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 Willet De Crane
Amy Foster Wolferman

Indigenous 20Somethings
Joshua Cocker

Objectives
• By the end of today’s session, you will be able to...
  o describe the physical, cognitive, emotional, and social impacts that trauma has on our youth
  o 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
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
<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Message</th>
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</thead>
<tbody>
<tr>
<td>10:07 AM</td>
<td>Stephanie to Everyone:</td>
<td>Hello hello!</td>
</tr>
<tr>
<td>10:07 AM</td>
<td>Jane to Everyone:</td>
<td>Happy Wednesday! Good morning :)</td>
</tr>
<tr>
<td>10:09 AM</td>
<td>Stephanie to Everyone:</td>
<td>Stephanie (she/her), NPAIHB Adolescent Health team</td>
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<tr>
<td>10:09 AM</td>
<td>Tess to Everyone:</td>
<td>Tess, daybreak Star preschool, Seattle, Aztec/ Mayan descent</td>
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<tr>
<td>10:09 AM</td>
<td>Hunter to Everyone:</td>
<td>Hunter, Seneca Cayuga Nation, Kickapoo Tribal Health Center BHS</td>
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<tr>
<td>10:09 AM</td>
<td>Samantha to Everyone:</td>
<td>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</td>
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<tr>
<td>10:09 AM</td>
<td>TASHA to Everyone:</td>
<td>Tasha (she/her)-Assistant Director Tribal Youth Resource Center: Wichita Kiowa Caddo Hunka Oglala Lakota</td>
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<td>10:09 AM</td>
<td>Andrea to Everyone:</td>
<td>Andrea (she/her) Kodiak Area Native Association - Prevention Specialist</td>
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<tr>
<td>10:10 AM</td>
<td>Jacquie to Everyone:</td>
<td>Jacquie, Elder Mentor Program in Alaska currently on Dena’ina lands in Anchorage</td>
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<td>10:10 AM</td>
<td>Dempsey to Everyone:</td>
<td>Good Morning from Dempsey (Dine), School Social Worker, Tuba City Jr. High School</td>
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<tr>
<td>10:10 AM</td>
<td>THOMALISA to Everyone:</td>
<td>Ya'aa'teeh Thomalisa (She/Her) Dine'. Capacity Builders, Inc. Farmington, NM</td>
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<tr>
<td>10:10 AM</td>
<td>Panikaa to Everyone:</td>
<td>Aanii, waqaa! My name is Panikaa, she/her, Bay Mills Indian Community, Michigan. Working for ANTHC, Good morning!</td>
</tr>
<tr>
<td>10:10 AM</td>
<td>Sable to Everyone:</td>
<td>Hello!</td>
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Jennifer (she/her), ANTHC Substance Misuse Prevention, participating today from the Dena'ina lands... Good morning!

Ya'at'eeh abini ~ Michelle (Navajo), Healthy Native Youth Project Manager @ NPAIHB -- msinger@npaihb.org

Debbie, (she/her) Department of Children, Youth and Families in Washington State. Education and Disproportionality Program Consultant.

Brandon - (He/Him) - Taos Pueblo, NM, - Youth Outreach Worker for Division of Health & Community Services

Good morning, I am Jasmine a Youth Advocate at Alaska Native Justice Center. I work with our youth re-entry team.

Sacena (she/her) Paiute Shoshone, urban Indian health insurance

Ta'c meeywii (good morning) from Nimipuu 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.

Shirley, from the Red Lake Nation in MN. I work for JBS International.

Ya'at'eeh, Jennifer. Navajo. Foster Care Specialist with the Fort McDowell Yavapai Nation, AZ

Kendra, Child Wellness Coordinator with Hannahville Indian Community

Hi everyone, I'm Marli (she/her) and work as a middle school counselor in Washington state, north of Seattle.

Analisa (she/her) Guadalupe Prevention Partnership - Prevention Specialist - Pascua Yaqui Tribe

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 Gunsi. 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

10:13 AM From Crystalyn to Everyone: 12/10/20 — Supporting Youth Through COVID-19

10:13 AM From Crystalyn to Everyone: 3/11/20 — Supporting Youth Experiencing Trauma in the Classroom & Beyond

10:13 AM From Crystalyn to Everyone: https://www.healthynativeyouth.org/community-of-practice-sessions/

10:13 AM From Amanda (she/her) to Everyone: Hi Crystalyn! :)
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<thead>
<tr>
<th>Time</th>
<th>From</th>
<th>Message</th>
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<tbody>
<tr>
<td>10:13 AM</td>
<td>Bryan</td>
<td>Bryan &quot;Bear&quot;, Fond du Lac Band of Lake Superior Chippewa in northern</td>
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<td></td>
<td></td>
<td>Minnesota. I work in my community as the Brookston Center Manager.</td>
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<td>10:14 AM</td>
<td>Marion</td>
<td>Marion, from the Quileute Tribe working as a Wellness Advocate</td>
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<td></td>
<td>If folks would like to private message me, please use this one (there's two</td>
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<td></td>
<td></td>
<td>Amanda Gaston's). :)</td>
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<tr>
<td>10:16 AM</td>
<td>Amanda (she/her)</td>
<td>If folks would like to private message me, please use this one (there's two</td>
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<td></td>
<td></td>
<td>Amanda Gaston's). :)</td>
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<td>10:17 AM</td>
<td>Melanie</td>
<td>Melanie, San Carlos Apache. I work for the Salt River Pima-Maricopa Indian</td>
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<td>Community as a Community Health Educator. Hello from Scottsdale, AZ!</td>
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<td>10:20 AM</td>
<td>Lisa</td>
<td>Lisa - SAY San Diego ATOD Prevention Programs North Central San Diego</td>
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<td></td>
<td></td>
<td>(BIPOC youth)</td>
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<td>10:20 AM</td>
<td>Ethan</td>
<td>Hello everyone. I'm Ethan wellness Coordinator, Fitness trainer/coach from San</td>
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<td></td>
<td>Diego American Indian Health Center here at San Diego.</td>
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<td>10:20 AM</td>
<td>Isabell</td>
<td>Hello -- Isabell, Suicide and Injury Prevention Program Manager @ Seattle</td>
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<td></td>
<td></td>
<td>Children's</td>
</tr>
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<td>10:21 AM</td>
<td>Janet</td>
<td>I feel good knowing my adult children are doing some of these positive things</td>
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<td></td>
<td></td>
<td>already with their own children.</td>
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<tr>
<td>10:24 AM</td>
<td>Amanda (she/her)</td>
<td>Shoulders!</td>
</tr>
<tr>
<td></td>
<td></td>
<td>shoulders</td>
</tr>
<tr>
<td>10:24 AM</td>
<td>Panikaa</td>
<td>neck</td>
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<tr>
<td></td>
<td></td>
<td>Fatigue</td>
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<tr>
<td>10:24 AM</td>
<td>Haley</td>
<td>Shoulders!</td>
</tr>
<tr>
<td>10:24 AM</td>
<td>Analisaa</td>
<td>Shoulders!</td>
</tr>
<tr>
<td>10:24 AM</td>
<td>Lisa</td>
<td>Shoulders!</td>
</tr>
</tbody>
</table>
10:24 AM From Brandon to Everyone:
10:24 AM From Jennifer to Everyone:
10:24 AM From Angelica to Everyone:
10:24 AM From Vurlene to Everyone:
10:24 AM From Jasmine to Everyone:
10:25 AM From Lisa to Everyone:
10:25 AM From Ethan to Everyone:
10:25 AM From Dempsey to Everyone:
10:25 AM From Betsy to Everyone:
10:25 AM From Cyanne to Everyone:
10:25 AM From Kelsey to Everyone:
10:25 AM From Isabell to Everyone:
10:25 AM From THOMALISA to Everyone:
10:25 AM From Marlinda to Everyone:
10:25 AM From Brandon to Everyone:
10:25 AM From Joshua He,Him,His to Everyone:
10:25 AM From Katie to Everyone:

head
Starts with headaches then shoulders.
chest
shoulders
Headache, sweaty and stomach pain
headache
my face.
Headaches, neck aches
tension in lower back
tension in shoulders and headaches
Tummy issues
Neck and shoulders, jaw, stomach
shoulders and legs
body tension
sweating
Thoughts
stomach, upper mid back behind my heart, jaw
Debbie to Everyone:
shoulder

Jane to Everyone:
shoulders and head

Jerri to Everyone:
Neck pain, nightmares, racing thoughts

Kendra to Everyone:
stomach

Sonia to Everyone:
head shoulders

Marion to Everyone:
shoulders and neck

Janet to Everyone:
HEADACHES, DON'T SLEEP GOOD.

Lisa to Everyone:
Unable to sleep

Melanie to Everyone:
makes me want to sleep to avoid it

Bryan to Everyone:
back of neck, around to the temples

Kassidy to Everyone:
Canker sores in mouth

Amanda to Everyone:
low back pain

Amy to Everyone:
stomach/nausea...tight shoulder muscles

Marlinda to Everyone:
feeling like I want to scream

Sacena to Everyone:
Shoulders, terrible sleep

Marli to Everyone:
tight in the chest and shoulders

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!
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?

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

Option 2: just listening to youth and being positive

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

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.

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

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