Tackle Trauma with Care

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

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”
– Eleanor Roosevelt
Yá'át'ééh! Keshi! Hola!

Veronica Willeto
De Crane
Navajo
she/her
I love to read novels.
veronica.willeto@mso.umt.edu

Amy Foster
Wolferman
she/her
I love to hike in the woods with my dog.
Amy.FosterWolferman@mso.umt.edu

Joshua Cocker
Tonga, Kiowa
I love my kids..
josh.cocker14@gmail.com
Live Virtual Training Logistics

**Logistics**
- You are muted
- If comfortable, share video

**Engagement**
- Padlet & Mentimeter
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Pronouns
★ Tribe/ Organization
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 physical, cognitive, emotional, and social impacts that trauma has on our youth

★ **practice** exercises, activities, and language to help youth tackle the trauma they may be experiencing
## Where we are going

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<td>Cognitive Impacts of Trauma</td>
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<td>Identify Type of Unhelpful Thought</td>
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1. Setting the Foundation

Let’s be clear on the impacts of trauma...
What is Trauma?

The experience of a real or perceived threat to life or safety

or to the life or safety of a loved one

Causes an overwhelming sense of terror, horror, helplessness, and fear.

Looks Like: Fight, Flight, or Freeze
Responses to Trauma

- Hyperarousal
- Re-experiencing
- Avoidance/Numbing

Triggers

Image Source: Google
Foundational TI Practices for Success

Support FELT SAFETY

- Predictable Routines
- Calm Adult Affect
- Trusting Relationship
- Understanding & Supportive Responses

Image Source: We R Native, NPAIHB
Chatfeed Convo: Type Questions, Ask Away!
Interrelated Impacts of Trauma

Physical

Social

Mental

Emotional
2. Physical Impacts of Trauma

Trauma Informed Care Strategies for Reducing Stress in the Body
Trauma’s Physical Impacts

- Increased Blood Pressure & Heart Rate
- Muscle Tension
- Fatigue
- Nausea
- Join Pain
- Headaches
- Back pain
- Medical issues
How does stress show up in your body?
Progressive Muscle Relaxation

Useful for relaxing muscles when they feel tight

**Key:** tensing a group of muscles, hold in a state of extreme tension for a few seconds, then relaxing the muscles

1. Chair Technique
2. Standing Technique
Progressive Muscle Relaxation Exercise

★ Stretch your legs out in front of you
★ Point your toes toward the wall
★ Now tighten the muscles in your calves and those in your thighs
★ Take a deep breath in and hold it
★ Breath out and relax your muscles
★ Let your legs go back slowly down to their original position

Take a minute to feel the relaxation in your legs...aaaah.
3. Cognitive Impacts of Trauma

Trauma Informed Care Strategies for Reframing the Negative to Positive Thinking
Trauma’s Cognitive Impact

- Difficulty concentrating, focusing, attending, remembering
- Difficulty thinking clearly, reasoning or problem solving
- Unable to plan ahead and anticipate the future

Image Source: We R Native, NPAIHB
Optimism Can Be Learned!

- Identify Unhelpful Thoughts
- Reframe with Helpful Thoughts

Optimism
Unhelpful Thoughts

Jumping Jim
→ Automatically jumps to the worse case scenario

Downer Debbie
→ Always finds a negative

All or Nothing Nancy
→ Things are either good or bad
Let’s Practice...

Here’s three scenarios:

- “Everyone hates me.”
- “My friend looks upset, he must be mad at me.”
- “Sure, I was invited to that zoom party, but why should I join, no one cares I’m there anyway.”

What type of ‘unhelpful thought’ category is it?

**Jumping Jim**
- Automatically jumps to the worse case scenario

**Downer Debbie**
- Always finds a negative

**All or Nothing Nancy**
- Things are either good or bad

Use the Annotation Feature
Reframing

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<th>Unhelpful Thoughts</th>
<th>Reframing to Helpful Thoughts</th>
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<tr>
<td>Jumping Jim</td>
<td>What is the best things that could happen? The worse? What is most probable?</td>
</tr>
<tr>
<td>Downer Debbie</td>
<td>Is there a more positive way of looking at this?</td>
</tr>
<tr>
<td>All or Nothing Nancy</td>
<td>What are the other possibilities?</td>
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Breakouts: Phillip’s Story

Option 1:
Brainstorm helpful thoughts to challenge these unhelpful thought scenarios:

“My brother is late in picking me up, maybe somebody attacked him.”

“Basketball isn’t that fun anyway. I wasn’t that great.”

“Playing basketball is unsafe!”

Option 2:
Share how you have helped a young person who was struggling with unhelpful thoughts?
4. Emotional Impacts of Trauma

Trauma Informed Care Strategies for Calming Emotions
Trauma’s Emotional Impact

- Difficulty describing feelings
- Often feel self-critical, anxious, worried, ashamed, guilty; rarely experience joy
- Difficulty with self-regulation
Feeling Pie Chart Activity

1. Draw a circle
2. Take a few minutes to reflect upon your day
3. Identify at least 5 emotions you felt throughout the day and chart those emotions
4. Measure how much of that emotion you had. Bigger slice = longer or higher intensity
5. Try to connect the emotions with events or circumstances
Grounding

Useful for intrusive memories, strong emotions, or dissociation; to help a person detach from emotional pain

Key: Anchor yourself so you can feel present in the moment

1. Focusing your mind
2. Focusing your senses
3. Soothing
Grounding Exercise

- Feel your feet on the ground, pause for five seconds
- Feel the weight of your legs, pause
- Stamp your feet slowly from left to right, left, right left, right
- Feel your buttocks and thighs touching the seat of the chair, pause
- Name three things you see, two things you hear
- Touch something and tell yourself what it is
5. Social Impacts of Trauma

Trauma Informed Care Strategies to Building Connections
Trauma’s Social Impact

- Previous disrupted relationships
- Distrustful of others
- Withdrawn
- Misreads cues
- Seeks attention, then rejects
- Overly rigid or lax boundaries

Image Source: NNCTC
Circle of Trust Activity

Circle 1: Me
Circle 2: People very close to me; friends, family, and trusted adults who know how to help, listen well, do not repeat what I say to others, and do not judge me
Circle 3: People I know and spend time with; people I feel good being around; I might be able to trust them
Circle 4: People who are acquaintances; role models, community leaders, or professionals who know how to help or listen to others; people I would like to get to know
Bounce Back for Classrooms and STAR

Trauma-Informed Social Emotional Learning Curricula

★ Education
★ Awareness building
★ Healthy coping strategies
★ BBC = elementary
★ STAR = middle/high

www.nnctc.org
6. Indigenous 20Something’s

...doing what they do!
Indigenous 20Somethings
I STRENGTHEN MY NATION CONTEST

ARTISTIC EXPRESSIONS OF RESILIENCE AGAINST SUBSTANCE MISUSE

DEADLINE DECEMBER 10TH, 2021

OPEN TO ALL AMERICAN INDIAN AND ALASKAN NATIVES AGES 14-25

WERNATIVE.ORG

NIDA Contest
6. 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!
Text “Veterans” to 65664 For Native Vets

To get regular reminders about how much you are appreciated and cared for from Native Vets who have been there and care about what you’re going through!

https://www.healthynativeyouth.org/resources/
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources here

TEXT "EMPOWER" TO 97779
Text “Caring” to 65664
For Native Youth

To get regular reminders about how awesome you are from people who care and who’ve got your back!

https://www.healthy-nativeyouth.org/resources/
Text “College” to 65664 For College Youth

To get regular reminders about how awesome you are from Native College students who have been there and care about what you’re going through!

https://www.healthynativeyouth.org/resources/
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
## 2021-22 Community of Practice Lineup

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<th>Date</th>
<th>Title</th>
<th>Description</th>
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<td>September 8, 2021</td>
<td>Back-to-School Intentional Balance</td>
<td>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for our youth and those we serve to acknowledge, reflect, and thrive in this upcoming school year. Join Robert Johnson from the Native Wellness Institute and Diana Brown from the MRH to help create space for you to reflect through learning, reflection, and intentional workshopping. Time management and boundaries to care for a path towards intentional balance.</td>
</tr>
<tr>
<td>October 11, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to hold space for our Native youth, we must share our experience and the scientific behind culture as a practice so that our Robes and allies can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative, and Native Social Media influencers to share their experience in promoting cultural competency.</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long faced racialized disability to cope, repress, and maintain their identity and place. Join the Native Children’s Trauma Center to walk through trauma-informed practices to address health from the trauma we have all experienced individually and collectively during the pandemic. Together with healed and thriving communities, we can foster trauma-informed care and support.</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our Elders have taught us how the importance of the gathering season to prepare and maintain us throughout the year, a stone foundation to create ease and success for the future. Join the NHCTC to talk about how to GATHER and process community and youth input on health priorities and iterate the stage for program success.</td>
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<tr>
<td>January 12, 2022</td>
<td>Pickers Can Be Chosen: Choosing a Program</td>
<td>You can get ideas from youth and community feedback to identify health priorities, resources and needs. Your ideas fuel the CHOICE process! Let the NHCTC help you choose critical criteria for program selection, including approval, and tips for engaging youth in the planning process. You can learn about program development on the Youth Planning Process tool</td>
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We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA

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
Thank you!

You can find us at:
Amanda Gaston, MAT
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

“Everything you need is always right where you are.”
– Carlos Toybo
Wellness Moment

Breathing Exercise
Use QR code or the link in the chat box to join...

Today I am Feeling...
Mentimeter Q&A

Use the link in the chat box to join...

What do you want to know about using SMS in youth programming?

Go to www.menti.com and use the code 7494 2554
Jamboard

Use QR code or the link in the chat box to join...

What are your fav management tools?
SlidesCarnival icons are editable shapes.

This means that you can:
- Resize them without losing quality.
- Change fill color and opacity.

Isn’t that nice? :)

Examples: