

Intergenerational Trauma: It's Effect on Youth and a Model for Suicide Prevention Substance Abuse Track

How Helping Learn To Process Unresolved Grief, Losses & Traumas Can Prevent Hopelessness
and Suicide in Native Youth.

[] STEP 1

What It Was Like Before The Lightskins Came – The Healthy Forest Model

[] STEP 2

What Was Done To Us - Boarding & Residential Schools and Genocide Tactics

[] STEP 3

The Outcome – The Unhealthy Forest Model

[] STEP 4

**Mending Broken Hearts For Youth – Learning To Process Unresolved Grief, Traumas &
Losses**

[] STEP 5

The Purpose Driven Life For Youth – Bringing Back The Teachings Of Our Ancestors

[] STEP 6

Sons & Daughters Of Tradition – Our Culture Is Prevention

***Please add more rows if needed**

Description of the STEP purpose and sub-steps:

STEP 1: What It Was Like Before the Lightskins Came – The Healthy Forest Model

- Source of Native Culture – The Balance of the Seen & Unseen Worlds
- Natural Principles, Laws & Values: interconnectedness, balance, polarity, circles & cycles, needs driven.....
- Cycles of Human Development: Baby, Youth, Adult, Elder
- Stages of Development: Trust, Autonomy, Initiative, Accomplishment, Identity, Intimacy, Generativity, Integrity

STEP 2: What Was Done To Us - Boarding & Residential Schools and Genocide Tactics

- Genocide Tactics (massive losses & atrocities)
- Boarding/Residential School (healthy taken away, military style environment replaced it, massive abuses/trauma inflicted with no way to process and heal)
- Bag & Rock Activity (connecting the dots of generational trauma from past to present)

STEP3: The Outcome – The Unhealthy Forest Model

- Young People Came Home From Boarding/Residential Schools With Many Unresolved Traumas & Losses and No Way To Process Them In Healthy Ways.
- They Could Only Pass Down What They Had Learned: No Culture. No Love & Affection. All the Abuses. Self-Medicating As a Survival Tool.
- Video “Children See, Children Do”.

Intergenerational Trauma: It's Effect on Youth and a Model for Suicide Prevention Substance Abuse Track

STEP 4: Mending Broken Hearts For Youth – Learning To Process Unresolved Grief, Traumas & Losses

- Gaining an Understanding about “The Truth about the Lie”.
- Recognizing Myth and Masks We Use To Run Away From Processing Unresolved Grief & Loss.
- Looking at the Traumas & Losses of Our Lives.
- Identifying the Unresolved Traumas & Losses and Incomplete Relationships.
- Learning how To Process and Put Closure on What's Unresolved and Incomplete.

STEP 5: The Purpose Driven Life for Youth – Bringing Back the Teachings of Our Ancestors

- Helping Youth Create A New Vision For Their Life's Purpose
- The 12 Teachings: Choice, Drive, Purpose, Gifts, Signs, Mind Changers, Character, Elders, Natural Order, Friends, Outlook, Service
- The Secrets: The Song, The 4 Directions Secrets, The 4 Tools Secret, The 4 Ceremonies Secret

STEP 6: Sons & Daughters of Tradition – Our Culture Is Prevention

- Teachings Of The Circle
- Medicine Wheel Teachings
- Culture & Spirituality As Foundation For Life
- Innate Knowledge & Healthy Decision Making
- Expressing Feelings In Healthy Ways
- Healthy Belonging
- Respect
- Who Am I? What Am I? Where Am I Going?
- Building Support Circles and Healthy Forests