

Implications of Historical Trauma on Mental Health and Treatment of Indigenous Populations

Dr. Tami De Coteau, PhD

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Mountain Plains (HHS Region 8)

MHTTC

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

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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth

Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

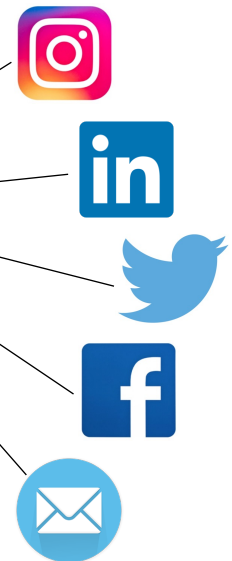
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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Implications of Historical Trauma on Mental Health and Treatment in Indigenous Populations

Presented by:

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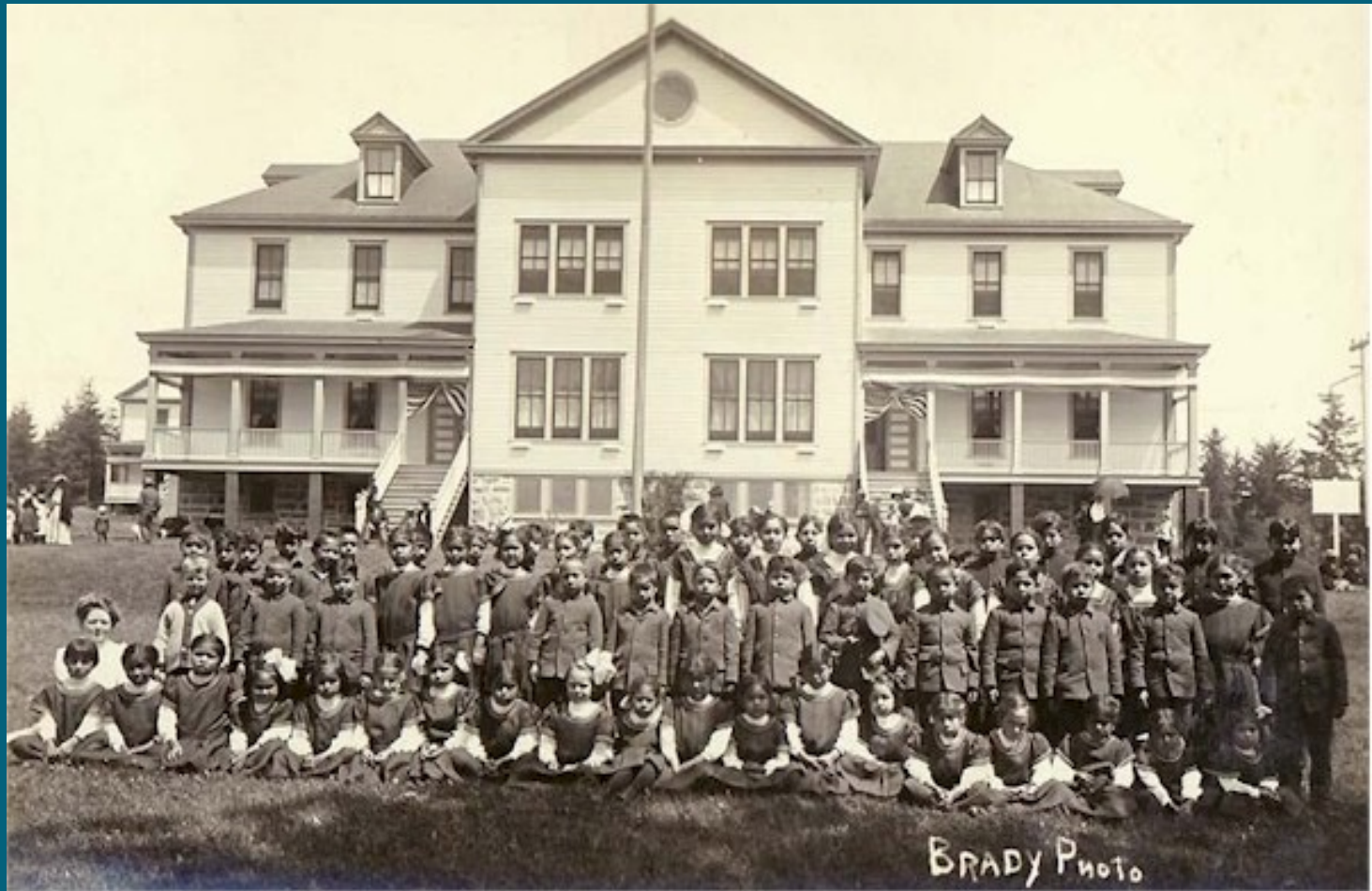
DeCoteau Trauma-Informed Care & Practice, PLLC

www.decoteaupsychotherapy.com

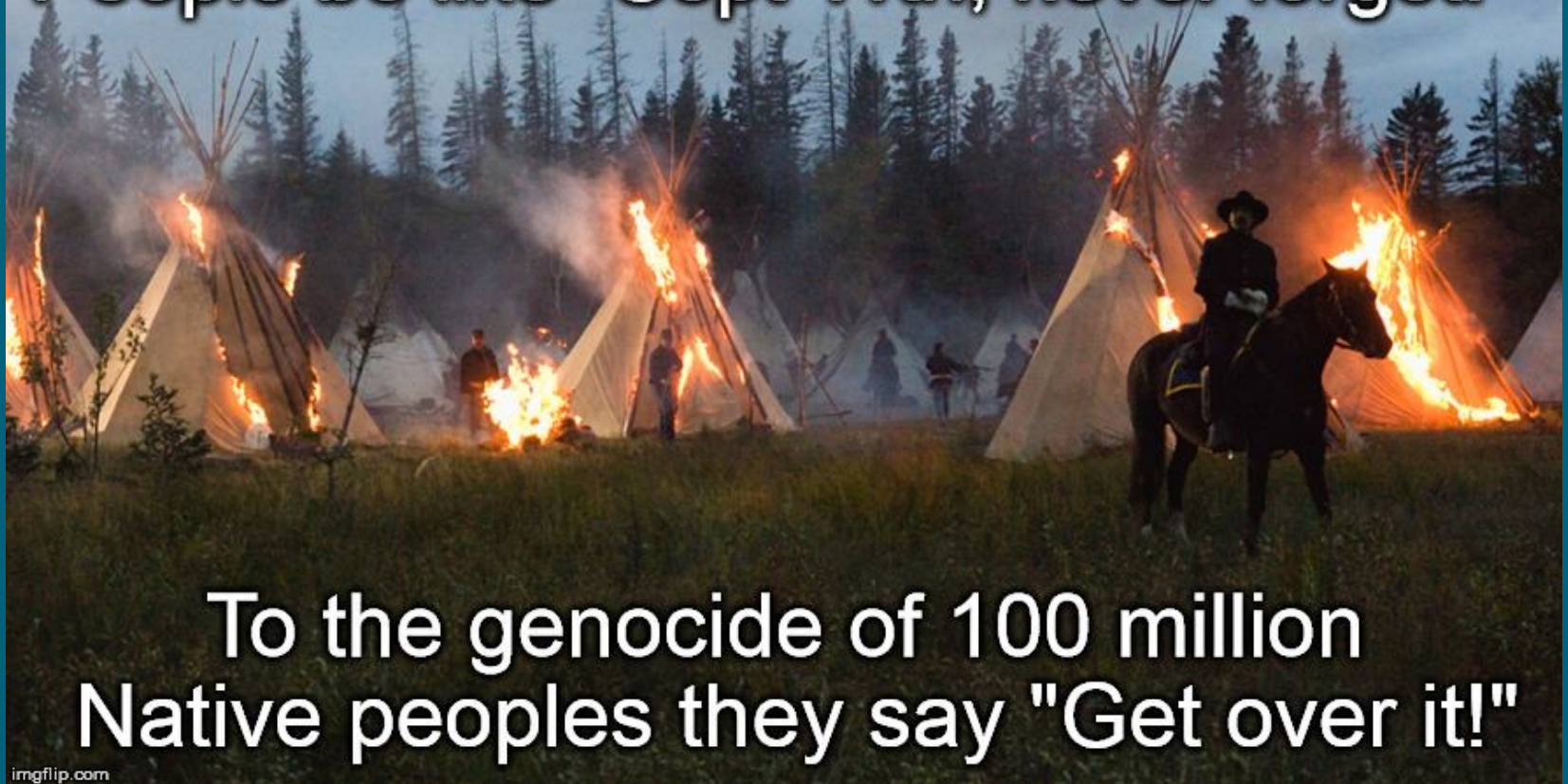
What is Trauma?

- Big “T”
- Little “t”
- Complex Developmental
 - Relational
 - Historical
- Transgenerational/Intergenerational

The Indian Boarding School



People be like "Sept 11th, never forget!"



To the genocide of 100 million
Native peoples they say "Get over it!"

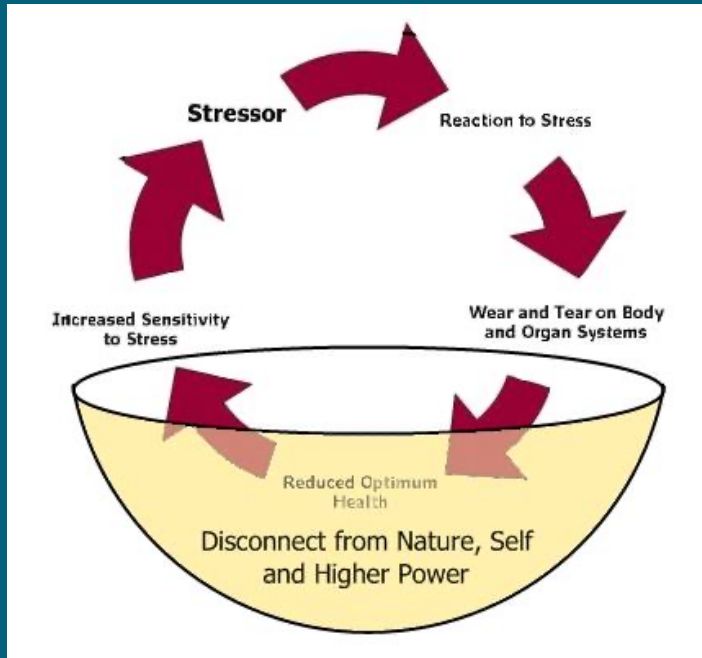


Nature's Response to Trauma & Stress



The current combination of stress (work) + threat (COVID19) + reduced support (public) + lack of control & predictability (constantly changing environment/information) create the “Perfect Storm” for stress and illness.

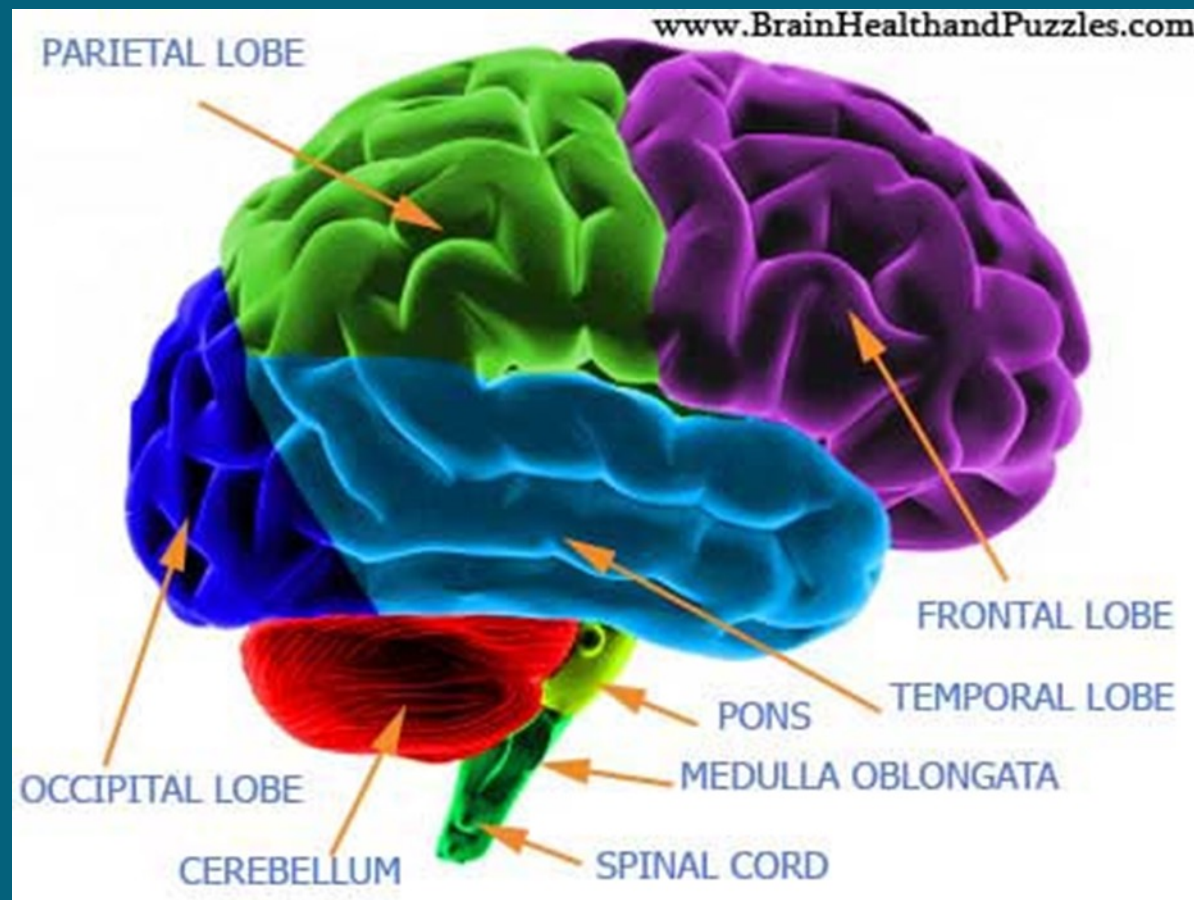
Stress Response Cycle



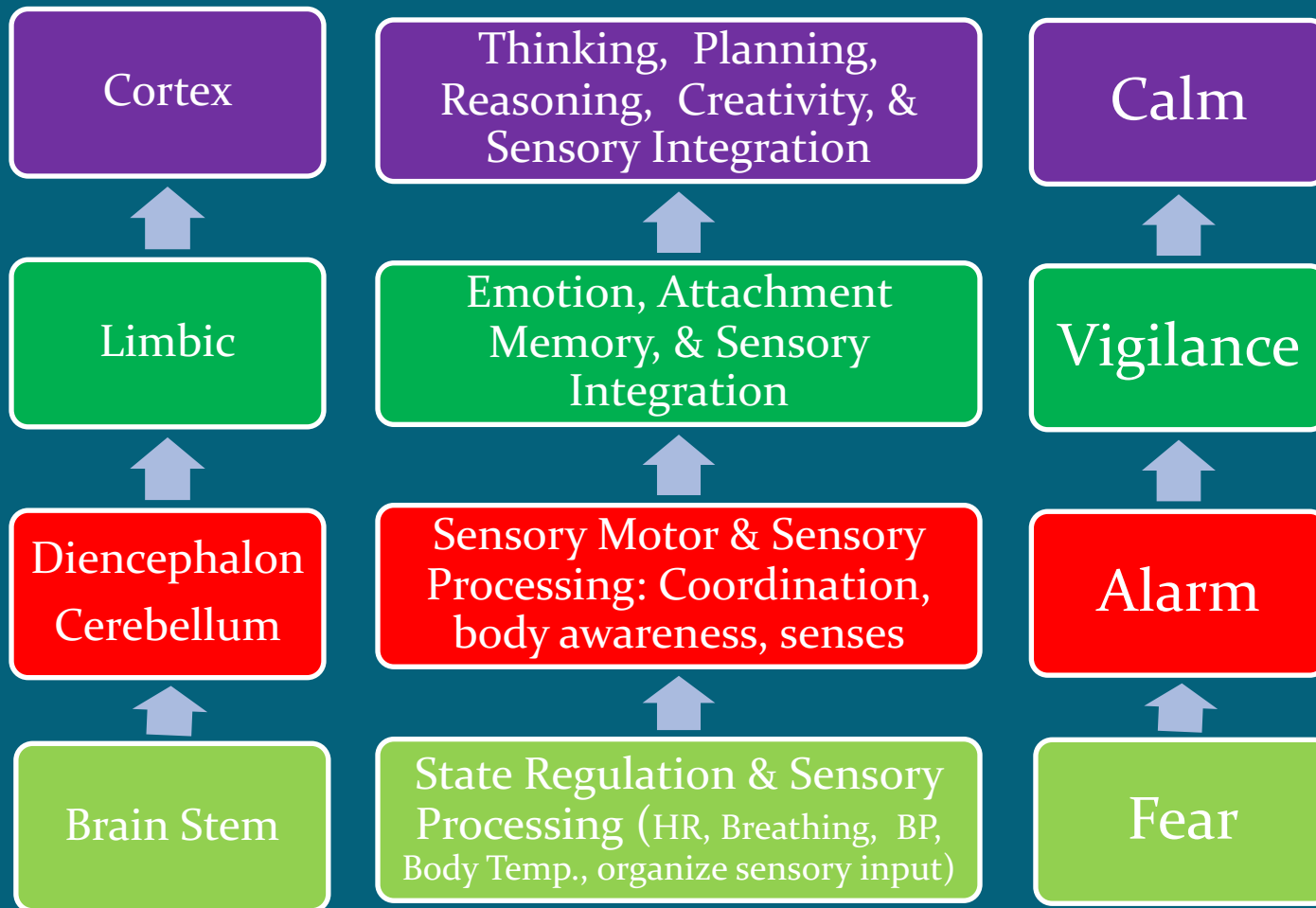
❖ Stress response is meant to be there during threat and then diminish/recover after threat

- ❖ Chronic stress breaks down bodily functions and leads to illness, disease and problems with mood, etc.
- ❖ The only way to prevent these is through routine self-care – regular practice – just like you have regular practice for law enforcement skills

The Human Brain



Impact of Stress on the Brain



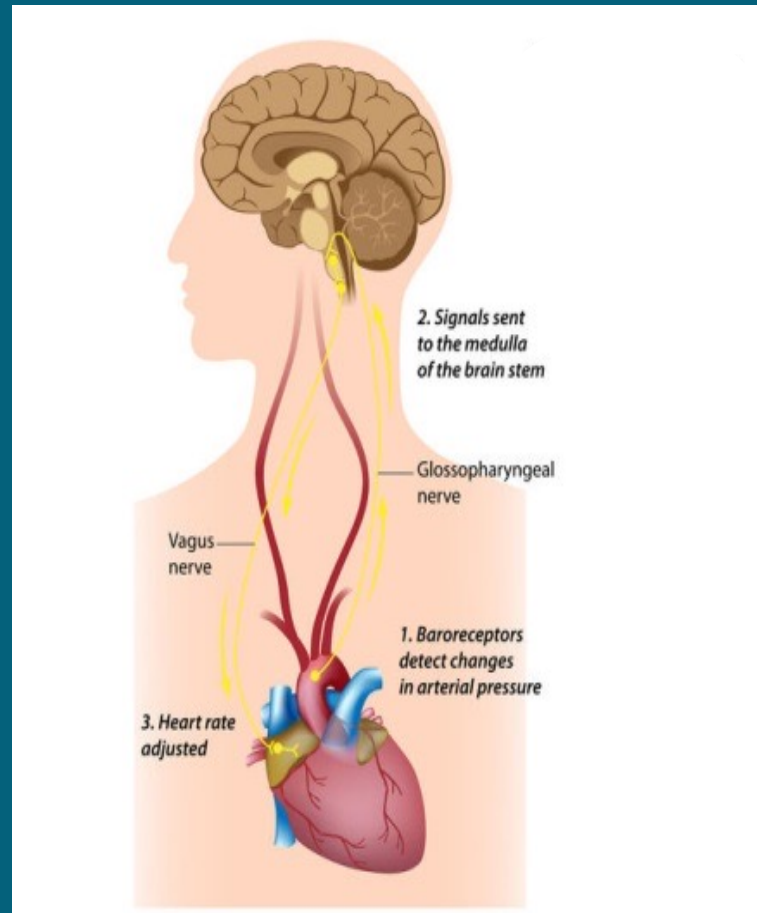
What Does Stress Look & Feel Like?

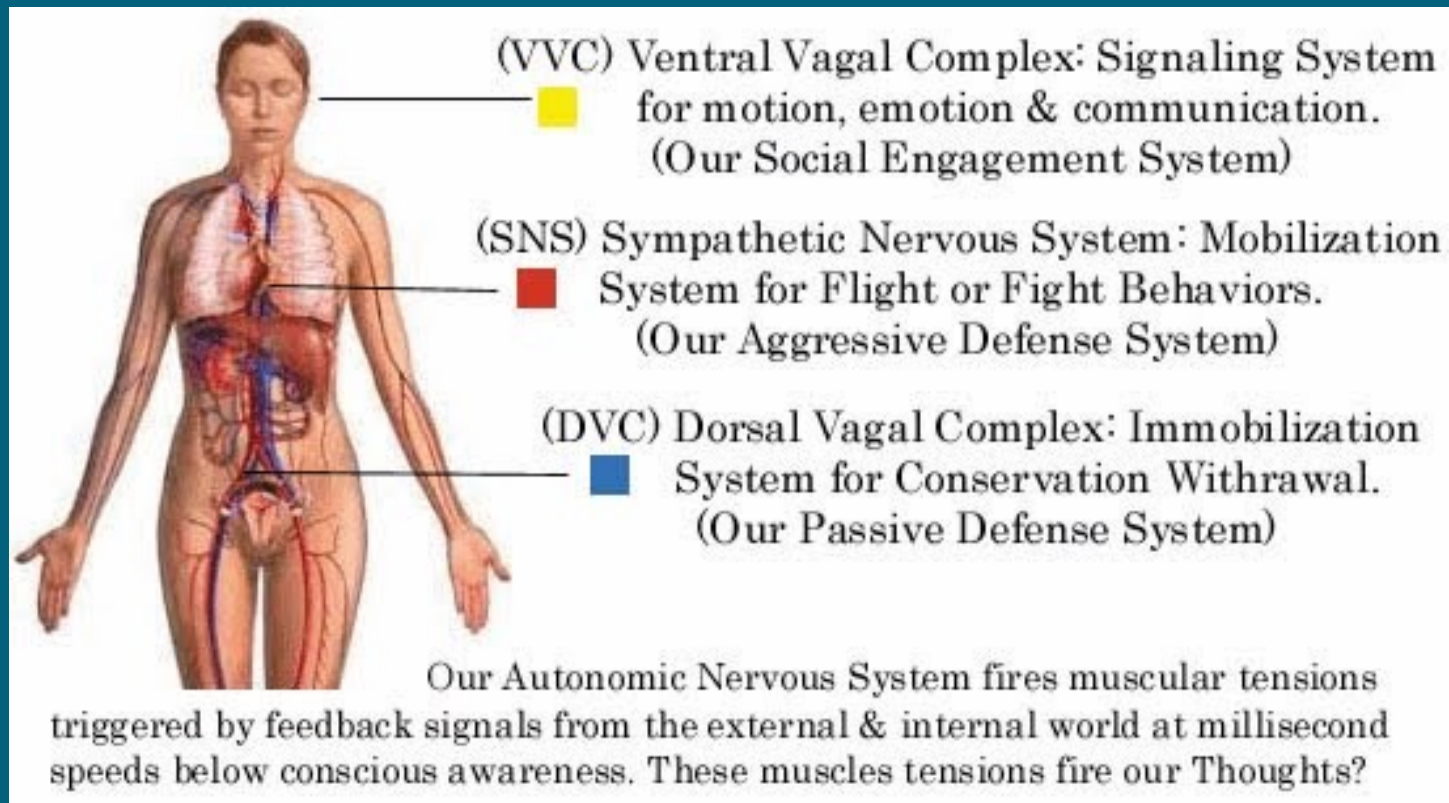
- Withdrawal
- Exhaustion
- Loss of empathy or compassion
- Substance use
- Sleep problems
- Relationship problems
- Difficulty with memory or concentration
- Irritable/angry mood
- Changes in diet or appetite
- Feeling keyed up or on edge, restless
- Sad, depressed or anxious
- Dissatisfaction with job
- Resistance to change
- Defensiveness
- Reduction in work performance
- Addictions – drugs, alcohol, gambling, sex, porn, risk-seeking behavior, etc.

Problems of Traumatized Youth

- Impulsivity
- Hyperactivity
- Distractibility & Inattention
- Dysphoria
- Emotional Numbing
- Social Avoidance
- Dissociation
- Sleep Problems
- School Failure
- Anger
- Eating Difficulties
- Relationship Difficulties
- Aggression/Violence
- Substance Abuse
- Disrespectfulness
- Refusal to attend school
- Refusal to follow instructions
- Regressed or delayed development
- Sensory Issues

Trauma & Visceral Feelings

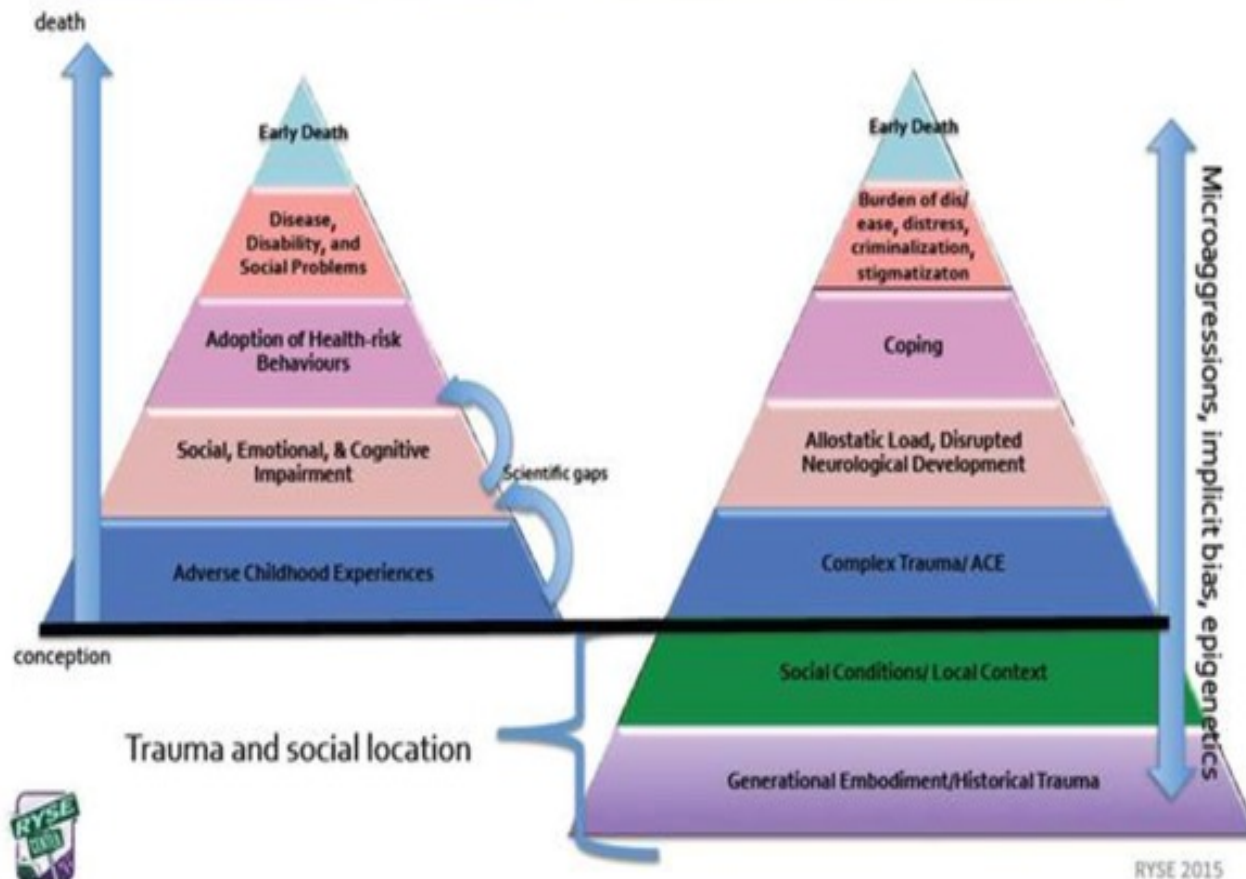




Trauma and Social Location

Adverse Childhood Experiences

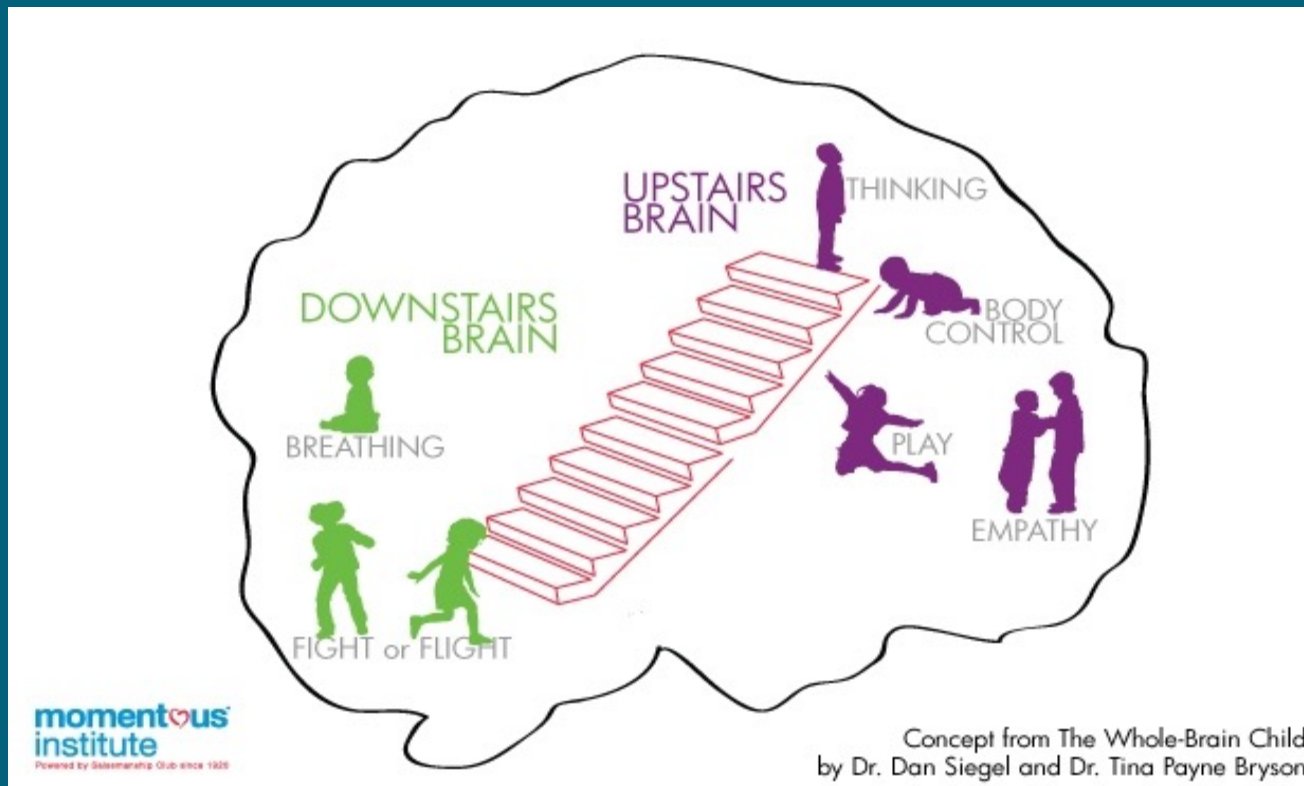
Historical Trauma/Embodiment



3 Pillars of Trauma-Informed Care

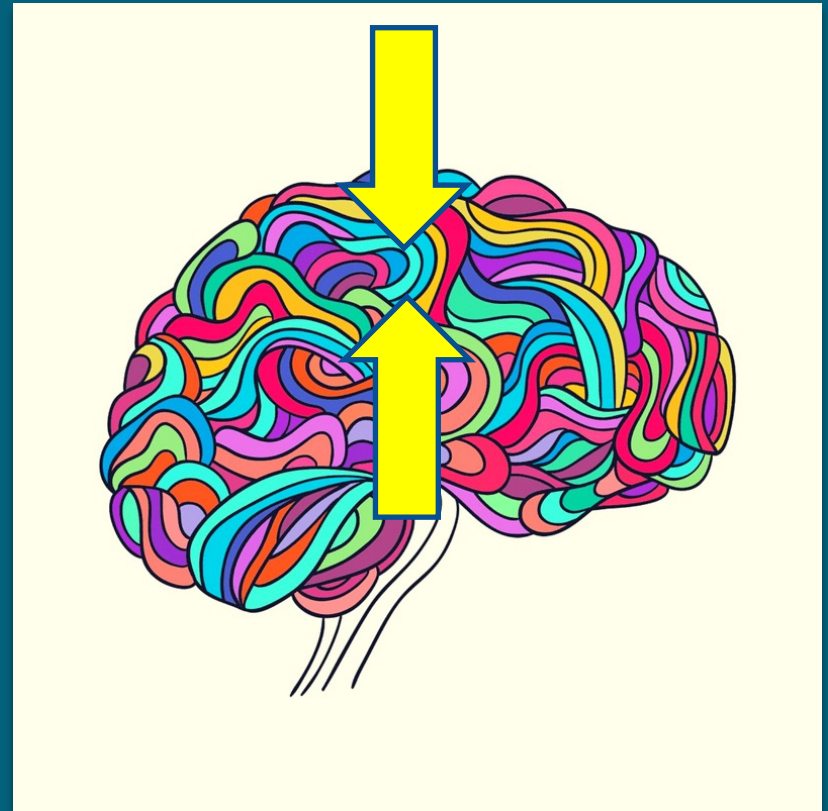


Trauma & The Brain



The Resilient Brain

- ▶ The amount of activation in the left prefrontal region of a resilient person can be 30 times that in someone who is not resilient
- ▶ More connecting neurons between the cortex and the amygdala = more resilience
- ▶ The prefrontal cortex “quiets” the negative emotion signals
- ▶ The brain can act and plan effectively without interference from negative emotions



Healing Trauma

Support the Body

- Mindfulness
- Movement
 - Rhythm
 - Food
 - Water
 - Sleep

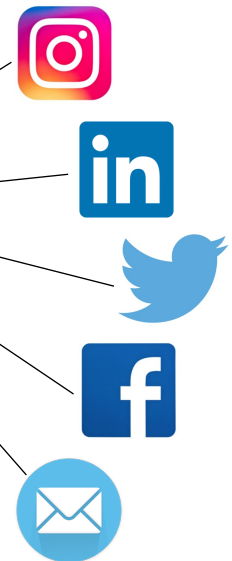
Support the Person

- Connections
- Share Power
- Give Voice



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Thank You!



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