Connecting our Past with our Current Re-traumatization

February 1, 2021, 10:00-11:30 am PST
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Navajo
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Let us Start with a Blessing

“I have great respect for the past. If you don't know where you've come from, you don't know where you're going.”
-Maya Angelou
Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

Engagement
- Breakout rooms
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Tribe, Pronouns
★ Role & Organization
★ Email address
★ How are you feeling today?
Group Agreements

★ Participate Fully

★ Delay Distractions

★ Honor Different Experiences

★ Be Brave & Explore

★ Others? (Type in the chat)
We’ve Got Goals!

By the end of today’s session, you will be able to...

- **describe** the impacts of colonialism on Tribal communities
- **select** an cultural resiliency tool(s) to share with your youth

"Let us put our minds together and see what life we can make for our children."
Where we are going

1. Indigenous Approach Framework (10 min)
   a. Where are we coming from?

2. Moving Together Towards Cultural Competency (25 min)
   a. Cultural Resilience

3. Breakout Session (20 min)

1. Let’s Talk About it!
Energizer Time!

30-Second Grab
1. Indigenous Approach Framework

Let’s get some background here...
Reconnect to our Past

- Historical Context
- Learned Strategies
- Aware of Growth
- Colonization, Settler Colonization & Historical Trauma
Making Sense of Historical Trauma & Cultural Resilience
# Process of Colonialism

<table>
<thead>
<tr>
<th>Denial &amp; Withdrawl</th>
<th>Destruction &amp; Eradication</th>
<th>Denigration Belittlemen Insult</th>
<th>Substance Accommodation</th>
<th>Transformation, Exploitation</th>
<th>Elimination (Settler Colonialism)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deny any merit &amp; withdraw from cultural practices</td>
<td>Physically destroy &amp; physical representations</td>
<td>Internal Colonial institutions denigrate</td>
<td>What remains is given surface accommodation</td>
<td>What refuses to die is transformed</td>
<td>What is transformed and exploited is eliminated</td>
</tr>
</tbody>
</table>

- Our way of life, our Indigenous Knowledge, how we know & do things
- Ceremonial grounds, traditional gardens, homes, communities, kinship ties
- Western education, Schools, Colleges, Anthropology, Science
- Oral histories, ceremonies, spirituality
- Pharmaceuticals, New Agers, Ceremonial practices
- Map/ Geography lines, place names, knowledge
What is Colonization?

• One people engages another people
  • 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
What is Settler Colonization?

- One people creates permanence through erasure
  - range from non-violent to violent

- Settler colonization is a structure (not an event)

- The Colonizer is:
  - supreme
  - unchallenged

- Colonized is absorbed into the structure
What is Historical Trauma?

• 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?

• A constellation of features perceived as related, or as a reaction, to the Historical Trauma
Examples of Historical Trauma & Response

**Historical Trauma**
- Massacres
- Reservations
- Removal
- Boarding Schools
- Physical Genocide

**Current Traumas**
- Standing Rock
- No Loops 202 (AZ)
- Oak Flat (AZ)
- MMIW
- Attempted Coup
- COVID-19 deaths
Historical Trauma Responses

Feeling Ashamed of American Indian Identity

- Violence Against Women
- Substance Misuse
- Alcoholism
- Domestic Violence
- Unhealthy Eating
- Suicide
- Hopelessness
- Depression
- Physical Health Issues
Chatfeed Convo: Type Questions, Ask Away!
2. Moving Towards Cultural Competency

Let’s move forward together...
# Process of Decolonialism

<table>
<thead>
<tr>
<th>Rediscovery &amp; Recovery</th>
<th>Mourning</th>
<th>Dreaming</th>
<th>Commitment</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rediscover History &amp; Recover Culture</td>
<td>Lament what has been lost</td>
<td>Explore the whole panorama of what could be</td>
<td>Commit to a single direction in which to move society</td>
<td>Proactive step based on consensus of community</td>
</tr>
<tr>
<td>Understand why cultural knowledge was taken &amp; the different ways it has been diminished</td>
<td>Mourn what was lost (i.e., language, cultural/ ceremonial sites, ceremonies, land, oral history, creation stories, knowledge)</td>
<td>What would it feel like to speak the language fluently, sing songs, tell oral history...</td>
<td>Learn cultural protocols, activities, kinship, responsibilities</td>
<td>Practice cultural protocols, adhere to cultural ethics</td>
</tr>
</tbody>
</table>
Cultural Resilience

Decolonization

A process which breaks the relationship of the Colonizer and the Colonized

Recreates the colonizer and colonized relationship to a human relationship, it’s not a relationship based on power and oppression

Cultural Resilience

The ability to overcome stress and regaining health and wellbeing after experiencing adversity

Emphasizes how people overcome adversity by drawing from social and cultural networks and practices of the community

Survivance: Native people’s individual and collection abilities to persists despite the enormous adversity imposed by colonialism

Image: Google
Cultural Resilience is...

- Learning your Indigenous Language
- Participating in Cultural activities & Ceremony
- Create Healthier Family Relationships
- Taking Care of Yourself
- Wearing & Learning about Cultural Attire
- Prepare Healthy Meals with Indigenous Foods
- Learning of Cultural Kinship
- Being a Good Relative!

What Cultural Resiliency Does...

- Empowered
- Happy
- Healthy
- Confident
- Accepted
- Encouraged
- Mindfulness
- Critical Thinking
- Connected to Your Cultural Knowledge & IDENTITY!
Supporting Cultural Resilience

Where do we start to move together?

All tribes and individuals are impacted by colonization differently, which will frame how you engage with Cultural Resilience.

Colonization

Person 1  Person 3  Person 4  Person 2

Elders, Relatives, Culture...etc.

Decolonization
Eric’s Story of Resilience

My Cultural Resilience
• Understand Family Issues
• Feel & Release Emotions
• Reconnect to my Navajo Self

My Historical Trauma Impacts
Me – Depression, Emotionally unhealthy
Mother – Depression, Alcoholism, Domestic Violence
Grandmother – Boarding School, Family and cultural disruption
Madison’s Story of Resilience

My Cultural Resilience
Through therapy, I am learning about co-dependency through a cultural lens of healthy relationship building as a Navajo woman who is part of a family and community.

My Historical Trauma Impacts
I don't have strong familial kinships because of ongoing family conflict and toxic behaviors.
Jerri’s Story of Resilience

My Cultural Resilience
- Relearning/reconnecting Culture & Language

My Historical Trauma Impacts
- Relocation due to Boarding Schools
- Western Education
- Loss of Family Ties, Generational Loss, Language
SELF-CARE STRATEGIES
For Individuals

MENTAL HEALTH
- Maintain a Regular Routine
  - Sleep
  - Take Breaks
  - Deep Breathing
  - Nap
  - Refocus
  - Meditate
- Monitor Your Media Intake
  - Unplug, set time limits
- Have fun!

PHYSICAL
Create & Maintain Healthy Habits
- Exercise
- Healthy Eating Habits
- Sleep restfully
- Stay Hydrated
- Shower
- Snack
- Study
- Pamper Yourself
- Have fun!

SPIRITUAL
- Connect to Culture
- Pray
- Meditate
- Have Fun!
- Listen & Tell Stories
- Spend Time Outdoors
- Have fun!

SOCIAL
- Seek Support & Socialize
  - Keep in Touch with Loved Ones
- Explore New & Regular Hobbies
  - Read, Craft, Exercise, Research/ Learn
  - Volunteer
  - Virtual Tour & Activities
- Have fun!

COMMUNITY ENGAGEMENT
Virtual Activities

Mental
- Tutoring Sessions
- Book Clubs
- Meditation Sessions
- Wellness Checks
- Stress Relief
- Healing Circle/ Collective & Personal Mourning
- Have fun!

Spiritual
- Gardening Classes
- Storytelling Series
  - Clan teachings, Cultural Games, Winter Stories
- DIY Medicine Classes
  - Medicinal plants, tea making, medicine bundles
- Art Classes
  - Basketry, sewing/quilting, jewelry-making, rattle-making
- Have fun!

Physical
- Online Fitness Classes
  - Yoga
  - Zumba
  - Powwow Sweat
  - Self-defense classes
- Cooking Classes
  - Traditional Foods
- Virtual Powwows
- Have fun!

Social
- Film Screenings
- Award Ceremonies
- Art Exhibits
- Local Virtual Tours
- Conferences, Workshops/ Webinars, Town Halls
- Language Classes
- Have fun!

www.healthynativeyouth.org
www.healthynativeyouth.org
3. Breakout Groups

We will take one minute to think about...

How has colonization & historical trauma impacted you?

In what ways have you overcome them?

Let’s practice some reflective listening!

One person will share...

The other person will simply listen

Then, Reflect back what they Heard

Switch
4. Let’s Talk About it!

Logistics
Share Your Video
Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
Practice in Action

Taking it back home!
Find Curricula on Healthy Native Youth

- Filter & Compare Tool
- All Materials Needed to Implement
- Enhancement Activities
- Resources & Support
- Upload & Submit Your Own Curricula
We've got Your Back with Resources!

Resources

National Suicide Prevention Lifeline:
Call: 1-800-273-TALK
Text: START to 741741

StrongHearts Native Helpline
Call (Tues–Sun, 9am–5pm CST): 1-844-NATIVE
Chat: stronghearts helpline.org

First Nations & Inuit Hope for Wellness Helpline
Call 1-855-242-3380

RAINN · National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE

Love & Respect · National Domestic Violence Hotline
Call (24/7): 1-866-331-9474
Text: "Loveis" to 22522

We R Native Ask Auntie & Ask Uncle

Local Resources

We all need help at one point in time. Every single one of us!

Share - any concerns you have
Talk - with someone you can trust
Report - If you're worried about someone

Check out what's available in your community by checking with your:

• Tribal Clinic
• School Counselor
• Mental Health Clinic

Text...

For youth:
“NATIVE” to 97779 for health & wellness tips
“CARING” to 65664 to be reminded of just how awesome you are!

For adults:
“EMPOWER” to 97779 for tips on talking to your youth about sexual health

Find Help Near You

SAMSHA - Zip code locator for a treatment center closest to you

Mental Health America - Zip code locator for a clinic closest to you

WWW.HEALTHYNAIVEOUTH.ORG

Resources Handout

Find in the:
★ Resources & Support tab
★ Recorded Sessions
For Adults: Text “Empower” to 97779

★ Tips & Resources for Talking to Youth About Sexual Health
★ Need some help getting the convo started?
For Youth: Text “Caring” to 656664

To get regular reminders about how awesome you are from people who care and who’ve got your back!
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
Community of Practice 2021 Schedule

Second Wednesday of Every Month
10:00-11:00 AM PST

January 13th  Substance Misuse & Help-Seeking Skills
February 10th Connecting our Past with our Present Re-traumatization
March 10th  Culture as Prevention
April 14th  Supporting Youth Identity: We R Native!
May 12th  Circles of Support: Create a Q&A Service like "Ask Auntie/ Ask Uncle"
June 9th  2SLGBTQ: Level up the Inclusion
July 14th  Text Messaging Campaigns

Leave Your Email in Chatbox
Join us February 17th!

*Special Session: Healthy Native Youth Portal & New Virtual Adaptation Guide

We talk a lot about what's on the Healthy Native Youth website in our CofC calls, but we haven't actually taken the time to show folks how and where to access all its wonderful resources. We'd also like to share more about the NEW Virtual Adaptation Guide + Workbook that includes FREE tips, tools, and templates.

Join the 2/17 call to take a walk through Healthy Native Youth resources:
- "New Virtual Adaptation Guide"
- Case Studies & Lessons
- Comparison Chart Functions
- Enhancement Activities
- Curriculum Submission Form
- Resources & Support
- Text Message Interventions
- Two Spirit & LGBTQ Resources
- Social Marketing Campaigns
- And, so much more!

We welcome you to join in Healthy Native Youth’s Community of Practice monthly, virtual gatherings that include new resources and opportunities to engage with topical experts and others.
Our team is here to support you!
We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.

Name*
First and Last Name

** Training & TA Evaluation Form
** Request TA
One Star & a Wish

Instructions:
Share one thing you learned today (ONE STAR).
Share one thing you wish you would have learned more about.

List a tool or intervention you can take back home...

I wish I would have learned more about...
Washington Youth Sexual Health (WYSH) Project

- 4-6 WA Tribal Sub recipients, Youth Access to and Experience with Sexual Health Care
- Applications Due:
  - February 22, 2021
  - March 22, 2021
  - April 26, 2021
  - May 24, 2021
- Applications are reviewed on a rolling basis, the last week of each month. Applicants will be notified by the NPAIHB within two weeks
- Information webinars:
  - February 11th, February 18th from 11-12 PM (PST)
- Contact, Celena McCray cmccray@npaihb.org
Thank you!

You can find us at:
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Michelle Singer
msinger@npaihb.org
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Let us Close with a Blessing

“Can't stop the gods from engineering
Feel no need for any interfering
Your image in the dictionary
This life is more than ordinary
Can't stop the spirits when they need you
This life is more than just a read through”

Red Hot Chili Peppers