



Self-Help and Self-Care Resources for Native Americans and Alaska Natives

The National American Indian and Alaska Native MHTTC is currently hosting a trauma informed therapy series over the next several months, which contains self-help/self-care information throughout. Please see links below for the upcoming webinars:

<https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/event/trauma-informed-therapy-part-3>

<https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/event/trauma-informed-therapy-part-4>

<https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/event/trauma-informed-therapy-part-5>

Please see the following link for recordings for parts 1 & 2 of the series:

<https://www.youtube.com/playlist?list=PLqOuj6iPb0UBAd8fugvvWjmEEhPrHbP6>

Personal remarks from Avis Garcia, PhD, LAT, LPC, NCC, Northern Arapaho:

“Attached is the overall summary of the Trauma series. The Human trafficking was added upon participants request. I will take the time to focus on some self-care in every session, as it is vital as helpers to take care of ourselves with this type of work. I do have a few presentations on self-care that I could provide.

“I do know that recent research has shown that addicts and mental health concerns have been exacerbated, and those with trauma issues have regressed. As a certified trauma professional, I have heard so many people saying that they are having sleep problems and bizarre dreams. I can honestly say it has been stressful as a therapist in my workplace, as well as my staff. That my last directors meeting focused on the state cover funds being used to provide self-care to all our counseling staff, and we are making plans to do wellness presentations in the community for all the necessary workers in our community.

“My goals and outcomes for this series is to increase awareness of trauma informed counselors across Indian country, and provide some basic skills to improve ability and competence in providing trauma-informed care. Personally I made the connection to trauma from my work with addictions over the last few decades. Because of this request I will be more mindful of the self-care aspect of trauma work.



“Self-Care:

In addition to training self-care is an approach that not only supports the trauma counselors to cope with compassion or emotional fatigue, but also serves as a proactive means to prepare counselors for potential risk of injury. Counselors must learn about the meaning of self-care, and incorporate personal and professional self-care is the central means that helps counselors thwart compassion fatigue.

“Personal self-care skills include healthy personal habits, attention to relationships, recreational activities, and self-exploration and awareness.

Some examples of personal self-care activities are physical exercises, massage therapy, balanced diet, sufficient sleep, movies and concerts. Times spent on artwork, social events and traveling are equally important (with caution to COVID-19 mask wearing, hand-washing and social distancing). Professional self-care skills include continuing education, consultation and supervision, networking, and stress management strategies. In addition, counselors must strive to balance workload and work hours, pace client meetings and the day to allow for breaks, integrate reflection into the day, and take time off for vacations. Understanding and complying with ethics code suggest counselors’ honesty to clients and themselves. Counselors’ self-care behaviors are related to their work and their relationship with clients in a very elemental way.

“Engaging in work that exceeds one’s physical and emotional capacity is a disservice to clients. Seeing too many clients with devastating issues within a short period can lead to burnout and compassion fatigue. For counselors working at agencies where cases are assigned to them, it is both their responsibility and that of the organization to recognize the point when “enough is enough.” Counselors have the ethical responsibility to advocate for their own health and functionality and to decline assigned workloads that they realize are beyond their limits. They can model self-care only when they are able to demonstrate to clients that they safeguard their own well-being. It is also important that counselors do not deny stress. Knowing that stress is part of their lives, counselors must develop an accepting attitude toward it. Avoiding and limiting emotional fatigue in their own lives allow them to live out the self-care, and readers should reflect upon the personal questions listed below to better assess their current readiness for trauma and disaster work.

“Questions for Personal Reflection Before Responding to Trauma or Disaster:

1. Why am I interested in trauma or disaster response work?
2. How would my responding affect those around me?
3. What strengths do I bring as a responder?
4. What liabilities do I have as a responder?
5. After personal reflection, what state or type of trauma or disaster response best fits my unique profile of personal and professional characteristics, and still fulfills my healthy humanitarian impulse to help?
6. What activities, learning, or counseling do I need to undertake to either improve or maintain my capabilities to respond? Now? While engaged in response work?

I will make note to include more self-care information in every presentation of this trauma-informed care series.”



Resources:

<https://www.youtube.com/channel/UCgqI2Ma-kcD9caCrXISHQ4Q>

<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

<https://pin.it/5Criicc>

<https://pin.it/2jGq2Px>

<https://pin.it/4VEeQeh>

<https://pin.it/1iKtjhh>

<https://www.arkbh.com/covid-19-resources/>

<https://mhttcnetwork.org/centers/global-mhttc/training-and-events-calendar?center=30>

<https://youtu.be/7EX1Xnvvk5c>

<https://youtu.be/EEauOjtljg>

Building Resilience in Our Patients, Communities, and Ourselves in a Time of COV

<https://www.youtube.com/watch?v=AHdml43Qogw&t=3s>

Wellness Series session 1 Self Care for Providers 0

<https://www.youtube.com/watch?v=vqSZllsfqjQ>

Wellness Series Part 2: Coping with Grief

<https://www.youtube.com/watch?v=1L0TpyJsZ3U>

Wellness Series Part 3: Managing Stress

https://www.youtube.com/watch?v=S0may_TOEo

Wellness Series Part 4 Resilience and Review

<https://www.youtube.com/watch?v=TQrC5NVJl94>

Practicing Self Care in the Helping Professions

<https://www.youtube.com/watch?v=YaYmkQ1M6Lw>

[Healthcare Provider Story .mp4](#)

Avis Garcia, PhD, LAT, LPC, NCC, Northern Arapaho

Megan Dotson, BA, Program Manager

Natasha Peterson, BS, Communications Coordinator