

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

**July 29, 2021**

**Noon – 1:15 EST**

*Holly Echo-Hawk (Pawnee), Facilitator*

*New England MHTTC Tribal Behavioral Health*



New England (HHS Region 1)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# OUR TEAM

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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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## **Our Strategic Outreach Initiative**

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

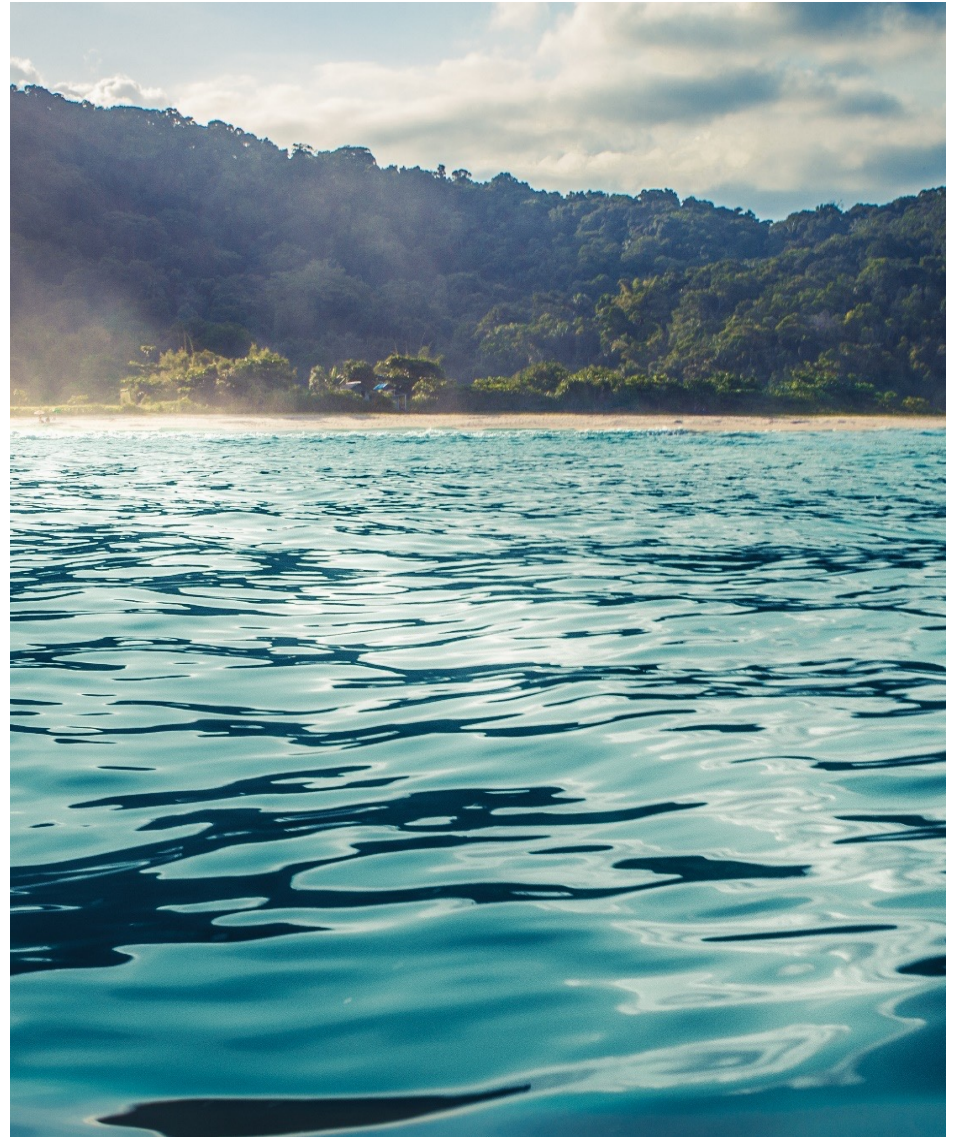
We respectfully acknowledge that we stand on territories where Indigenous nations and Tribal groups are traditional stewards of the land.

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 Neekônâhucpeek**

(Creator and Ancestors)

**Kutâputunumu wuchee wamee tyâqasuneesh.**

(I thank you for all things.)

**Kutâputunumu wuchee keesuq.**

(I thank you for the sky.)

**Kutâputunumu wuchee anaquhsak.**

(I thank you for the stars.)

**Kutâputunumu wuchee ahkee.**

(I thank you for the land.)



**Kutâputunumu wuchee seep8ash.**

(I thank you for the rivers.)

**Kutâputunumu wuchee kutahanash.**

(I thank you for the oceans.)

**Kutâputunumu wuchee wamee awaâhsak.**

(I thank you for all creatures.)

**Kutâputunumu wuchee wamee nâtôquhsak.**

(I thank you for all of my relations.)

**Anunumâuneân nâmunat weepée wuneekek.**

(Help us to see only what is good.)

**Anunumâuneân useenât weepée 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



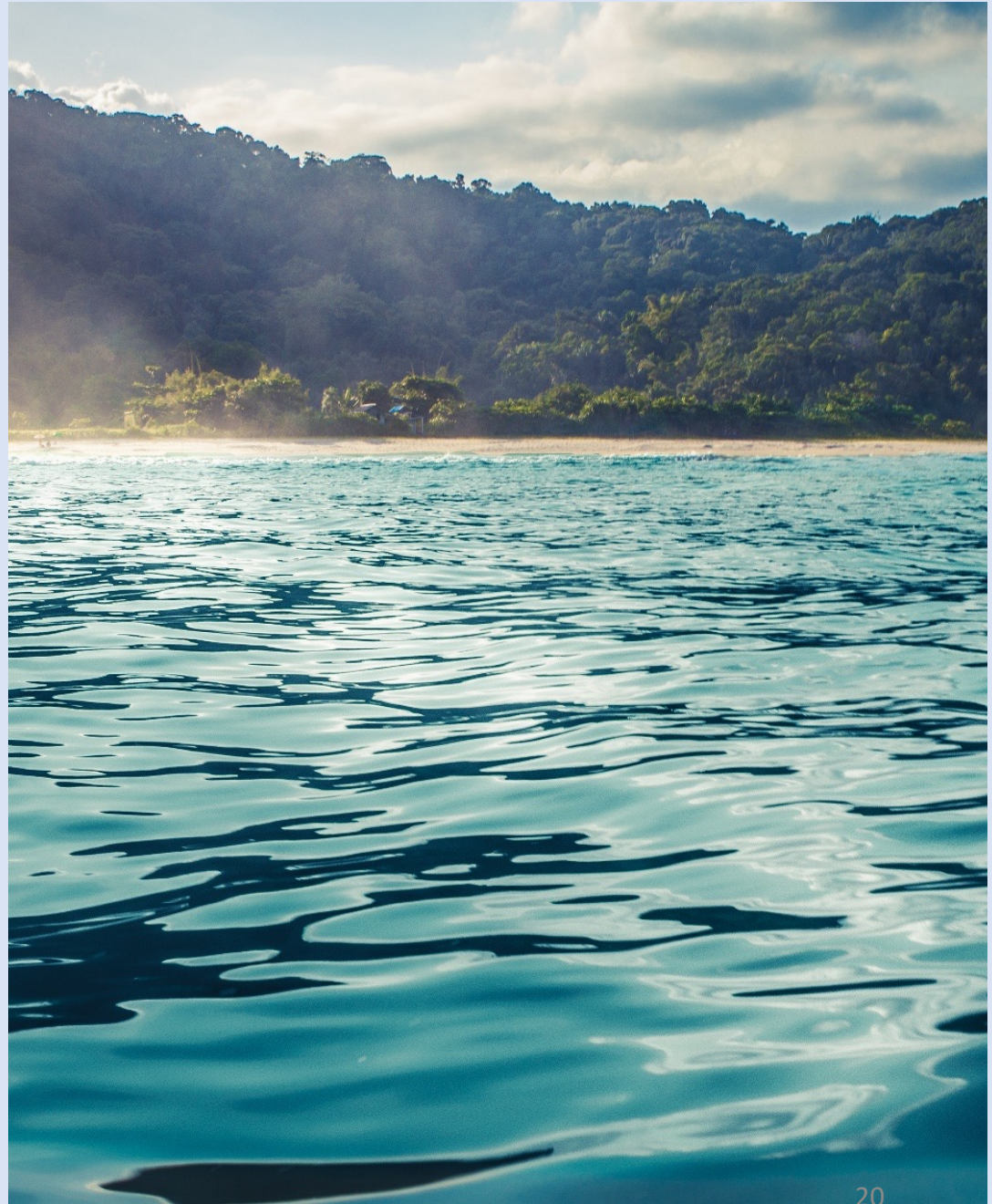




# Native Spirituality:

## Trauma Recovery and Wellness

- Lessons heard
- Regaining our balance – today, tomorrow and days after



Honoring  
You

Restoring  
Balance





# Today's Tribal Resources

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- **Today's Tribal Video: "Why"**  
<https://www.dropbox.com/s/z1bi0dipaq11et9/Supaman%20Why.mp4?dl=0>
- **Native Dads Network**  
[www.nativedadsnetwork.org](http://www.nativedadsnetwork.org)
- **Terry Cross/NICWA** podcast (Jan. 11, 2021): Intentional Resilience <https://thinkt3.libsyn.com>
- **White Bison Wellbriety** [www.wellbriety.com](http://www.wellbriety.com)
- **Native Wellness Institute**  
[www.nativewellness.com](http://www.nativewellness.com)
- **Native American Music Awards**  
[www.nativeamericanmusicawards.com/](http://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?

**Holly Echo-Hawk, MSc**

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