



Funded by Substance Abuse and
Mental Health Services Administration

Hurt People Hurt People

Transforming Lateral Violence in American Indian & Alaska Native Communities



Native American &
Alaska Native
Leadership Academy

IOWA



Substance Abuse and Mental Health
Services Administration

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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, 1st. Meskwaki Nation





NCTSI – Category II Co-Director

Teresa Brewington, MBA, MEdL, 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 – School Mental Health Program 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 with her husband and granddaughter. Teresa's personal vision is to influence and inspire others to shower Native children with all they need to become a success story-the person they are supposed to become.



AI/AN Leadership Academy and Behavioral Health Education Program – Research Manager

Monica Dreyer Rossi is the Program Manager for the American Indian and Alaska Native Leadership Academy, as well as The Tribal College and University Initiative at the University of Iowa, College of Public Health. She holds a Cand. Polit degree from the UiT Arctic University in Norway. She previously served as Division Manager for the 800 – student Department of External Affairs in the Business and Social Services College at Inland Norway University of Applied Services (formerly Hedmark University College). In this position, she led large scale education programs in organizational management and leadership and oversaw continuing education projects involving the Norwegian Army and Norway's International Peace – keeping forcing.



NCTSI – Category II Program Coordinator

Liz Saathoff, MPH, is the Program Coordinator for the National AI/AN Childhood Trauma TSA, Category II. She is a recent graduate of the Master of Public Health in Community and Behavioral Health program at the University of Iowa. She received her B.A. in Public Health with a Certificate in Writing from the University of Iowa.



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Mya Davis, MPH, is a recent Master of Public Health graduate at the University of Iowa in the department of Community and Behavioral Health. She received her BA in Biology from Grinnell College in Spring 2020. 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.



Jordyn VanDraska, MA, is a recent Master of School Counseling graduate at the University of Iowa in the department of Counselor Rehabilitation and Education. She received her BA in Psychology from University of Northern Iowa in Fall 2019. As a graduate research assistant with the Native Center for Behavioral Health, Jordyn assists with the Leadership Academy and the Introduction to Behavioral Health Education Program.



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.

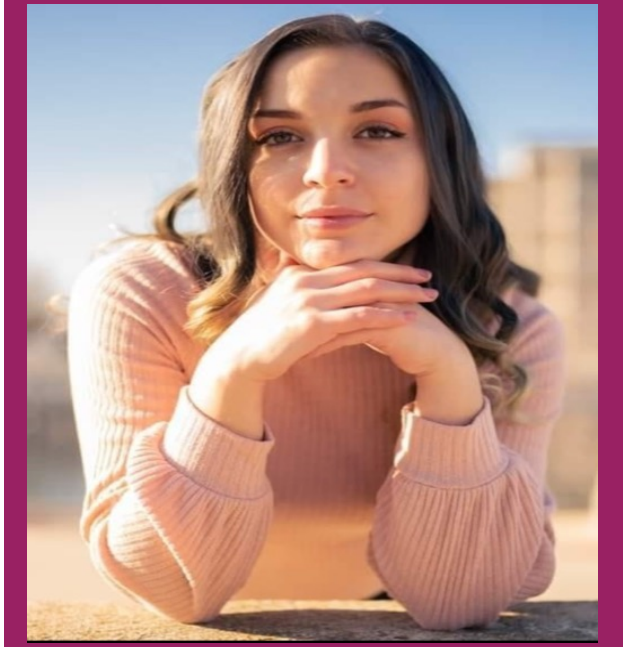


Taylor Magnuson is currently pursuing an MA in Clinical Mental Health Counseling at the University of Iowa. Taylor has prior experience working in research involving substance abuse treatment, family permanency, and homelessness. At the Native Center for Behavioral Health, Taylor primarily assists the Leadership Academy, Native Youth Round Table, and Behavioral Health Education Program.

Makenna Clark, MA, is a graduate research assistant for the Native Center for Behavioral Health. She is a recent graduate of 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.



Today's Panelists



Keely Driscoll
Meskwaki
Ties to Winnebago Tribe



Dorsey Dick
Navajo



Panikaa Teeple
Ojibwe, Lakota, Yup'ik

Today's Panelists



O'Mastewin Foster
Blackfeet, Assiniboine,
Fort Peck Sioux



Shoshanna Johnson
Absentee Shawnee,
Sac and Fox

Housekeeping

- This presentation may not apply to everyone.
- You may or may not agree with everything presented today.
- Please be respectful of others, their thoughts and feelings.
- This panel discussion may evoke strong feelings relating to one's past traumas.
- If you are hurting, that is okay, but get help and do not hurt others.
- This is a safe space!



'Crab in a Bucket' Mentality



Crab In A Bucket Explained

True Story.

If you put one crab in a bucket it can/will crawl its way out.

If there are more than one crab in a bucket, crabs will gang up and hold all the other crabs down inside the bucket. Trapping one another.

Lesson:

Ignore the crabs in your life. Go after your dreams. Don't let anyone pull you down.

Don't let people's words and opinions stop you from achieving your goals and dreams.

Don't worry about how green the grass is on the other side of the street, live your life, make your grass green too.

No two people are made to be contained within the same bucket, do what's good for you.

Crabs job is to pull you down to make sure you don't succeed. They may not care if they are not successful.

Don't be the crab in the bucket!

Crab **Mentality** Explained:



If I can't have it neither can you.

Everyone is your friend as long as you are on the same level.

Not everyone will support you. Not everyone is your friend.

Nobody wants to rise above the status quo or see someone else rise above.

Keeping others down makes people feel important, powerful, and that they have control.

Don't feel insecure when you see other people improve. You are not failing because other people are succeeding.

If you don't want to be a crab, **YOU** must be confident in yourself and stay on the path to victory!

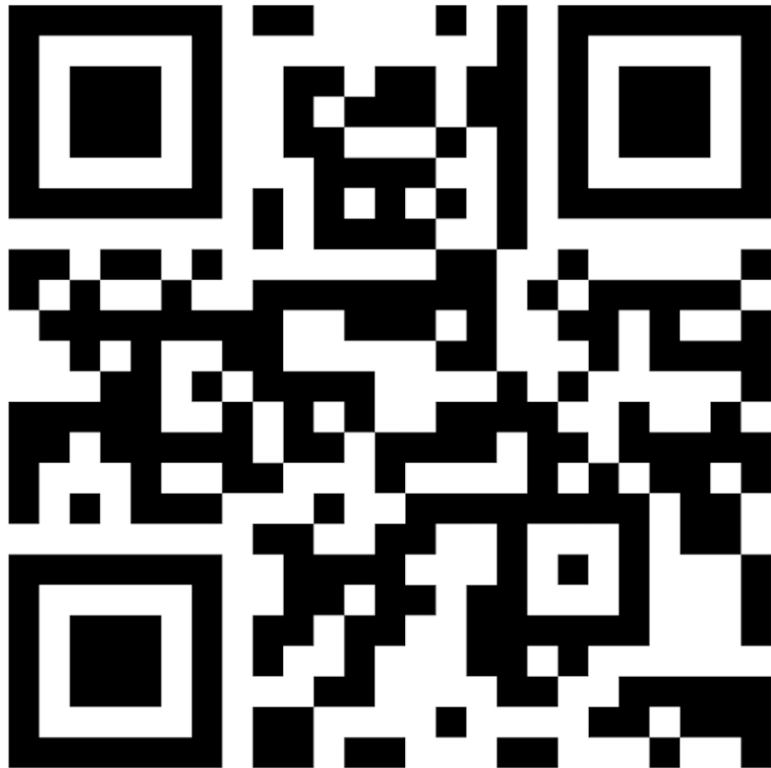
Lateral Violence

- **Lateral violence** is a form of bullying, and can often be called horizontal violence, which has been defined as “organized, harmful behaviors that **we do to each other collectively** as part of an oppressed group, within our families, within our organizations and within our communities.”
- Lateral violence looks like:
 - Bullying
 - Verbal Intimidation
 - Nonverbal Intimidation
 - Social Exclusion
 - Cyber-bullying
 - Physical Violence
 - Gaslighting

(Source: Coalition to Stop Violence
Against Native Women)

Coming Together – Word Cloud

How can we help to transform lateral violence in Native communities and come together as one?



<https://www.menti.com/5gh8v2ipqk>



Homework

- Reach out to someone who you know is hurting
- Say something nice to someone
- Do something you have been pushing off that will make you happy
- Spread what you have heard today

