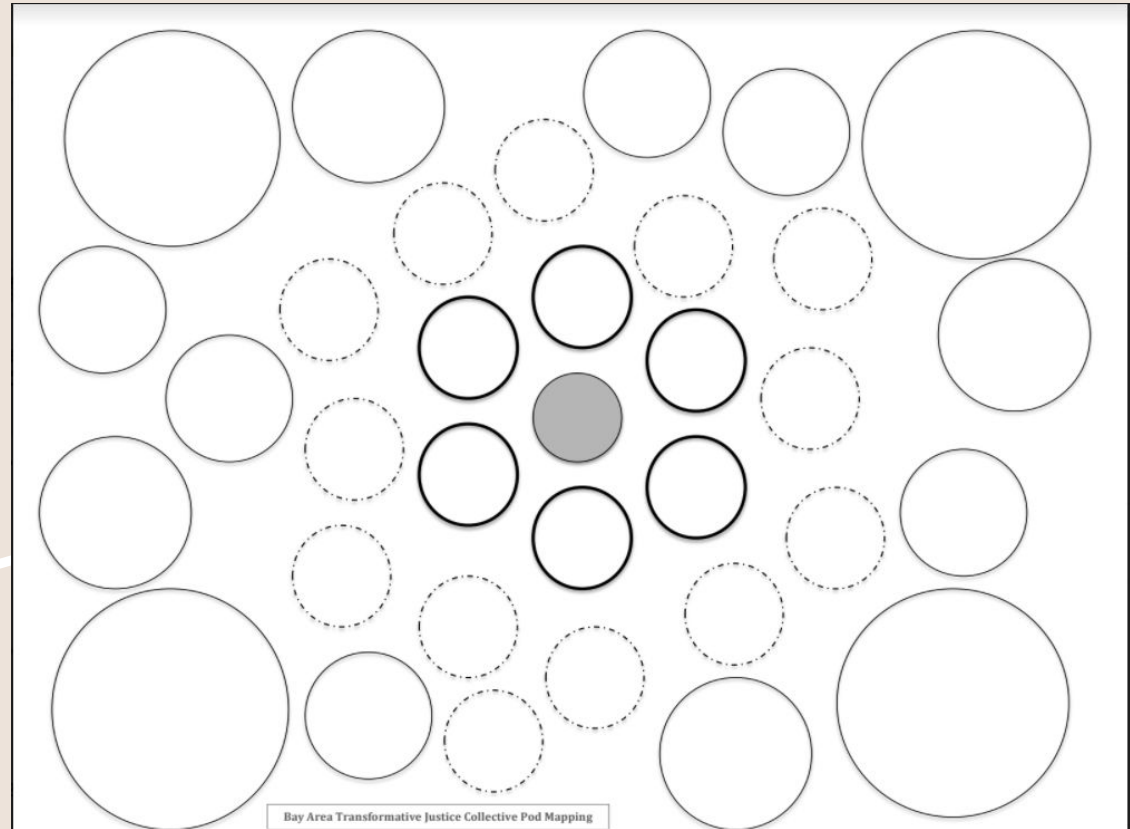
We have slightly altered our Pod Maps to better fit DST work. We have done so after advice from Shira Hassan of JustPractice. Shira shared with us her experience with Pod Maps, and that the pre-made form (available for print on the batjc site) can sometimes be triggering; when folks aren't able to fill in all the pre-made circles, they are often left feeling more alone than supported. We also make sure that the contact information for each person lives on the Pod Map, as the Pod Map is both for your own personal use, and for us to be able to use in the event that there is a need.

Pod Maps are made to have better access and knowledge of available support during crisis and moments of need. That said, one of the most important parts of asking someone to be on your pod, is making sure that they are willing and able to do so. Unlike a mind map or brainstorm of potential support in your life, the Pod Map is rooted in realness, meaning that whoever makes it onto your Pod Map has consented to be on it.

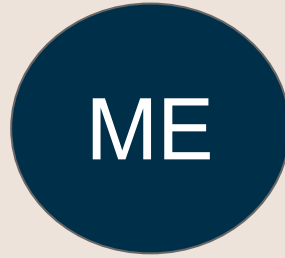
These *MUST BE* TRUE for EVERYONE on your Pod Map...

1. You have both the email and phone number of the person on the Pod.
2. You have spoken to this person about what the Pod Map is for. (In this case for DST)
3. You have asked the person to be available to support you if needed during your time as a DST member.
4. You have shared with them the level of support you are looking for, and asked for specific support when necessary (i.e: You call up John and ask him to call you on Saturday, to check in after you worked a triggering event on Friday night).

POD MAPPING

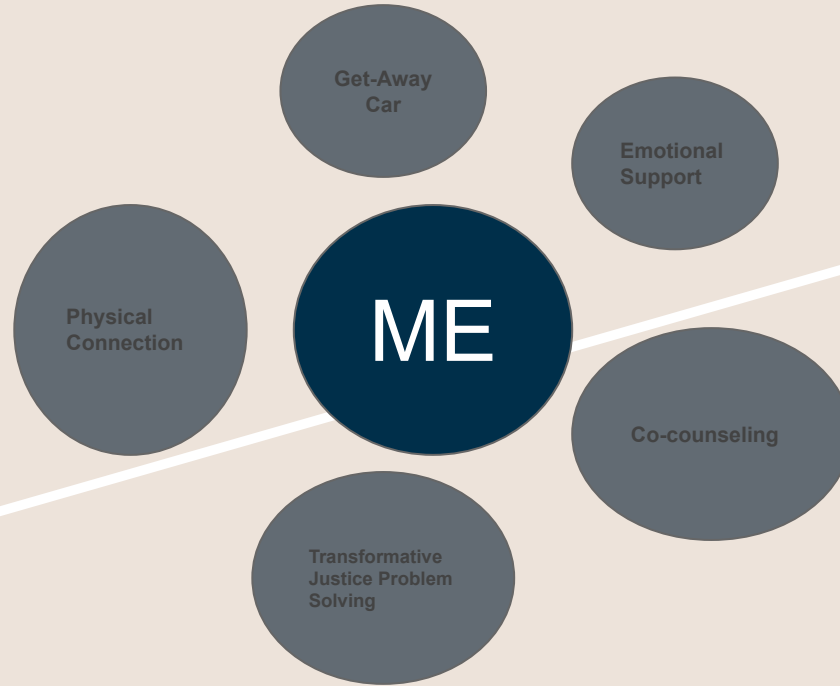


Center



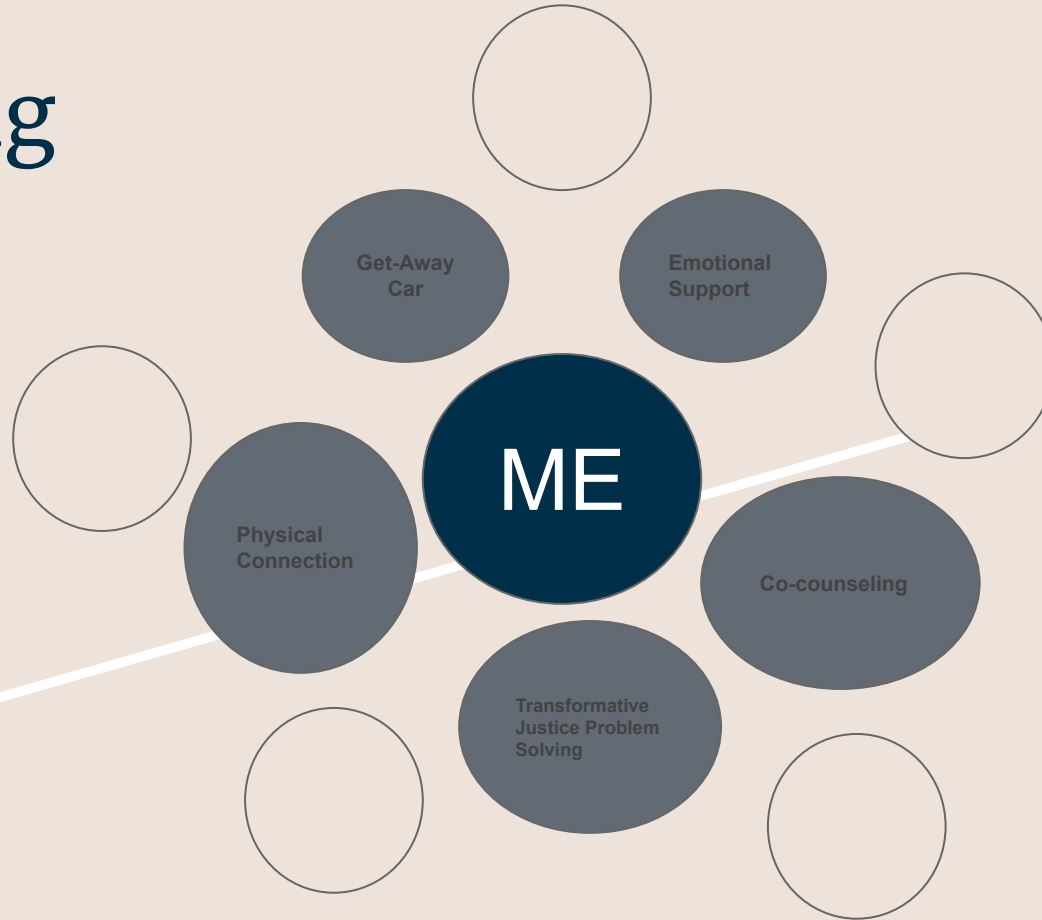
Start with yourself: We are starting with you. You are the center of this Pod. This is an exercise in centering yourself and your needs. It also is a practice of asking for what you specifically need, which is sometimes easier said than done.

1st Ring



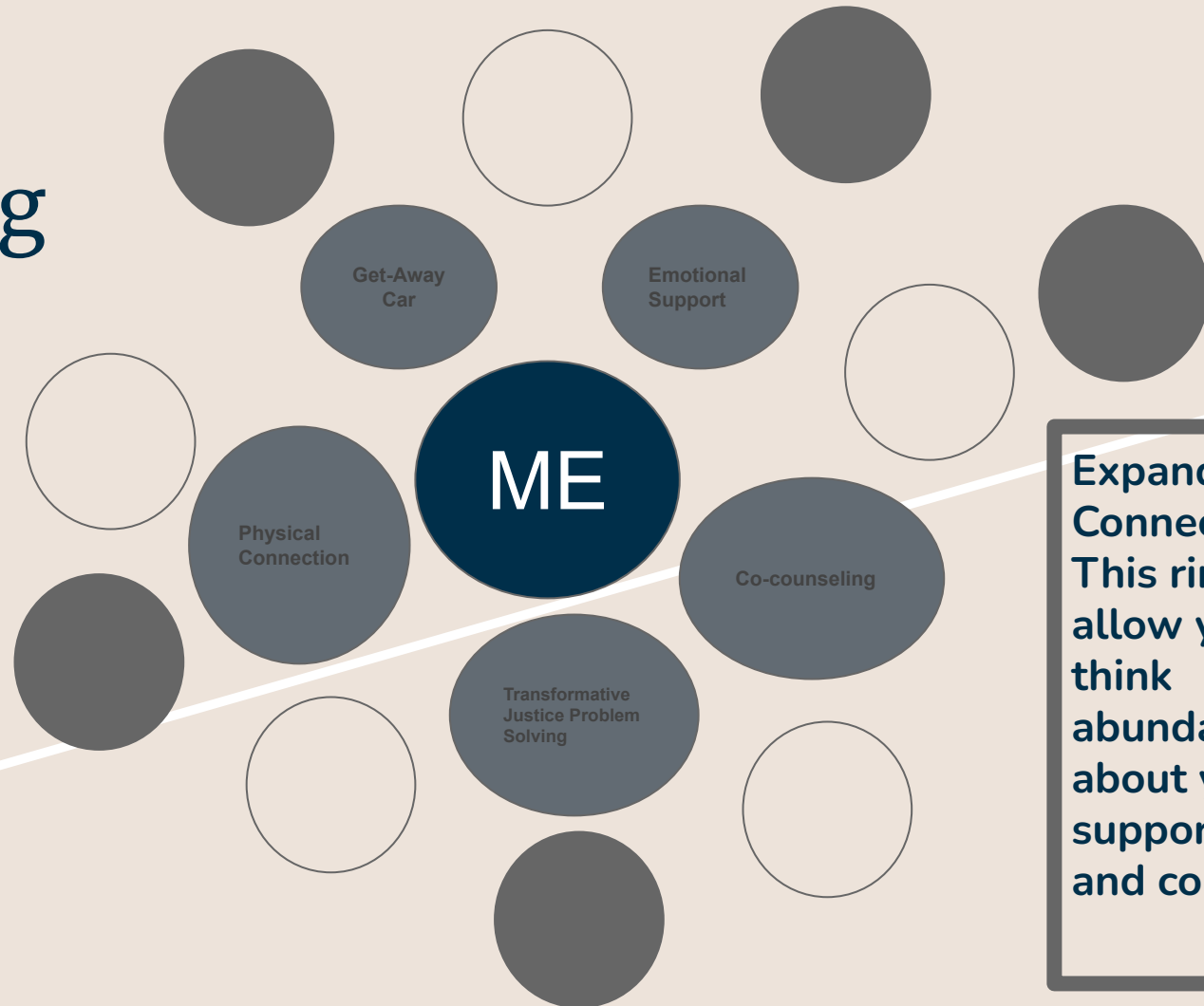
These are the people you have connection to and can meet the needs articulated in your inner circle

2nd Ring



This is your tag team. People you know that can tag in when your 1st ring folks are not able to support.

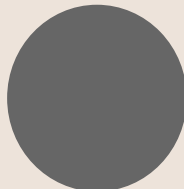
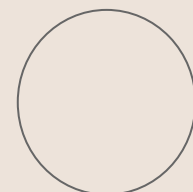
3rd Ring



Expanded Connection.
This ring can allow you to think abundantly about your support, care and community.

4th Ring

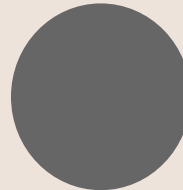
Resources



Physical Connection

ME

Co-counseling



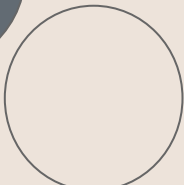
Hotlines

Get-Away Car

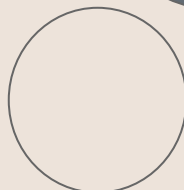
Emotional Support



Transformative Justice Problem Solving



Resilience Practices



Deepen how you care for yourself in thinking about resources and self-care that that can be supportive in moments of crisis

THANK YOU!



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