

3

00:01:24.840 --> 00:01:31.650

Murlean Tucker: Welcome to colliding crises saving lives by addressing historical trauma and overdose prevention.

4

00:01:32.100 --> 00:01:44.280

Murlean Tucker: My name is Merlene Tucker and I'll be running this dialogue for health web form with my colleague Jeff Bornstein, thank you to our partner for today's event the national overdose prevention network.

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00:01:45.570 --> 00:01:57.240

Murlean Tucker: Except for those who are scheduled to speak, all other microphones have been muted to reduce background noise, you can listen to the audio through your computer speakers or connected headphones.

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00:01:57.840 --> 00:02:08.010

Murlean Tucker: We encourage you to share your thoughts and questions about today's event by typing them in the Q and A box and we'll answer as many as we can as time allows.

7

00:02:08.550 --> 00:02:18.360

Murlean Tucker: Click on the Q and A button located on the Zoom control bar at the bottom of your screen the Q and A panel will appear then type your question and don't forget to click send.

8

00:02:19.050 --> 00:02:29.430

Murlean Tucker: Closed captioning is also available just click on the live transcription CC button on the Zoom control bar and select the option to view captioning.

9

00:02:31.920 --> 00:02:44.580

Murlean Tucker: Now it's time to meet the Moderator of today's event Dr. Carmen Rita Novartis Novartis is the public health institute's senior Vice President of external relations and preventive medicine.

10

00:02:45.090 --> 00:03:01.290

Murlean Tucker: Director of the Center for Health Leadership in Practice and Director of Dialogue for Health for the Public Health Institute, he is also the director of the California opioid prevention network and the national overdose prevention network welcome Carmen.

11

00:03:02.610 --> 00:03:11.880

Carmen Nevarez: Thank you so much Marlene and welcome to all of our panelists today we've got a great Panel for you and welcome to all of our guests.

12

00:03:13.290 --> 00:03:16.800

Carmen Nevarez: Before we get started, let me quickly cover the objectives for today's session.

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00:03:17.310 --> 00:03:26.040

Carmen Nevarez: want to make sure that For those of you that haven't been introduced that we make the introduce direction and tell you about the national overdose prevention network and hope that you'll join.

14

00:03:26.760 --> 00:03:30.330

Carmen Nevarez: We want to identify the role of historical trauma and overdose prevention.

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00:03:30.780 --> 00:03:44.700

Carmen Nevarez: And finally, would like to spend some time about how to effectively address historical trauma, we welcome questions from the audience and urge you to put them into the Q amp a section of your of your screen.

16

00:03:45.150 --> 00:03:54.090

Carmen Nevarez: So we'll get to them as they come up and basically the format that will follow is all the speakers will have the chance to speak and then we'll go back to your question so.

17

00:03:54.540 --> 00:04:04.890

Carmen Nevarez: let's go ahead and get going, and thank you so much for that next slide so let me talk for a second about what an open is that's the national overdose prevention network and what we can do to support your work and.

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00:04:06.330 --> 00:04:19.080

Carmen Nevarez: Our team at Public Health Institute Center for health leadership and practice launched a statewide forum for all coalition's organizations and individuals working to combat the opioid crisis in California.

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00:04:19.560 --> 00:04:26.280

Carmen Nevarez: Through that work would build a successful statewide teaming network that serves 33 million Californians.

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00:04:26.640 --> 00:04:36.840

Carmen Nevarez: Our success is also based on the experience that we had running a national leadership Academy, on behalf of CDC serving more than 125 communities nationwide.

21

00:04:37.200 --> 00:04:47.100

Carmen Nevarez: So i've learned a lot from that work and some of the things that we've learned about how to prevent how to how to drive local change for complex problems like overdose deaths.

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00:04:47.850 --> 00:04:57.660

Carmen Nevarez: include understanding that the ingredients are very strong partnerships that stopping overdose deaths requires collaboration from key members of your community.

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00:04:58.320 --> 00:05:03.120

Carmen Nevarez: We know that it's really important to leverage assets already in your community.

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00:05:03.630 --> 00:05:14.280

Carmen Nevarez: If you want better results from your office for her efforts, then bring together all of your local leaders to implement Community driven initiatives that are aligned with evidence based practices.

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00:05:14.970 --> 00:05:24.480

Carmen Nevarez: We know that it's better to bring sectors together by getting everybody to the table, we know that it's really important to adopt what works and not reinvent the wheel.

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00:05:24.900 --> 00:05:37.350

Carmen Nevarez: So we focus on key evidence based strategies for overdose prevention and you'll see this in the manage prevent in the prevent manage treat and straw and stop framework that is present in much of the work that we do.

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00:05:37.950 --> 00:05:45.150

Carmen Nevarez: we're now taking this network nationwide to help you

save lives with partnerships strategies and resources for overdose prevention.

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00:05:46.470 --> 00:05:53.460

Carmen Nevarez: So, in order to get started let's do a quick poll go ahead next slide there you go Thank you let's see who we have on the line.

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00:05:54.420 --> 00:06:12.450

Carmen Nevarez: How familiar, are you with the concept of overdose prevention, not at all just beginning somewhat familiar or very familiar we're asking you to just take a second click one of those boxes and we'll wait about 30 seconds or so for the for your response to get recorded.

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00:06:14.610 --> 00:06:25.050

Carmen Nevarez: And while we're waiting for that, I just want to remind you that what we're going to talk about today, or what is funny for some of the most important messages needing to be shared around understanding historical trauma.

31

00:06:26.100 --> 00:06:29.190

Carmen Nevarez: And what opportunities do we have in this world of coven.

32

00:06:31.410 --> 00:06:37.140

Carmen Nevarez: And then, finally, what is maybe the most important thing to consider the dressing historical trauma.

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00:06:38.880 --> 00:06:41.310

Carmen Nevarez: So can we bring up the results of the poll.

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00:06:44.910 --> 00:06:51.420

Carmen Nevarez: Okay, very good, we have a we have an informed audience today, so that helps us to know what we should.

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00:06:52.170 --> 00:07:02.460

Carmen Nevarez: and in what way we should address our remarks and I really appreciate everybody taking part in the poll so let's go ahead and, let me start by introducing the next speaker.

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00:07:03.270 --> 00:07:12.870

Carmen Nevarez: For speaker so Brandon Jones as a psychotherapist professor and consultant for Janet consulting specializing in adverse.

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00:07:13.350 --> 00:07:24.630

Carmen Nevarez: Childhood experiences historical and intergenerational trauma and social emotional intelligence leadership and youth justice born and raised in St Paul Minnesota.

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00:07:25.020 --> 00:07:33.660

Carmen Nevarez: Brandon has survived living in a home of domestic violence and various other forms of trauma Brandon holds a BA in sociology from University of Minnesota.

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00:07:34.140 --> 00:07:52.620

Carmen Nevarez: A master's in Community psychology from Metropolitan State University and a master's in psychotherapy from Adler graduate school Brandon is also a 2013 Bush Foundation leadership fellow and lives by the motto live life with purpose on purpose Brandon.

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00:07:54.600 --> 00:07:57.240

Brandon Jones (He/Him): Thank you and greetings to everyone, we can go to the next slide.

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00:07:58.950 --> 00:08:04.740

Brandon Jones (He/Him): So today I'm going to talk about historical trauma and I'm going to talk about it from the lens of an African American person.

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00:08:05.100 --> 00:08:13.950

Brandon Jones (He/Him): It's important for you all to know as you heard my bio that for me this trauma work that I do is both professional and personal and for many by PoC.

43

00:08:14.190 --> 00:08:22.740

Brandon Jones (He/Him): You know helpers as I like to call us in those helping professions it's the same thing for those folks as well, so we have to make sure that we keep that frame.

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00:08:23.070 --> 00:08:29.640

Brandon Jones (He/Him): and understanding the context of how historical trauma shows up in the lives of the communities that we

work play in live in.

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00:08:29.910 --> 00:08:39.720

Brandon Jones (He/Him): So what is historical trauma by our poll we seen that most folks are familiar with what historical trauma actually is so here's a definition that i'm going to work from today.

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00:08:40.110 --> 00:08:47.400

Brandon Jones (He/Him): So historical trauma is a form of trauma that affects the entire Community, it refers to the cumulative emotional and psychological harm.

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00:08:47.670 --> 00:08:53.100

Brandon Jones (He/Him): As a result of group traumatic experiences transmitted across generations within communities.

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00:08:53.400 --> 00:09:03.960

Brandon Jones (He/Him): and families, and then we have to add the racial component to it it's hard to get away from it, given where we are in today's society so racial and ethnic population groups had.

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00:09:04.260 --> 00:09:13.350

Brandon Jones (He/Him): that have suffered major losses and assaults on their culture and well being an experience historical trauma, one of the things that I often quote myself and say is.

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00:09:13.590 --> 00:09:23.970

Brandon Jones (He/Him): trauma my trauma started before I was born the things that took place the environments that I grew up with in were already in motion before I was even conceived, we can go to the next slide.

51

00:09:24.810 --> 00:09:30.690

Brandon Jones (He/Him): That notion highlights this intergenerational trauma, which is the transmission of historical oppression.

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00:09:30.900 --> 00:09:43.380

Brandon Jones (He/Him): Toxic stress and a negative consequences across generations so people pick up habits people pick up culture people pick up norms and values, responding to the trauma that they've gone through over and over and over again.

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00:09:43.590 --> 00:09:52.530

Brandon Jones (He/Him): And the African American Community we used to call our actual culture, the struggle which highlights how difficult has been for us to adjust into this world.

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00:09:52.920 --> 00:10:02.850

Brandon Jones (He/Him): That we know as the United States in America, so what is what else is intergenerational trauma so there's evidence of the impact of intergenerational trauma on the health and well being.

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00:10:03.060 --> 00:10:10.950

Brandon Jones (He/Him): of certain populations and its abilities to amplify social disparities, the structural dimensions of transmission.

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00:10:11.280 --> 00:10:20.820

Brandon Jones (He/Him): Of multi generational trauma expands the concept of historical trauma, so the historical trauma starts at one point, and then there are people who respond to that event.

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00:10:21.030 --> 00:10:32.160

Brandon Jones (He/Him): And as they move forward, they build what they build culture habits values and norms instill response to the trauma but but but trying to survive that's what ends up happening.

58

00:10:32.820 --> 00:10:47.100

Brandon Jones (He/Him): So what does this end up ultimately causing right it refers to the emotional and psychological injury that's passed between generations and usually refers to those who have been named victim, so people who have been hurt by the trauma, we can go to the next slide.

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00:10:49.380 --> 00:10:55.320

Brandon Jones (He/Him): We have to understand race related stress, there is a term called um.

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00:10:55.830 --> 00:11:04.170

Brandon Jones (He/Him): there's a term called a racial battle fatigue and what racial battle fatigue is what many people end up going in and out of their days with.

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00:11:04.410 --> 00:11:14.370

Brandon Jones (He/Him): And what that what that is ultimately is the stressors in the pressures showing up as your racial classification as your ethnicity in spaces that are always welcome to that.

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00:11:14.610 --> 00:11:25.110

Brandon Jones (He/Him): And the mental gymnastics that people have to do to be within those spaces and what ratio battle fatigue is is really just navigating race related stress, which is stress it.

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00:11:25.770 --> 00:11:33.870

Brandon Jones (He/Him): Which is the stress that is in the body, psychological and cognitive response to situations perceived as threats challenges.

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00:11:34.110 --> 00:11:41.220

Brandon Jones (He/Him): And it's normal and a natural response so when you go through things you respond naturally most stress individuals encounter.

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00:11:41.490 --> 00:11:49.680

Brandon Jones (He/Him): On a day to day basis is tolerable because individuals have coping skills and supportive relationships to help them indoors so we all have stress.

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00:11:49.950 --> 00:12:01.620

Brandon Jones (He/Him): You know just Kobe has proven that just alone that we can adjust to stress, but it wears on us when we have to go over well, we have to go through it over and over and over again, however exposure to stressful and adverse.

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00:12:02.160 --> 00:12:12.450

Brandon Jones (He/Him): Experiences over a long period of time without positive mitigation factors can become toxic so when we see things like videos of people being shot by police.

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00:12:12.660 --> 00:12:25.410

Brandon Jones (He/Him): Or we see Community violence happen over and over it causes stress in and it leads to thing it's like addiction and leads to us coping with the various different harmful substances and things of that nature next slide please.

69

00:12:27.810 --> 00:12:38.010

Brandon Jones (He/Him): So one point I want to make sure that I give you today, and you all think about is a quote from Dr Kenneth Harding is one of the leading people on race related stress and trauma.

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00:12:38.370 --> 00:12:48.750

Brandon Jones (He/Him): And what Dr Kennedy says is racial oppression is a traumatic form of interpersonal violence which can last a rate the spirit scar the soul and puncture the psyche now think about that.

71

00:12:49.140 --> 00:12:55.260

Brandon Jones (He/Him): Last rate, this spirit scar the soul and puncture the psyche when you hear things like enough.

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00:12:55.560 --> 00:13:03.660

Brandon Jones (He/Him): or black lives matter, these are slogans that are getting to a point of just questioning humanity and unfortunately what historical trauma has done.

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00:13:03.930 --> 00:13:16.290

Brandon Jones (He/Him): How intergenerational trauma has carried out, has led to a point where people just want to be human and the humanity has been almost sucked out of so many different communities that were fighting for these things and we don't even have enough.

74

00:13:16.710 --> 00:13:21.750

Brandon Jones (He/Him): air to breathe and even share what we need to keep moving forward next slide please.

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00:13:23.490 --> 00:13:32.400

Brandon Jones (He/Him): So how do, what do we do right, we have to start this healing process, we need to have communal healing, we also need to have individual healing and, ultimately, we have to shift.

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00:13:32.610 --> 00:13:40.830

Brandon Jones (He/Him): The structures that we have in society, so that one humanity is in there and people's well being is at the front and Center of what's going on.

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00:13:41.130 --> 00:13:49.680

Brandon Jones (He/Him): So we need to have a commitment to the healing process and it is essential to facing history, making connections and

taking effective action.

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00:13:49.950 --> 00:14:04.830

Brandon Jones (He/Him): The impacts of historical harms their aftermath, and their legacies continue to cause pain and to create limitations for individuals and groups, if left unhealed trauma is destructive to both the individual and the Community as it impacts.

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00:14:05.310 --> 00:14:12.660

Brandon Jones (He/Him): People on the emotional cognitive behavioral physical and spiritual levels so we're talking about all those dimensions.

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00:14:12.870 --> 00:14:22.200

Brandon Jones (He/Him): That are harmed by historical trauma when we don't incorporate that into our programs policies, our places our environments and the people that we work with or work for.

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00:14:22.590 --> 00:14:28.650

Brandon Jones (He/Him): So cooperative efforts among historically divided groups are limited by the unhealed harm.

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00:14:28.920 --> 00:14:34.530

Brandon Jones (He/Him): While distress suspicion, fear and lack of comfort with one another, can percent.

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00:14:34.770 --> 00:14:41.400

Brandon Jones (He/Him): Present obstacles to potentially constructive projects, so when we don't include historical trauma.

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00:14:41.610 --> 00:14:51.480

Brandon Jones (He/Him): And what we do what ends up happening is there's not that we can't build that authentic rapport with each other, we don't have services that are taking a more holistic look at how we can help.

85

00:14:51.960 --> 00:15:03.240

Brandon Jones (He/Him): The individuals who need our help the most and when we don't do that we're missing a piece and there's no better time to start doing that then now while we're having conversations about white supremacy anti racism.

86

00:15:03.450 --> 00:15:12.000

Brandon Jones (He/Him): or we're having conversations about inclusion, the time is now to start healing those wounds and looking at our people, our places our practices and.

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00:15:12.390 --> 00:15:20.970

Brandon Jones (He/Him): And our policies and infusing that and say how can we have not just a trauma informed approach, but a historical trauma informed approach next slide please.

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00:15:24.540 --> 00:15:25.950

Brandon Jones (He/Him): And that'll, be it for me thank you.

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00:15:29.790 --> 00:15:32.280

Carmen Nevarez: Thank you so much Jason That was a very good.

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00:15:34.620 --> 00:15:39.810

Carmen Nevarez: beginning to get us started on thinking about what we're trying to ground this conversation, and I really appreciate it.

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00:15:40.470 --> 00:15:49.740

Carmen Nevarez: So let me now bring in brigands she's the program director of Cyprus resilience project and the deputy director of the faces in the future coalition.

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00:15:50.190 --> 00:15:58.560

Carmen Nevarez: She comes from a multi sector background in health direct impact program programming for children, youth and families and nonprofit work.

93

00:15:59.130 --> 00:16:12.210

Carmen Nevarez: She began her career in healthcare in the department of neurology at suny stony brook in New York and has the experience and administrative leadership and public education advocacy and reform.

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00:16:13.020 --> 00:16:31.260

Carmen Nevarez: brooke has a BA in world religions and comparative religions from suny stony brook she's a certified grief recovery specialist a certified mental health first aid instructor for adult youth and teens and is a certified trainer and trauma informed systems

in practice welcome brooke.

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00:16:32.670 --> 00:16:39.390

Brooke Briggance (she/her): Thank you so much, Carmen and I was just a woman thing that I have to follow brandon it doesn't seem fair.

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00:16:40.710 --> 00:16:49.800

Brooke Briggance (she/her): So I would love to introduce myself, my name is brooke and my pronouns are she her, I also want to.

97

00:16:50.610 --> 00:17:03.360

Brooke Briggance (she/her): Just sort of let you know, Sir, how I self identifies so I also come from a personal and individual experience of having a trauma background and lived experience with familial trauma.

98

00:17:04.110 --> 00:17:12.570

Brooke Briggance (she/her): I also want to let you know what I can't know which is lived experience with historical trauma as a Caucasian SIS gender identifying.

99

00:17:13.080 --> 00:17:19.170

Brooke Briggance (she/her): person so just want to put that out there, and thank you for letting me come I.

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00:17:19.740 --> 00:17:27.150

Brooke Briggance (she/her): The work that we do at Cypress resilience project is really about breaking down silos that I think too often exist.

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00:17:27.450 --> 00:17:41.280

Brooke Briggance (she/her): Between the conversations of trauma maybe diversity equity inclusion belonging efforts grief and mental health and substance use, and so we offer Community based trainings in all of these practices.

102

00:17:41.550 --> 00:17:49.920

Brooke Briggance (she/her): really trying to get organizations and institutions to consider a holistic approach to both their outward facing practice.

103

00:17:50.160 --> 00:18:04.350

Brooke Briggance (she/her): As well as their inward facing practice so not only how they may interact with those they serve, but how they support and retain and offer opportunity to those who are in the system themselves so we work.

104

00:18:05.370 --> 00:18:15.960

Brooke Briggance (she/her): With all different kinds of organizations, it may be, education, healthcare systems public health efforts we work with folks focused on overdose and opioid.

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00:18:16.680 --> 00:18:32.670

Brooke Briggance (she/her): usage etc we've lately been training lots and lots of contact tracers who are engaged in working with very diverse populations who are facing the pandemic and the impacts of the economic devastation related to the pandemic and.

106

00:18:33.510 --> 00:18:40.590

Brooke Briggance (she/her): You know, one of the things that we do at Cypress is we sort of come from this premise that everything we do matters.

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00:18:40.920 --> 00:18:49.170

Brooke Briggance (she/her): Actually, how we respond matters we know from the science that two things, help support the neuro plasticity of the brain.

108

00:18:49.560 --> 00:19:03.780

Brooke Briggance (she/her): And it's healing protected space and protected relationships right, so all trauma informed practice work has to start from this understanding of protection of the individual and the communities, we serve.

109

00:19:04.410 --> 00:19:15.300

Brooke Briggance (she/her): And that's where historical trauma comes in right and a systems approach brandon is highlighting for us all of the ways in which systems might play a role in not simply.

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00:19:15.690 --> 00:19:29.400

Brooke Briggance (she/her): Supporting resilience, because I think too often we just rely on resilience right resilience is I got knocked down I got back up I got knocked down I got back up that's the ability to survive right brandon's talking about the struggle.

111

00:19:30.060 --> 00:19:35.580

Brooke Briggance (she/her): That doesn't mean healing that doesn't mean transformation that doesn't mean you get to be happy and whole.

112

00:19:35.820 --> 00:19:44.610

Brooke Briggance (she/her): We got a lot of work to get to do over there communities have plenty of resilience individuals have plenty of resilience i'm i'm evidence of that brandon's evidence of that.

113

00:19:45.000 --> 00:19:53.100

Brooke Briggance (she/her): But it doesn't mean that our systems foster healing and that's really ultimately the goal is transforming systems toward healing and so.

114

00:19:53.640 --> 00:20:08.820

Brooke Briggance (she/her): The very premise of that is that we have to believe it's possible, we have to believe that individuals and systems can change and that we can change them and so that's where we sort of start our work at Cypress is with that fundamental mission and belief next slide please.

115

00:20:10.830 --> 00:20:19.080

Brooke Briggance (she/her): So I you know we we alluded this to this already and it sounds like there's lots of knowledge in the room, so I won't belabor these points but.

116

00:20:19.830 --> 00:20:27.180

Brooke Briggance (she/her): I think for me trauma is you know the social determinant bell that once I heard it wrong I couldn't hear it.

117

00:20:27.450 --> 00:20:41.610

Brooke Briggance (she/her): Right it's The thing that once I saw it, I see it everywhere now because I think it's so jermaine, we know that there are direct correlations between long term exposure to chemicals like cortisol and adverse health outcomes for folks and so.

118

00:20:42.210 --> 00:20:51.330

Brooke Briggance (she/her): When we talk about things like hypertension rates and communities of color part of that are driven by trauma, and so this is a public health problem this isn't.

119

00:20:51.900 --> 00:20:57.750

Brooke Briggance (she/her): You know something that we can relegate to politics this isn't even something we can relegate to.

120

00:20:58.350 --> 00:21:07.110

Brooke Briggance (she/her): You know conversations about systems and structures, this is a moral issue, this is an ethical issue because it's about people's ability to live.

121

00:21:07.500 --> 00:21:25.860

Brooke Briggance (she/her): And to have the same life expectancy, as other people and our job at Cypress is to help organizations figure out how can we support that public health effort to address historical trauma individual trauma and healing within our institutions next slide please.

122

00:21:28.350 --> 00:21:38.490

Brooke Briggance (she/her): One of the things that we talked about is you know if we know that protected space and protected relationships, support the brains neural plasticity and healing.

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00:21:38.730 --> 00:21:45.900

Brooke Briggance (she/her): The very first thing we have to think of is in my organization in my institution in the system, how safe, is it.

124

00:21:46.770 --> 00:21:50.790

Brooke Briggance (she/her): Right, we talk about diversity equity inclusion and belonging.

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00:21:51.600 --> 00:22:06.000

Brooke Briggance (she/her): that the fundamental premise of that is a sense of safety and it's holistic safety right because human beings experience safety in all of our capacities and safety is physical its mental its emotional its spiritual.

126

00:22:06.540 --> 00:22:16.830

Brooke Briggance (she/her): I would add that it's also about our relationship to the earth and to climate and things like the climate crisis and how that impacts communities differently than others.

127

00:22:17.100 --> 00:22:25.380

Brooke Briggance (she/her): And so we have to be thinking about safety and safety can't exist for folks without incorporating culture.

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00:22:25.830 --> 00:22:33.360

Brooke Briggance (she/her): Right so cultural humility and this idea of i'm culturally responsive and blah blah blah if it doesn't have a trauma lens.

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00:22:33.660 --> 00:22:43.410

Brooke Briggance (she/her): it's not actually going to be as effective right, and so what we're really trying to do at Cypress is blend these conversations that too often.

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00:22:43.710 --> 00:22:54.690

Brooke Briggance (she/her): Are you know section one folks are talking dei over here they're talking trauma informed individual practice over here mental health is over here the grief, people are over there in the corner.

131

00:22:54.930 --> 00:23:06.480

Brooke Briggance (she/her): And what we're trying to do is get everybody in the room and say we got to start comparing some notes here, because our institutions can't do this work piecemeal and expect to have it resonate.

132

00:23:06.870 --> 00:23:19.590

Brooke Briggance (she/her): Literally with the neurology of the people were working for, and so you know it's incredibly important that we think first and foremost about you know breaking down this idea of cultural humility.

133

00:23:19.950 --> 00:23:26.820

Brooke Briggance (she/her): and incorporating it with safety, knowing that that's a neurological intervention for people next slide please.

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00:23:29.790 --> 00:23:40.320

Brooke Briggance (she/her): The other important thing is that we know the neural pathways in the brain are deepened when trauma is experienced with a sense of vulnerability and helplessness.

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00:23:40.560 --> 00:23:49.500

Brooke Briggance (she/her): This is why adverse childhood experiences

have such impact on health outcomes right is because, when you're a little peanut and big things are going on in your environment.

136

00:23:49.740 --> 00:23:58.890

Brooke Briggance (she/her): Not only is that making a big huge impression on your brain, but no one is there to support and co regulate your brain, so you don't learn how to self sooth.

137

00:23:59.160 --> 00:24:12.900

Brooke Briggance (she/her): And that's a really serious issue right and that's why aces are so important, well, one of the things that we know really helps the brain heal and again capitalizes on its neural plasticity is this idea.

138

00:24:13.350 --> 00:24:16.770

Brooke Briggance (she/her): of giving people voice and choice you're, putting them at the table.

139

00:24:17.100 --> 00:24:28.500

Brooke Briggance (she/her): And you know, often in our organization, we say we say we work with young people at faces for the future and we say nothing for us without us right like the the young people have to be at the table and so.

140

00:24:28.890 --> 00:24:37.260

Brooke Briggance (she/her): I you know I often ask organizations, we work with how much do you incorporate the voice and choice of the people you serve how often are you incorporating.

141

00:24:38.010 --> 00:24:48.870

Brooke Briggance (she/her): You know, is your is your organization snowcapped meaning the people making all the decisions, who get all the discretionary budget decisions and things, what does that look like.

142

00:24:49.590 --> 00:24:56.310

Brooke Briggance (she/her): What does the you know rank and file of your organization look like, and so we really try to work.

143

00:24:56.970 --> 00:25:02.850

Brooke Briggance (she/her): With institutions and systems to address this idea of collaboration and pat and empowerment.

144

00:25:03.090 --> 00:25:21.360

Brooke Briggance (she/her): What does that really mean so that, for instance, a diversity equity inclusion and belonging effort isn't a passive thing right it's got to look at internal policies procedures interpersonal communication trainings all from this trauma informed lens next slide.

145

00:25:24.390 --> 00:25:32.790

Brooke Briggance (she/her): And I you know, I think that one of the things that i've been thinking of during coven and brandon alluded to it and i'm so glad he did, is that.

146

00:25:33.090 --> 00:25:38.040

Brooke Briggance (she/her): One of the things we do all have in common, right now is toxic stress or hate.

147

00:25:38.400 --> 00:25:49.440

Brooke Briggance (she/her): Our poor little migdal Those are just firing all the time and we've got cortisol coursing through our veins and you know it's really empowering to learn about the.

148

00:25:49.740 --> 00:26:04.950

Brooke Briggance (she/her): You know the implications in our lives, not just in our behaviors but our physiology when you find out what the stress chemicals do over time right, and so we work with organizations to think about toxic stress management, what does that really mean.

149

00:26:05.490 --> 00:26:21.360

Brooke Briggance (she/her): How do we under understand the neurobiology of the stress response and create active policies and procedures that are meant to mitigate that stress response for folks and so again we get back to this core understanding of safety.

150

00:26:22.170 --> 00:26:37.830

Brooke Briggance (she/her): But we're always with this lens of ultimately what we are here to do is to reduce that stress response in the people we work with in the communities, we serve, knowing that that is our main public health concern when it comes to this.

151

00:26:38.520 --> 00:26:46.410

Brooke Briggance (she/her): In and trying to you know address issues of overdoses brandon alluded to again, you know we know.

152

00:26:46.950 --> 00:27:04.800

Brooke Briggance (she/her): All of you are interested in in overdose right and how that's impacting your community, we know that self medicating behaviors often begin in reaction to toxic stress, and so one of the things we need to do if we have trauma informed practice is mitigate that stress response.

153

00:27:06.060 --> 00:27:10.440

Brooke Briggance (she/her): Thank you so much for your for everyone's attention in time i'll pass it back to Carmen.

154

00:27:16.890 --> 00:27:18.900

Carmen Nevarez: Thank you so much for that.

155

00:27:20.310 --> 00:27:21.720

Carmen Nevarez: Okay let's.

156

00:27:23.100 --> 00:27:40.410

Carmen Nevarez: This there's just so much that's coming up for me and i'm sure for a lot of our attendees and I want to, I want to go ahead and migrate over to the last part of our presentations before we get into conversation by introducing the two.

157

00:27:41.610 --> 00:27:49.350

Carmen Nevarez: Very wonderful and knowledgeable people that we're going to have co presenting and i'll start with the introduction for charmaine Kenny.

158

00:27:49.710 --> 00:28:00.900

Carmen Nevarez: Who is the Co founder of the native future generations collaborative and multi noma county in Oregon or she plays the critical role of being the bridge between the native community and the county.

159

00:28:01.470 --> 00:28:14.580

Carmen Nevarez: She has over 40 years of continuous recovery for substance use disorder ptsd anxiety and major depression and the recovery was centered in the native American Community.

160

00:28:15.270 --> 00:28:22.380

Carmen Nevarez: she's also a guest lecturer at the university nursing program on the factors contributing to ongoing intergenerational trauma.

161

00:28:24.030 --> 00:28:30.630

Carmen Nevarez: and has worked in residential and outpatient treatment studies and homeless programs, including at the va.

162

00:28:32.520 --> 00:28:39.960

Carmen Nevarez: she's worked with many people who've taught her about historical trauma elders and leaders throughout tribal nations, the next slide.

163

00:28:42.150 --> 00:28:51.060

Carmen Nevarez: And also co presenting with her will be Jason i'm touch was the Executive Director of fires igniting the spirit.

164

00:28:51.930 --> 00:29:08.580

Carmen Nevarez: project to provide culturally responsive services to folks relocating from restaurant reservations or exiting prisons or treatment facilities Jason comes from the Moscow tighten up them black feet nations and.

165

00:29:09.870 --> 00:29:18.390

Carmen Nevarez: In portland Oregon and as a mess measure, excuse me, and is a member of the wealth variety movement founded by the white bison organization.

166

00:29:18.810 --> 00:29:25.920

Carmen Nevarez: To provide mutual aid to indigenous communities and help Members who are seeking a different way of life, from prisons and addictions.

167

00:29:26.700 --> 00:29:42.450

Carmen Nevarez: With the goal of changing the narrative of white supremacy that America is rooted in his vision is to help communities heal from their historical trauma and support one another on a healing journey and Jason I want to apologize, before we start here because I.

168

00:29:43.560 --> 00:29:56.190

Carmen Nevarez: I accidentally erase part of your introduction and I think that it's very important, so I hope that when it's your time you will you will make that correction Thank you so on to our next section.

169

00:29:59.460 --> 00:30:12.510

Charmaine Kinney, She, Her, Hers: Good morning, or Good afternoon, depending on where you're at and i'm so honored to be able to be here and to follow the great speakers and introducing us to the subject.

170

00:30:14.760 --> 00:30:25.770

Charmaine Kinney, She, Her, Hers: As you heard, I do have 40 years in recovery, and I am not native that I have been in the native Community for 45 years.

171

00:30:26.340 --> 00:30:41.160

Charmaine Kinney, She, Her, Hers: You know, it is part of who I am I did recover at nara Northwest started my recovery journey elders told me, you have children, you need to learn this way.

172

00:30:41.520 --> 00:30:52.890

Charmaine Kinney, She, Her, Hers: In order to raise them this way because this is the way that is going to be healing for them so that we could stop passing on this, the the.

173

00:30:55.230 --> 00:31:05.010

Charmaine Kinney, She, Her, Hers: All of the trauma from generation to generation, you know, and this is just a few of those historical traumas that we've been talking about.

174

00:31:05.880 --> 00:31:23.880

Charmaine Kinney, She, Her, Hers: They are both current and in the past, but they are ongoing elders call this blood memory, you know and we've heard so many times i've heard so many times isn't this happened in the 1800s why don't you just get over it.

175

00:31:25.110 --> 00:31:39.660

Charmaine Kinney, She, Her, Hers: You can't get over something that continues to happen over and over again, so one really great example boarding schools, you know that was the policy of the late 1800s into the 1900s.

176

00:31:40.290 --> 00:31:51.690

Charmaine Kinney, She, Her, Hers: You know and and that kids I have friends who were taken from their parents as young children and forced into boarding schools where they were abused.

177

00:31:52.170 --> 00:32:04.680

Charmaine Kinney, She, Her, Hers: You know and it's been replaced really by the foster care and adoption system here in multnomah county we have one of the highest rates in the country.

178

00:32:05.400 --> 00:32:12.120

Charmaine Kinney, She, Her, Hers: You know we're at one point, we had about one third of our native kids were being taken out of the homes.

179

00:32:12.750 --> 00:32:19.350

Charmaine Kinney, She, Her, Hers: You know, so this is in print memory it's not something that it keeps getting repeated.

180

00:32:19.860 --> 00:32:31.440

Charmaine Kinney, She, Her, Hers: That it's going to go away, so all of that toxic stress all of that stuff it did change DNS people do you know there's high levels of addiction.

181

00:32:31.860 --> 00:32:48.660

Charmaine Kinney, She, Her, Hers: You know and domestic violence in the native Community because that was the word that was learned in the boarding schools, you know that was learned as an adaptation, you know, to the abuse, you know and to the.

182

00:32:49.500 --> 00:33:06.960

Charmaine Kinney, She, Her, Hers: You know the actual work on the policies that were put in place to take away culture, you know and it's deeply rooted in those colonized policies that continue to this day, you know it is still written in our loss.

183

00:33:07.620 --> 00:33:20.550

Charmaine Kinney, She, Her, Hers: You know, and that families get broken up by what continues to happen, it is not something to get over so let's go to the next slide.

184

00:33:21.990 --> 00:33:26.520

Charmaine Kinney, She, Her, Hers: You know what are the solutions it's

not an individual solution.

185

00:33:27.540 --> 00:33:40.320

Charmaine Kinney, She, Her, Hers: We for too long has looked at what are the individual strategies, you know, to intervene with individuals but we can't do it that way.

186

00:33:40.830 --> 00:33:48.510

Charmaine Kinney, She, Her, Hers: This is a has to live within the Community and within the family, so we have to meet people where they're at.

187

00:33:49.320 --> 00:34:11.160

Charmaine Kinney, She, Her, Hers: You know, can no longer use treatment systems that put a lot of judgment, you know in like there's the door don't let him in the ass if you don't do what I tell you to do because I still have heard that I have heard it in our treatment systems, it still happens to today.

188

00:34:12.210 --> 00:34:23.790

Charmaine Kinney, She, Her, Hers: You know there's still a lot of trauma that's happening within our treatment systems, you know it says you're not good enough you don't want this bad enough.

189

00:34:24.360 --> 00:34:35.160

Charmaine Kinney, She, Her, Hers: you're not doing it, the way we're telling you to do it, rather than a meeting people where they're at you know and helping them heal you know.

190

00:34:36.630 --> 00:34:37.410

Charmaine Kinney, She, Her, Hers: Both of our.

191

00:34:38.820 --> 00:34:53.700

Charmaine Kinney, She, Her, Hers: Both of the previous speakers talked about that healing that healing is key and it's not just the individuals, we have to work on healing families, we have to look at you know what kind of community engagement, are we using.

192

00:34:54.480 --> 00:35:08.760

Charmaine Kinney, She, Her, Hers: You know brick hit it on the head, you know, are we, including those voices, but how are we, including them, are we going out and getting a survey, are we doing a couple

focus groups with the people that always are there.

193

00:35:09.810 --> 00:35:20.700

Charmaine Kinney, She, Her, Hers: Are we actually going to the people and bringing their voices forward and that they are helping us make those decisions.

194

00:35:21.270 --> 00:35:35.910

Charmaine Kinney, She, Her, Hers: We have to make those decisions together the Community, the Community owns their data, and they have to give permission to be able to use that and they have to co create.

195

00:35:36.390 --> 00:35:45.750

Charmaine Kinney, She, Her, Hers: You know what are the interventions for our Community it's gonna be different for every community communities know their problems.

196

00:35:46.290 --> 00:36:08.250

Charmaine Kinney, She, Her, Hers: They also know their solutions and we need to look at that more and more and and be able to really honor that honor those communities honor those elders that are part of the Communities, you know that have worked with their families that know where solutions are working, you know and.

197

00:36:09.360 --> 00:36:19.050

Charmaine Kinney, She, Her, Hers: Creating strong native families for us is being able to include the whole family, you know so for my family.

198

00:36:20.700 --> 00:36:24.750

Charmaine Kinney, She, Her, Hers: We do have one active addict out there she's homeless.

199

00:36:26.130 --> 00:36:49.800

Charmaine Kinney, She, Her, Hers: You know and and she has a hard time sometimes but we're also look give her plenty of love put some boundaries around that love a dresser where she needs bringer things when she needs to and when she's functional we just surround her with as much love with we can and with as much.

200

00:36:51.360 --> 00:36:54.150

Charmaine Kinney, She, Her, Hers: You know this is how can we help

you.

201

00:36:55.440 --> 00:37:06.090

Charmaine Kinney, She, Her, Hers: You know, and being able to give her connections to where she can find some help because we can't necessarily do that.

202

00:37:06.570 --> 00:37:18.810

Charmaine Kinney, She, Her, Hers: You know, so I can give her connection, so you know and and I can send people into our lives and it works, it really works, because I know where she was where I was afraid of my daughter.

203

00:37:19.890 --> 00:37:36.420

Charmaine Kinney, She, Her, Hers: I locked myself in my room, because I was afraid of her, and today I can completely trust her, she doesn't steal from us anymore, she doesn't come over and cause violence, you know she has a.

204

00:37:38.100 --> 00:37:39.870

Charmaine Kinney, She, Her, Hers: level of healing.

205

00:37:41.340 --> 00:37:43.800

Charmaine Kinney, She, Her, Hers: You know that would not have been possible.

206

00:37:44.940 --> 00:38:03.690

Charmaine Kinney, She, Her, Hers: If we had judged her all this time and if we're not surrounded her with that love you know and just met her where she's at, and you know I am given up on her we still think that you know this brilliant and talented artist and poet.

207

00:38:04.920 --> 00:38:23.910

Charmaine Kinney, She, Her, Hers: You know, will come back to us that her talents will be seen in the world and help the world heal you know because her words are so powerful you know, and so the, we have to be rooted in these type of solutions next slide.

208

00:38:26.190 --> 00:38:31.920

Charmaine Kinney, She, Her, Hers: You know, for the future generations collaborative we really rooted ourselves in these.

209

00:38:33.150 --> 00:38:54.150

Charmaine Kinney, She, Her, Hers: This model and it's not all here and i'm certainly hoping, then in our resources that we put up that whole model, you know around our values and the being the interaction between people and systems, we have to create a place where we come to value it's not that the Community.

210

00:38:56.490 --> 00:39:17.100

Charmaine Kinney, She, Her, Hers: connects to our values, but that we connect to the communities values, you know, and that the body, you know, to allow that flexibility and grace, you know for people that have multiple roles, I have multiple roles i'm an elder i'm a grandparent yeah I.

211

00:39:18.360 --> 00:39:34.920

Charmaine Kinney, She, Her, Hers: You know i'm part of the needy but i'm working in the system, you know and so there's multiple multiple roles I play and I need to be willing to be flexible and be able to say, this is the hat i'm wearing right now.

212

00:39:35.790 --> 00:39:42.030

Charmaine Kinney, She, Her, Hers: You know the mind the relationship, you know, being able to listen listen and sitting.

213

00:39:42.510 --> 00:39:50.130

Charmaine Kinney, She, Her, Hers: Listening to those Community I, I can tell you that the individuals that step forward in the beginning of this project.

214

00:39:50.490 --> 00:39:56.520

Charmaine Kinney, She, Her, Hers: You know who didn't know anything about the native Community sat for two years really just listening.

215

00:39:56.970 --> 00:40:06.030

Charmaine Kinney, She, Her, Hers: Listening to that trauma of the Community, so that they can fully understand, so that they can build trust with that.

216

00:40:06.690 --> 00:40:20.610

Charmaine Kinney, She, Her, Hers: This is not something that happens overnight and the spiritual the spiritual prioritizing the culture, you know as a primary prevention, you know and building resilience

next slide.

217

00:40:28.020 --> 00:40:28.770

Charmaine Kinney, She, Her, Hers: Next slide.

218

00:40:31.560 --> 00:40:42.690

Charmaine Kinney, She, Her, Hers: yeah, and so what we've been doing around coven 19 multnomah county contracted with many actually many culturally specific programs, this is the three.

219

00:40:43.080 --> 00:40:50.250

Charmaine Kinney, She, Her, Hers: Within the native American Community and it's been working together, you know, to really do some.

220

00:40:50.610 --> 00:40:58.800

Charmaine Kinney, She, Her, Hers: You know, engaging the high risk communities, providing resources to those communities doing educational events in.

221

00:40:59.220 --> 00:41:06.900

Charmaine Kinney, She, Her, Hers: Many, many ways, you know and targeting native testing events, a 16 families to stay safe.

222

00:41:07.320 --> 00:41:16.500

Charmaine Kinney, She, Her, Hers: I know that when we had coated in our House, we had many agencies coming here with all everything we needed, you know from.

223

00:41:16.860 --> 00:41:30.570

Charmaine Kinney, She, Her, Hers: Some mom unders to mass to hand sanitizers to food everything so that we were able to contain it to one member of our end that several elders that live in my home.

224

00:41:31.050 --> 00:41:45.900

Charmaine Kinney, She, Her, Hers: we're not impacted because we were able to contain that one, you know that one person that work outside the home, you know and be able to keep our family safe, you know those those these.

225

00:41:47.160 --> 00:41:55.020

Charmaine Kinney, She, Her, Hers: programs help us do that we wouldn't

have been able to do it without them, you know and then being able to make vaccination appointments.

226

00:41:55.290 --> 00:42:03.420

Charmaine Kinney, She, Her, Hers: For this vulnerable community who may not have resources to be able to do that such as Internet connections.

227

00:42:04.380 --> 00:42:22.620

Charmaine Kinney, She, Her, Hers: Okay next slide and i'm going to pass this on to Jason who really works right with the communities, you know and he's working in communities throughout the country you know and does all of this important work so.

228

00:42:23.670 --> 00:42:24.150

Charmaine Kinney, She, Her, Hers: Jason.

229

00:42:25.410 --> 00:42:26.040

Jason Umtuch: hi everybody.

230

00:42:27.180 --> 00:42:34.050

Jason Umtuch: My community knows me as biggie but we'll go with Jason and touch for now apologies accepted for the bio.

231

00:42:37.980 --> 00:42:43.020

Jason Umtuch: So I, there is a two parts of this slide, but this is the positive side.

232

00:42:44.100 --> 00:42:56.190

Jason Umtuch: You see, the healing spiritual ceremonies interconnectedness but in the sick forest you'll see anger guilt shame and at the deepest parts, where the roots are is fear.

233

00:42:56.880 --> 00:43:06.480

Jason Umtuch: On that's what is, in our communities, not only on reservation, but offers evasion and what you see here is, you might have the traditional man, the traditional woman.

234

00:43:07.230 --> 00:43:21.600

Jason Umtuch: clan mothers and matriarchal systems that we drive day before colonization we had the warrior we had two kids they're just

little trees there there that were taught by everybody that take a village slogan that was real.

235

00:43:22.920 --> 00:43:24.990

Jason Umtuch: We also had chief you had to have leaders.

236

00:43:26.280 --> 00:43:32.880

Jason Umtuch: But you also you know, in order for you to have some kind of type of led me to reconnect with your culture.

237

00:43:33.450 --> 00:43:40.680

Jason Umtuch: And language I feel like is one of the biggest parts of reconnecting with poker because it's a different mindset it's a different understanding.

238

00:43:41.250 --> 00:43:46.680

Jason Umtuch: There was nobody relation like English language, so I feel like that one of the things I teaches that.

239

00:43:47.190 --> 00:44:00.300

Jason Umtuch: Encourage is that if you, you know reconnect with your culture, whatever that looks like keep going in that direction, because a lot of the times, all we have to do all we have to communicate with is the English language, because, as it was mentioned that.

240

00:44:01.620 --> 00:44:07.950

Jason Umtuch: You know the boarding schools, was the tool used against our people, and it was successful.

241

00:44:09.480 --> 00:44:21.990

Jason Umtuch: And in some tribes they like to Navajo today they have 80% our language carriers, but they're also the largest tribe also the code that I don't have the numbers on them, but to look at this they're fluent speakers.

242

00:44:22.680 --> 00:44:30.150

Jason Umtuch: So, their culture is very powerful it's you know they're connected, so you come to places like portland Oregon where we have.

243

00:44:30.600 --> 00:44:40.260

Jason Umtuch: Like 40,000 natives and we're scattered throughout the city, but there's no connection because there's no closer you have to go to the culture, a specific parts of the Community.

244

00:44:40.620 --> 00:44:52.980

Jason Umtuch: And so, how you how you do, that is, you create it you take over park take over the street takeover a block, because the teaching that that has been coming about since the pandemic also the George like.

245

00:44:54.270 --> 00:45:03.600

Jason Umtuch: Murder TC that um you know, there was a black and white conversation for the longest time because there's trauma issues, but now.

246

00:45:04.050 --> 00:45:13.650

Jason Umtuch: Creating indigenous and black conversation it's how we empower and we keep going to keep growing and we shake off that fear that we lived with.

247

00:45:14.250 --> 00:45:24.540

Jason Umtuch: You know, we were putting up with so much that we're no longer afraid to stand up and so when we talk about the cities in reservations, I was teaching these.

248

00:45:25.530 --> 00:45:37.500

Jason Umtuch: No, no other way to put it, is that these white organizations with white board members and white leadership that you know it's time for you guys to do you find yourselves are focused on your community leaders that are bypassing.

249

00:45:38.670 --> 00:45:54.180

Jason Umtuch: and give them some help give them some direction because you've been you've been doing a good job, doing what you do in this country and it hasn't been working it's been destroying us and I don't mean to say that, in a way that it sounds negative but that's my truth.

250

00:45:55.350 --> 00:46:03.480

Jason Umtuch: And when face was created, it was created with the reason why people, because we would lose focus in cities, because there was no cultural connections and.

251

00:46:03.990 --> 00:46:17.220

Jason Umtuch: You know the understanding that these cities were on indigenous lands, to begin with, and that we're the same community is that reservation say in one springs in portland where an hour and a half away but we're the same community, because the same indigenous lands we live to drive down.

252

00:46:18.690 --> 00:46:19.770

Jason Umtuch: For thousands of years.

253

00:46:20.910 --> 00:46:37.260

Jason Umtuch: So I mean so when we start teaching these he's not indigenous people that hey you know what you're you have obligation to these people to we're talking about receiving each other we're talking about opening our minds in our eyes to our first needs or water or food or air in our lane.

254

00:46:40.020 --> 00:46:42.570

Jason Umtuch: Everything else is a symptom of sickness.

255

00:46:44.100 --> 00:46:46.440

Jason Umtuch: And that's what we talked about the anger guilt and shame and fear.

256

00:46:47.520 --> 00:46:55.710

Jason Umtuch: So we had that anger guilt shame and fear you know, I was taught that in order to really start growing as to who I want to be.

257

00:47:00.060 --> 00:47:03.330

Jason Umtuch: And what I want to do with my life, I had to forgive the unforgivable.

258

00:47:04.620 --> 00:47:12.750

Jason Umtuch: I had to look at you guys had to look at this country and forgive you because you're not gonna you're not going to take the steps to help us with that process, so we are doing data.

259

00:47:13.350 --> 00:47:21.990

Jason Umtuch: We had to be resilient so that we can survive this so we had to forgive the unforgivable that's rate that's assault it's

murder.

260

00:47:23.280 --> 00:47:23.820

Jason Umtuch: genocide.

261

00:47:24.990 --> 00:47:26.190

Jason Umtuch: it's about.

262

00:47:27.270 --> 00:47:31.410

Jason Umtuch: Recovery we're not only recovery from drugs and alcohol, but we're recovering from American culture.

263

00:47:32.640 --> 00:47:34.020

Jason Umtuch: So how do we humanize.

264

00:47:35.940 --> 00:47:38.310

Jason Umtuch: We travel and we teach our reservations.

265

00:47:39.360 --> 00:47:43.830

Jason Umtuch: Because tribal governments and American governments aren't reacting to the needs.

266

00:47:45.870 --> 00:47:51.060

Jason Umtuch: Are warriors are dying indigenous and non indigenous I don't know who played that music but.

267

00:47:52.290 --> 00:47:53.490

Jason Umtuch: Is that my time book or.

268

00:47:56.100 --> 00:47:58.920

Carmen Nevarez: No apologies, that was not that was not a signal.

269

00:48:00.450 --> 00:48:08.970

Jason Umtuch: Or we call that racial battle fatigue I think them, I really liked that concept that brother said in the beginning, he did a really good job of explaining what trauma is.

270

00:48:10.950 --> 00:48:17.400

Jason Umtuch: You know I am I focused a lot on my people, but also

people that just to really be a winner digits or not.

271

00:48:17.940 --> 00:48:24.660

Jason Umtuch: And for my community that meant that Community power is everything, and so a lot of a lot of the times, I was using my vitamin K potter.

272

00:48:24.990 --> 00:48:35.160

Jason Umtuch: fundraise and the Community responded and so people needed help with rent during the pandemic food, you know the utilities paid that's not my money chairs take it.

273

00:48:35.970 --> 00:48:43.800

Jason Umtuch: that's the concept is creating the giveaway because that's something that might people did, because nobody needed for anything that's not the type of way we lift.

274

00:48:44.730 --> 00:48:55.230

Jason Umtuch: You weren't struggling you weren't feeling bad about Bu you had everything you need if you didn't have it, you had somebody next door or your own that helped you.

275

00:48:56.430 --> 00:49:05.040

Jason Umtuch: And so, how I got to this place was originally had to work on myself, but I had to also work on myself so that whatever I was healing could come out of it.

276

00:49:05.610 --> 00:49:12.840

Jason Umtuch: So in our process it's The self the family, then the Community it comes out into the Community the work that you're doing with self.

277

00:49:13.320 --> 00:49:26.220

Jason Umtuch: And so, how do we open those doors inside each other is we we create the opportunity, but we also create safety and that safe space to do it, so that people can exercise their voices that they've been told to shut down for so long.

278

00:49:27.270 --> 00:49:31.620

Jason Umtuch: Because we were raised, since the boarding schools to shut up don't cry.

279

00:49:35.250 --> 00:49:35.970

Jason Umtuch: Being human.

280

00:49:37.500 --> 00:49:40.980

Jason Umtuch: it's a wall priority is is is open that door to me to be human.

281

00:49:42.510 --> 00:49:52.020

Jason Umtuch: But it isn't very good editor steady that was able to take my understanding and start teaching nominators what it is to be human tap into what you already know.

282

00:49:53.100 --> 00:49:57.570

Jason Umtuch: You don't have to love you don't have to care, you know what's right and what's wrong, regardless of how you pray.

283

00:49:59.580 --> 00:50:08.310

Jason Umtuch: Because we all do it every morning we all, we all got to go potty we all got to go drink our water, we have to have our bills, we have to make sure our little ones are okay, and are cleave.

284

00:50:09.810 --> 00:50:19.320

Jason Umtuch: Three humanizing each other and give him that dignity back, whereas we live in the cities, we live in a culture that has a standard of being American.

285

00:50:20.910 --> 00:50:24.390

Jason Umtuch: So many different influences that were created by white supremacy minds.

286

00:50:25.980 --> 00:50:26.820

Jason Umtuch: destroying us.

287

00:50:28.260 --> 00:50:32.790

Jason Umtuch: So we're what I think is that we're moving towards a place where we want to be free.

288

00:50:34.290 --> 00:50:43.470

Jason Umtuch: And the only way to be free, is to not only teach ourselves how to be human again but teach these people that live in

the cities, and I feel like we're living through a time that.

289

00:50:44.670 --> 00:50:49.590

Jason Umtuch: has opened that door, so I take every opportunity to really look at the people and talk to them.

290

00:50:50.790 --> 00:51:05.760

Jason Umtuch: It last year we've had over a quarter billion dollars and not only donations, but cash so \$150,000 in cash in my accounts and 200,000 physical donations and those were brought to all indigenous communities across the slammed.

291

00:51:07.530 --> 00:51:13.230

Jason Umtuch: For the biggest places that I feel like is overlooked is very rich that's why I go back that's why I make that trip.

292

00:51:14.970 --> 00:51:28.530

Jason Umtuch: That long trip and I bring when I can so this time we brought five and a half tons of beans rice potatoes toilet paper paper towels disinfectants cleaners, a larger repairs your basic needs, food and cleanliness.

293

00:51:32.790 --> 00:51:41.610

Jason Umtuch: Try to prepare I speak for you guys, but I wanted you to share my lived experience, because I feel like lived experience is everything in this work.

294

00:51:42.780 --> 00:51:45.570

Jason Umtuch: Some people are lucky enough to survive and learn something.

295

00:51:46.620 --> 00:51:50.700

Jason Umtuch: Whereas evidence based is based on white people white men and women.

296

00:51:52.500 --> 00:51:58.110

Jason Umtuch: So I don't ever go off that terms and I won't fault anybody for doing it, maybe that's what they got to work with okay.

297

00:51:59.670 --> 00:52:00.660

Jason Umtuch: But we don't talk that way.

298

00:52:02.520 --> 00:52:07.380

Jason Umtuch: Every space has always been that Bible at school, you teach in.

299

00:52:08.790 --> 00:52:11.520

Jason Umtuch: that's led to narrative of everything that we live through.

300

00:52:13.230 --> 00:52:13.800

Jason Umtuch: Its let it.

301

00:52:14.970 --> 00:52:19.800

Jason Umtuch: Did you see a lot of dysfunction because we don't want a function and that type of way.

302

00:52:22.110 --> 00:52:34.230

Jason Umtuch: Or we have to adapt so, then we have to live to live I don't know who we are, but who you are that's a lot of heavy things the curia did we don't know how to forgive we don't know how to show you emotions.

303

00:52:38.010 --> 00:52:52.470

Jason Umtuch: So the this model that there is such thing as healing there is such thing as finding, what we need to survive, so that our kids don't have to live through what we went through our what we continue to push into our communities that cycle.

304

00:52:54.690 --> 00:52:57.540

Jason Umtuch: intergenerational trauma we address them.

305

00:52:58.650 --> 00:53:05.940

Jason Umtuch: And it takes a lot of courage from from a defeated people that that way on the reservations, they don't have much access.

306

00:53:07.980 --> 00:53:11.310

Jason Umtuch: don't have a lot of access and our reservations were forgotten about.

307

00:53:12.720 --> 00:53:25.230

Jason Umtuch: live in America and warm springs is the water crisis infrastructure is outdated, so the pipes keep breaking America can snap his fingers and fix our water issues when did the wounded separation happens.

308

00:53:26.580 --> 00:53:32.700

Jason Umtuch: Like where's that conversation in this country that our first needs aren't being met all we have to go to the store to get your cases of water.

309

00:53:33.900 --> 00:53:37.590

Jason Umtuch: For somebody put money in your pocket you can't have your first needs you to buy it.

310

00:53:38.760 --> 00:53:39.480

Jason Umtuch: that's not even.

311

00:53:41.790 --> 00:53:42.690

Jason Umtuch: that's not Christian.

312

00:53:44.100 --> 00:53:46.470

Jason Umtuch: I know it's not and that's what this country is rooted in.

313

00:53:49.680 --> 00:53:53.400

Jason Umtuch: Good Christian people I work with one Methodist church.

314

00:53:58.080 --> 00:54:08.670

Jason Umtuch: i'll stop there, because I can go on and on about my lived experience and what it takes to get there, a lot of it is only self forgiveness forgiving them forgivable Thank you guys.

315

00:54:11.940 --> 00:54:19.950

Carmen Nevarez: So thank you so much Jason charmaine brooke and brandon there's.

316

00:54:20.910 --> 00:54:29.250

Carmen Nevarez: there's so much packed into the very little time that we gave you, we know that there are lots of questions and lots of things that are coming up for people.

317

00:54:29.730 --> 00:54:45.120

Carmen Nevarez: And I don't know that we're going to have a chance to address them all, but what I would like to ask you, since the people that we know, have tuned in are deeply involved in issues around recovery and issues around making sure that people don't die.

318

00:54:46.380 --> 00:54:58.800

Carmen Nevarez: In the middle of using substances, I want to ask each of you, what do you think is the most important message in bringing together addressing.

319

00:54:59.550 --> 00:55:16.740

Carmen Nevarez: Her we are as a as a Community with respect to historical trauma and being able to help support people so that they can find their way to either move out of dangerous practices or to.

320

00:55:18.420 --> 00:55:29.940

Carmen Nevarez: To find ways for them to live live a life that is fulfilling to them, so why don't we start just sort of in the order that we came that we started with and go through brandon.

321

00:55:31.980 --> 00:55:35.850

Brandon Jones (He/Him): you're I think your question yeah it's a pretty big question and.

322

00:55:36.660 --> 00:55:49.380

Brandon Jones (He/Him): For me, I think one one way one place, that we can start is by being comfortable enough to be in uncomfortable situations and what I mean by that is, we talk about having courageous conversations all the time.

323

00:55:49.800 --> 00:55:54.000

Brandon Jones (He/Him): And I know as a black person and representative of the bypass group.

324

00:55:54.300 --> 00:56:03.270

Brandon Jones (He/Him): Even those conversations aren't courageous, because there are power structures and play that if we say the wrong thing then their stereotypes that are placed upon us that were angry.

325

00:56:03.570 --> 00:56:08.730

Brandon Jones (He/Him): Or that we that were non cooperative or that were disruptive and where problem but.

326

00:56:09.090 --> 00:56:20.910

Brandon Jones (He/Him): In in order for those voices to be respected and actually heard other folks have to be able to be in that space and be uncomfortable and understand that that's part of the growth process, so I think that that's a good place to start.

327

00:56:22.170 --> 00:56:23.670

Carmen Nevarez: Thank you brooke.

328

00:56:24.960 --> 00:56:29.550

Brooke Briggance (she/her): I mean, I guess, I think the very first thing I think of is the.

329

00:56:31.260 --> 00:56:50.100

Brooke Briggance (she/her): sort of the the isolation of the experience of addiction and the need for connectivity and so you know we're talking a lot about Community and we're talking a lot about systemic reaction and you know I think what drives a lot of.

330

00:56:52.020 --> 00:56:57.690

Brooke Briggance (she/her): Evil and the darkness is disconnection I mean jason's bringing that up or biggie.

331

00:56:58.260 --> 00:57:12.690

Brooke Briggance (she/her): is bringing that up um you know, in terms of a disconnection from humanity and from what it understands to be human what we how we understand our humanity, and so I just think in these very broad terms of.

332

00:57:13.470 --> 00:57:28.290

Brooke Briggance (she/her): How do we build connectivity, because we know that in addiction, it often feels quite isolating it feels very much alone i'm the only one, and the darkness that we carry.

333

00:57:29.520 --> 00:57:34.110

Brooke Briggance (she/her): feels like it's our darkness and not the darkness of a group.

334

00:57:35.160 --> 00:57:42.210

Brooke Briggance (she/her): You know I in my own lived experience that that was very much the understanding, I think of my grandparents kitchen where.

335

00:57:42.690 --> 00:57:47.310

Brooke Briggance (she/her): You know, it was always the hub of the home and then all of a sudden, the adults would be whispering.

336

00:57:47.700 --> 00:57:52.230

Brooke Briggance (she/her): And as a child, I never understood why is everybody whispering like what's going on in there.

337

00:57:52.620 --> 00:57:59.070

Brooke Briggance (she/her): And it wasn't until later that I understood Oh, they were talking about this situation or that person or whatever.

338

00:57:59.460 --> 00:58:07.770

Brooke Briggance (she/her): And it it meant that it wasn't okay to talk about these things, and if it's not okay to talk about it, it means it's not okay to be connected.

339

00:58:08.190 --> 00:58:18.120

Brooke Briggance (she/her): And you're supposed to carry the darkness by yourself and we know that healing can't come That way we are harmed in connection, we can only heal in connection.

340

00:58:20.280 --> 00:58:21.990

Carmen Nevarez: Thank you brooke charmaine.

341

00:58:22.920 --> 00:58:28.110

Charmaine Kinney, She, Her, Hers: I would love to add to that, I mean, I know that typically when I was in.

342

00:58:29.160 --> 00:58:30.780

Charmaine Kinney, She, Her, Hers: In early recovery.

343

00:58:31.980 --> 00:58:46.290

Charmaine Kinney, She, Her, Hers: You know, and had experienced extreme judge minute you know by those around me and particular my

family, you know and that.

344

00:58:47.010 --> 00:58:58.800

Charmaine Kinney, She, Her, Hers: It was those in recovery that loved me until I could love myself they accept me where I was at you know and they helped me grow.

345

00:58:59.490 --> 00:59:19.200

Charmaine Kinney, She, Her, Hers: They helped me connect to my spirit, they end it it's just key I mean I totally agree ricky gotta do this, it has to be within Community you know and helping people build that Community you know big he has.

346

00:59:20.220 --> 00:59:36.600

Charmaine Kinney, She, Her, Hers: You know one way of building that Community you know, in the well brady's program you know and and a big part of that is centering it in rebuilding culture.

347

00:59:37.350 --> 01:00:01.860

Charmaine Kinney, She, Her, Hers: You know and resiliency you know so by helping people connect you know and support that kind of programs and supporting the peers that are going to be with them walking with them loving them until they can love themselves, you know and helping our family, so they don't have to keep.

348

01:00:03.360 --> 01:00:28.470

Charmaine Kinney, She, Her, Hers: Repeating repeat rinse repeat rinse you know i'm raising my grandchildren, you know and doing everything I can do you know, to bring culture into their life and to help them move beyond the trauma of when they were babies, you know of losing their mom.

349

01:00:29.850 --> 01:00:35.490

Charmaine Kinney, She, Her, Hers: You know and and being able to just tell them the truth.

350

01:00:36.630 --> 01:00:39.960

Charmaine Kinney, She, Her, Hers: A bad person she's she's evil.

351

01:00:41.610 --> 01:00:43.320

Charmaine Kinney, She, Her, Hers: You know, and we love her.

352

01:00:44.340 --> 01:00:46.020

Charmaine Kinney, She, Her, Hers: And she's not a bad person.

353

01:00:47.160 --> 01:00:50.100

Charmaine Kinney, She, Her, Hers: You know, and that you can love her.

354

01:00:51.480 --> 01:00:53.250

Charmaine Kinney, She, Her, Hers: You know and it's okay.

355

01:00:54.270 --> 01:00:56.070

Charmaine Kinney, She, Her, Hers: You know and we're going here.

356

01:00:57.150 --> 01:01:04.710

Charmaine Kinney, She, Her, Hers: And this is how we're gonna live our lives, you know in this good way.

357

01:01:05.730 --> 01:01:21.360

Charmaine Kinney, She, Her, Hers: You know, and continue to support that helping my one daughter has special needs, you know come down from a very high level mental health care to a much lower we're she's successful in school this year.

358

01:01:22.650 --> 01:01:30.000

Charmaine Kinney, She, Her, Hers: She doesn't have to just go to a half a day she's successfully doing school, for the first time.

359

01:01:31.290 --> 01:01:40.920

Charmaine Kinney, She, Her, Hers: You know, because we put so much support surround her this really intelligent intelligent and loving little girl she ceiling.

360

01:01:42.330 --> 01:01:54.240

Charmaine Kinney, She, Her, Hers: We got to focus on those next generations, how can we help them not repeat in read know rinse and repeat how can we help them do it a different way.

361

01:01:55.440 --> 01:02:04.560

Charmaine Kinney, She, Her, Hers: You know, so that they don't have to continue to do that same thing over and over again, and if they have if they touched that, how can they come back quicker.

362

01:02:08.760 --> 01:02:09.330

Carmen Nevarez: Thank you.

363

01:02:12.060 --> 01:02:18.330

Carmen Nevarez: And Jason for those that can stay on, I want to hear from Jason and we have a couple of quick announcements.

364

01:02:18.900 --> 01:02:20.130

Jason Umtuch: what's the question repeat, please.

365

01:02:20.820 --> 01:02:23.970

Carmen Nevarez: So, so the question is, is given the.

366

01:02:26.250 --> 01:02:31.290

Carmen Nevarez: i'm sorry that is my doorbell I can I pull shorter pulling it off the wall I don't know what to do.

367

01:02:34.380 --> 01:02:35.730

Jason Umtuch: Do it so we all here at last.

368

01:02:39.330 --> 01:02:45.300

Carmen Nevarez: that's a great suggestion they're already gone so so just the question is given what we.

369

01:02:45.690 --> 01:02:52.620

Carmen Nevarez: What we've talked about so far with respect to circle trauma, how do you sort of move that thinking and that grounding.

370

01:02:52.950 --> 01:03:09.870

Carmen Nevarez: In a way that helps people who are working with people who are in the middle of using in the middle of being at risk for you, for hurting themselves, how do we help them not lose their lives so keeping that making film that needle between the two.

371

01:03:10.920 --> 01:03:14.760

Jason Umtuch: So I guess that sounds like craters work that sounds like our higher powers work.

372

01:03:16.320 --> 01:03:25.230

Jason Umtuch: That we do our daily right, so one of the ways that we do it explain it is that we put a chair in the Center of our circle.

373

01:03:26.220 --> 01:03:38.700

Jason Umtuch: circle we're all just like outside of meeting Raul equal and red, yellow black and white, because this is acceptance acceptance issue to radio black and white each individual's and says that they belong.

374

01:03:39.900 --> 01:03:53.460

Jason Umtuch: out loud is her third tradition, so we put a chair right next to our alternative Center which holds very sacred our feathers are germs are talking stick your medicines or sage or cedar are sweet grass and.

375

01:03:54.840 --> 01:03:59.130

Jason Umtuch: it's an empty chair and we explain it that chair was my chair at one time.

376

01:04:00.270 --> 01:04:03.570

Jason Umtuch: yeah what we were doing, we were holding space for that person to make it here.

377

01:04:04.290 --> 01:04:14.820

Jason Umtuch: If they passed on it didn't make it to net chair was for them to because we acknowledge, not only the seed world, but the unseen worlds, both are very real in our way.

378

01:04:15.780 --> 01:04:27.900

Jason Umtuch: So we create that safe environment, you know, sometimes people are brought by their treatment centers so people need your sheet side, some people heard about it from a family member hey they're going to be drumming yeah.

379

01:04:28.350 --> 01:04:33.360

Jason Umtuch: yeah they're going to be singing and you know they're going to have some kind of ceremony they might have food.

380

01:04:34.740 --> 01:04:40.080

Jason Umtuch: You know i'm gonna go check it out, you know i've been having a hard time I don't know anybody who likes working and waking

up i'm over.

381

01:04:40.650 --> 01:04:53.520

Jason Umtuch: Almost died having to be revived, you know I don't I don't know how to answer that others can see, that is, if we create that space in remind people we were culturally responsive to what they want.

382

01:04:55.260 --> 01:05:06.240

Jason Umtuch: And we make it known that it's available because in our people in our lands, even in the cities there's few and far between places for us to go so we're is essentially guests.

383

01:05:07.710 --> 01:05:16.620

Jason Umtuch: Please, we might have to go to a church basement we might have to go to her recovery club like ilana and pay rent and do all that and be guests in our own homeland.

384

01:05:17.070 --> 01:05:26.190

Jason Umtuch: So you get the understanding that there's some of us out here, fighting just for that respect, so we you know the example is one way.

385

01:05:27.720 --> 01:05:29.250

Jason Umtuch: Success stories or one way.

386

01:05:31.140 --> 01:05:41.640

Jason Umtuch: People that come from those people impact, I would not want to see an older white men come talk to me about my people's ways I wouldn't want to see that okay.

387

01:05:42.870 --> 01:05:50.850

Jason Umtuch: So, for a long time I create barriers, because there was no cholesterol production anything, because in in early recovery, a question everything.

388

01:05:51.330 --> 01:05:58.800

Jason Umtuch: Everything what did they do that, why are they sitting there like that, how come she's crying she's that tough like there's so many toxic.

389

01:05:59.400 --> 01:06:17.190

Jason Umtuch: mindsets that we that we have when we come into these rooms that we question everything and we're skeptical and so you know, instead of acknowledging that just be who you are walk your talk Walker you're taught to be this huge is attraction.

390

01:06:18.330 --> 01:06:29.700

Jason Umtuch: walk your talk really love these people like you saying you do really care about your Community like you say you do and that's powerful that's how you create the Community that's how it becomes real.

391

01:06:30.870 --> 01:06:35.370

Jason Umtuch: So when we talk about preventing overdoses and death that's creator.

392

01:06:36.510 --> 01:06:42.150

Jason Umtuch: i'll never be able to prevent that so i'm right getting there and I got one of those shots I know cpr.

393

01:06:45.300 --> 01:06:48.600

Jason Umtuch: But it's always a prayer prayer works too.

394

01:06:49.800 --> 01:06:51.060

Jason Umtuch: Big so i'll share on that one.

395

01:06:53.160 --> 01:06:58.290

Carmen Nevarez: Well, I want to thank all of you for participating in the session with us, I think that.

396

01:07:00.870 --> 01:07:02.040

Carmen Nevarez: As a Latina.

397

01:07:03.750 --> 01:07:15.750

Carmen Nevarez: There so much of what you said really resonated with me and and I appreciate you bringing those truths forward there, this is a very unfinished conversation.

398

01:07:16.320 --> 01:07:22.470

Carmen Nevarez: Clearly there's huge interest in the audience have more than two thirds still on with us, even the world where our time.

399

01:07:22.860 --> 01:07:37.710

Carmen Nevarez: We also had many wonderful questions and I just want everybody to know who took the effort to give us a question and sort of far out, they were thinking, the crack that we're not answering your question doesn't mean we didn't see it, we did see it and we'll use your thinking to help.

400

01:07:39.150 --> 01:07:49.650

Carmen Nevarez: create the kinds of conversations that matter in the community of people that are gathered here together, who are really carried and who want to reach people who are really truly suffering.

401

01:07:50.070 --> 01:07:59.730

Carmen Nevarez: We have to understand that suffering it much, much deeper levels and there's just so much work to do so, just in in keeping that in mind, let me just.

402

01:08:00.390 --> 01:08:11.220

Carmen Nevarez: Let everybody know that there is another another the series coming up with trauma informed practice and brooke brooke answer speaker from today will be leading that on to the next slide please.

403

01:08:13.440 --> 01:08:21.270

Carmen Nevarez: So let us know what we can do to help you in your efforts, what is it you need to hear we're using your questions we're taking them forward we're going to help to make.

404

01:08:21.510 --> 01:08:28.590

Carmen Nevarez: The the kind of programming that really matters for you, but we can't do that unless we know what that is so let us know.

405

01:08:29.880 --> 01:08:38.580

Carmen Nevarez: message to everybody, all of these recordings are recorded and are on the website, you can download you can share them and we hope that you do.

406

01:08:38.790 --> 01:08:47.010

Carmen Nevarez: And please invite people that you know that are struggling with the same kinds of issues because we're all in this together and that's the purpose of building this network in the first

place.

407

01:08:47.310 --> 01:09:01.890

Carmen Nevarez: So again, thank you to all of the speakers, I deeply appreciate the work that you did, and the and the truth that you brought to to our discussion and thank you so much to the audience for sticking with us through this through this very moving conversation.

408

01:09:03.390 --> 01:09:04.230

Carmen Nevarez: Thank you and goodbye.