



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 21, 2022

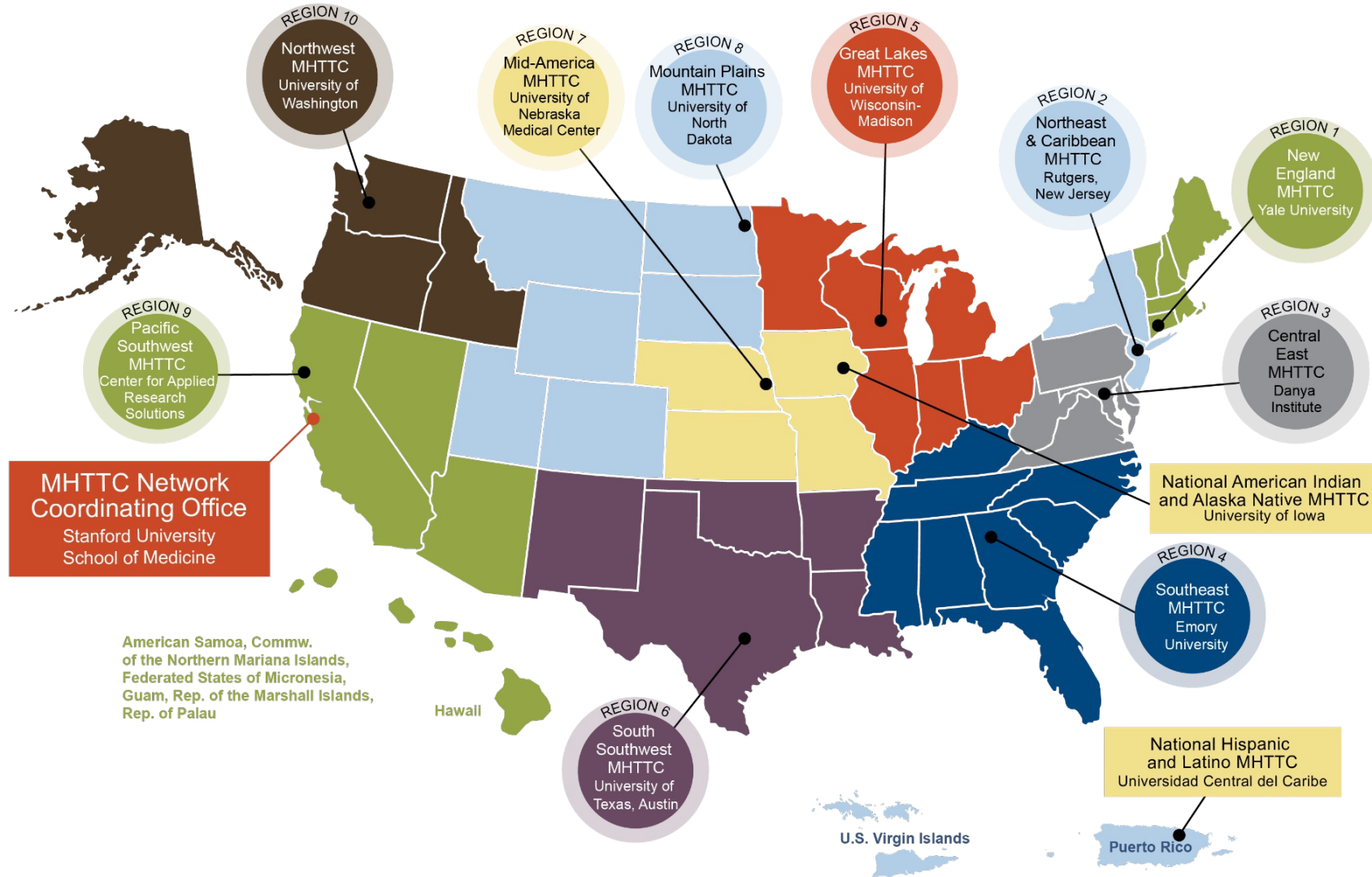
2-3:30pm CST



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



Substance Abuse and Mental Health
Services Administration

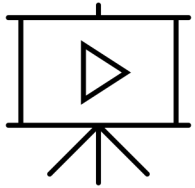
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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.

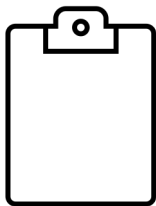


Follow-up

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)

<https://ttc-gpra.org/P?s=316903>



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



Megan Dotson
MHTTC Program Manager



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 Program Manager

Megan Dotson, BA, Program Manager for the National American Indian and Alaska Native MHTTC. Megan earned her degree at the University of Iowa majoring in Sociology and minoring in Community Corrections and Criminal Justice. She has worked on several different grant programs throughout her 19 years with Iowa.





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.



Native Medicine

**Cultivating Mental Health Resilience &
Deep Rooted Vitality**



**From surviving to flourishing
in harsh environments**

Welcome!

You are a gift, you are sacred

Your caring contributes to bringing back
wholeness to our Mother Earth and her beings



You are a blessing



Do not let any colonizer text get in the way of that
knowing

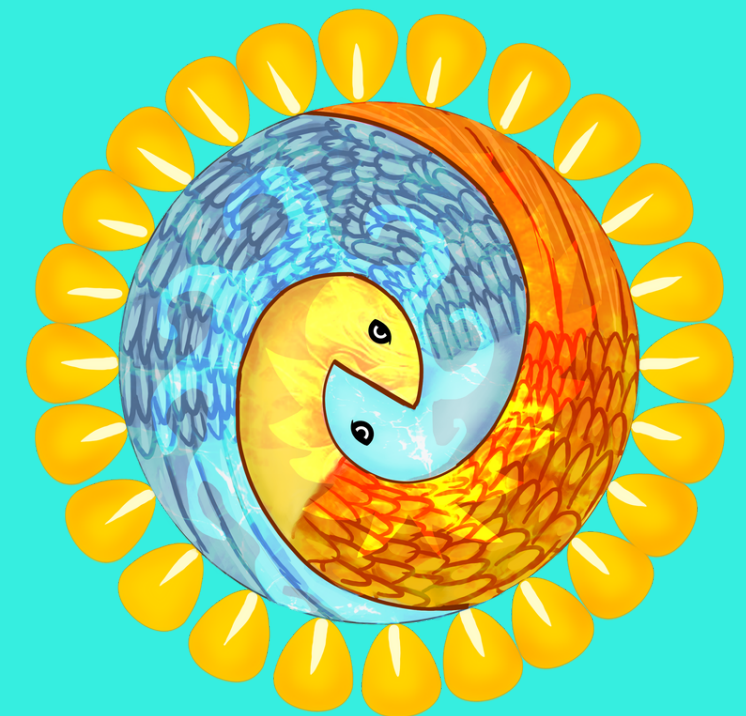
Goals for today:



- increase compassionate self awareness
- relieve physical tension
- amplify the wisdom already in you
- learn breathing techniques to increase focus
- gain practices for taking back your mind
- harvest practices for your daily vitality and centering routines

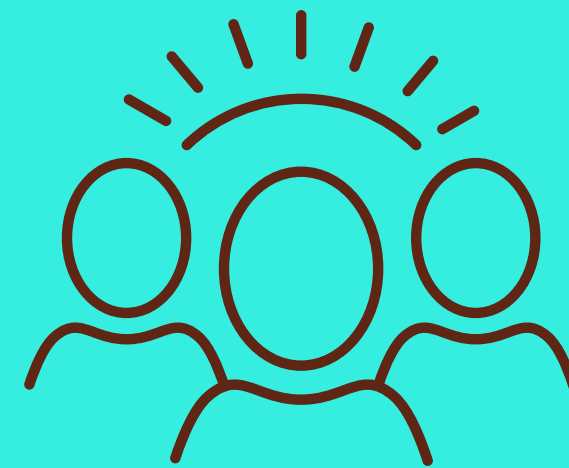
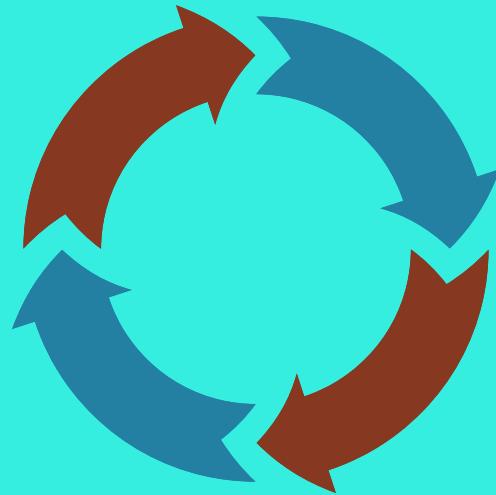


Gera Omar Marin
Yanaguana (San Antonio TX)
Chaski prayer runner, educator, coach
urban farmer, healing artist



You are invited to participate fully

This is an interactive class where you will learn and grow through trial, practice, and integrating with others



Give yourself the gift of doing one thing at a time

Please be ready to do standing activities and connect in small groups for short pair activity

Personal Writing Exercise:

1. What is one thing you hope to take away today?
2. Who needs you to be at your best?



Recap from session Zero

They tried to bury us but they did not know we
were seeds *Popul Vuh Maya

Attuning our Energy

Movement for the body & mind

Demystifying Mindfulness and Meditation

Remembering how to be present in the moment



Energizer: Huitzilin & Papalotl Wings



**Centering with
Sense Roots**



Pair Connection

What is one way that you like to decompress, relax,
or recharge?

If you had more time, what would you do to invest in
your health and vitality?

Contextual Element:

The field we are in has been contaminated and until there is justice and repair, we have to do extra to heal and strengthen



Intergenerational Trauma
as a result of **colonization** and
internalized hate/oppression that embedded in minds

Thus, we must practice compassion with ourselves



**While we heal, awaken to who we are, to our unique
purpose in the context of community**

**We must proceed with care, kindness, and at our own
pace to sustain long term healing and balance**

**Let us support each other in returning to wholeness
and be more powerful in our work**

Approach:

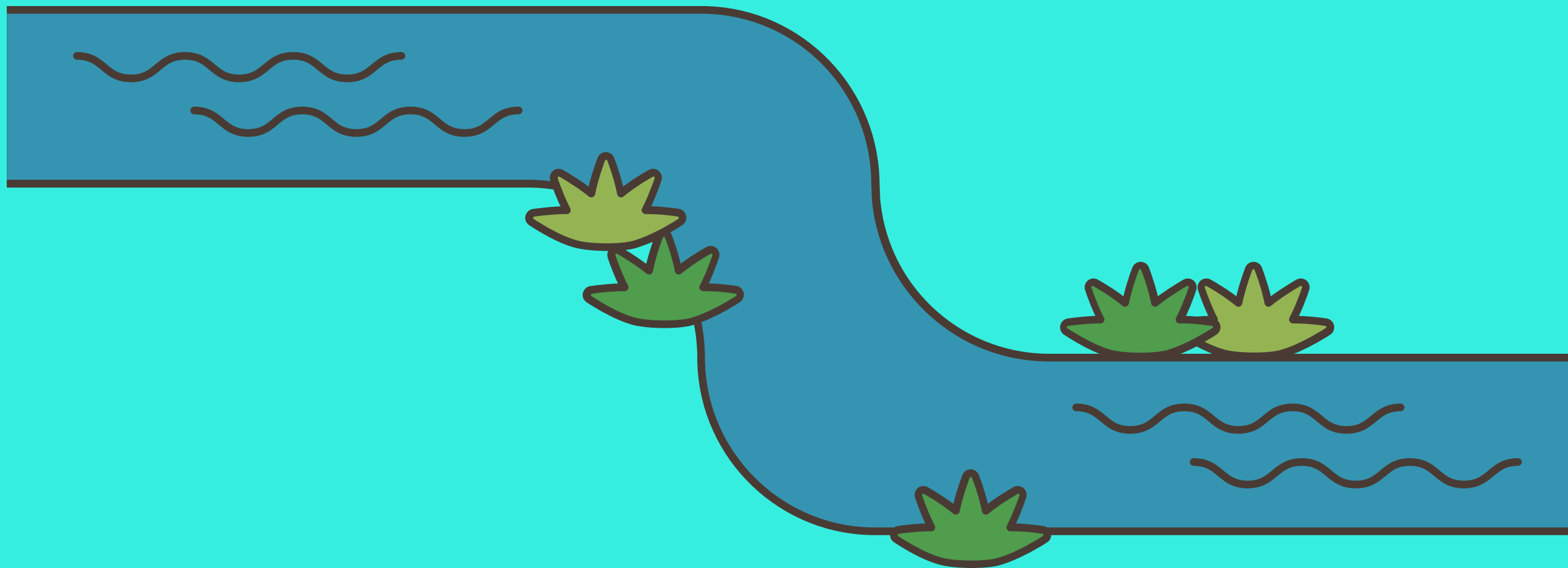
**Trauma informed
Healing Centered
Resulting in Wholeness and
Full Potential Activation**

Practice:

Rooting with the senses 2



Describe when you are immersed in an activity that
brings you peace, joy, and our a sense of strengthe,
where time flies by.....



Recommended Reading:

For Indigenous Eyes Only: A Decolonization Handbook

Dr. Michael Yellowbird (neuro decolonization)

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5272872/>

https://www.tcd.ie/news_events/articles/the-yogi-masters-were-right-breathing-exercises-can-sharpen-your-mind/

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/#>

https://www.researchgate.net/publication/321938699_Slow_Deep_Breathing_Reduces_High_Blood_Pressure_In_Hypertensive_Patients



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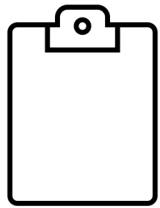
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Questions or Comments?



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About National AI/AN MHTTC K -12

National AI/AN School Mental Health Contact Information:

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K thru 12 Program Information

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

