

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

**Session #3 of 4**  
**September 30, 2021**  
**Noon – 1:00 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

# New England MHTTC Team

- Regional Mental Health Technology Transfer Centers (MHTTC)

<https://mhttcnetwork.org/centers/new-england-mhttc/home>

- New England MHTTC - culturally responsive, committed to advancing health equity so that everyone has a fair and just opportunity to be as healthy as possible
- New England MHTTC partners:
  - Yale Program for Recovery and Community Health in partnership with:
  - C4 Innovations
  - Harvard University Department of Psychiatry
  - Center for Educational Improvement



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.

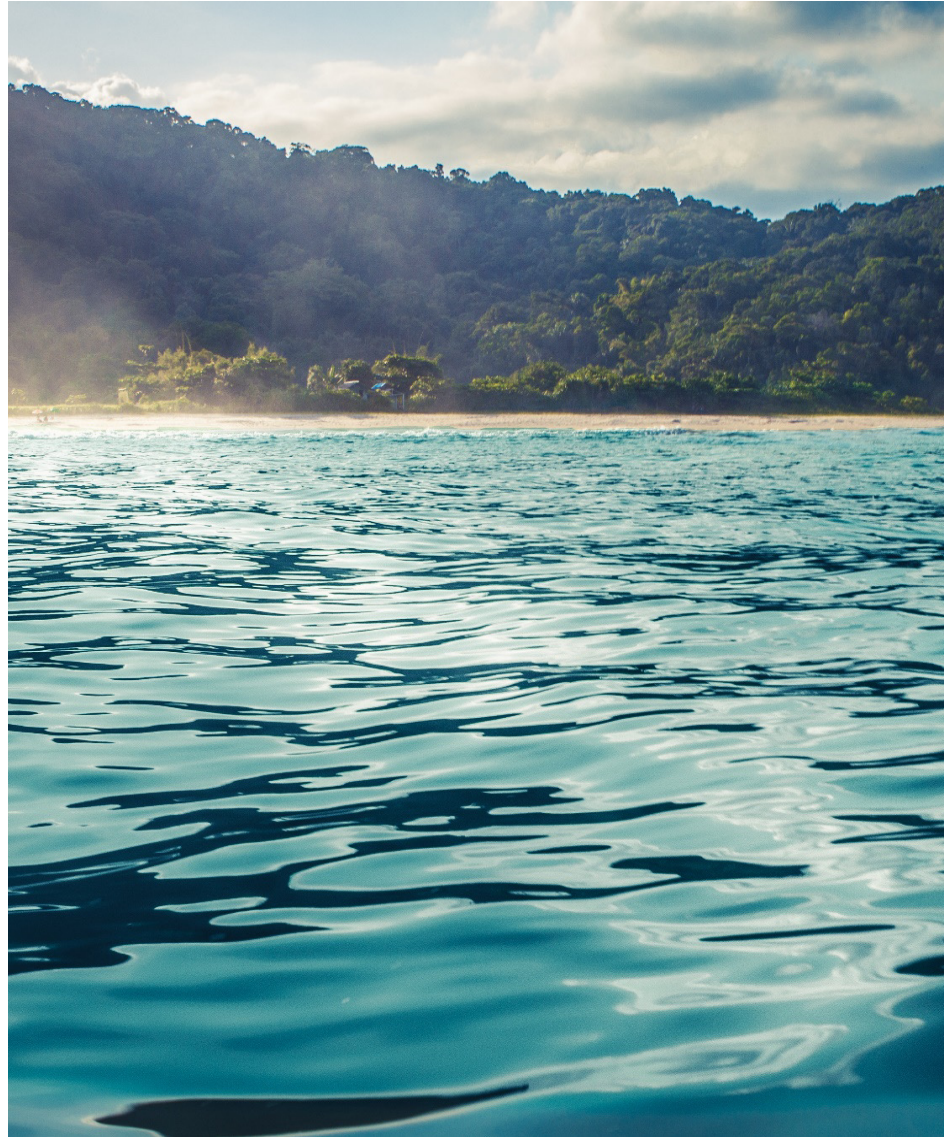
Specific outreach to individuals and communities of Black, Indigenous, and People of Color (BIPOC) is a proactive effort to amplify the voices and perspectives of people with lived experience to ensure equitable outcomes for all individuals and communities.





# Purpose of Our Gathering

- Honor tribal health care providers and non-tribal providers who serve tribal communities
- 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



# **September 30 is National Day of Remembrance for U.S. Indian Boarding Schools**

- Recognized in the U.S., and partnership with First Nations peoples in Canada
- In Canada, today is first annual National Day of Truth and Reconciliation
- Honor and remember the tens of thousands of indigenous children removed from their homes and held in government and religious boarding schools; Many never returned home
- National Native American Boarding Schools Healing Coalition (NABS)
- NABS working with key elected members of Congress to finally establish a Truth and Healing Commission on Indian Boarding Schools

<https://boardingschoolhealing.org/national-day-of-remembrance-for-us-indian-boarding-schools/>

# Sky World

*Let's put our minds together as one  
And remember those who have passed on to the sky world  
Their life duties are complete, they are living peacefully  
In the sky world, in the sky world.*

Written by Theresa Bear Fox (Mohawk)  
Performed by Teio Swathe

<https://www.youtube.com/watch?v= 2uxdHg4mtc>

# Boarding Schools and Health Care Providers?

What does the topic of Indian boarding schools have to do with health care providers?

- Patient experience
- Tribal staff and tribal provider experience
- Non-tribal provider awareness
- Shared tribal and non-tribal trauma experiences
  - Insight into tribal help-seeking, treatment engagement, treatment compliance (robotic, resistant, or something in between)



# Indigenous Land Acknowledgement

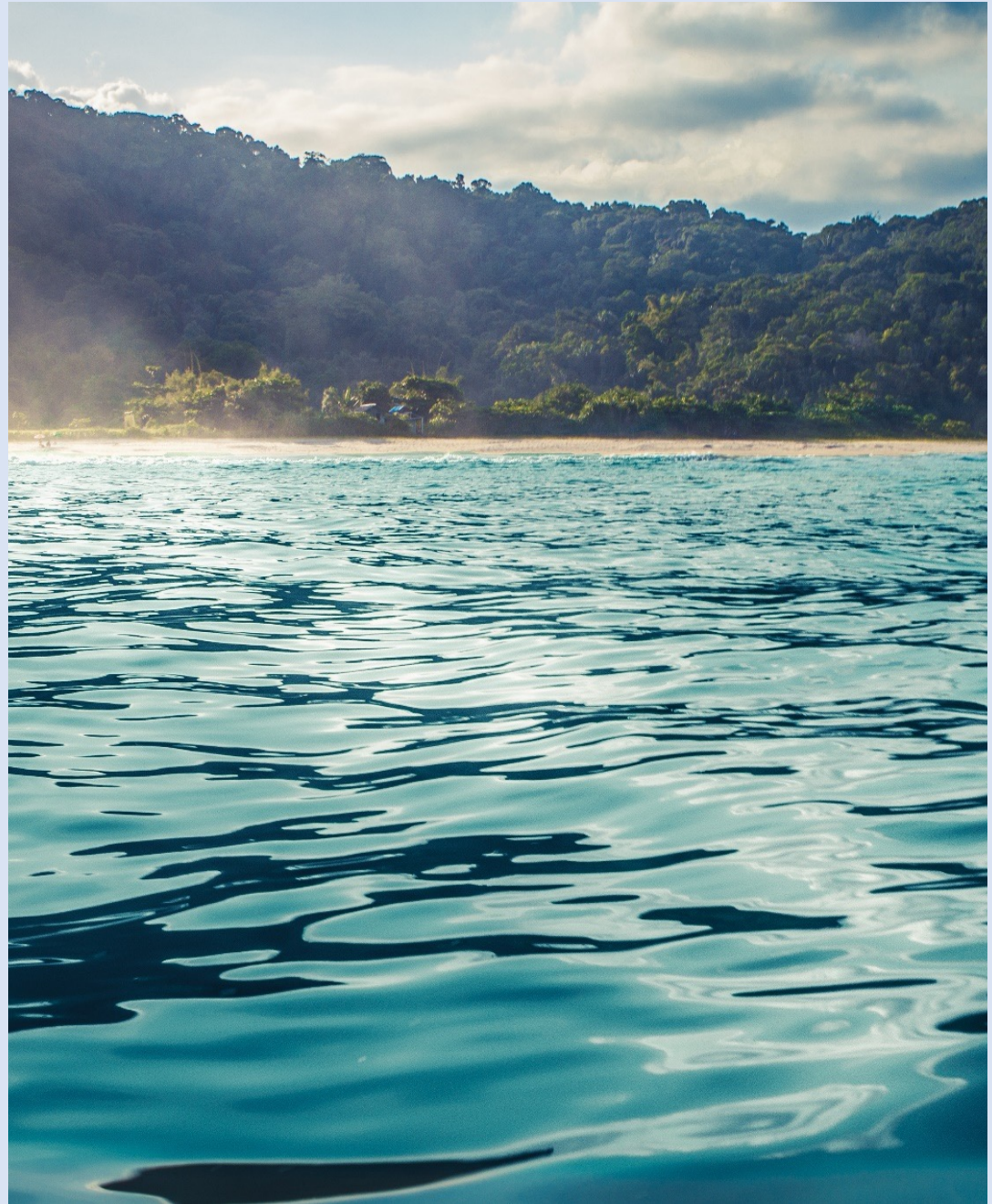
We respectfully acknowledge that we stand on territories where Indigenous nations and Tribal groups are traditional stewards of the land.

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.

# Trauma Recovery and Wellness

- Lessons heard
- Regaining our balance – today, tomorrow and days after
- What do you need to regain your balance?



# Home to Me

Grassy Narrows “Home to Me”

- Native students at Grassy Narrows wrote, recorded and filmed in Grassy Narrows First Nation
- Inspired by their home community, their message to us is:
  - “Keep us safe, keep us free - - - like it used to be”

<https://www.dropbox.com/s/6ssjfpcznbbprt2/N%27we%20Jina%20Grassy%20Narrows%20Home%20to%20Me.mp4?dl=0>



# Today's Native Videos & Wellness Resources

- **National Indian Boarding Schools Healing Coalition (NABS)**  
<https://boardingschoolhealing.org/national-day-of-remembrance-for-us-indian-boarding-schools/>
- **Sky World**  
[https://www.youtube.com/watch?v=\\_2uxdHg4mtc](https://www.youtube.com/watch?v=_2uxdHg4mtc)
- **Home to Me**  
<https://www.dropbox.com/s/6ssjfpcznbbprt2/N%207we%20Jinan%20Grasy%20Narrows%20Home%20to%20Me.mp4?dl=0>
- **Native Quarantine Dance**  
<https://www.youtube.com/watch?v=EuUroP2uzso>
- **Native Wellness Institute at**  
[www.nativewellness.com](http://www.nativewellness.com)





# Next . . .

**Last Thursday of Month**

**Final Session:**

- October 28, 2021  
Noon-1:00 EST





# Questions?

**Holly Echo-Hawk, MSc**

Tribal Behavioral Health

New England Mental Health Technology  
Transfer Center (MHTTC)

Email: [hechohawk@C4innovates.com](mailto:hechohawk@C4innovates.com)

Call direct: (360) 737-4747