



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 Willetto
De Crane**

Navajo

she/ her

I love to read novels.

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Wolferman**

she/her

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Joshua Cocker

Tonga, Kiowa

I love my kids..

josh.cocker14@gmail.com



Live Virtual Training Logistics



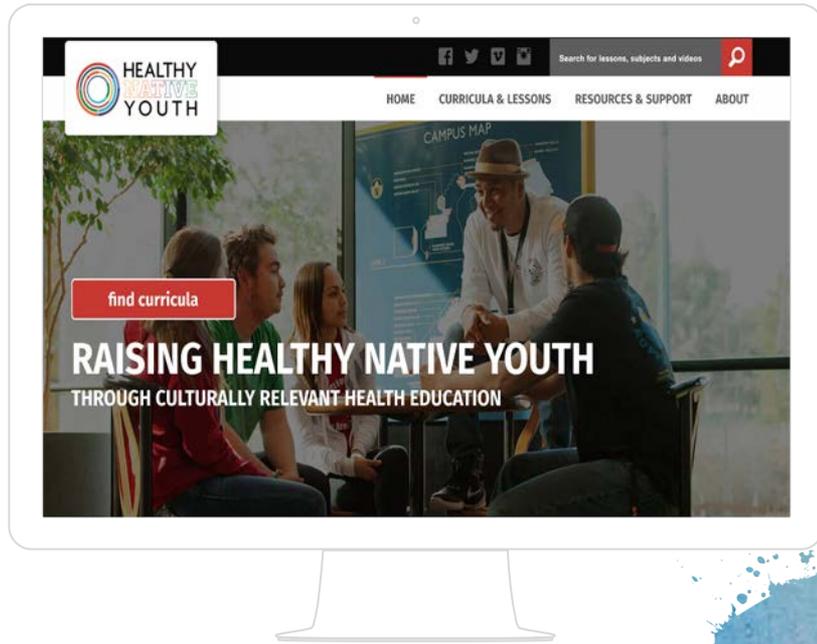
Logistics

- 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



Main Topics	Topic Time	Activity	Activity Time	Total Topic Time
Setting the Foundation				8
Physical Impacts of Trauma	3	How Does Stress Show Up in the Body?	3	10
		Progressive Muscle Relaxation	4	
Cognitive Impacts of Trauma	3	Identify Type of Unhelpful Thought	8	21
		Breakouts - Phillip's Story	10	
Emotional Impacts of Trauma	3	Feelings Pie Chart	2	8
		Grounding Exercise	3	
Social Impacts of Trauma	3	Circle of Trust	5	8
Indigenous 20Somethings & NIDA Contest				5



1. Setting the Foundation

Let's be clear on the impacts of trauma...



What is Trauma?

- 1 The **experience** of a real or perceived threat to life or safety
- 2 or to the life or safety of a loved one
- 3 Causes an **overwhelming** sense of terror, horror, helplessness, and fear.



Looks Like: Fight, Flight, or Freeze



Responses to Trauma

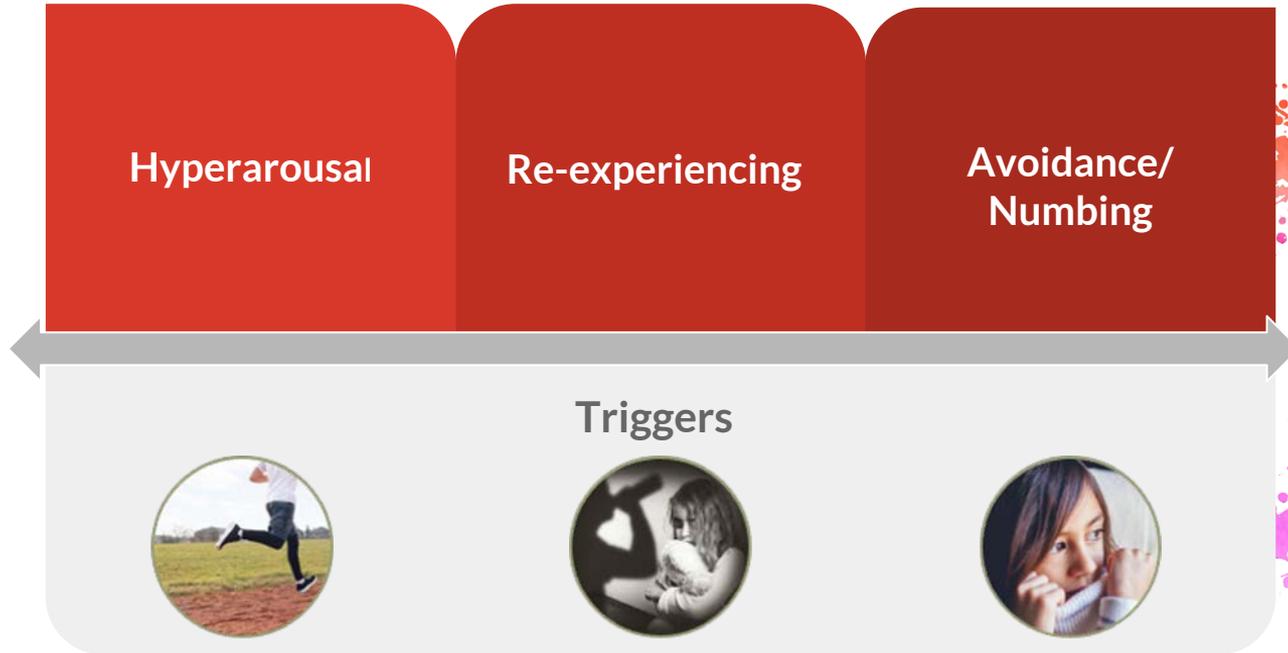


Image Source: Google



Foundational TI Practices for Success

Support FELT SAFETY

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



Image Source: We R Native, NPAH TB

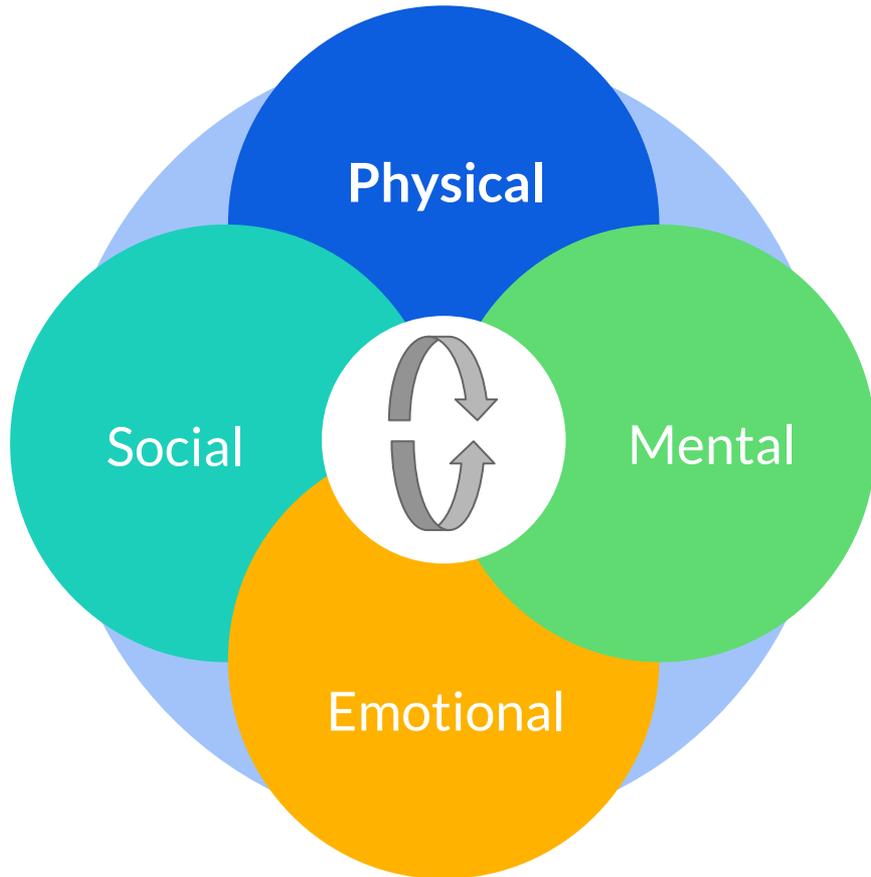




*Chatfeed Convo:
Type Questions, Ask
Away!*



Interrelated Impacts of Trauma



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
- Joint Pain
- Headaches
- Back pain
- Medical issues





Thoughts



Ache



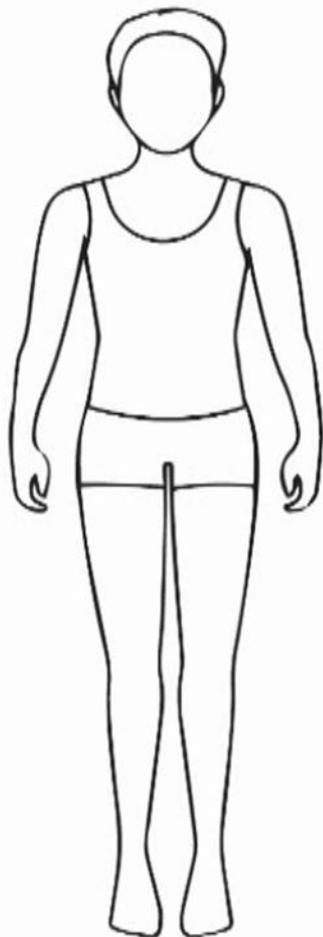
Head



Stomach



Sweaty



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

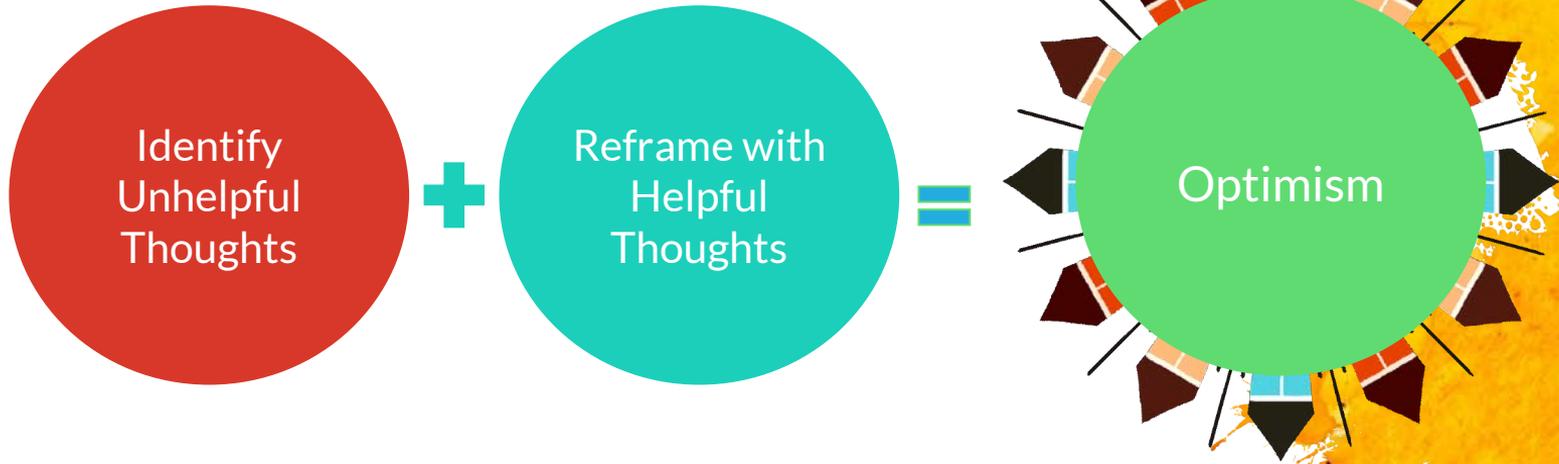
- Difficulty concentrating, focusing, attending, remembering
- Difficulty thinking clearly, reasoning or problem solving
- Unable to plan ahead and anticipate the future



Image Source: We R Native, NPAIHB



Optimism Can Be Learned!



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."



USE THE
ANNOTATION
FEATURE



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



Reframing



Unhelpful Thoughts	Reframing to Helpful Thoughts
 Jumping Jim	What is the best things that could happen? The worse? What is most probable?
 Downer Debbie	Is there a more positive way of looking at this?
 All or Nothing Nancy	What are the other possibilities?



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

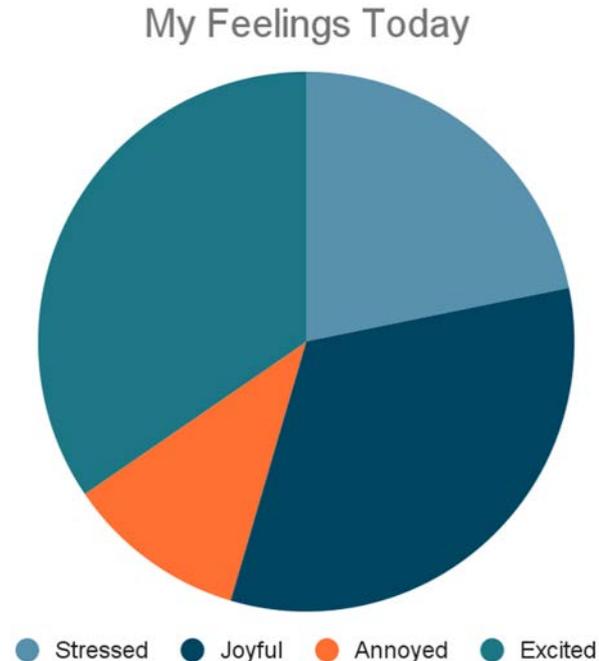


- Difficulty describing feelings
- Often feel self-critical, anxious, worried, ashamed, guilty; rarely experience joy
- Difficulty with self-regulation

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



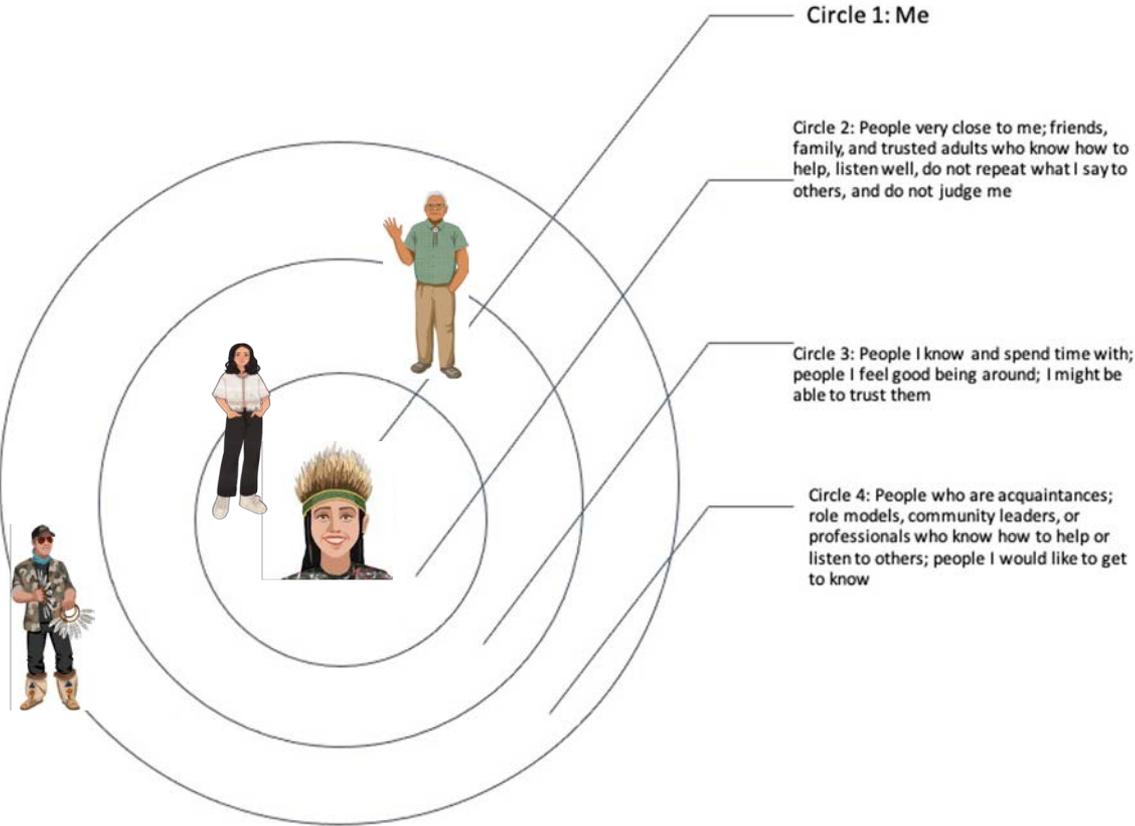
Trauma's Social Impact

- 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



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!



Find Curricula on *Healthy Native Youth*



- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula

**LAUNCHES
VETERANS DAY!
11/11/21**



<https://www.healthynativeyouth.org/resources/>

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!

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**



TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text EMPOWER to 97779

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #weRNative
#HealthyNativeYouth

Ya'at eeh!
My name is Michelle!
My pronouns are she and her.
Give yourself a high five from me! I'm glad you're here!

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@npaihb.org

CURRICULA LESSON PLANS HANDOUTS RESOURCES

HEALTHY NATIVE YOUTH



<https://www.healthynativeyouth.org/resources/>

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!

**LAUNCHED
SEPT. 6TH!**



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 are about what you're going through!

Youth Support

In crisis? Connect 24/7...

CRISIS TEXT LINE | Crisis Text Line
Call: NATIVE to 741 741
WhatsApp



National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



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



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP



Truth: Smoking, Vaping, and Opioids
[Get 24/7 Support](#)
Text: DITCHVAPE to 88709



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753



National Drug Information
Treatment & Referral
Hotline
Call: 1-800-662-4357

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741



National Hotline. Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121



Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



We R Native: My Mind
[Ask Auntie & Uncle](#)
Text: CARING to 65664



PAGE 1

CLICK ON THE LOGOS TO GO TO RESOURCE

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

Youth Support

PAGE 2

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
[Ask Auntie & Uncle](#)

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat



It Gets Better Project
Embrace the Journey

Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: [Ask Blog](#)
[Find a Clinic](#)



We R Native: Sexual Health
Text: SEX to 97779
[Ask Auntie & Uncle](#)



I Know Mine
[Ask Nurse Lisa](#)
[I Want the Kit & Order](#)
Condoms (AK mailing only)



It's Your Sex Life
Live Chat



Bedsider



Get Yourself Tested #GYT
[Find a clinic near you](#)



CLICK ON THE LOGOS TO GO TO RESOURCE

Click on icons to go to resource

Youth Support

PAGE 3

Bullying



Stopbullying.gov
[What Teens Can Do](#)
[What Adults Can Do](#)



Cyberbullying
[Resources for Youth](#)
[Report Cyberbullying](#)



We R Native: Bullying Prevention
[Ask Auntie & Uncle](#)

Text Message Campaigns



Text: NATIVE to 97779
For health & wellness tips



Caring Messages - to remind you of how
awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 97779
Get tips and resources to protect your sexual
health



Text: LGBTQ2S to 97779 or ALLY to 97779
Native, Two-Spirit, LGBTQ, #BornSacred



Text: STEM to 97779
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 97779
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!

Find Help Near You



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



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

CLICK ON THE LOGOS TO GO TO RESOURCE

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

We ALL need Help...

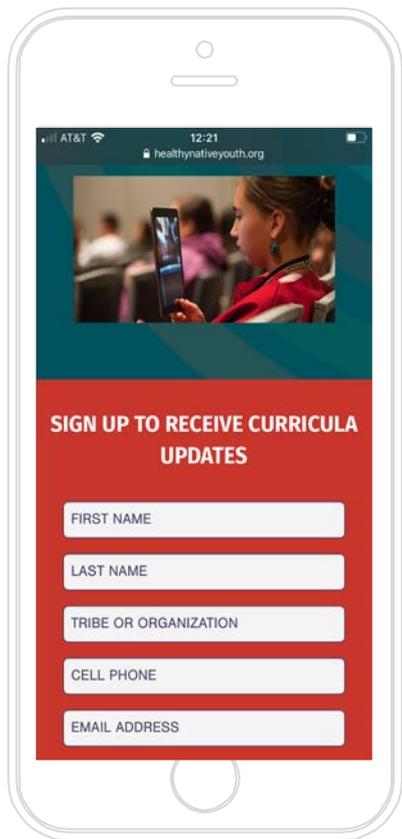
... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone





Sign up for the *Healthy Native* *Youth* Newsletter!

Stay up to Date with the Latest...

New Line Up!

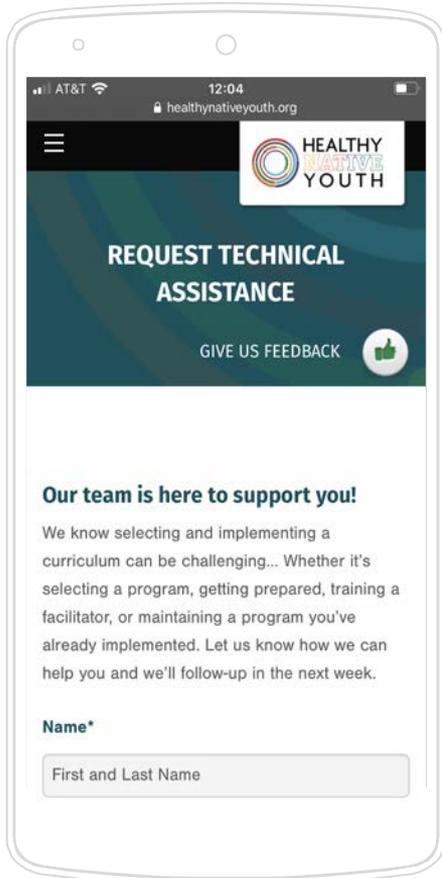
2021-22 Community of Practice Lineup

Date	Title	Description
September 8, 2021	Back-to-School: Intentional Balance	<p>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year.</p> <p>Join Robert Johnston from the Native Wellness Institute and Danica Brown from the NPAIHB who will help create a space for you to work through burnout, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.</p>
October 13, 2021	Cultural Competency to Raise Healthy Native Youth	<p>Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to best serve our Native youth, we must share our experience and the science behind culture as prevention so that our Relatives and allies can best support the health of our Native youth.</p> <p>Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience imparting cultural competency.</p>
November 10, 2021	Tackle Trauma with Care	<p>Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place.</p> <p>Join the Native Children's Trauma Center to walk through trauma informed practices to address and health from the trauma we have all experienced individually and communally during the pandemic. Together with heal and thrive!</p>
December 8, 2021	Set the Stage for Program Success	<p>Our Elders have taught us the importance of the gathering season: to prepare and maintain us throughout the year; setting a strong foundation to create ease and success for the future.</p> <p>Join the HNY crew to talk about how to GATHER and process community and youth input on health priorities and interests to set the stage for program success.</p>
January 12, 2022	Pickers Can be Choosers: Choosing a Program	<p>You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase!</p> <p>Let the HNY crew help choose critical criteria for program selection, getting approval, and tips for involving youth in the selection process. Hear from program developers on Native youth programming: We R Native, Native STAND, Native WYSE Choices, Native It's Your Game.</p>
February 9, 2022	Thrive in the Spaces we Create	<p>Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches.</p> <p>Hear how Native youth are using creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.</p>

2021-22 Community of Practice Lineup

Date	Title	Description
March 9, 2022	Prepare for Implementation Success	<p>Now that you have chosen a program, you can prepare for implementation success!</p> <p>Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You've got this and we've got your back!</p>
April 12, 2022	Stand Up to STD/HIV Stigma	<p>As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STD/HIV stigma that precludes and harms the health of our Tribal communities.</p> <p>Join us as we stand up to STD/ HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Alaska Native Tribal Health Consortium – I want the Kit!</p>
May 11, 2022	Concerning Social Media Posts Workshop	<p>Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media.</p> <p>Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging.</p> <p>These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!</p>
June 8, 2022	Staying Connected	<p>Summer is fast approaching and so our conversations shift to how we can stay connected and keep program momentum going with summer programs and peer/ elder mentorships.</p> <p>Join the CoP crew to talk about what others and doing how we can support each other's youth programming.</p>
July 13, 2022	Sustain and Grow your Program	<p>Congratulations! You have implemented your program and are now in the GROW phase.</p> <p>Let the HNY team help reflect on what worked, what can change, and what you've learned to help keep the momentum going.</p>
<p>Contact us</p> <p>✉ agaston.contractor@npsaihb.org</p> <p>✉ msinger@npsaihb.org</p> <p>🌐 www.healthynativeyouth.org</p> <p>📱 Text HEALTHY to 97779</p> <p>📍 Click here to register in advance</p>		





We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Thank you!

You can find us at:
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Michelle Singer
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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



Padlet

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



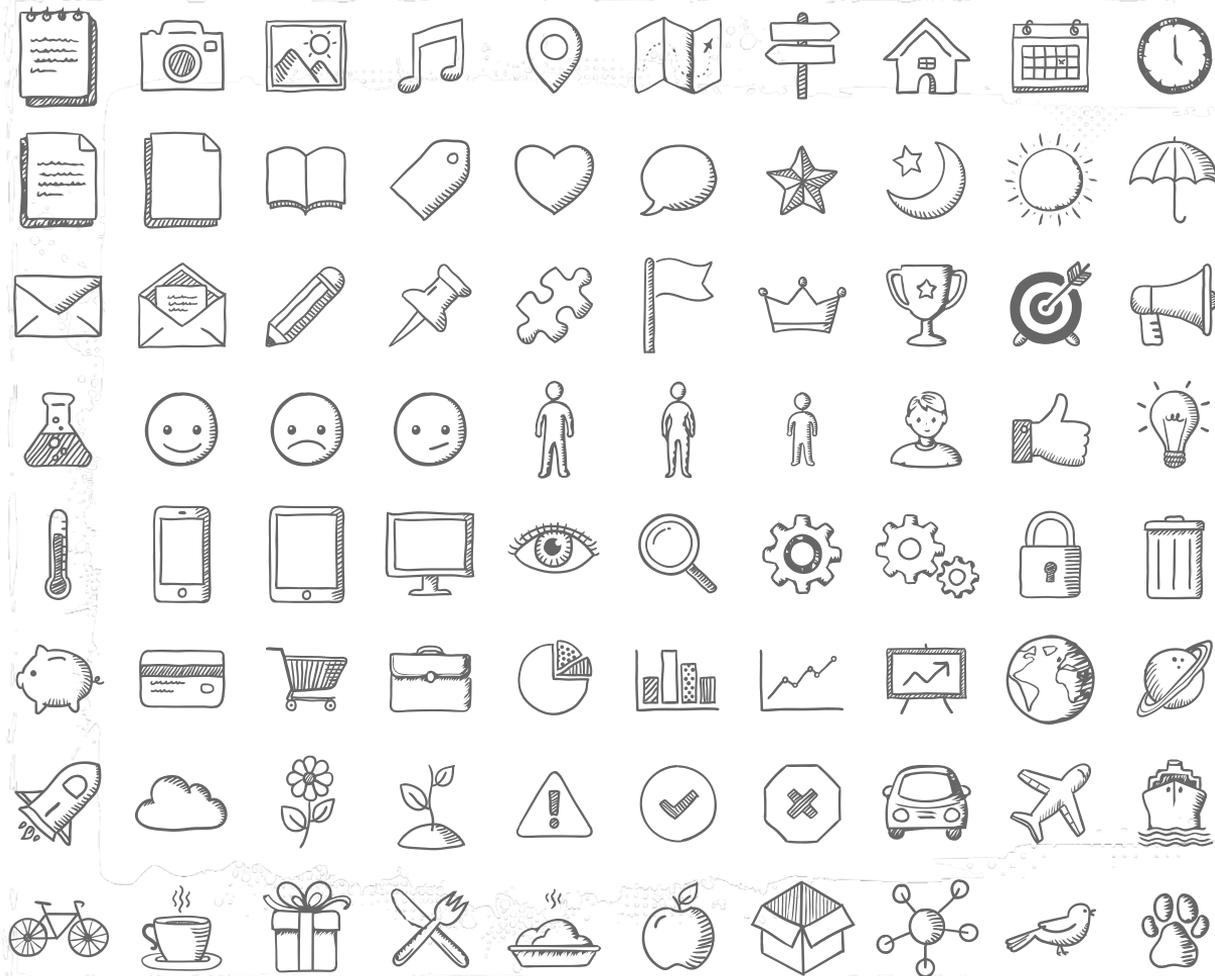
Jamboard

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:

