



May 21, 2018

INTEGRATION OF CULTURE AS A RESILIENCY FACTOR FOR YOUTH

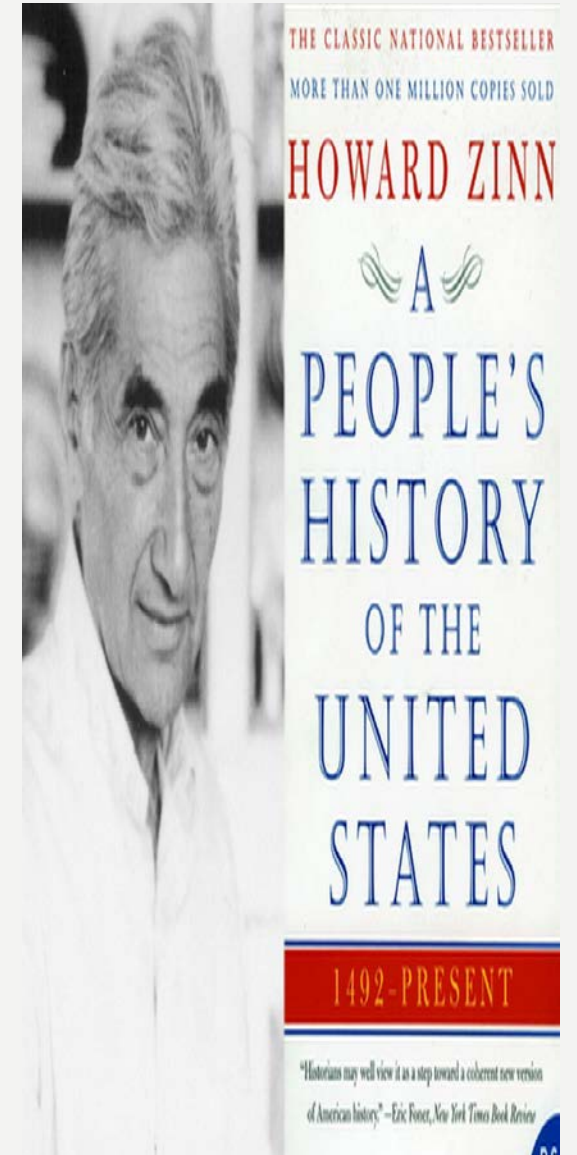
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Two Feathers Native American
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WHY DO RACE
HORSES HAVE
BLINDERS?



It is vitally important to focus on what is left out of the story, the discussion...

Mental Health????



3 GOALS FOR PRESENTATION



1. Provide brief overview of Native American Mental Health
2. Rethink Native American Mental Health: Discuss what is left out of many mental health approaches...
3. Discuss role of culture, how traditional practices can be integrated into the medical model, and ways to utilize Indigenous strategies for suicide prevention

WHERE
ARE
WE NOW?



**NATIVE
AMERICAN
MENTAL
HEALTH
SERVICES**

**What are the dominant themes in Native
Mental, Behavioral Health?**

Native Mental Health?

- It may be that the missionary, military vanguard of historic **“white-Indian” encounter** has been displaced of late by **professional psychologists or credentialed counselors** of the **“behavioral health”** clinics who, armed with their **therapeutic discourse** and professional legitimacy, are using a more shrewder way than the old styles of bullets to resolve the age-old **“Indian Problem”** (Gone, 2008, p. 312)

PROBLEMS REMAIN...

Americans Just Broke a New Record for Stress and Anxiety

Why change and uncertainty make us nervous — and what we can do about it. [Like 1.7K](#)

Posted Feb 19, 2017

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Source: Antonio Guillem/Shutterstock

Since 2007, the American Psychological Association has published an annual survey of stress in America. In January 2017, for the first time in its 10-year history, the survey found a statistically significant *increase* in stress levels in the U.S. compared to the previous year. Americans certainly appear to be more stressed than ever. The most commonly shared explanation for why is the nation's extreme political polarization. Indeed, *57 percent* of the more than 1,000 people surveyed for the study said the current political climate was a "very significant" or "somewhat significant" source of stress.

HEALTH

U.S. Suicide Rate Surges to a 30-Year High

By SABRINA TAVERNISE APRIL 22, 2016

- More than 42,000 Americans commit suicide every year, **45% more than in 2000** (American Foundation For Suicide Prevention, 2016)
- **10th leading cause of Death in the US** (AFSP, 2016)
- **American Indians sharpest rise of all racial and ethnic groups, rates rising by 89% for women, 38% for men**

RISE IN “DEATHS OF DESPAIR”



(Case & Deaton, 2015)

- **Deaths of Despair:**

- Death by drugs, alcohol, suicide

- Slow down in progress against mortality from heart disease and cancer

- Interpretation: Accumulation of pain, distress and social dysfunction in the lives of working class “whites”

WHAT IS NATIVE MENTAL HEALTH?

"ALTERNATIVE DISCOURSE"

Framework:

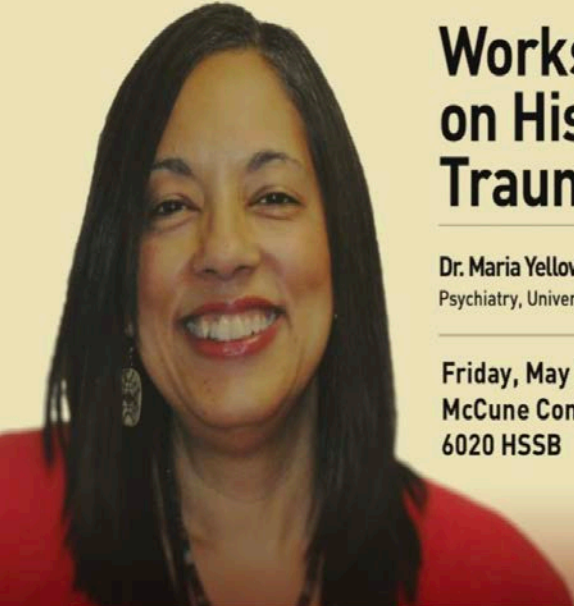
- **Origins of Problems:** Historical Trauma
- **Norms of Wellbeing:** Cultural Psychology "Collective"
- **Approaches to Treatment:** Healing
- **Assessments of Outcomes:** Indigenous Values

HISTORICAL TRAUMA

Historical oppression + Psychological Trauma

Acknowledges Structural Violence

- I. Colonial injury
- II. Collectively experienced
- III. Cumulatively escalating
- IV. Cross-generational transferred



Workshop on Historical Trauma

Dr. Maria Yellow Horse Brave Heart
Psychiatry, University of New Mexico

Friday, May 23 / 12:30 PM
McCune Conference Room,
6020 HSSB

Under colonial occupation, Native communities across the Americas endured devastating historical circumstances now increasingly recognized as genocide. Many Indigenous peoples continue to experience residual trauma at a cellular level. Yet as survivors of this intergenerational violence, many now seek to move from surviving to thriving. This workshop will provide an extensive introduction to the concept of historical trauma. Its aim is to offer those working in the field of Native American and Indigenous issues a deeper understanding of the underlying psychological and historical context that inhabits Indigenous peoples' lives historically and in the present. In the workshop, Dr. Brave Heart will

Dr. Maria Yellow Horse Brave Heart, Hunkpapa, Oglala Lakota, PhD, is a Research Associate Professor at the University of New Mexico Department of Psychiatry. She is internationally recognized for developing historical trauma and historical unresolved grief theory and for healing interventions that draw from traditional practice. In 1992 she founded the Takini Network, a Native non-profit organization devoted to Native Peoples' community healing from historical trauma.

Sponsored by the IHC's American Indian and Indigenous Collective RFG, the IHC's Value of Care series, the Office of the Chancellor, American Indian Health & Services, American Indian Graduate Student

Death

Early
Death

Disease,
Disability, &
Social
Problems

Adoption of
Health-risk
Behaviors

Social, Emotional, &
Cognitive Impairment

Adverse Childhood Experiences
(ACEs)

Conception

HISTORICAL TRAUMA



PROS TO NATIVE HISTORICAL TRAUMA FRAMEWORK

- Contextualize & historicize current behavioral health problems
- Links community members in **shared struggles** to overcome bitter, dehumanizing legacy of European colonization.
- Preserves relational rather than individual emphasis
- Moral High ground- Recognition
- Valorizes persons struggles, advance legal claims.

CONS TO HISTORICAL TRAUMA

- No universal trauma response. We are not all traumatized
- Potentially cultivate victimity. Undermine bid for self determination
- Has not broken free from clinical, medical claims. Thus, may lead to turning inward rather than turning outward.
- Remaking individuals rather than undoing structural violence. Lead to focusing on past instead of present.

Solutions



CULTURE IS WELLNESS

-  in **Culturally sensitive Interventions**. “Our Culture is Medicine” “Culture is Healing” “Traditional Healing”



Indian Country
Child Trauma Center

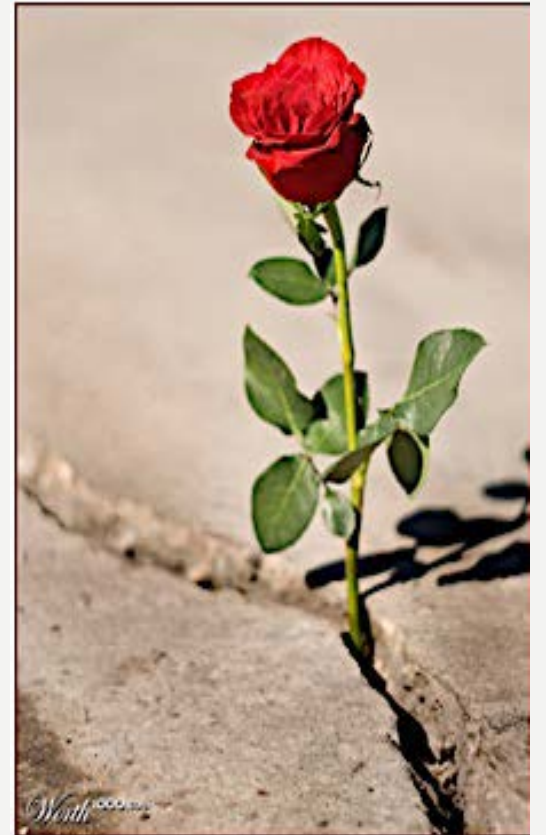
- Resilience, Culture and Native Mental Health

RESILIENCE IN MAINSTREAM PSYCHOLOGY

- Individuals ability to rebound from challenges “Positive adaption to harsh conditions”
- Developmental Psychologists “Risks and Protective factors”
- Personal Development – “Grit” “Growth Mindset”
- Ahistorical/Acultural

STRUCTURAL COMPETENCIES...

- What is often Left out in Mental Health, Resilience Framework?
- **Structural Issues-** poverty, income inequalities, institutional racism, materialism, consumerism, corporate influences, overworked staff.



Biologize,
Psychologize,
Medicalize

NATIVE RESILIENCE

- Culturally Appropriate, Strength Based
 - “Culture as Treatment”
- Cultural Resilience versus Individual Adaptation
- Original Instructions from each Tribes Knowledge
- **Social Process** of Rebuilding Collective Identity

CULTURAL RESILIENCE

- Healey (2006) ...

The capacity of a distinct community or cultural system to absorb disturbances and reorganize while undergoing change so as to retain key elements of structure and identity that preserve its distinctness (p. 12)

SOURCES OF RESILIENCE (KIRMAYER, ET. AL., 2011)

- **Haudenosaunee** – Identify culture and language as essential resources (creation story and the great law of peace)
- **Metis**- being resourceful for betterment of family and community
- **Inuit**- need for resilience through research and legal challenges
- **Yurok**- Salmon
- **All cases shifted from the individual to the collective**

HISTORICAL TRAUMA NARRATIVES AND RESILIENCE

- Resilient Strength Based approach to HT
 - “Generative Social Practice”
- Native Identity development leads to improvements in health & well being (Allen et al., 2013)
- Family Stories of Resilience:
“Intergenerational Self” “Narratives of Continuity”

RESEARCH: INDIGENOUS RESILIENCE “CULTURAL AS TREATMENT”

- **Cultural Continuity** as a Moderator of Suicide Risk
“**local control**” (Chandler & Lalonde, 2008)

- Diabetes epidemic in Canada:

“We have found that those communities that have more people speaking and knowing their language, and who are presumably more connected to their culture, have significantly less diabetes. In fact, some of those communities had diabetes rates that were lower than the general public rate.” (Oster, 2014)

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A Roundtable on Native American Culture, Gender, and Healing



(Moorehead, Gone, & December, 2015)

WHO IS AN EFFECTIVE TRADITIONAL HEALER?

- **Wellness of the Healer-** embody traditional teachings “fearless” “teach by example”
- **Knowledge of Traditional Healing Practices:** “Meaning of medicine.”
- **Intrinsic Potential for Healing-** “Healers help others to heal themselves.”
- **Work for Community**

WHAT IS TRADITIONAL HEALING?

- **Relationships to All**

“We have to understand that it is necessary for a renewal of relationships,” “We are all interconnected, all related.”

- **Restoration and Maintenance of Balance and Harmony**

➤ Unity with natural elements, songs, holy sites, Supreme Creator and oneself.

- **Personal Qualities**

➤ “Faith and belief” “Self-discipline” “Treating the body well” “Laughter”

WHAT ARE THE POSSIBILITIES FOR COLLABORATION?

- Collaboration through cultural programming
- Mutuality and respect- epistemic egalitarianism
- Clear and respectful communication
- Cultural differences can lead to challenges

TIE IT ALL TOGETHER

- CASE Study
- Native Suicide: **BIOPSYCHOSOCIAL
PERSPECTIVE**

SUICIDE- INUIT: LARGE, EPIDEMIOLOGY STUDY IN NUNAVUT (CHACHAMOVICH ET. AL., 2015)

One of first large scale, controlled, epidemiologically representative study of deaths by suicide in an Indigenous population..

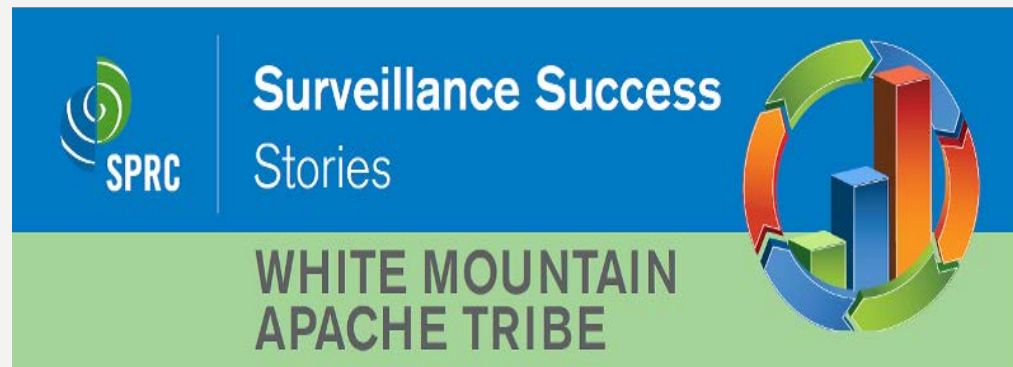
1999 and 2003 rates of Inuit regions averaged 135 per 100,000 **more than 10 times** higher than general Canadian rates.

- Identified all suicides by Inuit (n-120) over four year period 2003 to 2006
- Subjects who died by suicide were more likely to have experienced **childhood abuse (2.38%)** have **family histories** of major depression disorder, suicide completion, and been affected by major depressive disorder, **alcohol dependence** in the last 6 months.

TIE IT ALL TOGETHER: TRAUMATIC EXPERIENCES AND LOSS OF SELF

- **Disconnection from self:** feel abandonment, incompleteness, pain, empty “floating through life” A.H.Almass
“The fundamental thing that happened and greatest calamity, is not that there was no love or support. The greater calamity which was caused by the first calamity is that you **lost your connection to your essence.**”

SUCCESS STORIES...WHITE MOUNTAIN APACHE & MENOMINEE TRIBE



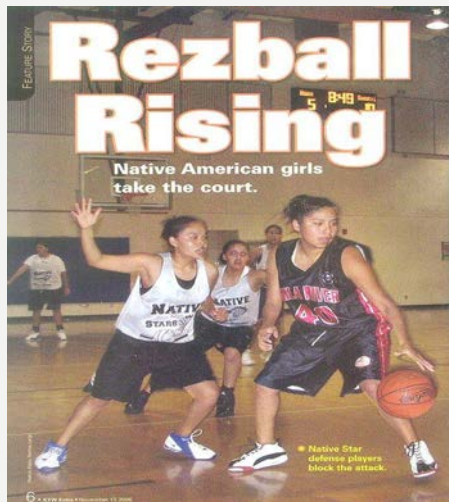
Tribe's Path to Health: Heal Invisible Wounds

In Wisconsin's Menominee Nation, which is one of eight winners of the Robert Wood Johnson Foundation's Culture of Health Prize for 2015, health begins by reclaiming traditional culture and fostering healing from historical losses.

Patterns emerged around suicide attempts by young people, with family conflicts appearing to be the most common

HISTORY & INDIGENOUS YOUTH SPORTS

- Prior to colonization various forms of traditional sports - 2 Feet High Kick, Lacrosse, Running, Shinney, Hoop and Pole, **Sticks**



CURRENT PROJECT...



Native HDN Wrestling Exchange 2018

Featuring: Team Alpha Male

Friday - April 20th

- 11:00 am - Meet at Two Feathers - NAFS 1560 Betty Court, McKinleyville, CA
- 11:15 am - Head to Willow Creek - Rays
- 12:00 pm - Pick up Downriver Crew- Hoopa/Orleans- in Willow Creek
- 5:00 pm - Arrive in Sacramento, CA
- Visit Urijah Faber team Alpha Male
- 6:00 pm - Work out at Ultimate Fitness
- 7:00 pm - Go to Hotel and eat in Auburn/Rockland

Saturday - April 21st

- 8:00 am - Wrestling - Grass Valley, CA
- 5:00 pm - Orion Cosce MMA match (optional) or
- Head to Redding
- 7:30 pm - 10:00 pm - Arrive in Redding, stay the night



Sunday - April 22nd

Leave Redding 7:00 am or 10:00 am

Chaperones: James Gensaw, Virgil Moorehead, Phil ALbers, Lance Bates, Dustin Offins

Must have completed permission slip to attend

For more information call Virgil Moorehead: 916-765-2256
Sponsored by Two Feathers -NAFS




Stick Game Discussion -&- Youth Sports and Wellness

10am-3pm, Sunday, May 6th 2018

Two Feathers Native American Family Services
1560 Betty Ct, McKinleyville, CA 95519
Lunch will be provided

All Welcome

Stick Game Discussion
10am - 12pm

- Should stick games have written rules?
- What is the role of youth sports in positive Indian development?
- How can we bring more support to our stick games?

-12 - 1pm Lunch-

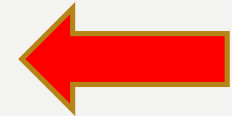
Stick Game Demonstration
1:30 - 3pm

- Discuss stick game rules and procedures
- Cultural relevance of stick game



Featuring: **Thosh Collins**
Photojournalist, Thosh Collins

Limited seating. RSVP with:
Contact: Virgil Moorehead Jr: vmoorehead@wi.edu or Jude Marshall: jude.a.marshall.05@gmail.com
Sponsored by: Two Feathers Native American Family Services



IN SUM: NATIVE SUICIDE, CULTURE, RESILIENCE

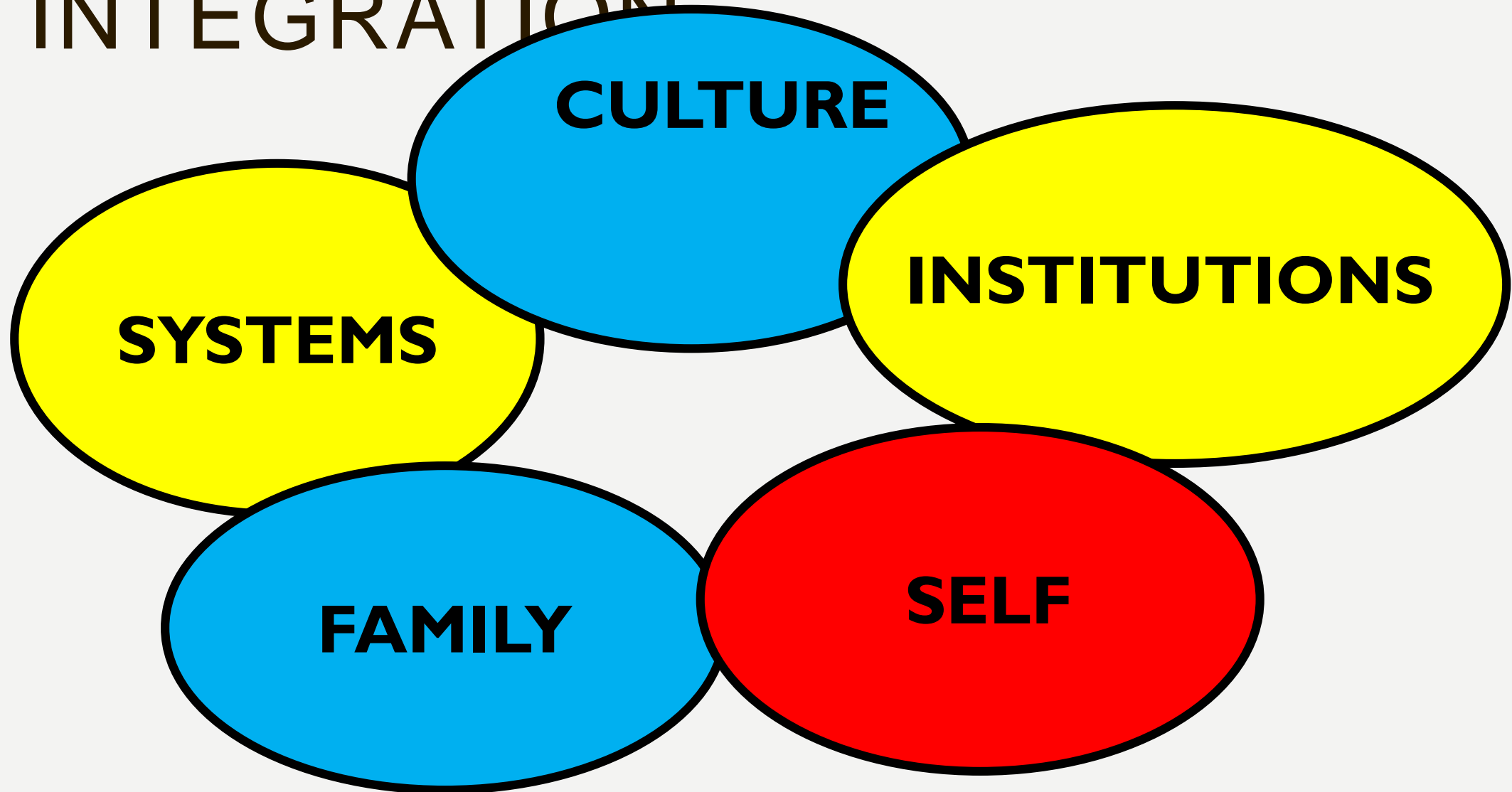
Challenges

- Constraining assumptions of Western approaches- Manuals, Evidence Base
- Reductionist perspectives
- Conceptualize suicide as psychological problem
- Apolitical, Astructural

Future Directions

- Holistic perspectives
- Focus on the past as well as the present and future
- Community, structural level factors, CONNECTION
- 5 Points: Changing Environmental factors, Relationships, Cultural Continuity, Adverse Childhood experiences, meet where youth are at “youth sports”

NATIVE MENTAL HEALTH: INTEGRATION





FINDING HOME...

**The Human is on the planet to
appreciate, minimize the doing.**