Beyond the Trauma: Healing, Balance, and Generosity

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Acknowledgements

- Fresno American Indian Health Project
- Tule River Tribe
Working Together

- Council/Administrators
- Helpers/Healers
- Elders
- Youth
- Family Members
- Researchers/Evaluators
Community-Based Participatory Research
Data is to be **locally owned** and used to improve community health and wellness

Indigenous right to **self-determination** will be respected

Evaluation process is built on **meaningful engagement** between research/community

Evaluation Team includes community members

Follows local **cultural codes of conduct**

Does not sensationalize problems and presents a **balanced view** (positive and negative)

Primary audience of research finding is the community
EmPOWERment

- Support Knowledge Gathering and Keeping
- Building Foundations upon Tribal Sovereignty
  - Moving research back to communities where the effects can be felt
  - Data with "Meaningful Use"
  - Improving knowledge sharing between communities and reducing the capitalism of knowledge
- Build local capacity for research/evaluation
- Using knowledge to build healthier communities
- Grows local workforce
Effects of Colonization and the movement to Decolonize

- Cultural breakdown
- Religious breakdown
- Economic breakdown
- Acculturation
- Dependence
- Control
- Power over
- Conquest
- Oppression
- Exploitation
- Disease

- Cultural Revolution of Youth
- Bringing back/sustaining ceremonies
- Tribal Economic Development
- Cultural Restoration/Preservation
- Inter-dependence
- Equality
- Power together
- Self-Determination
- Human Rights
- Freedom, Justice
- Wellness
Recovery Efforts in Indian Country

- Cultural Foundations
- Holistic Models
- Integrated Care
- Strength-based
- Youth Voice/Vision
- Family Driven
- Partnerships
Strengths of Tribal Communities

- Culture and Spirituality
- Healing practices
- Humor
- Relational beliefs
- Extended family networks
- Natural respite care and support services
- Oral Communication
- Youth
- Elders
Where do we begin?

- It starts with me
  - Recognize
  - Acknowledge
  - Forgive
  - Change
  - Give

- The Wellbriety Journey to Forgiveness- Coyhis
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
Healing Our Communities

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

- Project Making Medicine
- Honoring Children Series
  - Making Relatives
  - Respectful Ways
  - Mending the Circle
Maintaining Balance

- American Indian Life Skills
- Project Venture
- Sons and Daughters of Tradition
- Gatekeepers
- Earth Programs
- Culture Programs

- Ceremonies
- Indigenous foods/medicine
- Volunteer programs
- Generational mentorship
- Recreation/Play
- Action for Happiness
Putting it all together

- Healing
- Balance
- Generosity
Contact

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