



Mending the Hoop

Circles of Care, Sources of Strength,
Histories of Hope, Belief and Belonging

Indigenous Ways of Collaboration
in Behavioral Health

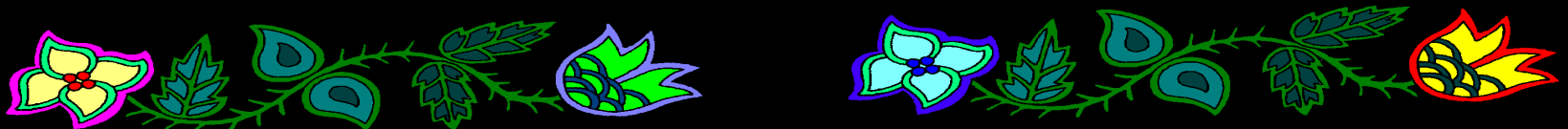


Trauma Informed

Please note that some of the information shared may be distressing or may trigger reminders or memories from your own history or experiences. Be a good relative to yourself by taking care of your heart and spirit in a good way. Decide what might be the best way for you to manage information that is distressing or to cope with your response.

Recognize that memories and events are buried in our DNA that sounds, visuals, smell, settings, reflections, and other input can bring these sometimes forgotten memories to the immediate surface. Sometimes unexpectedly and sometimes understandable given a story that might trigger a memory. Scott Momaday said we contain “racial memories,” others call it, “blood memories.”

We must take care of ourselves and each other in this work.





The Who and Why it Matters





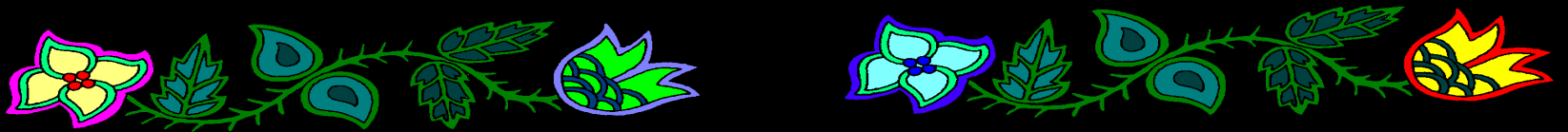
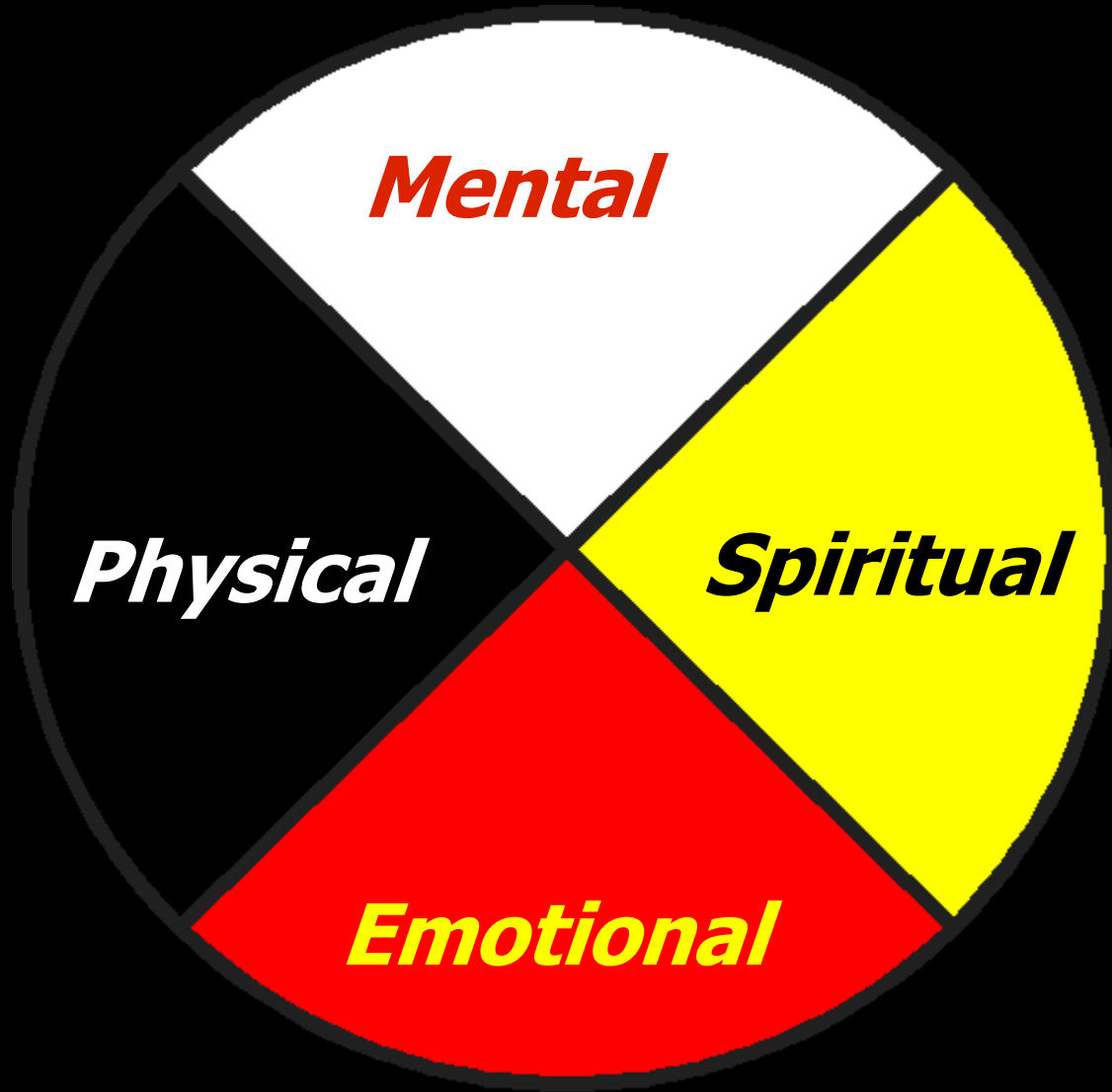
..... that trauma recovery is feeling safe in society, when in fact society is the source of trauma...

The somatics of social justice cannot be aimed at restoring the body to a state of homeostasis/neutrality. we must be careful of popular languaging such as the ‘regulation’ of nervous system & emotion, which implies the control and domination of mind over emotion & sensation because we are not, in the end, preparing the body to ‘return’ to the general safety of society (this would be gaslighting). We are preparing the body, essentially for struggle- training for better survival & the ability to experience joy in the midst of great danger...

in the cauldron of social justice healing praxis, we must aim for relationality that has the potential to generate social change...”

—Kai Cheng Thom





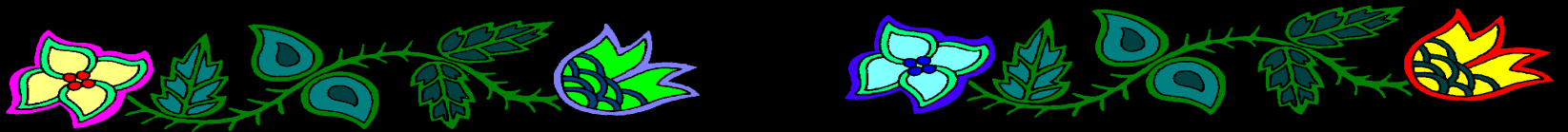
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1. Problem Solving
 2. Wisdom
 3. Reasons
 4. Independence

1. Practice
2. Potential
3. Consequences
4. Power/Control

1. Prevention
2. Leadership
3. Guidance
4. Belonging

1. Praise
2. Sensitivity
3. Teaching
4. Enjoyment





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