



National American Indian and Alaska Native

MHTTC

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



**American
Red Cross**

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Your Self Care and Psychological First Aid in Your Care for Others During COVID

April 21, 2022

Special Guest Speakers

Rose Olmsted

Carson Gardner, M.D., Anishinaabe
Nation



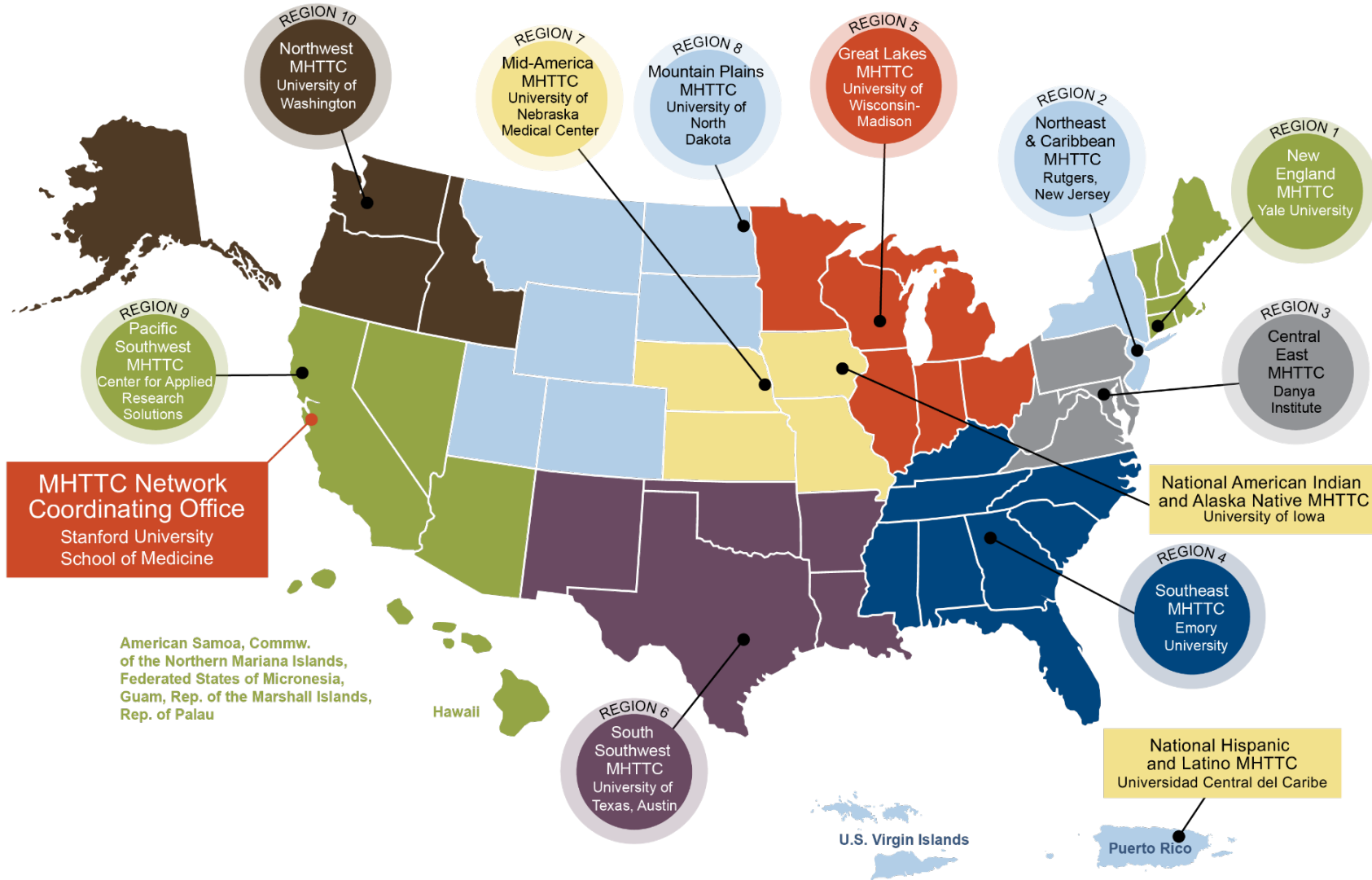
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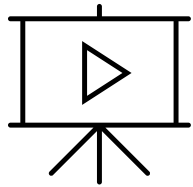
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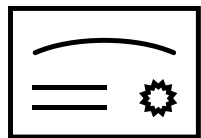


Follow-up

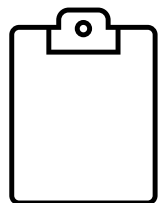
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs, Certificate of Attendance, 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, 1st. Meskwaki Nation



Today's Speakers

Rose Olmsted is a Disaster Mental Health Volunteer Instructor who has worked 38 years as a social worker, supervisor, and coordinator of crime victim's services and coordinator of a NOVA crisis response team in Minnesota. Since 1989 Rose has been a mental health core volunteer on the SE MN emergency medical services CISM team. She has been a Red Cross volunteer as a disaster mental health team member and instructor since 2009. Since June of 2020 Rose has been volunteering as an instructor for the Red Cross Virtual Family Assistance Center, providing individual and group support for frontline workers during COVID, facilitating groups for employees and supervisors, and instructing psychological first aid during COVID classes. As a mental health volunteer, she takes call shifts for the RCVFAC, taking calls from individuals whose loved ones have passed due to COVID as part of a multi-disciplinary call center. Starting in 2021 Rose has been doing outreach to American Indian communities and those who serve them to offer individual and group support as well as instructional classes.



Today's Speakers

Carson Gardner, M.D., is an Anishinaabe elder, bear clan, an old family doctor, a poet, a pipestone carver, and an aadizookaan-inini--a sacred storyteller. He has spent the past quarter century living, working, praying, and learning--with his eagle-clan wife, Gail, of 48 years--on Gaa-waabaabiganikaag, Land of Abundant White Clay, the White Earth Ojibwe Reservation in northern Minnesota. Gaa-waabaabiganikaag is his heart's true home.



COVID CULTURAL FIRST AID



Carson Gardner, M.D.
medical director

Gaa-waabaabiganikaag/White Earth
Anishinaabe/Ojibwe Nation

Tribal Health Department--2022



SMUDGING

TWO-HAWKS PRAYER



TWO-HAWKS LAHKOTA PRAYER:

Maka Wakan, sacred Earth, we have lost our way.

Once we knew you as Mother

now we wander in darkness, lost and empty

Help us to find our way back to you Grandmother.

You are the ground that feeds us, the soil that heals us,
the land that binds us together as one people.


Teach us once more to walk upon this earth in a sacred manner
and to find once again the sacred balance.

Heta Wakan, sacred fire, your ancient power lives within us all.

You are the giver of light, the source of warmth,
and the messenger of transformation.

Long ago we sat beside you as relatives,
we have forgotten who we are.

Help us to remember. Show us the way back to your gentle flames
of respect, honor, and humility.



Yulee Wakan, sacred water,
you are the rivers that flow on this earth and in our veins,
the rain that pours down from Father Sky,
and the mighty oceans that swell with deep mysteries.


We cannot live without you.

Speak to us once more, that we may hear the voice of ancestral
knowledge

and return to our place in the sacred circle.

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

Ta-ah-ta-eh Wakan, sacred wind,
you are like the Great Mystery, moving in all places, in all people, in all things.
You cannot be seen, yet we feel your presence and see you your power
in the dancing prairie grass and the flight of the eagle.
Whisper to our spirits, help us to find wisdom once again.
We are made of earth, fire, water, wind;
we share one Earth, one Sun, and one Moon.
Let us live together as one people.
Help us Great Mystery, to mend the sacred hoop,
to heal our brokenness, and to find once more
our place in the web of life. Ahau.



THE PICTURES IN THIS PRESENTATION SHOW GAA-WAABAABIGANIKAAG, LAND OF ABUNDANT WHITE CLAY, WHITE EARTH ANISHINAABE/OJIBWE NATION CITIZENS AND GUESTS SHARING IN JOYFUL CULTURAL, SPIRITUAL, SOCIAL LIFE AT POW-WOW CELEBRATION. WE VALUE SUCH JOYFUL, POSITIVE, VIBRANT SHARING OF OUR HEALTHY NATIVE NATION LIFE AND VALUES. WE BELIEVE YOU DO, TOO. PLEASE LET THESE REAL-DEAL BEAUTIFUL POW-WOW CIRCLE PICTURES HELP YOU CONNECT WITH BLESSINGS OF SHARED HEALING.



BOOZHOO ANISHINAABEG.

HELLO PEOPLE.

ISHKODE ININI INDIZHINIKA AZ

I AM "MAN OF THE FIRE".

MAKADE MAKWA NIIN DOODEM

I AM BLACK BEAR CLAN.

GAA-WAABAABIGANIKAAG INDOONJIBAA. I AM FROM

WHITE EARTH NATION

MINO-GIIZHIGAD.

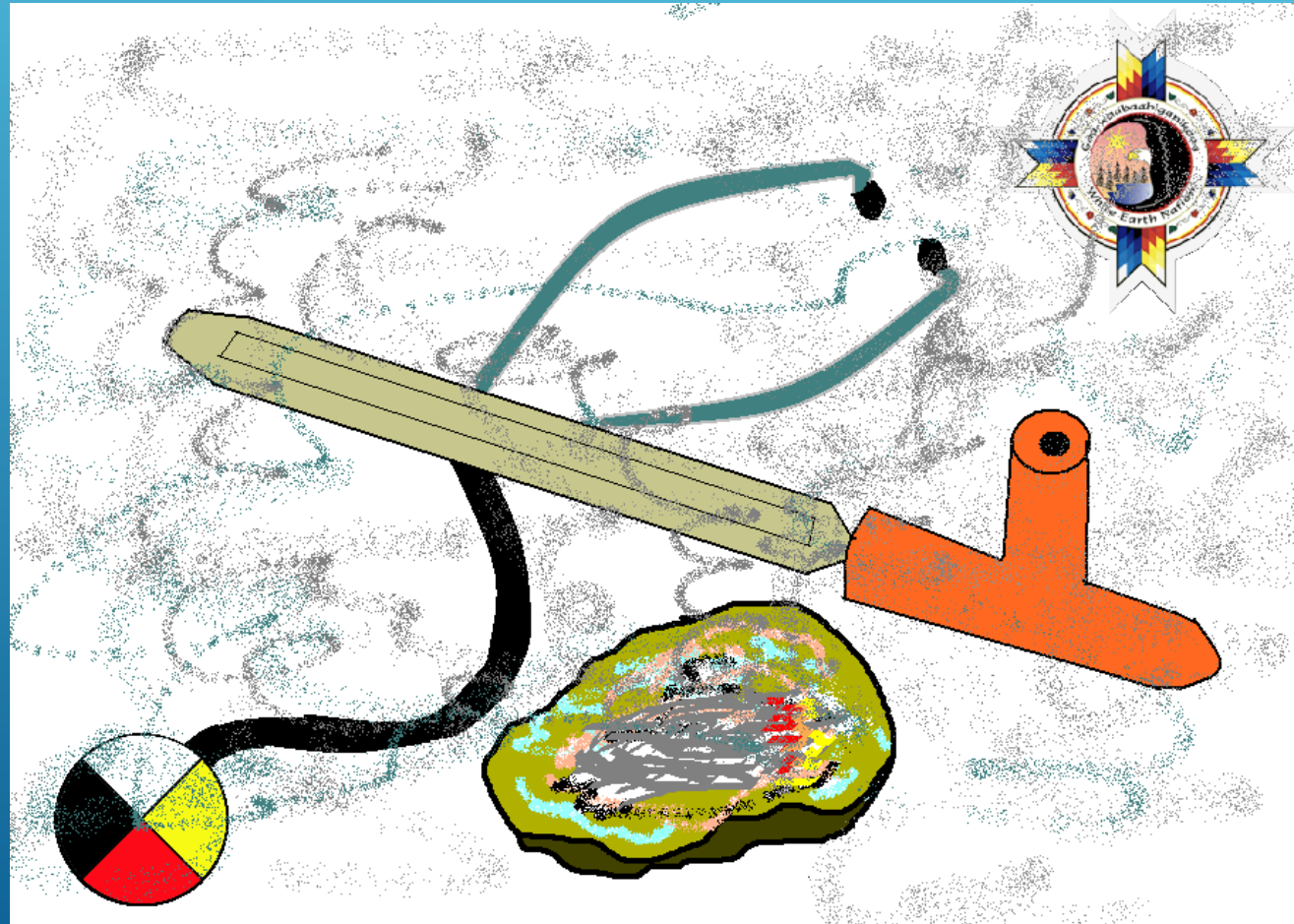
IT IS A GOOD DAY.

LET'S TALK ABOUT COVID CULTURAL FIRST AID:
KINDNESS, STRENGTH, SHARING, THANKFULNESS

Niin aadizookewinini—I am a teller of sacred stories...



I am also a board-certified M.D. family physician with over 40 years of clinical, ambulance medical direction, and medical administrative experience.



AS A WESTERN FAMILY DOC I BELIEVE IN AND SUPPORT:

- FULL-SERVICE FAMILY PRACTICE PRIMARY CARE –BIRTH TO ADVANCED OLD AGE; INCLUDING OBSTETRICS, EMERGENCY ROOM, AND INPATIENT HOSPITAL CARE, TRAUMA CARE, USE OF DIAGNOSTIC TESTS/X-RAYS, SPECIALTY CONSULTATIONS.
- PRIMARY CARE MENTAL HEALTH COUNSELING AND LONG-TERM MENTAL HEALTH MEDICATION MANAGEMENT.
- CRISIS INTERVENTION FOR SELF-HARM AND OTHER-HARM CRISES, INCLUDING INVOLUNTARY TRANSPORT HOLDS.
- RESIDENTIAL/OUTPATIENT CHEM DEP TREATMENT.
- RESPONSIBLE OPIOID CHRONIC PAIN MANAGEMENT, INCLUDING PAIN MEDICATION CONTRACT COMPLIANCE.
- THE CRUCIAL IMPORTANCE OF HARM-REDUCTION PRINCIPLES.

...AS A WESTERN FAMILY DOC I BELIEVE IN AND SUPPORT:

- WESTERN PHARMACEUTICAL MEDICATION MANAGEMENT OF ALL PRIMARY CARE HEALTH ISSUES WITH PRESCRIPTION MEDICATION INDICATIONS.
- AMBULANCE EMS CARE, INCLUDING BASIC AND ADVANCED EMERGENCY MEDICAL SERVICES, TEACHING, AND CARE REVIEW.
- INSTITUTIONAL REVIEW BOARD LEADERSHIP IN REVIEW AND REGULATION OF WESTERN SCIENTIFIC RESEARCH.
- TRIBAL COOPERATION WITH REGIONAL, STATE, AND NATIONAL QUALITY OF CARE SUPERVISORY BOARDS

...AS A WESTERN FAMILY DOC I BELIEVE IN AND SUPPORT:

COVID RESPONSE TEAMWORK:

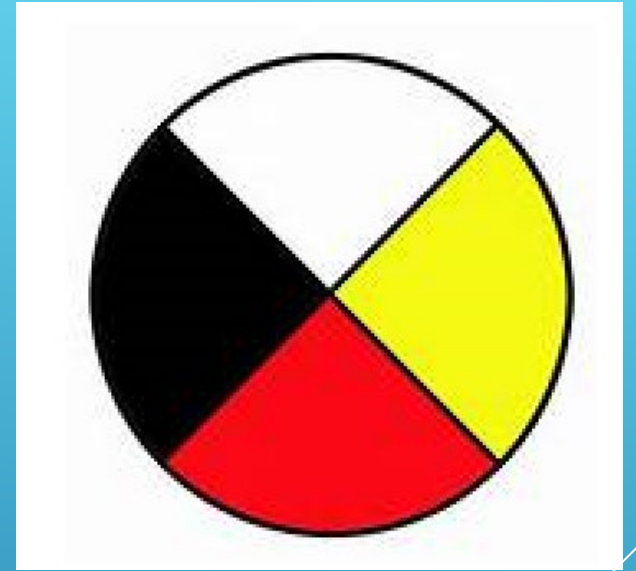
- TRANSMISSION-PREVENTION PROTOCOLS
- LOCAL/REGIONAL/NATIONAL COVID RISK ASSESSMENTS
- QUARANTINE, ISOLATION, CONTACT-TRACING PROTOCOLS
- TESTING PROTOCOLS
- VACCINATION AND BOOSTING PROTOCOLS
- UP TO DATE COVID SCIENCE RESEARCH
- PUBLIC HEALTH COVID SAFETY EDUCATION
- ANSWERING EMPLOYEE/COMMUNITY COVID QUESTIONS
- EMERGENCY COMMUNITY SUPPORT PROTOCOLS

BUT HERE'S THE THING...

- WESTERN MEDICINE IS PRETTY GOOD AT “CURING.”
- BUT OFTEN CURING, BY ITSELF, DOESN'T LAST.
- WE ALL NEED DEEP INNER HEALING, RETURN OF LIFE BALANCE.
- TRADITIONAL HEALING IS GOOD AT RESTORING BALANCE.
- BEST HEALING HELP FOR NATIVE NATION PEOPLE, I BELIEVE, IS A COMBINATION OF RESPECTFUL, HONORABLE, HUMBLE WESTERN MEDICINE AND RESPECTFUL, HONORABLE, HUMBLE TRADITIONAL HEALING. MY SPIRITUAL TEACHERS AGREE.
- LONG PAST TIME FOR WESTERN MEDICINE TO COOPERATE.

TODAY, I'M TALKING ABOUT TRADITIONAL CULTURAL FIRST AID...

Anishinaabe people and other Native Nation people believe that one of our main purposes on Aki Nookomis, Grandmother Earth, is to learn and practice living life in balance, all though life's circle dance. We call it mino-bimaadiziwin—living life in a good way. The circle dance of life is really a spiral through time.



WHAT RIGHT DO I HAVE TO SPEAK TO YOU ABOUT CULTURAL FIRST AID?

- I did not grow up in a home where Anishinaabe culture and spirituality were practiced.
- I am not an enrolled member, but my Anishinaabe blood called me to the circle-dance.
- My ancestor, by marriage, is Shay-Nah-Wish-Kung, “Chief Bemidji.” You can look him up.
- I had one cousin who helped me get connected with my Anishinaabe red road heritage.
- In middle age, I came to Gaa-waabaabiganikaag, my heart’s true home, to get caught up. Someday, maybe, I’ll tell you the heron story.



- In May 2019 I had a very bad, life-threatening motorcycle accident, hit the ditch at 55 mph.
 - broken neck, four broken back bones
 - multiple facial skull fractures
 - shoulder separation
 - 11 fractured ribs
 - collapsed, bleeding left lung
 - ruptured right kidney
 - ruptured right adrenal gland
 - post-traumatic cardiac arrhythmias
 - spent some time in an ICU
 - months in a back/neck brace and on rehab after I got home
- I'm here talking to you today, even smiling sometimes.

SPEAKING OF SMILING...

- What do you call a poorly-fitting COVID mask? REALITY
- What do you call a simple, cheap, accurate, quick COVID test? ONE THAT ISN'T ACTUALLY AVAILABLE.
- Why is the U.K's prime minister, Boris Johnson, so popular during COVID? DUDE, BECAUSE HE SUPPORTS A "MULTI-PARTY" SYSTEM.
- What is Ronald McDonald's favorite COVID medication? MONO-CLONAL ANTIBODIES.

*Well, if you don't think at least one of those is funny...
then you're less COVID- crazy than I am right now.*

ANYWAY, BACK TO THE ACCIDENT...

- ▶ Anyway, back to my motorcycle accident journey. I figured out, lying in an ICU bed fighting pain and struggling to breathe, that I had to use my Anishinaabe identity to survive. But I wasn't in a position to be very sophisticated or philosophical about it!

MIIGWECH...

So, I went back to the very foundation of Anishinaabe life. “Be thankful.” I started thanking everybody--yes, my dear wife Gail, and the doc’s and nurses. But also respiratory therapists, physical therapists, people who helped me to the bathroom, people who helped me get cleaned up, people who brought my meals when I could eat again, people who cleaned my room, friends who stopped by and didn’t know what to say, my sweet puppy dogs Jewels and Georgia, the land, the creatures, the sky, the water--everybody.



Right then, that was the only Anishinaabe life principle I was able to practice. I'm a poet. When I was a little better and could do it, I started writing poetry about my recovery experience. I wrote about a hundred pages that nobody will ever see. For me, thankfulness and poetry worked. Here I am. I thanked and wrote my way back to life balance again, miigwech Manidoo. Doesn't seem like much--not complicated or intellectual. *But it worked.*

IT DID NOT WORK WITHOUT CREATOR. IT WORKED WITH THE HEALING SPIRITS AT STREET-LEVEL HELPING.



Don't take the simple, basic spiritual teachings of your Native Nation for granted; don't take your own healing common sense for granted. They will work to save your life--right now, right where you are. If being thankful and writing about it saved my life, then your Nation's basic cultural/spiritual teachings, and your personal use of them, can save your life, too.

Anishinaabe people use the seven great teachings as a guide to life balance:

TRUTH

WISDOM

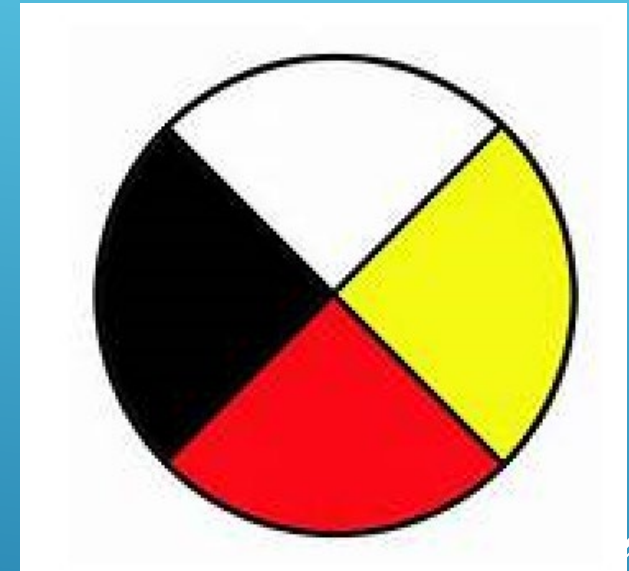
COURAGE

COMPASSIONATE KINDNESS

RESPECT

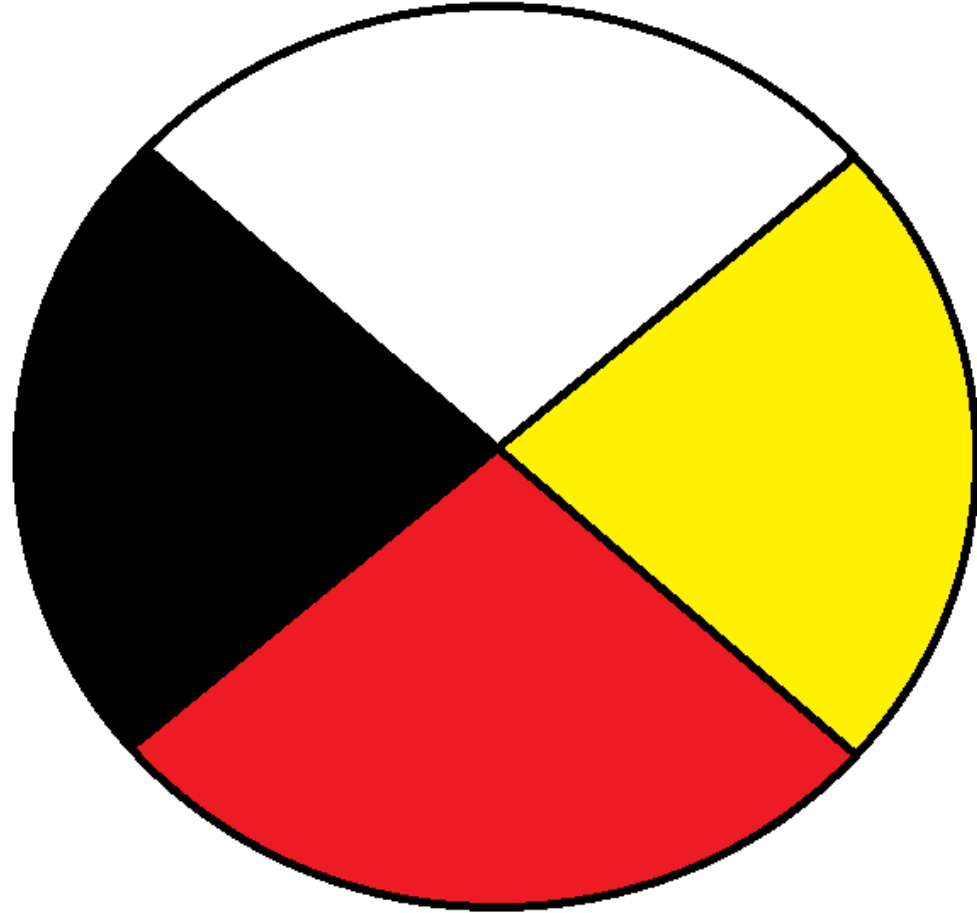
HONESTY

HUMILITY



Anishinaabe people and other Native Nation people use the medicine wheel as a picture of the way life balance happens.

NORTH
ELDERS
WISDOM, PEACE, SHARING
SPIRITUAL NEEDS

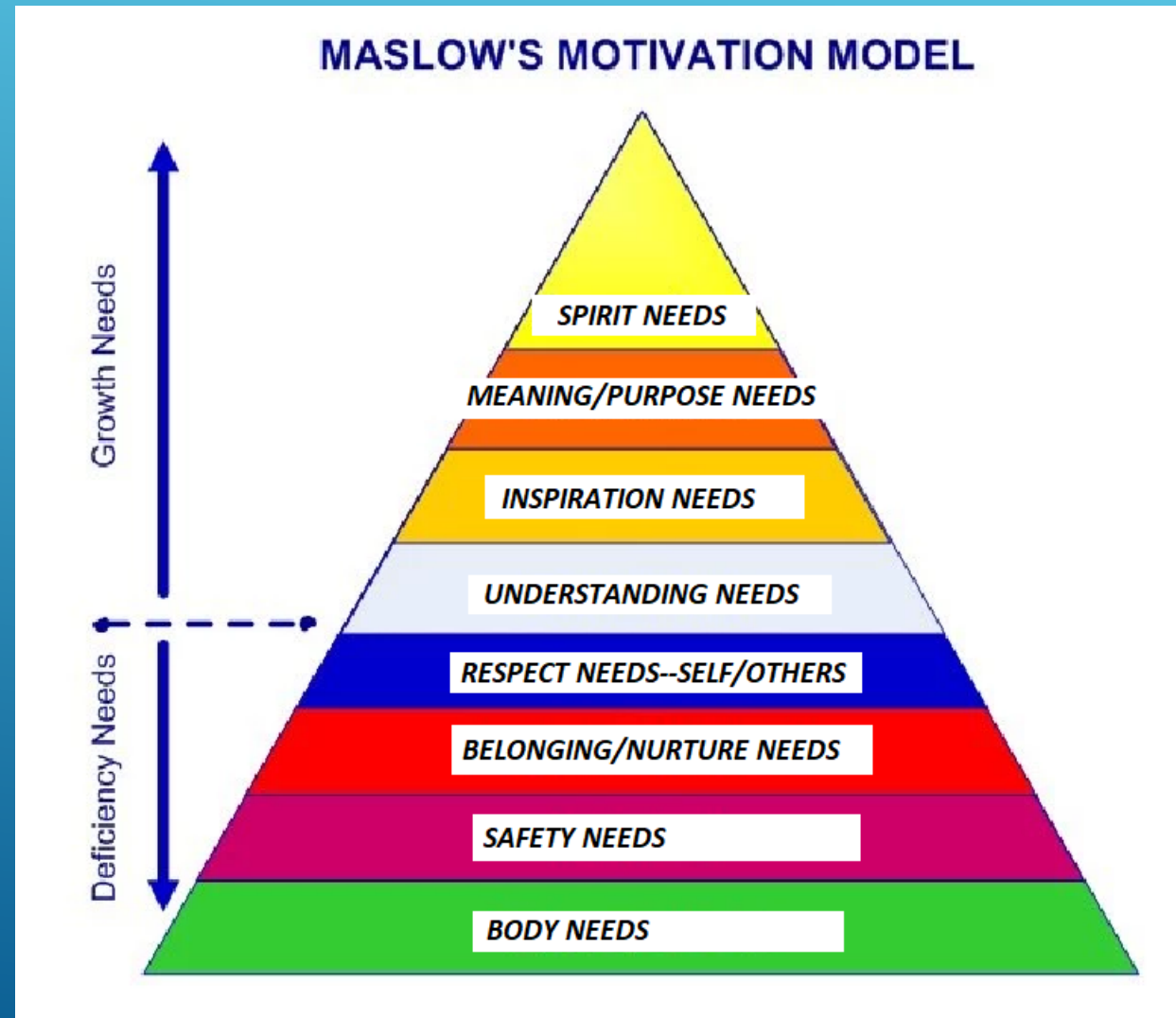


WEST
MATURITY, ADULTS
WORK, ACHIEVEMENT, SKILL
MENTAL NEEDS

EAST
BEGINNINGS, NURTURE
INFANCY AND CHILDHOOD
PHYSICAL NEEDS

SOUTH
GROWTH, EXPERIENCE
TEENS AND YOUNG ADULTS
EMOTIONAL NEEDS

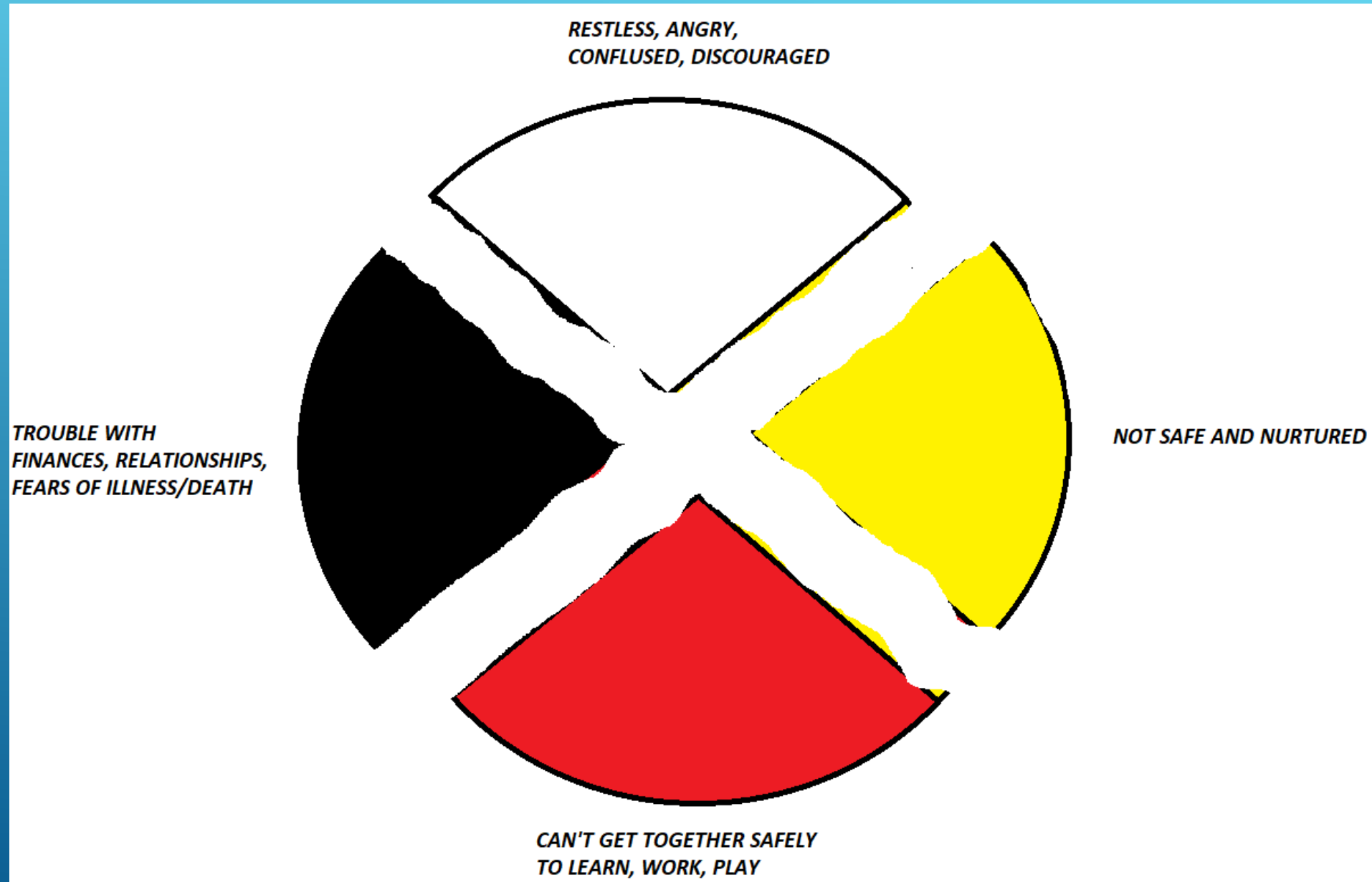
A Zhaaganaashi, a wasichu, named Mazlow gave a different view of this, called Mazlow's hierarchy of needs:



- Life is about learning, understanding, practicing, and achieving physical, emotional, mental, and spirit balance.
- Creator placed human beings on earth to learn the important lessons of balance, so they could do some very important work in the star-world later.
- Don't know what that work is--but it must be pretty important, considering what we have to go through here on Earth to get ready for it.

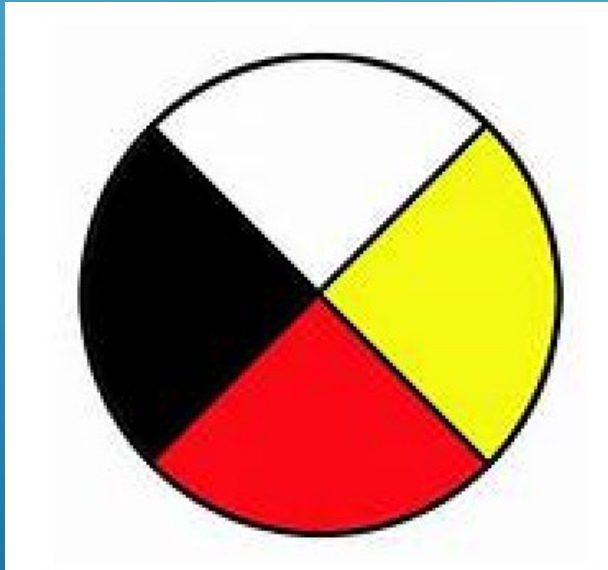


So, here we are in the middle of the COVID pandemic, out of balance.



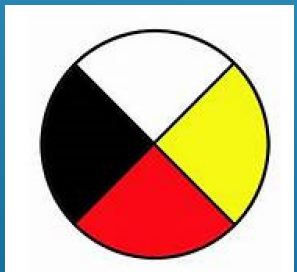
What do we do about it?

Here, we use the Great Teachings to think and plan:



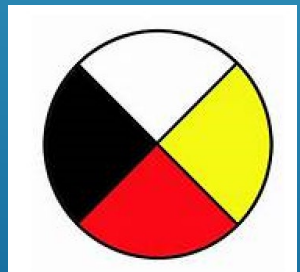
TRUTH—*STORY--CREATION ADDENDUM--CREATION OF HUMANS*

- COVID HAS FRIGHTENED, FRUSTRATED, ANGERED, DISCOURAGED, CONFUSED, EXHAUSTED US ALL IN SOME WAY.
- HUMAN BEINGS ARE THE NEEDIEST CREATURES OF CREATION. WE ALL GET ANGRY, EXHAUSTED, IMPATIENT, PESSIMISTIC, JUDGMENTAL, SELFISH, HAVE CRAVINGS, AND MAKE MISTAKES.
- ALL THE GUIDANCE WE NEED, TO LIVE LIFE IN A GOOD WAY, IS IN NATIVE NATIONS' LANGUAGES, CULTURES, AND SPIRITUALITY.
- WE NEED TO USE THE EFFECTIVE WEAPONS WE HAVE TO FIGHT COVID AND STOP ITS SNEAK-UP ATTACK.



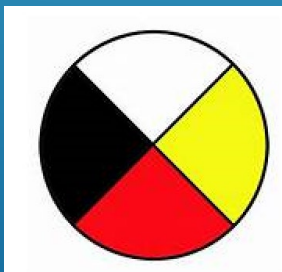
WISDOM—STORY--*WIMBAA OKAN TEASING ABOUT PLACEBOS*

- TRADITIONAL CEREMONY IS MEDICINE BUILT INTO OUR DNA.
- INTERGENERATIONAL/PERSONAL EMOTIONAL TRAUMA WOUNDS OUR DNA; THROWS US OFF BALANCE. WE ALL NEED CLEANSE, HEAL, BALANCE, PROTECT, COMFORT, GUIDE, MEANING, PURPOSE.
- COVID IS A REAL THREAT/SYMBOLIC THREATENING TRIGGER.
- MASKS, HAND SANITIZER, SOCIAL DISTANCING, VACCINE, TESTING, QUARANTINE, ISOLATION WORK. SO DO SMUDGING, PRAYER, MEDICINES FROM THE EARTH, SWEATLODGE, OTHER CEREMONIES.



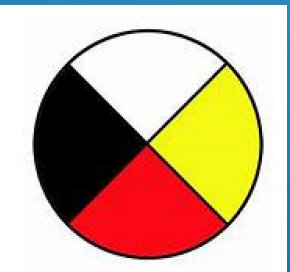
COURAGE—*STORY--THE FLAMING SMUDGE SHELL*

- TRADITIONAL HEALING WAYS ARE COMPATIBLE WITH THE BEST IN WESTERN MEDICINE; E.G., SMUDGING AGREES WITH NEUROPHYSIOLOGY/PSYCHOLOGY. SWEAT LODGE AGREES WITH CARDIAC PHYSIOLOGY.
- WE CAN BLEND TRADITIONAL HEALING AND MODERN WESTERN CURING AND ACHIEVE MUCH BETTER RESULTS THAN WITH WESTERN CURING ALONE.
- WE NEED NOT BE CONCERNED ABOUT WHAT CRITICS OF TRADITIONAL CULTURAL/ SPIRITUAL HEALING SAY/THINK.
- WE ALL ARE COVID WARRIORS. WE GIVE/RECEIVE HEALING.



COMPASSION--*STORY--FIRST DEER KILL*

- SUCCESS IS NOT HOW MUCH WE CAN GET, BUT RATHER HOW MUCH WE GIVE/HELP.
- AS WE GROW UP, WE OFTEN GET DISTRACTED BY THE WESTERN LIFE OF AMBITION, COMPETITION, CRAVING-- TRYING TO GET “OUR SHARE” OF SUCCESS.
- IT IS CRUCIAL THAT WE REMEMBER TO BE KIND TO OURSELVES, OUR FAMILIES, OUR COMMUNITIES; AND BE THANKFUL FOR GIFTS WE HAVE BEEN GIVEN.
- SOME COVID-NEEDY WILL BE CLUELESS, HELPLESS, NASTY SELFISH, HOPELESS, CONFUSED. WARRIORS HELP ALL.



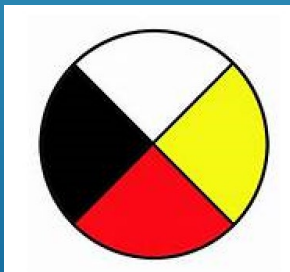
RESPECT--*STORY--MY MOTORCYCLE ACCIDENT*

- BEING THANKFUL AND BEING KIND ARE A FORM OF BEING RESPECTFUL.
- HELPING EACH OTHER CARRY THE LOAD IS ANOTHER FORM OF BEING RESPECTFUL.
- RESPECT CAN BE A HEALING MEDICINE.
- TAKING GOOD CARE OF OURSELVES IS ALSO A FORM OF BEING RESPECTFUL.
- WE SACRIFICE NOW SO OUR DESCENDANTS CAN ARRIVE AND THRIVE.



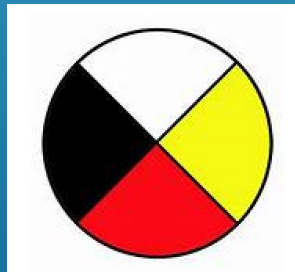
HONESTY--*STORY*--*BIGFOOT AT LEAST USED TO LIVE ON EARTH*

- OK TO ADMIT WE AREN'T HAVING FUN DOING COVID RESPONSE.
- COVID LOSSES HURT VERY, VERY BAD.
- WE WOULD ALL LIKE COVID TO BE OVER, SO WE COULD JUST FORGET ABOUT IT. REMEMBER SMALLPOX, MEASLES, AND POLIO.
- COVID IS SCARY AND DOING OUR JOBS DURING COVID CAN BE MISERABLE. WE NEED TO HELP AND SUPPORT EACH OTHER.
- BASIC, SIMPLE, PRACTICAL THINGS WE CAN EACH DO--TO STAY RESTED, NOURISHED, CLEAR-HEADED, PATIENT, PRACTICAL, SKILLED, AND SAFE OURSELVES. WE'RE TOGETHER ON THIS.



HUMILITY-- *STORY--WINNIBOOZHOO, MUSKRAT, AND THE FLOOD*

- CREATOR HASN'T ASKED US TO GIVE OUR LIVES AGAINST COVID. WE MAY NOT BE ABLE TO DO GREAT THINGS, BUT WE CAN DO SMALL THINGS WITH GREAT COMPASSION.
- THERE ARE SIMPLE THINGS WE CAN DO TO PREVENT AND MITIGATE COVID CHAOS/FRUSTRATION/DESPAIR/CONFUSION FOR OURSELVES, OUR LOVED ONES, OUR NATIONS. ***ROSE KNOWS!***
- WE NEED TO RECEIVE/SHARE HELP AS WELL AS GIVE IT; WE NEED TO DO THE SIMPLE STUFF.
- LET'S HELP EACH OTHER AND NOT HINDER EACH OTHER. TOGETHER WE CAN WIN AGAINST COVID.



“BUT IT’S BETTER NOW, RIGHT?”

Yes, it is better now with the surge past, the numbers all looking much better, and the news that in many cases we can get together more safely and need less strict transmission-prevention practices. But, all that said...

“Sometimes the tree falls after the wind stops.”

WE CAN STILL USE CULTURAL FIRST AID RIGHT NOW,
EVEN THOUGH THE COVID CHAOS IS EASING.

The Red Cross, and Rose, are offering us some very clear, practical, workable ways to understand and use psychological first aid. It's ok, and very good, to listen and to apply that western help to our own daily medicine wheel circle dance; as well as applying our own cultural and spiritual first aid. Native Nation people have always used the weapons at hand to win battles.





In a little bit, I will tell you a sacred story. It can't be written down or recorded, so please don't write it down or record it. But you could retell it yourself, face-to-face, if Creator asks you to. Please pause the online recording, when I start the story. COVID has forced us to accept that face-to-face includes online platforms. That's good. I have to tell it "face-to-face" and have been given permission by an Anishinaabe spiritual leader to tell it face-to-face. I have told this story perhaps 50 or 60 times in the past decade; before big groups, small groups, and to a single listener. I learn something myself, every time I tell this story.



It's a sacred story of forgiveness, cleansing, healing, balancing, protection, and change for the better--stuff we all need as Native Nation people and people who are worn out by COVID chaos. Actually, it's stuff the whole world needs, Indigenous or not. You only have to listen, and then make your own application of the healing medicine in this story to your own COVID wounds. What you hear and the healing you receive will depend on what you need and how you apply the medicine you find in this sacred story.



This is the story of how the Anishinaabeg/Ojibwe and the Oyate/Dakota were gifted by Creator--Wakan Tanka/Gichi Manidoo--nearly 150 years ago, with a way to stop hating, stalking, killing, and retaliating against each other; and instead become friends, relatives, and family in respect, help, and solidarity. It is a story that Oyate and Anishinaabe elders set in motion long ago, to travel by word-of-mouth all around Turtle Island, to share the healing.

It is also a story about women leaders and about boys and men who make mistakes.



Giga-waabamin...I'll be back to see you again...



When you're about to spin out from COVID chaos:

- -SAFE SPACE—let someone you trust help you find a safe space to catch your spiritual breath. Accept their help.
- -SAFE TIME—take the time there that you need to feel your balance beginning to return. Don't rush healing.
- -SAFE STRENGTH—remember your gifts and your skills; you can use them for your own healing, right now.
- -SAFE SHARING—talk with someone you trust about how you feel , and then listen for their wise feedback.
- -SAFE HOPE—focus on the good that's coming ahead, more than the bad you just got through.

GETTING RID OF STRESS--COVID OR OTHERWISE

TALK IT OUT—share what’s happening to you, with someone who cares.

WALK IT OUT—get some regular physical exercise.

WASH IT OUT—drink plenty of water.

FEED IT OUT—eat healthy; Native Nation traditional diets are awesome.

LAUGH IT OUT—Native Nation humor, kind/gentle, is a healing medicine.

SLEEP IT OUT—schedule time to worry and time to sleep. Don’t mix them!

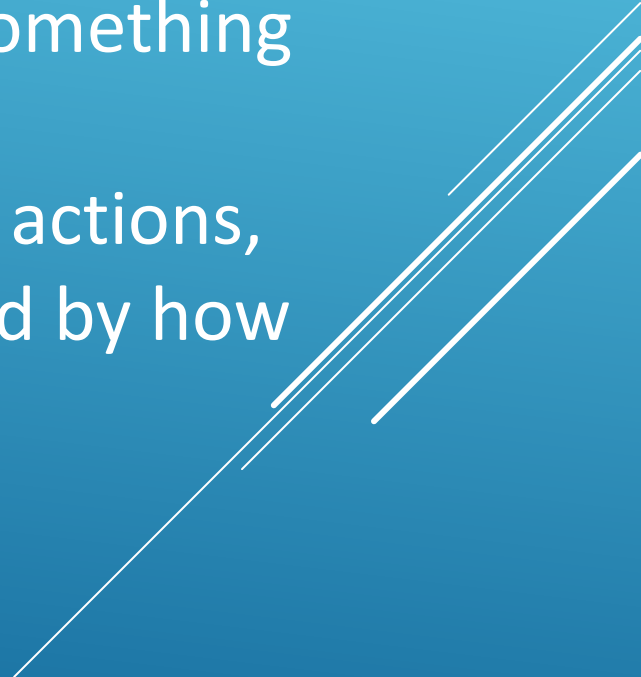
PLAY IT OUT—hobbies and relaxing entertainment need to fit in to schedule.

SWEAT IT OUT—ceremonies like sweatlodge, smudging, prayer, talking circle.

WRITE IT OUT—it can help to get issues down on paper. Short is ok.

THINK IT OUT—schedule time to stop and think things over.

RED CIRCLE FIRST AID--Carson Gardner, April 2022...

- Start each day with thanks, end each day with thanks, and in between walk the talk of your thankfulness.
 - Accept a higher power, even if you think you don't need one; because you will live and die in debt to that something greater than yourself.
 - Choose merciful teachings to guide your thoughts, actions, and decisions; because your value will be measured by how much you can give, not how much you can get.
- 


...RED CIRCLE FIRST AID--Carson Gardner, April 2022...

- If you make the effort, you can find all the ethical wisdom you need in your Native Nation's language, culture, spiritual stories, and ceremonies. The healing medicine of ancient teachings is coded into your DNA, waiting to be awakened.
- Try to be humble, generous, respectful, and helpful; especially to elders, children, women, the vulnerable, and to all the rest of creation that sacrifices so human beings can survive.
- Share laughter often, in kind and gentle ways.

...RED CIRCLE FIRST AID--Carson Gardner, April 2022...

- Take care of yourself with healthy food, drink, friends, and pastimes. Plug your ears and walk away from the windigo song of shadow-cravings. When you can't do that by yourself, accept responsible help.
- Work without complaining, rest without guilt, play enthusiastically, speak and pray honestly, defend against injustice.
- Forgive easily, judge no one, bully no one, wound no one.

...RED CIRCLE FIRST AID--Carson Gardner, April 2022

- Spend quiet time outdoors frequently; by moving water, trees, and open sky if possible.
 - Smudge to help return healing spiritual messages and memories into the center of your thoughts and emotions.
 - Discover and share stories of forgiveness and reconciliation.
-
- 

I CHOOSE TO DANCE ON—Carson Gardner, 10-5-21

I am alive. I feel pain, but I am much more than that pain.

My pain is not your pain, and yours is not mine.

I give my pain its place in my circle dance.

My pain is like the wind.

My pain is like the water.

My pain is like the fire.

My pain is like the stone.

The wind grants me breath.

The water grants me cleansing.

The fire grants me light.

The stone grants me a path.



I do not control the air but I breathe.

I do not control the water but I wash clean.

I do not control the fire but I see.

I do not control the stone but I dance.

Moving through my pain to discover joy
is a way to be alive. I move through my pain,
discovering the joy in meaning, purpose, and service.

My pain does not define me or limit me,
but it does acknowledge pathways toward my joy.

In thanks and with mercy, I choose to dance on.



MIIGWECHES...

- MIIGWECH GICHI MANIDOO/WAKAN TANKA, AND MINO-MANIDOOG
- MIIGWECH TO FAMILY AND SPIRITUAL FAMILY, GAA-WAABAABIGANIKAAG
- MIIGWECH TO ALL MY ANISHINAABE AND OYATE SPIRITUAL TEACHERS, FOR A QUARTER CENTURY, AND BACK TO MY CHILDHOOD...
- MIIGWECH TO ALL MY WESTERN MEDICINE RESPECTFUL, HONORABLE, HUMBLE TEACHERS.
- MIIGWECH TO DARRYL ZITZOW, PHD, A WONDERFUL PSYCHOLOGIST COLLEAGUE AT I.H.S., AND A WONDERFUL POW-WOW PHOTOGRAPHER.
- MIIGWECH TO JOHN TWO-HAWKS, LAKOTA SPIRITUAL MUSICIAN, AND HIS ALBUM *EARTH, FIRE, WATER, WIND* FOR THE BEAUTIFUL, POWERFUL PRAYER.
- MIIGWECH TO ROSE AND JOHN, WHO HELPED ME WITH MY OWN PSYCHOLOGICAL FIRST AID. THIS EFFORT IS MY ANISHINAABE RETURN GIFT IN THANKS.

--CARSON G, *ISHKODE ININI*

A sunset scene with a large feather in the foreground and the sun in the background. The sun is a bright yellow circle in the center, surrounded by a soft orange glow. The feather is dark and silhouetted against the sunset, with its barbs catching the light. The background is a gradient of orange and purple.

WELCOME

AMERICAN INDIAN/ ALASKA NATIVE

APRIL 21,2022



YOUR SELF CARE AND PSYCHOLOGICAL FIRST AID IN YOUR CARE FOR OTHERS DURING COVID

Dr. Carson Gardner

Rose Olmsted.

A large, dark feather is positioned in the foreground, its barbs catching the light. In the background, a bright sun is setting or rising, creating a warm, golden glow that illuminates the feather and the sky. The overall color palette is dominated by deep purples, blues, and oranges.

PRAYER AND SMUDGING BY
Dr. CARSON GARDNER
FOLLOWED BY AN INTRODUCTORY
MESSAGE FROM Dr. Gardner

A sunset scene with a bright sun and a large, dark feather in the foreground. The sun is a bright yellow circle in the center, surrounded by a soft orange glow. The feather is dark and textured, with its barbs catching the light. The background is a gradient of orange and purple.

POWERPOINT

WORDS OF HEALING AND BALANCE BY
MARIE TRUDEAU

Anishinaabe Aadizokaanan : Our Teachings - Marie Eshkibok-Trudeau





INTRODUCTION BY ROSE


WHAT IS THE RED CROSS VIRTUAL FAMILY ASSISTANCE
CENTER

FRONTLINE WORKER SUPPORT

WHAT IS PSYCHOLOGICAL FIRST AID



PLEASE NOTE:

- As a Non-Native person; I wish to acknowledge the historical trauma you and your loved ones have experienced and the current trauma/ grief which you experience.
 - I intend to “do no harm” to you in this presentation. Please tell me if I offend you in any way so I may address my harm to you and learn from it.
- 

THANK YOU

THANK

THANK YOU FOR ALL EACH OF YOU HAVE BEEN DOING IN EACH OF YOUR POSITIONS DURING THIS DIFFICULT TIME DURING THE PANDEMIC.

RECOGNIZE

AS FRONTLINE WORKERS I RECOGNIZE YOU HAVE NOT BEEN ABLE TO JUST “WORK FROM HOME OR AT A COMPUTER,”

THANK

THANK YOU, ADMINISTRATION, MEDICAL, DENTAL, BEHAVIORAL HEALTH, OUTREACH SERVICES AND CUSTODIANS.



**Welcome to the Red Cross
Virtual Family Assistance Center**



Virtual Support for Frontline Workers: Free Individual and Group Sessions

Call tollfree **833-492-0094**



Frontline and essential workers are experiencing extreme stress as they perform their routine duties helping others in the midst of the COVID-19 environment. A combination of stressful working conditions, long hours, insufficient resources, logistical challenges, multiple losses of clients, patients and co-workers, plus the serious risk to personal or family health and safety, have created hardships for people on the front lines of this crisis

Individual and group emotional support for frontline workers is a free service to help frontline workers cope with the stress of working with families affected by COVID 19.

- Individuals – call tollfree **833-492-0094** or click the [Request A Call](#) link on the [Virtual Family Assistance Center \(VFAC\)](#) (www.redcross.org/vfac) site.
- Groups may schedule a support session using the [Training Request Form](#) link on the [VFAC](#) (www.redcross.org/vfac) site.

Red Cross volunteers who are professional healthcare providers, mental health providers and spiritual care providers will work with the individual directly or can schedule a group support session. All services are free and confidential.



To learn more about the Red Cross Virtual Family Assistance Center, please visit: redcross.org/vfac or call toll-free: 833-492-0094

All Services are Free and Confidential

You are not alone!

Self-Care Medicine Wheel: COVID-19 Era

The Medicine Wheel teaches us that all things are interconnected and interdependent.
When we heal ourselves, we heal our families, communities, and nations.*



Adapted from Elsipogtog Health & Wellness Centre's "Self-care during COVID-19 Pandemic."
*Medicine Wheel Teaching from "The Red Road to Wellbriety."

BREAK TIME!

We will promptly restart
the training in **10**
minutes



A sunset scene with a bright sun and palm fronds silhouetted against a purple and orange sky. The sun is a bright yellow circle in the center, with a gradient of orange and purple in the sky. The palm fronds are dark and silhouetted against the bright sun.

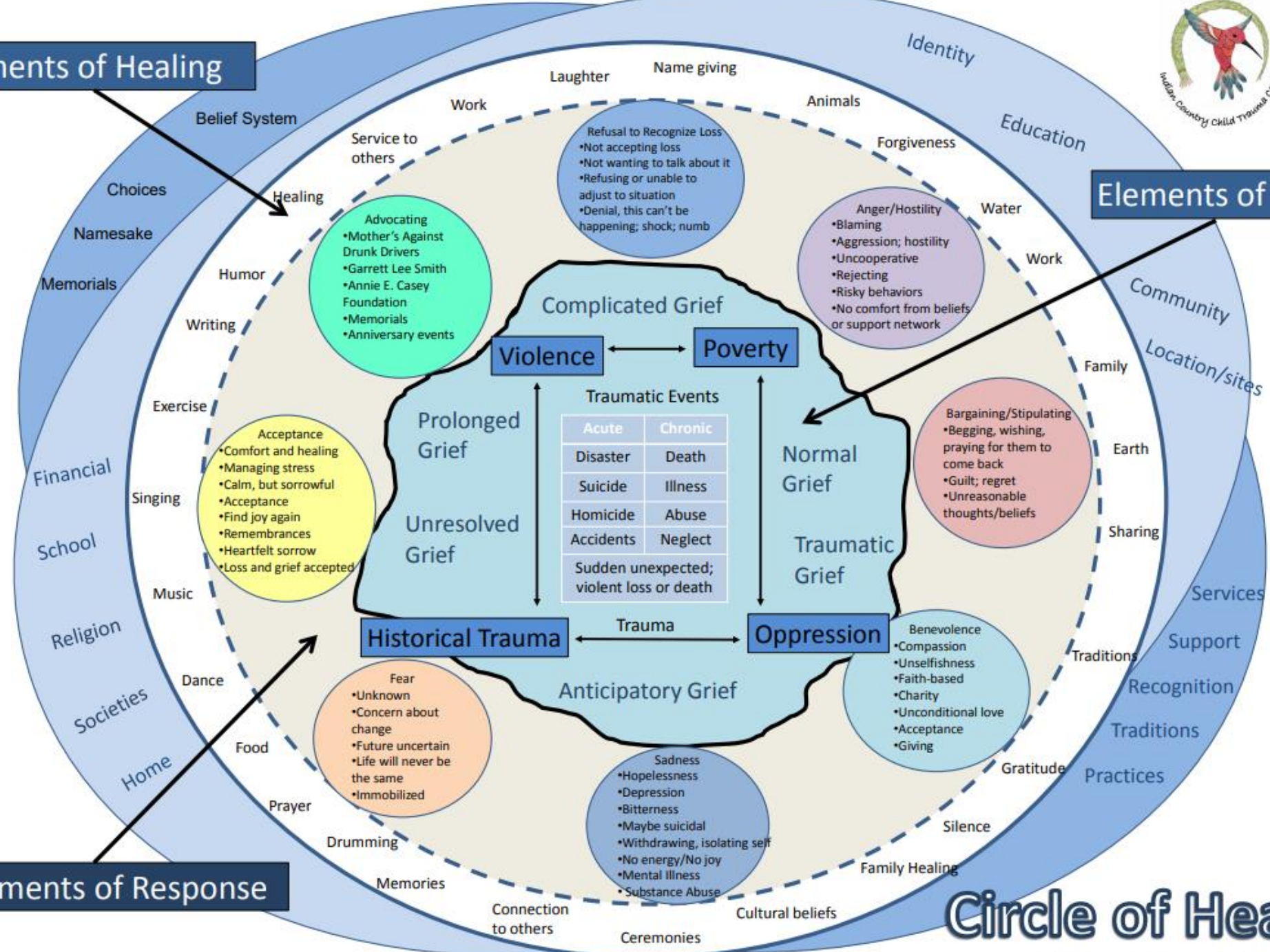
DR. GARDNER TELLS A STORY



Elements of Healing

Elements of Grief

Elements of Response

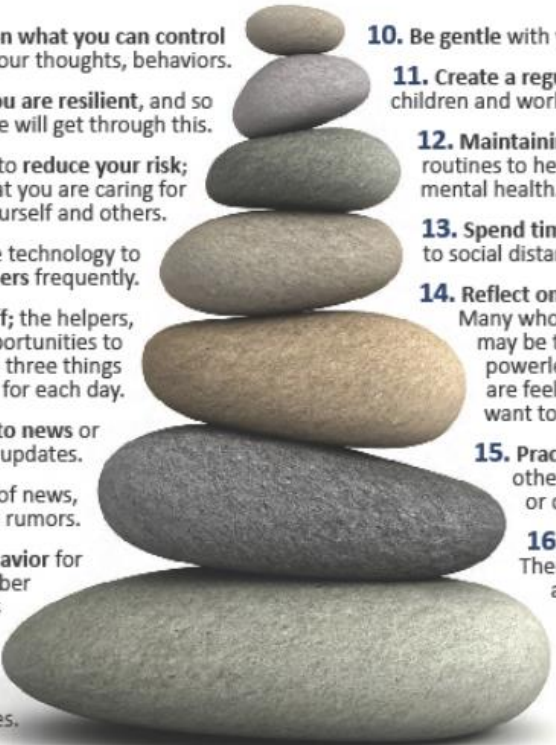


Circle of Healing



Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

- 
- 1. Focus on what you can control** – including your thoughts, behaviors.
 - 2. Remember that you are resilient**, and so is humankind. We will get through this.
 - 3. Do what you can to reduce your risk**; take comfort that you are caring for yourself and others.
 - 4. Use technology to connect with others** frequently.
 - 5. Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
 - 6. Limit exposure to news or social media updates.**
 - 7. Use reputable sources** of news, avoid speculation and rumors.
 - 8. Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
 - 9. Don't let fear influence** your decisions, such as hoarding supplies.
 - 10. Be gentle with yourself and others.**
 - 11. Create a regular routine**, especially for children and work from home.
 - 12. Maintaining a healthy diet and exercise routines** to help your immune system and mental health.
 - 13. Spend time in nature** while adhering to social distancing guidelines.
 - 14. Reflect on your reactions.** Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
 - 15. Practice meditation, yoga, or other mind-body techniques.** Find apps or online videos to help.
 - 16. Reach out if you need to talk.** There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE
1-800-985-5990
'TalkWithUs' TEXT 66746

The Resiliency Wheel

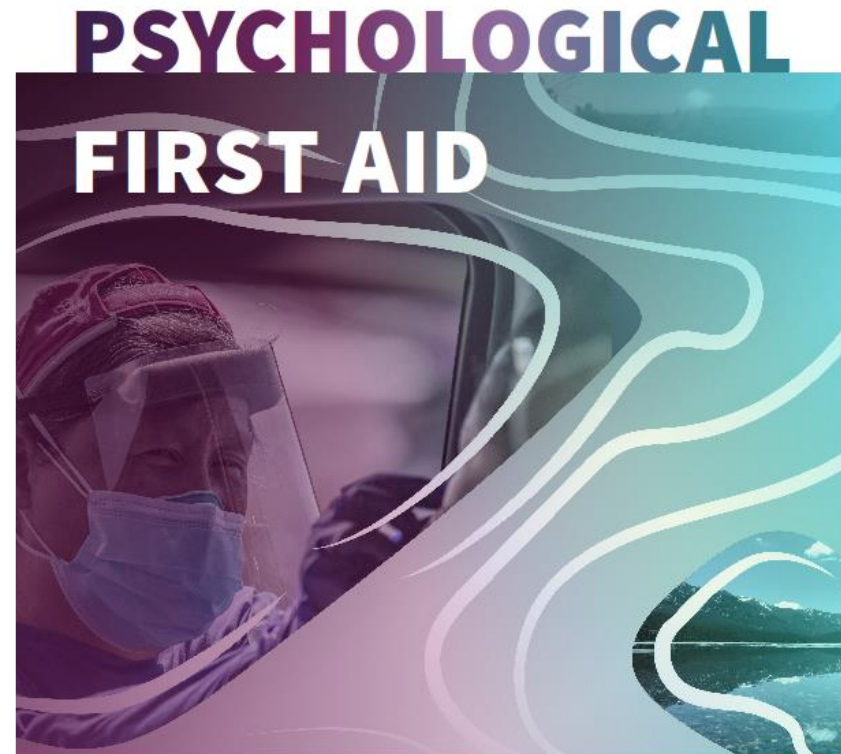


BREAK TIME!

We will promptly restart
the training in **10**
minutes



PSYCHOLOGICAL FIRST AID: For COVID-19 Frontline Workers in American Indian/Alaska Native Communities



**For COVID-19 Frontline Workers in American
Indian/Alaska Native Communities**

Adapted by the Johns Hopkins Center for American Indian Health
Supported by UNICEF USA

Building Resilience: One Step at a Time

The Stress Continuum Model

What is the Stress Continuum Model and Stress First Aid?

- The stress continuum model is the foundation for the Stress First Aid model (SFA)
- SFA was developed for helping workers in high stress occupations
 - COVID-19 has caused healthcare to be a highly stressful place to work
- SFA works to identify and address signs of stress early on and continuously
- The stress continuum model is way to visualize your and others' response to stress

What does the stress continuum model look like?

- The stress continuum model is broken up into four parts, four colors
- The idea of the continuum is that everyone will react when faced with stress, but stress responses land on a spectrum based on preparedness and resilience
- During a response to stress someone can also switch between colors quickly

What does it mean to be in the Green Zone?	What does it mean to be in the Yellow Zone?	What does it mean to be in the Orange Zone?	What does it mean to be in the Red Zone?
<p>Ready</p> <p>A state of wellness, optimal functioning and growth.</p> <p>A person feels at their best. They feel prepared, in control, motivated, calm. They are physically, mentally and spiritually fit. They are behaving ethically and having fun.</p>	<p>Reacting</p> <p>A state of mild distress or impairment, caused by any stressor, that goes away.</p> <p>A person may feel anxious, down or unhappy. They may lose focus or motivation. Physical changes, muscle tension and difficulty sleeping may occur.</p>	<p>Injured</p> <p>A state of more severe or persistent distress, that leaves an impact or scare.</p> <p>This could be caused by encountering life threatening situations, loss, inner moral conflicts, and wear and tear. A person in this zone feels total loss of control and not like their normal self. Panic, depression, and excessive guilt are common.</p>	<p>Ill</p> <p>A person has a clinical mental disorder and an unhealed stress injury can cause life impairment.</p> <p>Symptoms persist and worsen over time. Severe stress causes social and occupational impairment.</p> <p>Examples include PTSD, depression, anxiety, and substance abuse.</p>
Actions to take	Actions to take	Actions to take	Actions to take
<p>-Reflect on resilience strategies you have been using</p> <p>-Continue healthy habits</p> <p>-Stay focused and simplify large challenges if possible</p>	<p>-Recognize your own limits and notice what triggers your stress response</p> <p>-Find strategies that minimize stressors</p> <p>-Nourish body, stay active, and get adequate sleep to maximize physical health</p>	<p>-Identify support systems in work and home environments</p> <p>-Reach out and have conversations that support your wellbeing</p> <p>-DO NOT isolate</p>	<p>-Reach out to professional resources and follow healthcare providers recommendations</p> <p>-stay connected with support systems</p> <p>-maintain physical health</p>

click here 

Building Resilience: One Step at a Time

Psychological PPE: Your Own PPE

Personal protective equipment (PPE) is specialized equipment worn by an individual to protect them from contracting or spreading infectious agents. PPE is essential because it allows healthcare workers to feel safe when they are doing their job.

PPE protects workers' physical health, but what about mental health and wellbeing?

Psychological PPE is the awareness that healthcare workers need to be knowledgeable and have access to resources and strategies to protect their mental welfare. Let us not forget that not all stress is negative. It is the balance of knowing when it is too much. Just like knowing what level of PPE is necessary for the situation. Sometimes it will be an awareness of potential risk, and other times it will be full protective clothing and respiratory equipment.

Why is psychological PPE necessary?

- Protects us from stress and other harmful behaviors
- Improves self-care, resilience, work ethic
- Reduces burnout and fatigue
- May minimize more severe mental health conditions

How is it similar to Medical PPE?

- It is an easier concept for staff to understand and integrate because of previous knowledge about medical PPE.
- Just like medical PPE, you can't order psychological PPE the day you need it. You must be prepared with psychological PPE strategies before encountering stressors.
- Medical PPE expires, and so does psychological PPE—you need to check in with yourself like how you would check the seal of a mask or type of PPE for the situation you are in.

Examples of Psychological PPE

These are some examples of strategies to be incorporated into everyday routines to improve resilience and prevent burnout.

- Practicing mindfulness, meditation, express gratitude
- Develop or utilize support buddy systems in the workplace
- Connect with friends and family—laugh, play, be lighthearted
- Take breaks during work and also outside of work
- Take care of your body—nourish yourself, exercise, hydrate, work on sleep hygiene
- Talk to professionals when you are not sure, feel alone, need help

I will try these psychological PPE strategies to protect myself from stress and burnout: _____

Additional Resources

- [BC Medical Journal article expands on idea of peer support groups as psychological PPE](#)
- [BMJ, medical leadership journal, explains importance of psychological PPE during COVID-19 pandemic](#)

click here


RESOURCE LIST

- [Caring for yourself in the face of Difficult Work](#) (can be made into a pocket card to carry)
- [Coping with Stress During COVID19](#)
- [Coping Tips from American Red Cross During COVID19 Minnesota Department of Health COVID19 Healthcare Responder Stress](#)
- [COVID19 Resources from ICISF](#)
- [Corona Virus Resources](#)
- [COVID19 Resources from the National Child Traumatic Stress Network](#)
- [SAMHSA Distress Hotline](#)
- [MDH Disaster and Behavioral Health Resources for COVID19](#)
- [MDH How Supervisors and Managers can Support Staff during COVID19](#)
- [World Health Organization: Doing what Matters in Times of Stress](#)
- [Immigrants and COVID19 Frequently Asked Questions](#)
- [Intimate Partner Violence and Child Abuse During COVID19](#)
- [Moral Injury](#)

RESOURCE LIST

- [NASW Self care during Pandemic](#)
- [SAMHSA: Tips for Social Distancing, Quarantine and Isolation during a Pandemic](#)
- [National Child Traumatic Stress Network: Supporting Children](#)
- [Supporting Mental Well Being During COVID19](#)
- [Wellbeing](#)
- [Find Your Happy Place](#)
- [Stressed PDF](#)
- [Psychological First Aid](#)
- [PFA What to do and what not to do](#)
- [Resources Working Remotely during COVID19](#)
- [NAMI COVID19 and Mental Health](#)
- [Mayo Clinic Managing Anxiety/Mindfulness](#)
- [Six questions to ask yourself in quarantine](#)

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- [Six questions to ask yourself in quarantine](#)

NAMI Indigenous <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>

Psychological First Aid American Indian Native Alaska <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>

Mental Health America The Mental Health of Healthcare Workers <https://mhanational.org/mental-health-healthcare-workers-covid-19>

COVID-19 and Moral Injury A mental Health Pandemic for Frontline Healthcare workers <https://www.clinicaladvisor.com/home/topics/psychiatry-information-center/covid-19-moral-injury-mental-health-pandemic-health-care-workers/>

Mental Health America: Resource List



[LEARN MORE](#)

[LIVE MENTALLY HEALTHY](#)

[FIND HELP](#)

[PUBLIC POLICY](#)

[GET INVOLVED](#)

[DONATE](#)

Resources For Immediate Response

National Suicide Prevention Lifeline

Call 1-800-273-8255. The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Disaster Distress Helpline

The national Disaster Distress Helpline is available for anyone experiencing emotional #distress related to natural or human-caused disasters. Call or text 1-800-985-5990 to be connected to a trained, caring counselor, 24/7/365. disasterdistress.samhsa.gov

Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

The Trevor Project

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Dial 2-1-1

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

National Domestic Violence Hotline

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

StrongHearts Native Helpline

Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

The National Sexual Assault Telephone Hotline

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

The Partnership for Drug-free Kids Helpline


Call 1-855-378-4373 if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00 am -midnight ET weekdays and noon-5:00pm ET on weekends.

Physician Support Line

The Physician Support Line is available at 1-888-409-0141 every day from 8:00 AM - 1:00 AM ET. Physician Support Line is a national, free, and



CARE FOR YOUR CORONAVIRUS ANXIETY

A PROJECT BY  shine

Resources for anxiety and your mental health in a global climate of uncertainty.

[Share This Toolkit](#)

[Ask an Expert](#)

[Meditations](#)

[Isolation](#)

[Financial Fears](#)

[Anxiety](#)

[Xenophobia](#)

[For Parents](#)

[Support](#)

click here 



Thank you for your participation!

Rose Olmsted
Red Cross Disaster Instructor
rose.olmsted3@redcross.org

'Sacred Earth' by John Two-Hawks from
'Earth~Fire~Water~Wind'



A sunset scene with a bright sun and a large feather in the foreground. The sun is a bright yellow circle in the center, surrounded by a soft orange glow. The background is a gradient of orange and purple. A large, dark feather is in the foreground, partially obscuring the sun. The text "I CHOOSE TO DANCE ON" is overlaid on the image in a bold, black, sans-serif font.

I CHOOSE TO DANCE ON

A Poem by Dr. Gardner



