



Journey of Healing MMIP Prevention Trainings: Introduction to Holistic Forms of Healing

April 11th | 2:00PM ET

Facilitator: Aliyah Smith-Gomis, MPH | Public Health Project Coordinator | NCUIH

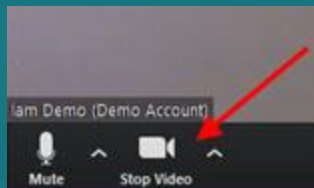
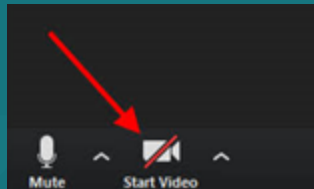
Presenter: Donna Cubit, Tara Gray, & Lawrence Salcido | BAIHP



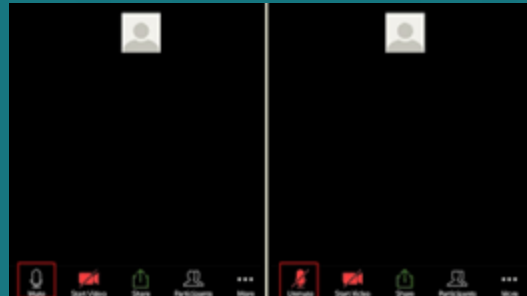
Housekeeping

Please note that today's session will be recorded.

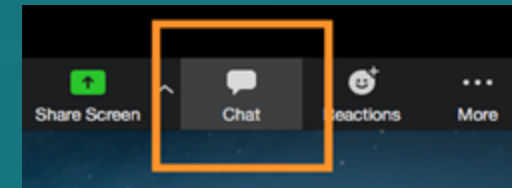
Feel free to turn on/off
your video during this
session



Please mute your
microphone when you
are not speaking.



Please enter
questions or
comments in the
chat.





Agenda

TIME ALLOCATED	TOPIC	PRESENTER
2:00 PM EDT	Welcome	Aliyah Smith-Gomis
2:02 PM EDT	About NCUIH Disclosures Content Warning Introduction of Presenter	Aliyah Smith-Gomis
2:10 PM EDT	Holistic Healing Content Delivery	BAIHP Team
3:10 PM EDT	Questions	Aliyah/BAIHP Team
3:25 PM EDT	Conclusion Survey Reminder	Aliyah Smith-Gomis
3:30 PM EDT	Adjourn	Aliyah Smith-Gomis



NCUIH

NATIONAL COUNCIL *of* URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.

Disclosures

This activity is jointly provided by National Council of Urban Indian Health and Cardea Services

Cardea Services is approved as a provider of nursing continuing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This program is Approved by the National Association of Social Workers (Approval # 886874323-5910) for 1.5 continuing education contact hours.



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Disclosures

COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1.5 contact hours will be awarded.

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- Completing the online evaluation;
- Submitting an online CE request.

Your certificate will be sent via email. If you have any questions about this CE activity, contact Fiona Morrison-Fleming at ffleming@cardeaservices.org.



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Content Warning

We know that this topic is highly sensitive and may bring up concerns for you that could be triggering. We encourage you to put yourself first and take care of your mental health in any way necessary.

If you need to leave, feel free to do so.



Meet Your Presenters

Donna Cubit, CADC II, ICADC

Cultural Coordinator/ Certified Alcohol
and Drug Counselor II
(Cherokee/Choctaw/Creek)



Tara Gray

Case Manager
(Ahtna Athabascan)



Lawrence Salcido Jr.

Community Outreach Specialist
(Chalon Indian Nation)



Holistic Healing with Bakersfield American Indian Health Project



Bakersfield American

B·A·I·H·P

Indian Health Project

661.327.4030 | BAKERSFIELDAIHP.ORG

Our Feathers Soaring Higher

Notice: This presentation may touch on sensitive topics.
If you need to step away momentarily, please do.

Agenda

- ❖ Discussion on MMIW/P
- ❖ Building a Safe Space for AIAN
 - What We've Done
 - Challenges We've Faced
 - What Worked



What is MMIW/P

MMIW/P stands for Missing and Murdered Indigenous Women / Persons.

It is a movement which advocates for the end of violence against Native Women and People, whether it be sexual violence, domestic violence, stalking, sex trafficking, etc.

The movement started with a focus primarily on Native Women, but overtime it was found that Native Men, Two-Spirit relatives, and Native Children also experience these levels of violence.

It's often symbolized as a red handprint, either over the mouth or by itself and is often associated with the phrases, "No more stolen sisters" or "No more stolen relatives."



Sacred Flowers – Blue Mountain Tribe



MISSING

Heaven Mountainsheep



MMIW Walk with California State University, Bakersfield

- ❖ On May 5th, 2023, BAIHP attended a MMIW Walk with CSUB. The first MMIW Walk in Kern County.
- ❖ BAIHP sponsored a portion of the event along with the Tejon Tribe.
- ❖ How can you reach out to local organizations who also engage with holistic healing to meet your goals?



Hush Hush – San Bernardino County



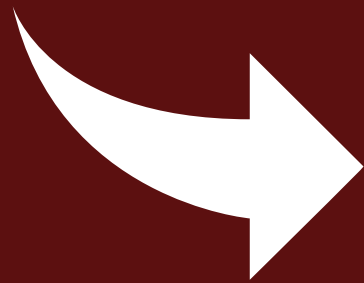
84.3%

Of Native Women

81.6%

Of Native Men

Reported
violence for
American
Indian/Alaskan
Native (AIAN)
people within
their lifetime



97%

Of Native Women

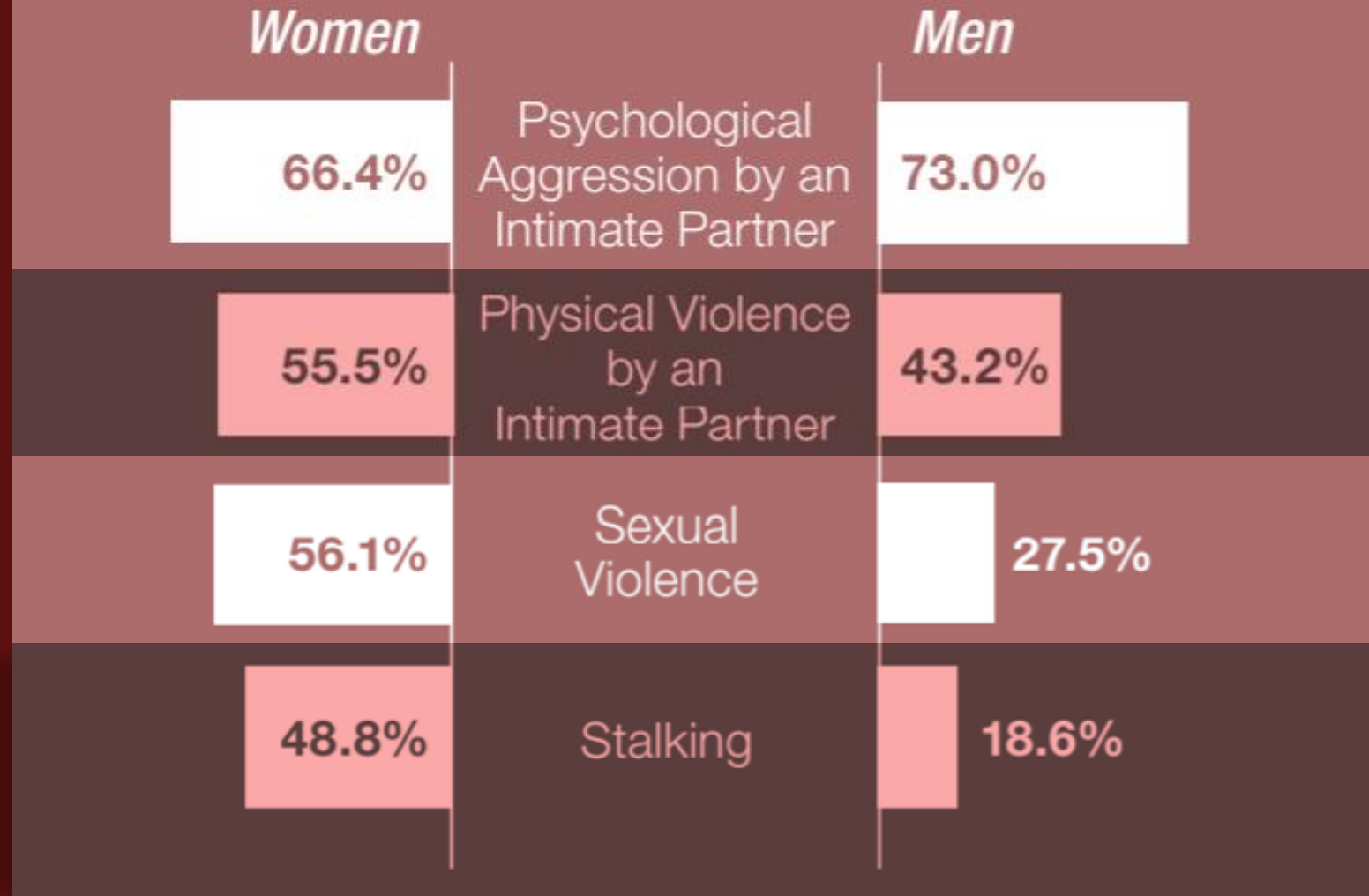
90%

Of Native Men

Of those, these people experienced violence from a non-AI/AN assaulter at least once in their lifetime

*Data from NCUIH, 2022

Types of Victimization





Building A Safe Space for AIAN Communities To Support Healing

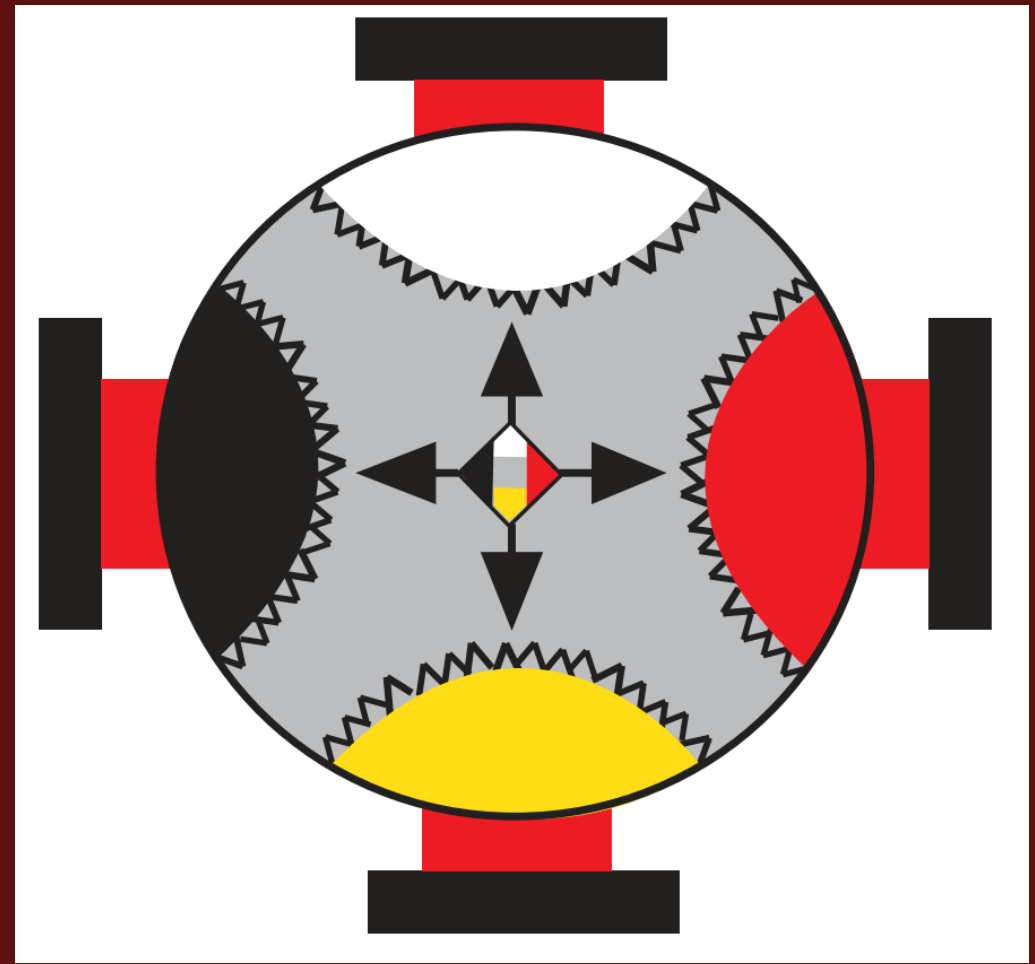
What we've done

Wellbriety

We use the Wellbriety focus and guidelines for all directions in healing, which follows the medicine wheel.

- ❖ The four directions: North, East, South and West
- ❖ The four seasons: Winter, Spring, Summer and Fall
- ❖ The four elements: fire, earth, air and water
- ❖ Our whole self: physical, emotional, mental, spiritual and social
- ❖ Cycles of life: infant, youth, adult and elder
- ❖ We work toward getting in balance and being in harmony to be of service to others, and community.

See the Native American **Code of Ethics** by Don Coyhis at White Bison Wellbriety



We utilize the White Bison teachings and guidelines

*“Here the destruction stops,
We will heal ourselves,
We will heal our wounded relationships,
We will heal our children,
We will heal our Nations,
On this day, our future history begins”*

The Importance of Talking Circles

They are traditional forms of sharing, respect, honor and healing, they bring a sense of belonging, closeness to community, and provide safety.

This is a way to talk about life's events and how you are impacted, builds trust and resilience.

Individuals learn courage and strength from feeling vulnerable and trusting their peers with the challenges, fears, injuries, trauma, successes and joys.

These circles become close, a form of family, and support.

It's important to set ground rules and expectations for newcomers so everyone feels safe.

Things provided a safe space for sharing and healing, consistency same place and time.

Traditional medicines used sage, cedar, sweetgrass, and tobacco.

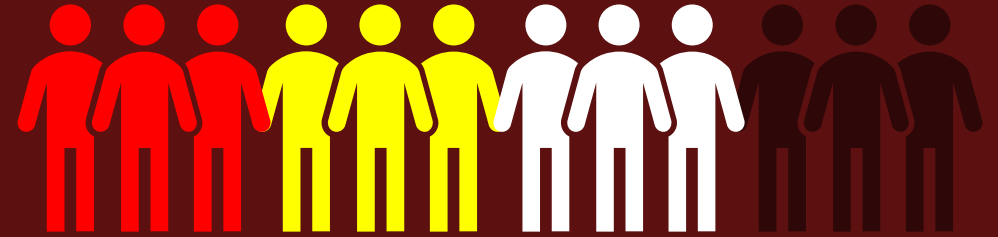
Prayer, traditional songs, hand drums, clappers sticks and rattles may be used.

Smudging may be used to bless or cleanse.

At our facility we will use these methods before smudging inside:

- ◆ **Send out an email that smudging may be used during the talking circle times.**
- ◆ **Place announcements on each door that smudging is being used.**
- ◆ **Turn on all air purifiers prior to the circle beginning.**
- ◆ **Open the exterior door when prayers and cleansing have been completed.**

Talking Circles & Wellbriety



We utilize our elders to teach traditional ways of healing.

Using traditional medicines in ceremonies and healing

Learning to live in peace & harmony with all our relations

Drumming and singing

Storytellers

Crying and laughing ceremonies

Sacred ceremonies seeking wisdom and guidance from creator

Dreams and having visions

We utilize sacred ceremonial grounds in nature we learn to cry, laugh, confront our shame, forgive the unforgivable and return to the values of our ancestors, teaching healthy love, courage, justice, generosity, respect, humility, gratitude and acceptance of those who are different.



Challenges

- ❖ Historical & Generational Trauma
- ❖ Stigma
- ❖ **Trust – Building**
- ❖ Funding
 - Limited
 - Not sustainable



What Worked for Us – Getting Back to Basics

Culture

Smudging & Prayers
Traditional Medicines
Songs & Dance
Storytellers
Ceremonies

Wellness

Tai-chi
Bingocize
Nutrition
Gardening
Medicine Gathering



Community

Drum & Dance Group
Regalia Making Class
Beading Class
Youth Prevention Group

Education

Elders
Nutrition Education
Mental Health Resources
Culturally Competent Care
Cultural Education Class

Community Events

Spring Gathering



Gathering of Native Americans (GONA)



Native American Heritage Month (NAHM)



Lessons Learned

Be consistent

- Builds trust
- Provides space
- Demonstrates commitment
- Nothing worse than starting then stopping.
Does more harm than good.

Be inclusive

- Get the word out
- Take diverse community into consideration
- Intertribal practices and beliefs

Learned to incorporate Traditional Medicine when possible

- Daily practice, meetings, events, education, outreach



MISSING PERSON



ANGELA RAMOS

100 LBS 34 YEARS OLD 4'11 FEET

Last seen on April 7, 2023 in Bakersfield Ca,
near Chester Ave and California Ave.

For any information that can help us
find her, Please call or text her family at:

661-864-5644

661-416-9534

MISSING PERSON

Thank You

Questions?
Email us at

BAIHPCommunity@BakersfieldAIHP.org

*This presentation is in honor of our own
stolen sister who was taken too soon,
too far.*



Bakersfield American
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Indian Health Project

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†
Celebration of Life



*Please join us for a memorial service
celebrating the life of*

Angela Ramos

January 19th, 2024, from 4:00 to 7:00pm

Rubios Funeral Home
1100 Chester Ave
Bakersfield, CA 93301



Questions?

Please feel free to ask any questions by unmuting yourself or typing your question in the Zoom chat before we bring today's session to a close.



Closing Reminders



Mattie Curry, MPH (Amskapipikuni)
Program Manager
Mcurry@ncuih.org



Aliyah Smith-Gomis, MPH
Project Coordinator
Asmith@ncuih.org



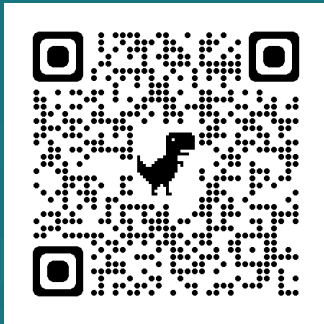
Survey Link



Upcoming NCUIH Events

4/17/24 Overview of Current Issues in the 340B Program in Partnership with the Alliance to Save America's 340B Program 1:30–2:30 pm ET

4/29/24–5/2/24 NCUIH 2024 Annual Conference



For more information and to register, please visit:
<https://ncuih.org/events/>



One-On-One Technical Assistance Available

<https://ncuih.org/training/one-on-one/>

The Technical Assistance and Research Center (TARC) provides individualized technical assistance, training, and support to member UIOs. Individual support includes:

- Community and staff training
- Consultation on research/evaluation
- Consultation on program planning and implementation
- Documenting local best practices
- Grant application review
- Local partnership development
- Locating archival data to support community work
- Policies, procedures, and operational needs



Thank You!

Your feedback is
important to us!





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