



## **February 10, 2021: Connecting our Past to our Current RE-traumatization**

### **Guest Speakers**

Eric Hardy (ITCA): [Eric.Hardy@itcaonline.com](mailto:Eric.Hardy@itcaonline.com)

Madison Fulton (ITCA): [Madison.Fulton@itcaonline.com](mailto:Madison.Fulton@itcaonline.com)

Jerri Thomas (ITCA): [Jerri.Thomas@itcaonline.com](mailto:Jerri.Thomas@itcaonline.com)

Amanda Gaston (Host): [agaston-contractor@npaihb.org](mailto:agaston-contractor@npaihb.org)

Michelle Singer (HNY Manager): [msinger@npaihb.org](mailto:msinger@npaihb.org)

### **Stay connected**

Text HEALTHY to 97779 and receive Community of Practice connection info each month on your phone!

### **Previously recorded CoP Sessions and presentation slides:**

<https://www.healthynativeyouth.org/community-of-practice-sessions/>

### **Upcoming 2021 Community of Practice Schedule Here:**

<https://www.healthynativeyouth.org/community-of-practice/>

### **Resources**

Text Messaging Service for Adults and Parents!!! Text the Word EMPOWER to 97779

<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

HNY Resources: [www.healthynativeyouth.org/resources/](http://www.healthynativeyouth.org/resources/)

### **Funding opportunity**

The Northwest Portland Area Indian Health Board's Washington Youth Sexual Healthcare (WYSH) Project, contact Celena McCray at [cmcray@npaihb.org](mailto:cmcray@npaihb.org).

### **Chat feed**

Amanda Gaston: Good morning or afternoon everyone! Thank you for joining!

Text HEALTHY to 97779 and receive Community of Practice connection info each month on your phone!

- Good morning! :)
- Good morning
- Good Morning
- Michelle Singer: Ya'at'eeh abini, shimasani!
- Good morning
- Good morning

- working on COVID related projects. Grew up in AZ and missing it so much.

How's everyone feeling today?

- I am feeling blessed
- great to be here for a brief time!:)
- feeling dope today, aho
- Feeling super tired...received my booster vaccine yesterday.
- My fire alarm just went off - I'm feeling AWAKE:)
- feeling well rested today!
- Good to see you all here!
- Grateful for the blessings of family and friends

Michelle Singer: To view previously recorded CoP Sessions -- click here and bookmark! Wink! All wonderful tools and resources! <https://www.healthynativeyouth.org/community-of-practice-sessions/>

- Hello everyone! I am happy to be here today: )
- I'm very happy today.
- Good morning!
- Good Morning!

What helped you through Covid that's near your work area?

- Sage
- Water
- My language book I gotten years ago
- Pendleton COFFEE cup.
- a rock
- COFFEE!!!!
- crystals and incense
- coffee
- Picture of family:)
- Mug that says "be present"
- Dr Pepper:)
- Cup of tea every other day to get me through COVID.
- Warrior Woman and Hózhó art prints for Thunder Voice Eagle
- safe lighter and feather to smudge
- My knitting to quiet my mind and stay engaged during all the zoom calls
- a prayer stick from Ceremony I attend at Ft McDermitt, NV
- My turquoise bracelet given to me from my paternal grandmother when I was little
- Smudging mugwort, and crystal healing
- I grabbed a beaded doll that my grandma made for me
- my Crystal quartz
- Stationary I use to write letters to my mom
- I have my own smudging kit/bundle that has sweet grass, cedar, sage brush, natural white tip mountain tobacco.
- Poetry (current read: The Girl and the Goddess - Stories and Poems of Divine Wisdom) by Nikita Gill
- I have my Iroquois no face corn husk doll.

- Developing a Valentine community craft activity, papel picado, that is culturally relevant with important images.
- I brought my piluguks that my mom made. A piluguk is a traditional boot made from animal skin and hand-sewn. In this case, my mom made it out of seal skin, beaver fur, some blue and orange yarn, and some blue fabric for the top.
- HUGE Welcome to our ALLIES on the call!!!!
- Candle next to my desk to remind me to pray.
- I carry my tribe's keychain w/me. (Chiende Apache Band, New Mexico)
- Breathing with thoughtful intention. Essential oils and herbs. / I just pulled down our children's cradle boards this week to clean. It gave me pause to remember good memories and blessing over the past year.

Amanda Gaston: Thanks for sharing everyone! So good to have you all here!

- Great explanations, Eric. Thank you so much.
- Thank you Eric, good job!
- Great explanation Eric. Thank you. As a Jewish person I am wondering where the understandings pulled from the 20th century Shoah (Holocaust) do and don't fit/help understandings of Native experiences of historical trauma and healing.
- Really good presentation. In my personal opinion, I avoid using the word "settler" when referring to European-Americans, as that word somewhat implies that things were unsettled or uncivilized before our White brothers and sisters came to Turtle Island. I feel the word reinforces a stereotype of Native people as being wild and uncivilized. Again, this is just my personal opinion.
- AN INDIAN PRAYER  
 O'GREAT SPIRIT, Whose voice I hear in the winds, And whose breath gives life to all the world, hear me! I am small and weak, I need your strength and wisdom.  
 LET ME WALK IN BEAUTY, and make my eyes ever behold the red & purple sunset.  
 MAKE MY HANDS respect the things you have made and my ears sharp to hear your voice.  
 MAKE ME WISE, so that I may understand the things you have taught my people.  
 LET ME LEARN the lessons you have hidden in every in every leaf and rock.  
 I SEEK STRENGTH, not to be greater than my brother, but to fight my greatest enemy-myself.  
 MAKE ME ALWAYS READY to come to you with clean hands and straight eyes.  
 SO WHEN LIFE FADES, as the fading sunset, my spirit may come to you without shame.  
 St Ignatius Mission, Montana
- So glad to be able to join. Regret needing to be late! I'm wondering if there will be an opportunity to receive the slides. Thanks!

Amanda Gaston: yes, please include your email address and I'll follow up with folks after the call.:)

- I am frustrated that our story, our voice and our faces are not part of the National discussion. If you watch TV NDN's don't exist.
- I would appreciate having a link to the presentation or the PPTs. Thank you!
- Thanks Amanda!
- I appreciate your comment about "settler"
- all slides, handouts and the recording will be posted on the Healthy Native Youth website at this link: <https://www.healthynativeyouth.org/community-of-practice-sessions/>

- If possible I would like a copy of the presentation
- Absolutely! Have you left your email address?
- Cultural resiliency is a blessing from our Ancestors. We would not be here if it weren't for their resiliency, cultural prayers and ceremonial practices. In that line of thinking, this is where and what we can do for the generations to come.... We are their cultural resilience:D
- Love this! Thanks for sharing!
- Yes! Cultural resilience contributes to our wellbeing as Indigenous peoples.
- Our Culture is Evidence Based Practice, because it is still alive and healing our relatives
- I recently heard to flip that script from Evidence Based Practice to Practice Based Evidence
- : ooh I love that so much!!
- So beautiful.. Thank you for sharing..
- The biggest thing needed to overcome these common kind of family disfunctions is the understanding 'CHANGE". We can CHANGE the cycle. We can find positive role models to help us CHANGE this cycle. Im not saying it is easy, but is the opportunity to learn a different way of life.
- No body's fault.. No blame. Only future positivity and understanding
- Great point Eric, a part of healing for native/indigenous people is to reconnect to the land, it is our responsibility.
- Thank you for sharing!
- THANK YOU ERIC!!!!!!
- thank you both for sharing these personal stories.
- Thank you for sharing.
- Thank you for sharing Eric
- Thank you for sharing your healing story.
- Thank you for sharing Eric!
- Thank you for your share, Eric. I can identify a lot.
- Wado Eric. Thank you.
- Thank you Eric for sharing your journey with us, may Creator bless you as you continue on the journey
- Thank you Eric and yes running can save us in so many ways than we could imagine!
- Thank you Eric for your share of your historical trauma
- Thank you Eric, guiding our youth through the Cultural Resilience process is the challenge. Running has helped me since High School re-group and deal with stress, thankfully I have carried it into adulthood. I call it "slogging" now, it's more like a slow-jog...LOL!

Eric Hardy: Ahee'hee, everyone! I appreciate it! It's good to see your comments and let me know that I'm on a good path!

- thanks so much
- I'm so grateful to be here. This is so healing for me as well, as a non-native.
- Eric, Nyah-weh gowah for sharing your story, as understanding what many of our ancestors went through helps us grow. Another part of our healing is moving to a point of considering forgiving of what our parents and other ancestors went through, how we today are impacted, and realize they did the best they could with what they experienced, as they had an institution for a parent, which also lasted across several generations. Again, many Nyah-weh's (Thank you's) for sharing.
- Madison you are describing "Colonization conditioning"

- alcohol was not apart of Indigenous culture until assimilation.
- Excellent presentation, thank you!
- My husband calls it a culture of shame
- That's beautiful, Madison. Thank you for sharing.
- Thank you Madison for sharing today with all of us, you are a stronger woman today to help others, you are blessed.
- Let me share, an experience, when talking to medicine man. long ago, everyone's wellbeing was very important. When people would see someone who acted out of the ordinary or looked "somehow" they would pull them in and ask them what was wrong.. what is going on. And shared that they are cared for. So again, colonization stigmatized talking about our problems, openly.
- Madison, thank you for sharing. Therapy has helped me as well.
- Thank you, Madison
- Such a good path. Eric and Madison thank you, (toda raba) for sharing with such generosity.
- : Wado Madison. I appreciate your courage and strength to talk about very difficult stuff. Thank you.
- Thank you Madison
- Thank you so much for sharing, Madison!
- Thank you, Madison, for sharing your story! Again, I can identify a lot!
- THANK YOU SO MUCH FOR SHARING MADISON!
- Madison, i feel so honored and humbled by hearing your sharing
- Thank you Madison for your compassionate share of historical trauma.
- Madison, thank you for choosing the topic of family, intergenerational trauma. By you healing yourself, you are making intergenerational healing possible
- Hawaa diiguaanng (Thank you, Loved one) your strength and humility are in your story

Madison Fulton: Thank you, everyone, for your kind words and observations through my story. It's definitely been a learning process and constantly checking in with myself. Thank you, Amanda, for creating a safe space to share my story and thank you, everyone, for your support and care to share my story.

- It takes so much strength and courage to be vulnerable Madison. I am so thankful to hear your stories.
- Amanda Gaston: I LOVE how you all are breaking down boundaries today!
- Jerri its amazing how all our stories have the same threads woven into our lives growing up, being NDN. I thank you for sharing with us. Creator walks besides you.
- Thank you Jerri. I can so identify with what you are sharing.
- In my family of 14, ghetto syndrome was strongly enforced. It took me many years to accept that each accomplishment I complete serves to further alienate me from most of my brothers and sisters.
- never heard of ghetto syndrome?
- Thank you all for sharing with us
- Thank you, sister Jerri! I am so proud of you! Again, I can identify a lot!
- Thank you Eric, Madison and Jerri for sharing.
- Thank you, my clan relatives! You all make me proud!
- ): Jerri, your sharing is very powerful and contributes very much to our healing.
- Thank you for listening.

- Thank you so much everyone for sharing!!!
- Thank you for sharing your story, Jerri
- Thank you all!! Such powerful stories. I appreciate you all
- Thank you Jerri for sharing so fully. I can relate to so much of what you said actually having chosen to be a Mom. I worked with an elder holy person to give my child a name in our traditional language as a bond to our ancestors and a way to reclaim and overcome the historical shame I carry. No one had done that in my family for several generations.
- The choices we make shape and determine the tomorrow we shall experience, impact and affect those around and related to us, and create and develop the future our children will experience and develop in
- Thank you all for sharing, I see your stories resonated within my own experiences. Quyana cakneq (thank you very much)
- Thank you all for sharing!!
- Thank you Jeri
- I truly appreciate your sharing. I am inspired by your honesty and vulnerability. From my heart Thank-you!!
- Hawaa Jerri, you are a world changer and full of power and compassion
- thank you all for sharing your stories and vulnerability.
- I'm so sorry, but I have to leave early.
- Thank you so very much for sharing. Here's my email below.
- Jerri, your stories are really familiar to me. So much to say but the words don't come out easily.
- Thank you all for your knowledge and personal stories!!

Michelle Singer: Questions: How has colonization & historical trauma impacted you? In what ways have you overcome them?

- Ghetto syndrome is commonly experienced by disenfranchised people, especially brown and black people. It is also called "crabs in the bucket" syndrome. Instead of supporting one another's efforts to rise above, we pull each other back down to the bottom of the bucket , to preserve our own comfort level.
- thank you for this very informative workshop

Michelle Singer: Please make sure you enter in your name, org and email so we can keep the good vibes going!

- So surprised that my family sounds so similar to NA stories and a peer just told me that my Irish ancestors went through similar things. My story sounded exactly like Jerri's. I was shocked that her story sounded like it was me talking.
- @ (audio sharing), great point! Yes!
- es! Thanks for sharing!

Michelle Singer: <https://www.healthynativeyouth.org/>

- I shared that being a descendant of the people of Northern Mexico/South Texas, so much of our culture was completely removed from us and history altogether. That has been a huge loss. But we overcome that by trying to share food and what remains of our culture and ways with each other.
- Thank you peers, for sharing what was talked about in the break out rooms.
- saw a great resource online recently, about questions for POC to ask white therapists.

Michelle Singer: SIGN UP!!! Text Messaging Service for Adults and Parents!!! Text the Word EMPOWER to 97779

Michelle Singer: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

Michelle Singer: Upcoming 2021 Community of Practice Schedule Here:  
<https://www.healthynativeyouth.org/community-of-practice/>

Michelle Singer: HNY Resources & Support<https://www.healthynativeyouth.org/resources/>

- This has been a gift I could never have predicted. Thank you so much.
- The most powerful weapon in the world is free and right under your nose. It can heal, mourn, build, love or breakdown harm and destroy
- It was so good to meet you!
- ITCA- thank you for a phenomenal presentation

Eric Hardy: Again, thanks everyone! You all have been greatly kind and appreciative!

- LOL. The first webinar is on my brother's bday and the second webinar is on my bday

Stephanie Craig Rushing: \$65,000 - \$100,000 available per Tribe/Site in WA

Michelle Singer: WA State Participants: Contact Celena McCray for this AWESOME opportunity at [cmccray@npaih.org](mailto:cmccray@npaih.org)

Celena McCray: wonderful, thank you Michelle:)

- Thank you and I look forward to more sessions and spending time with All Our Relations!
- Thank you!
- Thank you
- Thank you everyone!
- Thank you Auntie!!
- Thank you!
- Thank you!!
- Thank you!!
- thank you all.
- Thank you all!
- Thank you !!! it was enlightening.
- apologize got my in and out internet connection I appreciate being part and listening
- Thank you very much!
- Thank you everyone
- Thanks all!