



# Words as Seeds

A PARTNER IN  
**NCTSN**

The National Child  
Traumatic Stress Network

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Substance Abuse and Mental Health  
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# 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





## **NCTSI – Category II Program 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.

# Trauma Team

**Mya Davis** is a Master of Public Health student at the University of Iowa in the department of Community and Behavioral Health. She received her BA in Biology from Grinnell College in Spring 2021. As a graduate research assistant with the Native Center for Behavioral Health, Mya assists with grants and projects regarding the National Child Traumatic Stress Initiative.



# Trauma Team

**Makenna Clark** is a graduate research assistant for the Native Center for Behavioral Health. 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 National Child Traumatic Stress Initiative.



# Trauma Team

**Eleanor Witt** is currently pursuing a master's degree in the University of Iowa's school counseling program. She received her B.A. in Vocal Music Education with a minor in Spanish from Central College in May of 2019. As a graduate research assistant with the Native Center for Behavioral Health, Eleanor assists with grants and projects regarding the National Child Traumatic Stress Initiative.



# Today's Speaker

**Tanaya Winder** is an author, singer/songwriter, poet, and motivational speaker. She comes from an intertribal lineage of Southern Ute, Pyramid Lake Paiute, and Duckwater Shoshone Nations where she is an enrolled citizen. Tanaya's performances and talks emphasize "heartwork" – the life path one is meant to follow by using their gifts and passions. She blends storytelling, singing, and spoken word to teach about different expressions of love. Her specialties include youth empowerment and healing trauma through art.





# Words as Seeds

**How do words shape and mold us into the people we become? When we think of words as seeds, we become even more aware of the intention behind words that are planted with positivity and those that cause harm. In this talk, you'll hear testimony on the power of words and their impact on our spirit's traumas and triumphs.**



# Overview

Grounding Exercise

Our Life Gardens

Planting & Harvesting Seeds

# Takeaways

Apply storytelling  
methods to your  
work

Examine the  
inequities that have  
impacted you and  
your work; identify  
ways to build your  
resiliency

Identify ways you  
can plant seeds of  
positivity in your  
life both personally  
and professionally

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

**Getting Grounded**  
*It's a Good Day!*

# Getting Grounded

**Drop into the chat!**

What are some things you ask  
Creator or your higher belief to  
have a good day / a good life?



# Our Life Gardens



## The Elements

- Water
- Fire
- Earth
- Air

# Planting Seeds



**Drop into the chat!**

**What are some seeds that were planted in you as a child / young person?**



*Funded by Substance Abuse and  
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# Questions or Comments?

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