

Words as Seeds









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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^{st.} 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.



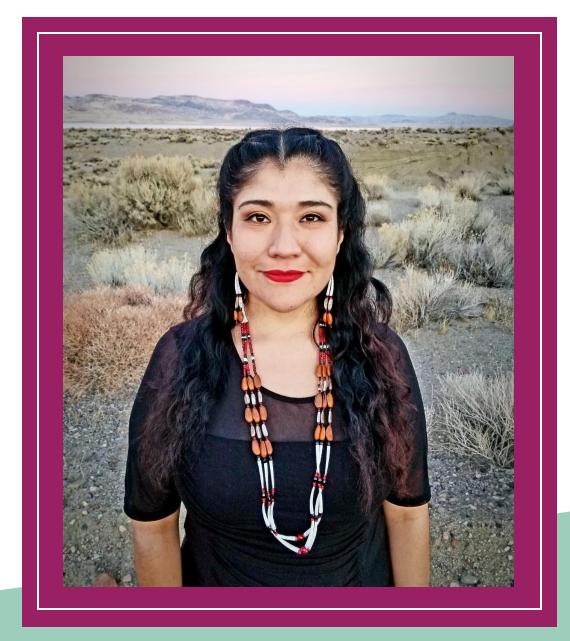
Trauma Team

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

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?



Questions or Comments?

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IOWA SAINASA Substance Abuse and Mental Health Services Administration