

Community in Transition

Carol A Colmenero, LMSW, LASAC

Jordanna L. Saunders, MC, LPC

John Godfrey, MC, LPC



Carol Ann Colmenero

- Carol Colmenero is a member of the Navajo Nation. Her clan is Tsinajinnie born for the Naakai dine. She attended Washington University in St. Louis and received her Masters in Social Work. She has over 10 years experience as a License Substance Counselor and License Social Worker. She is passionate for healing Native Nations and is an agent of change. Carol has an amazing 19 month old daughter named Itzabel and a squishy dog named Jack. She enjoys swimming, sewing, and cooking.



BIO: Jordanna L. Saunders

- Jordanna is a member of the Navajo Nation. Her clans are Dziłtł'ahnii, Tó dich'íí'nii, Mą' ii deeshgiizhnii & Tó baazhni'áázhí. She is originally from Crownpoint, NM & is the daughter of Ronald & Charlotte Saunders. She has a 7 year old son & a kitten. Jordanna is a mother, quilter & runner. She has worked in urban, rural (frontier) and reservation behavioral health clinics. Her interest areas include working with the underserved and the development & implementation of culturally informed health care practices.



BIO: John Godfrey, MC, LPC

John Godfrey, MC, LPC, has worked in the healthcare field for approximately 25 years with most of his experience in the area of mental health program development operations and administration. He obtained his Bachelor of Science in 1990 from Syracuse University and his Master of Counseling in 1998 from Arizona State University. Soon after graduation he began working in direct practice with individuals struggling with mental health and substance abuse problems. In 2000 he obtained his professional license in counseling but chose to move into the area of clinical practice management. Since that time he has overseen outpatient clinics, intake and eligibility departments, customer service, utilization review and contract implementation. He is currently employed by the Salt River Pima-Maricopa Indian Community as an Assistant Director with Health and Human Services.

Learning Objectives

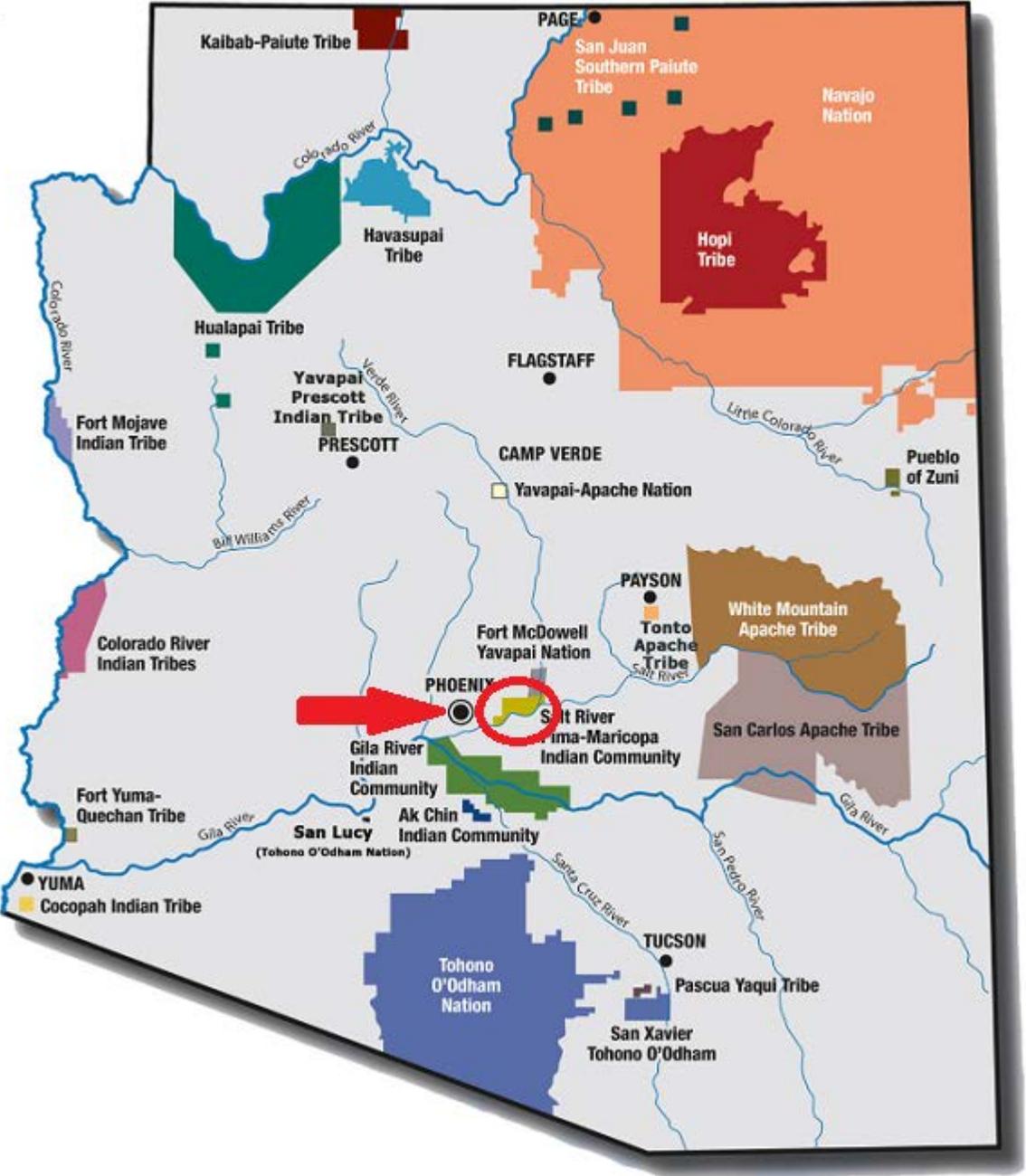
- An Introduction to Historical Trauma In Native Behavioral Health (Supervision Driven).
- Review of the Screening and Assessments tools used to reduce re-traumatization (Management Driven).
- An Overview of a Collaborative Integrated Behavioral Health System with a Focus on Trauma Reduction (Leadership Driven)



The Salt River Pima-Maricopa Indian Community

- The Community was created by federal Executive Order on June 14, 1879 as a homeland of two distinct Native American tribes; the Pima - 'Onk Akimel O'odham' (River People), and the Maricopa - 'Xalychidom Piipaash' (People who live toward the Water).
- The Community lands are adjacent to the Phoenix metropolitan area in central Arizona and located within Maricopa County. SRPMIC shares a common boundary with the cities of Mesa, Tempe, and Scottsdale, town of Fountain Hills and Ft. McDowell Yavapai Nation.
- The current Community enrollment is 10,014, with approximately 6,440 of the enrolled Community members residing within the Community's boundaries.
- 30% of the population is under 18 while 17% of the population is over 65. The median age is 36.
- Diabetes, kidney disease, alcoholism and drug abuse are the primary health concerns.
- The average age of death is 52 which is lower than many war torn countries such as Iraq, Palestine and the Congo. The US average is 78 years old.

Location



A goal without a plan is just a wish. -Unknown

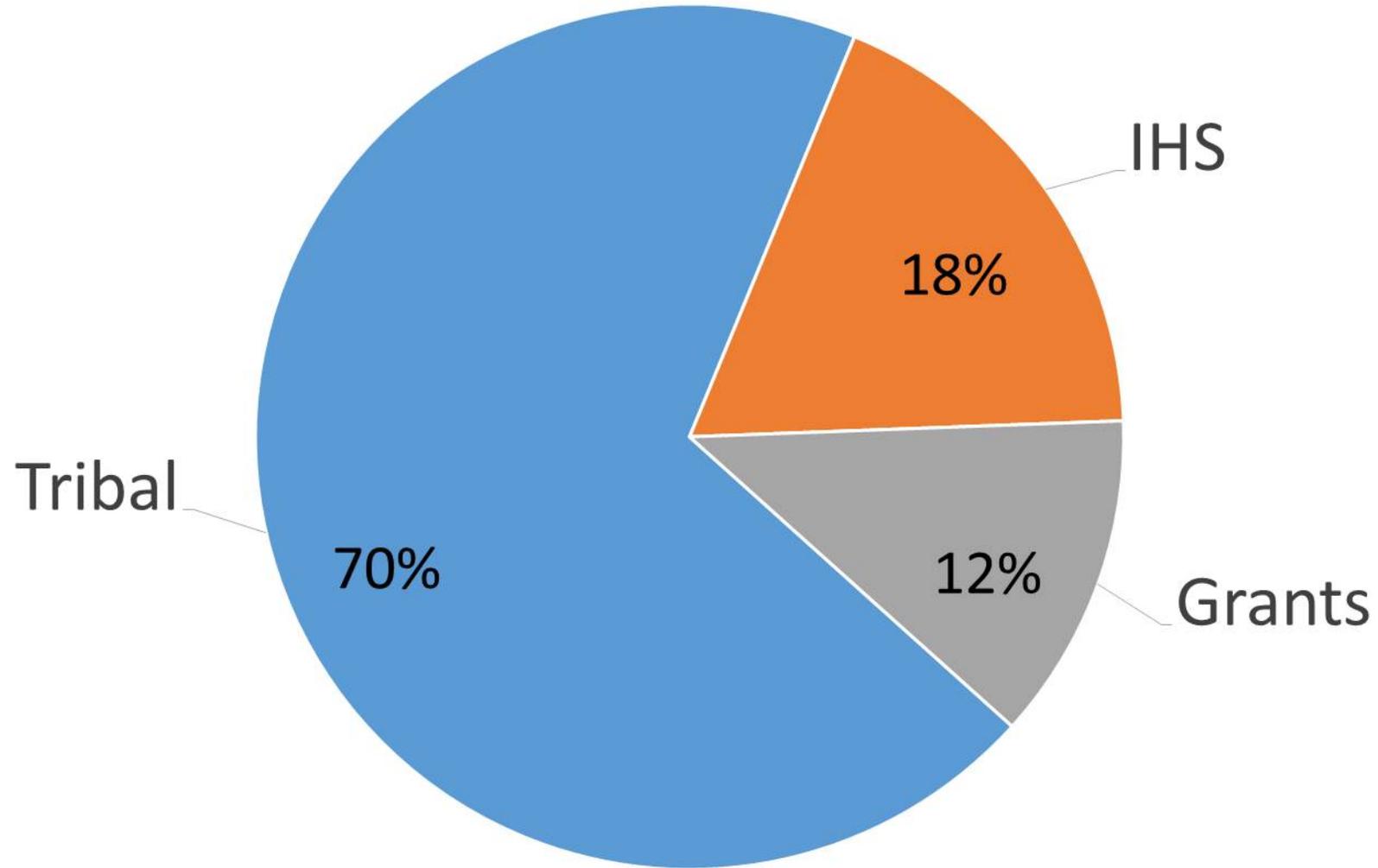
- **HHS Vision**

For those we serve to have physical, mental, emotional and spiritual wellbeing.

Mission

- To partner with and support those we serve to restore quality of life, health and wellness.

Service Funding



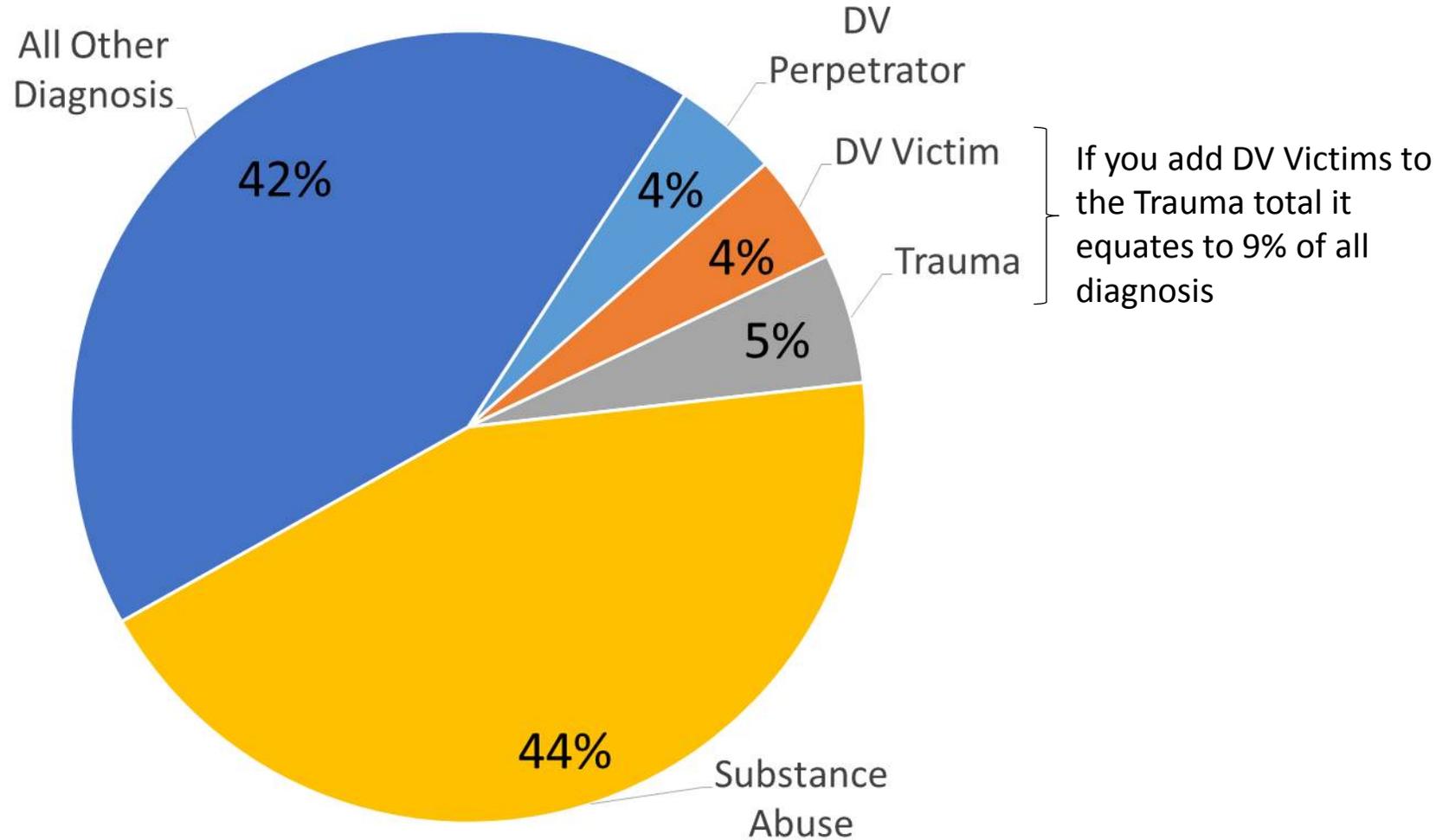
Historical Trauma & Cultural Healing

- [Historical Trauma Video](#)

Impact of Intergenerational Trauma on SRPMIC

- Unresolved grief and loss
- Child Sexual Abuse and Neglect
- Substance use, abuse and dependency
- Violence
- Health Conditions: Heart Disease, Diabetes, Hypertension, etc.
- Poverty
- Accidents
- Medical issues

Five Year Primary Diagnosis Data for Behavioral Health Clients



Prevalence of Secondary Trauma

Primary Diagnosis	Percentage Diagnosed with Secondary Trauma
DV Perpetrator	10%
Substance Abuse	8%
All Other Diagnosis	9%

Prevalence of Substance Abuse Among Trauma Victims

Primary Diagnosis	Percentage Diagnosed with Secondary Substance Abuse
Trauma	15%
DV Victim	14%

Faces of Recovery

Clinical Tools: Evidence Based Practices *Modified*

- Seeking Safety
- EMDR
- Certified Trauma Art Therapist
- Duluth Model
- Turning Points
- Cultural Camps
- Community Collaboration (TPO, PD, First Responders, FAC, Probation, Community Members, Cultural Resource Department)
- Administrative Meeting
- SBRIT
- ASAM
- LEC
- CRAFFT
- PHQ-9
- PTSD 4
- Behavioral Health Consultant
- Matrix
- Clinical Library
- Licensed Supervisors

Examples of Resiliency and TIC.



HHS Cultural Camp: November 2015



Multidimensional Health: Body, mind, spirit.



Historical relevance

Gender specific cultural activities.



Connection to the history of the tribes.



Staff development

INTRODUCTION TO TRAUMA-INFORMED CARE

July 8, 2016 | Scottsdale, Arizona



TRAINERS

Vicki L. Staples, MEd, CPRP, is the Associate Director for Clinical Initiatives at the Arizona State University's Center for Applied Behavioral Health (CABHP). With over 25 years of implementing evidence-supported clinical and recovery services, she continues to focus on increasing collaboration with stakeholders and across service systems, to stimulate practice improvements and promote recovery. Her work with state agencies, service providers, community stakeholders, service recipients and family members has focused on significant system enhancements and service development including Motivational Interviewing, Trauma-Informed Care, peer and family support services, housing, employment, reentry, Assertive Community Treatment and psychosocial rehabilitation.

Denise Beagley, M.Sc., is the Training and Curricula Development Program Manager at Arizona State University's Center for Applied Behavioral Health Policy. Denise has worked within the behavioral health system since 2002. Denise has over 18 years of experience working in the areas of Co-Occurring Disorders, Psychiatric Disorders, Cultural Competency, Suicide Prevention, Motivational Interviewing, Trauma-Informed Care, Compassion and Correctional Fatigue, and Stress Management, and is a certified Master Trainer for the American Society of Addiction Medicine (ASAM) and the Applied Suicide Intervention Skills Training (ASIST) model.

Trauma-Informed Care practices and strategies help to create a collaborative and compassionate environment to support trauma survivors and prevent re-traumatization. Health care providers working with trauma survivors are at increased risk for compassion fatigue. It is critical that healthcare providers and their supervisors learn the skills needed to recognize, cope, and reduce/eliminate compassion fatigue in the workforce.

Upon completion participants will be able to:

1. Describe the prevalence of trauma and the effect of trauma in our lives and the lives of those we serve;
2. Describe the ACE study in terms of symptom development and the integration of physical & behavioral health;
3. List three examples of the principles of a trauma-informed approach and trauma-specific interventions; and
4. Recognize, cope, and reduce/eliminate compassion fatigue.

TRAINING DETAILS

July 8, 2016, 8:30AM-11:30AM
(Check-in opens at 8:00a.m.)

LOCATION

Salt River Pima—Maricopa Indian Community
Council Chambers
1005 E. Osborn
Scottsdale, AZ 85256

REGISTRATION FEES

FREE*

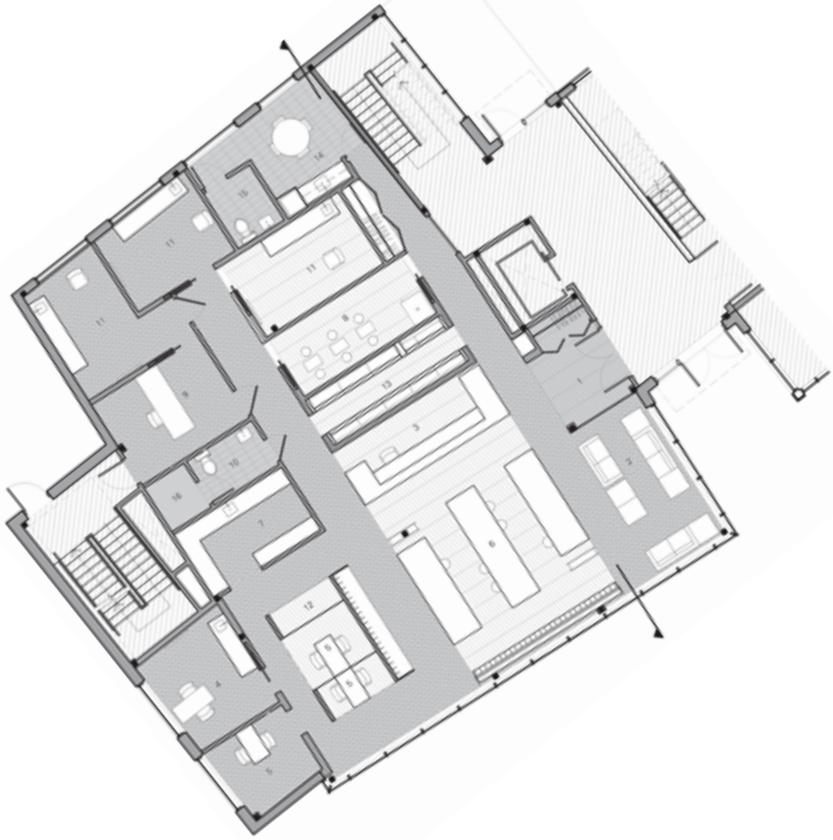
To Sign Up Contact: jordanna.saunders@srpmic-nsn.gov
Learn more about CABHP Events at
cabhp.asu.edu

*Funded by Indian Health Service Grant #BH16IHS0002-01-00

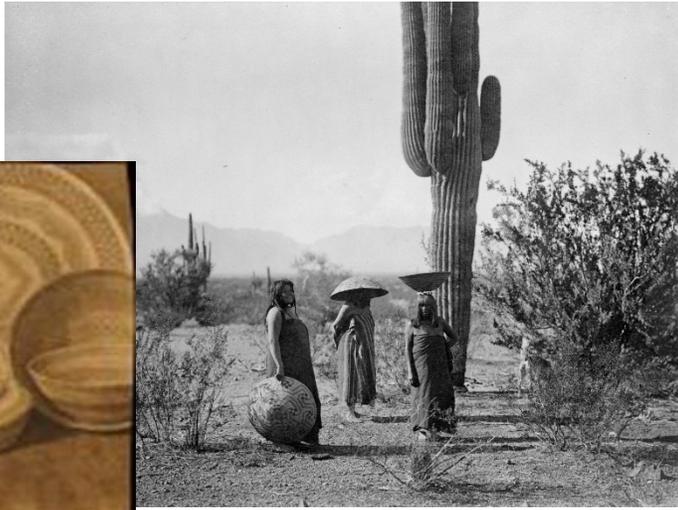
cabhp.asu.edu

What's next?

The Community is currently designing a new facility with trauma informed care in mind.



Emphasis on culture



Use of natural light and materials

Opportunities for socialization



Environmental Separation

- Offenders and victims
- Children and adults
- Quiet vs. busy areas
- Sub-waiting areas



Community feedback in design