Beyond the Trauma: Healing and Recovery in Indian Country

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Pan American Health Organization/World Health Organization Meeting: Wellness, Suicide Prevention and Indigenous Experiences
Montreal, Canada
2017, October 25-26
Acknowledgements

- Youth
- Elders
- Tribal Leaders
- Tribal Scholars
- Non-Tribal Partners
- National Organizations
Science is finally catching up!
-Grandmas
Creating a Common Language

- Adverse Childhood Experiences Study
  - Number of types of trauma impacts health and life outcomes

http://www.acestudy.org
Ace Score
Sound Familiar?

Historical trauma, grief and loss

- Psychological wounding over the life span and across generations that are caused by traumatic experiences

- Defining Historical Trauma
- Measuring Historical Trauma
- Study of Epigenetics
Healing from Trauma

Every woman, man, and child....

- It takes all of us!
- Everyone is a part of the **solution**

It takes a *Trauma-informed system of care approach*
System of Care Framework

System of Care Framework (from Stroul, B. & Friedman, R. (1986 rev ed))
Successful Recovery Efforts in Indian Country

- Cultural Foundations
- Holistic Models
- Community-driven
- Youth Leadership
- Partnerships
- Indigenous Research and Evaluation
Where do we begin?

It starts with me!

- Recognize
- Acknowledge
- Forgive
- Change
- Give

The Wellbriety Journey to Forgiveness- Coyhis
Healing our Families

Project Making Medicine

- Honoring Children Series
  - Making Relatives
  - Respectful Ways
  - Mending the Circle
Healing Our Communities

Gathering of Native Americans (GONA)
- Raising Awareness
- Community Safe Space for Healing
- Strategic Planning
Healing our Governments

- Get back the mission
- Recognize trauma and colonization responses
- Return to indigenous methods and leadership
- Trust, Speak, Feel
- Be Sovereign


Lateralized Goodness
Maintaining Balance

- American Indian Life Skills
- Native HOPE
- Sons and Daughters of Tradition
- Gatekeepers
- Earth Programs
- Culture Programs
- Ceremonies
- Indigenous foods/medicine
- Volunteer programs
- Generational mentorship
- Recreation/Play
- Natural Helpers/Community Health Workers
Virtual Suicide Prevention
Gatekeeper Simulations

“It’s a really smart program that blew my mind.” Tribal School Social Worker

High School Teachers,
Native Teens, Law Enforcement Officers
Education and Advocacy
For What Works

- National and Regional Organizations
- Tribal Consultation and Committees
- Involvement in the Legislative Process
Contact for Resources

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