

# INDIGENOUS WELLNESS: Helping Our Veterans Heal

April 13, 2023  
2–3 p.m. EST



[ncuih.org/events](https://ncuih.org/events)

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# 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 (IHCIA). 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.



# Disclaimer

**This event is made possible by the Indian Health Services Cooperative Agreement Funds**

**Award #HHS-2022-IHS-UIHP3-0001**

**FAIN # H723IHS0007**

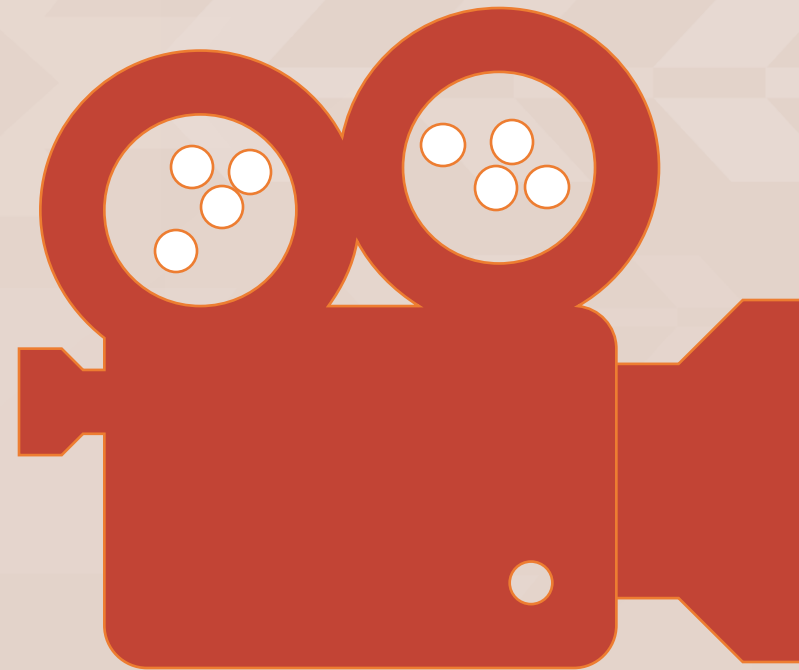
**Federal Award Date: 05/24/2022**

This event is solely the responsibility of the National Council of Urban Indian Health and does not necessarily represent the views of Indian Health services or the Department of Health and Human Services.



# Audio and Visual Recording

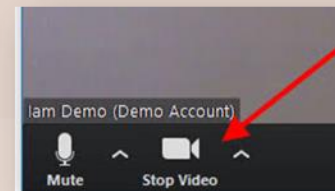
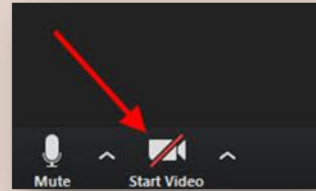
Please note that this session is being recorded for educational and quality improvement purposes.



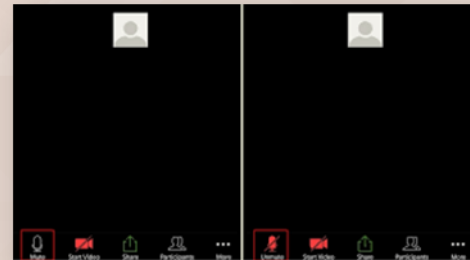


# Housekeeping

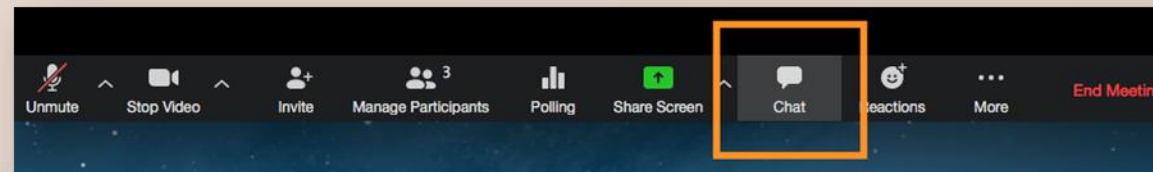
- Turn on Video



- Please Mute Your Microphone When Not Speaking



- Please Enter Your Name and Organization in the Chat Box

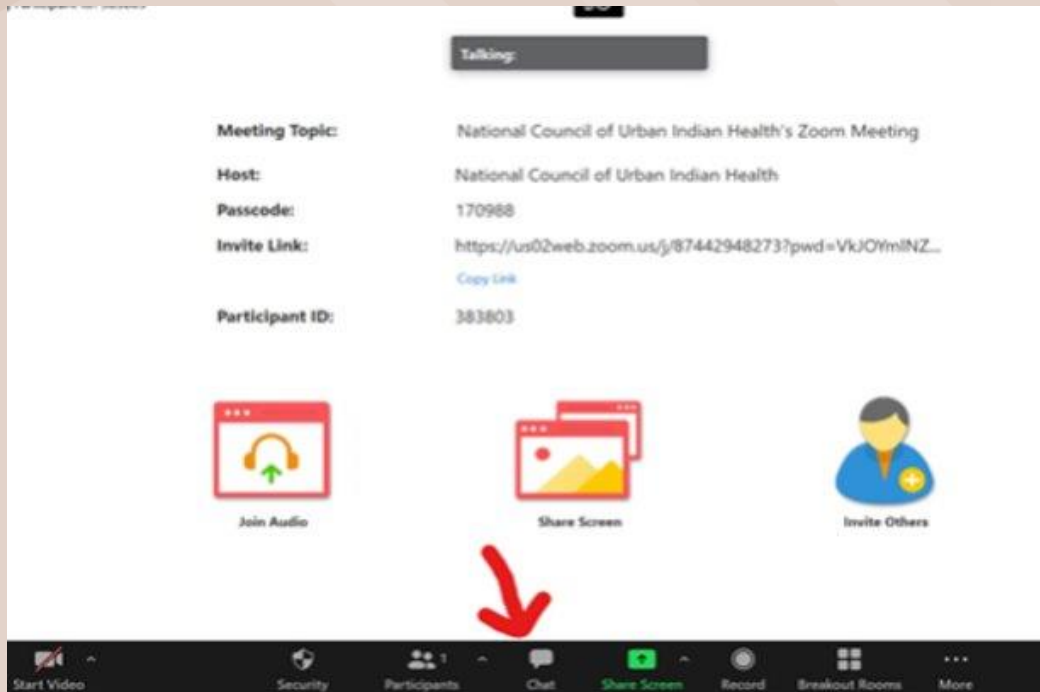




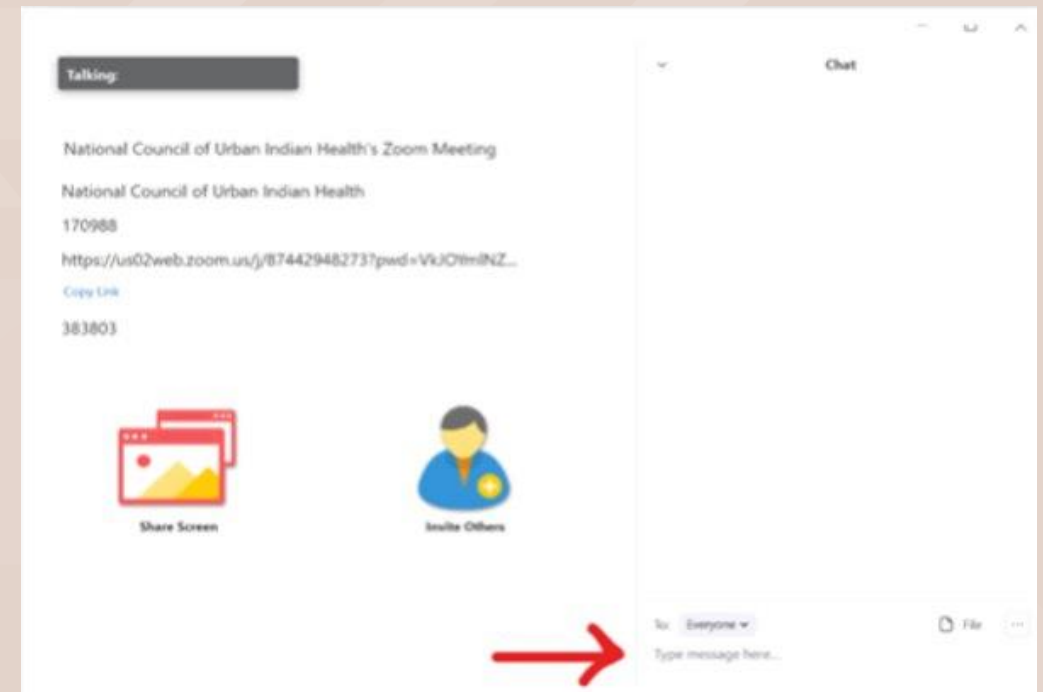


# ASK A QUESTION OR COMMENT

First, select “Chat” at the bottom of your ZOOM screen



Then type your question or comment into the chat box that will appear on the right





# Did You Know? Native Veterans

## ZOOM POLL



# Presenter Introductions

## Mary Millsaps

M.A. ANLP, 20 yr. career Emergency Medicine,  
Trauma Specialist & Interventionist



## Zeke Vanderpool

Assoc NLP, Military/LEA, Trauma Specialist/Interventionist







# INDIGENOUS WELLNESS: Helping Our Veterans Heal





# Course Objectives

1. Understanding the effects of traumatic stress and the negative impact it has on the individual, family, and community.
2. Identify the unique challenges that urban American Indian and Alaskan Native Veterans face as they transition from military to civilian life.
3. Explore the 'whole health' approach in providing culturally competent mental health resources and preventive care to Native Veterans.



# Framing the Mental Health Crisis

**168 million mental health diagnosis in the United States**

**250 Names for the diagnosis (DSM-5)**

**300 Thousand Licensed Professionals to treat**

**8-10 traditional treatments (drug therapy and prolonged exposure)**

**80% of all clients that seek industry counseling will not return for a second follow-up**



# DEPRESSION? Unresolved Trauma

- mental health diagnosis:
- co-occurring Diagnosis
- suicide
- substance abuse and alcohol

London University study found that there was no true chemical of clinical cause for depression. (serotonin)



## **Additional barriers to seeking standardize treatments.**

**80% of all clients that seek industry counseling will not return for a second follow-up.**

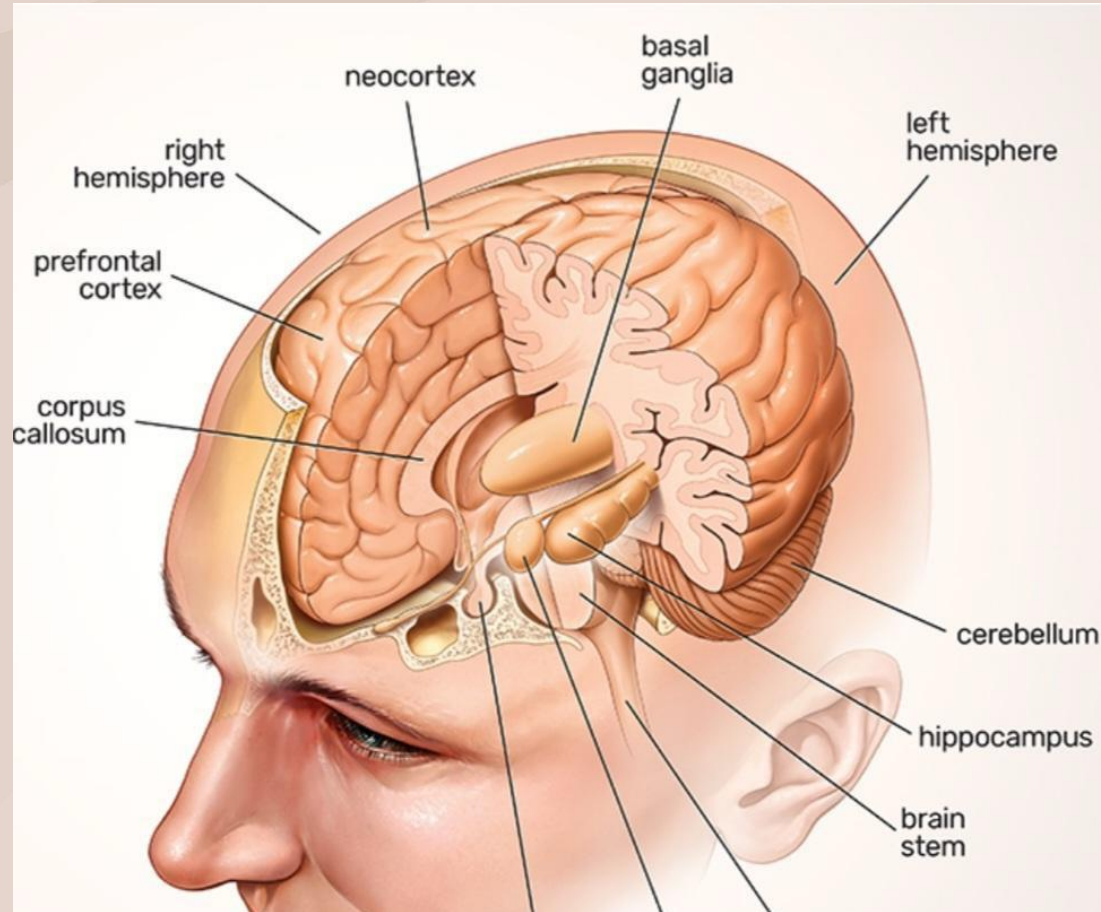
- Failed psychological safety
- Premature terminations
- Unrealistic expectation

**Not able to effectively communicate their struggle or pain**





# The science around the struggle



- Amygdala- over production of the hormone epinephrine causes the structure to enlarge. The structure that scans for problems affiliated with assigning fear has increased in size
- Hippocampus- over production of the hormone cortisol causes the structure to decrease in size. This is the brain's primary storyteller--memory recall is losing its ability to function properly
- The brain is struggling to differentiate between what is recalled and actual events.



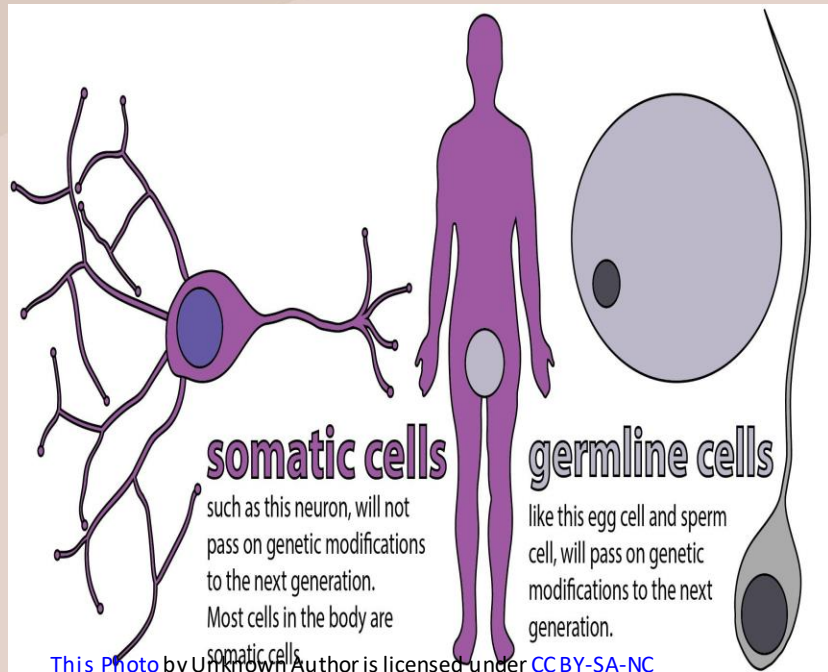
# The Path of Destruction- The Human Condition-

- **Environment-** Life- everything that you have experienced has formed the “now”.
- **Experience (Event)** – Traumatic
- **Perspective-** Dangerous D’s
  - Desensitized
  - Delusional
  - Disconnected
- **Behavior-** due to the emotional dysregulation (example alcoholism)
- **Traumatized Environment-** becomes conducive to behaviors.





## Cultural Challenges-



- Intergenerational (Concept)- years of oppressive or historical traumas
- Traumas that are not your own-- can impact the memory of a child.
- Co-occurring trauma
- Secondary trauma- seeing-hearing
  
- Recent research suggest that the imprint of communal and cultural traumas can be genetically carried and transmitted through and between generations

The negative impact on our unborn children.



# Stats Office of Minority Health (OMH)

- **In 2019, suicide was the second leading cause of death for American Indian/Alaska Natives between the ages of 10 and 34.<sup>1</sup>**
- American Indian/Alaska Natives are 60 percent more likely to experience the feeling that everything is an effort, all or most of the time, as compared to non-Hispanic whites.
- The overall death rate from suicide for American Indian/Alaska Native adults is about 20 percent higher as compared to the non-Hispanic white population.
- In 2019, adolescent American Indian/Alaska Native females, ages 15-19, had a death rate that was five times higher than non-Hispanic white females in the same age group.
- In 2018, American Indian/Alaska Native males, ages 15-24, had a death rate that was twice that of non-Hispanic white males in the same age group.
- **Violent deaths, unintentional injuries, homicide, and suicide, account for 75 percent of all mortality in the second decade of life for American Indian/Alaska Natives.<sup>2</sup>**





# Cultural Competency- OMH

A developmental process in which one achieves increasing levels of awareness, knowledge, and skills along a continuum, improving one's capacity to work and communicate effectively in cross-cultural situations. Strategies for practicing cultural competency include:

- Learning about your own and others' cultural identities
- Combating bias and stereotypes
- Respecting others' beliefs, values, and communication preferences
- **Adapting your services to each patient's unique needs**





# Cultural Humility -OMH

Cultural humility is a reflective process of understanding one's biases and privileges, managing power imbalances, and maintaining a stance that is open to others in relation to aspects of their cultural identity that are most important to them. Strategies for practicing cultural humility include:

- Practicing self-reflection, including awareness of your beliefs, values
- Recognizing what you don't know and being open to learning as much as you can
- Being open to other people's identities and empathizing with their life experiences
- Acknowledging that the patient is their own best authority, not you
- Learning and growing from people whose beliefs, values, and worldviews differ from yours



# Operation Angel Wing Methodology

## OPERATION ANGEL WING'S 2022-2024 'Trauma Informed Nation' Campaign

**OBJECTIVE:** *PROTECT THE EMOTIONAL AND MENTAL HEALTH OF AMERICANS AND THEIR ALLIES BATTLING AGAINST THE MOST PROLIFIC MENTAL HEALTH CRISIS IN OUR NATION'S HISTORY—One Victory at a Time*

THE REALITY: In the aftermath of the collapse of Afghanistan and the ongoing war in Ukraine, the amount of Communal Trauma alone has plummeted many of our Nation's families and communities into a behavioral health crisis.

Our Veterans and compassionate American citizens who have stepped into the vacuum to assist our allies are "hitting the wall" along with so many of the victims of these conflicts. Now, more than any time in our Nation's modern history, we need to find more effective solutions for the treatment of Traumatic Stress and Anxiety.



## A Good place to start

Our licensed and certified Trauma Providers, Interventionists, Coaches and Educators have completed extensive training in Trauma-Informed Care. We have had tremendous success in the education, awareness and interventional care of Suicide, Anxiety, and Traumatic Stress. Our workshop content includes:

- ❑ **The Science of Trauma: Understanding the effects of trauma on behavior and environment**
- ❑ **Interrupting Trauma's Path of Destruction**
- ❑ **Trauma-Related Co-Occurring Conditions**
- ❑ **Strategies for Preventing Secondary Traumatization**
- ❑ **Socio-Cultural effects of Trauma**
- ❑ **Appropriate Response to Trauma-Induced Behaviors**
- ❑ **Creating a Healthier and Emotionally Regulated Environment**
- ❑ **Emotional Accountability and Developmental Trauma**
- ❑ **Understanding the Moral Compass: Processing Grief**
- ❑ **Suicide Prevention**



# The Operation Angel Wing Call to Action

To request a seat in one of our trainings or schedule your own workshops, contact us at: [operationangelwing@gmail.com](mailto:operationangelwing@gmail.com)

You can also find us at: [www.operationangelwing.org](http://www.operationangelwing.org)

*Our organization was created BY Veterans and First Responders FOR Veterans and First Responders and the communities they serve...*



# Q&A





## Evaluation

[https://ncuih.qualtrics.com/jfe/form/SV\\_b8iatJPqMfI3P70](https://ncuih.qualtrics.com/jfe/form/SV_b8iatJPqMfI3P70)





## Upcoming NCUIH Events

- 4/18/2023: P2PSC: HIT Technical Assistance
- 4/19/2023: Growing a Sustainable Workforce: Opportunities and Challenges
- 4/20/2023: P2PSC: HIT Technical Assistance
- 6/8/2023: Branching Out: Wellness Programming for Patient-Centered HIV Care from an Urban Indian Perspective



# NCUIH 2023 ANNUAL CONFERENCE

Monday, May 15, 2023 - May 18, 2023





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NATIONAL COUNCIL *of* URBAN INDIAN HEALTH

