Journey of Healing
A Look at Trauma in Indian Country

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SALT RIVER PIMA MARICOPA INDIAN COMMUNITY
Notes of pre-caution when discussing trauma.

- Your own personal trauma story surfaces.
- Take care of yourself.
- Talk to someone friend, professional, medicine person, pastor, or any other supportive person.
- Call the National Suicide Prevention Hotline 1-800-273-8255
Objective

- Understand the principles of being an Trauma Informed Community
- Summarize the basics of Trauma, Historical Trauma, and Intergenerational Trauma.
- Understand the implications of Trauma in Tribal communities
- Recognize and identify 3 key sources of resiliency
Why do we need to talk about trauma?

- Trauma is Preventable
- Root Cause
- Healing
- Asking the right questions
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)

- Alcohol-Induced Chronic liver disease and cirrhosis Diabetes Intentional self-harm (suicide)

- AI/AN Rate U.S. All Rates Ratio: AI/AN to U.S. All Races
What is Trauma?

Trauma

- 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
Trauma Brain
Three Core Concepts in Early Development

Serve & Return Interaction Shapes Brain Circuitry

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD
Center on the Developing Child

HARVARD UNIVERSITY
HOW BRAINS ARE BUILT
Responses

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
Body’s Responses to Trauma

**Fight**

**Freeze**

**Flight**
Common types of trauma in 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
Impacts of Trauma: Indian country

- 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
Out of suffering have emerged the strongest souls.
https://youtu.be/l1o7ls7JnxA
The Kaiser 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

ACEs findings

- Individuals who experience a stressful or traumatic event where at greater risk for the development of a health issue

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
“Resilience is the strength of spirit to recover from adversity. When we experience disappointment loss, or tragedy we find the hope and courage to carry on. Humor lightens the load when it seems to heavy.” -Unknown
Now you know

What’s next?
- Empowerment of the community
- Action = Community leadership
- Teachers and Elders as resources in the community
- Relationship Building
- Accepting of Change
- Opportunities in Self Discovery
- Nurture Self
Guiding Principles of Trauma-Informed Care

- Safety
- Trustworthiness and transparency
- Peer support and mutual self-help
- Collaboration and mutuality
- Empowerment, voice, and choice
- Cultural, historical, and gender issues
Resiliency

Self Sense of Belonging “The People”

Community

Revitalization of Language

Family

Movement Body Image Physical Awareness

Relationships with Food

Traditional Practices, Beliefs, ceremonies, a way of life
Resiliency
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
Questions

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Bringing hope back in the community starts with you!