

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

**Final Session #4 of 4**  
**October 28, 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 Gatherings

- 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

# Opening Session: July 29, 2021

**Opening Prayer:** Herring Pond Wampanoag -Jennifer Harding

**Speakers:** Chief Marilyn Malerba, Mohegan Tribe; Jennifer Harding, Herring Pond Wampanoag Tribe; Mike Duncan, Native Dads Network

## **Today's Tribal Videos/Resources:**

- **“Why”** Christian Parrish Takes the Gun (professional name: Supaman)  
<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/)

# Follow up Session #1: August 26, 2021

**Cultural Opening:** Warriors Prayer – Nakoa Heavy Runner

**Discussion:** I matter. You matter. We matter.

## **Tribal Videos:**

- **Warriors Prayer by Nakoa Heavy Runner** at <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](http://www.wemattercampaign.org)
- **Native Wellness Institute** at [www.nativewellness.com](http://www.nativewellness.com)

# Follow up Session #2: Sept. 30, 2021

## **Cultural Opening:**

- Sky World (Mohawk)

**Discussion:** National Day of Remembrance for U.S. Indian Boarding Schools

## **Tribal Videos/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%27we%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)



# Follow up Session #3: October 28, 2021

- **Honoring those who passed**
- **Regaining Our Balance**
- **Nurse Practitioners are Human Too**
- **Dream Feat – Spencer Battiest**
- **Ongoing Resources**

# Sky World (Mohawk)





# Trauma Recovery and Wellness

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

# Nurse Practitioners are Human Too



# Spencer Battiest

- Seminole/Choctaw singer-songwriter, musician, producer, and actor from Hollywood, Florida.
- In 2013, Spencer became the first American Indian artist to sign with Hard Rock Records.



# Dream Feat by Spencer Battiest





# Today's Native Videos & Wellness Resources

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- **Sky World**

<https://youtu.be/2uxdHg4mtc>

- **Nurse Practitioners are Human Too**

<https://youtu.be/vSjR22Re3ok>

- **Dream Feat**

<https://youtu.be/wSJD9jACs1w>

- **Native Wellness Institute at**

[www.nativewellness.com](http://www.nativewellness.com)



# Training and Technical Support

- New England states (Maine, Massachusetts, Vermont, New Hampshire, Connecticut or Rhode Island)  
[hechohawk@c4innovates.com](mailto:hechohawk@c4innovates.com)
- USET Tribal BH ECHO series beginning January 2022 at  
[www.usetinc.org](http://www.usetinc.org)
- National support for Tribal SUD Training/TA at  
[www.opioidresponsenetwork.org](http://www.opioidresponsenetwork.org)





# Be Safe, Stay Well!

**Holly Echo-Hawk, MSc**

Tribal Behavioral Health

New England Mental Health Technology  
Transfer Center (MHTTC)

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

Direct: (360) 737-4747