Jordanna L. Saunders, M.C., L.P.C.
Carol A. Colmenero, MSW, LMSW, LASAC
Learning Objectives

1. Identify the components of Trauma in Indian Country.
2. Understand the impact of Trauma on individuals and families in a Tribal Community.
3. Learn about how SRPMIC HHS/DBHS is creating an environment to enhance resiliency by using natural supports & highlighting substance abuse recovery.
What is Trauma in Indian Country?

“Historical Trauma is a cumulative emotional and psychological wounding over the lifespan and across generations emanating from massive group trauma experiences.”

Impact of Trauma Over the Lifespan

Are neurological, biological, psychological and social in nature.

They include:

- Changes in brain neurobiology;
- Social, emotional & cognitive impairment;
- Adoption of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self harm, sexual promiscuity, violence); and
- Severe and persistent behavioral health, health and social problems, early death.

(Felitti et al, 1998)
Unresolved Grief - Acknowledging the Problems

Results of Unresolved Grief: The Spiritual Battle

- Alcoholism
- Drug Abuse
- Child Abuse
- Sexual Abuse
- Loss of Culture
- Identity Confusion
- Poverty
- Domestic Violence
- Loss of Traditions
- Internalized Oppression
- Hopelessness
- Anger
- Resentments
- Loss of Language

Increase in health disparities: Diabetes, Cardiovascular Disease, and Kidney Disease
# Statistics

## Life expectancy in years:

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
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<tbody>
<tr>
<td>U.S.</td>
<td>73.2</td>
<td>76.5</td>
<td>79.6</td>
</tr>
<tr>
<td>AI/AN</td>
<td>66.1</td>
<td>74.4</td>
<td>70.6</td>
</tr>
</tbody>
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**Disparity**  
- Men: 7.1  
- Women: 5.2  
- Total: 5.9

## Average Age of Death in AZ:

- **General Population**: 72.2
- **AI population**: 54.7

Donald Warne, MD, MPH, 2008
The Healing Journey

- Acknowledgement
- Processing- Healing
- Forgiveness
- The Art of Letting Go
- Moving Forward
Thinking Points

As you watch the video today we want you to pay attention to:

- Are there particular individuals, scenes, images or lines that stand out for any particular reason?
- What feelings does it bring up?
- What ideas for action does it bring up?
- What do you think the masks represent?
Discussion (post *Faces* viewing)

- What are some feelings the film raised in you?
- What was one thing that touched you?
- Did you learn something you didn’t know before watching the film?
- What do you think you can do to encourage others to stay (not commit suicide)?
- What do you think you can do to encourage others who may be interested in recovery?
- Several *Faces* Participants discuss their first exposure to substance use was by a family member.
- One participant talks openly about her suicide attempt and her brother’s reaction, “Why didn’t you call the police?” What options are available in your community for suicide support?
- Despite the trauma and all the struggles, the participants each find recovery and through various means they are rebuilding their lives.
- The participants reference their families, their spirituality and their children. What other supports do you hear them mention or see in the video?
Masks are worn for performance, entertainment, disguise, concealment, or protection. They have been around since ancient times and have been used in ceremony, storytelling, and dramatic enactment. Making a mask invites you to explore the persona you reveal or conceal from the world.

Alcohol and drugs are destroying us and we want to recover.

That change comes from within the individual, the family and the community.

That within each person, family and community is the innate knowledge for well being.

The solution resides within each community.

Family and Cultural Preservation

- It is a family affair!
- Community Involvement.
- Preservation starts with the roots.
- Healing begins with the roots.
- Advocate for cultural and language preservation.
- Education
- Resources
- Empowerment
- Self-Esteem and Identity
- Tribal Sovereignty and Self-Determination
Engaging Community Resilience

We started a discussion about Recovery.
Hello functioning Alcoholic,

It’s been a while and writing doesn’t come easy for you, for you are in the past. I left you behind cause the future for me want; bright with Alcohol in hand. Alcohol would have just caused me my job, jail time, loss of funds and time away from loved ones, and most of all death. Alcohol just put us threw a lot of anger, shame, self-pity, blame, self-destruction, it also got to where, suicide would have been an easy way out. Stupidity is the label of a can or bottle I choose to hold. I thought I looked good or bad ass, or tough. It took me time to get from yesterday to now. Today it’s one day at a time. I also have principles, creator first, and choice, and what I do with that choice is having a happy and healthy life with a great sense of direction.

-Kathleen with principles
Questions & Comments

Thank you!