



SUNY COVID

S N A P S H O T S

MODULE

CONTENT

Module 1

Lesson 1

Creating Safe Spaces for Native Youth and Young Adults

- **Definition of a Safe Space:** An open and welcoming environment where everyone feels respected, valued, and able to express themselves honestly without fear of being judged based on their social identity or cultural values.

Characteristics of a safe space for Native Youth:

- Welcoming environment
- Safety first
- Traditional medicine services
- Space to engage in cultural activities
- Historical trauma-informed supports
- Transition support services (GED prep, job support)

Creating a safe space:

- Identify core values to be upheld in the space.
- Set group norms and expectations
- Adopt an anti-discriminatory policy
- Implement a conflict resolution process
- Adopt a trauma-informed lens
- Offer clinical support
- Put safety first
- Provide traditional medicine services and cultural activities
- Offer self-improvement programs (education, work)
- Provide outreach materials

Questions to consider when selecting a space:

- Is it easy to get to/from?
- Is it accessible to all individuals and their needs?
- Is it comfortable and appealing?
- Is there a quiet area for stress relief and self-care?
- Is it in a safe environment/area?



Module 1

Lesson 2

Virtually Providing Traditional Medicine Services to Native Youth

What is Indian “Medicine”?

- *“Your medicine is your life, and your life is represented by all those things that you have said, that have been given to you, and that you have given others, and it is all that you are.”- Cherokee Elder*
- *“Your medicine is a way of life, an object or ceremony having power or control over influences that may affect a person, and a path toward restoring health.” – Cherokee Elder*

A Few Commonly Used Traditional Medicines

- **Natural Medicine Path: South¹**

- Aloe: Easy to grow and continues to proliferate- burns and warts
- Burdock: Treats sores and abrasions, poison ivy; use as tea to eliminate poisons in tummy; Ginger or Wild Ginger settles stomach
- Balm “lemon balm”: Used as “sipping tea” w/ honey to soothe throat and calm system
- Garlic: Internal antiseptic cleanser for colds, helps lower cholesterol, blood pressure, protects against bacterial and fungal infections

- **Physical Medicine Path: West¹**

- Alfalfa: Rich in calcium and nutritional value; lowering cholesterol and preventing atherosclerosis and fighting infections
- Cabbage: Contains histidine known to prevent cancer (colon and rectal); detoxify system
- Horehound: Used as laxative, remedy for snakebites
- Oats: Antispasmodic, calming the nerves; packs of oatmeal for aging skin and wrinkles
- Ginseng: Used for many purposes for headaches; nervous conditions, vertigo; can be mashed to stop bleeding

- **Mental Medicine Path: North¹**

- Catnip: Used to relieve pain; used at bedtime for calming and stress relieving
- Peppermint: Calming nerves; headaches; upset tummy
- Valerian: Natural relaxant; back problems; migraine headaches
- Yarrow: Inflammation of joints; gout; sore nipples
- Wild Cherry: Colds and sore throats; lung conditions; calm stomach; sores

- **Spiritual Medicine Path: East¹**

- Strawberries and Blackberries: Bring people together and cause good things to happen
- Alfalfa: Great supplement for balancing mind, body, and spirit; rich in Vit A preventing skin damage; aids in digestion and conversion of starches and sugars; panacea
- Dock or Yellow Dock: Spring tonic to take care of winter sluggishness
- Sage: “Cure-all” herbs; sore throat, congestion of lungs, colds, nervous conditions, asthma; bowel problems; wash for sores and skin problems; can be used for smudging ceremonies for cleansing and bringing in positive energy/spirits



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continued

Smudging may be used for (but not limited to):

- Healing circles (Community)
- Ceremony
- Cleansing a room/space
- Self-healing

Benefits of Traditional Medicine during COVID-19

- **Fever²**
 - Chamomile (Common Names: Roman Chamomile, Garden Chamomile, Ground Apple, Pinheads)
 - Eucalyptus (Common Name: Blue Gum Tree)
 - Mugwort (Common Name: Mugwort, Felon Herb)
- **Respiratory Conditions²**
 - Hyssop (Common Name: Hyssop)
 - Lungwort (Common Names: Spotted Lungwort, Maple Lungwort, Jerusalem Cowslip, Spotted Comfrey)
 - Yerba Santa (Common Names: Mountain Balm, Bear's Weed, Consumptive's Weed, Tarweed, Gum Bush)
- **Breathing Difficulty²**
 - Mullein (Common Names: White Mullein, Verbascum Flowers, Woollen Blanket Herb, Flannel Flower, Cow's Lungwort, Velvet Leaf)
 - Soothes mucous membranes; respiratory ailments; anti-inflammatory; relieves lung congestion
 - Sage (Common Names: Garden Sage, Wild Sage)
 - Labrador Tea (Common Names: James Tea, Marsh Tea, Wild Rosemary, Continental Tea)
 - Violet (Common Names: Violet)
- **Pneumonia²**
 - Gelsemium (Common Names: Yellow Jasmine, Wild Woodbine, Gelsemium)
 - Indigo-Wild (Common Names: Rattle Bush, Horsefly Bush, Wild Indigo, Yellow Indigo)
 - Onion (Common Name: Onion)
 - Senega (Common Name: Snakeroot, Milkwort, Rattlesnake-Root, Mountain Flax)

Lesson 3 **Supporting Two Spirit and Native LGBTQ+ Youth During the Pandemic**

LGBTQ2S+ definition: Lesbian, Gay, Bisexual, Transgender, Queer and Two-Spirit. "Umbrella" term that is inclusive of other gender-conformations and sexualities. There is variation across Tribes: cultural attitudes towards sex and gender are diverse, so the roles these individuals fulfill within their communities are not always the same

Persons that identify as 2S experience higher rates of:

- Suicide
- High rates of hiv infection
- Intimate partner violence



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Lesson 3
continued

- Sexual assault
- Alcohol/substance misuse
- Poverty
- Homelessness
- Disconnection from family/culture

Barriers to health and wellness

- Disconnection from culture
- Pain, shame, stigma, isolation (especially during covid-19)
- Invisibility/erasure
- Lack of access to inclusive health care
- Lessened access to mental health care and cultural gatherings during covid-19
- Living with unsupportive family due to pandemic

Strength-based solutions for support

- Connection through texts, calls, emails
- Ask: Is your organization's website lgbtq2s+ affirming?
- Hire more inclusive providers and staff
- Create safe spaces such as drop-in centers
- Asking pronouns but not asking "preferred"