JOURNEY OF HEALING:
A LOOK AT TRAUMA IN INDIAN COUNTRY

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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.

Indian Health Services, 2017
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.

CDC.GOV
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
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.
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.

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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Reservation Period</td>
<td>1865-1875</td>
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<td>Native American Religious Acts made Illegal</td>
<td>1883</td>
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<td>Boarding School Establishment</td>
<td>1878</td>
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<td>General Allotment Period</td>
<td>1887</td>
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<td>Termination</td>
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<td>Relocation</td>
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<td>Boarding School Ends</td>
<td>1970</td>
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<td>Activism</td>
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<td>Self-Determination and Self Governance</td>
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<td>Southeast Arizona Land Exchange Act</td>
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<td>A.D. vs. Washington</td>
<td>2015</td>
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<tr>
<td>Dakota Access Pipeline</td>
<td>2016</td>
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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
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

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

Self
Sense of Belonging
“The People”

Community

Revitalization of Language

Family

Movement
Body Image
Physical Awareness

Traditional Practices,
Beliefs,
ceremonies, a
way of life

Relationships with Food
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
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• DEREZOTES. D. (2014). TRANSFORMING HISTORICAL TRAUMA THROUGH DIALOGUE. CALIFORNIA 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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