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.

<table>
<thead>
<tr>
<th></th>
<th>STEP 1</th>
<th>What It Was Like Before The Lightskins Came – The Healthy Forest Model</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>STEP 2</td>
<td>What Was Done To Us - Boarding &amp; Residential Schools and Genocide Tactics</td>
</tr>
<tr>
<td></td>
<td>STEP 3</td>
<td>The Outcome – The Unhealthy Forest Model</td>
</tr>
<tr>
<td></td>
<td>STEP 4</td>
<td>Mending Broken Hearts For Youth – Learning To Process Unresolved Grief, Traumas &amp; Losses</td>
</tr>
<tr>
<td></td>
<td>STEP 5</td>
<td>The Purpose Driven Life For Youth – Bringing Back The Teachings Of Our Ancestors</td>
</tr>
<tr>
<td></td>
<td>STEP 6</td>
<td>Sons &amp; Daughters Of Tradition – Our Culture Is Prevention</td>
</tr>
</tbody>
</table>

*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”.

2011 IHS/BIA/BIE/SAMHSA Action Summit for Suicide Prevention TOOLKIT
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