



Native Food is Medicine: Providing Emotional/ Resilient Support for AI/AN Youth through the Healing Power of Food Session 2

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

June 23, 2022

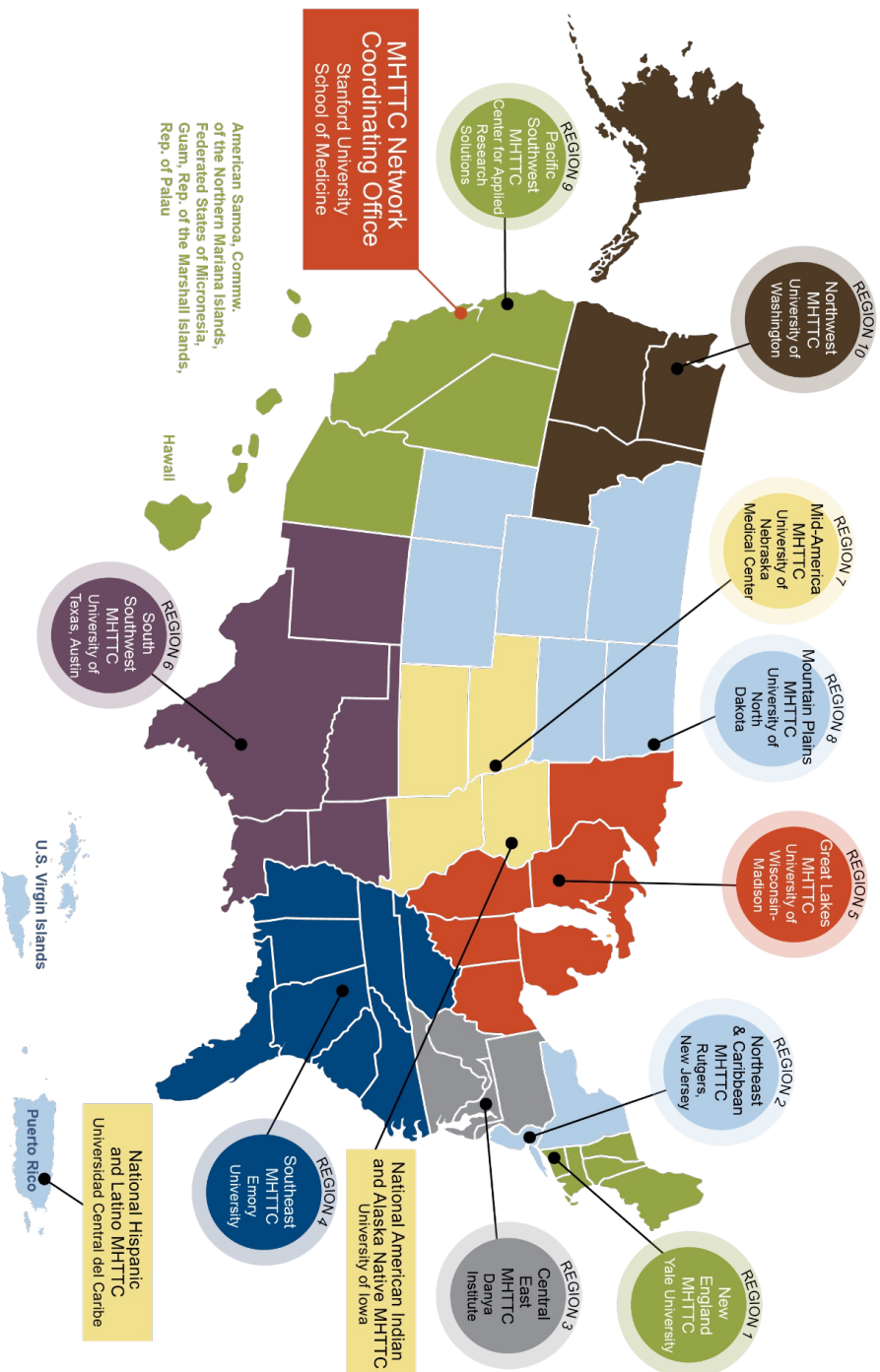
2:00-3:30pm CST



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

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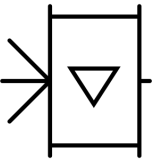
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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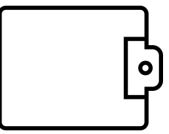


Follow-up

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

Today's Session

Thank you for joining us as we share our cultural connection to food, apply a balanced way of eating, and incorporate Indigenous traditions into our lives with the healing power of food. We welcome Dr. Vanessa Quezada (Kickapoo/Chichimeca).

As participants you will become knowledgeable in providing emotional/resilient support for AI/AN youth. Our school communities will develop healthier eating habits for successful outcomes in and out of the classroom. Moreover, we will address prevention strategies for healthier living!



Dr. Vanessa Quezada Kickapoo/ Chichimeca

She was born and raised in Yanaguana, (San Antonio, Texas).

She is a chaski (messenger/runner) who organized the 2016 Peace and Dignity spirit run 8,000 miles from Alaska to Panama connecting tribes of Abya Yala. She is a pharmacist and founding member of SanArte Healing and Cultura clinic (<https://www.sanartecommunity.com>).

Her work is at the intersections of native traditional healing, food sovereignty and renewable energy that build life-giving systems.

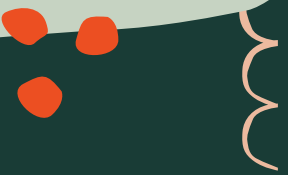


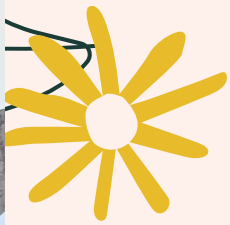


NATIVE FOOD IS MEDICINE:
PROVIDING EMOTIONAL/ RESILIENT
SUPPORT FOR AI/AN YOUTH
THROUGH THE HEALING POWER OF
FOOD

Vanessa Quezada, PharmD

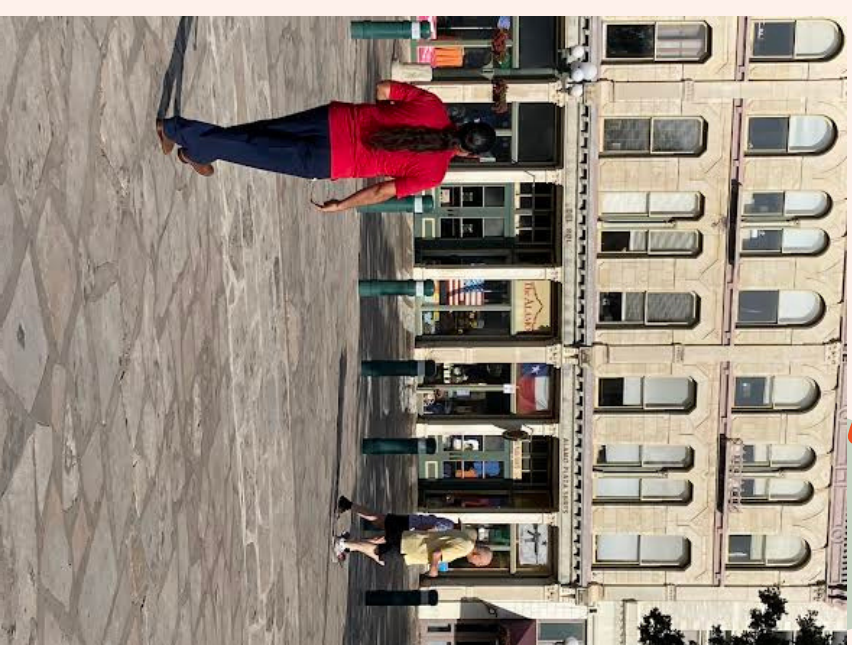
June 23, 2022





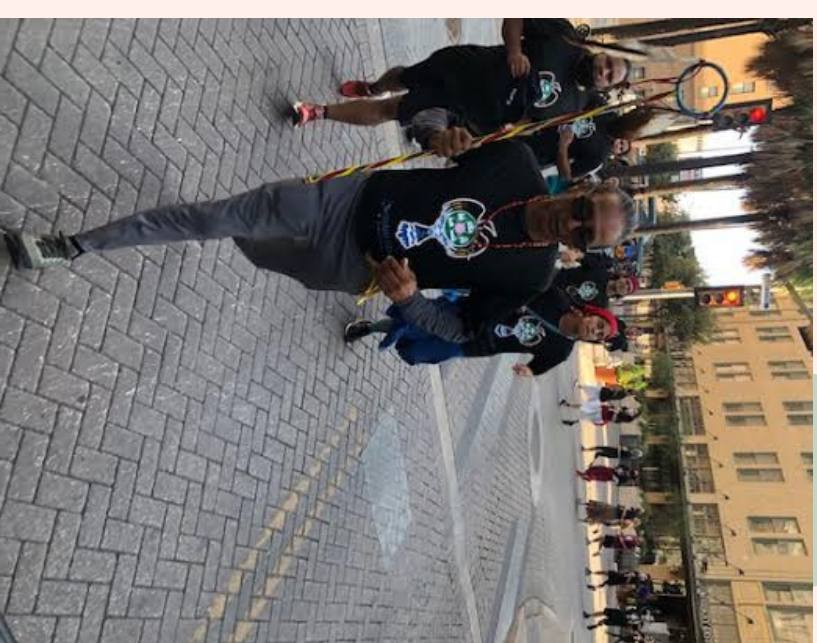
Land Acknowledgement

Yanaguana: Coahuilteco/Estok G'ina

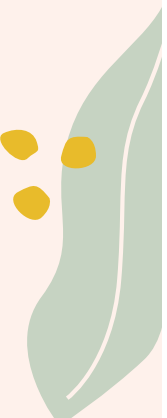




Vanessa Quezada, PharmD Kickapoo, Chichimeca



Overview



Finding balance in our nervous systems
understanding the mind-gut connection

Review Sugar dependency, traditional vs.
processed

Finding sugar stabilization with PFC

Make a plan for our timing and meals!

Examples of Food Maps and sharing
resources





Why is native food so important?



Culture



Kinship



Memory



Survival



Healing





Why Native foods?

RESTORES OUR KINSHIP WITH THE LAND

Be in right relations

Example: Lucille Contreras - Texas Tribal Buffalo Project



PHYSIOLOGY

Indigenous Sustainable Community Design Course
20 generations for our DNA to adapt to a location
Roxanne Swentzell "The Pueblo Food Experience"

POWERFUL WAY TO HEAL OURSELVES IN COMMUNITY

Relationship to ceremony, gathering, part of our spiritual healing - remembering how to treat each other as family.



CHILDREN & YOUTH CHALLENGES



STRESS

Family instability
Substance
dependence
Extractive labor
Overwhelm
social media
the state of the world

MENTAL ILLNESS

Anxiety
Depression
Oppositional defiant disorder
conduct disorder
Attention-defecit/Hyperactivity
disorder
Post-traumatic Stress disorder
substance abuse

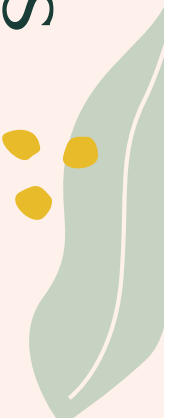
IN THE CLASSROOM

Externalized Stress
=
Acting out
(outbursts, anger)

Internalized stress
=
shutting down
(lack of focus, apathy)



Neurotransmitters

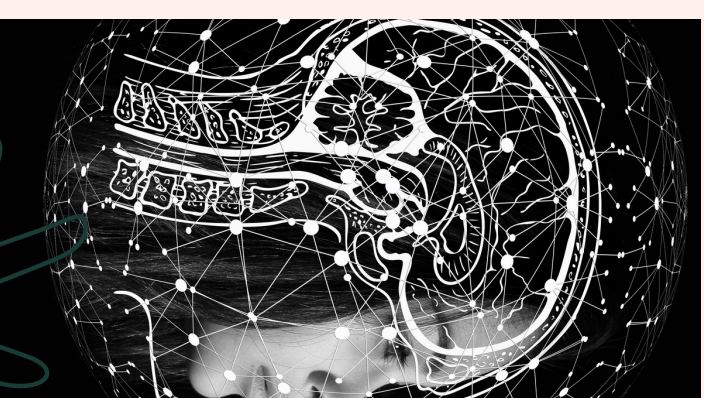


"Stress Gut"

Serotonin - sleep appetite, mediates moods, inhibits pain, digests food (spiritual connection to emotions) good bacteria decrease inflammation and increase digestion

"90% of serotonin receptors .. are located in the gut. So, for example, when we eat something sweet or sugary, it produces dopamine (the feel-good hormone) and serotonin (the happiness hormone). The neurotransmitters carry those chemicals to the brain, and we feel happy."

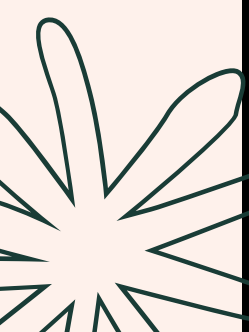
Melatonin - influence of blue light



<https://pubmed.ncbi.nlm.nih.gov/22314561>

<https://hbr.org/2021/08/weirdly-true-we-are-what-we-eat>

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>





What's
sugar got
to do
with it?



Processed Sugar &

Opiate Receptors

includes high fructose corn
syrup, sucrose, dextrose,
fructose...

"Evidence for sugar
addiction: Behavioral and
neurochemical effects of
intermittent, excessive
sugar intake"

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2235907/>



SUGAR FROM THE AMERICAS



Note: processed sugar is 99.5% sugar and 0.5% water

MAPLE SYRUP

Good Fats
Vitamin B1, B2
antioxidants
zinc, calcium,
potassium, magnesium
Awakening of Mother
Earth

MESQUITE

13% protein
36% sucrose
carbohydrates
calcium, iron
minerals

HONEY

carbohydrates,
fats, proteins
Vitamin C, Vitamin B5 & B6
copper, iron, potassium, zinc
antioxidants

SUGAR CANE

10-15% sugar
water
fiber
enzymes
vitamins
mineral





What affects my blood sugars?



Physical
Activity



Food



Illness
Infections



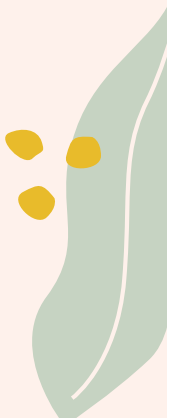
Sleep



Stress

Instagram @indigenous Nutritionist Sharon Swampy





Finding Balance: Nervous system

STRESS: Survival Mode - intergenerational trauma

SLEEP we need 7.5 hours!

PHYSICAL ACTIVITY

Walking 20mins/day = anti-inflammatory

15 mins/day reduced mortality 14% & extended life expectancy by 3-years



Matthew Walker "Why we Sleep"

<https://www.livescience.com/57498-exercise-reduces-inflammation.html#:~:text=The%20researchers%20found%20that%20this,inflammatory%20response%2C%20the%20researchers%20said.>





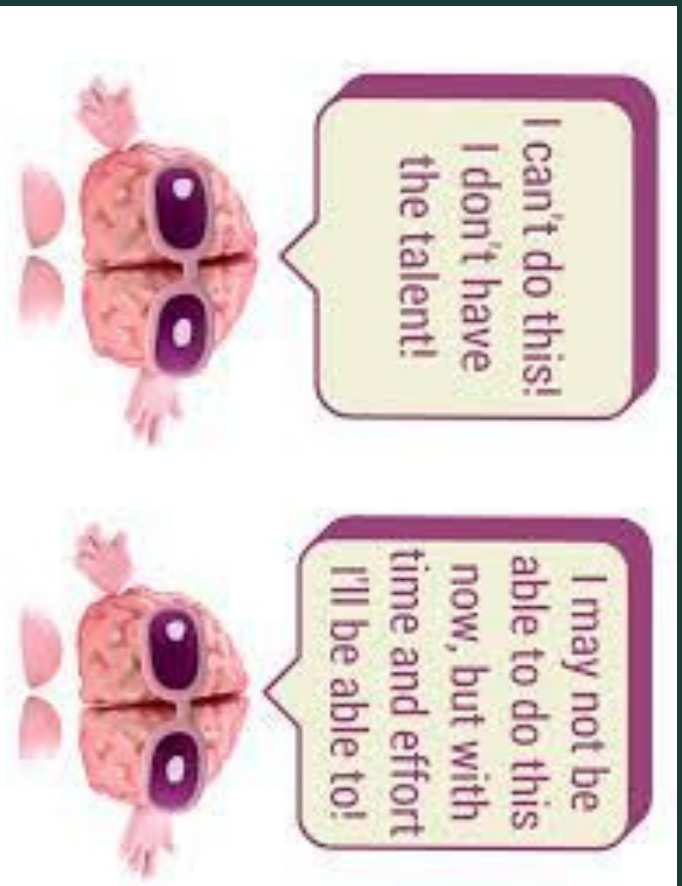
Breakout Session

Reflect on the last 2 days.

How many meals did you eat?

What would you have to do to eat every 3-4 hours?

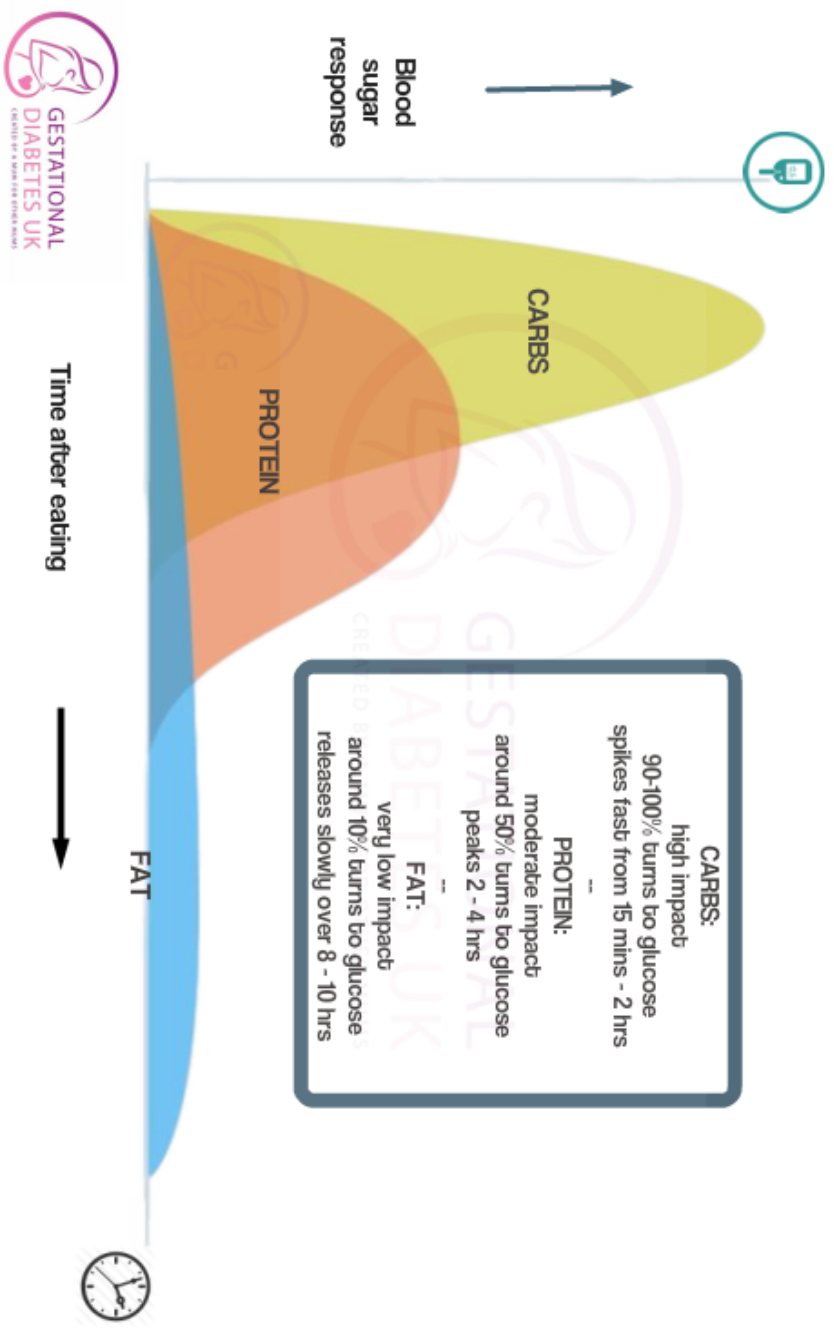
How would the classroom setting change if you and the students ate every 3-4 hours? (Whats possible!)



Blood Sugar Stabilization

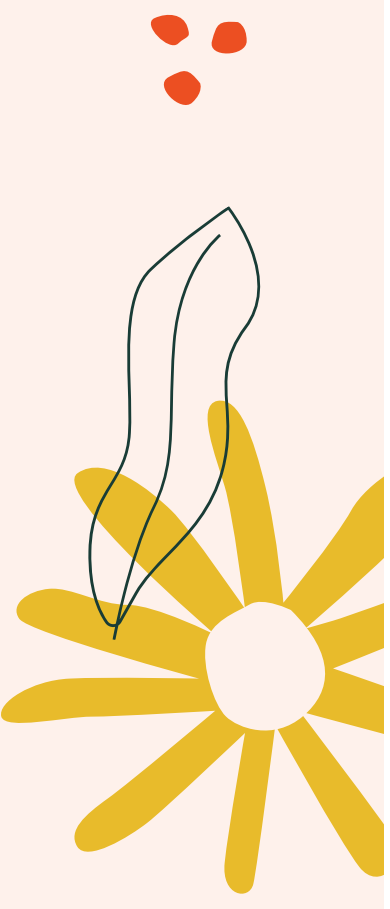


The impact of macronutrients on blood glucose levels

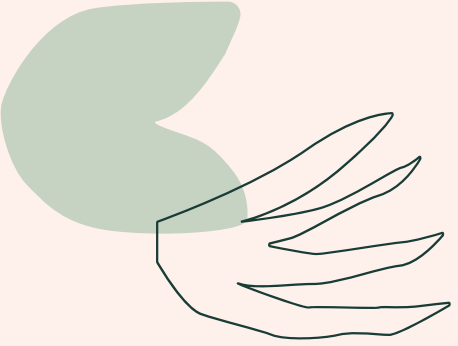


<https://www.gestationaldiabetes.co.uk/blood-sugar-levels/>





THE NAME OF THE GAME PFC: PROTEIN, FAT, CARBOHYDRATE



PROTEIN

(GOOD) FAT

CARBOHYDRATE



Breakout groups:

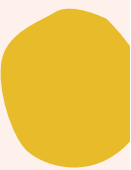
List **WHAT** you ate the last two days. (Yes, everything!)

Take note of what you **LIKE!**





Protein



Traditional meats, fish, birds,
eggs, insects

Wild game - lean

Carabou, Moose, Elk, Bison, Deer...

Organ meats

Bone Soup/Broth (Ca)

Salmon, cod, others

Canned fish bones in (Ca)

"white meat, low fat, low sodium"

Insects - Crickets, grasshoppers

More in Fall & Winter





Fat

"Guts and Grease"

Lard

Sunflower Seeds

Pecans, pinenuts

Acorns, hazelnuts

Avocado

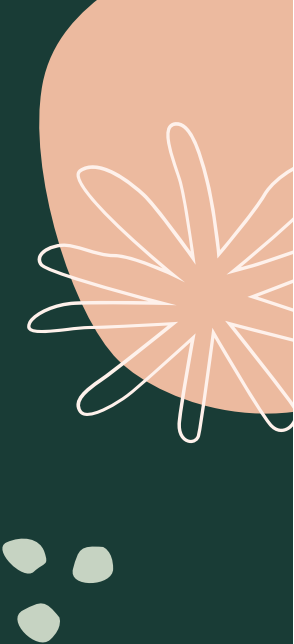


Carbohydrate



Vegetables, Fruit, Grains

Corn, Beans, Squash
wild roots (camas, cattail...)
dandelion greens, wild lettuce
Wild rice, Wild oats
gluten sub = arrowroot, corn,
potato starch/ rice flour
amaranth
lentils, quinoa
potatoes
wild berries
Intentional Sugar decrease

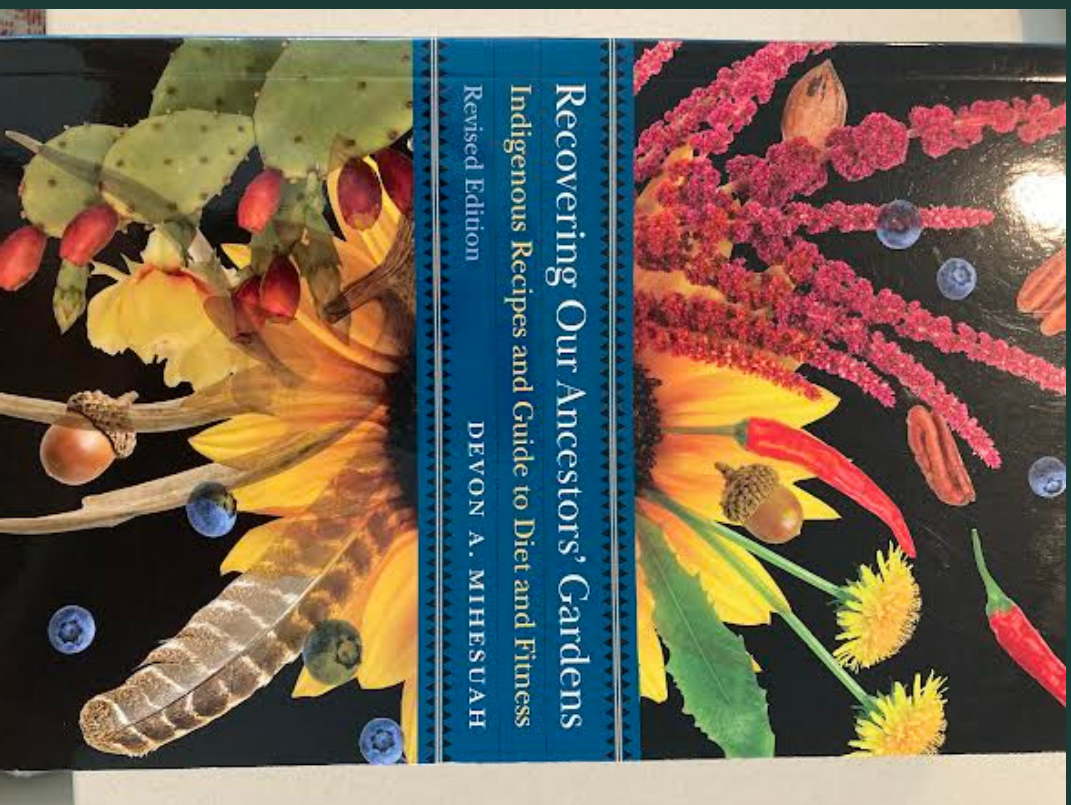


Breakout question:

Write out 3 meals and 1 snack using protein, good fat and carbohydrate combination

Include what you LIKE AND at least ONE traditional food from your region per meal.





Recipes





"We must take responsibility for our health and for the wellbeing of our children. In doing so, we pass on a legacy of self-respect and tribal strength for future generations."

- Davon A Mihesuah (Recovering our Ancestor's Gardens)

CONTACT

EMAIL

vquezad@gmail.com

WEBSITE

www.sanartecommunity.com





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**Questions or
Comments?
Stories?**



PTTC Program Coordinator

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.



Teresa Brewington
Co-Director



Bethany Walzcak
Graduate Research Assistant



Dara Jefferson
Graduate Research Assistant



About

NAAIAN MHTTC K-12 & NAIAN PTTC

K-12 School Mental Health

Contact Information:

Director

anne-skinstad@uiowa.edu

Co-Director

teresa-brewington@uiowa.edu

PTTC Contact Information:

Program Coordinator

c-allison-baez@uiowa.edu

