



National American Indian and Alaska Native

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# National AI/AN Mental Health TTC K-12

## Being Brave: Grounding Ourselves in Our Ancestral Resilience

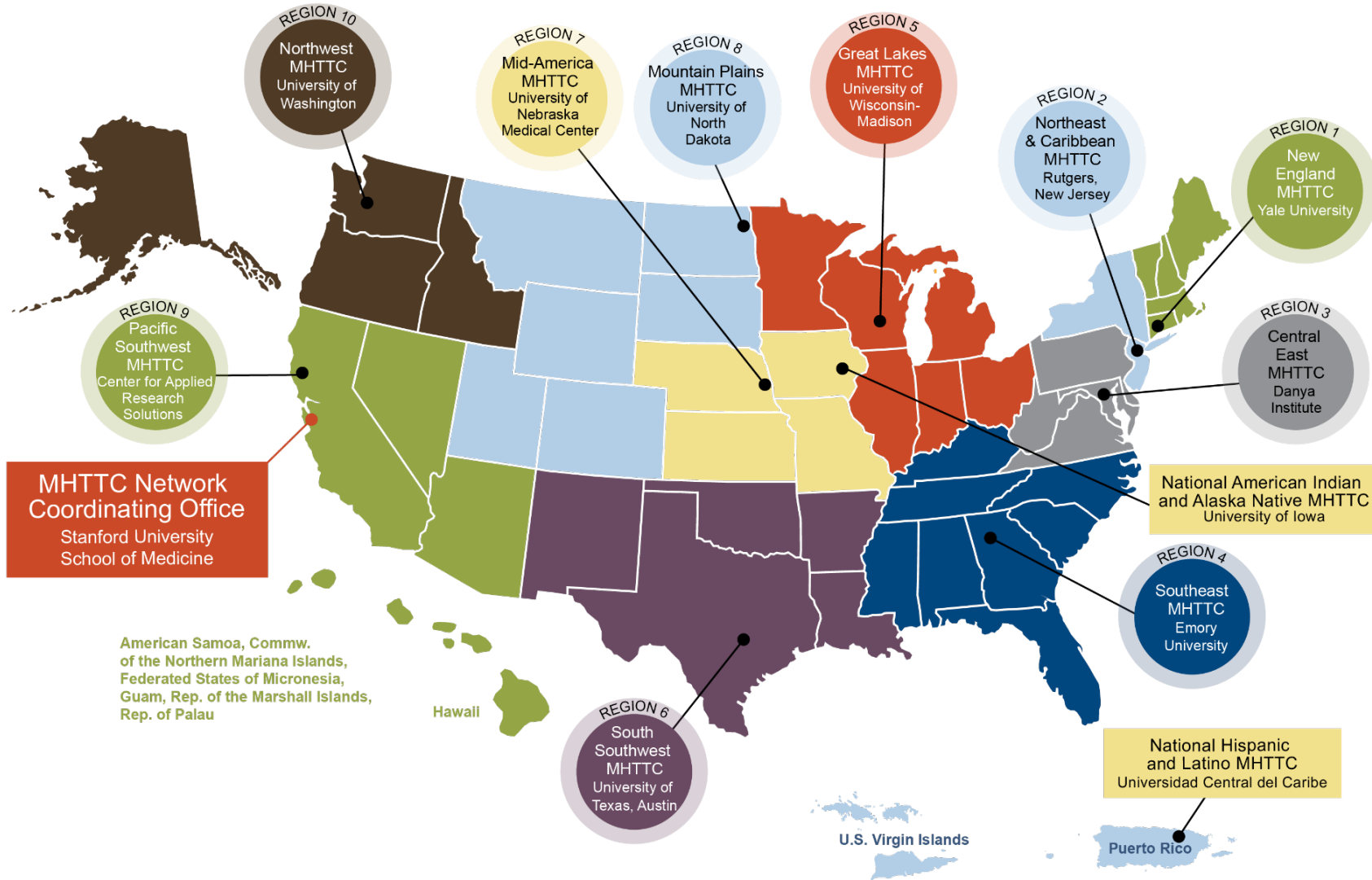


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## MHTTC Network



American Indian  
& Alaska Native  
Mental Health  
Technology Transfer Center  
*K-12 School Mental Health  
Supplement Project*

# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

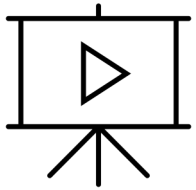
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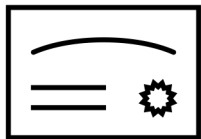


# Follow-up

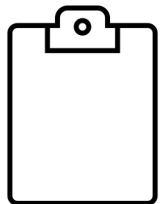
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)



# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

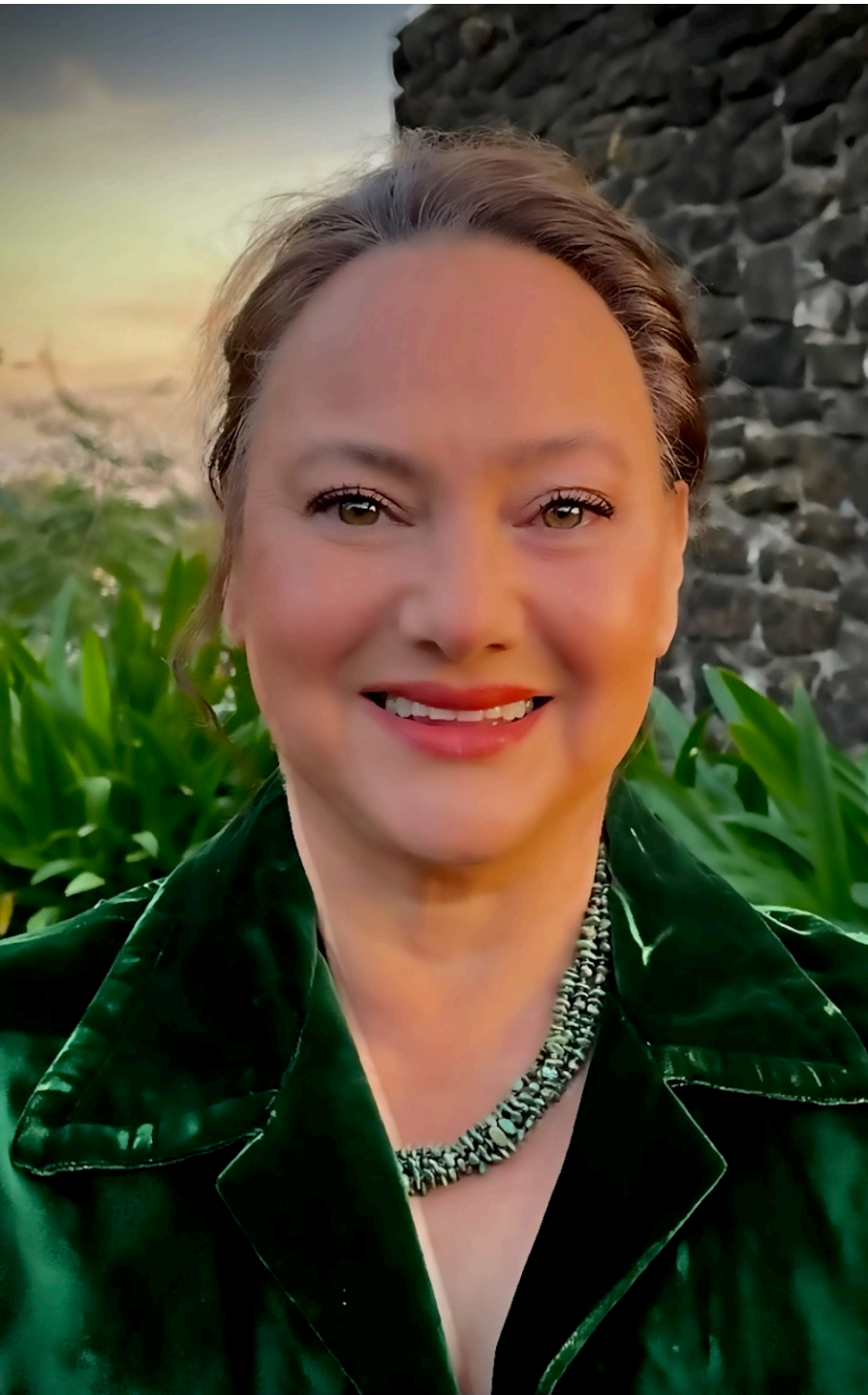
Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations  
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations  
Keokuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki Nation





## MHTTC K-12 Co-Director

**Teresa Brewington** works for the Native Center for Behavioral Health at The University of Iowa. She is the Co-Director for the National American Indian and Alaska Native Mental Health TTC – K- 12 School Supplement and the Co-Director for the National American Indian and Alaska Native Child Traumatic Stress Initiative – Category II. She is an enrolled member of the Coharie Tribe and a descendent of the Lumbee Tribe. She holds a Master’s in Educational Leadership, a Master’s in Business Administration, and has 36 credit hours towards a Master’s in Counseling. She has held positions as a director at several mental health agencies and worked as a school guidance counselor serving primarily Hispanic/Latino students. She has also served as a foster care agency supervisor, where she worked directly with the Salt River Pima Indian Community placing Native American children in foster homes. Her last position was as the Elementary School Principal for Native children at the Meskwaki Settlement, located in Iowa, where she currently resides.



# MHTTC K-12 Program Manager

**Dr. Allison Baez** is the Mental Health Technology Transfer Center K-12 Supplemental Program Manager for the American Indian and Alaska Native MHTTC. She is a member of the Tap Pilam Coahuiltecan Nation. Her research projects and creation of programs have focused on students' and their families' academic success for over 25 years. Dr. Baez has shared her expertise in education with K-12 and Higher Educational environments. Much of her research is among Native populations that implement the best practices from a Native cultural lens. Her services to tribes across Indian country are intended to strengthen and empower individuals, families, and communities. She continues to serve Indigenous populations and share, collaborate, and educate on culturally responsive approaches and methodologies. She received her Ph.D. from the University of the Incarnate Word in San Antonio, TX.





## MHTTC K-12 Graduate Research Assistant

**Makenna Clark** is a graduate research assistant with MHTTC K-12. She is currently pursuing a master's degree in the University of Iowa's School Counseling program. She completed her undergraduate degree at the University of Arizona in Spring 2020 in Literacy, Learning, and Leadership with a minor in Educational Psychology. At the Native Center for Behavioral Health, Makenna assists with projects and grants concerning the K-12 School Mental Health initiative.







## MHTTC K-12 Graduate Research Assistant

**Kate Pruess** is currently a Master's Student at the University of Iowa in the Professional School Counseling Program. She completed her undergraduate degree at Iowa State University in Spring 2020 in Child, Adult, and Family Services with a minor in Psychology. At the Native Center for Behavioral Health, Kate is a graduate research assistant, and she helps with projects pertaining to the K-12 School Mental Health Initiative.



# Today's Speaker

**Tanaya Winder** is an author, singer/songwriter, and motivational speaker who comes from an intertribal lineage of Southern Ute, Pyramid Lake Paiute, and Duckwater Shoshone Nations, where she is an enrolled citizen. She is a 2016 National Center for American Indian Enterprise Development “40 Under 40” emerging American Indian leader. Winder co-founded [As/Us: A Space for Women of the World](#), a literary magazine publishing works by BIPOC women. She holds a BA in English from Stanford University and an MFA in creative writing from the University of New Mexico. Winder’s poetry collections include *Words Like Love* and *Why Storms are Named After People and Bullets Remain Nameless*. Her specialties include youth & women empowerment, healing trauma through art, creative writing workshops, and mental wellness advocacy. Winder’s performances and talks blend storytelling, singing, and spoken word to teach about different expressions of love and “heartwork.”



# Being Brave

**What does it mean to be "brave?" How do we incorporate those characteristics in a culturally responsive way? This workshop will guide you through some grounding techniques that tap into the strength and resilience of American Indian / Alaska Native communities. You'll work through exercises that you can adapt for any age to activate mindfulness into your programming. Be prepared to write and reflect, so bring a pen/pencil and something to write on.**



# Overview



Grounding Exercises

What does it mean to be brave?

Writing & Reflection Exercises

# Takeaways

Understanding the importance of "check-ins" and stretching.

Expand on our understanding of bravery and fear.

Identify ways reflective writing can be used to help students, staff, and community understand resilience.

The image features a solid light blue background. In the top-left corner, there is a white hexagonal shape partially overlapping a red hexagonal shape. In the bottom-right corner, there is a white hexagonal shape partially overlapping a red hexagonal shape. The text "Getting Grounded" is centered in the middle of the page in a white, sans-serif font.

# Getting Grounded

# Honoring Our Vessels

## Six Directions

- North,
- East,
- South,
- West,
- Earth,
- Sky

## Six Directions of Our Being

- Emotional,
- Mental (intellectual)
- Social (connection)
- Physical,
- Spiritual,
- Environmental


# Putting it into Practice


- What are some ways you honor (or would like to honor) your vessel and your six directions?



# Being Brave

## — Out and In

 When you think of “being brave” do you think of a person?

 Characteristics?

 Qualities?

# F.E.A.R

- **Fiercely**
- **Embrace**
- **Ancestral**
- **Resilience**

# My Brave(r) Story

Wake up, greet the sun, and pray.  
Burn cedar, sweet grass, sage—  
sacred herbs to honor the lives we've been given,  
for we have been gifted these ways since the beginning of time.  
Remember, when you step into the arena of your life,  
think about those who stand beside you, next to, and with you.  
Your ancestors are always in your corner, along with your people.  
When we enter this world we are born hungry,  
our spirits long for us to live out our traditions  
that have been passed down for generations.  
Prayer, ceremony, dance, language—our ways of being.  
Never forget you were put on this earth for a reason—  
honor your ancestors.  
Be a good relative.



# **A Letter to/from Our Ancestors**





# Igniting Your Fire

**The power of knowing who you are.**



# Closing the Circle

- **Final Grounding /  
Exit Exercise**



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# Questions or Comments?

**Being Brave: Grounding Ourselves in Our  
Ancestral Resilience**



# About National AI/AN MHTTC K -12

## National AI/AN School Mental Health Contact Information:

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### Program Manager

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## K thru 12 Program Information

- [K-12 Program guide.pdf](#)

