



# Connecting our Past with our Current Re-traumatization

February 1, 2021, 10:00-11:30 am PST

# Yá'át'ééh! Keshi! Hello!



I am Madison Fulton, she/ her  
*Navajo*

I love adventuring & nature.

You can find me at  
[madison.fulton@itcaonline.com](mailto:madison.fulton@itcaonline.com)



I am Jerri Thomas, she/ her  
*Navajo*

I love ribbon skirts.

You can find me at  
[jeri.thomas@itcaonline.com](mailto:jeri.thomas@itcaonline.com)



I am Eric Hardy, he/him  
*Navajo*

I love running & trail running.

You can find me at  
[Eric.Hardy@itcaonline.com](mailto:Eric.Hardy@itcaonline.com)



# 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





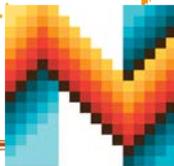
# Where we are going

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





# Making Sense of Historical Trauma & Cultural Resilience



# Process of Colonialism

## Denial & Withdrawal

Deny any merit & withdraw from cultural practices

Our way of life, our Indigenous Knowledge, how we know & do things

## Destruction & Eradication

Physically destroy & physical representations

Ceremonial grounds, traditional gardens, homes, communities, kinship ties

## Denigration Belittlemen Insult

Internal Colonial institutions denigrate

Western education, Schools, Colleges, Anthropology, Science

## Substance Accommoda- tion

What remains is given surface accomodation

Oral histories, ceremonies, spirituality

## Transforma- tion, Exploitation

What refuses to die is transformed

Pharmaceuticals, New Agers, Ceremonial practices

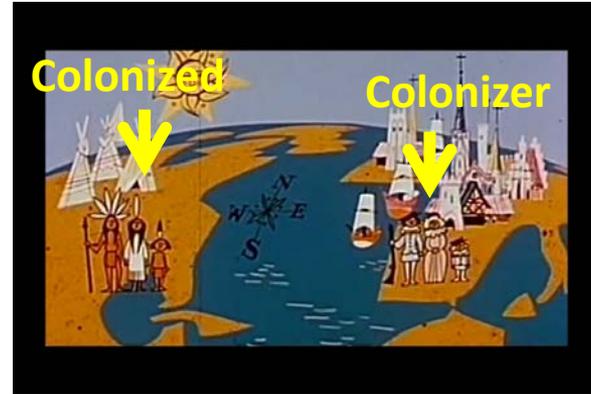
## Elimination (Settler Colonialism)

What is transformed and exploited is eliminated

Map/ Geography lines, place names, knowledge

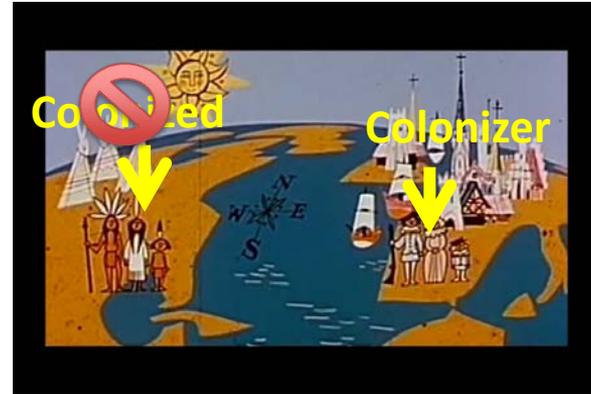
# What is Colonization?

- 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 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

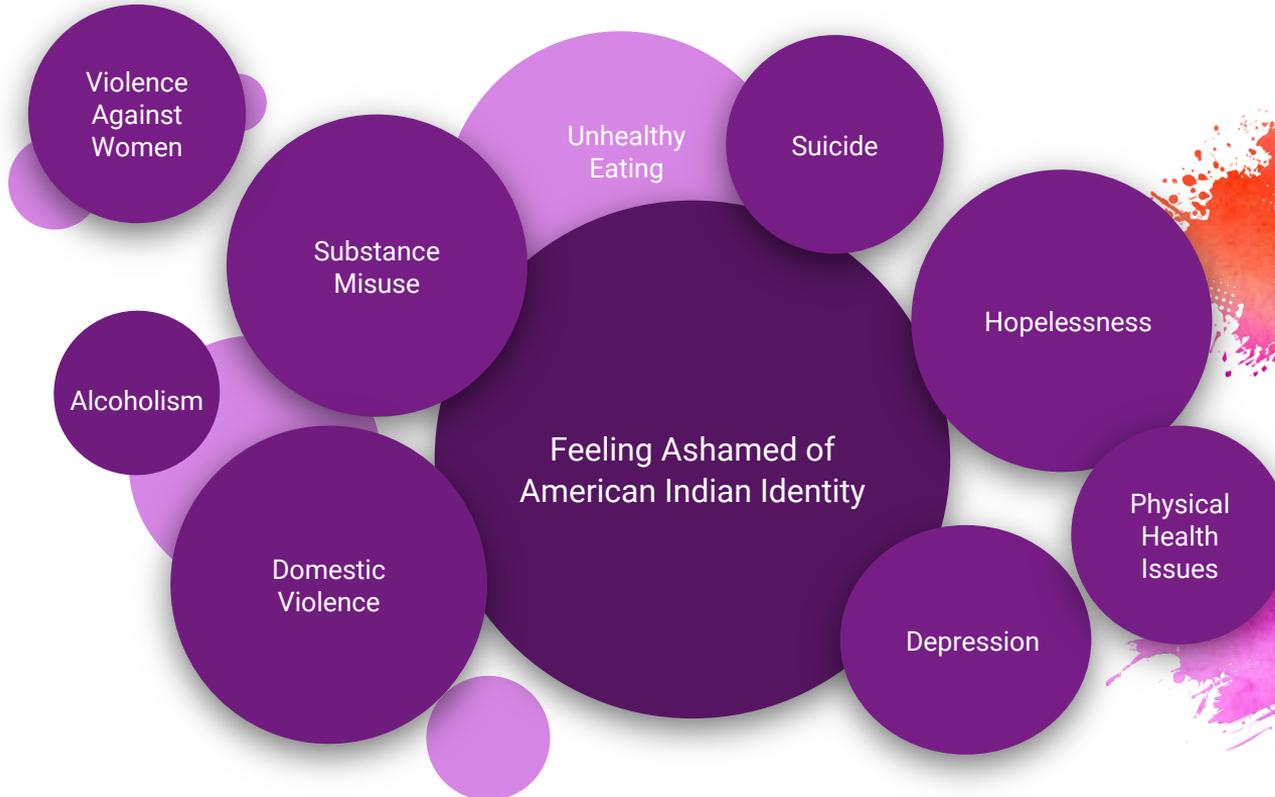
## Current Traumas

Standing Rock  
No Loops 202 (AZ)  
Oak Flat (AZ)  
MMIW  
Attempted Coup  
COVID-19 deaths





# Historical Trauma Responses





*Chatfeed Convo:  
Type Questions, Ask  
Away!*



# 2. Moving Towards Cultural Competency

Let's move forward together...





# Process of Decolonialism

## Rediscovery & Recovery

Rediscover History & Recover Culture

Understand why cultural knowledge was taken & the different ways it has been diminished

## Mourning

Lament what has been lost

Mourn what was lost (i.e., 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...

## 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



## 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**



## Cultural Resilience



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!

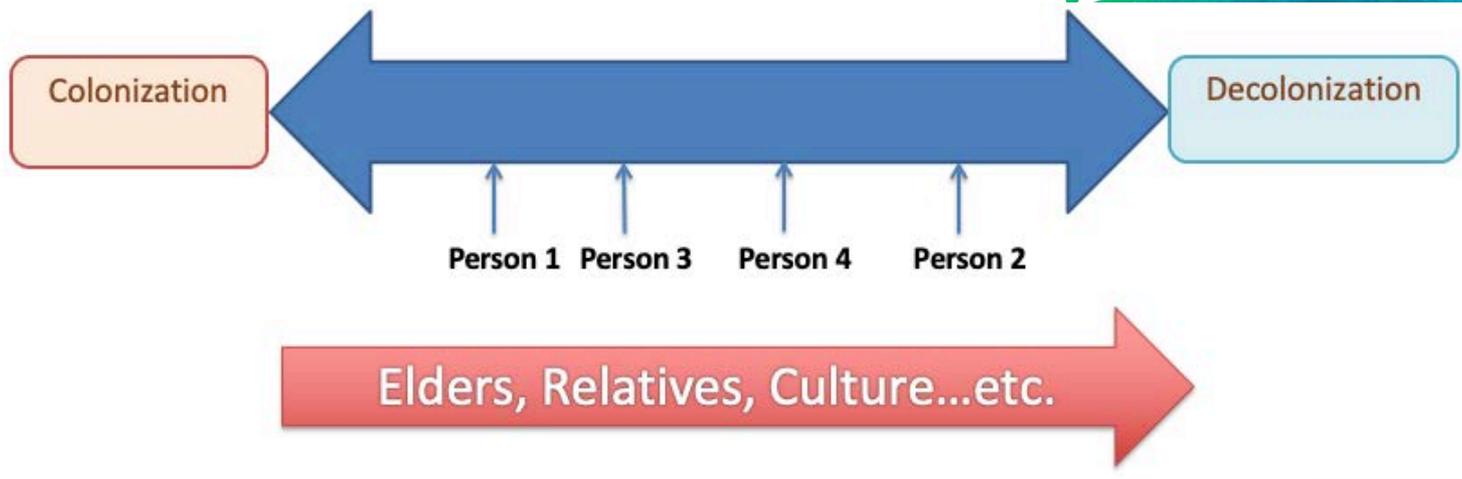
## What Cultural Resiliency Does...

- 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.



# 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!



# 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 (7am-10pm CST): 1-844-7NATIVE  
Chat: strongheartshelpline.org



First Nations & Inuit Hope for Wellness  
Hotline  
Call: 1-855-242-3310



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



Love is 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

# Resources Handout

Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions

## 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

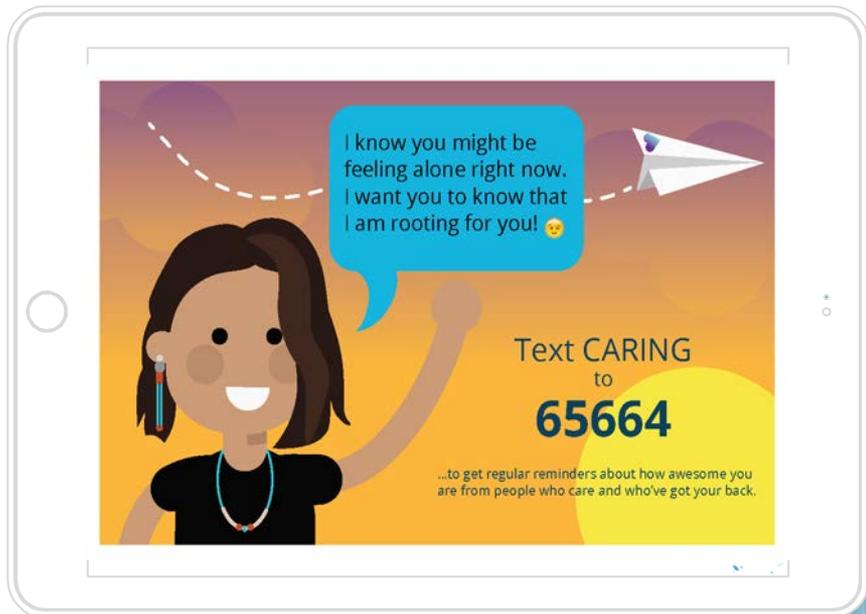


WWW.HEALTHYNATIVEYOUTH.ORG



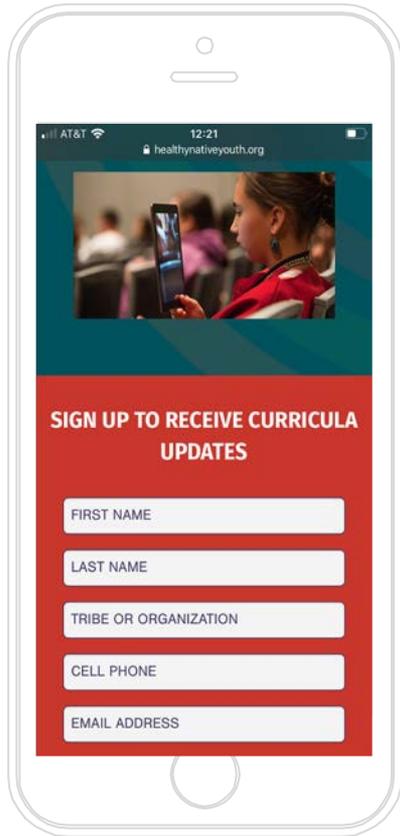
# For Adults: Text “Empower” to 97779

- ★ Tips & Resources for Talking to Youth About Sexual Health
- ★ Need some help getting the convo started?



# For Youth: Text “Caring” to 65664

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

## How to Join

AT THE TIME OF MEETING,  
CLICK THIS [LINK](#)

PASSWORD: 020558

JOIN BY PHONE ONLY:  
+1 646 558 8656 US  
MEETING ID: 929 2852  
5787

TEXT: HEALTHY TO 97779

- 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!



Community of Practice

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

February 17th

10:00-11:00 AM PST

### How to Join

AT THE TIME OF MEETING,  
CLICK THIS

PASSWORD: 020558

JOIN BY PHONE ONLY:  
+1 848 518 8654 05  
MEETING ID: 929 2852  
5767

TEXT: HEALTHY TO 97779

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

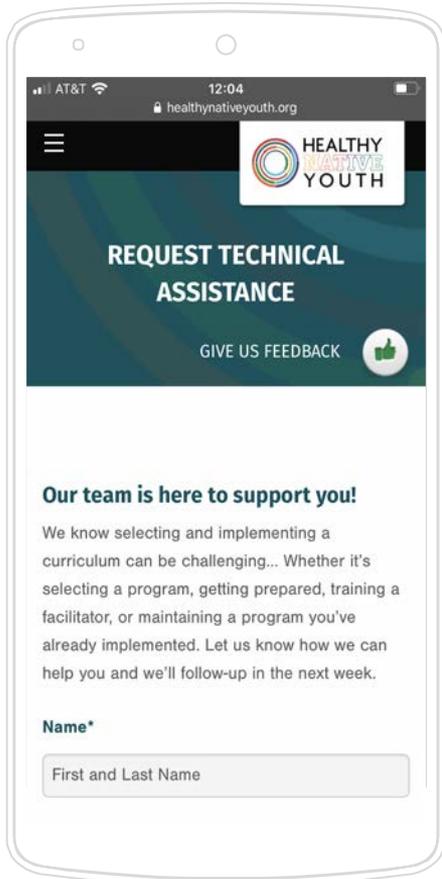
Join the 2/17 call to take a walk through Healthy Native Youth resources:

- o \*New Virtual Adaptation Guide
- o Curricula & Lessons
- o Comparison Chart Functions
- o Enhancement Activities
- o Curriculum Submission Form
- o Resources & Support
- o Text Message Interventions
- o Two Spirit & LGBTQ Resources
- o Social Marketing Campaigns
- o 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!

...for a special to walk through all the wonderful Healthy Native Youth resources, including a walk through of the NEW Virtual Adaptation Guide + Workbook!





# We LOVE helping...

- ★ 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 11<sup>th</sup>, February 18<sup>th</sup> from 11-12 PM (PST)
- Contact, Celena McCray [cmccray@npaihb.org](mailto:cmccray@npaihb.org)



# Thank you!

You can find us at:

Amanda Gaston

agaston-

contractor@npaihb.org

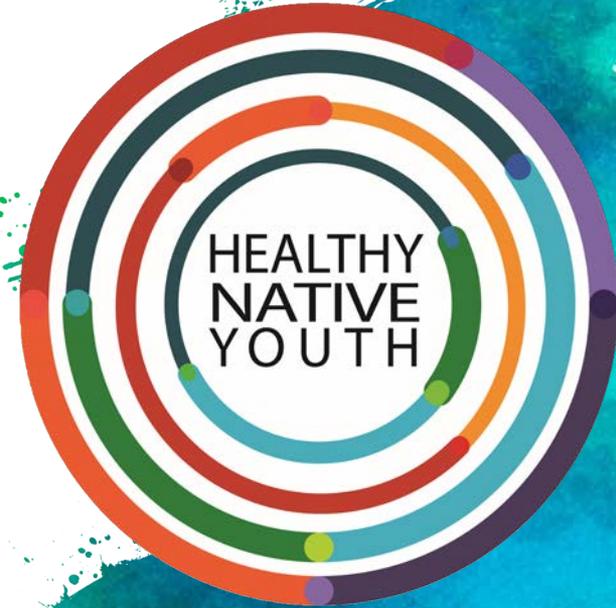
Michelle Singer

msinger@npaihb.org



# Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



# 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

