



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.

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I am Jerri Thomas, she/ her
Navajo

I love ribbon skits.

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I am Eric Hardy, he/him
Navajo

I love running & trail running.

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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

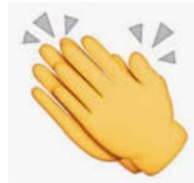


Logistics

- You are muted
- If comfortable, share video

Engagement

- Breakout rooms
- Chat box
- Icons (Zoom & More)

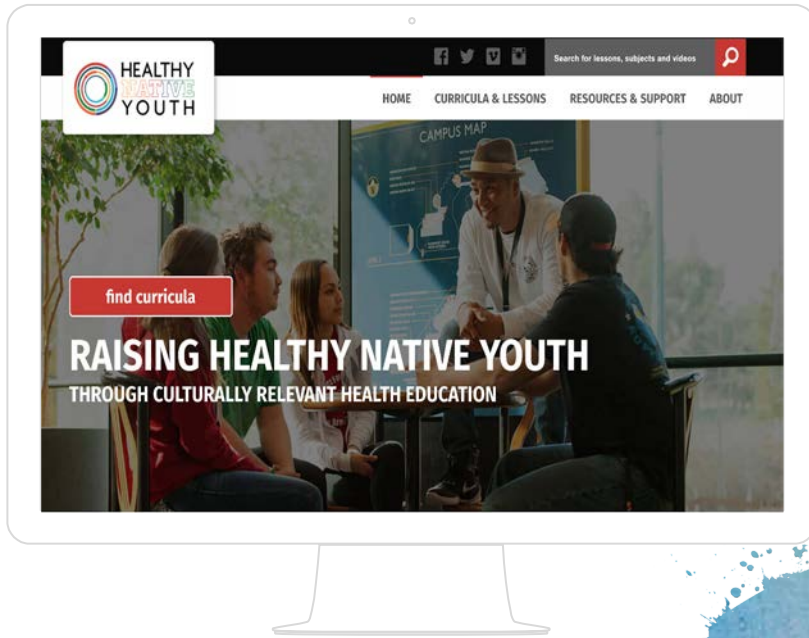




Welcome, Welcome, Welcome!

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





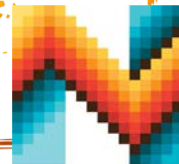
Where we are going

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



A black and white photograph of two indigenous women standing on a dark, pebbly beach. They are seen from behind, wearing long, patterned ponchos. They are looking out at a calm body of water where a large, multi-masted sailing ship is visible in the distance. The sky is overcast and grey. The overall mood is contemplative and somber.

Making Sense of Historical Trauma & Cultural Resilience

Process of Colonialism

Denial & Withdrawl

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

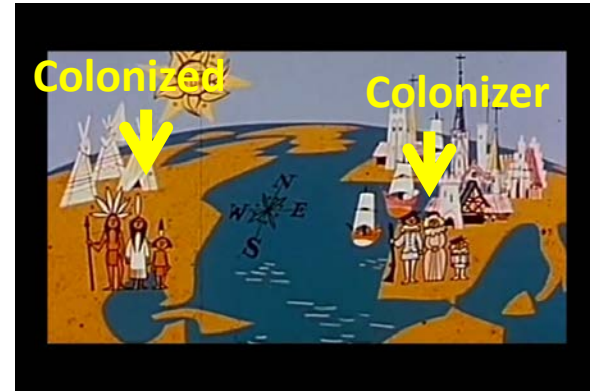
Elimination (Settler Colonialism)

What is transformed and exploited is eliminated

Map/ Geography lines, place names, knowledge

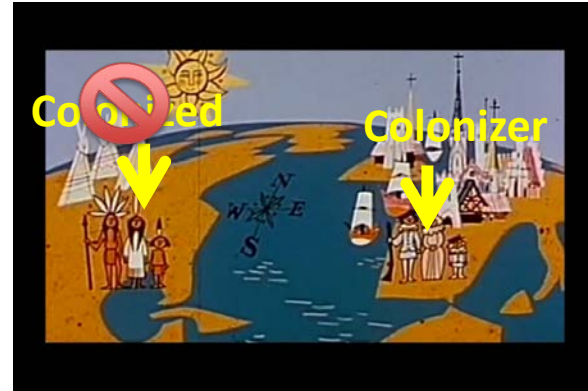
What is Colonization?

- 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 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

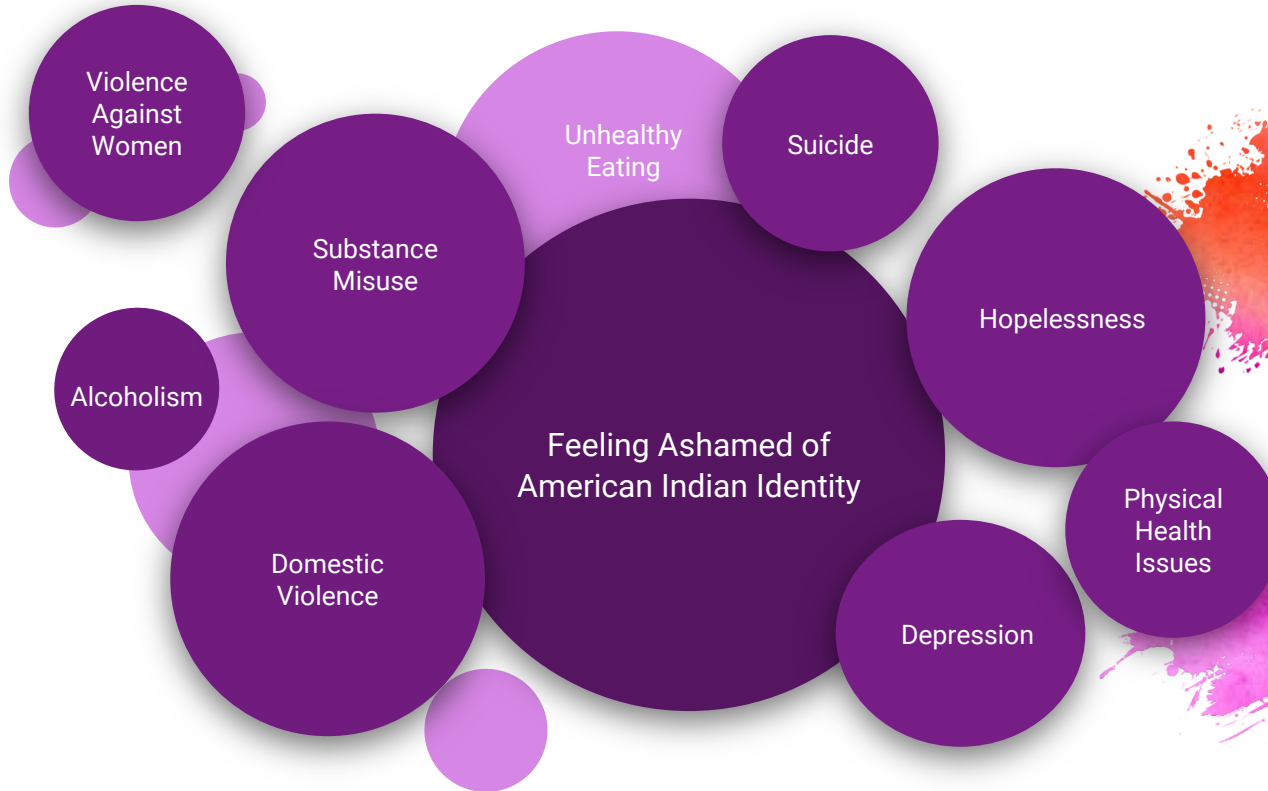
Massacres
Reservations
Removal
Boarding Schools
Physical Genocide

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

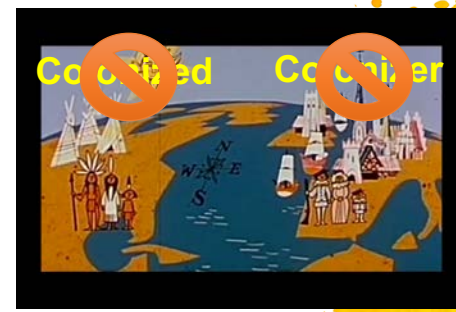
Learn cultural protocols, activities, kinship, responsibilities

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!



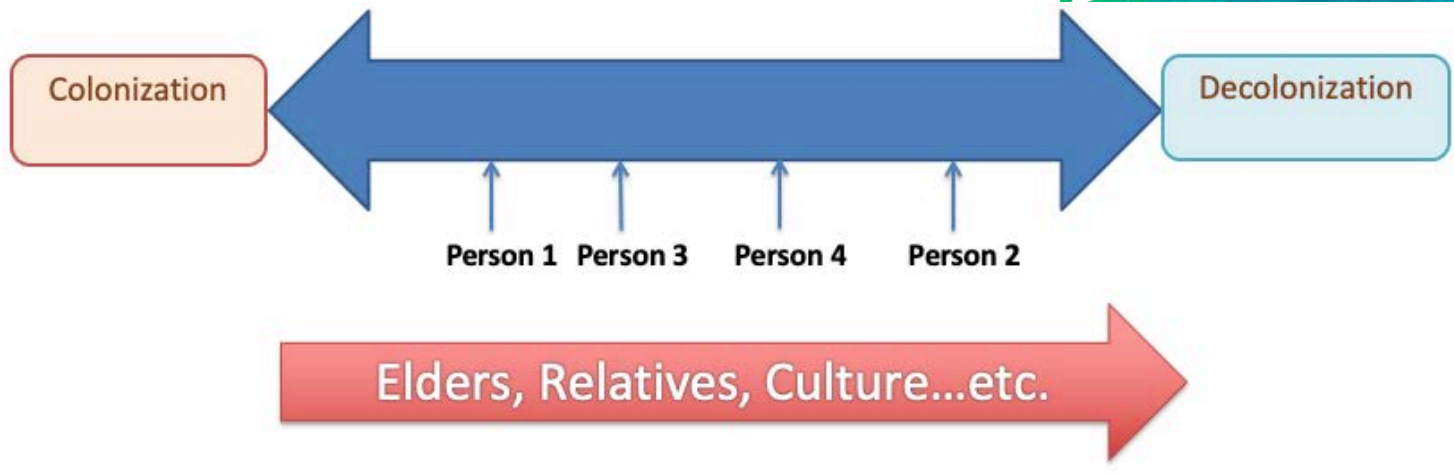
What Cultural Resiliency Does...

- | | |
|-------------|------------------------------|
| • Empowered | • Encouraged |
| • Happy | • Mindfulness |
| • Healthy | • Critical Thinking |
| • Confident | • Connected to Your Cultural |
| • Accepted | 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!

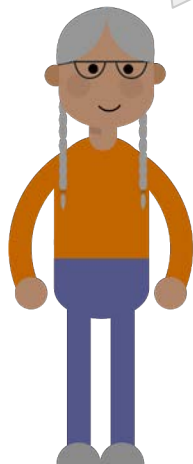


3. Breakout Groups

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

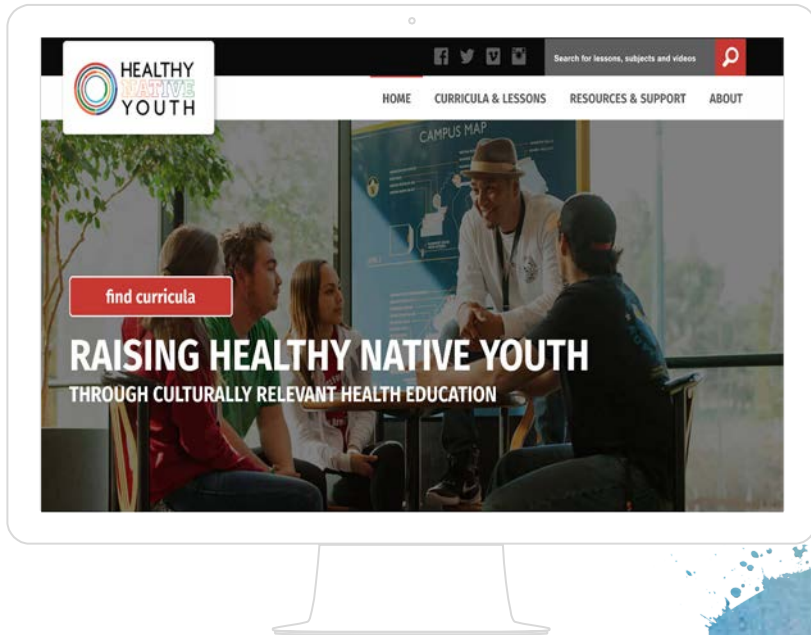


Practice in Action

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

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

Resources Handout

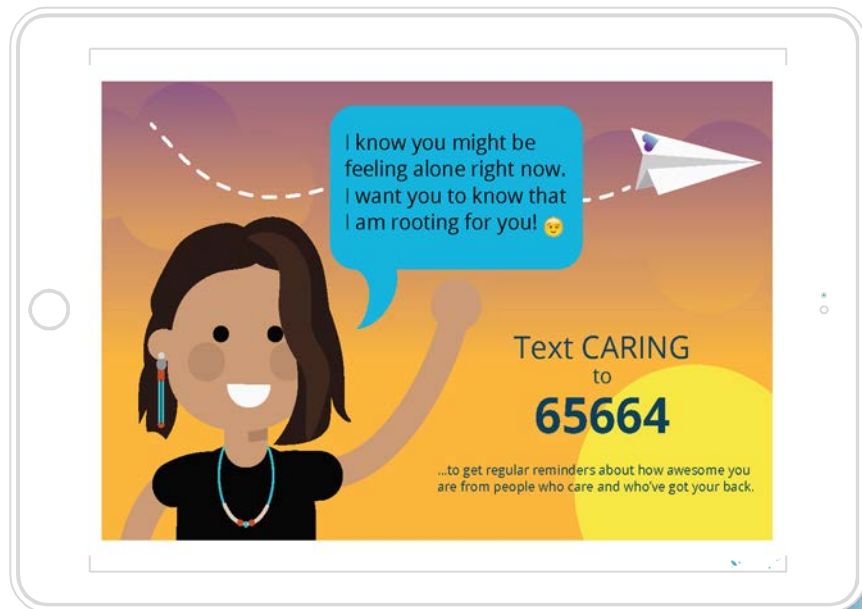
Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions



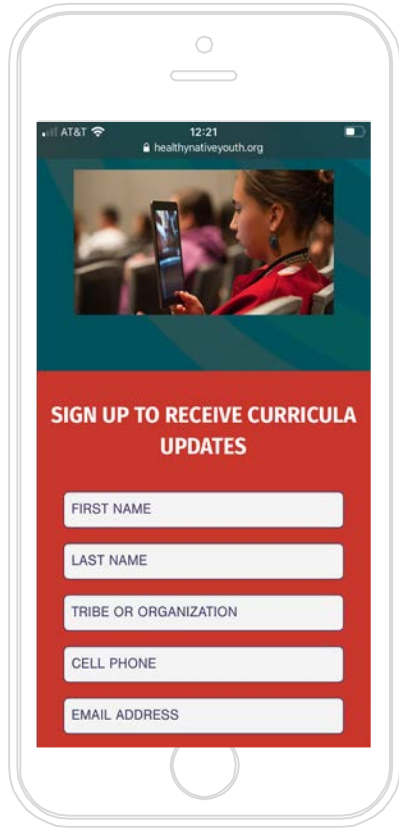
For Adults: Text “Empower” to 97779

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



For Youth: Text “Caring” to 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 [JOIN 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 LINK

PASSWORD: 020558

JOIN BY PHONE ONLY:
+1 866 518 8658 05
MEETING ID: 929 2852
5767

TEXT: HEALTHY TO 97729

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!

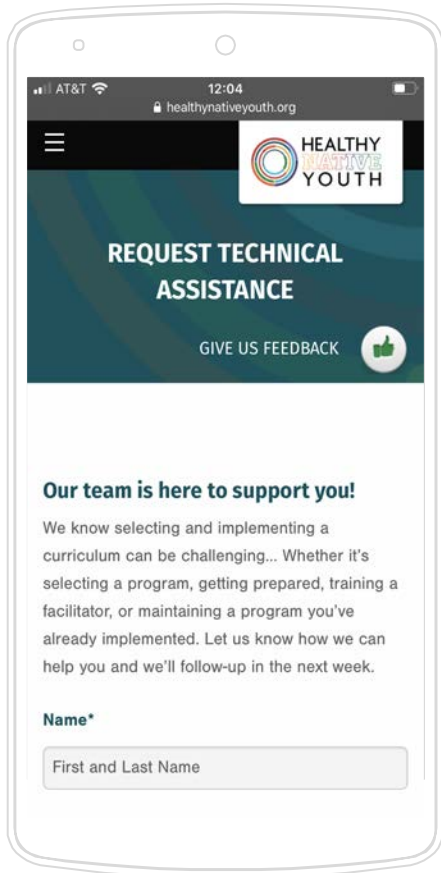
Join the 2/17 call to take a walk through Healthy Native Youth resources:

- *New Virtual Adaptation Guide
- Curricula & 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!

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





A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the URL 'healthynativeyouth.org'. The header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark green background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph: '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.' Below the text is a label 'Name*' and a text input field containing the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

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

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 11th, February 18th from 11-12 PM (PST)
- Contact, Celena McCray 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

