



Dream Weaver Basketry
Ann Mitchell

Resilience From Our Roots

Beverly Kiohawiton Cook RN, FNP
Tribal Council Chief,
March 22, 2023



“WE NEED TO
STOP JUST
PULLING
PEOPLE OUT OF
THE RIVER.

WE NEED TO GO
UPSTREAM AND
FIND OUT WHY
THEY’RE
FALLING IN.”

DESMUND TUTU



Adverse Childhood Experiences

- Physical, emotional or sexual abuse
- Emotional or physical neglect
- Family members with mental illness, suicide
- Alcoholism or drug abuse in the home
- Family violence - Seeing mother battered
- Incarcerated family member
- Parental loss - separation or divorce

Of 17,347 respondents,
two-thirds had at least one adverse childhood event

Prevalence of ACEs

Abuse

Psychosocial (by parents)	11%
Physical (by parents)	28%
Sexual (by anyone)	22%

Neglect

Emotional	15%
Physical	10%

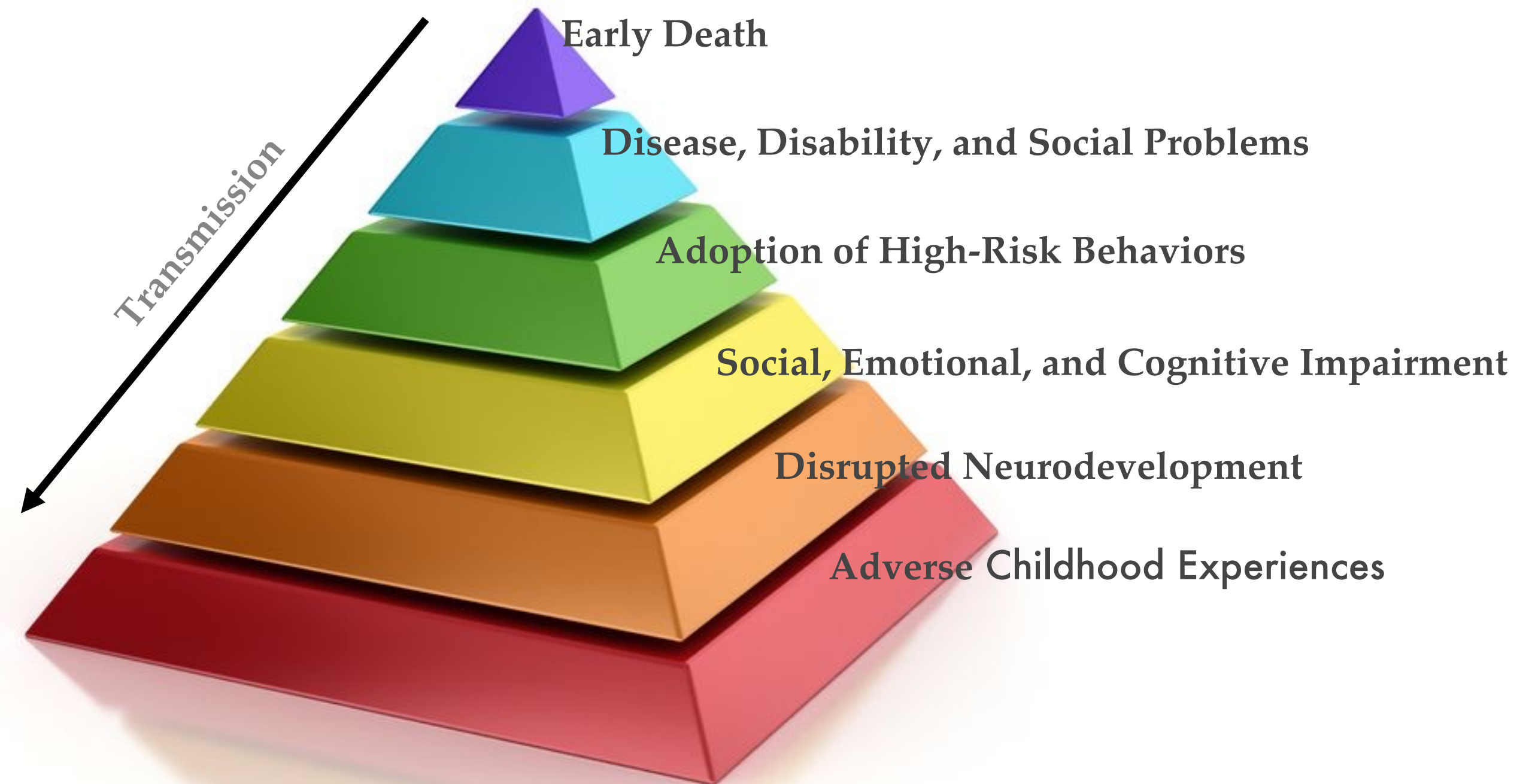
Household Dysfunction

Alcoholism or drug use in home	27%
Loss of biological parent < age 18	23%
Depression or mental illness in home	17%
Mother treated violently	13%
Household member imprisoned	5%

Clear dose-response relationship

Compared with people with no ACEs, those with 4 or more ACEs were.....

- 1.4-1.6 x risk for severe obesity
- 2x as likely to smoke
- 7x as likely to be alcoholics
- 6x as likely to have had sex before age 15
- 12x more likely to have attempted suicide



ACEs passed on to the next generation

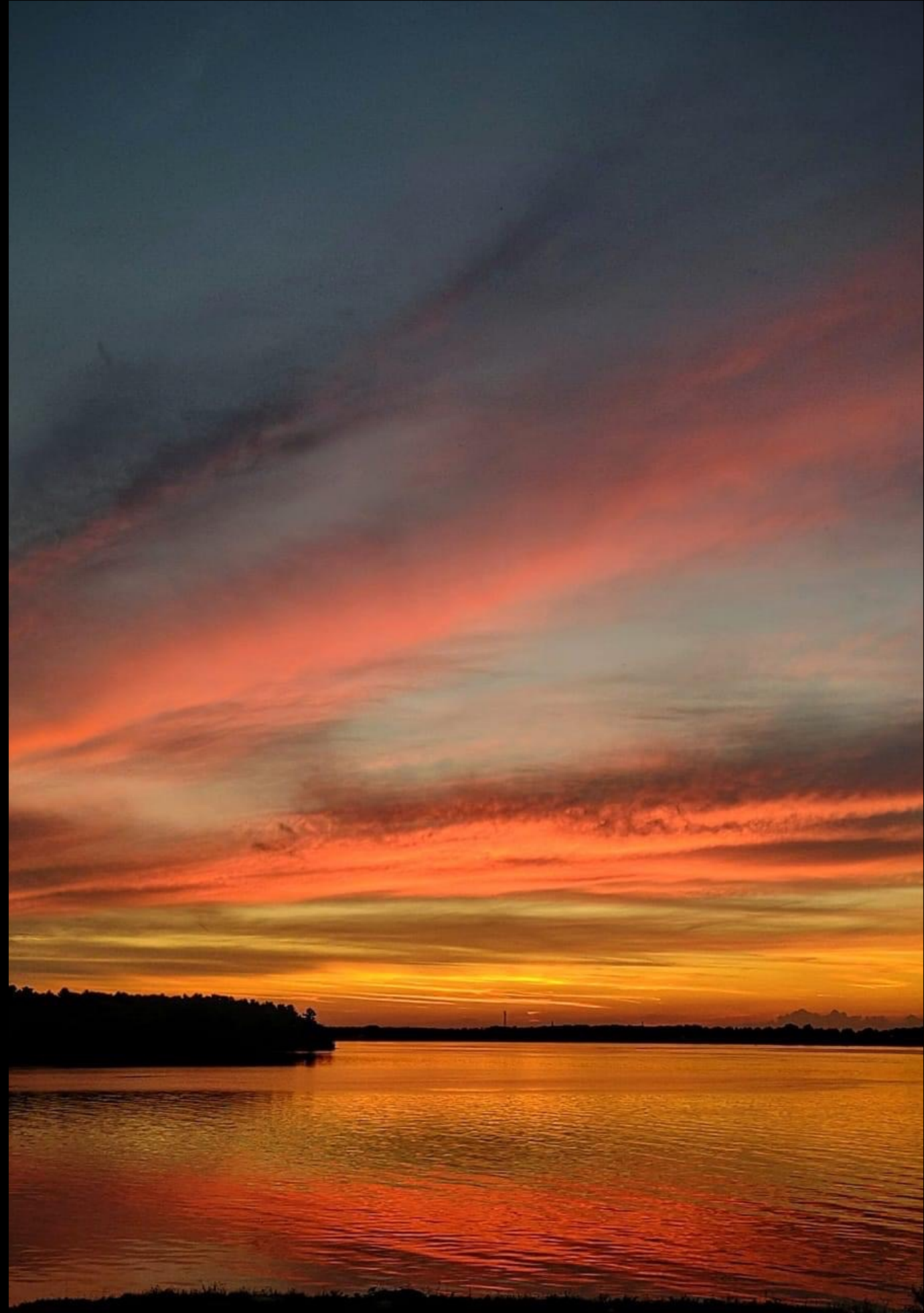
The Pair of ACEs

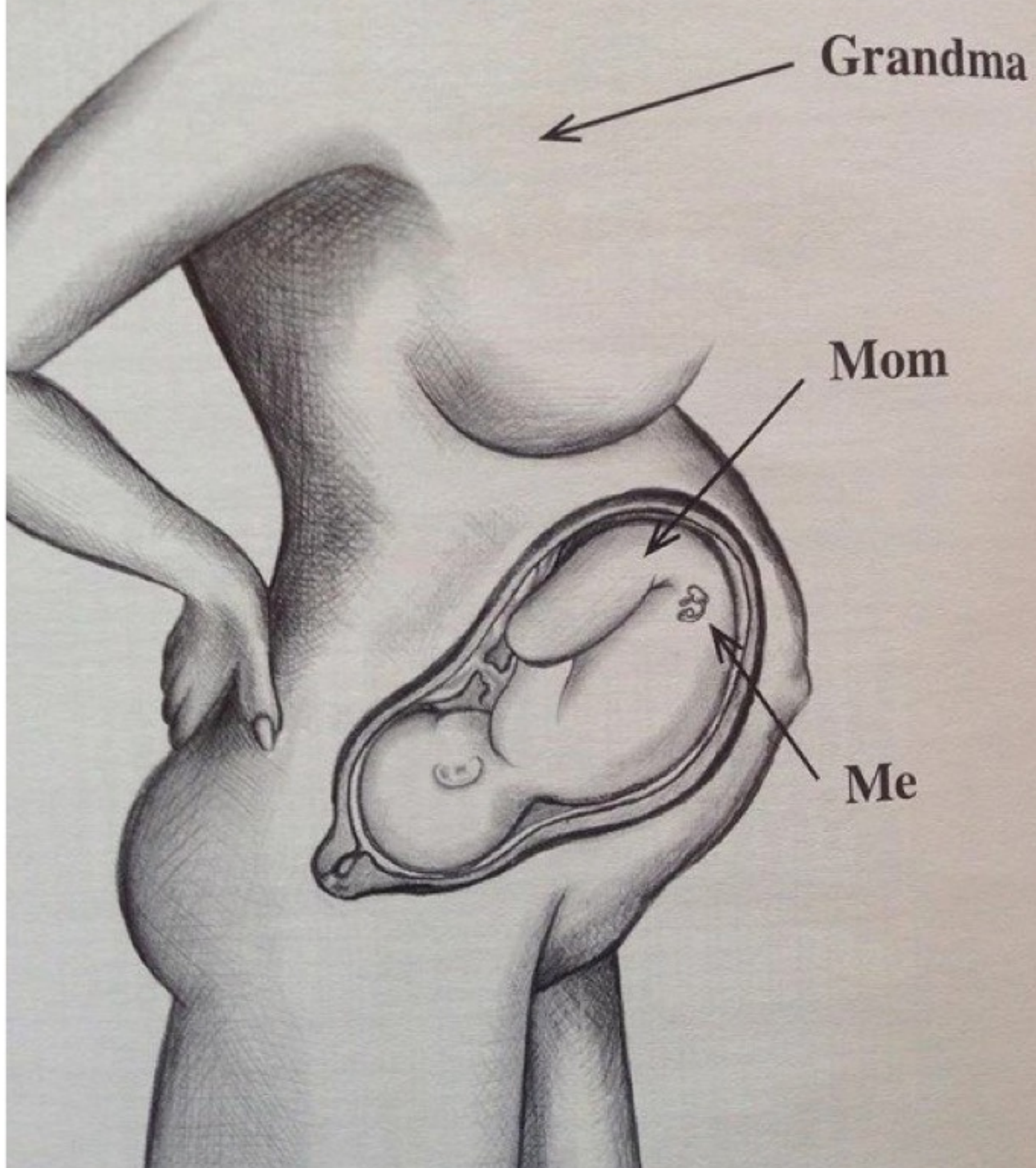
Adverse Childhood Experiences



WHEN DO ACES BEGIN?

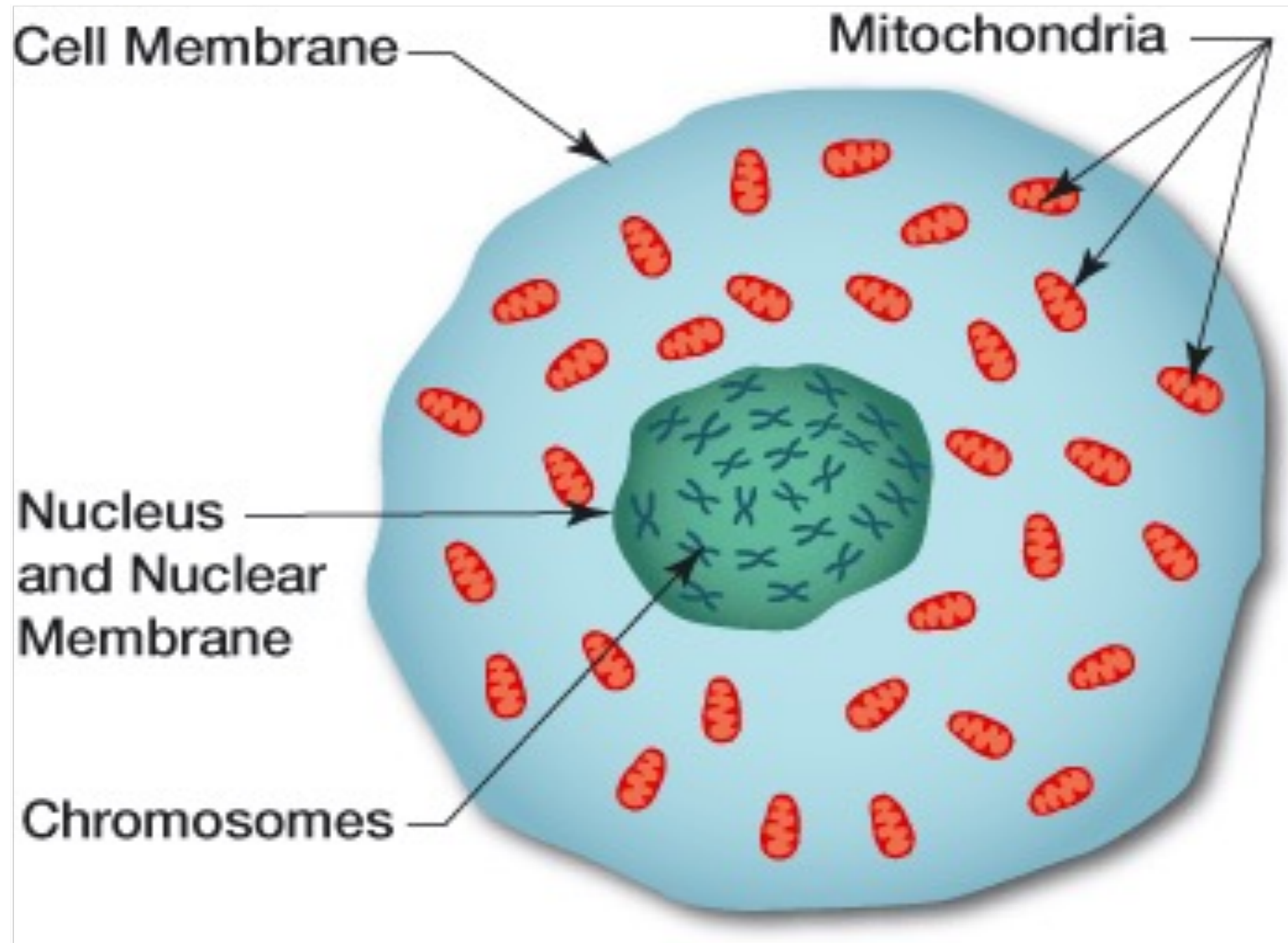
WHAT EFFECT
ON FUTURE
GENERATIONS?







Mitochondrial DNA



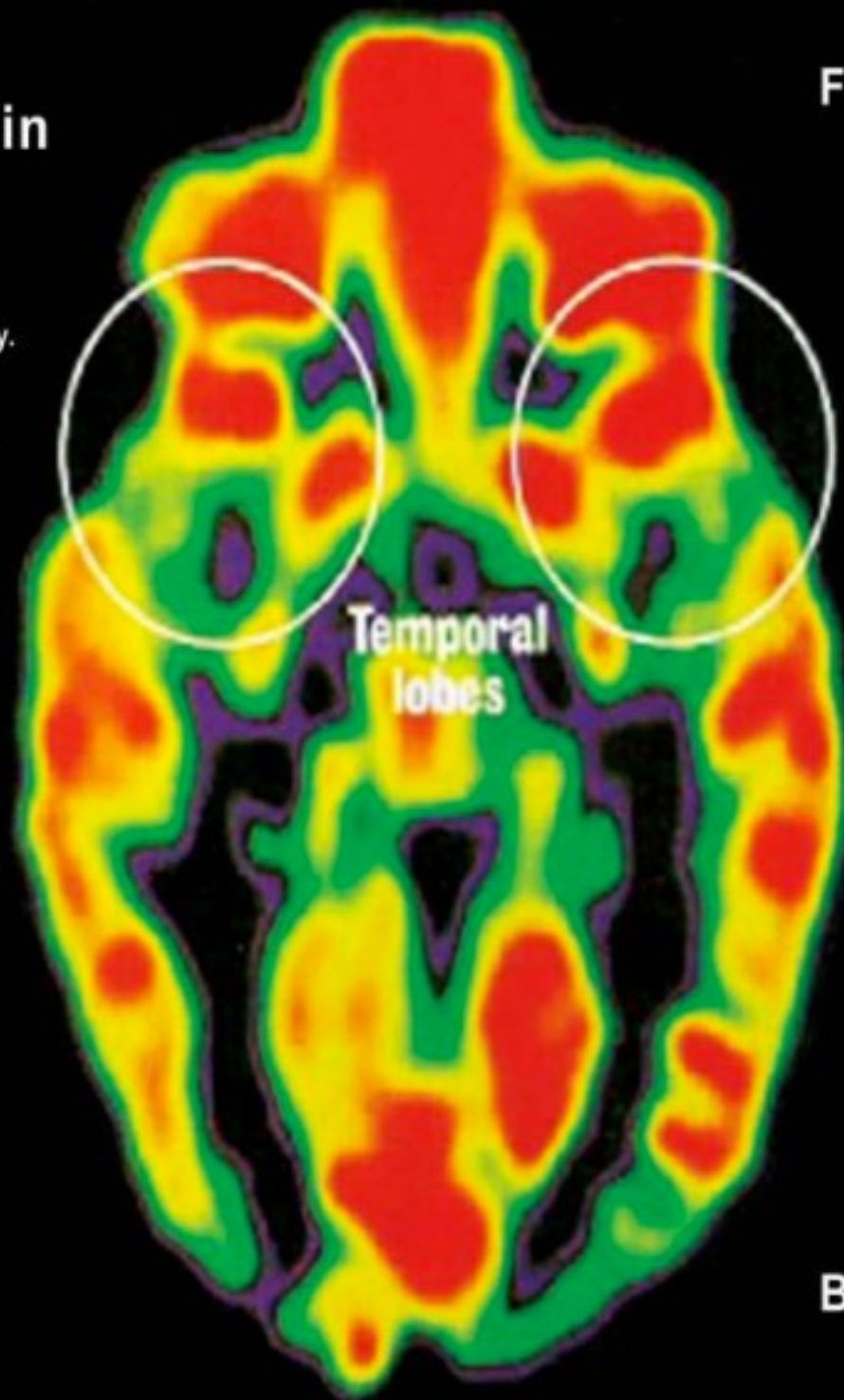






Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.

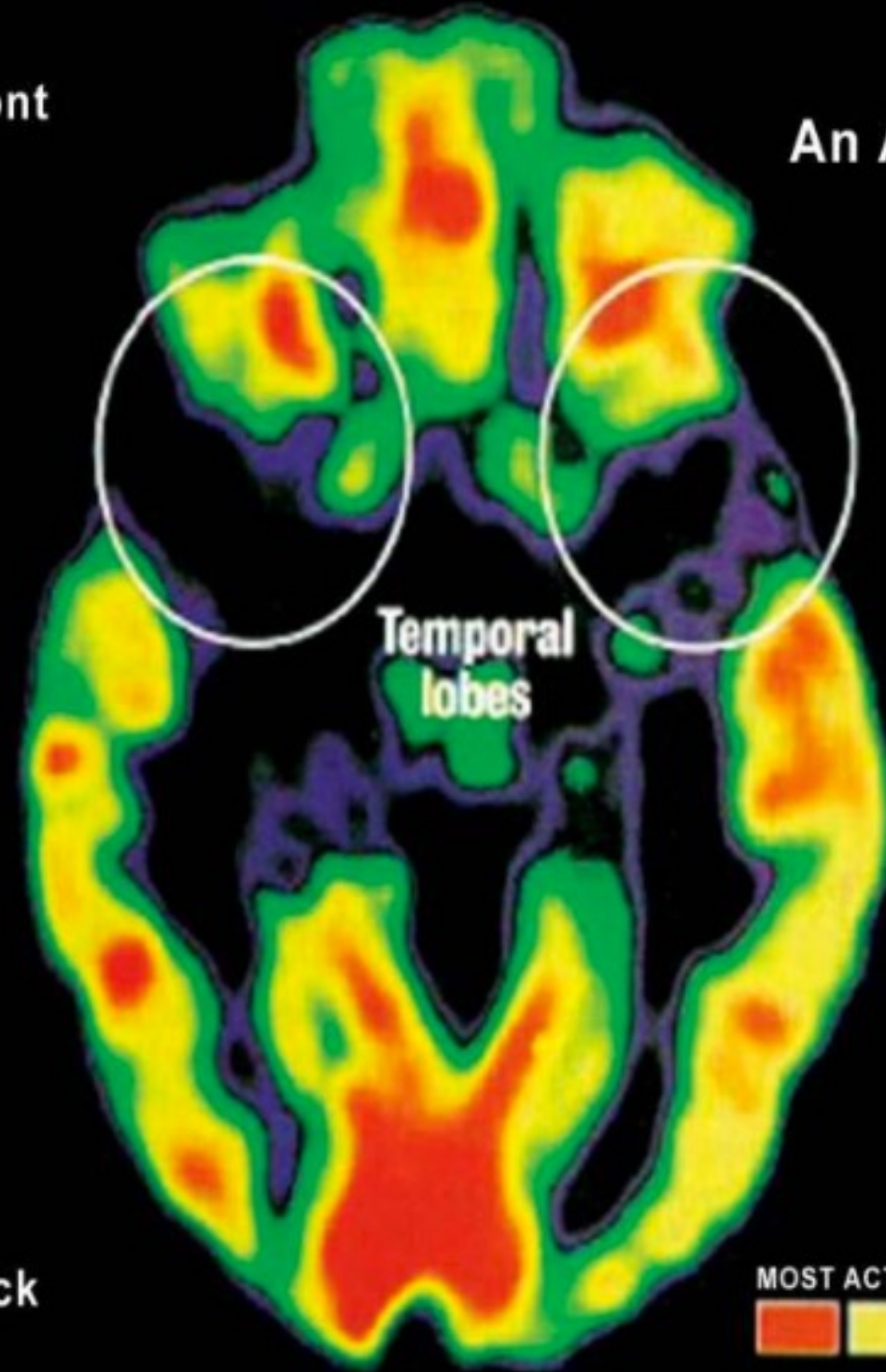


Front

Back

An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



MOST ACTIVE LEAST ACTIVE

Red	Yellow	Green	Blue	Black
-----	--------	-------	------	-------

Epigenetics

- n No longer “nature vs. nurture”—nurture affects nature
- n Rat pups raised by nurturing mothers
 - n Gene which affects stress hormone receptors “turned on”
 - n Grow up to be stress resilient
- n Rat pups raised by neglectful mothers
 - n Gene which affects stress hormone receptors “turned off”
 - n Grow up to be very stress reactive
- n Same process has now been shown in humans
- n Rat pups - odor - shock - fear response -> generations

NATURE NEUROSCIENCE 2009;12:342-348

WHAT WE UNDERSTAN D

- ACES can affect health and wellbeing longterm
- Abuse & neglect can effect how one perceives the world
- Our environment can change the ways our genes express themselves
- Neurodevelopment is impacted even in the mother's womb



The Goal of Residential School

"We instil in them a pronounced distaste for the native life so that they will be humiliated when reminded of their origin. When they graduate from our institutions, the children have lost everything Native except their blood."

- Bishop ^(St.)Vital Grandin, 1875







Resilience

1. They are resourceful and have good problem-solving skills
2. They are more likely to seek help
3. They hold the belief that they can do something that will help them to manage their feelings and to cope
4. They have social support available to them
5. They are connected with others, such as family and friends

Brene Brown



Connection
All My Relations
Clan/Family
Creator/Creation
Ceremonial Circles
Brings Perspective Meaning And
Purpose To Our Lives

Spirituality



Unresolved Grandmothers



Brandon Indian Residential School, Brandon, Manitoba 1960

BUILDING COMMUNITY RESILIENCE

- Equally important as Individual resilience building
- Most significant factor in youth
- Common ground, ever changing model and multilayered



Condolence

oved ones or have a friend or relative that occupies your thoughts with worry. Perhaps you feel now. In order for them to focus on the matters at hand, kind words were ex

Condolence

We use this great eagle feather to blow the dust from your ears so you may hear and understand all that is being said to you and be able to recognize the truth.

We use the softest deer hide to wipe the dust and tears from your eyes allowing you to have a clear vision of what is presented to you, to see the goodness that is in you, and around you; to see the possibility of a good life.

We use this water to clear away the dust from your throat so you may express clearly and honestly what is in your heart.

We hope you find what you are seeking

Connections



SMUDGING



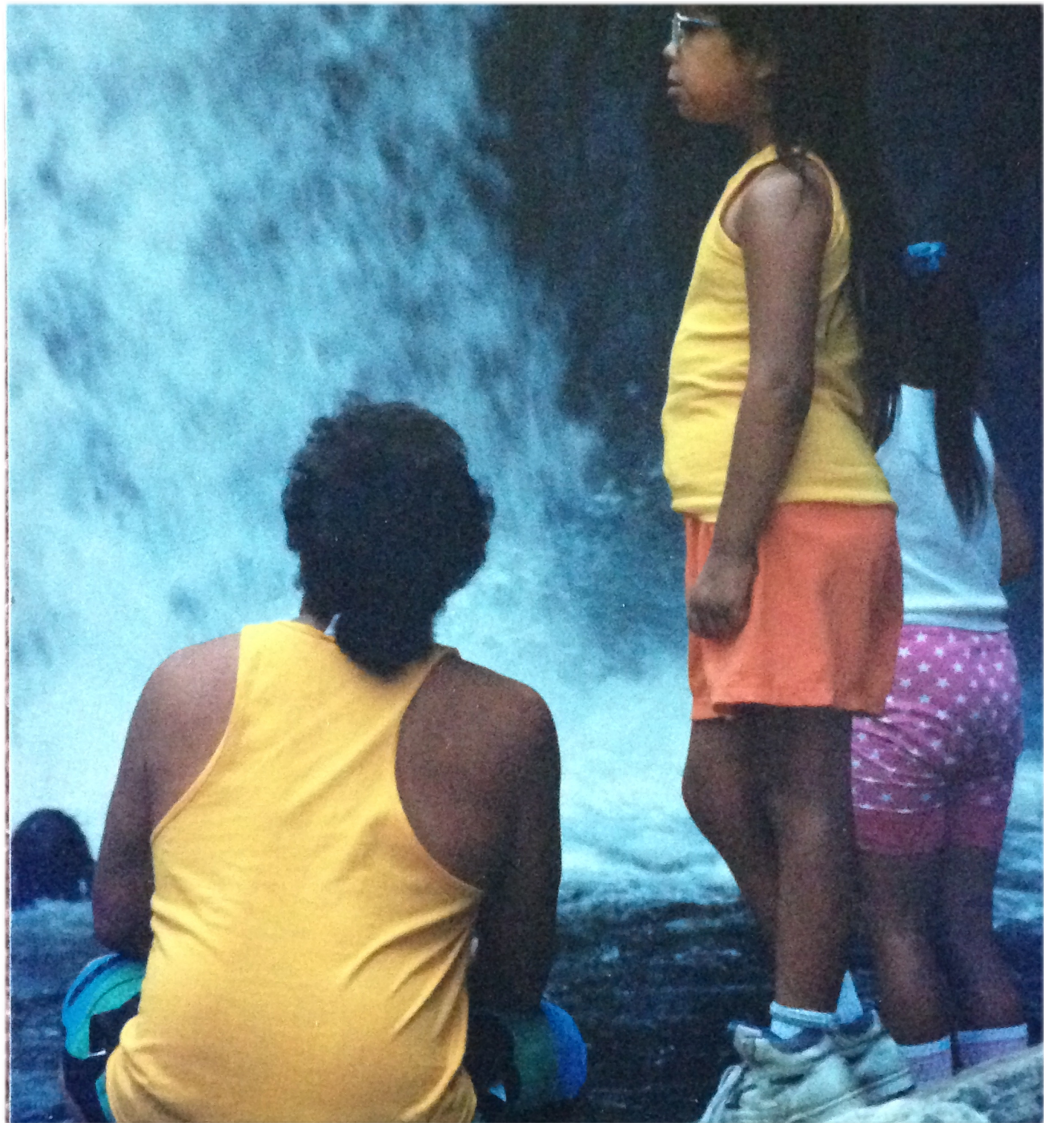
RELAXATION RESPONSE

- Sit quietly
- Close your eyes
- Deeply relax all your muscles starting with your feet
- Breathe through your nose. As you breathe out say the word “one”
- If you are distracted say “oh well” and go back to your breathe.

Dr. Herbert Benson 1974



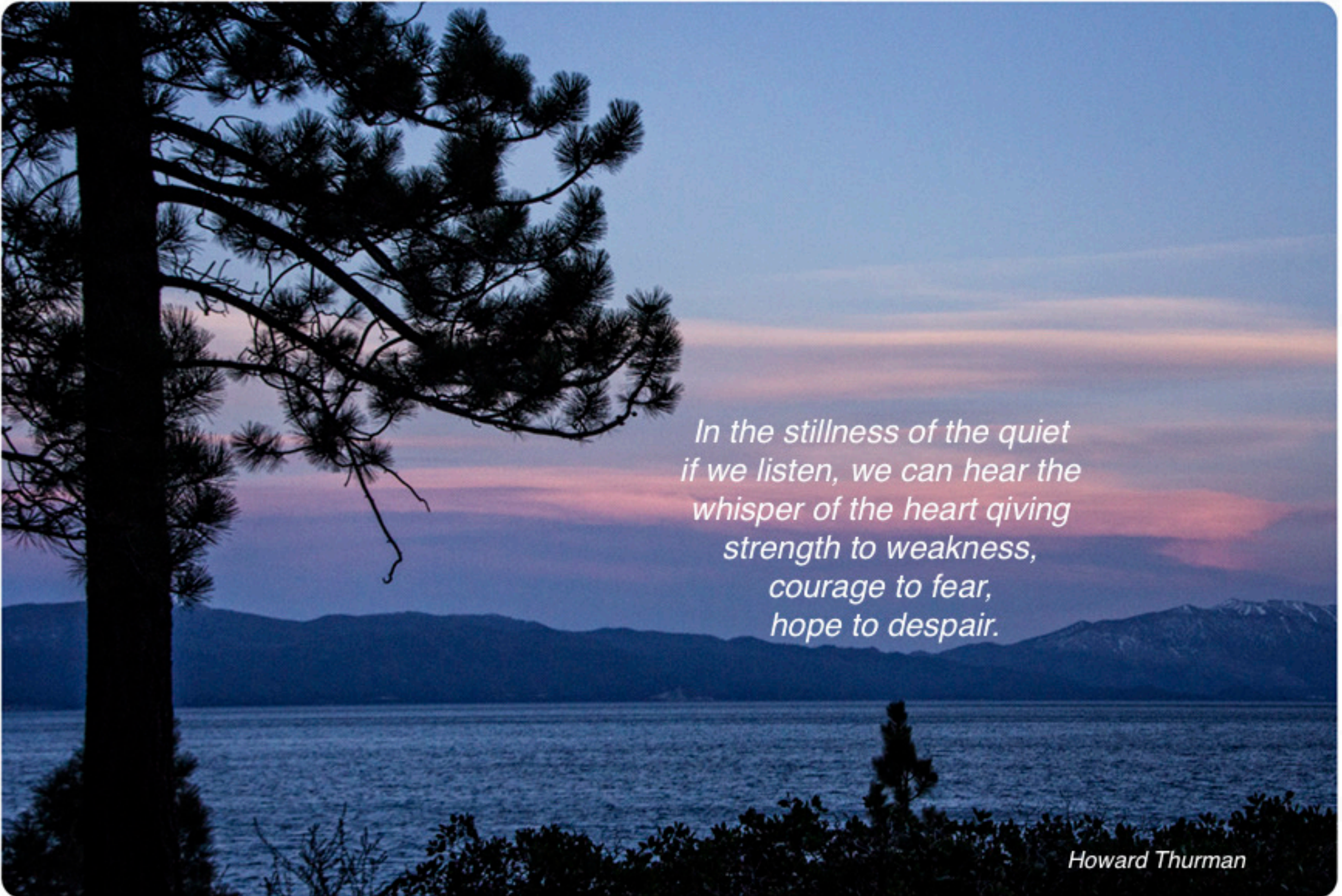
Holistic Life Foundation - mindfulness room











*In the stillness of the quiet
if we listen, we can hear the
whisper of the heart giving
strength to weakness,
courage to fear,
hope to despair.*

Howard Thurman

Pat Farrell, OP



Amazing Grace

Resources

- Burke Harris MD, Nadine; The Deepest Well; Houghton Mifflin Harcourt; 2018
- Brown, Brené Ph.D. ;The Gifts of Imperfection; Hazelden; 2010
- Source: Adverse Childhood Experiences (ACE) Study.
Information available at <http://www.cdc.gov/ace/index.htm>
- www.acestoohigh.com
- www.developingchild.harvard.edu
- www.aceinterface.com
- The Institute on Trauma and Trauma-Informed Care (ITTIC)
www.socialwork.buffalo.edu
- Academy on Violence and Abuse www.avahealth.org