



INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

# Indigenous Strategies for Healing and Helping

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*Growing the Ability to Deliver Quality Healthcare to  
American Indian and Alaska Native People.*

# Objectives

- I. Participants will be able to understand Trickster Stories and their use in culturally competent care**
- II. Treatment Modalities**
  - I. Identify treatment modalities that are effective in working with trauma and substance use disorders**
  - II. Learn about interventions that specifically address healing for American Indian and Alaska Native people**

# TRICKSTER

NATIVE AMERICAN TALES

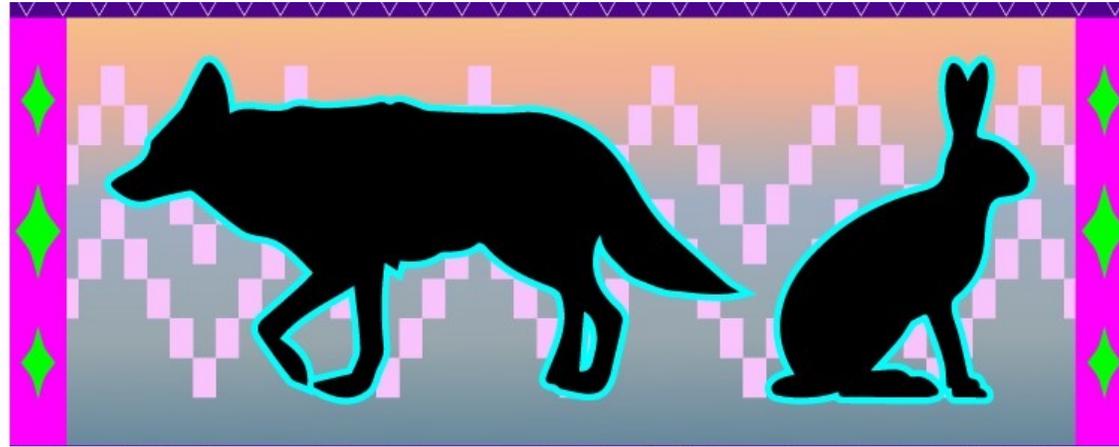
A GRAPHIC COLLECTION

“Meet the Trickster, a crafty creature or being who disrupts the order of things, often humiliating others and sometimes himself in the process. Whether a coyote or a rabbit, raccoon or raven, tricksters use cunning to get food, steal precious possessions, or simply cause mischief.”

Rozmus, E. (2010). Trickster: Native American Tales, a Graphic Collection. *Library Media Connection*, 29(3), 93.



# Trickster Spirits and the Opioid Response

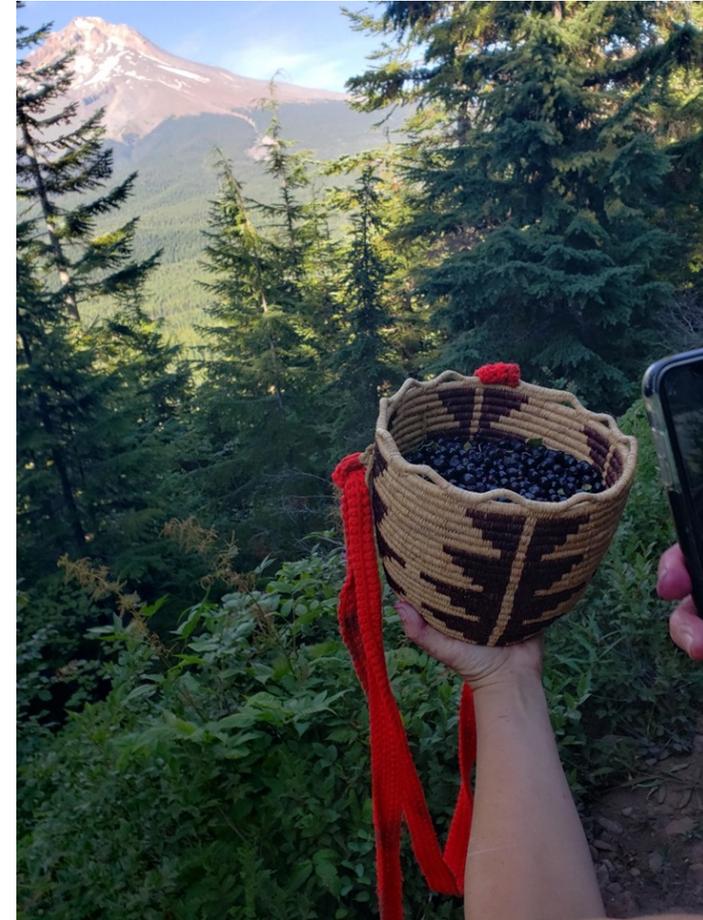


Coyote wanders into your life...he'll lend you a pair of eyes  
...he'll burn a hole in the darkness.... He is the smoking mirror,  
night and sorcery, ancestral memory, the enemy on both sides,  
the crossroads, the compass, the silent wind and thunderous  
war inside you. ... He holds up the mirror relentlessly until you  
staring back at yourself....that seems alright to him -

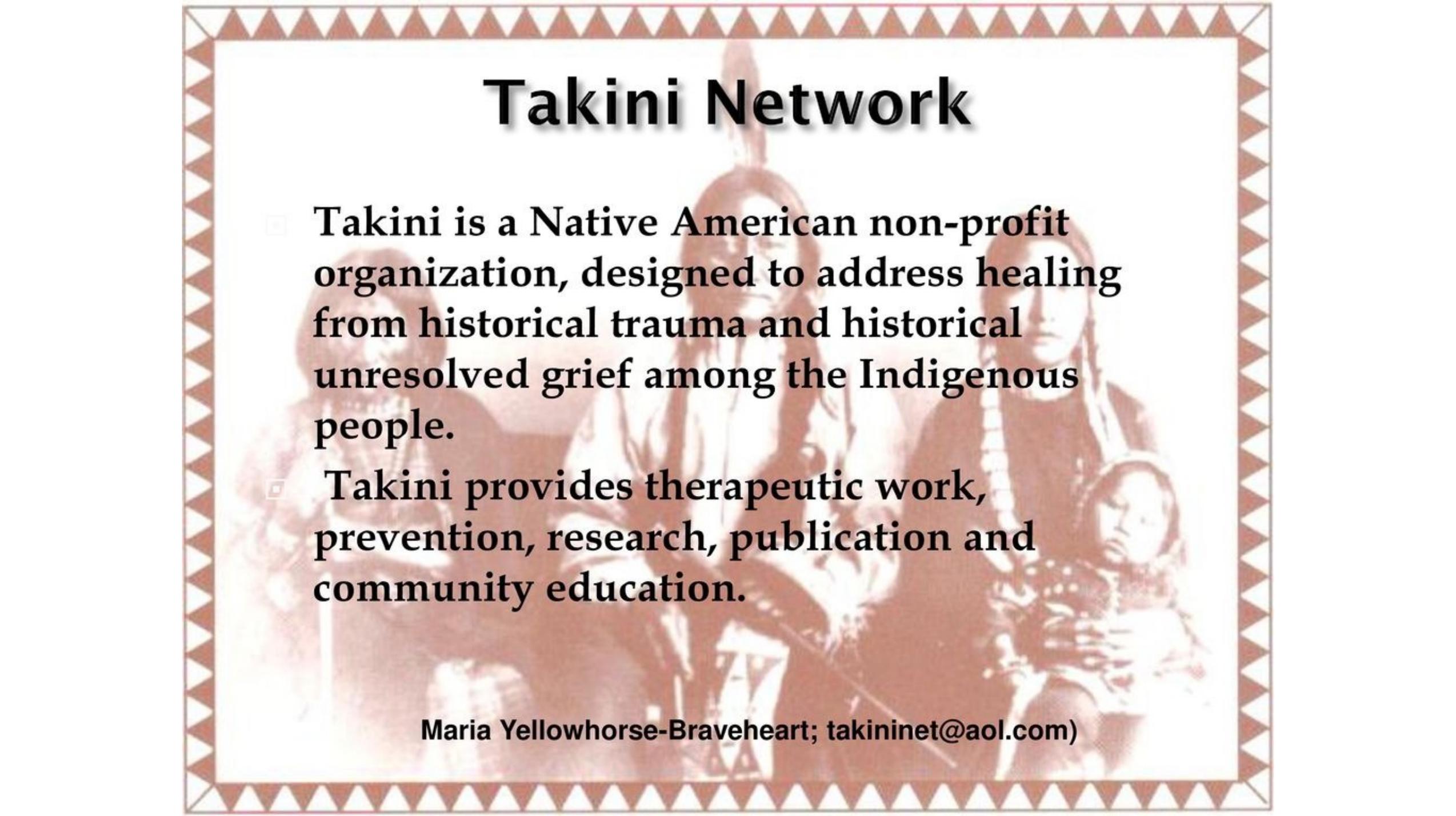
Diary of a Dog

# Relationship with Medicine

- I. Reestablish our relationship with medicine
- II. Change our relationship with medicine people
- III. Develop a relationship with the spirit of substances and substance misuse and other health conditions



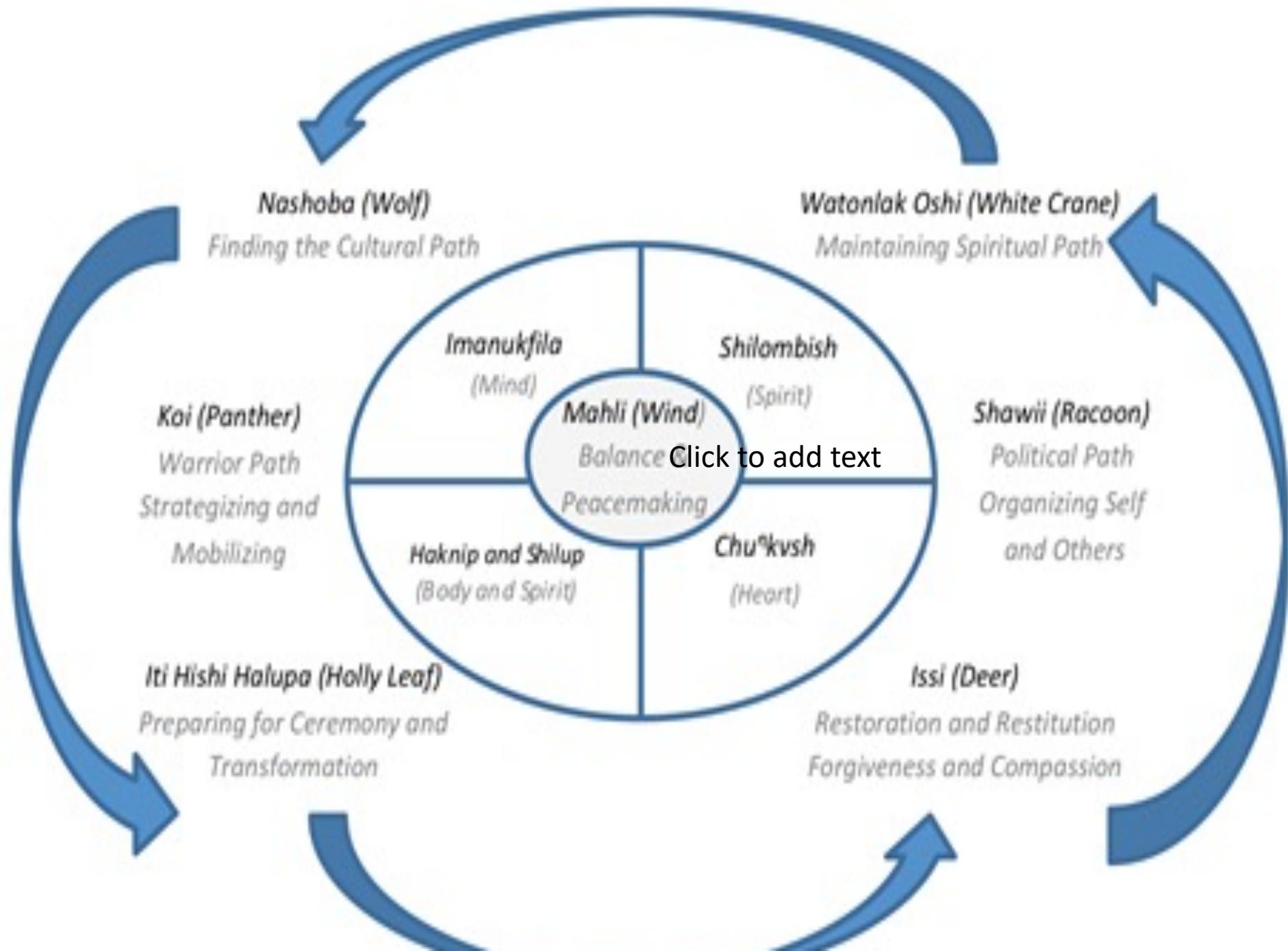
# Takini Network



- ▣ **Takini is a Native American non-profit organization, designed to address healing from historical trauma and historical unresolved grief among the Indigenous people.**
- ▣ **Takini provides therapeutic work, prevention, research, publication and community education.**

**Maria Yellowhorse-Braveheart; [takininet@aol.com](mailto:takininet@aol.com))**





Schultz, K., Walters, K., Beltran, R., Stroud, S., & Johnson-Jennings, M. (2016). "I'm stronger than I thought": Native women reconnecting to body, health, and place. *Health & place*, 40, 21-28.t



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wellness center

# Services Offered

- Medication Assisted Therapies (Suboxone, Vivitrol, Methadone)
- DUI/Deferred Prosecution
- Client Support Services
- Free Transportation
- Onsite Child Watch
- Case Management & Referrals
- Onsite Security
- Transitional Housing
- Dental
- Medicaid, Private Insurance, and Cash/Credit Card Accepted
- Substance Use Disorder (SUD) Counseling
- Mental Health Counseling
- Psychiatric Medication Management
- Primary Medical Care & Telemedicine
- Gambling Counseling
- Video conferencing for counseling sessions



# 49 Days of Ceremony

- Traditional Indigenous Knowledge-based intervention for American Indian and Alaska individuals to:
  - mitigate the effects of trauma
  - holistically address health inequities
  - help individuals live full and balanced lives



# 49 Days of Ceremony: Our Process

- Develop lessons around 7 aspects of being a whole human that include :
  - Preparation
  - Journey
  - Reflection



# 49 Days of Ceremony: Draft Framework



# Take Aways

- Relational Worldview
- Tricksters are a way to understand the impact of trauma on our communities
- Culture is prevention and a buffer in mitigating the impact of trauma
- When we include community and those we serve in the development of healing programs, we have better outcomes.



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# Healing our Families through Connection

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*Growing the Ability to Deliver Quality Healthcare to  
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# Objectives

- I. Participants will increase understanding of ancestral impact on caregiving**
- II. Participants will be able to describe one new intervention for use in their healing work**

# Keeping our Children in Mind

With consistency, structure, predictability, American Indian parents can understand that they are the designers of their environment and can enhance their parenting skills and their ability to interact positively with their children.

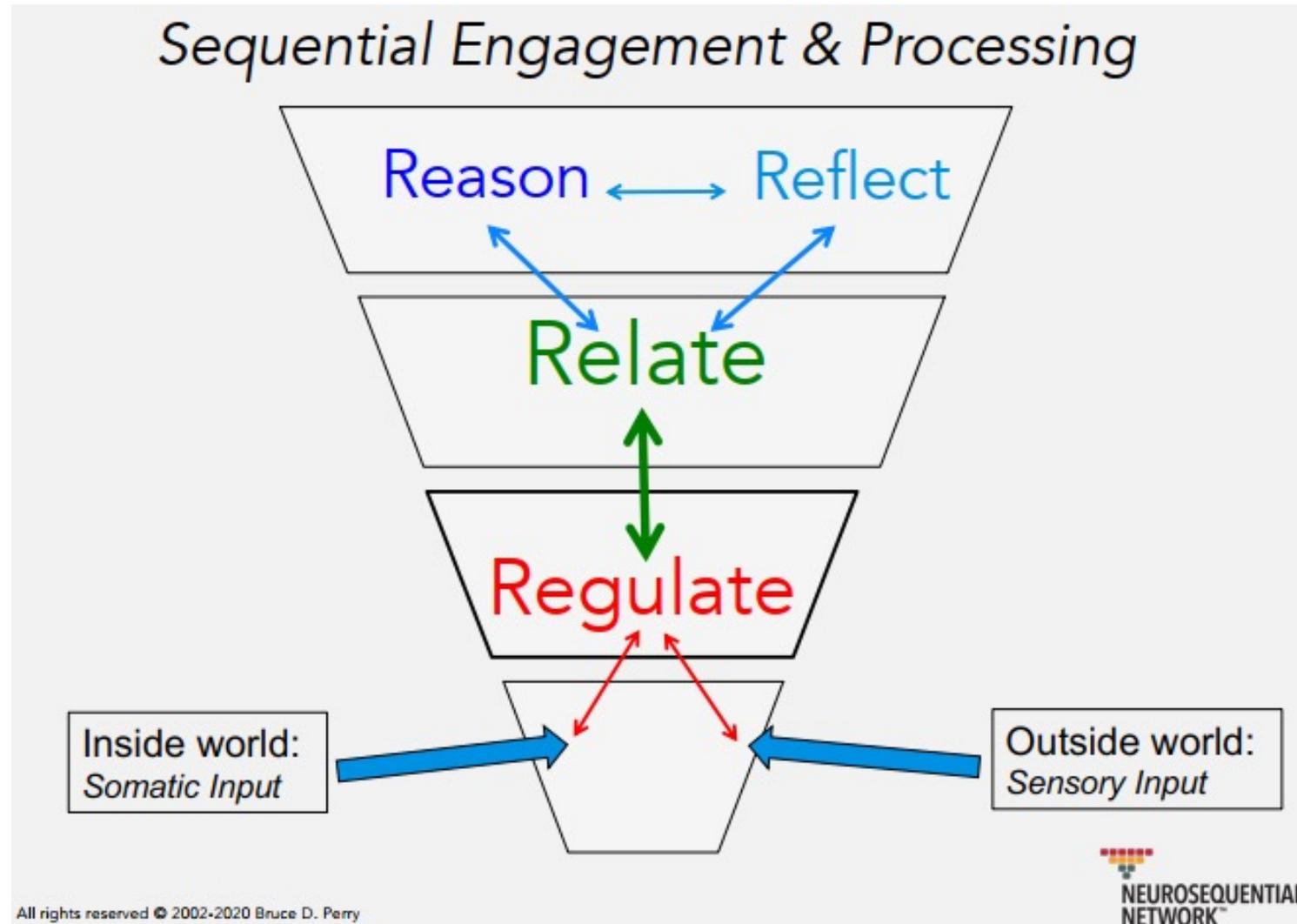
**Dr. Dolores Bigfoot, 2021**

All of early development – cognitive, motor, language, communication, growth- occurs within social and emotional development, and within the system of caregiving relationships. \*

[More on the work of Dr. Dolores Bigfoot](#)

[PSB-CBT new > Training Team > Dolores BigFoot \(ouhsc.edu\)](#)

# A Look Back at Regulation



# Support for Relational and Cultural Co-regulation

- **Our task as helpers**
  - Support search for safety, security and safety toward sacred connectedness
  - Co/self-regulate to Calm/Alert states
  - Neurocept when the state is changing- our own and others
  - Support the reach for cultural activities and tribal relations – Relational, Relevant, Repetitive, Rewarding, Rhythmic, Respectful

# Connectivity

***“How we connect with land changes our brain”***

-Dr. Michael Yellow Bird (0-3 Conference October 2021)

***“Nuerdecolonizaton involved using mindfulness approaches with traditional and contemporary contemplative practices to change the function and structure of key regions of the brain (neuroplasticity) as well as neurochemistry (neurotransmitters and neuromodulators): epigenetic expression: and molecular: cellular, enzymic repair, in positive and empowering ways. ”***

-Dr. Michael Yellow Bird (Dakota Diabetes Summit 2018)

More on the work of Dr. Michael Yellow Bird

<https://www.indigenousmindfulness.com/>

# Ancestors Hold the Basket

- Based on Ghosts (Frieberg, 1975) and Angels (Lieberman, 2005) in the nursery
  - 2 articles – foundational IMH
- Concepts – Our own relational/ancestral traumas and relational/ancestral buffers enter our relationship with our children- repressed/dissociated/disowned affect
- What we bring into our parenting journey
  - Gifts and burdens
  - Known and unknown

More on the work of Dr. Selma Fraiberg and Dr. Alicia Lieberman

[Fraiberg-Ghosts-in-Nursery.pdf copy \(upenn.edu\)](#)

<https://chhs.fresnostate.edu/ccci/documents/Angels.in.the.Nursery.pdf>

# Ancestors Hold the Basket

What might be the  
Ghosts and Angels  
holding this tribal  
member?



# Reflective Functioning- Keeping the Child in Mind

## Reflective Functioning

- A caregiver's capacity to specifically reflect upon her child's emotional internal experience
- Intentions, feelings, thoughts, desires and beliefs- make meaning of others to anticipate the relationship
- Relating to the mental states of both parties and the behaviors associated, moment to moment reciprocity
- Crucial in development of secure attachment and robust development.

More the work of Dr. Arietta Slade

[https://medicine.yale.edu/profile/arietta\\_slade/](https://medicine.yale.edu/profile/arietta_slade/)

# What do we Believe About Children

## Inherently Bad

- Focus attention on bad behaviors
- Remind child about bad behavior
- Distrustful in Intent
- Attribute behaviors as manipulation
- Need for caution
- Anticipate always bad outcomes
- Resentful about children not grateful and appreciative

## Inherently Good

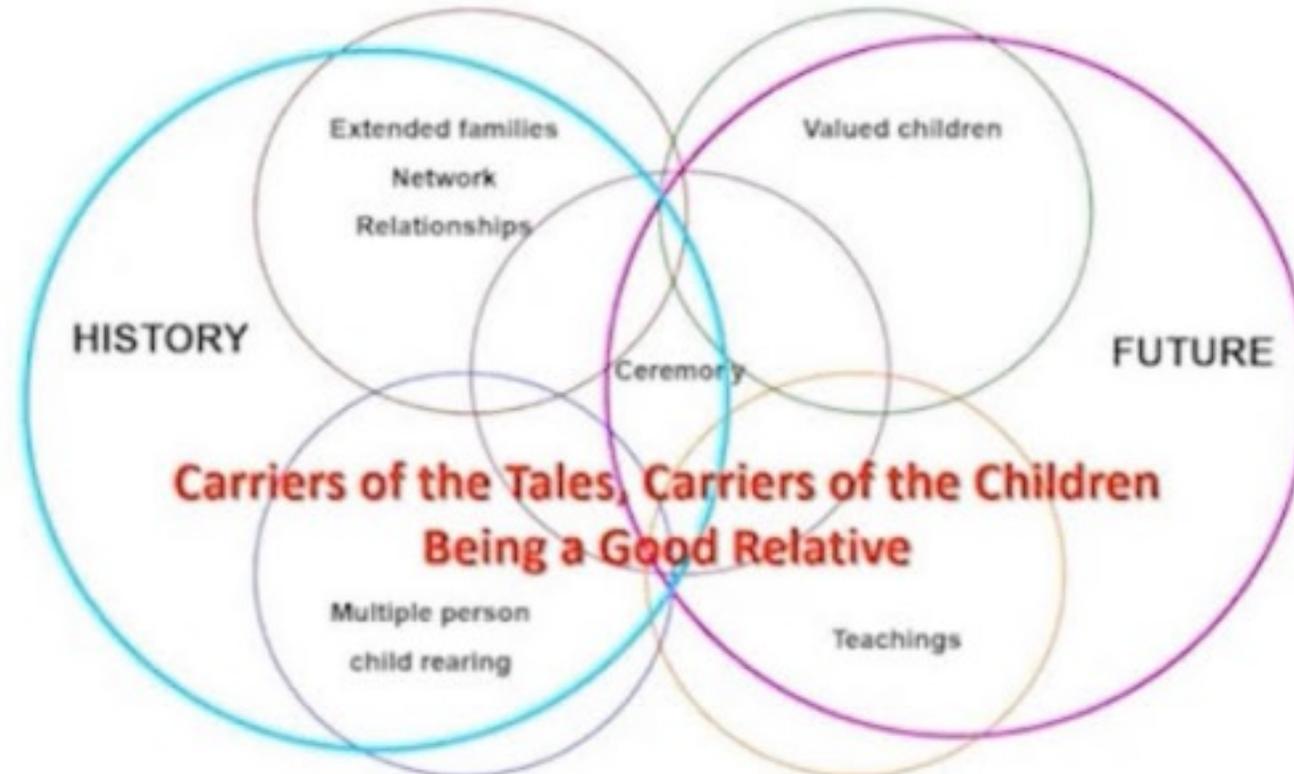
- Focus attention on learning
- No anger toward child for making mistake
- Recognize curiosity
- Make explanation about cause and effect
- Anticipate good outcomes
- Support creativity and imagination
- Have stories about child
- Model kindness and respect
- Listen to child

# Indigenous Reflections

Results of Fellowship Capstone to be completed by end March 2022

# Circle Theories

## Circle Theories



# Cultural Meaning Making – Our Children

## Integration of traditional relationship to children/childhood

- What meaning do we make when a new tribal member is born
- How do we invite that spirit into being
- What do we share about their belonging to tribe and place/land
- Who is promised to be there on this child's journey
- Wishes and hopes, holding curiosity about what might get in the way

## Create the baby's origin story and tell the child often

- Creates connectivity, a felt sense of safety in family, tribal members, land as medicine

# In the Circle Way: Teaching of the Spirit

Know that You are Sacred

Know that you are Honored

Know that you are Prayed for

Know that Others had offerings on your behalf

Know that you are Not Alone

Know that you were Known before you came to this place

Know that you have Choices

Know that you have a Name

Know that many know your Name

Know that when you reach, You are also reaching toward Others

# Restoration of Relationships

Build or restore “**reflective functioning**” to hold the basket well

- **Serve and Return**
  - Notice and share attention- **The serve, Return the serve, Give it a name, Take turns, Practice endings and beginnings** – Center for the Developing Child –Harvard
- **Restoring Co-regulation and 3X attunement**
  - Culturally therapeutics moments each day (Prayer, Meditation, Nature time)
  - Bruce Perry 6 Rs -- **Relational, Relevant, Rhythmic, Repetitive, Rewarding, Respectful**
- **Family Spirit program**
- **Minding the Baby**
- **CPP – Child Parent Psychotherapy**
- **Nature Therapy**
- **Brazelton Touchpoints** – Provider level intervention on approach and partnering

# As a parent I can...

- Greet my child each morning by name
- Have one family sit-down meal each day
- Read to my child each day
- Let my child hear me pray each day

Dr. Dolores Bigfoot, 2021



# Resources

## **More on Serve and Return**

<https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

## **More on Family Sprit program**

<https://www.jhsph.edu/research/affiliated-programs/family-spirit/>

## **More on Minding the Baby**

<https://medicine.yale.edu/childstudy/education/practitioner/mtb/>

## **More on CPP**

<https://childparentpsychotherapy.com/>

## **More on Brazelton Touchpoints**

<https://www.brazeltontouchpoints.org/>

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