

Sources and Resources from the
CALs Diversity and Equity Lunch and Learn Meeting February 8, 2021
Cultural Trauma of Our Collective History & Present

CONTACT INFORMATION

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VIDEO SOURCES

NOTE: From Barb, "I did not show all of these clips during the presentation, however they have certainly inspired my thoughts on these issues."
*Denotes shown during presentation.

Intersection of historical trauma and missing and murdered Indigenous people: *Silent No More* by Don Coyhis, 2018, White Bison, Inc. <https://www.youtube.com/watch?v=DdjXyUPXtZs&t=172s>

From the *Color of Fear* by Lee Mun Wah- 1994

NOTE: Still relevant! Some of my favorite clips to get insight from different sides of the debates.

*[Just Be American \(4:39\)](#)

*Red Ground Scene: https://youtu.be/-vAbpJW_xEc or search "Color of Fear Red Ground Scene"

*[What It Means to be American \(5:12\)](#)

*Jane Elliot <https://www.youtube.com/watch?v=4yrg7vV4a5o>

Violence Against Women—It's a Men's Issue by Jackson Katz, TEDxFiDiWomen posted 2/11/2013
<https://www.youtube.com/watch?v=KTvSfeCRxe8&t=25s>

Epigenetics: Why Inheritance is Weirder than We Thought <https://www.youtube.com/watch?v=AvB0q3mg4sQ>

Incorporating the 21st Century with traditional ways. When I started hybridized thinking, I noticed how William McDonough and Michael Braungart seemed to take on so many Native traditional ways. But they also included technology. For hybridization and working in human services fields, Cradle-to-Cradle, sustainable development matrix (Everything should be either biodegradable or infinitely recyclable) makes sense. There are MANY videos and interviews with McDonough in particular. I started with this one: <https://www.youtube.com/watch?v=loRjz8iTVoo&t=537s>

Some good videos on Privilege, White Privilege and Allyship

How Studying Privilege Systems Can Strengthen Compassion by Peggy McIntosh
<https://youtu.be/e-BY9UEewHw?t=11>

What is Privilege? <https://www.youtube.com/watch?v=hD5f8GuNuGQ&t=45s>

What is White Privilege? <https://www.youtube.com/watch?v=rZxMjmcT0cY&t=12s>

5 Tips for Being a Good Ally https://youtu.be/_dg86g-QlMO

READING SOURCES

For the ACEs and Resilience Questionnaires, *Aces Too High* has links to both:

Aces Too High. May, 2012. Got Your ACE Score? ROI 9-25-2020. <https://acestoohigh.com/got-your-ace-score/>

Armenta, Brian, Les B. Whitbeck, & Patrick N. Habecker. The Historical Loss Scale: Longitudinal Measurement Equivalence and Prospective Links to Anxiety Among North American Indigenous Adolescents. *Cultur Divers Ethnic Minor Psychol*. 2016 Jan; 22(1): 1–10. Published online 2015 Jul 27. ROI: [10.1037/cdp0000049](https://doi.org/10.1037/cdp0000049)

Centers for Disease Control and Prevention. 2020. "What are adverse childhood experiences?". ROI 9-28-20 at SOURCE: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>

Castello, Molly. 2012. "How Trauma Is Carried Across Generations." *Psychology Today*. Blog: The Me in We. ROI 910-1-2020 at <https://www.psychologytoday.com/us/blog/the-me-in-we/201205/how-trauma-is-carried-across-generations> 5-28-2012.

Denny, Lea; Scheidegger, Tamara; King; Hastings, James; Kaquatosh. 2015. GATE Study. Submitted to fulfill the requirements for Master's Thesis Mt. Mary University

Diangelo, Robin & Michael Eric Dyson. 2018. *White Fragility: Why It's So Hard for White People to Talk about Racism*. Beacon Press.

Duran, Eduardo. 2006. *Healing the Soul Wound*. New York: Teachers College Press, p. 121.

Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *Am J Prev Med*. 1998 May;14(4):245–58 ROI 9-28-20 at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6220625/>

Fromm, M. Gerard. 2012. *Lost in Transmission: Studies of Trauma Across Generations*. ROI 910-1-2020 at <https://www.psychologytoday.com/us/blog/the-me-in-we/201205/how-trauma-is-carried-across-generations> 5-28-2012.

Irving, Debby. 2014. *Waking Up White, and Finding Myself in the Story of Race*. Elephant Room Press.

Kendi, Ibram, 2019. *How to Be an Antiracist*. New York: One World—Random House Books.

McIntosh, Peggy. Winter 1990. Unpacking the White Privilege Knapsack. ROI: 9-28-2020 at <https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

RYSE Center. 2015. ROI 9-25-2020. <https://rysecenter.org/>

RYSE Center. 2016. The Theory of Liberation. <https://rysecenter.org/>

Tuck, Eve & K. Wayne Yang. "Decolonization is not a metaphor," *Decolonization: Indigeneity, Education and Society* 1, 1 (2012):1-40, accessed 9-25-2020 <http://decolonization.org/index.php/des/article/view/18630/15554>

Wesley-Esquimax, Cynthia & Magdalena Smolewski *Historic Trauma and Aboriginal Healing*, 34.

Wisconsin ACE Brief Data 2011-2012. ROI: 9-28-2020 at <http://kidsforward.net/assets/WisconsinACEsBrief-2011-2012.pdf>

Statistics about Domestic Violence Against Native People

Did You Know

- More than half of American Indian and Alaska Native women (55.5 percent) and two in five Native men (43.2 percent) have experienced physical violence by an intimate partner (Keryte, 2018).
- More than three in five American Indian and Alaska Native women (66.4 percent) and about three in four Native men (73 percent) have experienced psychological aggression by an intimate partner (Keryte, 2018).
- Nearly half of American Indian and Alaska Native women (48.8 percent) and one in five Native men (18.6 percent) have experienced stalking (Keryte, 2018).
- More than one in three American Indian and Alaska Native female victims (38 percent) and more than one in six Native male victims (17 percent) were unable to get the supportive services that they needed (Keryte, 2018).
- Lifetime estimate, physical violence by intimate partners among American Indian and Alaska Native women were 55.5 percent compared to Non-Hispanic White Only, 34.5 percent (Keryte, 2018).
- Lifetime estimate, physical violence by intimate partners among American Indian and Alaska Native men were 43.2 percent compared to Non-Hispanic White Only, 30.5 percent (Keryte, 2018).

How Does the Violence Affect American Indian and Alaska Native Victims?

- 66.5 percent of women and 26.0 percent of men expressed concern for their safety.
- 41.3 percent of women and 20.3 percent of men were physically injured.
- 49.0 percent of women and 19.9 percent of men needed services.
- 40.5 percent of women and 9.7 percent of men missed days of work or school.

American Indian and Alaska Native female victims were 1.5 times as likely as non-Hispanic, white-only, female victims to be physically injured, 1.8 times as likely to need services, and 1.9 times as likely to have missed days of work or school. Other differences across racial and ethnic groups were not statistically significant (Rosary, 2016).

Victims identified a variety of needed services. American Indian and Alaska Native female victims most commonly needed medical care (38 percent of victims) and were 2.3 times as likely as non-Hispanic white-only victims to need this type of care. They also needed legal services (16 percent), housing services (11 percent), and advocacy services (9 percent). Medical care and legal services were the most commonly reported needs for male victims as well (Rosary, 2016)

References

- Keryte, S. (2018, October 15). *Increasing awareness of domestic violence and intimate partner violence in our communities*. Indian Health Service. <https://www.ihs.gov/newsroom/ihs-blog/october2018/increasing-awareness-of-domestic-violence-and-intimate-partner-violence-in-our-communities/>
- Rosay, A. (2016, June 1). *Violence Against American Indian and Alaska Native Women and Men*. National Institute of Justice. <https://nij.ojp.gov/topics/articles/violence-against-american-indian-and-alaska-native-women-and-men>

Adverse Childhood Experiences Questionnaire

Score each question "No" or "Yes". No = 0 Yes = 1

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

Now add up your "Yes" answers: ____

Your "Yes" answers are your ACEs Score.

SOURCE: Felitti et al. 1998. ROI: 9-25-2020 <https://acestoohigh.com/got-your-ace-score>

HIR Wellness Institute

Resilience Questionnaire

1. I believe that my mother loved me when I was little.
2. I believe that my father loved me when I was little.
3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
6. When I was a child, neighbors or my friends' parents seemed to like me.
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
8. Someone in my family cared about how I was doing in school.
9. My family, neighbors and friends talked often about making our lives better.
10. We had rules in our house and were expected to keep them.
11. When I felt really bad, I could almost always find someone I trusted to talk to.
12. As a youth, people noticed that I was capable and could get things done.
13. I was independent and a go-getter.
14. I believed that life is what you make it.

<input type="checkbox"/>	Definitely true
<input type="checkbox"/>	Probably true
<input type="checkbox"/>	Not sure
<input type="checkbox"/>	Probably not true
<input type="checkbox"/>	Definitely not true

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were marked "Definitely True" or "Probably True"?) _____ This is your "Resilience" score.

Of these circled, how many are still true for me? _____

SOURCE: Rains, Mark & Kate McClinn. 2013. ROI 9-25-2020 <https://acestoohigh.com/got-your-ace-score/>

SPECIAL NOTE: On number seven, the question asks about ministers implying a Christian dominance. If you use this questionnaire, make sure to either point out the bias or change the wording to reflect the concept of "spiritual leaders." This is significant with the Indigenous population due to many of the boarding schools having been run by religious organizations, and as a consequence to these experiences, there are spiritual leaders who abuse this power dynamic. Still, not every person who has done something wrong should be defined by that single fact/ identity.

YOU ARE BEING CALLED TO RISE...

If you ever felt called to be a healer, a teacher, a salve for the people, now is your time to come forward.

If you are a word weaver or a light worker or a lender of ears, now is your time to come forward.

If you have been hiding medicine in your pockets, behind your eyes, beneath your tongue, waiting for the "right" time to share it, now is your time to come forward.

If you have been waiting for approval, for validation, for vindication before sharing your most precious gifts, now is your time to come forward.

If you are waiting for the perfect time, the perfect mentor, the perfect plan, now is your time to come forward.

If you can bring laughter, comfort and warmth to the most solemn spaces, now is your time to come forward.

If you have ever been called to use your life for something greater than yourself, now is your time to come forward.

Yes, you might be terrified.

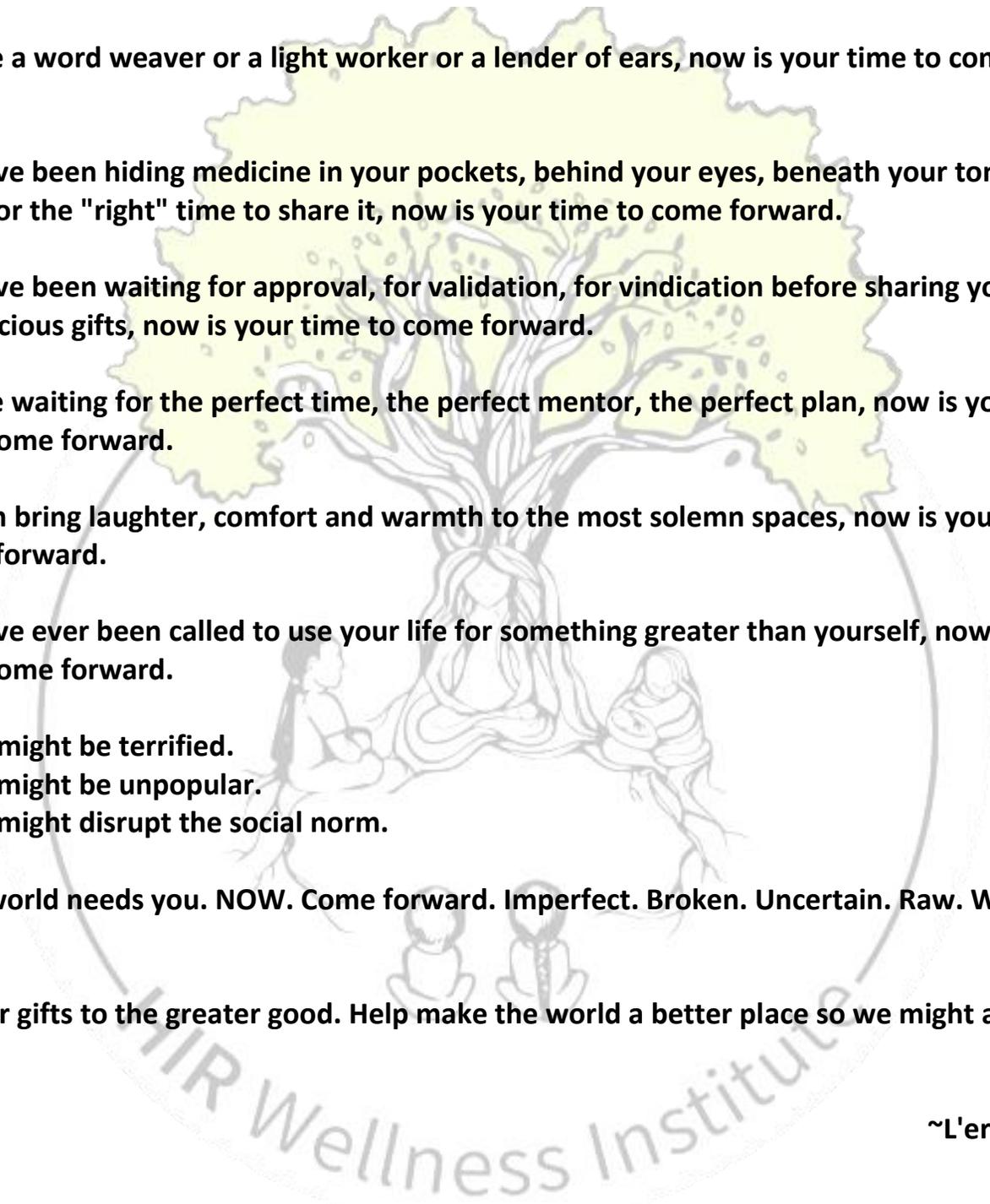
Yes, you might be unpopular.

Yes, you might disrupt the social norm.

But the world needs you. NOW. Come forward. Imperfect. Broken. Uncertain. Raw. Willing. Open.

Lend your gifts to the greater good. Help make the world a better place so we might all be free.

~L'erin Alta~



Your turn...Our Healing Forest

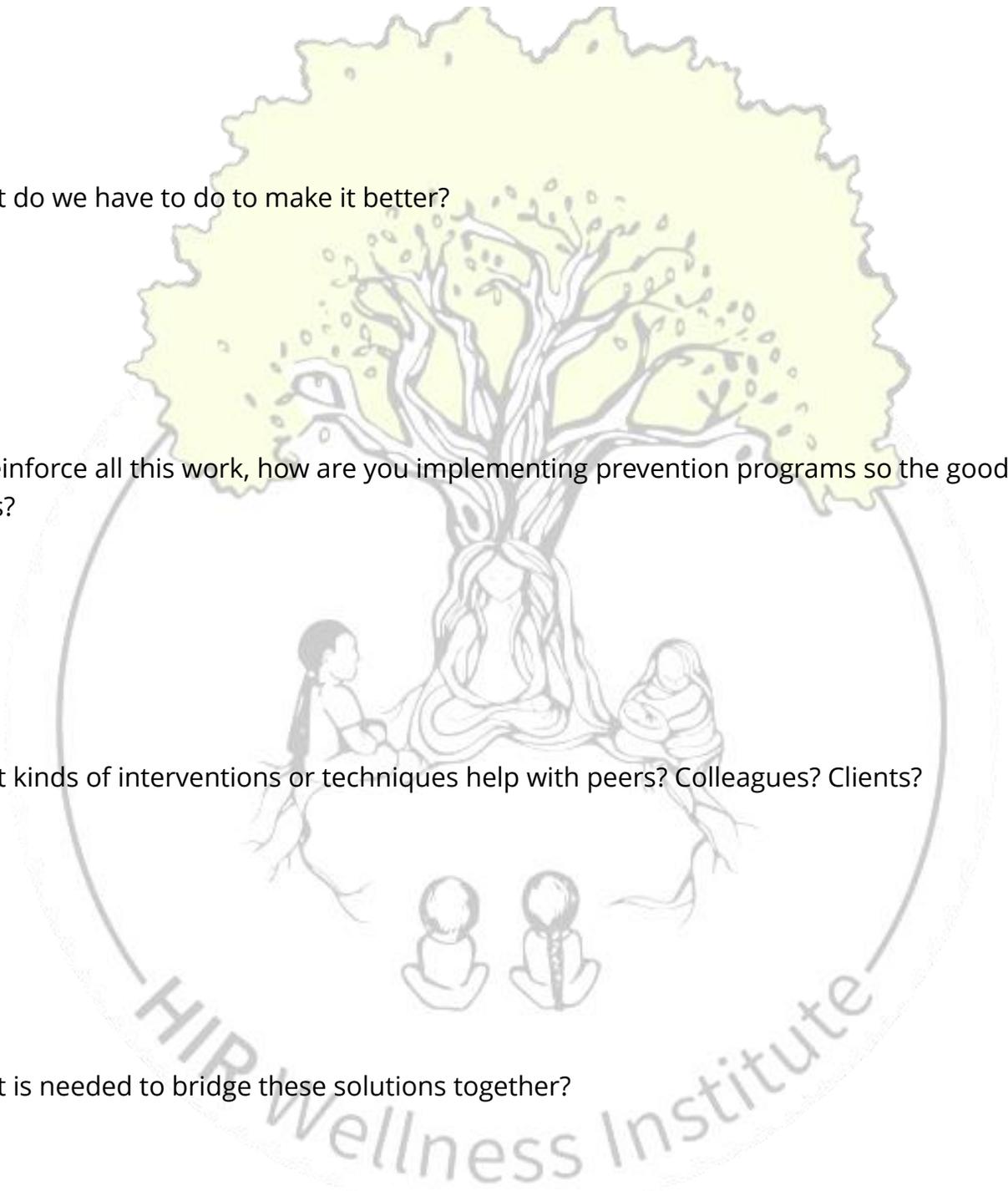
1. Look at your community. What could be better about it?

2. What do we have to do to make it better?

3. To reinforce all this work, how are you implementing prevention programs so the good stuff stays?

4. What kinds of interventions or techniques help with peers? Colleagues? Clients?

5. What is needed to bridge these solutions together?



Self Care Habits

T B Z T F O M G L W E Z C R S J C Z S K P P H Q A L E V E L S S E R T S Z N M U
 A B G Q B M Z I M G S U T N C E I N U R S W J U N O K E N E I G Y H V F L R E C
 A P Q S W D U Z B N T G S X W Y E B E W E E E U I L J J D P J E I I S X S G D Q
 I Q H N W E A N N I Q U C Q G Y U D E Q G T R W J P U T S S S E N I P P A H I H
 N C L K Z H R N S D G N N E M M G P H W J A T O N A P V R O V S Q Y T F Z J T U
 N X Y V K Q J P Y A V Z S C H Y G D Y I N G Y U H T F M O V E M E N T Y X A A C
 L Z W D S O N E R E E C H X D W F I N A N C E S L C S U P P L E M E N T S N T P
 H K J Y F X Y U Y R X L R K B E Z Z A Z J Q E R O C V H L F V F V Y H H O Q I E
 Z Q K E J G P P T Z D P M D Q G N I H T A E R B P E E D T O U W U A E C C C O X
 W A D Y D M S N O I T A M R I F F A Q A Z A U U Q W Z D H B Y E T A A Z A A N R
 A I P C G C X L P E L B W L V F A Q Z E H Y D R A T I O N D L P L F A C F H Y Y
 K L D N Y S E X E R C I S E W P W C D Q A L W C Y C C W T N S T F S I Y P B L V
 E P V E Q D K G W L L F L G O D E U I R E T H G U A L S D M H E M Q E E W B Y A
 U M E H G O P M F E Y U M G R G T H W N S O Z C J F Q D V C I R B K P N G U M Z
 P S R V D O L O E C N D N R N I R L Y Q X K A Y E M V G H N L J E P I I R D R Q
 E Y A B Y F C I Y C M G E E T G N I N N A L P L A E M E E K O C P N E T C G F B
 A P C W P E D S R Y O E N A H T K I G R Z M K L A X C Z P Q M B P U M U H E G S
 R E N Z Y L C C E S R Y R I Y N G C X C I H Q W J K B J H I H K G H E O X T H Y
 L E I I H O E H V E N G B O H I I D S F N N Z I U O U C N N A K P I F R U T Q S
 Y L K P L H U T O T I Q Q R E T G G R K G K U P D K U A C M B Y D S J G G X H P
 X S S V F W P I C G N X Y J G T E E H N I N S B M O M D F I Q V Q T O N Q C V O
 I I O U E Z G M S O G N O T Y I K M R X L X A P T U V Q G N X M B D A I L K Y R
 T C C N C M O E I A C A F N J M J X O W K S T L L Q B Y V O H T G V A N G H T T
 E K Z F K E L W D L Q Z R V S E F Y P S I L A N Q U O C T Q H B N Q A E U A Y S
 W I F V H D E I F S K V T D F W Q L C D Y C C T G U G E M Z J P I W D V W O M Z
 T L I O S I F T L M Y J T J A I B T C C I R S N U C D T E H Z F L G B E G J D O
 D T Y W V C U H E S E Q O B K T I E T S C W T R Q L D R O J N L A N Z A G X S L
 O P F N T A M F S F E J P E W H Z C Y H B V A E A W A B I I W I N I Q D M F N F
 M U R K V T J R F G C V B U W F U H I G G E J T U C B D S O E R R H L R G N I K
 S F H F G I K I S K C D E Q I A P R N E D I I G L Y P X A V V H U C P J V C M R
 S V L J M O F E S V M I G A Y M N T V I V G N A T D D I E W X G O T X O G D A M
 R H Z Y K N T N J N O H I A V I T K S R I S T E G Y D G A Q G I J E E G K F T E
 L O M C J P D D P D C M Q R X L K T T D Y N C R T E B F N M W Y M R H M I L I M
 H S C Z E D A S V R C Z W T S Y U I H R E J A P M A X I E N M P G T C L X Y V Q
 V S B G E X W P C P E O R B X O M I R D O G D L M C D F B W W I R S L E Q V P J
 E G M H Y W Z A Q Q H Y N B G H O W F C U T A L M I F N I V E T N E S E R P E B
 Y P Z E V Y C X B X S U F N O B Q V W S D I Y Z X B V T T T C Y N P R U S J U N
 C X N X H N B F N K C K I Q I F W A O K C M K L D C Y E R R S E I G G E V Q N Q
 R H W D O I M X G E V E L O J E G N M O J M I K N J G Z L C Z Y P V C G Q W R A
 B Z R D K U W Y T L B D M M D A Z P S Y G W E N B C I G F K T T Y T X H X O K D

WORD LIST:

AFFIRMATIONS
 BE PRESENT
 BEING OUTSIDE
 BUDGET
 CHORES
 DATE NIGHT
 DECLUTTER
 DEEP BREATHING
 DENTAL CARE
 DIGITAL DETOX
 EVENING ROUTINE
 EXERCISE

FINANCES
 GRATITUDE
 HAPPINESS LEVEL
 HEALTH CHECK UPS
 HOBBY
 HYDRATION
 HYGIENE
 JOURNALING
 LAUGHTER
 MEAL PLANNING
 MEDICATION
 MEDITATION

MORNING
 MOVEMENT
 NO CAFFEINE
 NO SUGAR
 PHYSICAL TOUCH
 READING
 SELF DISCOVERY
 SET GOALS
 SKIN CARE
 SLEEP
 SOCIAL MEDIA
 SPORTS

STRESS LEVEL
 STRETCHING
 SUPPLEMENTS
 TIME WITH FAMILY
 TIME WITH FRIENDS
 TRY SOMETHING NEW
 VEGGIES
 VITAMINS
 WAKEUP EARLY
 WHOLE FOODS
 YOGA

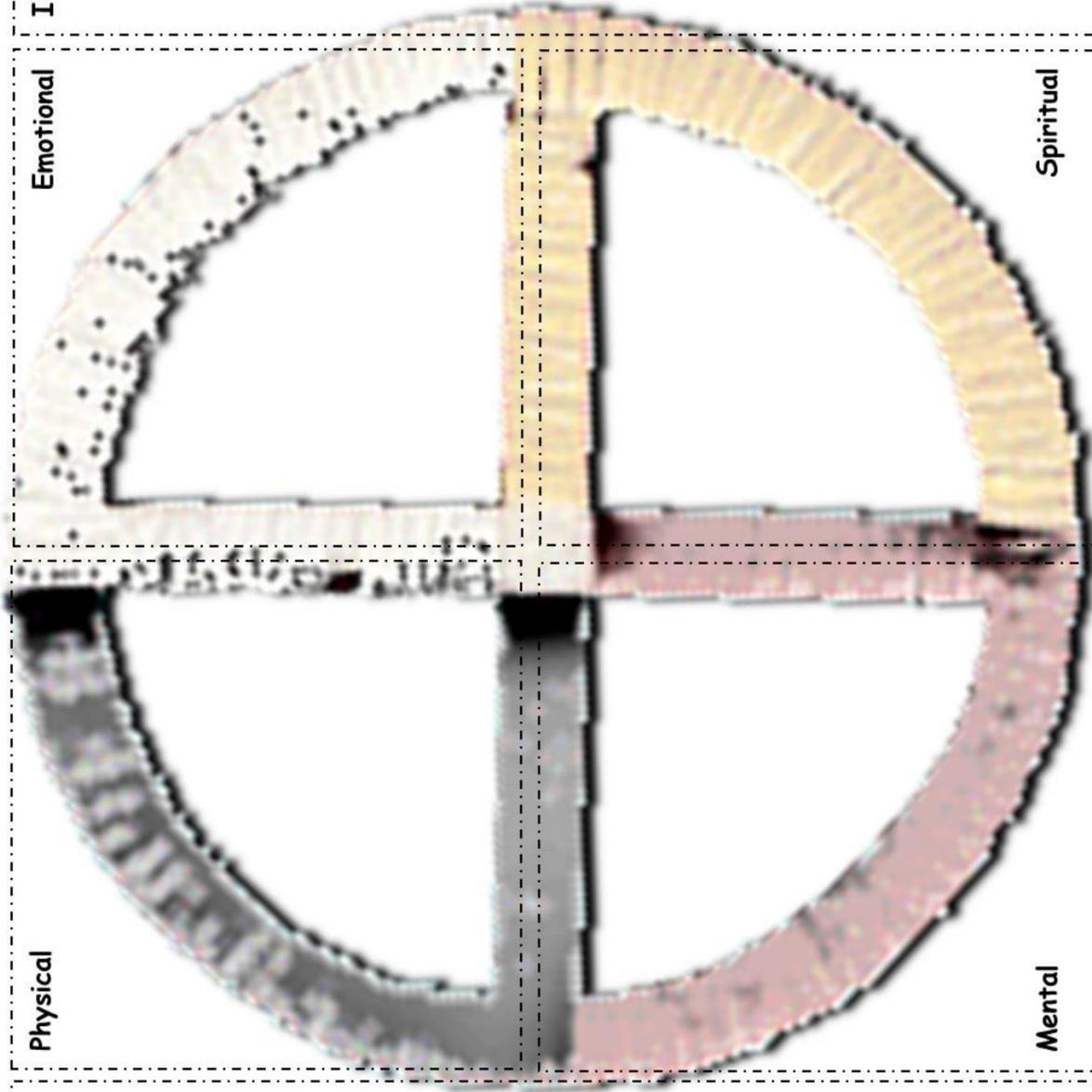
_____'s Personal Care Plan

Supportive people
in my life:

Physical

Emotional

I want to accomplish....



Mental

Spiritual