Native Spirituality: Creating Time and Space for Trauma Recovery and Wellness

July 29, 2021
Noon – 1:15 EST

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New England MHTTC Tribal Behavioral Health
OUR TEAM

Yale Program for Recovery and Community Health in partnership with:

• C4 Innovations
• Harvard University Department of Psychiatry
• Center for Educational Improvement
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At the time of this presentation, Miriam Delphin-Rittmon, Ph.D., was Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The New England MHTTC is a culturally responsive organization committed to advancing health equity so that everyone has a fair and just opportunity to be as healthy as possible.

To ensure the responsiveness of our work, we actively develop and maintain a network of government officials, policy makers, system leaders, administrators, community stakeholders, providers, researchers, and individuals and families from each of the six states in the New England region to guide our activities.

Our specific outreach to individuals and communities of Black, Indigenous, and People of Color (BIPOC) is a proactive effort to amplify the voices and perspectives of people with lived experience to ensure equitable outcomes for all individuals and communities.
Indigenous Land Acknowledgement

We respectfully acknowledge that we stand on territories where Indigenous nations and Tribal groups are traditional stewards of the land.

Please join us in supporting efforts to affirm Tribal sovereignty, and always displaying respect and gratitude for Indigenous people.

We honor and recognize the original peoples of this land. We understand our healing is interconnected as we work to support and uplift our collective communities.
Purpose of Today’s Gathering

• Honor tribal health care providers
• Acknowledge loss, grief and anxiety
• Explore role of Native spirituality in trauma recovery and wellness
• Share traditional ways of coping and regaining balance
• Experience joy in Native song, dance and language as healing tools
Opening Prayer

Healing Waters Jennifer Harding, Herring Pond Wampanoag
Puyôhtam8wôk wuchee aseeâhqôpakeesh
(A Prayer for Every Time)

Manut kah Neekônâhucheeek
(Creator and Ancestors)

Kutâputunumuw wuchee wamee tyâqasuneesh.
(I thank you for all things.)

Kutâputunumuw wuchee keesuq.
(I thank you for the sky.)

Kutâputunumuw wuchee anaquuhsak.
(I thank you for the stars.)

Kutâputunumuw wuchee ahkee.
(I thank you for the land.)
Kutâputunumuw wuchee seep8ash.
(I thank you for the rivers.)

Kutâputunumuw wuchee kutahanash.
(I thank you for the oceans.)

Kutâputunumuw wuchee wamee awaâhsak.
(I thank you for all creatures.)

Kutâputunumuw wuchee wamee nâtôquhsak.
(I thank you for all of my relations.)

Anunumâuneân nâmunat weepêe wuneekuk.
(Help us to see only what is good.)

Anunumâuneân useenât weepêe sôpwâk.
(Help us to do only what is right.)

Hô.
(It is done.)
Today’s Sharing: Insights and Perspectives on Native Spirituality, Trauma Recovery, and Wellness

Panel Members

- Chief Malerba, Mohegan Tribe
- Jennifer Harding, Herring Pond Wampanoag Tribe
- Mike Duncan, Native Dads Network
Marilynn “Lynn” Malerba, D.N.P., M.P.A.

Chief of the Mohegan Tribe
Former Tribal Council Chairwoman, Executive Director of Health and Human Services
Career registered nurse, ultimately as the Director of Cardiology and Pulmonary Services at Lawrence + Memorial Hospital
Doctorate of nursing practice from Yale University
Mohegan Vision
Statement

We are the Wolf People, children of Mundu a part of the Tree of Life

Our ancestors form our roots, our living tribe is the trunk, our grandchildren are the buds of our future.

We remember and teach the stories of our ancestors. We watch. We listen. We learn.

We respect Mother Earth, our Elders and all that comes from Mundu.

We are willing to break arrows of peace to heal old and new wounds. We acknowledge and learn from our mistakes.

We walk as a single spirit on the Trail of Life. We are guided by thirteen generations past and responsible to thirteen generations to come.

We survive as a nation guided by the wisdom of our past. Our circular trail returns us to wholeness as a people.

Ni Ya Yo
Healing Waters
Jennifer Harding

Herring Pond Wampanoag Tribal Council member

Tribal Health and Wellness Nurse

Wampanoag Language Reclamation leadership

Traditional Ecological Knowledge for tribal youth

Homeschools daughters and runs their family farm
Herring Pond Wampanoag Tribal Meetinghouse, Plymouth, Massachusetts
Mike Duncan
Maidu/ Wailaki / Wintun and Western Band Shoshone

Founder and CEO of Native Dads Network

Created network of Fatherhood and Motherhood groups in Northern California

Indigenous traditions used to overcome addiction, improve relationships, and become better parents

Encourages participants to learn more about their own tribes and connect with their roots through prayer and ceremony
Native Spirituality:

Trauma Recovery and Wellness

• Lessons heard

• Regaining our balance – today, tomorrow and days after
Honoring You
Restoring Balance
Today’s Tribal Resources

- Today’s Tribal Video: “Why”
  https://www.dropbox.com/s/z1bi0dipa911et9/Supaman%20Why.mp4?dl=0

- Native Dads Network
  www.nativedadsnetwork.org

- Terry Cross/NICWA podcast (Jan. 11, 2021): Intentional Resilience
  https://thinkt3.libsyn.com

- White Bison Wellbriety
  www.wellbriety.com

- Native Wellness Institute
  www.nativewellness.com

- Native American Music Awards
  www.nativeamericanmusicawards.com/
Next Steps . . .

Last Thursday of Month

- August 26, 2021
  Noon-1:00 EST

- September 30, 2021
  Noon-1:00 EST

- October 28, 2021
  Noon-1:00 EST
Questions?

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