

November 10, 2022

# Historical Trauma, Stigma and discrimination, and Generational Clarity





aihc  
AMERICAN INDIAN HEALTH  
COMMISSION FOR WASHINGTON STATE

# PRESENTERS



**Charlene Krise**, Squaxin Island Tribal Elder and former Vice Chairwoman, has served her people in different capacities all the while sharing the cultural knowledge and history of the Squaxin Island people. Charlene was one of the key people to implement canoe journeys for the Squaxin Island tribe. March 1994 Squaxin hosted one of the first canoe journeys at Percival Landing called “Healing of the Waters” over five thousand people came to witness the water ceremony as Salish canoes visually and audibly came in with their Salish songs and canoes. She has been a volunteer on numerous boards, committees, commissions and is the executive director for the Squaxin Island Tribe Museum Library Research Center and served as a Tribal Council member of over two decades.



**JanMarie Ward** (*Chumash*) is a lineal descendant Santa Ynez and Barbareño, California Mission Indians. She serves as a Senior Tribal Public Health Policy and Project Advisor/consultant to AIHC. Jan has an MPA from The Evergreen State College, concentration in Tribal Governance-management, policy, and leadership for Indigenous organizations. She has served as adjunct faculty in the MPA Tribal and General Cohorts at TESC. She leads the development and alignment to the Pulling Together for Wellness framework. Jan promotes culturally relevant models and strategic thinking to address inequities in a public health context. Her work as a certified master trainer in NEAR is focused on raising the awareness of *Seven Generation Strategies* and *Generational Clarity* linked to core strengths and ancestral resilience.



# Overview Objectives:

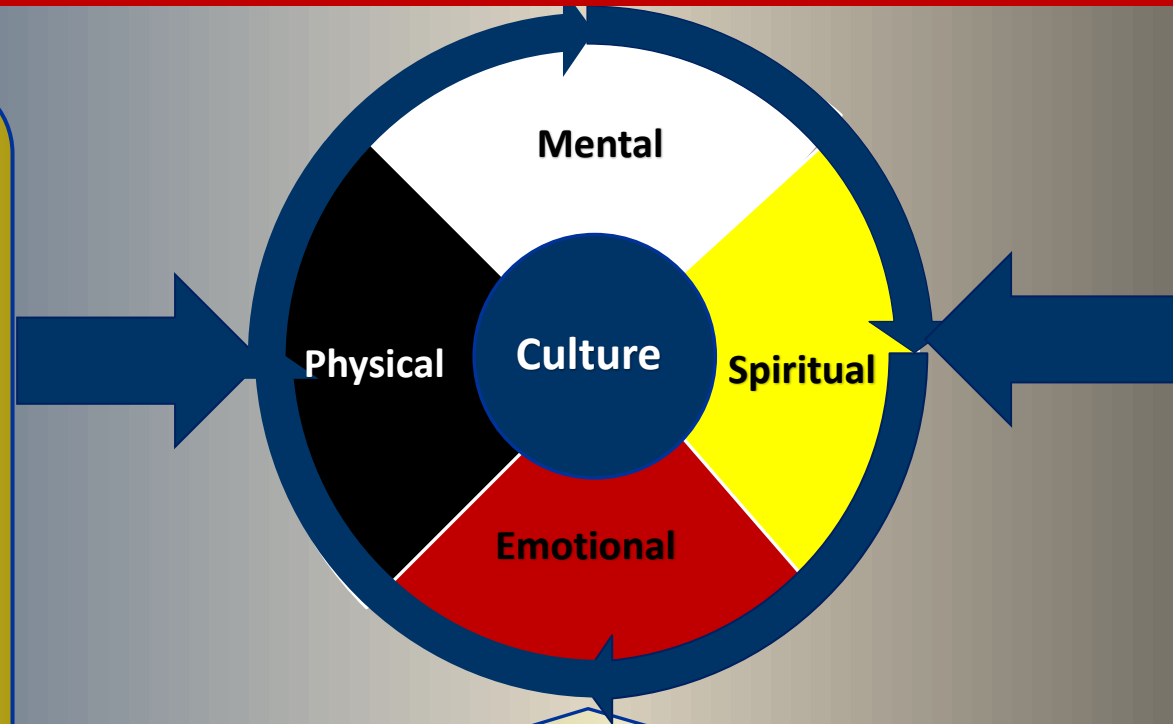
- Introduce the AIHC's Pulling Together for Wellness Framework to demonstrate the need understanding of Generational Clarity.
- Gain understanding about the experience of American Indians and Alaska Natives related to intergenerational trauma and Adverse Childhood Experience (ACE).
- Gain understanding about the impact that early life experiences have on health and wellness-- physically, spiritually, mentally, and emotionally throughout the course of our lives.
- Gain understanding about the link between Adverse Childhood Experiences (ACE) and early childhood brain development.
- Gain understanding about how generational strengths provide protective factors, a path to healing, and the ability to maintaining balance in health and wellness.

# Pulling Together for Wellness A Tribally-driven Framework



## Components of the PTW framework:

- Mobilizing at the Tribal/Community Level
- Leadership and Community Engagement
- Recruit and Retain Partners
- Specific Outreach to Youth and Elders
- Engagement of Cultural Resources and Traditional Healers
- Inclusion of Cultural Consideration in the Planning Process
- Use of Storytelling – Balance of Data and Stories
- 7 Generation Strategies – Strength-based
- Integrates Trauma Informed Strategies



## Tools of the PTW Framework:

- Definition, Vision and Values of the PTW Framework
- Partnership Development Inventory and Process
- Community Health Assessments and Environmental Scans
- Inventory of Cultural Appropriate Strategies
- Matrix: Vision, Goals, Indicators, Strategies (including PSE, EB, PB, PP)
- 20 Competence Domains (knowledge, skills, and abilities)

## Generational Clarity

### HEAL

**H**istorical and Intergenerational Trauma effect

**E**quity, Health Disparities and Social Justice (Social Determinants of Health)

**A**dverse Childhood Experiences (NEAR)

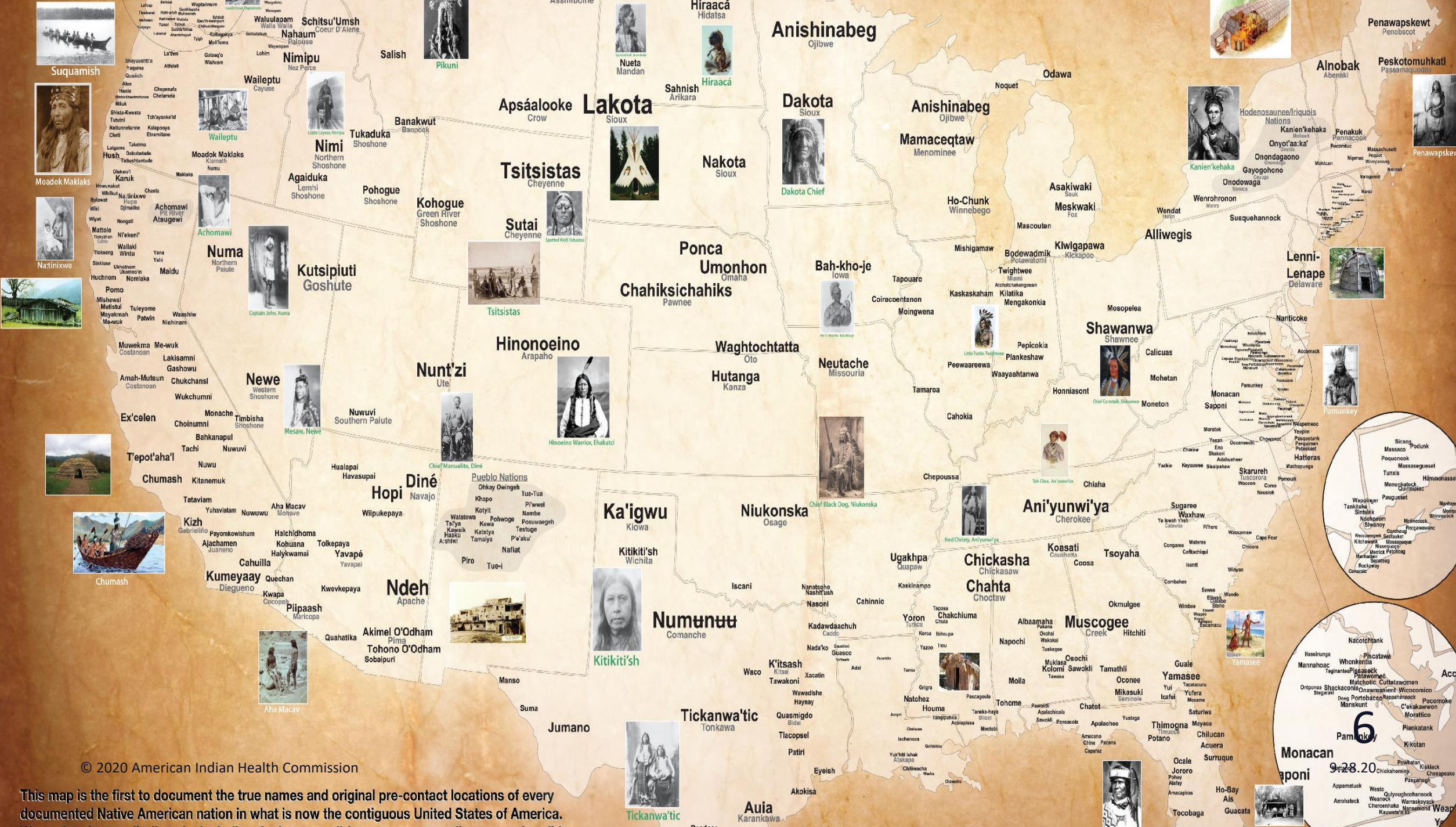
**L**ateral Violence and Oppression





# CULTURAL HUMILITY DEFINITION

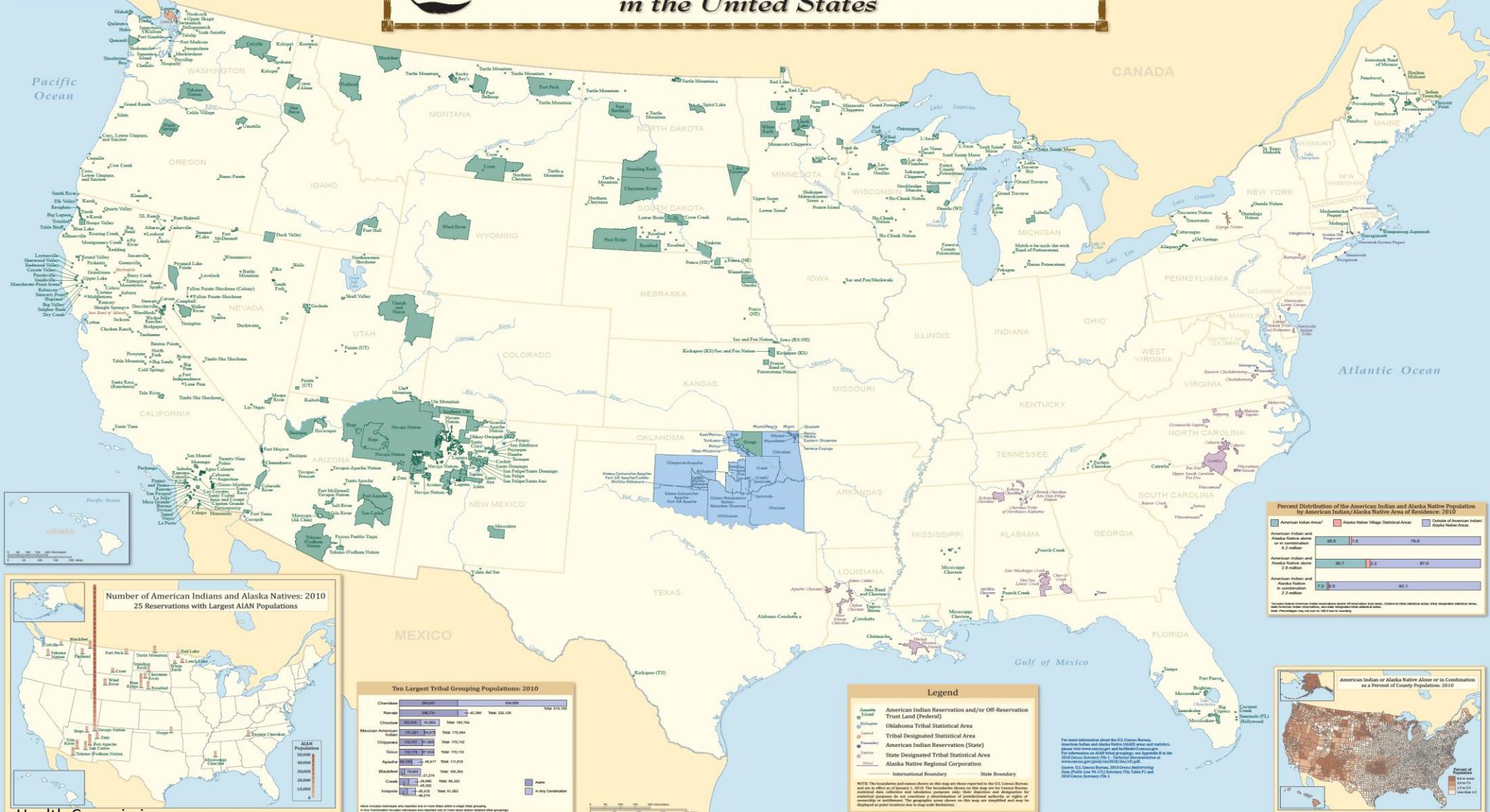
**Cultural humility** is a process that goes beyond developing cultural competency that “incorporates a lifelong commitment to self-evaluation and self-critique, ... .” (*M. Tervalon, J. Murray-García*)



© 2020 American Indian Health Commission

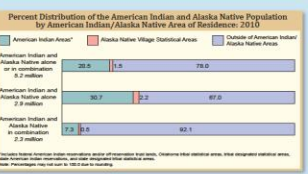
This map is the first to document the true names and original pre-contact locations of every documented Native American nation in what is now the contiguous United States of America. We seek to honor all tribes, by including the larger, well-known ones as well as many that did

# American Indians and Alaska Natives in the United States



**Ten Largest Tribal Grouping Populations: 2010**

Tribal Grouping	Population (2010)	State
Cherokee	289,381	Tennessee
Navajo	286,242	Arizona
Chickasaw	186,748	Mississippi
Mountain Apaches	152,281	Arizona
Chippewa	102,174	Wisconsin
Souix	102,174	South Dakota
Apache	85,988	Arizona
Blackfoot	74,888	Montana
Crow	71,492	Montana
Yonkappa	61,470	Arizona



**Legend**

- American Indian Reservation and/or Off-Reservation Trust Land (Federal)
- Oklahoma Tribal Statistical Area
- Tribal Designated Statistical Area
- American Indian Reservation (State)
- State Designated Tribal Statistical Area
- Alaska Native Regional Corporation
- International Boundary
- State Boundary

NOTE: The boundaries and names shown on this map are those reported to the U.S. Census Bureau and are not necessarily official. The boundaries shown on this map are for statistical purposes only and do not constitute a representation of governmental authority or rights of sovereignty or jurisdiction. The geographic areas shown on this map are simplified and may be displayed on other locations due to map scale limitations.

# AMERICAN INDIAN/ALASKA NATIVE POPULATION 2000, 2010, 2020 CENSUS



“American Indian or Alaska Native” refers to a person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment. (Standard Racial Definition)\*

Native American population (in millions)

2000 - 4.1 Million

2010 - 5.2 Million

2020 - 9.7 Million

Source: US Census Bureau



# GOVERNMENT POLICIES

Government policies brought harm to the original people, their family structures, traditional practices, access to usual and accustom foods and resources through policies of annihilation, alienation, assimilation, relocation, boarding schools, acculturation, termination, violence, war, discrimination, adoption, foster care, equating to historic unbearable losses with intergenerational impacts.

**The impoundment of cultural & traditional practices has had a devastating affect on American Indians and Alaska Native people.**





## Ongoing Discrimination and Racism

# Ongoing Discrimination and Racism

- **Discrimination** – acts of superiority, hierarchy, and unjust treatment of groups of people based on race, including **culture, systems, beliefs and values on the grounds of RACE.**

### Three levels of racism:

- **Institutionalized racism:** different access to goods, services, and opportunities;
- **Personal Mediated Racism:** assumptions about abilities, motives and intent of other races; and
- **Internalized Racism:** acceptance of the stigma of the negative messages about our own abilities and intrinsic worth-value.

Camara Phyllis Jones, M.D., M.P.H., Ph.D.





## CHALLENGES

In Washington the mortality rate for AI/AN was 1233.6 per 100,000. A rate about 71% higher than the rate for Non-Hispanic Whites

### Top 10 Leading Causes of Death

Heart Disease 19.3%\*

Cancer 19.2%\*

Unintentional Injury 12.6%

Diabetes 4.8%\*

Chronic Liver Disease 4.7%

Chronic Lower Respiratory Disease 4.5%\*

Stroke 3.9%\*

Suicide 3.2%

Alzheimer's Disease 2.4%

Influenza & Pneumonia 1.6%

**\*Indicates causes or complications caused by commercial tobacco use.**

Data Source: Northwest Portland Area Indian Health Board. American Indian and Alaska Native Community Health Profile - Washington. Portland, OR; Northwest Tribal Epidemiology Center, 2014 (WA State death certificates, 2006-2010, corrected for misclassified AI/AN race.)



**“Kill the Indian; save the man”  
Officer Richard Pratt**





# Historical Trauma

***Historical Trauma*** is defined by Maria Yellow Horse Brave Heart, PhD as “cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma.”

At its source, those suffering from Historical Trauma suffer not from the failure to adapt or cope with trauma but the profound and human inability to integrate unprecedented human brutality that ignored the value of human life. (*Anna Hansen, 2009*).



### **ACES STUDY**

- Physical, sexual and verbal abuse
- Physical and emotional neglect
- A family member who is:
  - depressed or diagnosed with other mental illness
  - addicted to alcohol or another substance
  - in prison
- Witnessing a mother being abused
- Losing a parent to separation, divorce or other reason

### **21 Characteristics of Trauma**

- Fear of trusting
- Continuing sense of guilt
- Hyper-responsibility or chronic irresponsibility
- Perfectionist
- Counter-dependence or fear of dependency
- Need to be in control
- Difficulty hearing positives
- Overachievement or underachievement
- Poor self-image
- Compulsive behaviors
- Need to be right
- Denial
- Fear of conflict and anger
- Chaos junkies
- Fear of feeling
- Frequent periods of depression
- Fear of intimacy
- Fear of incompetence
- Hypersensitivity to the needs of others
- Repetitive relationship patterns
- Inability to relax, let go, and have fun

### **The Native Experience also includes:**

- Loss of spirituality
- Loss of lands
- Loss of language
- Loss of culture
- Boarding schools
- Discrimination/oppression
- Forced adoption
- Addictions
- Racism & Discrimination
- Disability
- Forced relocation
- Lack/loss of a job
- Boarding schools
- War survivors/PTSD
- Substance abuse
- Abuse in all forms
- Lack of education

# ADVERSE CHILDHOOD EXPERIENCE (ACE) IS AN OUTCOME/RESULT OF HISTORICAL TRAUMA



## ACE is never the fault of a child

- Chronic trauma and unresolved grief across generations—historical unresolved grief
- High rates of suicide, homicide
- High rates of domestic violence
- High rates of child abuse
- High rates of alcoholism, marijuana, commercial tobacco and other substance
- Other social problems

In addition:

- Development of behavior and emotional patterns passed generation to generation
- Fear, mistrust
- Lateral violence
- Racism and Discrimination
- Oppression





# Building Self-Healing C o m m u n i t i e s



U n d e r s t a n d i n g

N . E . A . R .

Neuroscience

Epigenetics

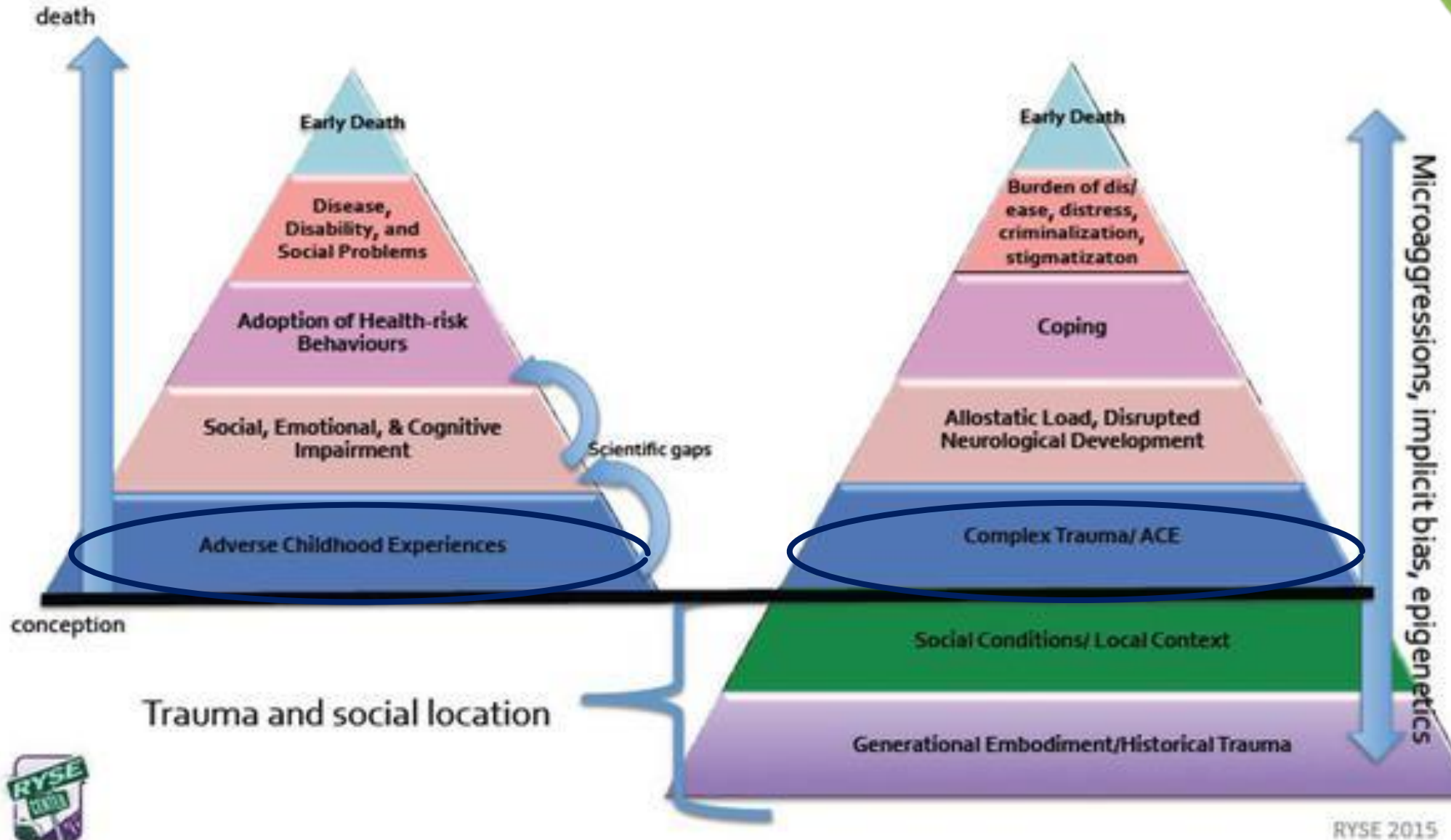
Adverse Childhood Experiences

Resilience

# Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment



# CHALLENGE: AI/AN experience some of the Highest Health Disparities

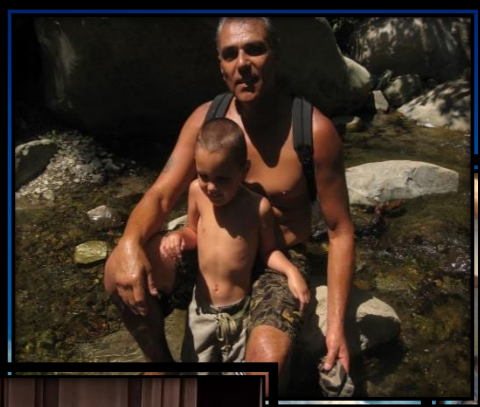
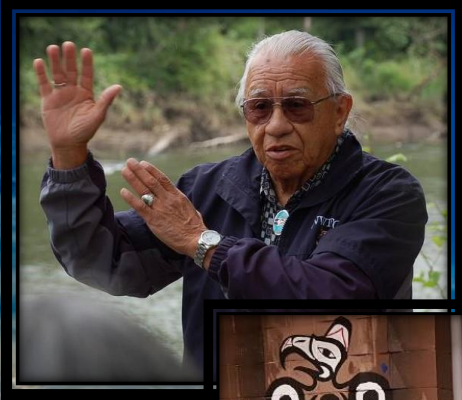


- Premature mortality due to chronic diseases and unintentional injury;
- High rates of asthma, coronary heart disease, hypertension, diabetes, prediabetes, obesity, and dental caries;
- Poor mental health, youth depressive feelings, cigarette smoking and vaping, and cannabis use;
- Drug overdose death rate in 2016 in this state that is three times higher than the national American Indian and Alaska Native rate; increased thirty-six percent since 2012.

- Drug overdose death rate in 2016 in this state that is three times higher than the national AI/AN rate; increased thirty-six percent since 2012;
- Suicide mortality rate in this state that is more than one and four-fifths times higher than the rate for non-AI/AN population;
- A rate of exposure to significant adverse childhood experiences between 2009 and 2011 that is nearly twice the rate of non-Hispanic whites.

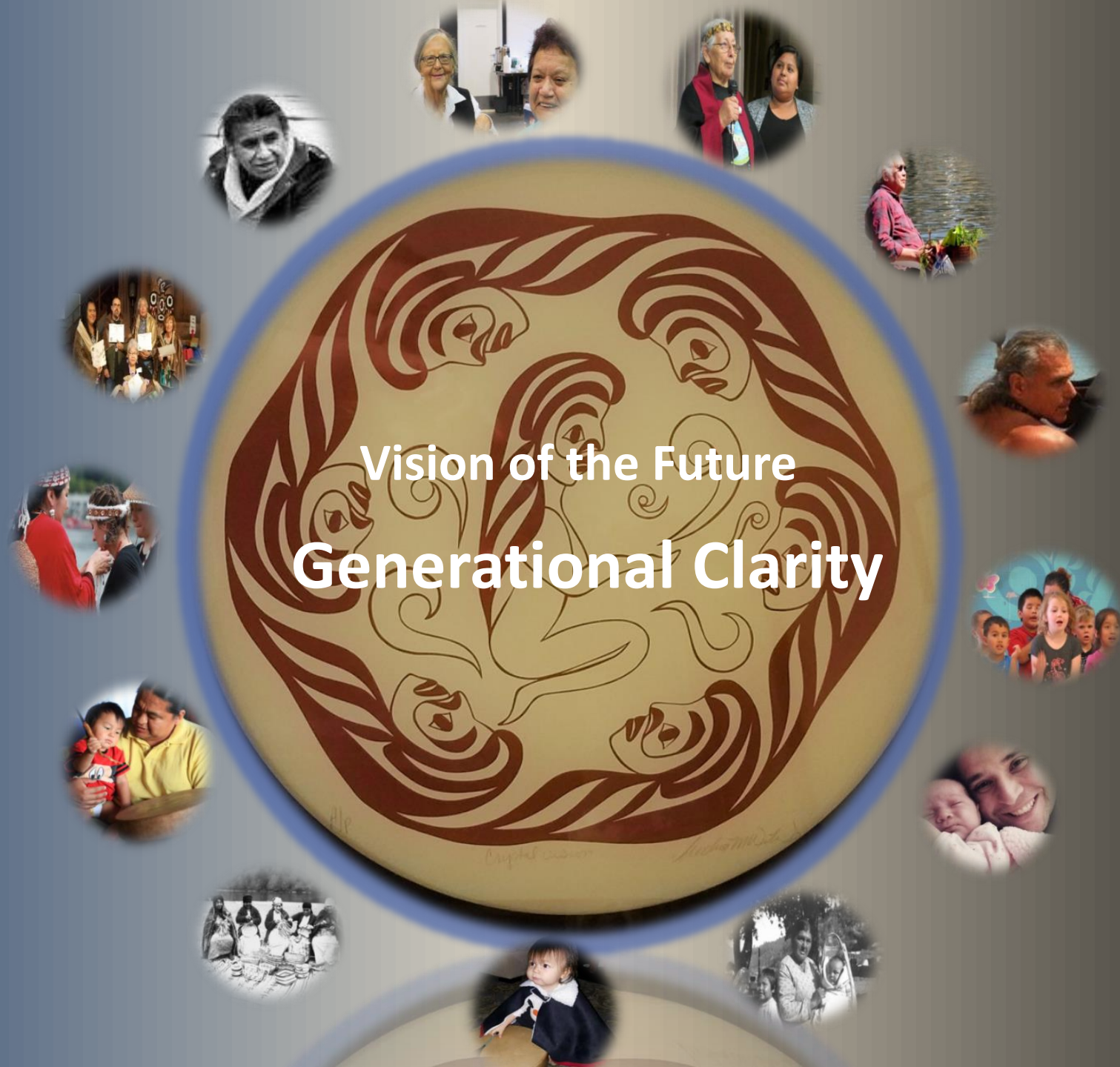


# Seven Generation Strategies



Seven Generations

PULLING TOGETHER  
FOR WELLNESS

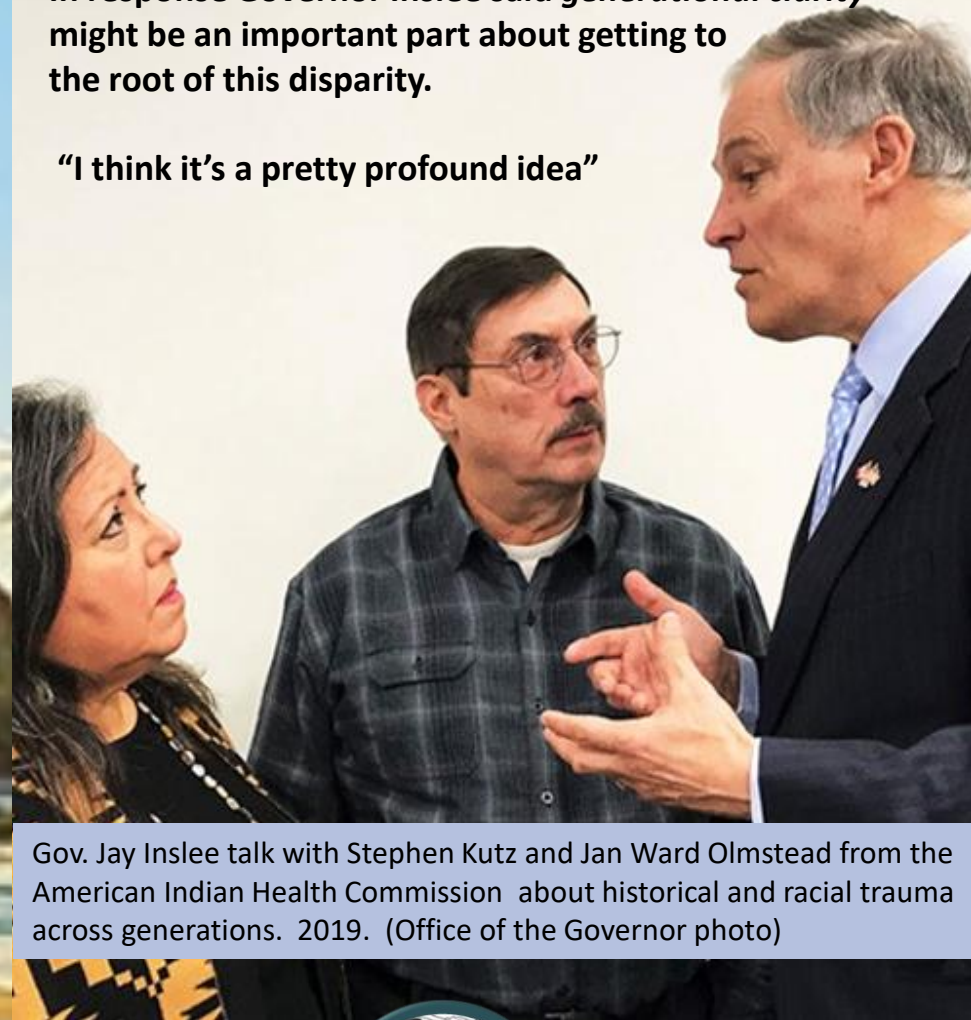




***“Generational clarity is not just understanding the historical trauma in the lives of individuals and communities. It is also understanding the strengths and values that the communities have. We need to build on both to understand how to work best with disadvantaged communities.” -Stephen Kutz, Chair, AIHC and Cowlitz Tribal and former elected official.***

In response Governor Inslee said *generational clarity* might be an important part about getting to the root of this disparity.

**“I think it’s a pretty profound idea”**



Gov. Jay Inslee talk with Stephen Kutz and Jan Ward Olmstead from the American Indian Health Commission about historical and racial trauma across generations. 2019. (Office of the Governor photo)



**PULLING TOGETHER  
FOR WELLNESS**



# Trauma Informed Path Forward

- **Realize** prevalence of ACEs
- **Acknowledge** ACE is an outcome of historic intergenerational trauma
- **Recognize** how it affects individuals, family members, friends, clients, professionals, tribal and community members, and organizations
- **Resisting re-traumatization**
- **Responding** by telling everyone, acting in own sphere of influence





***“I want respect for my people.  
I want respect for our culture.  
I want respect for our natural resources.”***

***<https://www.youtube.com/watch?v=D15itTjuY-g>***

***Billy Frank, Jr., Nisqually Ancestor and long time Chairman of the Northwest  
Indian Fisheries Commission in a statement to  
Governor Christine Gregoire***



aihc  
AMERICAN INDIAN HEALTH  
COMMISSION FOR WASHINGTON STATE

# PRESENTERS



# THANK YOU!

American Indian Health Commission

Pulling Together for Wellness Leadership Advisory Council

Charlene Krise

JanMarie Ward