



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

Native Medicine: Cultivating Mental Health Resilience and Deep Rooted Vitality for AI/AN Youth

June 7, 2022

10am-11:30pm CST



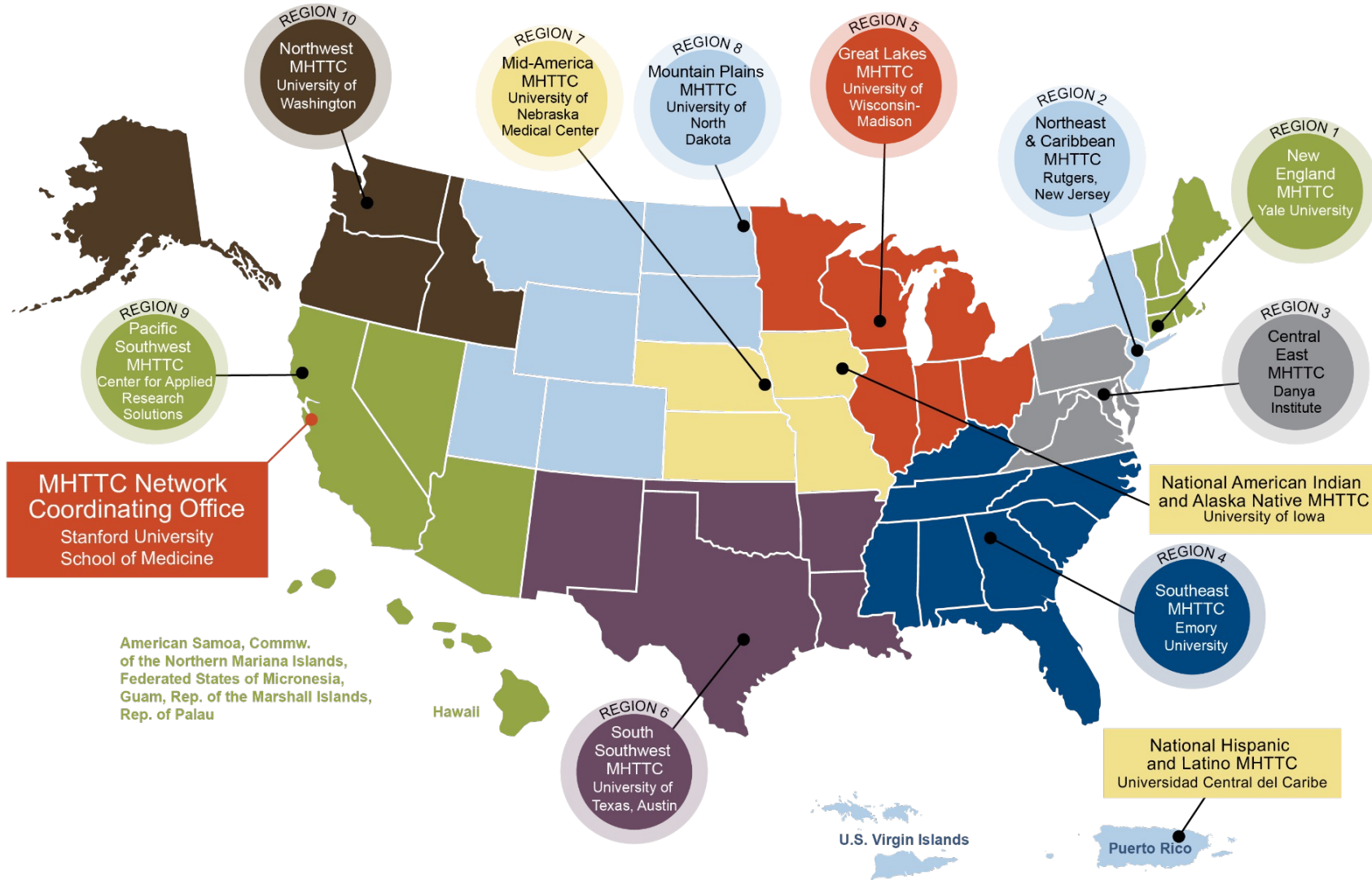
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American Indian
& Alaska Native
Mental Health
Technology
Transfer Center
*K-12 School Mental Health
Supplement Project*



SAMHSA

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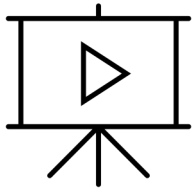
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

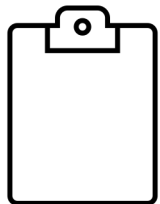


Follow-up

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, 1st. Meskwaki Nation





Teresa Brewington
Co-Director



Bethany Walzcak
Graduate Research Assistant





MHTTC K-12 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.



MHTTC K-12 Program Manager

Dr. Allison Baez, Tap Pilam Coahuiltecan Nation. For over 25 years her focus has been on students' and their families' academic success. Dr. Baez shares her expertise that implements the best practices from a Native cultural lens intended to strengthen and empower individuals, families, and communities. Through collaborative efforts she applies culturally responsive approaches and methodologies to serve Indigenous populations. She received her PhD from the University of the Incarnate Word in San Antonio, TX.

Today's Speaker

Join us to activate (y)our full presence, power, and resilience. We will be guided by Gera Marin, a Traditional Healing Arts Practitioner, Sacred Runner (Chaski), urban farmer, and coach, in a series of sessions where he will share techniques to generate emotional stability amidst the storms.

Whether you are an educator, parent, organizer, or tribal leader, this series will support you with physical and mental fitness tools to assist you in sustaining your highest potentials in service of AI/AN youth communities.

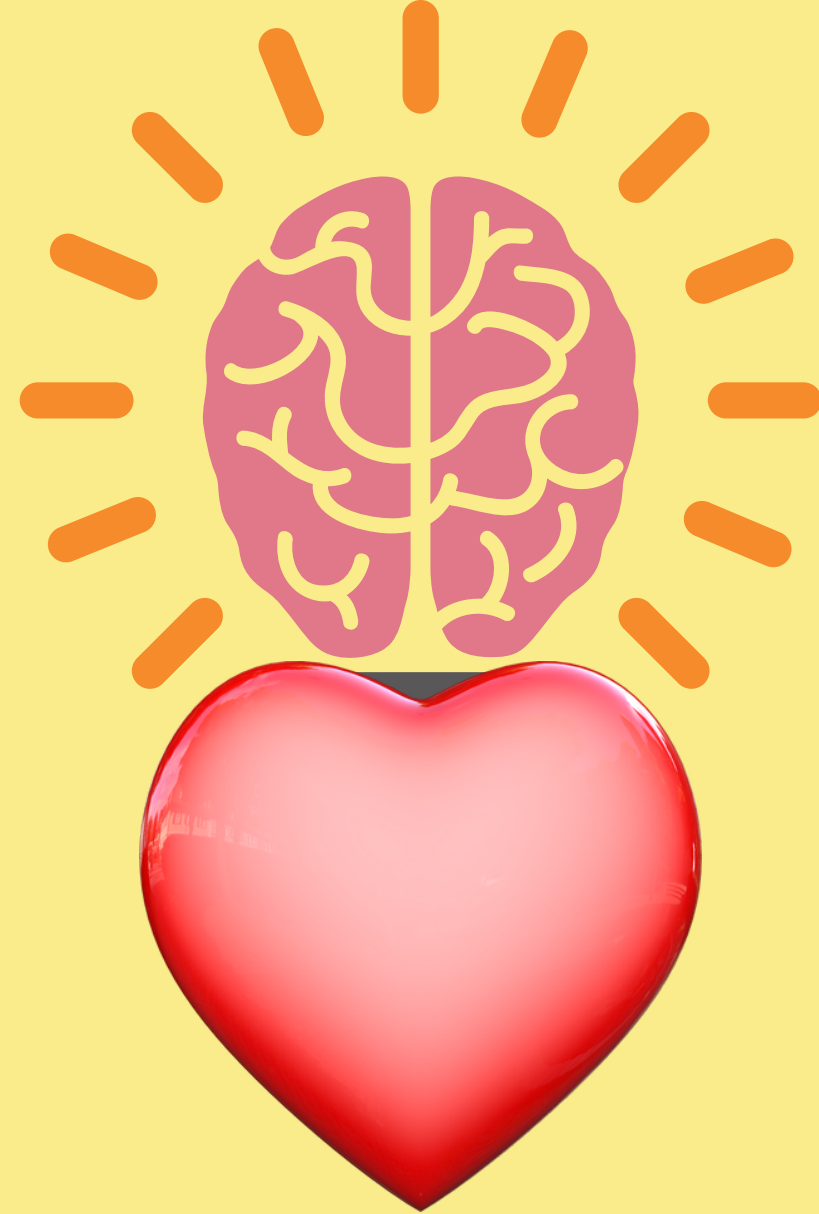
Through a combination of guided movement, mindfulness practices, and neurolinguistic reconditioning, participants will release self-limiting thought patterns inflicted by the colonial capitalistic dominant society and restore their innate resilience.

This series is designed to lovingly support and create a space for those who serve in inequitable and challenging conditions, a space for you to regenerate while reinvigorating your personal practices/routines.



Gerardo Omar Marín “GeRa”, is Indigenous/Chichimecatl, Ashkenazi, & Spanish descent. He is a passionate (**JEDI**) Justice, Equity, Diversity, & Inclusion facilitator, Thriving Teams Consultant, Traditional Mexican Healing Arts Practitioner and Deep Fulfillment Coach rooted in interfaith values of love, compassion, determination, and service. He is based in San Antonio, TX (Yanaguana/Somi-Sek) where he serves community-led organizations, youth empowerment networks, leaders, and mission-driven businesses to achieve success on their highest terms.



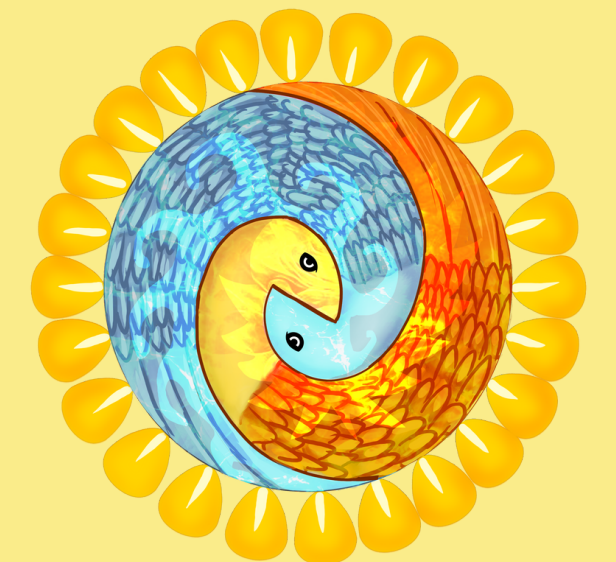


Attuning our Energy

Movement for the body & mind

Resilience for Educators, Leaders, &

Caretakers



Yolpaki Gera Omar Marin
Yanaguana (San Antonio, TX)

Breathe in, exhale gratitude
for the seeds of our ancestors



Send your roots
down and feel
strong like the tree
that you are.

The Power of our Awareness

Be present in the moment

ex: Nana/Grandmother when sorting beans

Demystifying Meditation

Simple observations can assist us in feeling centered, clear,
able to respond.

Observe:

Sight where the walls are, the light, textures

Listen for sounds inside and outside

Sensations eg. temperature, pulsing, tingle, tension

Tastes and Smells





Huitzilin: Hummingbird wings

Arms open wide to our sides

Arms flutter up and down for 20 seconds

Variation: rotate in circles back, then forward 20 seconds



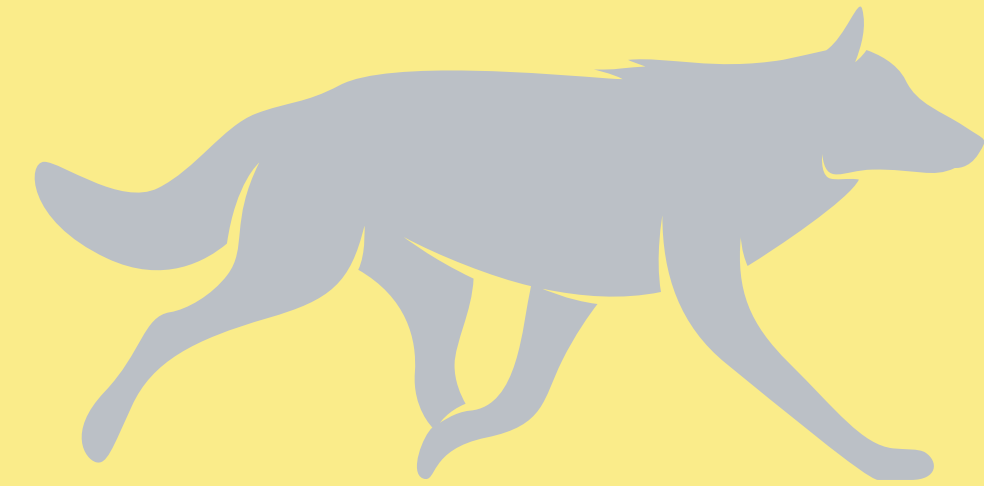
Papalotl: Butterfly Dynamic Stretch

Hands clasped above ears over the temples

Bring elbows 1-3 inches apart, then open and close with
intentional breathing through nostrils

Priming the mind (Energizer).

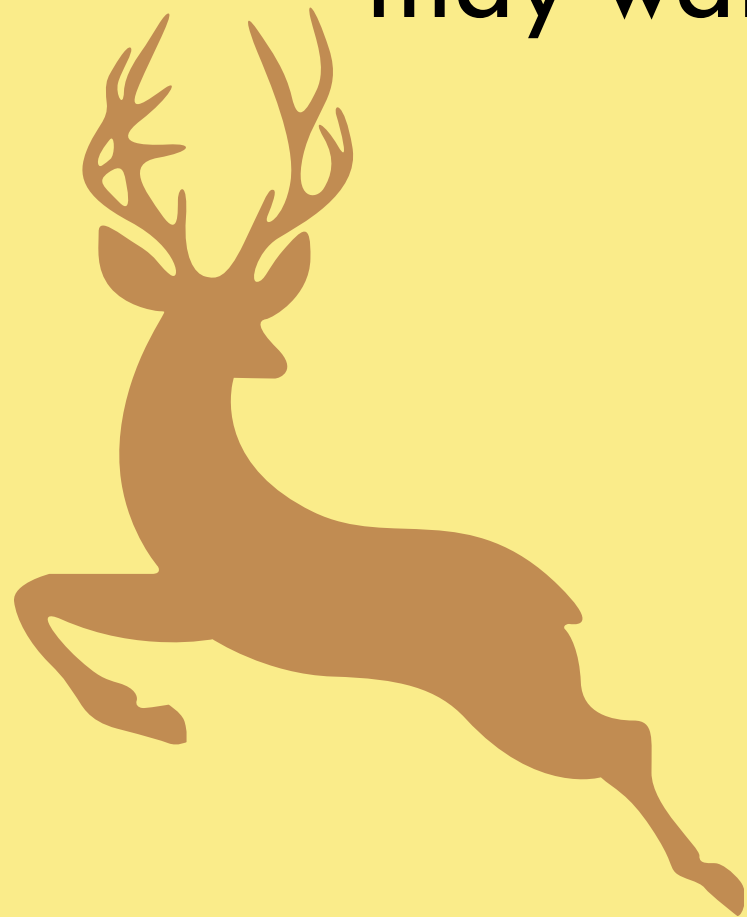
Moments of reset and refreshment
to refocus thoughts or attention



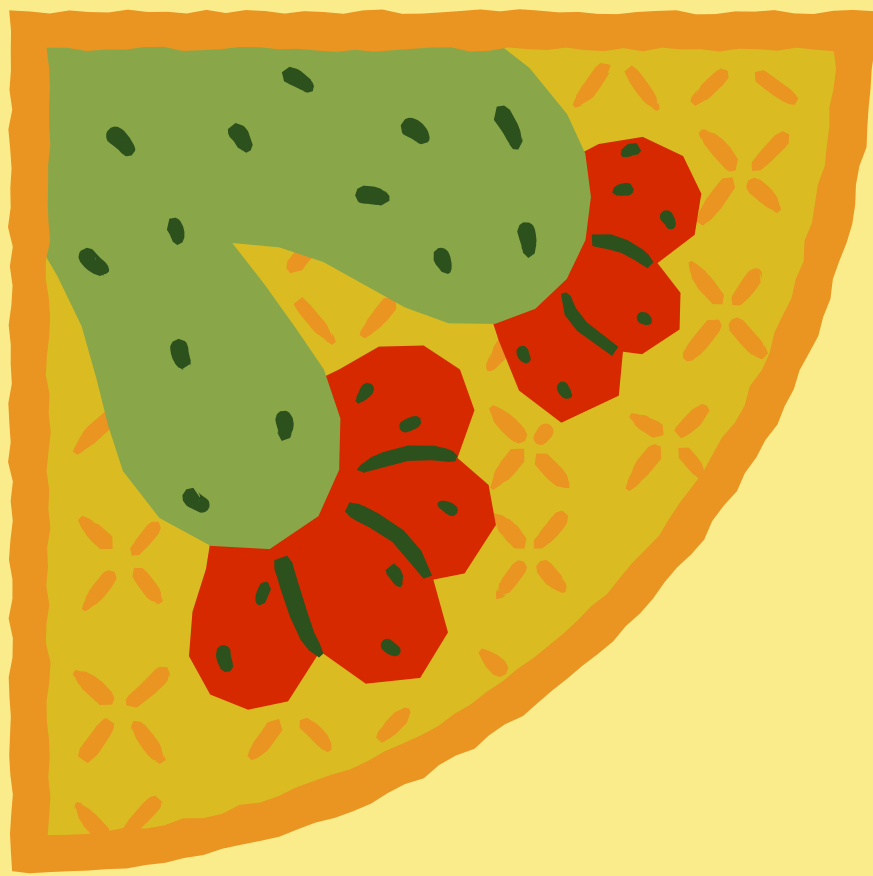
Exploring/observing the sensations of movement and playfulness
that increases circulation and more..

eg. move arms as if running in place for 20 seconds

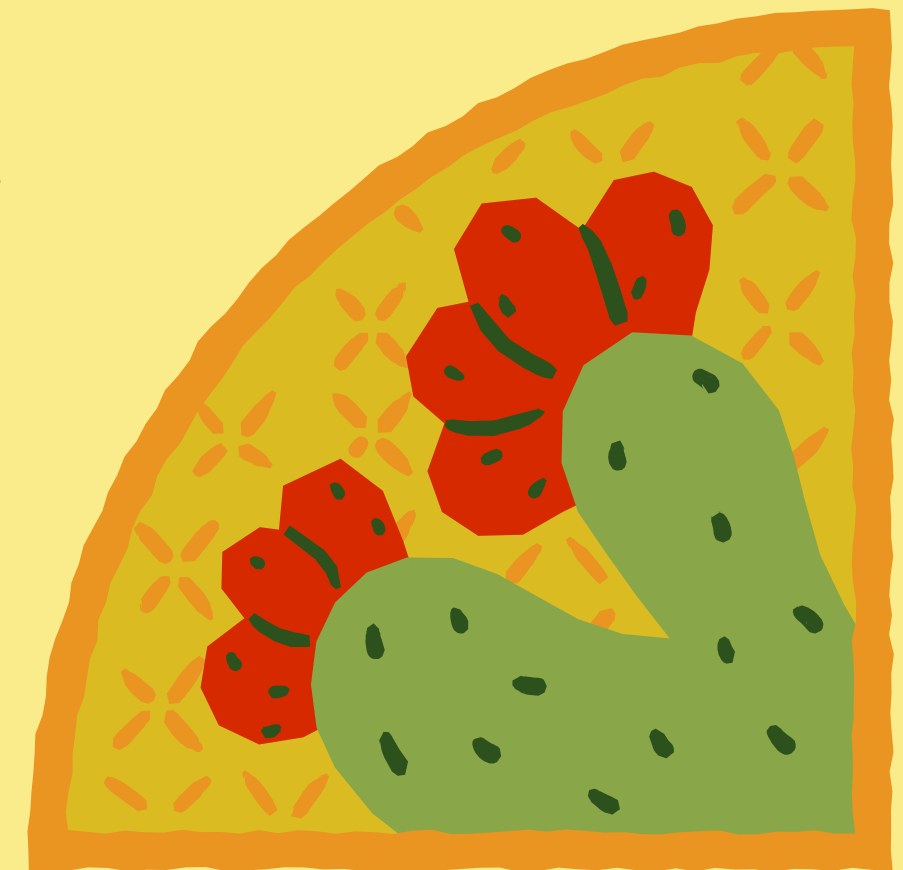
may want to envision animals, playfully chasing each other, etc;
(standing in a lunge position or seated)



Then relax, just be with the sensations of
the body in the present moment, the
sounds and smells in the space you are
in, allow the breathe to normalize



May all that you transmit and offer
return to you amplified.





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Questions or Comments?

About National AI/AN MHTTC K -12

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K thru 12 Program Information

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

