

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

Session 3

July 12, 2022

2-3:30pm CST



IOWA

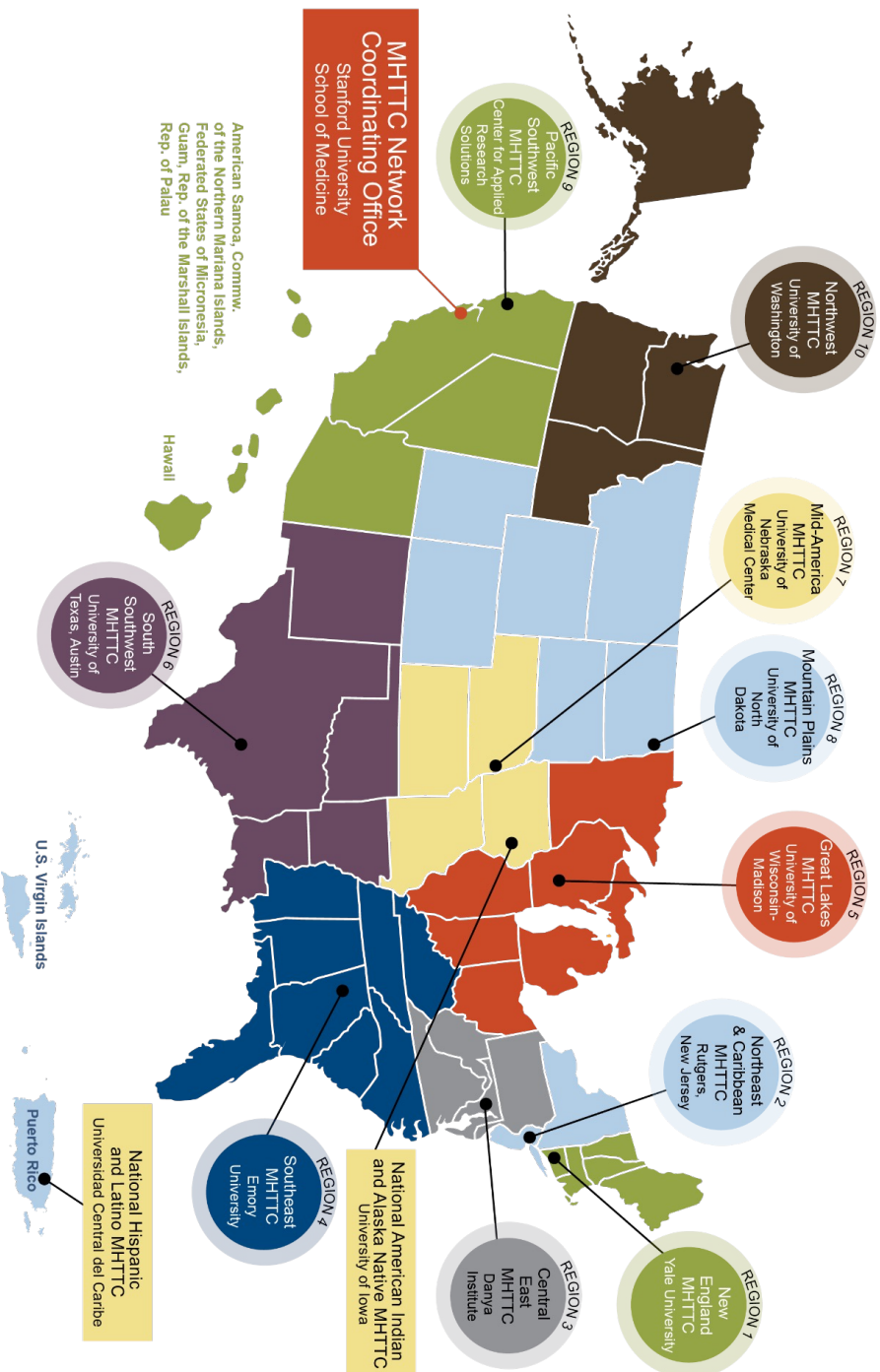
SAMHSA
Substance Abuse and Mental Health
Services Administration



MHTTC

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

MHTTC Network



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

SAMHSA

Substance Abuse and Mental Health
Services Administration

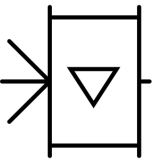
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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.

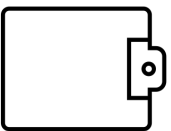


Follow-up

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=692517>



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
Ttakimawaakwe, Keely Driscoll, Meskwaki and Winnebago Nations
Keokuk, Sean A. Bear, 1st. Meskwaki Nation



PTTC Program Coordinator 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.



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.

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



**Flourishing
in harsh environments**

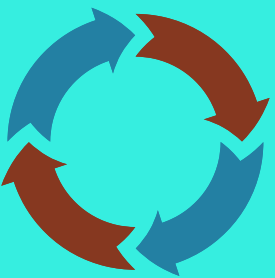
Goals for today:



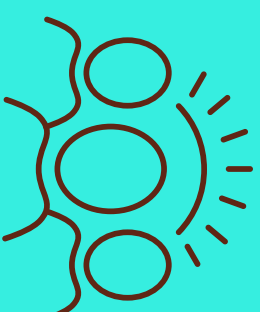
- **Increase compassionate self awareness**
- **Cultivate skill for empowering self-talk**
- **Practice mindfulness for guarding the mind**
- **Relieve physical tension**
- **Harvest practices for daily vitality & centering routines**
- **Offer insights and questions to enrich this series together**

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:

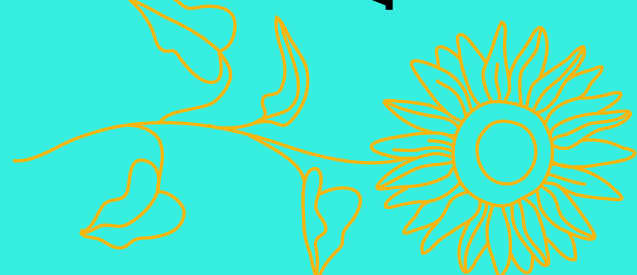
1. What is one thing that is going well in your lands today?
2. Who needs you to be at your best?





Recap from previous session

Approaching our work with sensitivity
of trauma in our communities
and a focus on healing



- Movement for the body & mind
- Envisioning Activity and Pair sharing
- Rooting and Anchoring through sensory observation

Sensory Practice

1. Notice one thing in your sight that you appreciate.
2. Describe it to yourself and why you like it

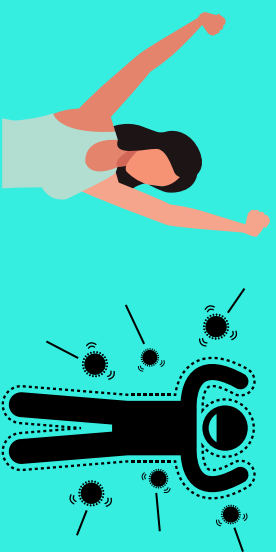
**Focusing on what we like,
appreciate, enjoy, assists a
conditioning in the subconscious
mind that results in us noticing
more beauty and positive
connections- Alma Rodriguez**

Centering Moment



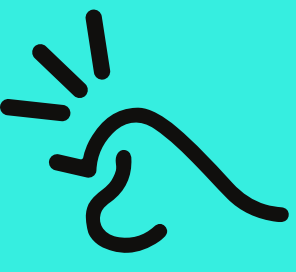
Physical Movement to Prime Energy & Focus

Spectrum of Contraction and Expansion



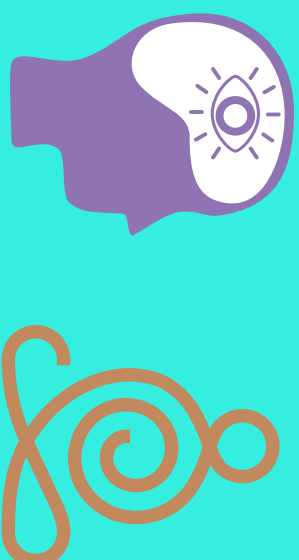
Diaphragm Breathing

nostril breathing to fill the belly (diaphragm) and then upper torso, release from upper torso and empty belly



Body Scan

Circulating regenerative energy



What stood out for you ?

What did you feel?

See?

Hear?

Any insights emerging for you?

Have you ever been hard on yourself for not doing enough for your self care?

The way we speak to ourselves influences our energy levels and ability to follow through..

Instead of being harsh, we must be kind and encouraging. We can speak to ourselves like we needed to be spoken to in our youth. e.g. "I am in the process of practicing this, doing better", and then follow through with small actions

Pair Activity: in regards to how you feel

What is one thing you would like to experience less?

What do you rather experience or hope to be able to do differently? in general, at work, in relationship..

OM work

Optimal Mind

What do you feel you can practice on your own?

What is an atomic shift you can make?

Action is _____ Location is _____ time of day _____

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

May you atomic shifts and actions gradually build
up and may you feel satisfied with your efforts.
We are here for you and look forward to hearing
how you implement these shifts.





Gera Omar Marin

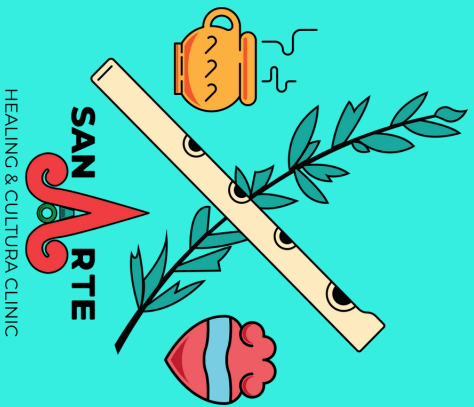
Yanaguana (San Antonio TX)

Chaski prayer runner, educator, coach

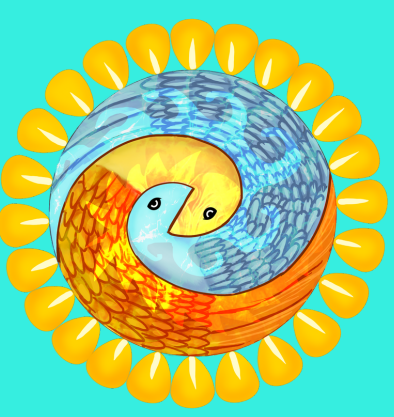
urban farmer, healing artist

www.sanartcommunity.com

www.gerayomar.com



HEALING & CULTURA CLINIC





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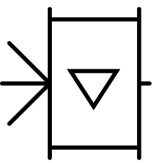
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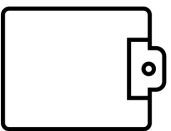
**Questions or
Comments?
Stories?**

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About National AI/AN PTTC & MHTTC

National AI/AN PTTC

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