



Inter Tribal Council of Arizona, Inc.

Historical Trauma and Cultural Resilience: *An Indigenous Framework Approach*

April 3, 2019

By: Madison Fulton, Health Promotion Specialist
Eric Hardy, Health Promotion Specialist



Overview

- Inter Tribal Council of Arizona, Inc.
- Grant Overview
- Impacts of Colonialism and Settler Colonialism
- Historical Trauma Response
- Defining Decolonization
- Cultural Resilience
- Applying Cultural Resilience



Learning Objectives

By the end this presentation, participants will be able to:

- Identify uses of the Indigenous Framework Approach in Tribal Opioids and Substance Abuse Strategies.
- Explain Colonization, Decolonization, Historical Trauma Response, and Cultural Resilience
- Build a relatable and practical cultural resilience framework with and for community members



Inter Tribal Council of Arizona, Inc.



- Established in 1952
 - Responding to threat of termination
 - One of the first regional inter tribal associations created in the United States
- Takes action on matters that affect them collectively and individually
- Promotes tribal sovereignty
- Strengthens tribal governments
- Highest elected officials of 21 member Tribes serve on the ITCA Council

“To provide its member Tribes with a united voice and the means for united action on matters that affect them collectively or individually”

- ITCA Constitution



Introductions

Component 2 - GHWIC

Alida Montiel -

Health & Human Services Director

Glenda Tovar -

Health Promotions Coordinator

Vanessa Dodge -

Epidemiologist II

Madison Fulton -

Health Promotions Specialist

Eric Hardy -

Health Promotions Specialist

In order from left to right.



Grant Overview



Project Areas of Interest

Good Health and Wellness in Indian Country program

- Five year grant from the Center of Disease Control and Prevention (CDC)
 - Aims to prevent heart disease, diabetes, stroke, and associated risk factors in tribal communities by supporting efforts to implement **community-chosen and culturally adapted** policies, systems, and environmental (PSE) changes
- These efforts will target seven prevention areas
- Provide tribes with leadership, training and technical assistance (T/TA), and resources to target one or more of the seven prevention areas

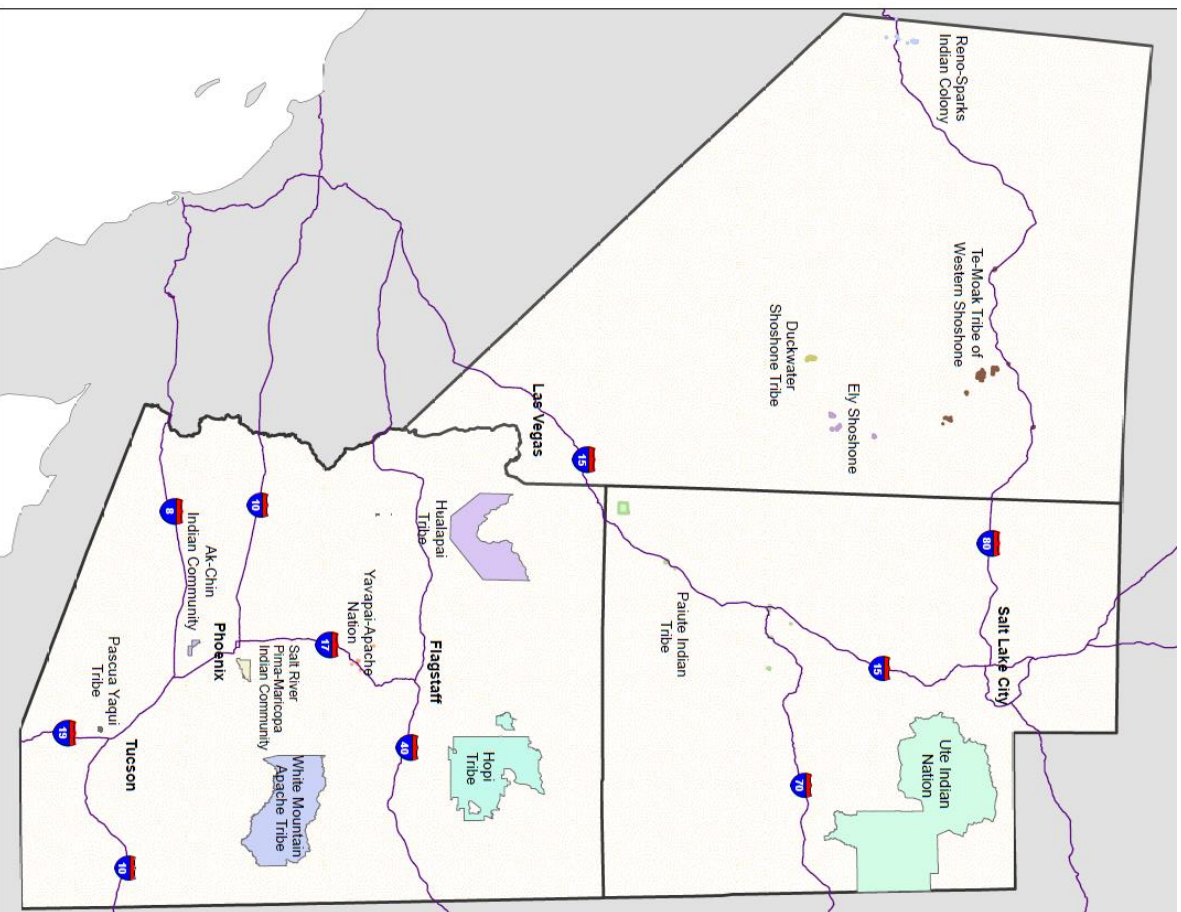


Project Areas of Interest

Seven Prevention Areas

1. Reduce the usage of commercial tobacco and decrease exposure to secondhand tobacco smoke;
2. Increase access to and consumption of healthy food and beverages including fruits, vegetables, and water;
3. Increase promotion of alternatives to less healthy foods and beverages that are in high sodium, sugars and solid fats;
4. Increase support for breastfeeding;
5. Increase opportunities for physical activity;
6. Increase health literacy;
7. Strengthen team-based care and community linkages to promote healthy communities

Project Overview



Tribal Participation

- **8 Tribes in Arizona**
 - Ak-Chin Indian Community
 - Gila River Indian Community
 - Hopi Tribe
 - Hualapai Tribe
 - Pascua Yaqui Tribe
 - Salt River Pima-Maricopa Indian Community
 - White Mountain Apache Tribe
 - Yavapai-Apache Nation
- **2 Tribes in Nevada**
 - Reno-Sparks Indian Colony
 - Te-Moak Tribe of Western Shoshone
- **1 Tribes in Utah**
 - The Ute Indian Tribe of the Uintah and Ouray Reservation



Good Health and Wellness in Indian Country





Defining Decolonization

How do we define decolonization?

- Decolonization is a process which heals ourselves, our families, and our communities from the impacts of colonization.

What are we healing from?

How are we healing?

How do we begin to heal?

How do we know when we are healed?



Framework - Cultural Resilience within the Grant



Grant Analysis

Grant Language

Good Health and Wellness in Indian Country

Aims to prevent heart disease, diabetes, stroke, and associated risk factors in tribal communities by supporting efforts to implement **community-chosen and culturally adapted** policies, systems, and environmental (PSE) changes

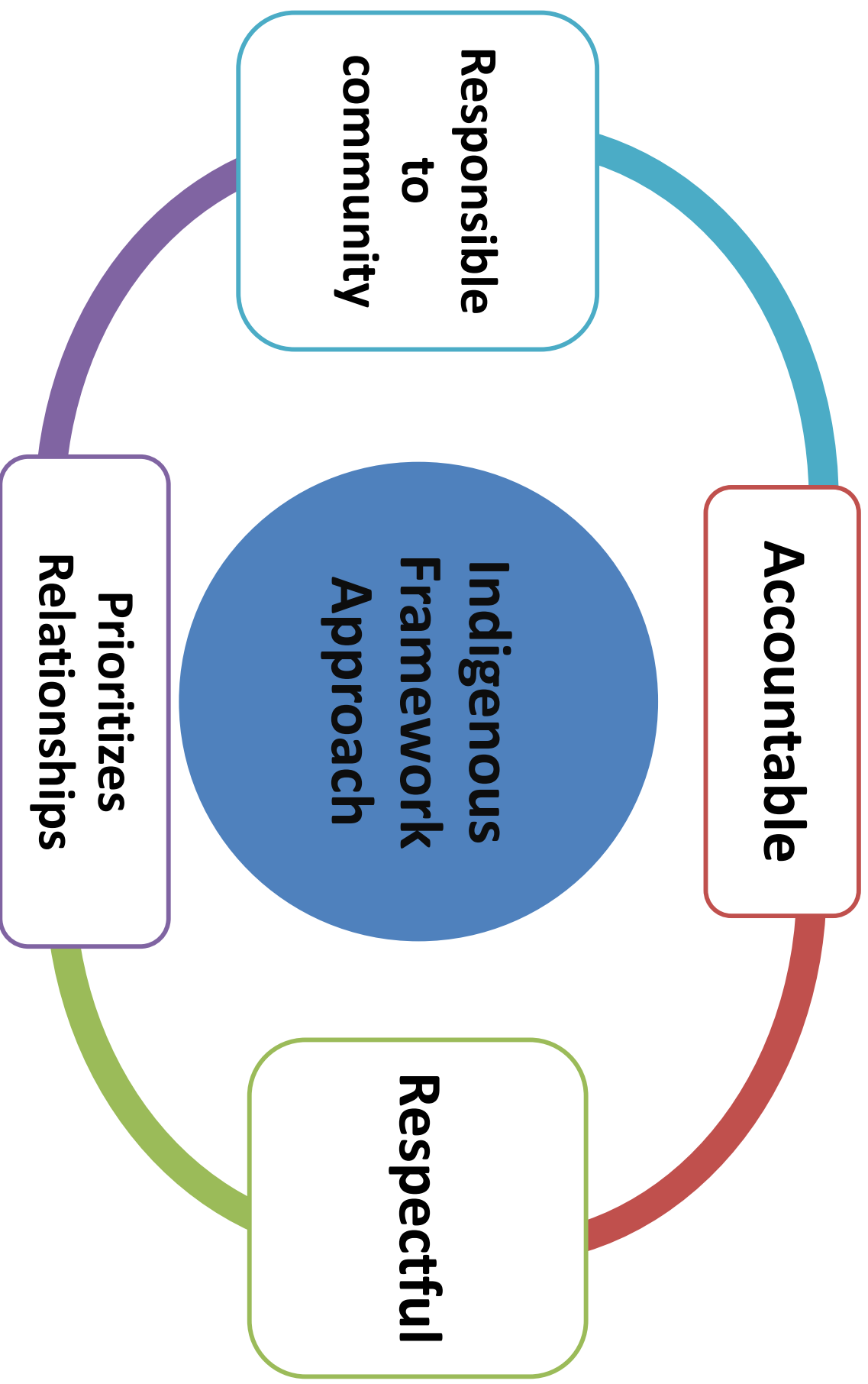
What does **community-chosen** mean?

What does **culturally adapted** mean?

What does **good health and wellness** mean?



Good Health and Wellness in Indian Country





ALS Paradigm

American Indian Studies Paradigm

The American Indian Studies Paradigm is grounded in the experiences of American Indian nations, peoples, communities, and organizations from American Indian perspectives. Its principles are rooted in the *concepts of sovereignty and indigeness*. It recognizes that *disparate worldviews, literatures, knowledge systems, political structures, and languages characterize Indian societies* within the United States but that they share commonalities that link them with other indigenous peoples of the world. It acknowledges that colonialism has impacted sovereignty, human rights, landholdings, religious freedom, health, welfare, and cultural integrity of Indian nations.

ALS focuses on the protection and strengthening of Indian sovereignty, self-determination, self-sufficiency, and human rights. ALS faculty must view their teaching, research, and service as a "sacred" responsibility to Indian nations undertaken for the sake of cultural survival. ALS provides a curriculum for the intellectual, ethical, and social development of students so they will acquire a comprehensive and practical understanding of U.S. Indian law and policy, *colonization/decolonization*, and nation building.

ALS *privileges oral history and traditional knowledge* while promoting collaborative community-based research methods that transcend disciplinary boundaries. It calls for partnerships with Indian nations, communities, and organizations that seek tangible and sensible solutions rooted in indigenous and non-indigenous knowledge to address problems facing American Indian nations. It acknowledges that Indian concepts of living in a balanced, harmonious, and reciprocal relationship with our Earth Mother have a place in dialogues concerning sustainable communities, climate change, environmental degradation, and justice. It trains future leaders and intellectuals to meet challenges of an ever-changing world.



Public Health Paradigm

Public Health

Constitution of the World Health Organization: Principles

1. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
2. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.
3. The health of all peoples is fundamental to the attainment of peace and security and is dependent on the fullest co-operation of individuals and States.
4. The achievement of any State in the promotion and protection of health is of value to all.
5. Unequal development in different countries in the promotion of health and control of diseases, especially communicable disease, is a common danger.
6. Healthy development of the child is of basic importance; the ability to live harmoniously in a changing total environment is essential to such development.
7. The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health.
8. Informed opinion and active co-operation on the part of the public are of the utmost importance in the improvement of the health of the people.
9. Governments have a responsibility for the health of their peoples which can be fulfilled only by the provision of adequate health and social measures.



Good Health and Wellness in Indian Country

Accountable: Sovereignty, Data
Sovereignty, human rights, health,
welfare, & cultural integrity

Respectful:
Sovereignty, disparate
worldviews,
literatures,
knowledge, political
structures, and
languages

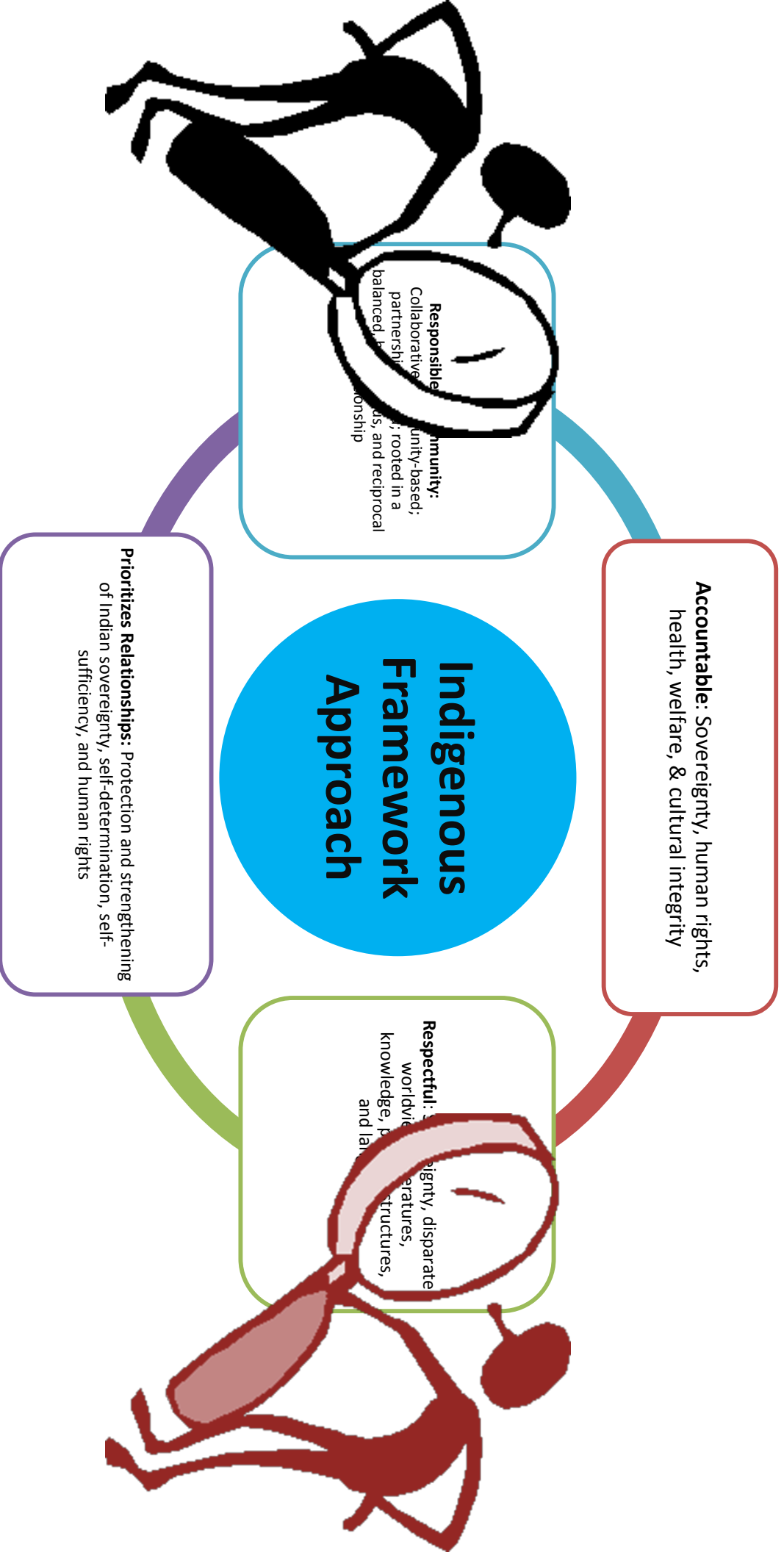
**Responsible to
community:**
Collaborative
community-based;
partnerships based;
rooted in a balanced,
harmonious, and
reciprocal relationship

Prioritizes Relationships:
Protection and strengthening of
Indian sovereignty, self-
determination, self-sufficiency,
and human rights

Indigenous Framework Approach

Example - Activity

Comparative Analysis





Activity

Questions:

- What does health or being healthy mean to you?
- Where do you get your ideas and information of health or being healthy from?

Activity

Common answers:

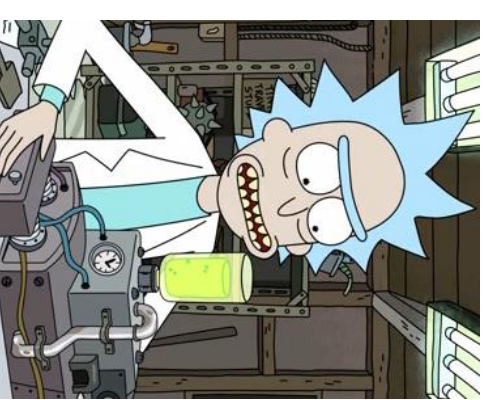
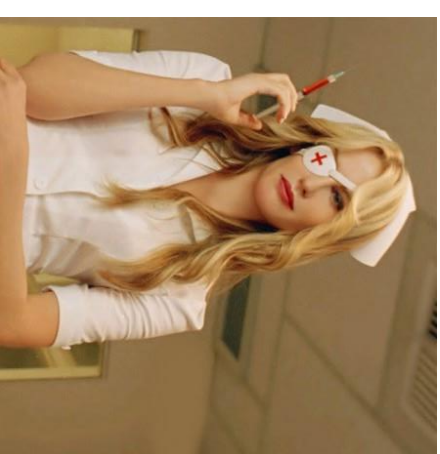
- Diabetes
- Hypertension
- High Blood pressure
- Cirrhosis
- Cancer

- The elimination of illness and diseases



Where and who they got their definitions from:

- Doctors
- Programs
- Teachers
- Hospital
- School
- Scientists
- School Nurse





Activity

Questions:

- How is health defined from a cultural perspective?
- Where and who do you get your cultural teachings and knowledge about health from?

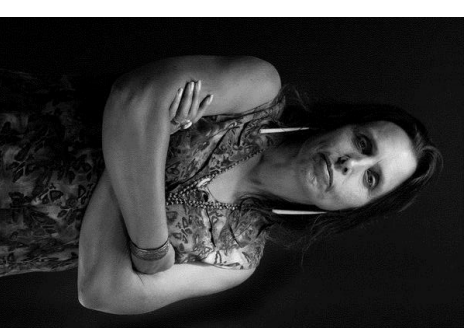
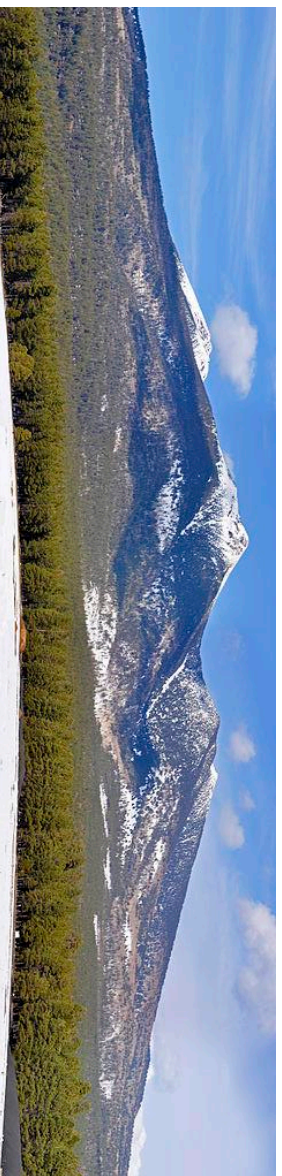
Activity

Common Answers:

- Indigenous knowledge
 - Ceremonies
 - Oral history
 - Language
- Indigenous food knowledge
 - Location of traditional foods
 - Preparation of foods
- Health of the land
 - Connection to the land

Where and who they got their definitions from:

- Elders
- Medicine people
- Ceremony
- Oral history
- Cultural teachings
- Community
- Family
- Personal experience





Activity

Questions:

- Currently, what does health look like in our communities?
- Do you think we live in a healthy way from our cultural teachings? Why or why not?



Activity

Responses:

- Cultural losses, ie. we don't have a lot of culture, **don't speak the language.**
- Community is disorganized, ie. Blood quantum has made it difficult, Tribal vs. Bands.



I would like for the children to know how the Wichita language sounded.

Why do you think the community is the way it is?

- Culture was suppressed
- Culture wasn't and isn't relevant



As He Enters The Room In 1885.

TOM TORLINO—NAVAJO

As He Appears Three Years Later.

Colonization and Historical Trauma is the root cause

The background of the slide features a repeating pattern of stylized human figures in a light tan color. These figures are arranged in a circular formation, with their arms raised and hands clasped, creating a sense of unity and community. The overall aesthetic is warm and textured, resembling aged paper.

Impacts of Colonialism

- What are we
Healing From**



Process of Colonization

Denial and Withdraw

- Deny any merit & withdraw from cultural practices
- Our way of life, our Indigenous Knowledge, how we know and do things

Destruction, Eradication

- Physically destroy & destroy physical representations
- Ceremonial grounds, tradition gardens, homes, communities, kin ship ties

Denigration, Belittlement, Insult

- Internal Colonial institutions denigrate
- Western education, Schools, Colleges, Anthropology, Science



Process of Colonization

Surface Accommodation

- What remains is given surface accommodation
- Oral histories, ceremonies, spirituality

Transformation, Exploitation

- What refuses to die is transformed
- Pharmaceuticals, New Agers, Ceremonial practices

Elimination (Settler Colonialism)

- What is transformed and exploited is eliminated
- Map/Geography lines, place names, knowledge

Process of Colonization

What is Colonization?

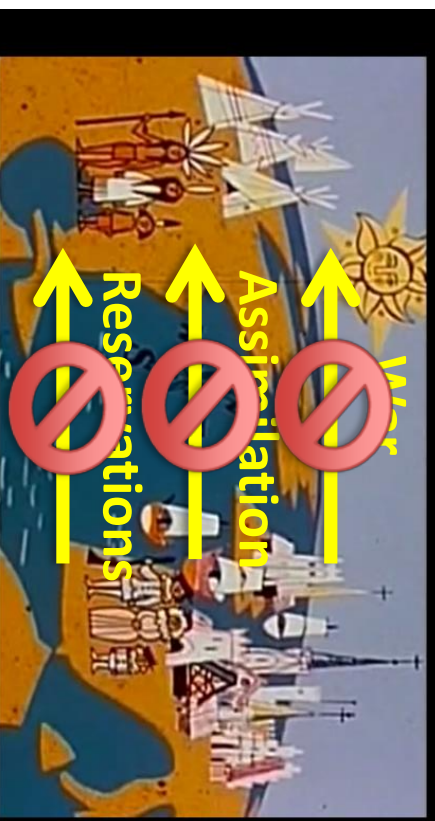
- In order for colonization to take place
 - One people engages another people
 - This engagement can range from non-violent to violent
- Colonization is a process creating a relationship
- Creates the Colonizer and Colonized
 - You can't have one without the other



Settler Colonialism

What is Settler Colonialization?

- In order for settler colonialization to take place
 - One people creates permanence through erasure
 - This engagement can range from non-violent to violent
- Settler colonialization is not a event, it's a structure
- The Colonizer is supreme and unchallenged, therefore the colonized is absorbed into the structure



Historical Trauma

What is Historical Trauma?

- Is the cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences
- Grounds current trauma responses in the collective traumatic past

What is Historical Trauma Response?

- Is a constellation of features perceived as related, or as a reaction, to the Historical Trauma





Historical Trauma

Questions:

- What are some examples of Historical Trauma?
- What are some examples of Historical Trauma

Response?



Historical Trauma

Examples of Historical Trauma

- **Massacres**
 - Sand Creek
 - Wounded Knee
- **Reservations**
 - Hopi/Navajo Land Dispute
- **Removal**
 - Trail of Tears
 - Navajo Long Walk
- **Boarding Schools**
 - Carlisle Indian School
- **Current Traumas**
 - Standing Rock
 - No Loop 202
 - Missing and Murdered Indigenous Women

Examples of Historical Trauma Response

Trauma Response

- Substances Abuse
- Alcoholism
- Suicide
- Physical Health Issues
- Domestic Violence
- Violence against women
- Depression
- Unhealthy eating
- Hopelessness
- Feeling ashamed of American Indian identity

The background of the slide features a repeating pattern of stylized human figures in a light tan color. These figures are arranged in a circular formation, with their arms raised and hands clasped, symbolizing unity and community. The overall aesthetic is warm and textured, resembling aged paper.

Cultural Resilience - How we heal



Process of Decolonization

Rediscovery and Recovery

- Rediscovery history and recover culture
- Understand why cultural knowledge was taken and the different ways it has been diminished

Mourning

- Lament what has been lost
- Mourn what was lost, ie. language, cultural/ceremonial sites, ceremonies, land, oral history, creation stories, knowledge

Dreaming

- Explore the whole panorama of what could be
- What would it feel like to speak the language fluently, sing songs, tell oral history...



Process of Decolonization

Commitment

- Commit to a single direction in which to move society
- Learn cultural protocols, activities, kinship responsibilities

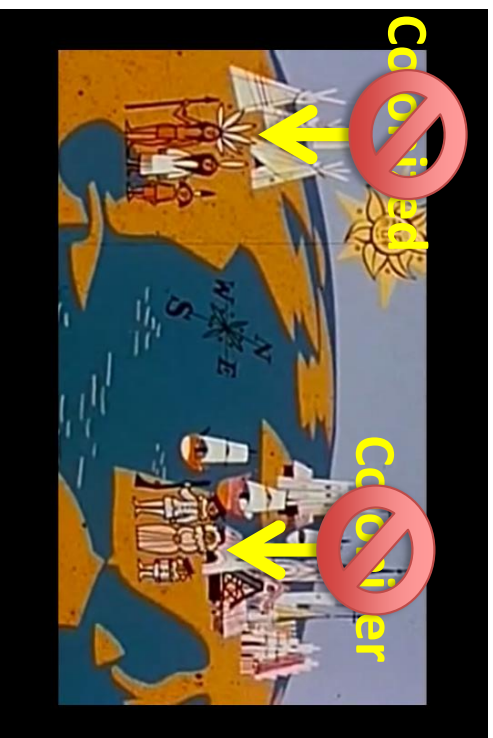
Action

- Proactive step based on consensus of community
- Practice cultural protocols, adhere to cultural ethics

Cultural Resilience

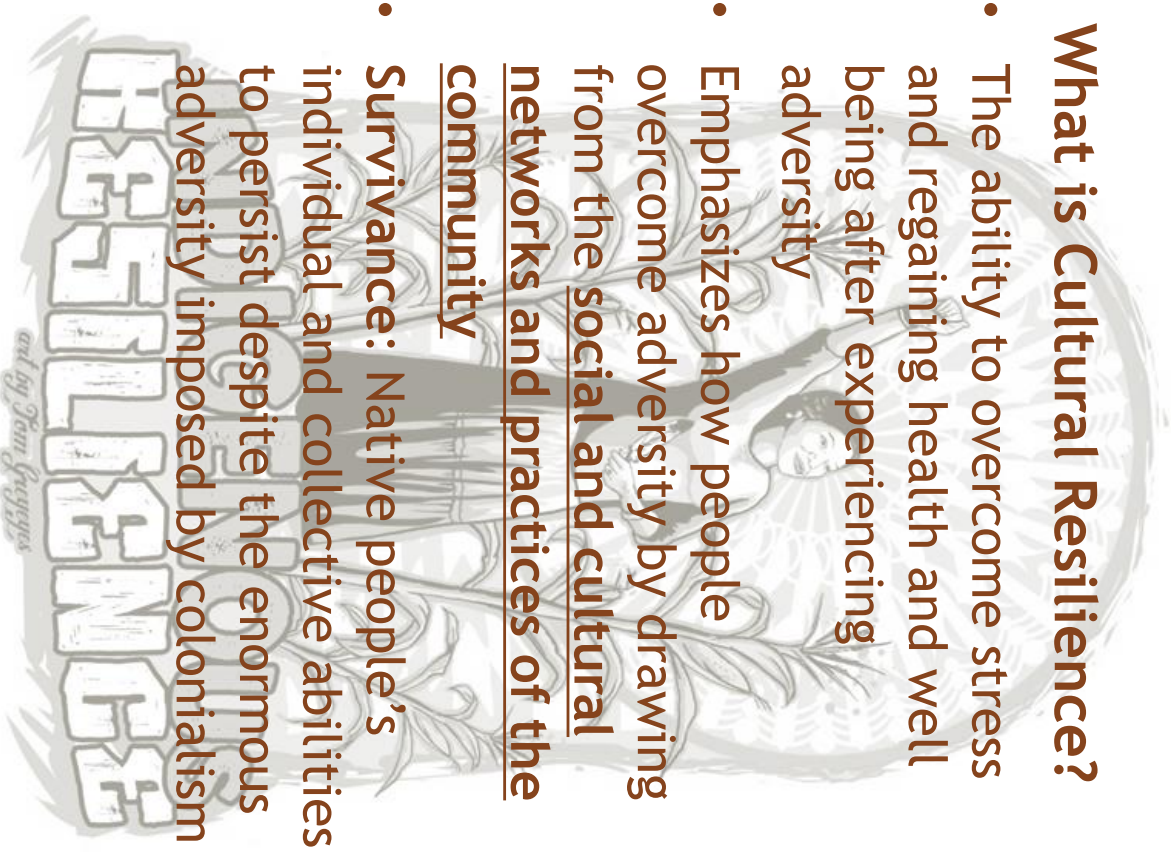
What is Decolonization?

- A process which breaks the relationship of the Colonizer and Colonized
- Recreates the colonizer and colonized relationship to a human relationship, it's not a relationship based on power and oppression



What is Cultural Resilience?

- The ability to overcome stress and regaining health and well being after experiencing adversity
- Emphasizes how people overcome adversity by drawing from the social and cultural networks and practices of the community
- **Survivance:** Native people's individual and collective abilities to persist despite the enormous adversity imposed by colonialism





Cultural Resilience

Questions:

- What are some examples of Cultural Resilience as a response to Historical Trauma?



Cultural Resilience

Examples of Cultural Resilience

- Learning your Indigenous Language
- Participating in cultural activities and ceremony
- Create healthier family relationships
- Taking care of yourself
- Wearing and learning about cultural attire
- Prepare healthy meals with Indigenous foods
- Learning of cultural kinship
- Being a good relative!

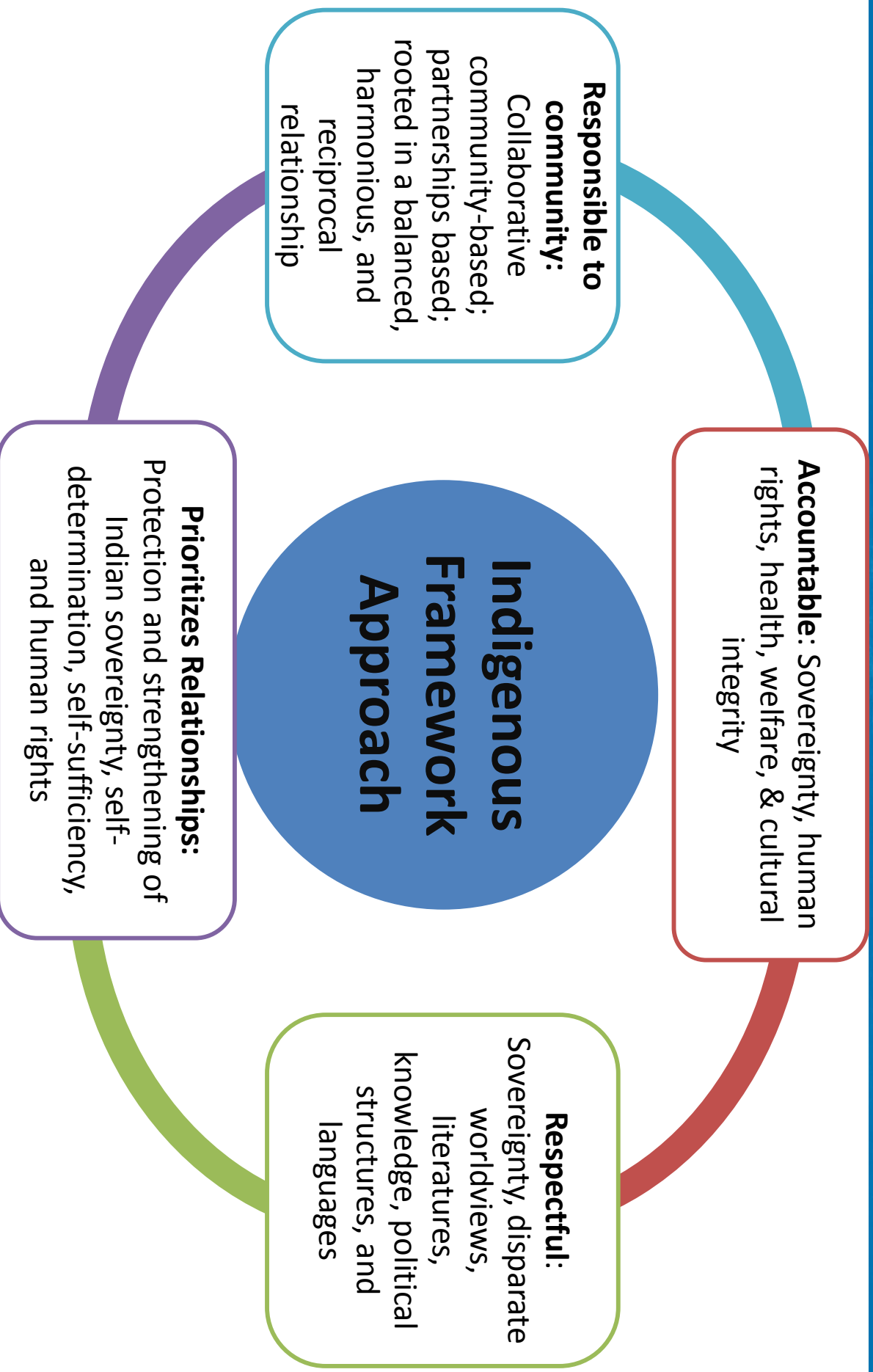
Examples of what Cultural Resilience does

- Empowered
- Happy
- Healthy
- Confident
- Accepted
- Encouraged
- Supported
- Mindfulness
- Critical Thinking
- Connected to your cultural knowledge and identity

The background of the slide features a repeating pattern of stylized human figures in a light tan color. These figures are arranged in a circular formation, with their arms raised and hands clasped, symbolizing unity and community. The overall aesthetic is warm and textured, resembling aged paper.

Applying Cultural Resilience - Beginning to Heal

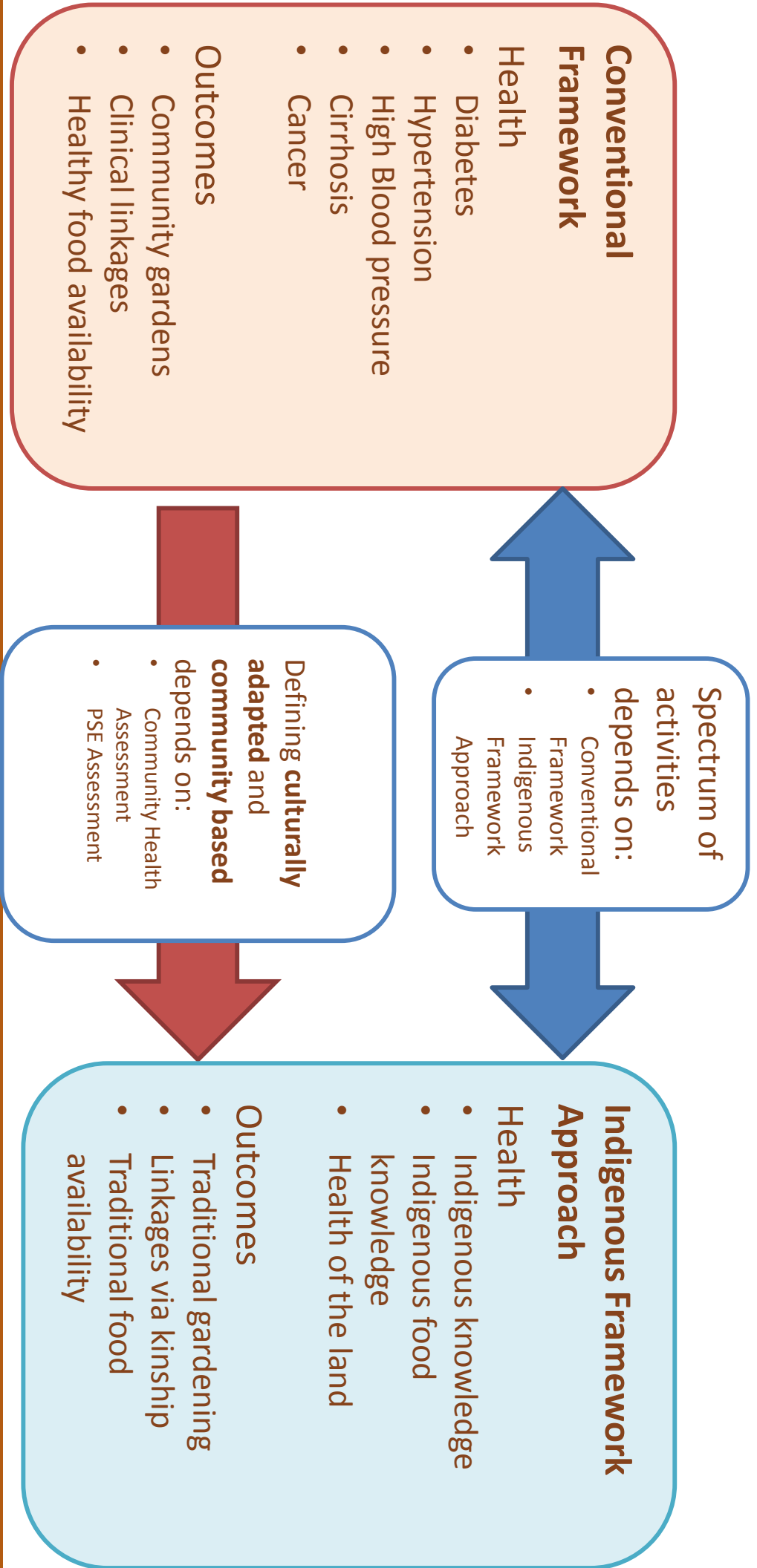
Indigenous Framework





Good Health and Wellness in Indian Country

Community Based Action Plan

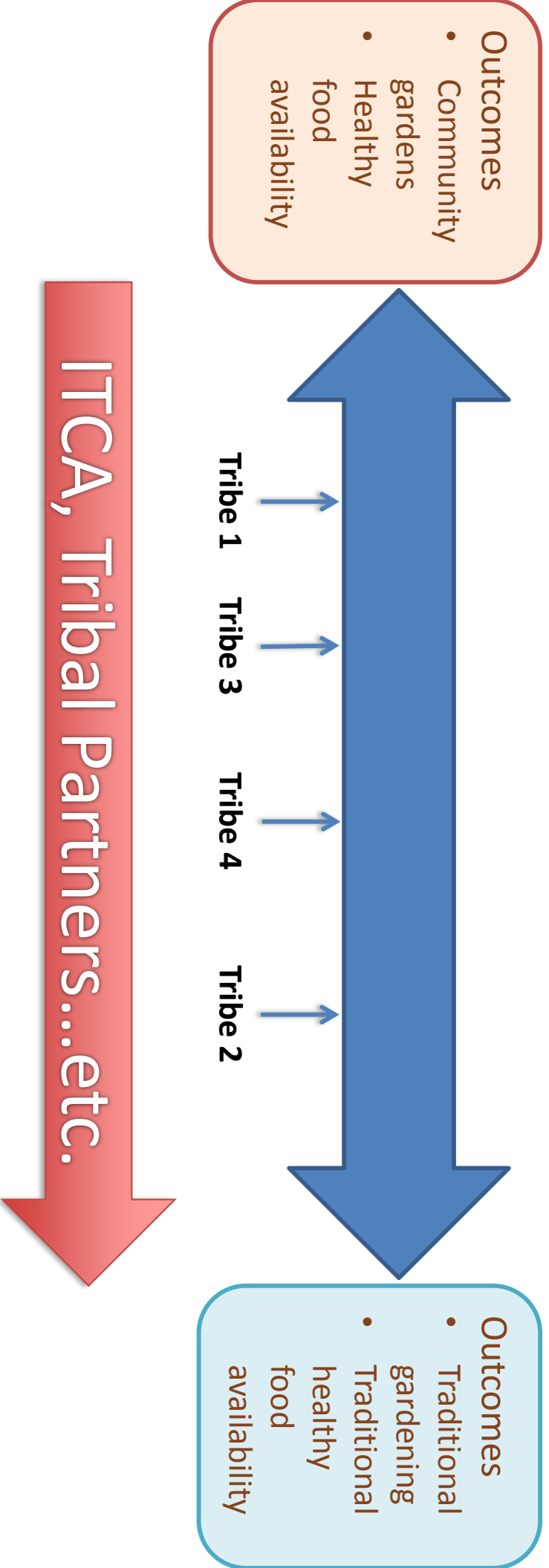




Good Health and Wellness in Indian Country

Indigenous Framework Approach Logic Model

Where do we begin to heal?





Good Health and Wellness in Indian Country

Indigenous Framework Approach Logic Model

Vision and Goal
To provide quality healthcare and access to healthcare

Methods
Preventive Medical Services, ie. check ups, prescriptions, screenings, medications, etc.

Additional methods
Culturally relevant, ie. indigenous diet, clan responsibilities, etc.

Vision and Goal
To live a healthy life as determined by our Indigenous Knowledge.

Tribe 1 Tribe 3 Tribe 4 Tribe 2

Western Knowledge

Indigenous Knowledge

ITCA, Tribal Partners...etc.

Activities

- Examples of Project Activities:
 - Indigenous Gardening
 - Prevention areas 1, 2, 3, 5, 7
 - Reconnects to land
 - Learning traditional foods
 - Learning stories
 - Traditional Food Gathering
 - Prevention areas 2, 3, 5, 7
 - Reconnects to land
 - Learning traditional place names
 - Traditional Foods Cookbook
 - Prevention areas 1, 2, 3, 5, 6, 7
 - Learning traditional food preparation
 - Promote healthier traditional foods





Good Health and Wellness in Indian Country





Good Health and Wellness in Indian Country

Works Cited

- Laenui, Poka. 2000. "Processes of Decolonization" In Reclaiming Indigenous Voice and Vision, edited by Marie Battiste, 150-160. Toronto: UBC Press.
- Memmi, Albert. 1965. The Colonizer and the Colonized (1st American ed.). New York: Orion Press.
- Poupart, Lisa M. 2003. "The Familiar Face of Genocide: Internalized Oppression among American Indians" Hypatia Vol. 18 #2 (Spring): 86-100.
- Riding In, James. "Editor's Commentary." Wicazo Sa Review (26) 2, 2011: 5-12.
- Smith, Linda Tuhiwai. Decolonizing Methodologies: Research and Indigenous Peoples (Second Edition). London; New York: Zed Books, 2012.
- Walter, Maggie, and Chris Andersen. Indigenous Statistics: A Quantitative Research Methodology. Walnut Creek, CA: Left Coast Press, 2013.
- Whitbeck, Les B., et al. 2004. "Conceptualizing and Measuring Historical Trauma Among American Indian People" American Journal of Community Psychology Vol. 33 #3-4: 119-130.
- Wilson, Shawn. Research is Ceremony. Halifax; Winnipeg: Fernwood Publishing, 2008.



Good Health and Wellness in Indian Country

Works Cited

- BraveHeart, Maria Yellowhorse. 2003. "The Historical Trauma Response Among Natives and It's Relationship with Substance Abuse: A Lakota Illustration" *Journal of Psychoactive Drugs* Vol. 35 #1: 7-13.
- BraveHeart, Maria YellowHorse, and DeBruyn, Lemyra M. 1998. "The American Indian Holocaust: Healing Historical Unresolved Grief" *American Indian and Alaska Native Mental Health Research: The Journal of the National Center* Vol. 8 #2: 60-82.
- Denham, Aaron R. 2008. "Rethinking Historical Trauma: Narratives of Resilience" *Transcultural Psychiatry* Vol. 45 #3: 391-414.
- Duran, Bonnie and Duran, Eduardo. 1995. *Native American Postcolonial Psychology*. Albany, New York: State University of New York Press.
- Eds. Denzin, Norman K., Yvonna S. Lincoln, and Linda Tuhiwai Smith. *Handbook of critical and indigenous methodologies*. Los Angeles: Sage, 2009.
- Freire, Paulo. 1999. *Pedagogy of the Oppressed: New Revised 20th Anniversary Ed*. New York, NY: The Continuum Publishing Company.
- Goodkind, Jessica R., et al. 2012. "'We're Still in a Struggle': Diné Resilience, Survival, Historical Trauma, and Healing" *Qualitative Health Research* 22(8): 1019-1036.
- Holm, Tom. 2003. "Peoplehood: A Model for the Extension of Sovereignty in America Indian Studies" *Wicazo Sa Review* Spring 18 (1): 7-24.
- Kovach, Margaret. *Indigenous Methodologies: Characteristics, Conversations, and Contexts*. Toronto; Buffalo; London: University of Toronto Press, 2009.



ITCA Contacts

Madison Fulton

Health Promotion Specialist

Inter Tribal Council of Arizona, Inc.
2214 North Central Avenue
Suite 100
Phoenix, AZ 85004

Email:

madison.fulton@itcaonline.com
W: (602) 258-4822
F: (602) 258-4825

Eric Hardy

Health Promotion Specialist

Inter Tribal Council of Arizona, Inc.
2214 North Central Avenue
Suite 100
Phoenix, AZ 85004

Email:

eric.hardy@itcaonline.com
W: (602) 258-4822
F: (602) 258-4825



2214 North Central Avenue, Phoenix, Arizona 85004
p 602.258.4822, f 602.258.4825

www.itcaonline.com