



Journey Healing: Hope and Resiliency



SRPMIC FAMILY ADVOCACY CENTER

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Acknowledgement

- ▶ Land Acknowledgement
- ▶ Elders, Tribal Leadership, Community Members, and Employees





Honoring Self-Compassion





Learning Objectives

- ▶ Summarize the basics of Trauma, Historical Trauma, and Intergenerational Trauma.
- ▶ Understand the implications of Trauma in Tribal communities
- ▶ Recognize and identify key sources of resiliency



Why do we need to talk about Trauma?

- Trauma is Preventable
- Root Cause
- Opportunities of Healing
- Asking the right questions

Your trauma is valid.

Even if other people have experienced "worse."
Even if someone else who went through the same experience doesn't feel debilitated by it. Even if it "could have been avoided." Even if it happened a long time ago. Even if no one knows. Your trauma is real and valid and you deserve a space to talk about it. It isn't desperate or pathetic or attention-seeking. It's self-care. It's inconceivably brave. And regardless of the magnitude of your struggle, you're allowed to take care of yourself by processing and unloading some of the pain you carry. Your pain matters. Your experience matters. And your healing matters.

Nothing and no one can take that away.

Daniell Koepke



What we know...

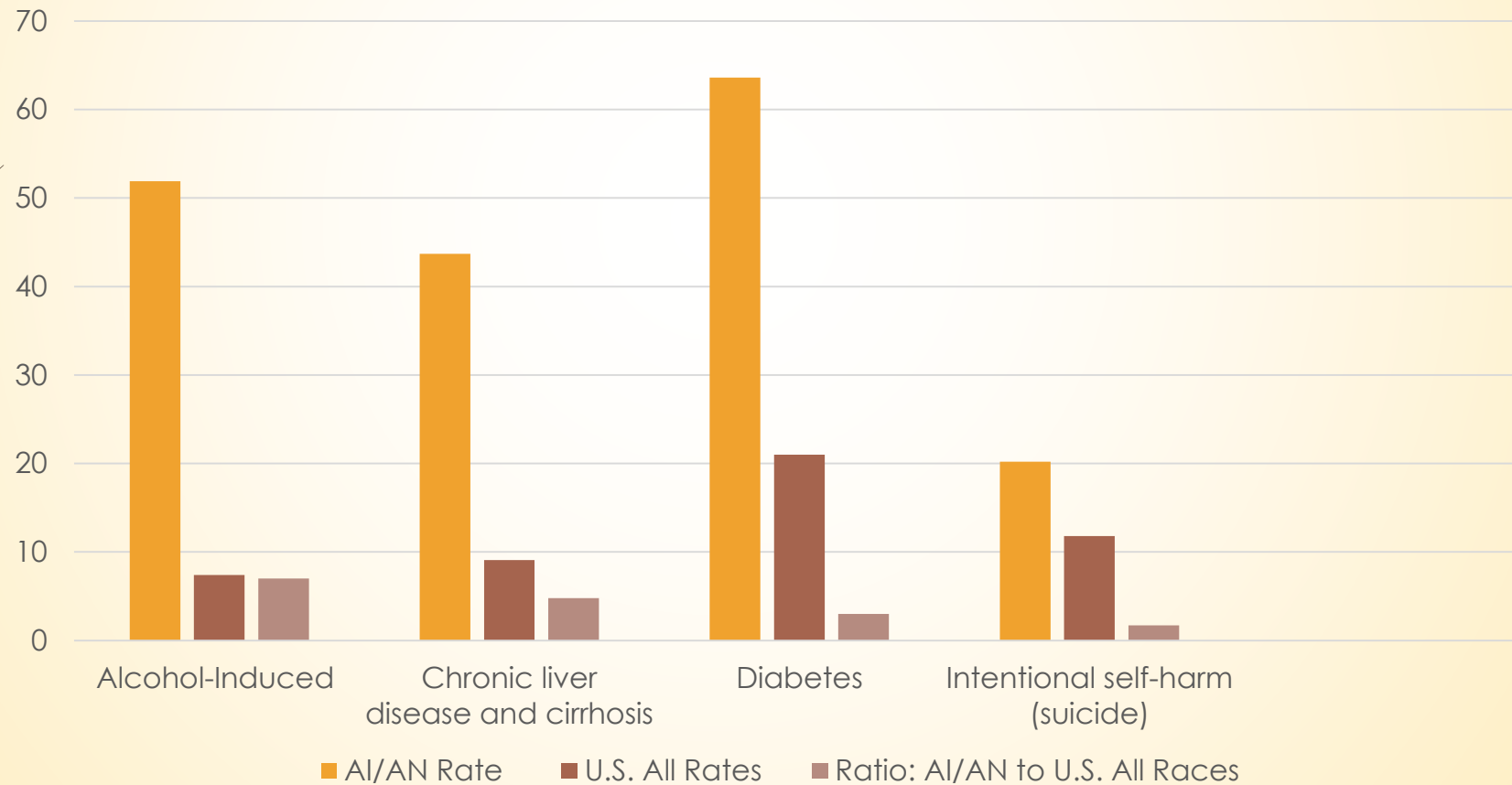
- ❖ American Indians and Alaskan Natives born today have a life expectancy that is 4.4 years less than the U.S. all races population (73.7 years to 78.1 years).
- ❖ American Indians and Alaskan Natives continue to die at a higher rates than other Americans in many categories, including chronic liver disease, and cirrhosis, diabetes, unintentional injuries, assault/homicide, and intentional self-harm /suicide, and chronic lower respiratory disease.

Indian Health Services, 2017



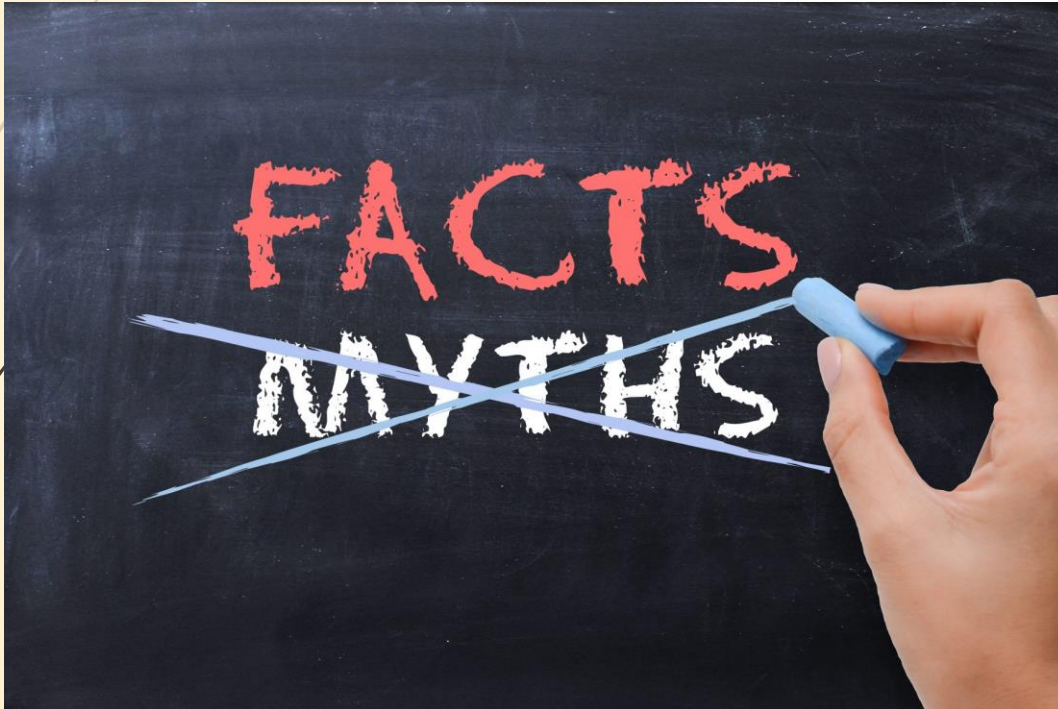
Mortality Disparity Rates

2008-2010 and U.S. All Races 2009
(Age-adjusted mortality rates per 100,000 population)





What is Trauma?



- Event or experience
- Emotional Response
- Physiological Response
- Physical Response
- Big, small, and everything else between
- Stress vs Toxic Stress
- Past or Present



Types of Trauma

- Historical Trauma
- Intergenerational Trauma
- Sexual Abuse
- Neglect
- Domestic Violence
- System Induced Trauma or Retraumatization
- Emotional Abuse
- Domestic Violence and Witness of DV



Historical Trauma Timeline

Reservation
Period
1865-1875

Native American
Religious Acts
made Illegal
1883

Boarding School
Establishment
1878

General
Allotment
Period
1887

Termination
1953

Relocation
1953

Boarding
School Ends
1970

1960-1970
Forced
Sterilization IHS

Self-
Determination
and Self
Governance

Southeast
Arizona Land
Exchange
Act 2015

A.D. vs.
Washington
2015

Dakota Access
Pipeline 2016



Buried Past...

Their children vanished at
an Indigenous boarding
school. This tribe is
bringing them home after
140 years – CNN





Historical Trauma Timeline

Kamloops Residential School
1865-1875
215 Children's bodies found
2021

Marieval Indian Residential School 1899-1997
600 unmarked graves found
June 2021

Interior Secretary Deb Haaland
Lanches investigation
June 2021

CA Truth and Reconciliation Commission
2008

Final Report Completed of TRC
2015

Indian Day School Class Action Settlement
June 2022

A Quiet Crisis: Federal Funding and Unmet Needs in Indian Country
2003

Broken Promises Report
2018





Making the connection...

- ❖ Alcoholism
- ❖ Drug Abuse
- ❖ Sexual Abuse
- ❖ Loss of Culture
- ❖ Identity Confusion
- ❖ Poverty
- ❖ Domestic Violence
- ❖ Loss of Traditions
- ❖ Internalized Oppression
- ❖ Hopeless
- ❖ Anger
- ❖ Resentments
- ❖ Loss of Language
- ❖ Increase in Health Disparities



Making the connection...

"Trauma comes back as Reaction, not a memory."

"People talk about trauma as an event that happened a long time ago. But what trauma is. Is the imprints that event has left on your mind and in your sensations...the discomfort you feel and the agitation you feel and the rage and the helplessness you feel right now."

-Bessel Van Der Kolk

"My family's story is not unlike that of many other Native American families in this country. We have a generation of lost or injured children who are now the lost or injured aunts, uncles, parents and grandparents of those who live today "The lasting and profound impacts of the federal government's boarding school system have never been appropriately addressed. This attempt to wipe out Native identity, language and culture continues to manifest itself in the disparities our communities face, including long-standing intergenerational trauma, cycles of violence and abuse, disappearance, premature deaths, and additional undocumented physiological and psychological impacts."

- Deb Haaland, Secretary of Interior

In 1972, she met a 26 year old woman who had a hysterectomy because the doctor told her to since she was an alcoholic at the time. of course knew that this was not the common solution to alcoholism and began to realize that sterilizations like this were happening to thousands of Indigenous women (Bataille). She began to conduct surveys and appeared on TV to expose the IHS.

Dr. Pinkerman-Uri



Positive Childhood Experiences

Adverse Childhood Experiences (ACEs)	Counter-ACEs
Physical abuse	Liking school
Verbal abuse	Teachers who care
Sexual abuse	Opportunities to have fun
Physical neglect	A predictable home routine
Emotional neglect	Feeling comfortable with yourself
An alcoholic parent	Having a caregiver whom you feel safe with
A family member in jail	Beliefs that provide comfort
The disappearance of a parent through divorce, death or abandonment	Having good friends and neighbors
A family member diagnosed with a mental illness	
A mother who's a victim of domestic violence	

Referenced from [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/pdf](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/pdf) and <https://www.sciencedirect.com/science/article/abs/pii/S0145213419302662>

Serve as buffers against negative life long effects

Those with ACES+more PCES=
Better mental health and healthy relationships



RECLAIMING OUR SENSE OF BELONGING!

- Tribal specific ceremonies
- Prayer
- Story telling
- Community involvement
- Family gathering
- Carrying hope until person believes
- Laughter
- Asking the right questions
- at the right time
- Education-reestablishing
- Opportunities





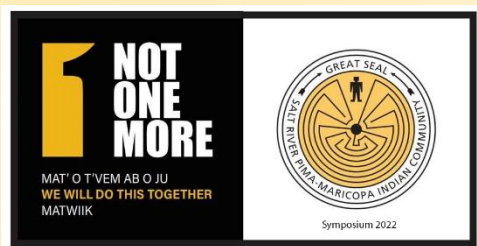
Putting it together...





Messages of Hope...

- ▶ The *We Love You!* elder care packages can be requested, beginning on August 10, 2020, through the National Native American Boarding School Healing Coalition [website](#).
- ▶ The Roman Catholic Church was a perpetrator of the systematic cultural genocide committed in both Canada and the United States, as well as around the world. Today, Pope Francis issued an apology on behalf of the Roman Catholic Church, an action that had long been sought by survivors and communities impacted by Canadian residential schools. For those who had sought this apology, we join you in recognizing this historic moment that is so long overdue.
- ▶ H.R. 5444 and S. 2907- The Truth and Healing Commission on Indian Boarding School Policies in the U.S. Act
- ▶ 2018 Broken Promises Report
 - ▶ Key findings: Federal programs designed to support the social and economic wellbeing of Native Americans remain chronically underfunded and sometimes inefficiently structured which leaves many basic needs in the Native American community unmet and contributes to the inequities observed in communities.



Questions and Comments