

2019 Community Health Worker Conference
*You are EPIC – Equitable, Passionate, Invested,
and Collaborative*

Cultural Wisdom and Visioning 7 Generations



*Crystal Vision (in honor of Sue Crystal)
Andrea Wilbur Sigo, Skokomish*



Jan Ward Olmstead, Public Health Policy and Program Advisor
Cindy Gamble, Tribal Public Health Consultant
American Indian Health Commission for Washington State



The background features a large, stylized illustration of a woman's face in profile, facing right. The drawing is composed of fine, light-colored lines that create a sense of depth and texture, particularly in the hair and facial features. The overall color palette is a soft, warm beige or light brown.

An Indigenous View

**Cultural Wisdom and
Visioning 7 Generations**

She feeds our heart, mind, and spirit

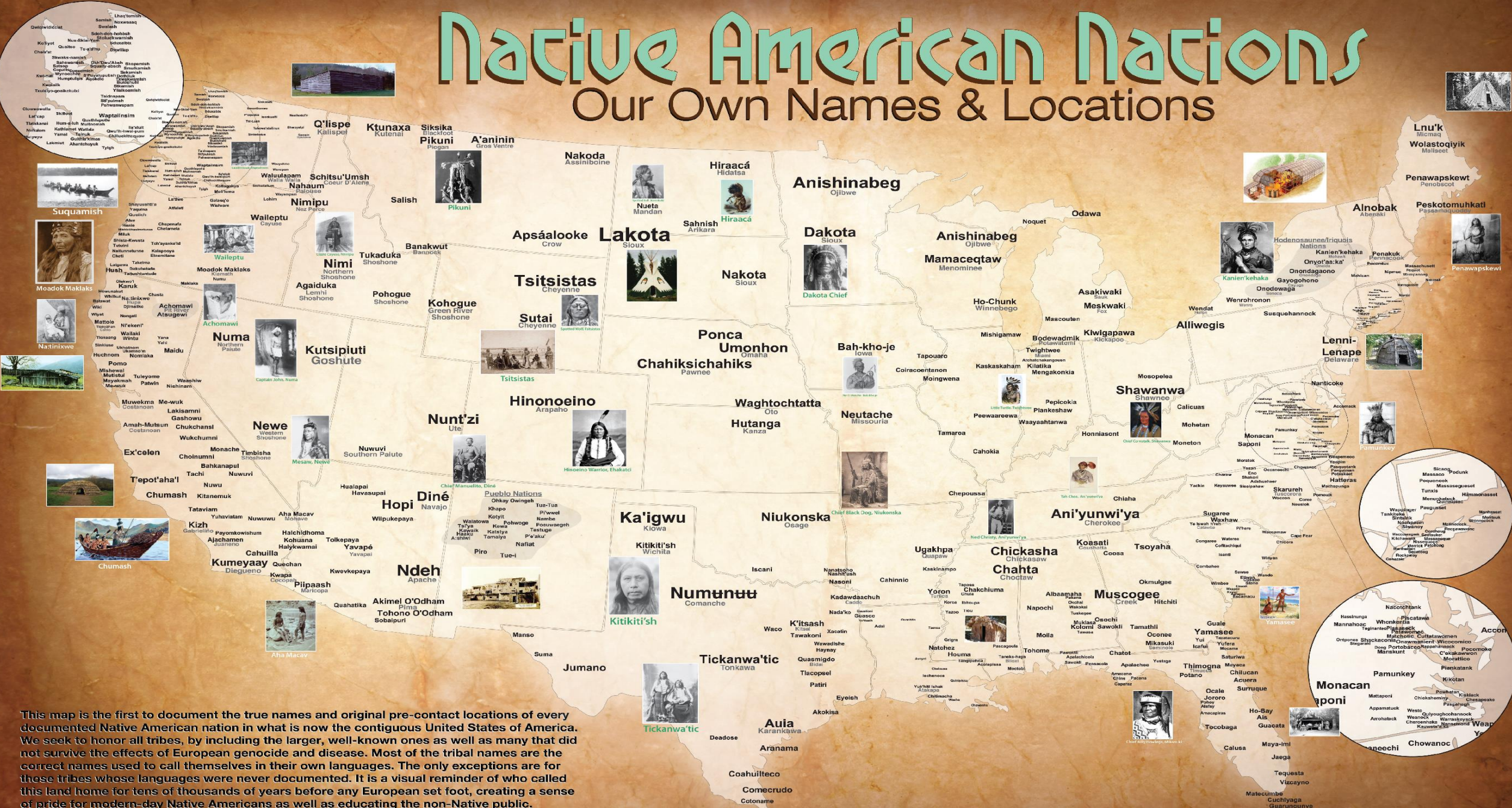
The background features a light beige circular illustration. In the center is a woman with long, thick braids. Surrounding her are several smaller, stylized faces, some looking up and some down, all rendered in a simple, line-art style. The overall aesthetic is traditional and cultural.

**How it
was...**

**“Close your eyes and I
will tell you a story”**

Native American Nations

Our Own Names & Locations



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 do not survive the effects of European genocide and disease. Most of the tribal names are the correct names used to call themselves in their own languages. The only exceptions are for those tribes whose languages were never documented. It is a visual reminder of who called this land home for tens of thousands of years before any European set foot, creating a sense of pride for modern-day Native Americans as well as educating the non-Native public. To Native Americans, this land will always be our ancestral homeland.

We invite any suggestions that will lead to more accurate information for further printings, and apologize in advance for any inaccuracies. To purchase a copy please call 949-415-4981
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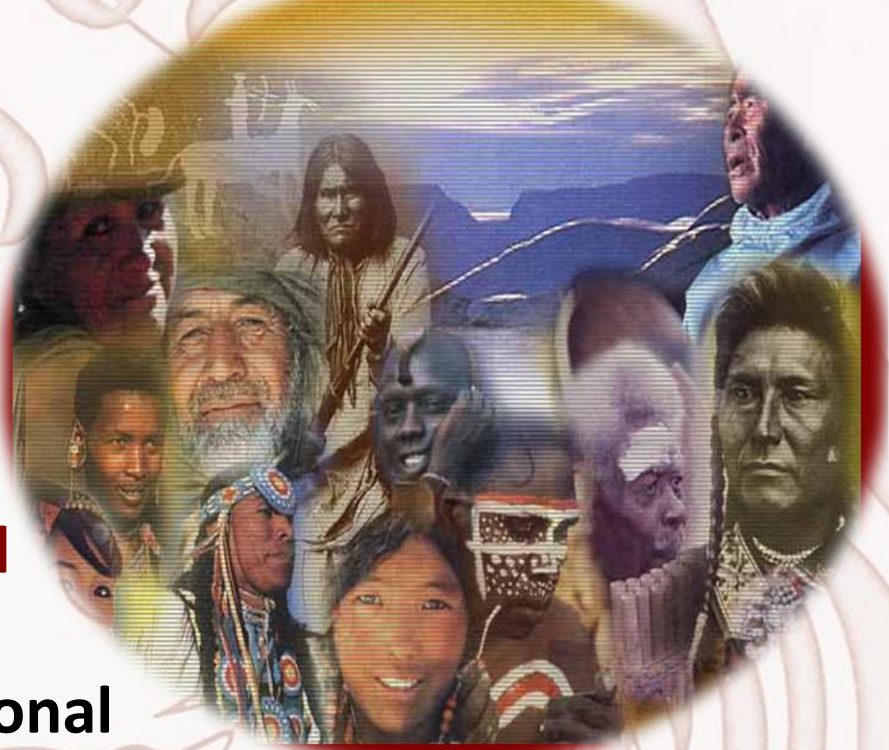
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How it was...

Complexity of Indigenous Health and Relationship to Traditional Culture

The “Sacred Hoop of Life” is a traditional belief which represents the past, present and future. This belief views all things in the universe as interdependent.

When Native Americans refer to “All my relations,” it is an acknowledgement of a relationship to all humans, animals, plants and matter.



How it was...

In ecological terms:

“... traditional tribal communities, people, their geographic place, resources, culture, health, language, art, religion, trade networks, social and survival activities, and their past and future are all interconnected into a single ethno-habitat.”

“A healthy ethno-habitat ... is one that supports its natural plant and animal communities and sustains the biophysical and spiritual health of its native peoples.”

(Harper and Harris)

How it is now...

- High infant mortality rates
- High risk factors
- High rates of stress
- High chronic disease rates
- High rates of suicide

Maternal and Infant Health

- SIDS (3x higher)
- Birth Defects (30% higher)
- Injuries (5x higher)
- Complications of Pregnancy and Delivery (50% higher)
- Prematurity Low Birth Weight (60% higher)
- Infectious Disease (3x higher)
- Digestive System Problems (3x higher)
- Unknown Causes (4.5x higher)

How it is now...

Impacts of

- Racism
- Discrimination
- Inequity

How it is now...

- **Caught in a web of systems designed for the general population; evidence-based practice and solutions exclude American Indian and Alaska Native people**
- **Data challenges: who decides? who counts? Who analyzes? Who reports?**
- **Profound lack of understanding of our ties to the land and “all of our relations” of our nations**
- **Profound lack of understanding of our values, spiritual beliefs, ceremonies and rituals**

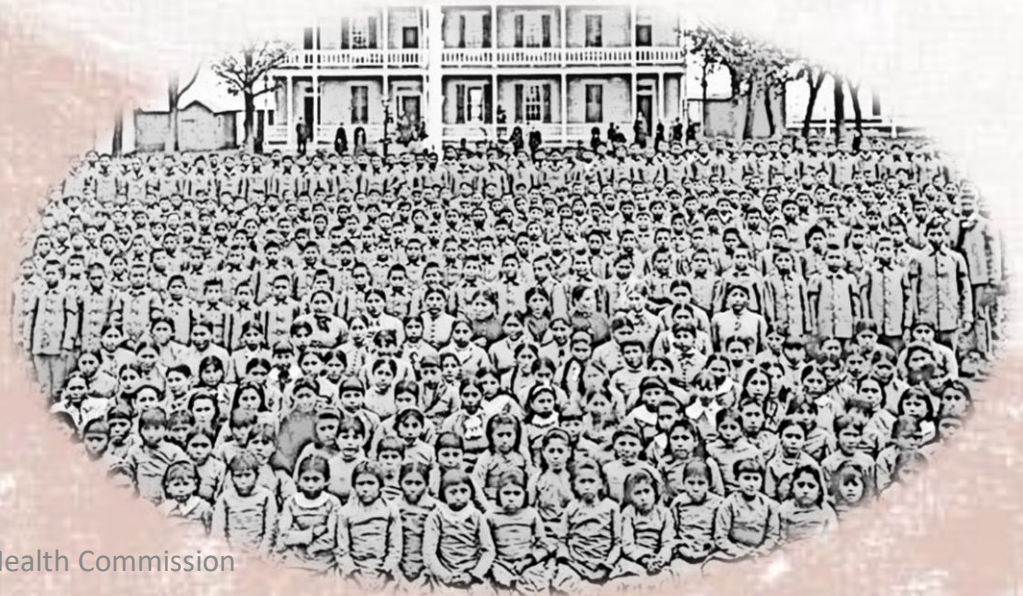
How did we get here...

“We have inherited an anguished history that should not be ignored, but understood—so it will never be repeated.

Our history produced generations of trauma, poverty and abuse that we are still fighting to undo.

Tribes removed from their homelands. Families forced to cross the country. Lands and resources stolen—despite the guarantees of treaties, laws, executive orders, and judicial decisions.”

***Chairman Brian Cladoosby, Chairman of Swinomish
Tribal Indian Community and
21st President of the National Congress of American Indians
14th Annual State of Indian Nations Address
January 14, 2016***



How did we get here...

The impact of assimilation, acculturation, relocation, boarding schools, violence, war, discrimination, adoption, foster care, loss of cultural and traditional practices has had a devastating affect on American Indians and Alaska Native people.

Historical Trauma:

“Cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma.”

Maria Yellow Horse Brave Heart, PhD

Thoughts of Historical Loss Among Indigenous Youth (Ages 11-13)

Thoughts daily or several times a day



What we did...

- 1989 Centennial Accord
- 1994 American Indian Health Commission
- 2010 Maternal Infant Health Strategic Plan
- 2015 Pulling Together for Wellness Framework

What we are doing now?

American Indian Health Commission for Washington
 Tribal and Urban Indian Communities
 A healthy Tribal and Urban Indian community is a
 nurturing environment, where American Indian
 people can experience emotional, spiritual, physical
 health. Healthy communities provide the
 infrastructure needed to empower people
 choices and to ensure health equity.

Our Vision	Our
<ul style="list-style-type: none"> • Our babies are born healthy; our mothers and fathers are supported. • Our tribal youth and adults are strong in mind, body, and spirit. • Our elders live long healthy lives (100+). • Our families have access to healthy nutritious food and know how to hunt, catch, gather, grow, harvest and preserve it. • Our families play and learn together in safe and nurturing environments. • Our people are self-sufficient and have opportunities for employment and life-long learning. • Our people have safe affordable housing • People have self-responsibility. • Our people are happy, kind, and have good humor. • Our communities nurture our children and respect our elders. • Our communities embrace traditional values about respect and honor all people of all ages. • Our communities have food sovereignty. • Our communities practice and hand down traditions from generation-to-generation in ceremony, language, and living. • Our communities respect and are connected to our natural environment. • Our environments are safe and provide all people with culturally appropriate choices to be healthy. • Our environments are free of alcohol, commercial tobacco, and other drugs. • Our systems, policies, and environments are trusted, empower our people, are culturally competent, and ensure health equity. 	<p>A commitment to the following... Health Communities framework</p> <ul style="list-style-type: none"> • We acknowledge... • We encourage a... • We acknowledge the health of the community and our way... • We serve our elders. • We help our Tribe and... • We embrace a life cycle with babies and moms. • We respect all people. • We acknowledge how resiliency... • We embrace a life-long learning with the wisdom of the elders. • We acknowledge the importance and time to heal. • We protect and strengthen cultural values, and spirituality. • We embrace the importance of seasonal living. • We acknowledge our interconnected relationship with Mother Nature and responsibility to protect our environment. • We understand the importance of incentives and healthy competition. • We promote social justice and health equity. • We serve our community with Hospitality.







Vision for the Future

Generational Clarity

Generational Clarity

In a 2019 meeting with Governor Inslee regarding *Infant Mortality Disparities* in the state, Steve Kutz, Chair of American Indian Health Commission explained that “*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.”

Addressing historical trauma may help address the deeper problems that exist behind symptoms such as infant mortality.

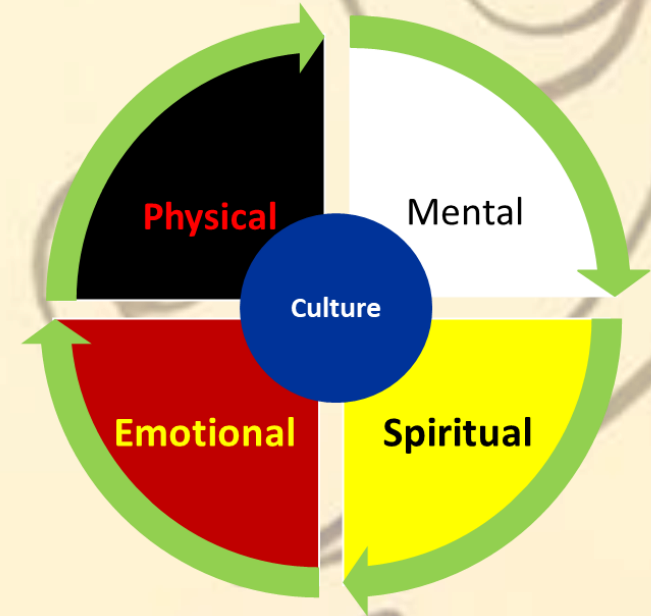
In response, Governor Inslee said *generational clarity* might be an important part about getting to the root of this disparity. “I think it’s a pretty profound idea.”



Healing from our past

“The connectedness of past to present to future remains a circle of lessons and insights that can give us both the consciousness and the conscience to heal ourselves. ... Understanding the interrelationship with our past and how it shapes our present world will also give us the courage to initiate healing.”

We dedicate our healing work to the next seven generations in honor of Tatanka Iyotake (Sitting Bull), hecel lena oyate kin nipi kte—that the people may live! Maria Yellowhorse Braveheart, Ph.D.



Visioning as self-care

“When we see each other in a new light, we can weave a remembered basket in a new way”

**Charlene Nelson, Chair,
Shoalwater Bay Tribe**





***We create our lives out of our
past and out of the present...***

***We are our ancestors when we
heal ourselves.***

***When we heal ourselves, we
also heal Mother Earth, and
we heal all future generations.***

Rita Pitka-Blumenstein, Yup'ik

International Council of 13 Indigenous Grandmothers