

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

August 26, 2021

Noon – 1:00 EST

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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



New England MHTTC 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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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.

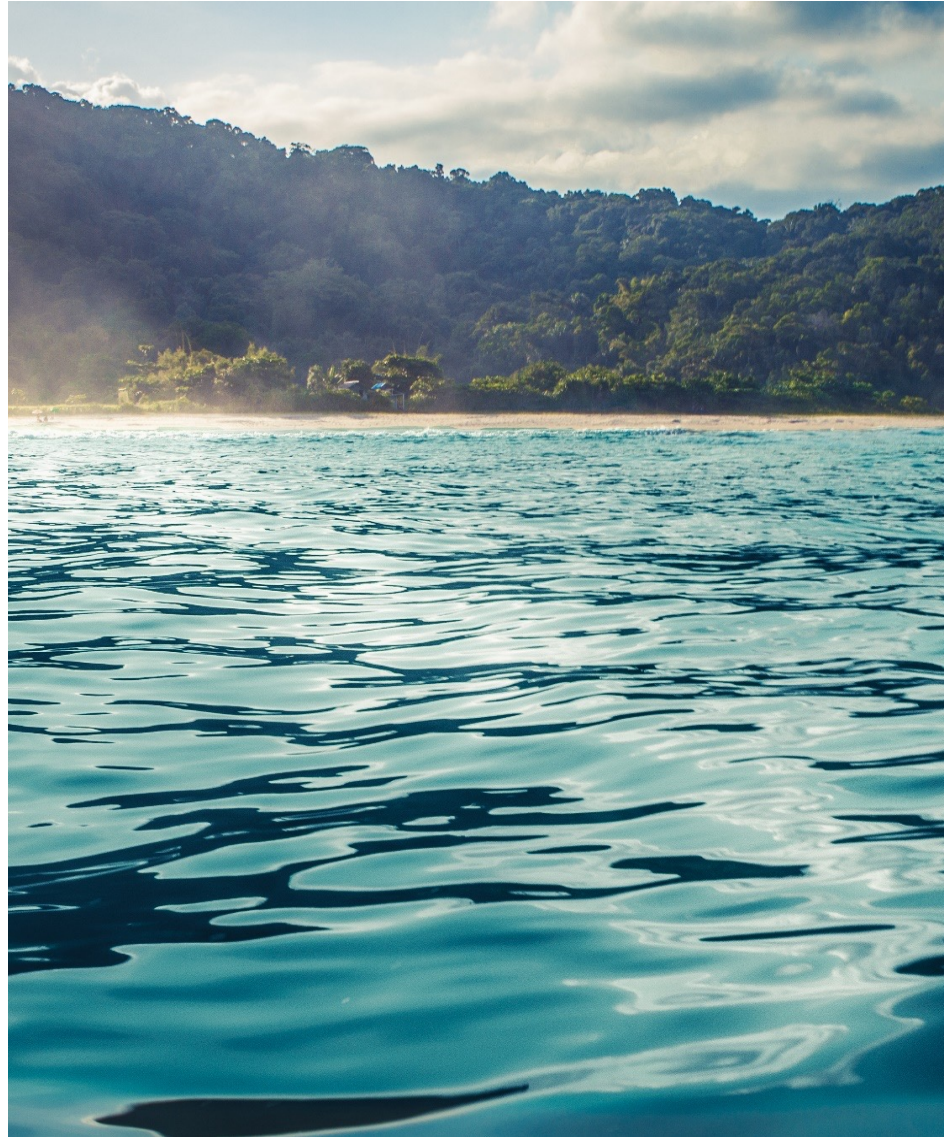
To ensure the responsiveness of our work, we actively develop and maintain a network of government officials, policy makers, system leaders, administrators, community stakeholders, providers, researchers, and individuals and families from each of the six states in the New England region to guide our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



Purpose of 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



Cultural Opening: Warriors Prayer

Performer: Nakoa Heavy Runner

Nakoa HeavyRunner is an Assiniboine/Blackfeet Native from Fort Belknap Indian Reservation in North Central Montana. Nakoa has been composing his own music since the age of 14 and released his first album in 2003. Since that time he has released over 16 albums of his own.

Nakoa started by producing his own music and over the years has worked with and produced some of the top Indigenous recording artists throughout North America.

<https://www.youtube.com/watch?v=mu9928h4hBs>

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.



Creating Time and Space: Sharing experiences of resilience and re-balance

Lending support: What helps you re-balance?

Human

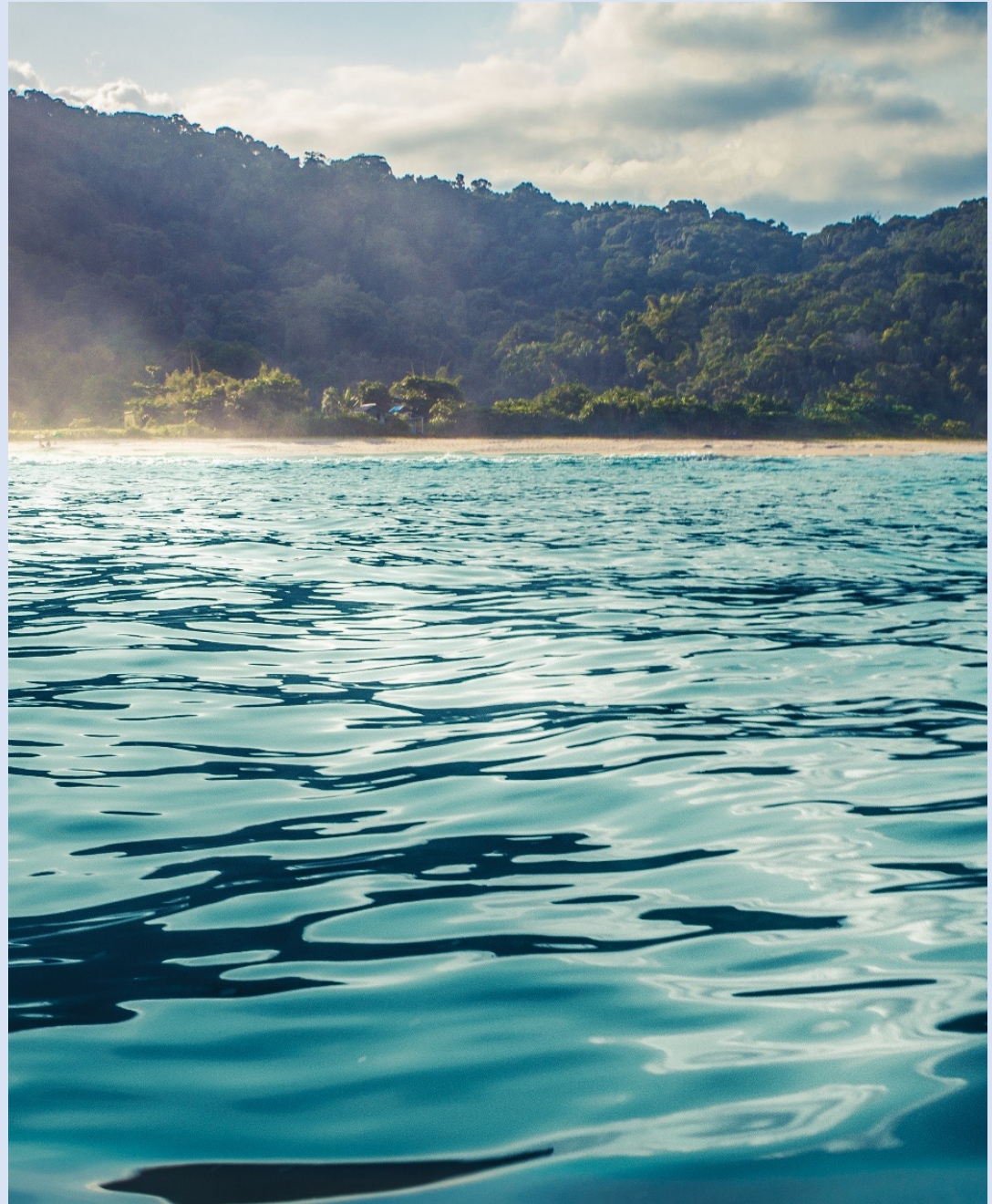
Performer: Twin Flames

Indigenous artists Twin Flames Build bridges across cultures, continents, and styles. The husband and wife duo of Chelsey June, métis (Algonquin Cree) from Ottawa, and Jaaji, Inuk and Mohawk from Nunavik, are long celebrated for their sonic landscapes spanning Canada and the Arctic, and honouring their ancestors through song in English, Inuttitut and French. 2x Canadian Folk Music Award recipients for Aboriginal Songwriters of the year and 3x Native American Music Award winners and most recently 3X Winners for the Inaugural Summer Solstice Indigenous Music Awards. Their songs tell stories of courage and survival.

<https://www.youtube.com/watch?v=gMLLz8MIKGI>

Trauma Recovery and Wellness

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



Honoring
You

I Matter.
You Matter.
We Matter.

*Spoken Word
Poetry*



I Matter. You Matter. WE MATTER.

Spoken word poetry “Darling”

Author and performer: T’áncháy Redvers

T’áncháy Redvers [they/she] is a Dene/Métis two-spirit social justice warrior, writer, creator, trained facilitator, and multidisciplinary performer belonging to Deninu K’ue First Nation in Treaty 8 territory.

With a Master of Indigenous Social Work, nationally and internationally recognized and featured in the Toronto Star, BuzzFeed, Globe, TEDx, and more. In 2016, T’áncháy and their brother founded [We Matter](#), a national Indigenous youth-led multi-media campaign and non-profit dedicated to Indigenous youth hope, support and life promotion. We Matter has become an international model for Indigenous youth life promotion efforts,

["You Matter" Spoken Word Poem - Tunchai Redvers - YouTube](#)

Today's Native Videos & Wellness Resource

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- **Warriors Prayer by Nakoa Heavy Runner**
 - <https://www.youtube.com/watch?v=mu9928h4hBs>
 - **Human by Twin Flames at** <https://www.youtube.com/watch?v=gMLLz8MIKGI>
 - **Spoken word poetry, “Darling” by Tunchai Redvers at** ["You Matter" Spoken Word Poem - Tunchai Redvers - YouTube](#)
 - For more information about We Matter, visit www.wemattercampaign.org
 - **Native Wellness Institute at** www.nativewellness.com





Next Steps . . .

Last Thursday of Month

- September 30, 2021
Noon-1:00 EST
- October 28, 2021
Noon-1:00 EST



Questions?

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