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

**Presenter:** Barb Blackdeer-Mackenzie
Community Healer, Indigenous CARES Director & Advising Elder
*bbblackdeer-mackenzie@hirwellness.org*

**Healing Intergenerational Roots Wellness Institute (HIR WI)**
3136 W. Kilbourn Ave.
Milwaukee, WI 53208
Tel: 414-763-5815
Website: [www.HIRWellness.org](http://www.HIRWellness.org)

Interested in our programming?
Contact Jamie at [JKellicut@HIRWellness.org](mailto:JKellicut@HIRWellness.org) to register or get more information

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](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)](https://www.youtube.com/watch?v=4yrg7vV4a5o)

* Red Ground Scene: [https://youtu.be/-vAbpJW_xEc](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](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](https://www.youtube.com/watch?v=KTvSfeCRxe8&t=25s)

*Epigenetics: Why Inheritance is Weirder than We Thought* [https://www.youtube.com/watch?v=AvB0q3mg4sQ](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=IoRjz8iTVoo&t=537s](https://www.youtube.com/watch?v=IoRjz8iTVoo&t=537s)

Some good videos on Privilege, White Privilege and Allyship

How Studying Privilege Systems Can Strengthen Compassion by Peggy McIntosh

What is Privilege? [https://www.youtube.com/watch?v=hD5f8GuNuGQ&t=45s](https://www.youtube.com/watch?v=hD5f8GuNuGQ&t=45s)

What is White Privilege? [https://www.youtube.com/watch?v=rZxMjmcT0cY&t=12s](https://www.youtube.com/watch?v=rZxMjmcT0cY&t=12s)

5 Tips for Being a Good Ally [https://youtu.be/_dg86g-QIM0](https://youtu.be/_dg86g-QIM0)


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


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


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.

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.

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? _______


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.


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

WORD LIST:

AFFIRMATIONS
BEING 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

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