

Native Medicine: Cultivating Mental Health Resilience and Deep Rooted Vitality for AI/AN Youth Session 4

July 26, 2022

2-3:30pm CST

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

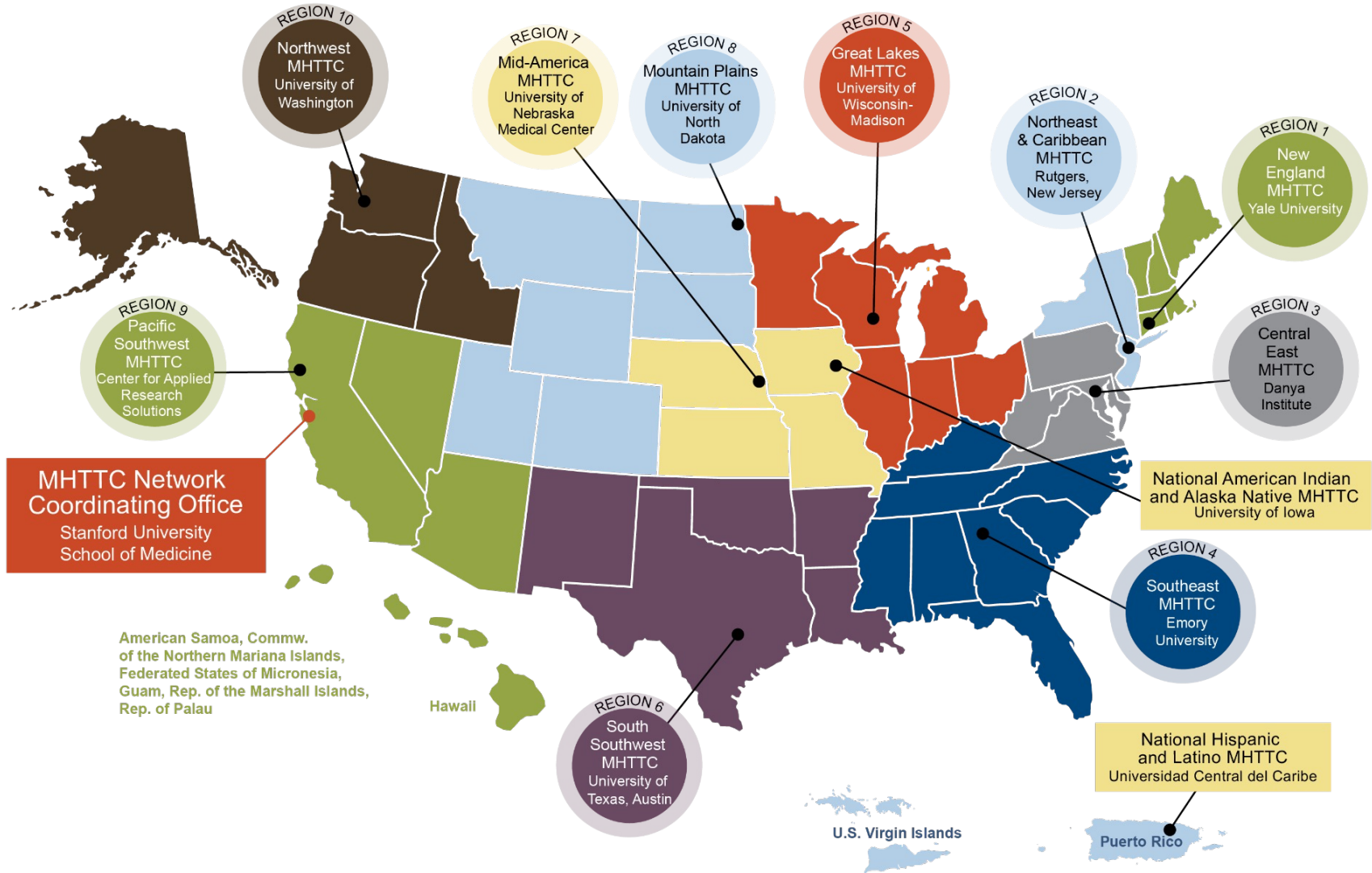


MHTTC

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

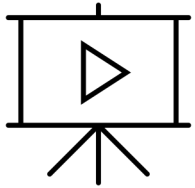
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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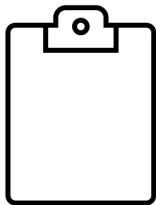


Follow-up

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
Ttakimaweakwe, 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**



**From surviving to flourishing
in harsh environments**

Welcome!

You are a gift, you are sacred

Taking care of you 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

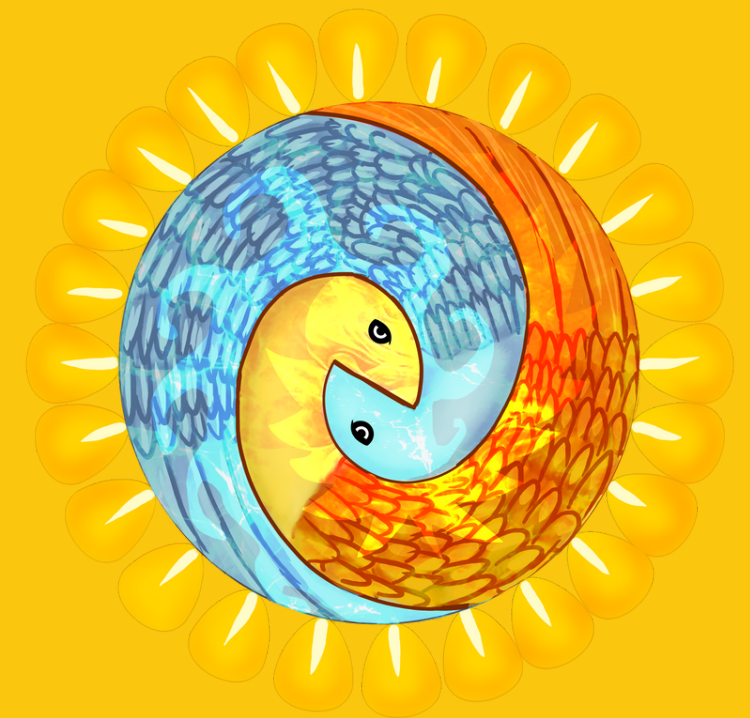
Goals for today:



- increase compassionate self awareness
- recharge your system with Non Sleep Deep Rest
- strengthen breathing techniques to balance energy
- recommit to harmonizing your energy often
- harvest practices to share with young people and peers



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

Mind -our awareness, perception, higher order thinking



Brain -the physical organ that changes its structure and function according to what our mind percieves are our needs





Nervous System



**negative thinking, internalized
shame/hate
dampens and short circuits the
brain**

**Increases susceptibility to stresses
and aggressions that capitalistic
colonial systems inflict**



Prefrontal Cortex 15 million years

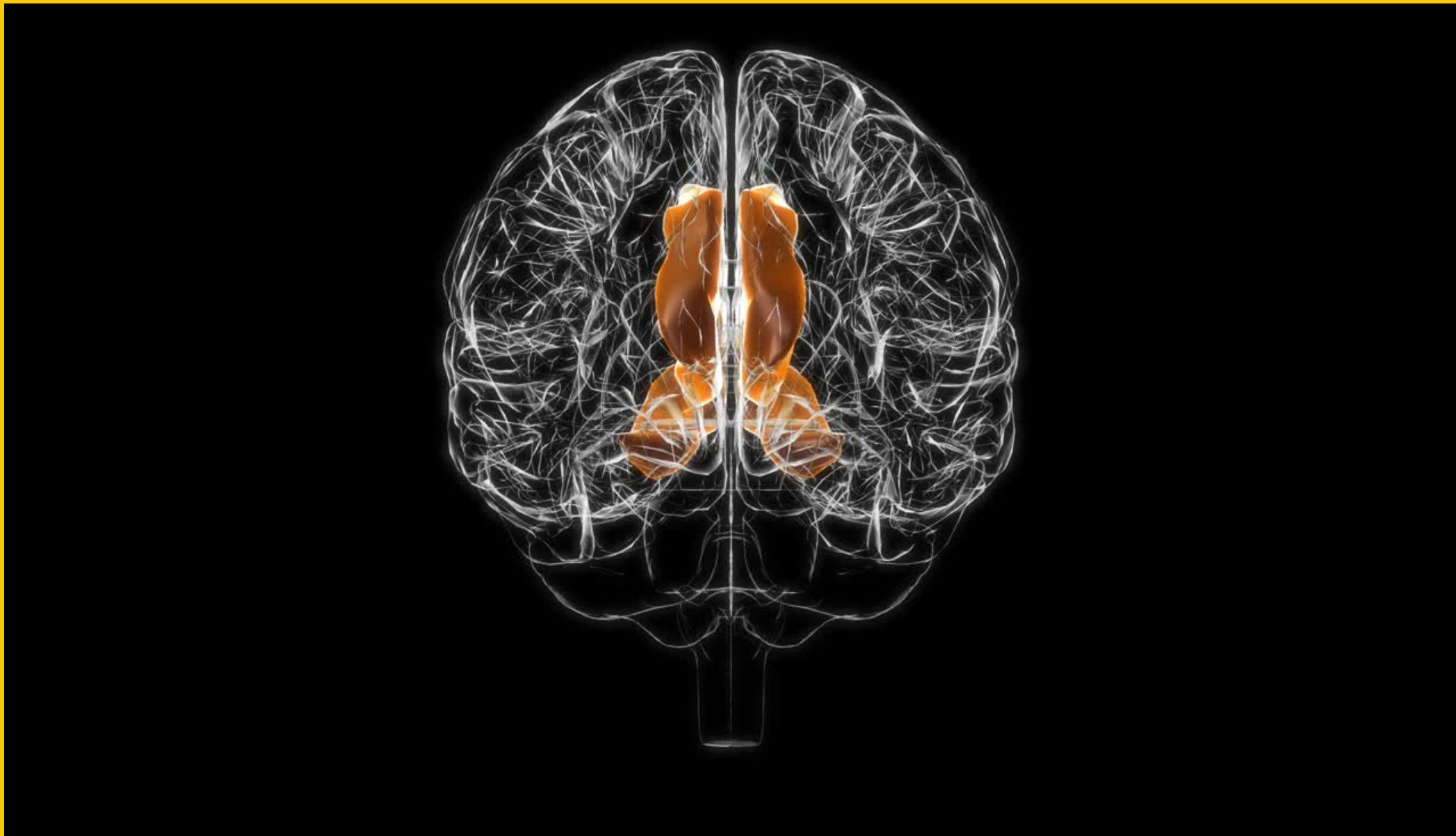


Amygdala/Reptilian 450 million years



Networks in charge of compassion, self awareness, emotional intelligence

Limbic System, Frontal Cortex & Anterior Singulate





From Neurodecolonization

to

ReIndiginization

to

ReHarmonization



Neurodecolonization ... delete old ineffective brain networks that support destructive thoughts feelings and memories associated with colonial oppressions and encourage growth new abilities to courageously engage in overcoming oppppression and cultivate the creativity to change it. *Michael Yellowbird & Waziyatawin

Replace weeds with potent seeds

Exercise:

1. What is one story you are willing to let go of?

2. What do you replace it with?



Moving away from Negativity bias (survival mechanism)

Dance, Prayer, Ceremony

Play

Postive Speech to self and to others

Self Awareness Meditation and Walking

Thinking about what you appreciate, what is going well

Being in nature

Music play and listening

Doodling, Drawing, Crafting

Volunteering, being helpful, showing up for others

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

References



Sachs, Stephen, and Phyllis M. Gagnier. Current Development on the Path of an Indigenous Education. Recreating the Circle: The Renewal of American Indian Self Determination Ed. Ladonna Harris 344-378. Albq. UNM Press, 2011

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Natalie L. Marchant et al., « Repetitive Negative Thinking is Associated with Amyloid, Tau, and Cognitive Decline, » Alzheimer's and Dementia no. 7 (June 7, 2020): 1054-1064

James B. Weaver et al., « Health-Risk Correlates of Video-Game Playing » American Journal of Preventive Medicine 37, no. 4 (October 2009): 299-305

Daniel G. Amen, Change Your Brain, Change your Life, rev.ed. (New York: Harmony Books, 2015) 1109-117

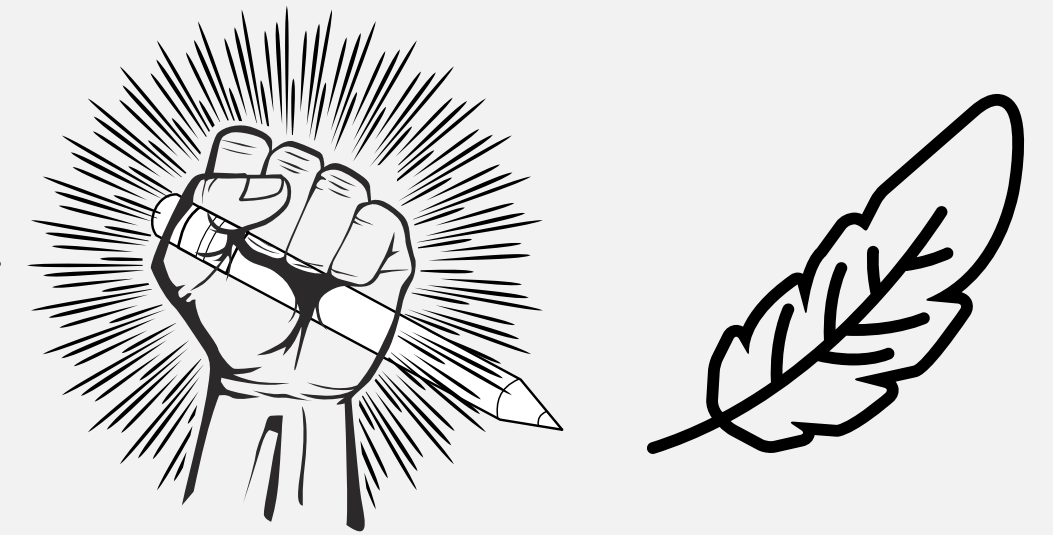
Integration Worksheet

Please print or write by hand
on your own paper

When I observe negative or self limiting thoughts inside of me,

What I can do with my **body to shift my state of mind** is _____.

What I **can tell myself instead** is _____.



To balance my and the student's neurodecolonization process with re-indigenization activity,
I will incorporate more _____ and _____ in my routines/or classes.

To support thinking, responding, and interacting from my best place, I will build a habit of breathing
through my _____ and filling my _____.

The ways in which I will benefit from the awareness and practice of
mindfulness (being present with my senses) are _____ & _____.

The other shifts that I can make personally to emit a vibration to my students/peers that is welcoming,
safe, and encouraging is _____. (*remembering, how others pick up on our energy)



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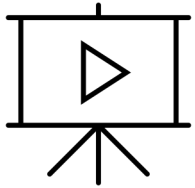
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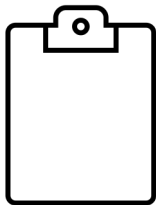
Questions or
Comments?
Stories?

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About National AI/AN PTTC & MHTTC

National AI/AN PTTC

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