

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The largest droplets are in the top-left and bottom-right corners, while smaller ones are more centrally located.

JOURNEY OF HEALING:

A LOOK AT TRAUMA IN INDIAN COUNTRY

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SALT RIVER PIMA MARICOPA INDIAN COMMUNITY

OBJECTIVE

- SUMMARIZE THE BASIC OF TRAUMA, HISTORICAL TRAUMA, AND INTERGENERATIONAL TRAUMA.
- UNDERSTAND THE IMPLICATIONS OF TRAUMA IN TRIBAL COMMUNITIES
- RECOGNIZE THE DIFFERENCES BETWEEN TRAUMA IN TRIBAL COMMUNITIES AND NON TRIBAL COMMUNITIES
- IDENTIFY AND EXPLAIN 3 EVIDENCE BASED PRACTICES USED TO ADDRESS TRAUMA IN TRIBAL COMMUNITIES.

STATISTICS

- IN 2015, AMERICAN INDIANS AND ALASKAN NATIVE MADE UP 2.0 PERCENT OF THE TOTAL U.S. POPULATION- 6.6 MILLION.
- 326 FEDERAL RECOGNIZED RESERVATIONS
- 567 FEDERAL RECOGNIZED TRIBES
- 27.1% PERCENT OF AMERICAN INDIANS AND ALASKAN NATIVES OVER THE AGE OF 5 SPOKE ANOTHER LANGUAGE THAN ENGLISH, COMPARED TO 21.5% FOR THE NATION AS A WHOLE.
- 26.6% OF AMERICAN INDIANS AND ALASKAN NATIVES WHO LIVED IN POVERTY IN 2015, THE HIGHEST RATE OF ANY OTHER RACE GROUP.

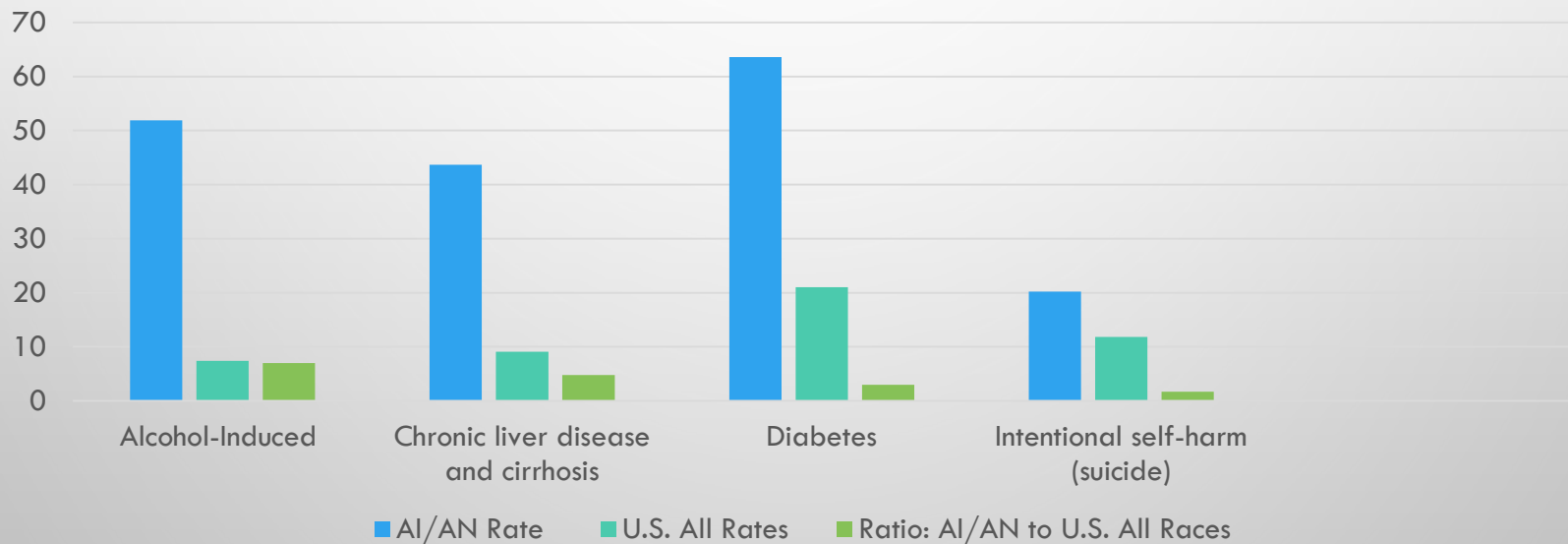
<https://www.census.gov/newsroom/facts-for-features/2016/cb16-ff22.html>

STATISTICS

- 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.

MORTALITY DISPARITY RATES

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



INTENTIONAL THOUGHT...

- DESPITE HISTORICAL AND OTHER TRAUMAS, AMERICAN INDIANS AND ALASKA NATIVES—AND MUCH OF THEIR CULTURES, LANGUAGES, AND PRACTICES —HAVE SURVIVED. DURING THE 20TH AND 21ST CENTURIES, AMERICAN INDIANS AND ALASKA NATIVES REBUILT THEIR NATIONS, ADAPTED TO CULTURAL AND ECONOMIC PRESSURES AND OPPORTUNITIES, OVERCAME ADVERSE AND DESTRUCTIVE POLICIES, AND TODAY ARE A GROWING, DYNAMIC AND RESURGENT PART OF THE UNITED STATES.

WHAT IS TRAUMA?

- **TRAUMA** IS AN EMOTIONAL RESPONSE TO A TERRIBLE EVENT LIKE AN ACCIDENT, RAPE OR NATURAL DISASTER. IMMEDIATELY AFTER THE EVENT, SHOCK AND DENIAL ARE TYPICAL. LONGER TERM REACTIONS INCLUDE UNPREDICTABLE EMOTIONS, FLASHBACKS, STRAINED RELATIONSHIPS AND EVEN PHYSICAL SYMPTOMS LIKE HEADACHES OR NAUSEA. WHILE THESE FEELINGS ARE NORMAL, SOME PEOPLE HAVE DIFFICULTY MOVING ON WITH THEIR LIVES. PSYCHOLOGISTS CAN HELP THESE INDIVIDUALS FIND CONSTRUCTIVE WAYS OF MANAGING THEIR EMOTIONS.
- ADAPTED FROM THE APA HELP CENTER ARTICLE, "[RECOVERING EMOTIONALLY FROM DISASTER](#)."

TYPES OF TRAUMA

- HISTORICAL TRAUMA
- INTERGENERATIONAL TRAUMA
- SEXUAL ABUSE
- NEGLECT
- DOMESTIC VIOLENCE
- SYSTEM INDUCED TRAUMA OR RETRAUMALIZATION
- EMOTIONAL ABUSE
- DOMESTIC VIOLENCE AND WITNESS OF DV

RESPONSES TO TRAUMA

- **PHYSICAL RESPONSE**

- BRAIN DEVELOPMENT
- FIGHT OR FLIGHT
- HIGHER RATES OF DIABETES
- HIGHER RATES OF HEART DISEASE
- OBESITY
- SLEEPING ISSUES

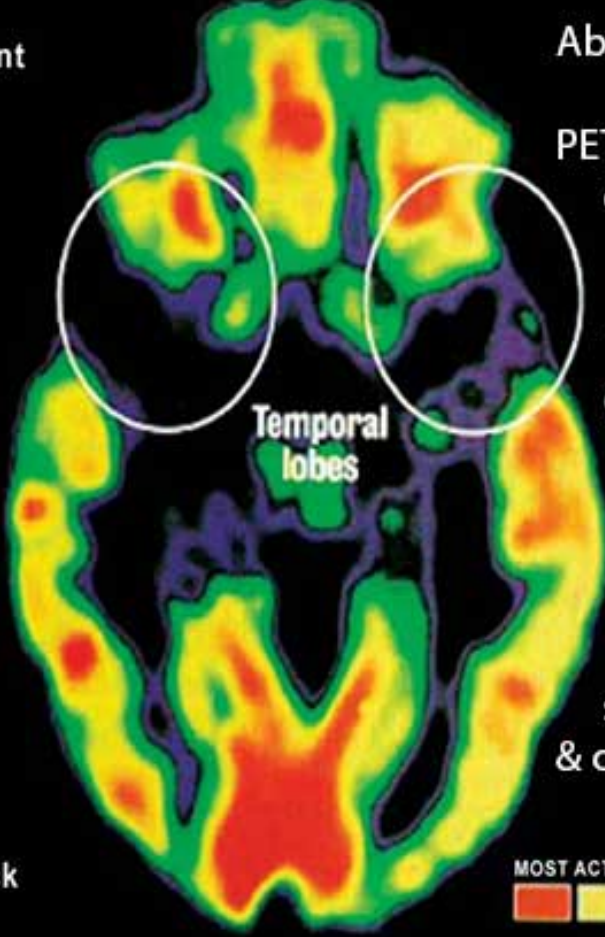
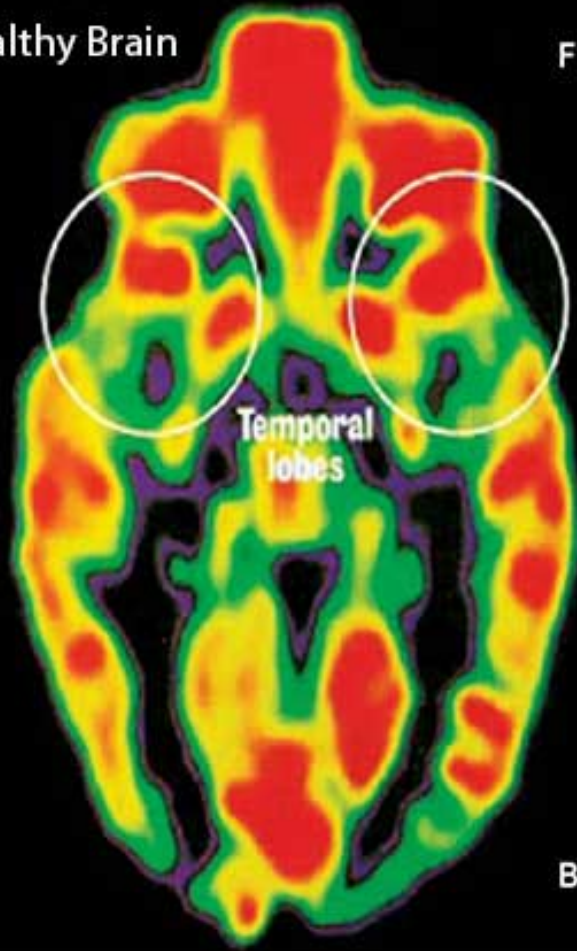
- **EMOTIONAL RESPONSE**

- POOR EMOTIONAL REGULATION
- DEPRESSION
- HIGHER RATES OF SUICIDE
- ISOLATION
- ANGER OUTBURST

Healthy Brain

Front

Abused Brain



PET scan of a Romanian orphan institutionalized soon after birth.

The temporal lobes (which regulate emotions and receive sensory input) are severely underdeveloped.

Such children typically suffer severe emotional & cognitive problems.

Back



<https://vimeo.com/152428829>

COMMON TYPES OF TRAUMA INDIAN COUNTRY

- **HISTORICAL TRAUMA** IS A COLLECTIVE EMOTIONAL AND MENTAL WOUNDING OVER THE LIFESPAN AND ACROSS RESULTING IN MASSIVE GROUP TRAUMA EXPERIENCES.
- **INTERGENERATIONAL TRAUMA** IS THE TRANSMISSION OF HISTORICAL OPPRESSION AND ITS NEGATIVE CONSEQUENCES ACROSS GENERATIONS.

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

Activism
1970

Self-
Determination
and Self
Governance

Southeast
Arizona Land
Exchange Act
2015

A.D. vs.
Washington
2015

Dakota Access
Pipeline 2016

HISTORICAL TRAUMA UNSCRAMBLED

- HISTORICAL TRAUMA IS KNOWN TO BE STORED IN COMPLEX MEMORY NETWORKS IN THE BRAIN.
- EACH PERSON RESPONDS TO THIS DIFFERENTLY BASED ON THEIR INTERNAL AND EXTERNAL WORLD.
- IT FORMS A MIND, BODY, SPIRITUAL, ECOLOGICAL BATTLE.
- CURRENT EVENTS IMPACTED AMERICAN INDIANS AND ALASKAN NATIVES.

“A PERSONS FORMAL AND INFORMAL SOCIAL SUPPORTS, PSYCHOLOGICAL WELL-BEINGS, AND SPIRITUAL BELIEFS ABOUT HERSELF, OR HER ALSO AFFECT THE TRAUMA PROCESS.”

CLOSER LOOK: IMPACTS OF HISTORICAL TRAUMA

Great-Grandma
1912-2011



Grandma
1930-2006



Mother
1961



Daughter
1980



Child
2014



Unborn



IMPACTS OF TRAUMA: INDIAN COUNTRY

- RESULTS OF UNRESOLVED GRIEF AND LOSS: THE SPIRITUAL BATTLE
 - ALCOHOLISM
 - DRUG ABUSE
 - CHILD 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: DIABETES, CARDIOVASCULAR DISEASE, AND KIDNEY DISEASE

ACES STUDY

(ADVERSE CHILDHOOD EXPERIENCES STUDY)

- THE KRASIER AND THE CENTER OF DISEASE CONTROL CONDUCTED A STUDY BETWEEN 1995-1997 WITH HEALTHCARE CONSUMERS.
- INDIVIDUALS WHO EXPERIENCED AN ADVERSE CHILDHOOD EXPERIENCES INCLUDED A STRESSFUL OR TRAUMATIC EVENT SUCH AS:
 - SEXUAL ABUSE
 - DOMESTIC VIOLENCE
 - EMOTIONAL ABUSE
 - PHYSICAL ABUSE
 - MENTAL ILLNESS (HOUSEHOLD)
 - SUBSTANCE ABUSE
 - PARENTAL SEPARATION OR DIVORCE
 - INCARCERATION OF A HOUSEHOLD MEMBER

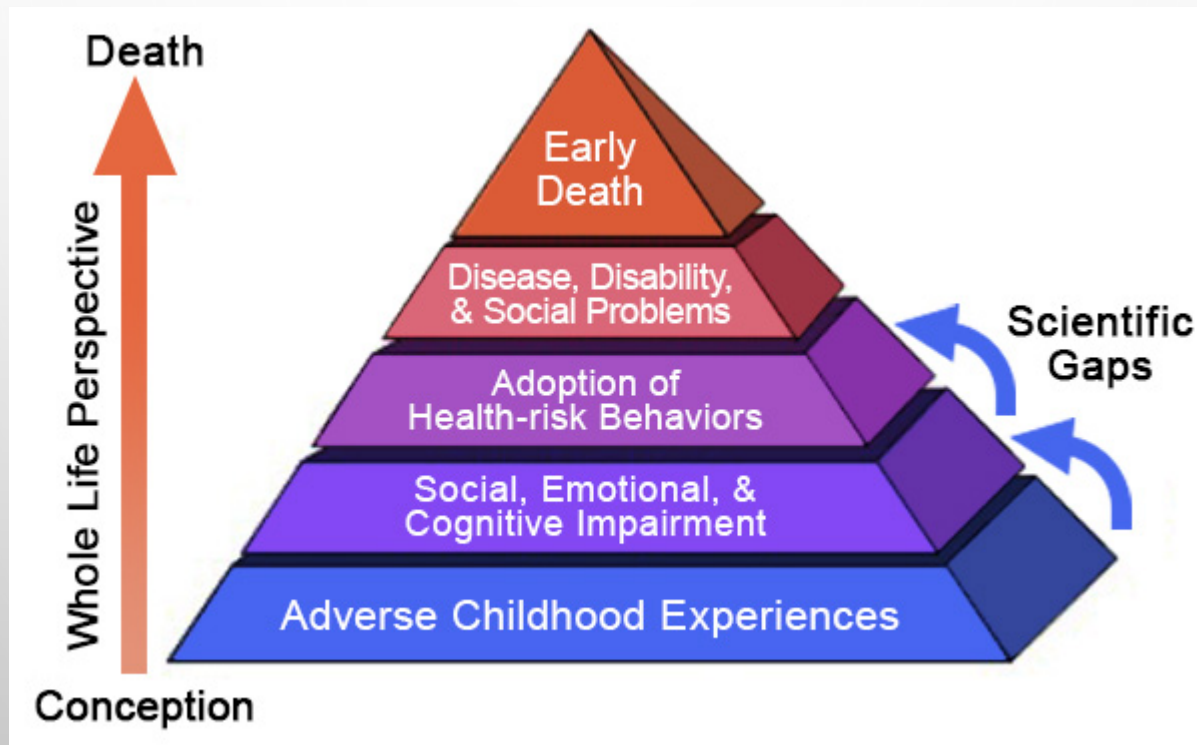
[HTTPS://WWW.SAMHSA.GOV/CAPT/PRACTICING-EFFECTIVE-
PREVENTION/PREVENTION-BEHAVIORAL-HEALTH/ADVERSE-CHILDHOOD-EXPERIENCES](https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences)

ACES DECODED

- ADVERSE: HOSTILE, CONFRONTATIONAL, OPPOSING
- STRESSFUL: TENSE
- TRAUMATIC: SHOCKING, DISTURBING
- EVENT: INCIDENT
- FINDINGS: IT WAS FOUND THAT INDIVIDUALS WHO HAVE EXPERIENCED ONE OR MORE ADVERSE EXPERIENCES WERE AT GREATER RISK HEALTH DISEASE.

ACES FINDINGS

- INDIVIDUALS WHO EXPERIENCE A STRESSFUL OR TRAUMATIC EVENT WHERE AT GREATER RISK FOR THE DEVELOPMENT OF A HEALTH ISSUE



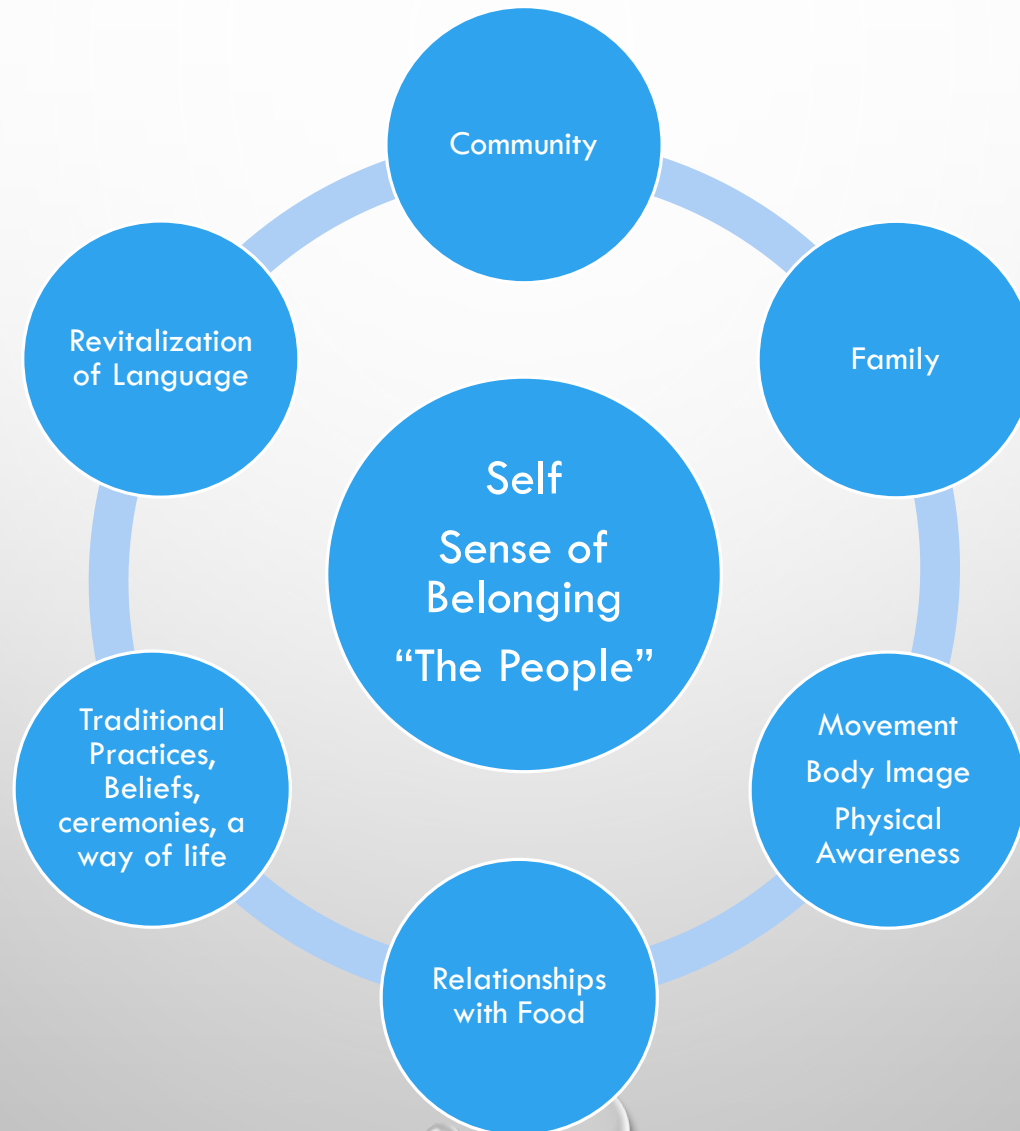
<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

TRAUMA INFORMED PRINCIPLES

ADAPTED SAMHSA'S SIX KEY PRINCIPLES TO TRAUMA-INFORMED CARE:

1. SAFETY
2. TRANSPARENCY
3. PEER SUPPORT
4. COLLABORATION
5. EMPOWERMENT AND CHOICE
6. CULTURAL, HISTORICAL, AND GENDER

TRAUMA INFORMED PRINCIPLES IN TRIBAL COMMUNITIES



ADDRESSING TRAUMA

- SCREENING TOOLS USED
- RAPPORT BUILDING
- EDUCATION OF TRAUMA
- REASSESSING
- TAILORED TREATMENT PLANNING
- INVESTING IN PEER DEVELOPMENT
- CPT-COGNITIVE PROCESSING THERAPY
- EMDR
- TF-CBT (TRAUMA FOCUSED-COGNITIVE BEHAVIORAL HEALTH THERAPY)
- CBT
- SEEKING SAFETY
- SAND TRAY THERAPIST
- FAMILY THERAPY
- INDIVIDUAL THERAPY
- GROUP THERAPY

TREATMENT INDIAN COUNTRY

- 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

RESOURCES

- INDIAN HEALTH SERVICE: HEALTH DISPARITIES 2009
- WHITE BISON.ORG
- PSYCHOEDUCATIONAL JOURNAL
- SAMHSA.GOV
- PARNELL, L(2013). ATTACHMENT FOCUSED-EMDR, HEALING RELATIONAL TRAUMA (1ST EDITION). NEW YORK. NORTON AND COMPANY.
- DEREZOTES. D. (2014). TRANSFORMING HISTORICAL TRAUMA THROUGH DIALOGUE. CALIFORNIA SAGE PUBLICATIONS.
- EVANS-CAMPBELL. (2008). HISTORICAL TRAUMA IN AMERICAN INDIAN/ALASKAN NATIVE COMMUNITIES A MULTIPLE FRAMEWORK FOR EXPLORING IMPLICATIONS FAMILIES AND COMMUNITIES. VOLUME 23:3. SAGE PUBLICATIONS.
- YELLOW HORSE BRAVEHEART, MARIA. HISTORICAL TRAUMA AMONG INDIGENOUS PEOPLES OF THE AMERICAN: CONCEPTS, RESEARCH, AND CLINICAL CONSIDERATIONS. VOLUME 43:4. JOURNAL OF PSYCHOACTIVE DRUGS.
- BREMNER, DOUGLAS. TRAUMATIC STRESS: EFFECTS ON THE BRAIN. (2006) DECEMBER. VOLUME 8:4. DIALOGUES IN CLINICAL SCIENCE.



QUESTIONS

BRINGING HOPE BACK IN THE COMMUNITY STARTS WITH YOU!

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