



# **Native Medicine: Cultivating Mental Health Resilience and Deep Rooted Vitality for AI/AN Youth Session 4**

**July 26, 2022**

**2-3:30pm CST**

**IOWA**

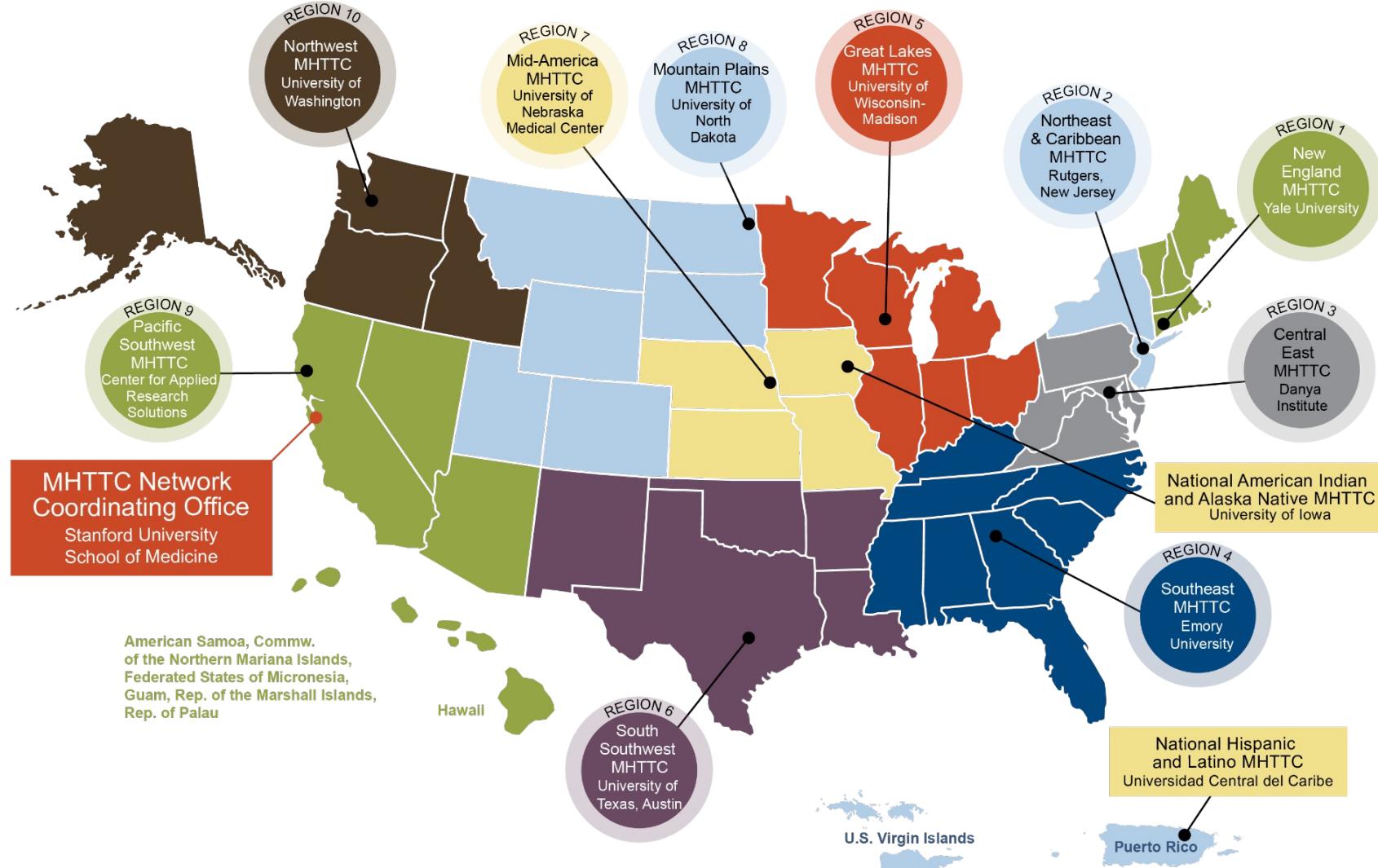
**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



# American Indian & Alaska Native Mental Health Technology Transfer Center

## K-12 School Mental Health Supplement Project



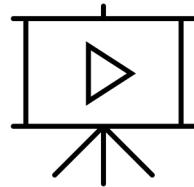
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The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

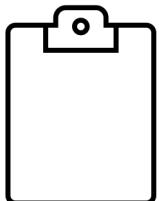
The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

# Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweaake, Keely Driscoll, Meskwaki and Winnebago Nations

Keokuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki Nation



# PTTC Program Coordinator Program Manager

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**Dr. Allison Baez**, Tap Pilam Coahuiltecan Nation. For over 25 years her focus has been on students' and their families' academic success. Dr. Baez shares her expertise that implements the best practices from a Native cultural lens intended to strengthen and empower individuals, families, and communities. Through collaborative efforts she applies culturally responsive approaches and methodologies to serve Indigenous populations. She received her PhD from the University of the Incarnate Word in San Antonio, TX.



## MHTTC Program Manager

**Megan Dotson**, BA, Program Manager for the National American Indian and Alaska Native MHTTC. Megan earned her degree at the University of Iowa majoring in Sociology and minoring in Community Corrections and Criminal Justice. She has worked on several different grant programs throughout her 19 years with Iowa.

# Today's Speaker

Join us to activate (y)our full presence, power, and resilience. We will be guided by Gera Marin, a Traditional Healing Arts Practitioner, Sacred Runner (Chaski), urban farmer, and coach, in a series of sessions where he will share techniques to generate emotional stability amidst the storms. Whether you are an educator, parent, organizer, or tribal leader, this series will support you with physical and mental fitness tools to assist you in sustaining your highest potentials in service of AI/AN youth communities.

Through a combination of guided movement, mindfulness practices, and neurolinguistic reconditioning, participants will release self-limiting thought patterns inflicted by the colonial capitalistic dominant society and restore their innate resilience.

This series is designed to lovingly support and create a space for those who serve in inequitable and challenging conditions, a space for you to regenerate while reinvigorating your personal practices/routines.

Gerardo Omar Marín “GeRa”, is Indigenous/Chichimecatl, Ashkenazi, & Spanish descent. He is a passionate (**JEDI**) Justice, Equity, Diversity, & Inclusion facilitator, Thriving Teams Consultant, Traditional Mexican Healing Arts Practitioner and Deep Fulfillment Coach rooted in interfaith values of love, compassion, determination, and service. He is based in San Antonio, TX (Yanaguana/Somi-Sek) where he serves community-led organizations, youth empowerment networks, leaders, and mission-driven businesses to achieve success on their highest terms.



# **Native Medicine**

## **Cultivating Mental Health Resilience &**

## **Deep Rooted Vitality**



**From surviving to flourishing  
in harsh environments**

Welcome!

You are a gift, you are sacred

Taking care of you contributes to bringing back  
wholeness to our Mother Earth and her beings



You are a blessing



Do not let any colonizer text get in the way of that  
knowing

# Goals for today:



- increase compassionate self awareness
- recharge your system with Non Sleep Deep Rest
- strengthen breathing techniques to balance energy
- recommit to harmonizing your energy often
- harvest practices to share with young people and peers

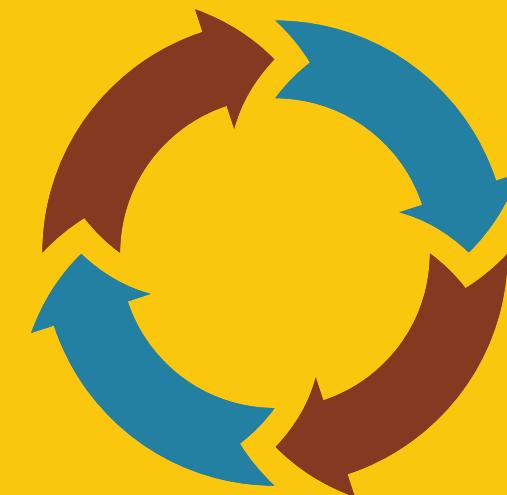


Gera Omar Marin  
Yanaguana (San Antonio TX)  
Chaski prayer runner, educator, coach  
urban farmer, healing artist



# You are invited to participate fully

This is an interactive class where you will learn and grow through trial, practice, and integrating with others



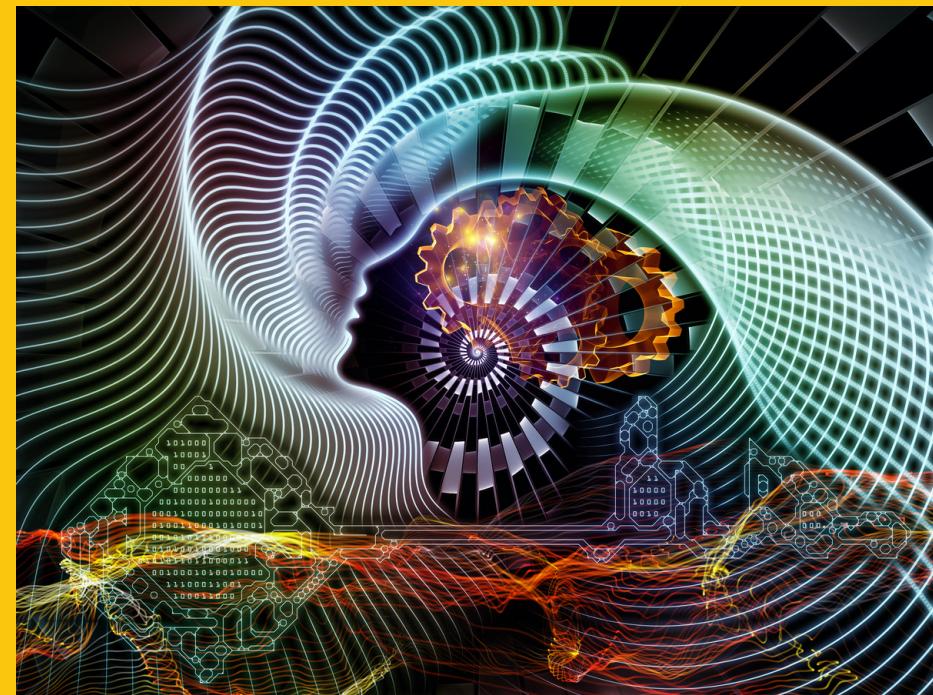
others



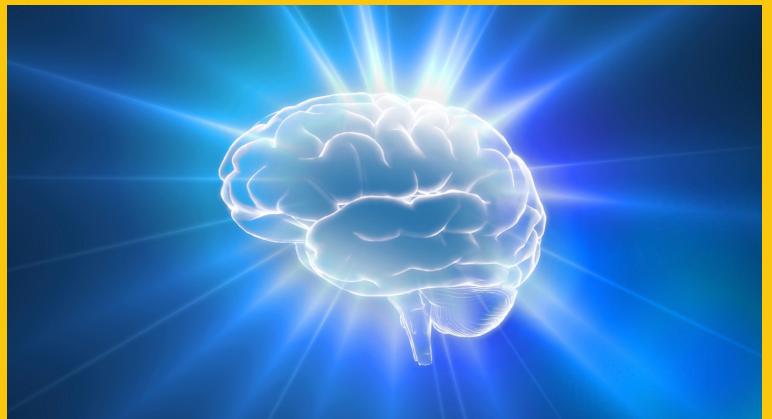
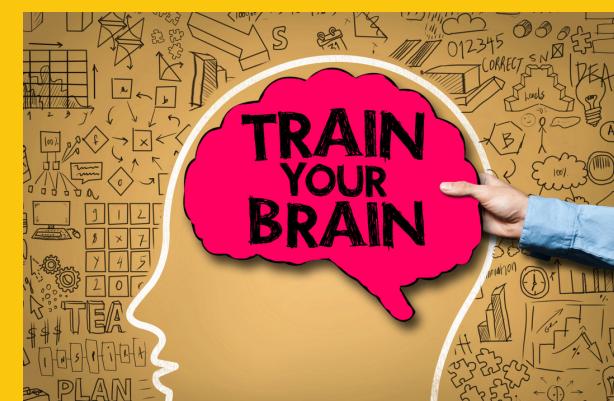
Give yourself the gift of doing one thing at a time

Please be ready to do standing activites and connect in small groups for short pair activity

# **Mind** -our awareness, perception, higher order thinking



# **Brain** -the physical organ that changes its structure and function according to what our mind perceives are our needs





# Nervous System

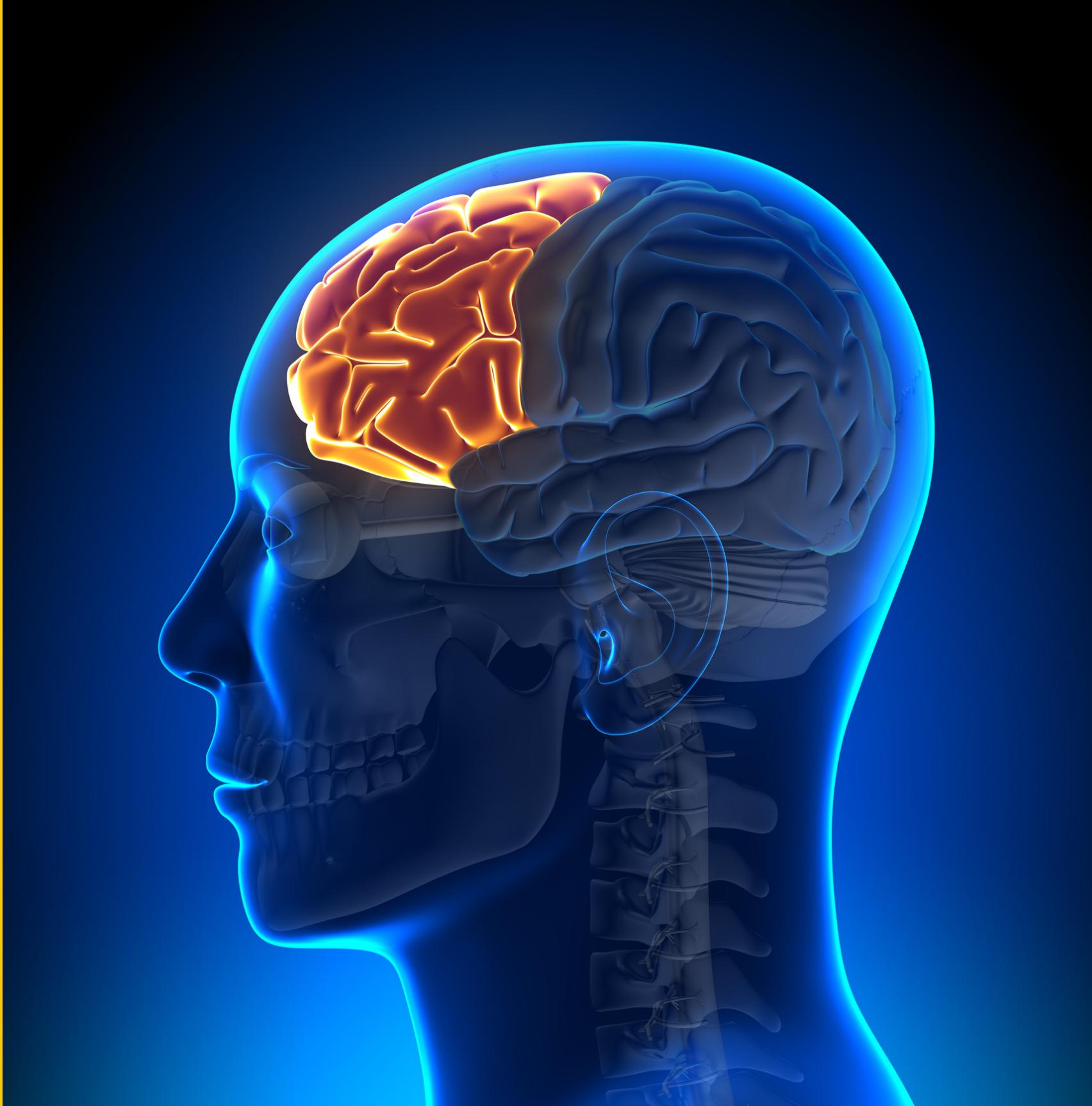


**negative thinking, internalized  
shame/hate  
dampens and short circuits the  
brain**

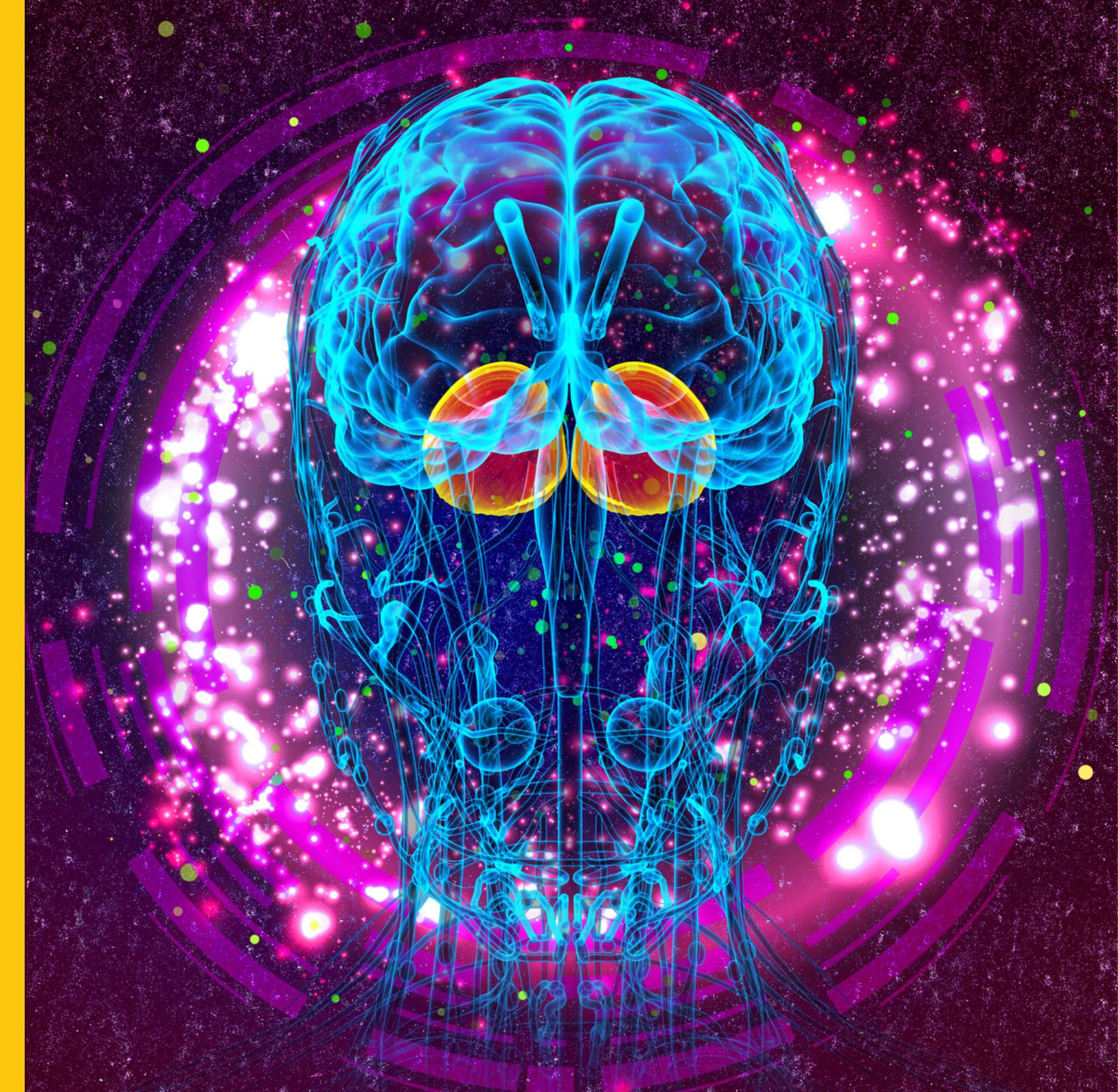
**Increases susceptibility to stresses  
and aggressions that capitalistic  
colonial systems inflict**



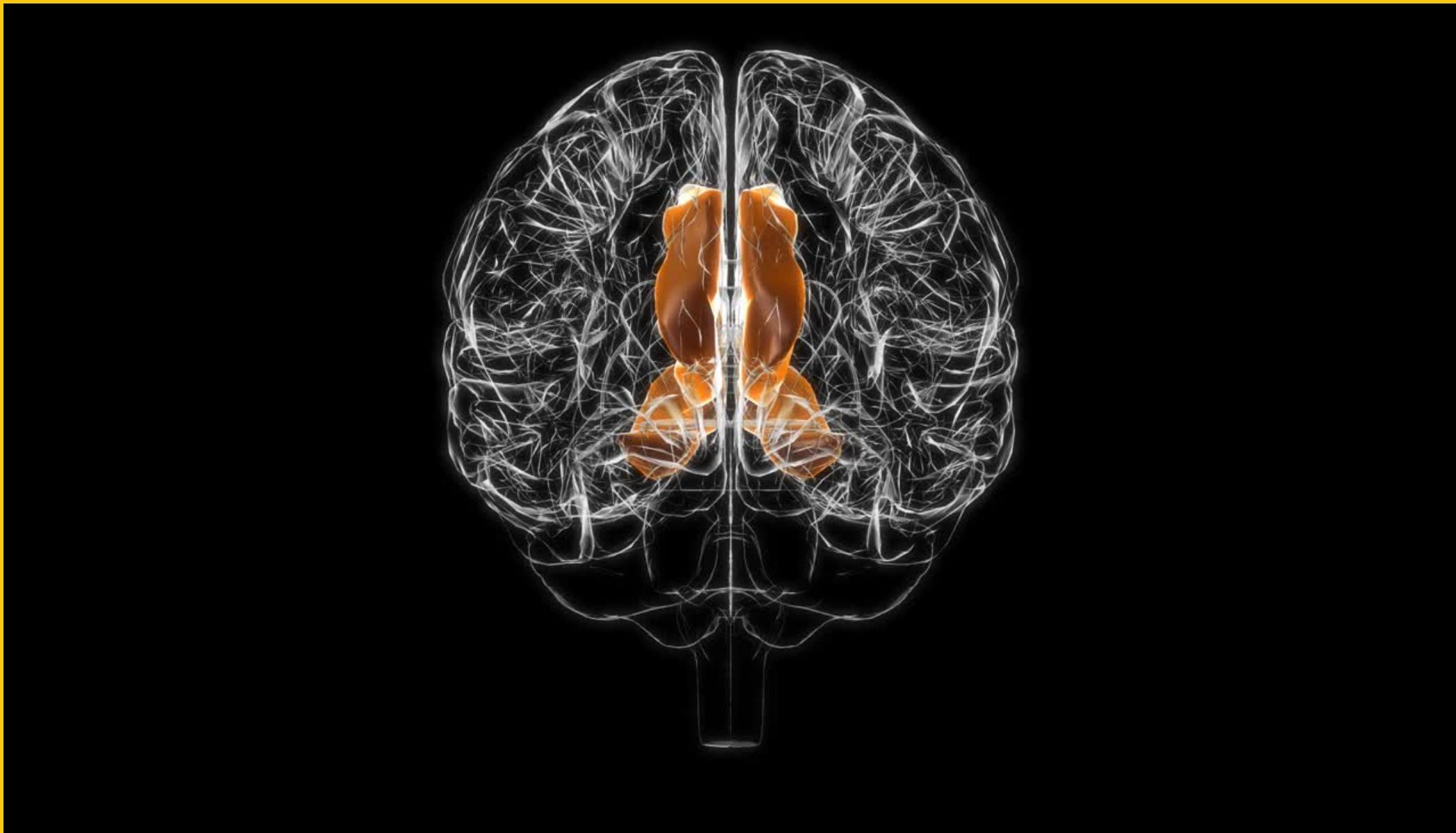
Prefrontal Cortex 15 million years



Amygdala/Reptilian 450 million years



# **Networks in charge of compassion, self awareness, emotional intelligence**



Limbic System, Frontal Cortex & Anterior Singulate





**From Neurodecolonization**

to

**ReIndiginization**

to

**ReHarmonization**



**Neurodecolonization** ... delete old ineffective brain networks that support destructive thoughts feelings and memories associated with colonial oppressions and encourage growth new abilities to courageously engage in overcoming oppression and cultivate the creativity to change it. \*Michael Yellowbird & Waziyatawin

# **Replace weeds with potent seeds**

## **Exercise:**

1. What is one story you are willing to let go of?
2. What do you replace it with?



# **Moving away from Negativity bias (survival mechanism)**

Dance, Prayer, Ceremony  
Play

Positive Speech to self and to others

Self Awareness Meditation and Walking

Thinking about what you appreciate, what is going well

Being in nature

Music play and listening

Doodling, Drawing, Crafting

Volunteering, being helpful, showing up for others

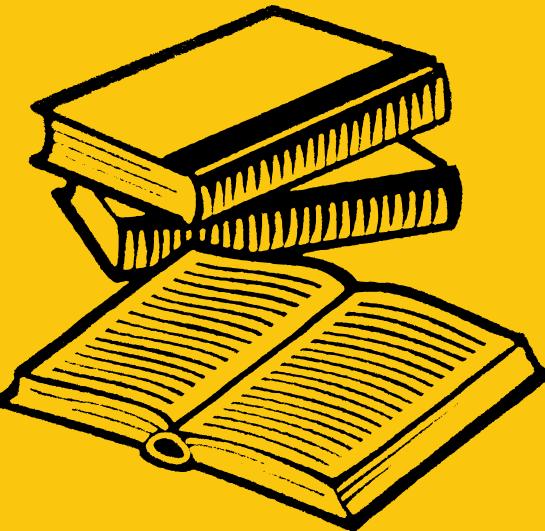
# Contextual Element:

The field we are in has been contaminated and until there is justice and repair, we have to do extra to heal and strengthen



Intergenerational Trauma  
as a result of **colonization** and  
internalized hate/oppression that embedded in minds

# References



**Sachs, Stephen, and Phyllis M. Gagnier. Current Development on the Path of an Indigenous Education. Recreating the Circle: The Renewal of American Indian Self Determination Ed. Ladonna Harris 344-378. Albq. UNM Press, 2011**

**Waziyatawin and Yellow Bird, Dr. Michael. A decolonization handbook for Indigenous eyes only School for Advanced Research Press 2012. 17-20, 123-156**

**Natalie L. Marchant et al., « Repetitive Negative Thinking is Associated with Amyloid, Tau, and Cognitive Decline, " Alzheimer's and Dementia no. 7 (June 7, 2020): 1054-1064**

**James B. Weaver et al., « Health-Risk Correlates of Video-Game Playing" American Journal of Preventive Medicine 37, no. 4 (October 2009): 299-305**

**Daniel G. Amen, Change Your Brain, Change your Life, rev.ed. (New York: Harmony Books, 2015) 1109-117**

# Integration Worksheet

Please print or write by hand  
on your own paper

**When I observe negative or self limiting thoughts inside of me,**

What I can do with my **body** to shift my state of mind is \_\_\_\_\_.

What I **can tell myself instead** is \_\_\_\_\_.



To balance my and the student's neurodecolonization process with re-indigenization activity,  
I will incorporate more \_\_\_\_\_ and \_\_\_\_\_ in my routines/or classes.

To support thinking, responding, and interacting from my best place, I will build a habit of breathing  
through my \_\_\_\_\_ and filling my \_\_\_\_\_.

The ways in which I will benefit from the awareness and practice of  
mindfulness (being present with my senses) are \_\_\_\_\_ & \_\_\_\_\_.

The other shifts that I can make personally to emit a vibration to my students/peers that is welcoming,  
safe, and encouraging is \_\_\_\_\_. (\*remembering, how others pick up on our energy)



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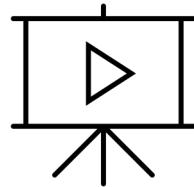
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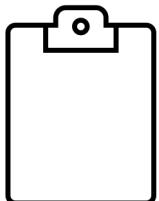
Questions or  
Comments?  
Stories?

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# About National AI/AN PTTC & MHTTC

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