

Tackle Trauma with Care

November 10, 2021 10am-11:30am PT



Host

Amanda Gaston: agaston-contractor@npaihb.org

Guest Speakers

Native Children's Trauma Center

Veronica Willetto De Crane

Amy Foster Wolferman

Indigenous 20Somethings

Joshua Cocker

Objectives

- 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

Stay connected

- Text HEALTHY to 97779 and receive Community of Practice connection info each month on your phone!
- **Previously recorded CoP Sessions and presentation slides:**
<https://www.healthynativeyouth.org/community-of-practice-sessions/>
- **Upcoming 2021 Community of Practice Schedule Here:**
<https://www.healthynativeyouth.org/community-of-practice/>
- **HNY Curricula:** <https://www.healthynativeyouth.org/curriculum/>
- **Request Technical Assistance:** <https://www.healthynativeyouth.org/request/>
- Click or tap here to enter text.

Resources

- **HNY Resources:** www.healthynativeyouth.org/resources/
- **Text Messaging Service for Adults and Parents!** Text the word **EMPOWER** to **97779:**
<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
- **WeRNative** www.wernative.org

- Click or tap here to enter text.

Speaker Resources

National Native Children's Trauma Center: <https://www.nnctc.org/>

Indigenous 20Something Project: <https://i20sp.com/about>

Chat links:

Guided meditations: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings>

Chat feed (names and emails have been removed)

10:07 AM From Stephanie to Everyone: Hello hello!

10:07 AM From Jane to Everyone: Happy Wednesday! Good morning :)

10:09 AM From Stephanie to Everyone: Stephanie (she/her), NPAIHB Adolescent Health team

10:09 AM From Tess to Everyone: Tess, daybreak Star preschool, Seattle, Aztec/ Mayan descent

10:09 AM From Hunter to Everyone: Hunter, Seneca Cayuga Nation, Kickapoo Tribal Health Center BHS

10:09 AM From Samantha to Everyone: Samantha, she/her, I identify as Black, but have Blackfoot ancestry through my great-grandmother. I work within DCYF; I'm currently on Nisqually lands

10:09 AM From TASHA to Everyone: Tasha (she/her)-Assistant Director Tribal Youth Resource Center: Wichita Kiowa Caddo Hunka Oglala Lakota

10:09 AM From Rosemary to Everyone: Rosemary (Santo Domingo Pueblo/San Felipe Pueblo). Working for Santo Domingo Pueblo.

10:09 AM From Andrea to Everyone: Andrea (she/her) Kodiak Area Native Association - Prevention Specialist

10:10 AM From Jacquie to Everyone: Jacquie, Elder Mentor Program in Alaska currently on Dena'ina lands in ANchorage

10:10 AM From Dempsey to Everyone: Good Morning from Dempsey (Dine), School Social Worker, Tuba City Jr. High School

10:10 AM From THOMALISA to Everyone: Ya'aa'teeh Thomalisa (She/Her) Dine'. Capacity Builders, Inc. Farmington, NM

10:10 AM From Panikaa to Everyone: Aanii, waqaa! My name is Panikaa, she/her, Bay Mills Indian Community, Michigan. Working for ANTHC, Good morning!

10:10 AM From Sable to Everyone: Hello!

10:10 AM From Jennifer to Everyone: Jennifer (she/her), ANTHC Substance Misuse Prevention, participating today from the Dena'ina lands... Good morning!

10:10 AM From Michelle (she/her) to Everyone: Ya'at'eeh abini ~ Michelle (Navajo), Healthy Native Youth Project Manager @ NPAIHB -- msinger@npaihb.org

10:10 AM From Debbie to Everyone: Debbie, (she/her) Department of Children, Youth and Families in Washington State. Education and Disproportionality Program Consultant.

10:10 AM From Brandon to Everyone: Brandon - (He/Him) - Taos Pueblo, NM, - Youth Outreach Worker for Division of Health & Community Services

10:10 AM From Jasmine to Everyone: Good morning, I am Jasmine a Youth Advocate at Alaska Native Justice Center. I work with our youth re-entry team.

10:10 AM From Sacena to Everyone: Sacena (she/her) Paiute Shoshone, urban Indian health insurance

10:10 AM From Abraham to Everyone: Ta'c meeywii (good morning) from Nimiipuu country. I am the Nez Perce Tribe Students for Success Director. On my father's side (Broncheau) I am Red Wolf descendant and on my mother's side (Wheeler) I am Chief Lookingglass descendant.

10:11 AM From Shirley to Everyone: Shirley, from the Red Lake Nation in MN. I work for JBS International.

10:11 AM From Jennifer to Everyone: Ya'at'eeh, Jennifer. Navajo. Foster Care Specialist with the Fort McDowell Yavapai Nation, AZ

10:11 AM From Kendra to Everyone: Kendra, Child Wellness Coordinator with Hannahville Indian Community

10:11 AM From Marli to Everyone: Hi everyone, I'm Marli (she/her) and work as a middle school counselor in Washington state, north of Seattle.

10:11 AM From Analisa to Everyone: Analisa (she/her) Guadalupe Prevention Partnership - Prevention Specialist - Pascua Yaqui Tribe

10:11 AM From Anna to Everyone: Hello! I am Kyle (he/him), South Peninsula Haven House in Homer, AK, land of Dena'ina and Sugpiaq people

10:11 AM From Mathias to Everyone: Wiinga Siiliq, Mathias (he/him) New Stuyahok Tribal, RAY AmeriCorps

10:11 AM From Tasia to Everyone: Tasia (her/she), equity success coordinator with grants cibola county schools

10:11 AM From Jerri to Everyone: Jerri (she/her), healthy native youth specialist at the Inter Tribal Council of Arizona, Inc.

10:11 AM From Katie to Everyone: Hello! Katie, she/her, EASA Center for Excellence, OR, Sephardic and Ashkenazi Jewish descendant by way of Spain, Prussia, Germany, Russia, and Canada

10:12 AM From Sable to Everyone: Sable, Chippewa Cree Tribe of the Rocky Boy Reservation, Montana. I'm with Native Connections, Behavioral Health Aide

10:12 AM From Eudora to Everyone: Eudora (she/her). Capacity Builders, Inc. in Farmington, NM. Happy Wednesday!

10:12 AM From Lisa to Everyone: Lisa (Dakota Sioux) with Native American Youth and Family Center, Youth Advocate, Portland Oregon

10:13 AM From Janet to Everyone: Janet -Life Skills. I am from the Swinomish Tribe in LaConner, WA. I work with attendance for our Native children in the Public School. I also work with the whole family in my work role.

10:13 AM From Crystalyn to Everyone: Crystalyn, Tlingit name Gunsii. Calling in from Anchorage, Alaska with the Alaska Native Tribal Health Consortium. I'm a project coordinator.

10:13 AM From Amanda (she/her) to Everyone: Previously Recorded Sessions

12/10/20 — Supporting Youth Through COVID-19

3/11/20 — Supporting Youth Experiencing Trauma in the Classroom & Beyond

<https://www.healthynativeyouth.org/community-of-practice-sessions/>

10:13 AM From Amanda (she/her) to Everyone: Hi Crystalyn! :)

10:13 AM From Bryan to Everyone: Bryan "Bear", Fond du Lac Band of Lake Superior Chippewa in northern Minnesota. I work in my community as the Brookston Center Manager.

10:14 AM From Marion to Everyone: Marion, from the Quileute Tribe working as a Wellness Advocate

10:16 AM From Amanda (she/her) to Everyone: If folks would like to private message me, please use this one (there's two Amanda Gaston's). :)

10:17 AM From Melanie to Everyone: Melanie, San Carlos Apache. I work for the Salt River Pima-Maricopa Indian Community as a Community Health Educator. Hello from Scottsdale, AZ!

10:20 AM From Lisa to Everyone: Lisa - SAY San Diego ATOD Prevention Programs North Central San Diego (BIPOC youth)

10:20 AM From Ethan to Everyone: Hello everyone. I'm Ethan wellness Coordinator, Fitness trainer/coach from San Diego American Indian Health Center here at San Diego.

10:20 AM From Isabell to Everyone: Hello -- Isabell, Suicide and Injury Prevention Program Manager @ Seattle Children's

10:21 AM From Janet to Everyone: I feel good knowing my adult children are doing some of these positive things already with their own children.

10:24 AM From Amanda (she/her) to Everyone: Shoulders!

10:24 AM From Panikaa to Everyone: shoulders

10:24 AM From Haley to Everyone: neck

10:24 AM From Amanda to Everyone: Fatigue

10:24 AM From Analisa to Everyone: shoulders

10:24 AM From Lisa to Everyone: Shoulders

10:24 AM From Brandon to Everyone: head

10:24 AM From Jennifer to Everyone: Starts with headaches then shoulders.

10:24 AM From Angelica to Everyone: chest

10:24 AM From Vurlene to Everyone: shoulders

10:25 AM From Jasmine to Everyone: Headache, sweaty and stomach pain

10:25 AM From Lisa to Everyone: headache

10:25 AM From Ethan to Everyone: my face.

10:25 AM From Dempsey to Everyone: Headaches, neck aches

10:25 AM From Betsy to Everyone: tension in lower back

10:25 AM From Cyanne to Everyone: tension in shoulders and headaches

10:25 AM From Kelsey to Everyone: Tummy issues

10:25 AM From Isabell to Everyone: Neck and shoulders, jaw, stomach

10:25 AM From THOMALISA to Everyone: shoulders and legs

10:25 AM From Marlinda to Everyone: body tension

10:25 AM From Brandon to Everyone: sweating

10:25 AM From Joshua He,Him,His to Everyone: Thoughts

10:25 AM From Katie to Everyone: stomach, upper mid back behind my heart, jaw

10:25 AM From Debbie to Everyone: shoulder

10:25 AM From Jane to Everyone: shoulders and head

10:25 AM From Jerri to Everyone: Neck pain, nightmares, racing thoughts

10:25 AM From Kendra to Everyone: stomach

10:25 AM From Sonia to Everyone: head shoulders

10:25 AM From Marion to Everyone: shoulders and neck

10:25 AM From Janet to Everyone: HEADACHES, DON'T SLEEP GOOD.

10:25 AM From Lisa to Everyone: Unable to sleep

10:25 AM From Melanie to Everyone: makes me want to sleep to avoid it

10:25 AM From Bryan to Everyone: back of neck, around to the temples

10:25 AM From Kassidy to Everyone: Canker sores in mouth

10:25 AM From Amanda to Everyone: low back pain

10:25 AM From Amy to Everyone: stomach/nausea...tight shoulder muscles

10:25 AM From Marlinda to Everyone: feeling like I want to scream

10:25 AM From Sacena to Everyone: Shoulders, terrible sleep

10:25 AM From Marli to Everyone: tight in the chest and shoulders

10:25 AM From Sable to Everyone: headache, overthinking, and back aches

10:25 AM From Samantha to Everyone: Stress is usually in my right shoulder, and I heard where stress is in our body means there's an issue across from that stress that needs to be addressed (i.e., the right shoulder is diagonal to the heart, so there's something in our heart that we need to get out).

10:25 AM From Tanya to Everyone: Tired, food cravings, can't sleep, stiffness

10:25 AM From Marion to Everyone: can't sleep or over eat

10:25 AM From Lisa to Everyone: Neck

10:26 AM From Leanne to Everyone: If its really bad, D all the above. If its just a little stress, my thoughts, shoulders, stomach and hands

10:26 AM From Adina to Everyone: chest

10:26 AM From Tanya to Everyone: can't focus on simple tasks

10:26 AM From Sable to Everyone: sweaty palms

10:26 AM From Lisa to Everyone: lower back

10:31 AM From Jane to Everyone: Dartmouth Link: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings>

10:35 AM From Jane to Everyone: Optimism can be learned! So true

10:36 AM From Amanda (she/her) to Everyone: Arguing against unhelpful thoughts...I love that! :)

10:36 AM From Jane to Everyone: It's worth it but man, it takes a lot of practice

10:40 AM From Cyanne to Everyone: sorry no clue how to use the annotation feature

10:40 AM From Adina to Everyone: I went crazy and clicked all ;0

10:40 AM From Amanda (she/her) to Everyone: Good work Adina!

10:41 AM From Adina to Everyone:

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10:46 AM From Amanda (she/her) to Everyone (in Waiting Room):

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!”

10:46 AM From Amanda (she/her) to Everyone (in Waiting Room):

Option 2:

Share how you have helped a young person who was struggling with unhelpful thoughts?

10:47 AM From Katie to Everyone:

Thank you everyone- I need to sign off today :)

10:56 AM From Sable to Everyone:

Option 2: just listening to youth and being positive

10:56 AM From Nicole to Everyone:

we talked about building in little mindfulness and coping practices into our work with youth!

10:56 AM From Joshua He,Him,His to Everyone:

There was someone sharing. Can I ask you to finish if you were in breakout room 23 please. Please share your thoughts in the chat.

10:57 AM From Amanda (she/her) to Everyone:

I just saw that I put that into the waiting room chat and not the whole group. Eeesh.

10:57 AM From Amanda (she/her) to Everyone:

Thanks Josh...sorry if we cut folks off! :/

10:58 AM From Stephanie to Everyone:

We talked about validating their concern, and offering to go along to check out the game without committing to staying longer than they're comfortable

10:59 AM From Eudora to Everyone: Option 2: Practice being a "sticky buddy" (sticking by your friend's side through good and bad). Brainstorming other options such as inviting other friends to play or inviting Phillip to play basketball at your house or another safe location.

11:00 AM From Stephanie to Everyone: I like that Eudora!

11:02 AM From Aubrey to Everyone: are we able to get these slides emailed to us?

11:03 AM From Amanda (she/her) to Everyone: Sure, you can message me your email. By the end of the week we will put the recording, slides and handouts on Healthy Native Youth too.

11:04 AM From Amanda (she/her) to Everyone: <https://www.healthynativeyouth.org/community-of-practice-sessions/>

11:15 AM From Amanda (she/her) to Everyone: Check it out on Healthy Native Youth!

11:15 AM From Amanda (she/her) to Everyone: <https://www.healthynativeyouth.org/curriculum/>

11:16 AM From Michelle (she/her) to Everyone: <https://i20sp.com/about>

11:18 AM From Sable to Everyone: Thank you for this and good strategies to use with the youth. I have to leave now. Have a wonderful day!

11:19 AM From Amanda (she/her) to Everyone: Thanks Sable! Have a lovely day. :)

11:19 AM From Joshua He,Him,His to Everyone: Tekona

11:22 AM From Nicole to Everyone: For sure nailed it

11:22 AM From Nicole to Everyone: lol

11:22 AM From Paige to Everyone: <https://www.wernative.org/contest>

11:22 AM From Nicole to Everyone: sounds amazing

11:22 AM From Joshua He,Him,His to Everyone: <https://www.wernative.org/contest>

11:22 AM From Janet to Everyone: Enjoyed this

11:24 AM From Marion to Everyone: thank you for all this information! good stuff. appreciate you all for being here to help our community. hands up to you. take care!

11:24 AM From Michelle (she/her) to Everyone: I Strengthen My Nation Contest!!! We need youth-led group submissions! This is so money \$\$\$ for our youth groups who are already doing great work! Work with your kiddos/college age AIAN youth and do a simple video application outline and stoodis!!!

11:24 AM From Lisa to Everyone: Will this be offered again in the spring????

11:24 AM From Shailah to Everyone: This is great! Great work. Awesome resources!

11:25 AM From Lisa to Everyone: I love this as a SUD prevention provider in San Diego!!

11:25 AM From Stephanie to Everyone: This is likely the final round of funding for this contest.

11:25 AM From Lisa to Everyone: Does this funding come around annually???

11:25 AM From Michelle (she/her) to Everyone: For technical assistance on a contest submission -- hit up Paige Smith at psmith@npaihb.org

11:27 AM From Stephanie to Everyone: youth are invited to develop plans for a project that they believe would augment resilience to substance use in communities, submitting a plan for the project and a video description. Prizes: \$2,000-\$10,000 per entry, total amount to be awarded: \$85,000

11:28 AM From Paige to Everyone: <https://www.wernative.org/contest>

11:31 AM From Michelle (she/her) to Everyone: Healthy Native Youth Resources & Support Tab has resources for parents, college and youth + veterans! <https://www.healthynativeyouth.org/resources/>

**11:33 AM From
Thomas to
Everyone:**

The we r native gear store is also open. You can purchase We r native branded clothes here: <https://www.wernative.org/?pagename>