

WEBVTT

NOTE duration:"01:11:11.5520000"

NOTE language:en-us

NOTE Confidence: 0.8776601

00:00:00.000 --> 00:00:02.450 Just briefly, everyone's gotten

NOTE Confidence: 0.8776601

00:00:02.450 --> 00:00:04.455 sort of an introduction through

NOTE Confidence: 0.8776601

00:00:04.455 --> 00:00:06.059 the informal discussion here,

NOTE Confidence: 0.8776601

00:00:06.060 --> 00:00:09.268 but I'm really happy that we have doctor.

NOTE Confidence: 0.8776601

00:00:09.270 --> 00:00:14.350 I have a Gray Wolf here today, and.

NOTE Confidence: 0.8776601

00:00:14.350 --> 00:00:16.150 Invited through the.

NOTE Confidence: 0.8776601

00:00:16.150 --> 00:00:19.750 Thoughts and an wishes of a

NOTE Confidence: 0.8776601

00:00:19.750 --> 00:00:22.529 Stephanie Gilsenan Rea Crouch.

NOTE Confidence: 0.8776601

00:00:22.530 --> 00:00:24.620 Stephanie is a third year

NOTE Confidence: 0.8776601

00:00:24.620 --> 00:00:27.215 resident and forth your Sky Tree

NOTE Confidence: 0.8776601

00:00:27.215 --> 00:00:29.723 resident and she's one of the

NOTE Confidence: 0.8776601

00:00:29.723 --> 00:00:32.170 chief residents in the diversity,

NOTE Confidence: 0.8776601

00:00:32.170 --> 00:00:33.922 equity and Inclusion Committee.

NOTE Confidence: 0.8776601

00:00:33.922 --> 00:00:36.550 Anne Maria crouched is a predoctoral

NOTE Confidence: 0.8776601

00:00:36.622 --> 00:00:38.298 psychology intern at Yale,

NOTE Confidence: 0.8776601

00:00:38.300 --> 00:00:42.465 so let me turn it over to

NOTE Confidence: 0.8776601

00:00:42.465 --> 00:00:45.890 Stephane to start the day. Hi

NOTE Confidence: 0.68355006

00:00:45.890 --> 00:00:48.368 Bojati brush day my name is Stephanie

NOTE Confidence: 0.68355006

00:00:48.368 --> 00:00:50.669 Gilsenan because I'm in Walkerton Sue

NOTE Confidence: 0.68355006

00:00:50.669 --> 00:00:52.624 originally from Minnesota Massage which

NOTE Confidence: 0.68355006

00:00:52.624 --> 00:00:55.177 is also known commonly as Minnesota.

NOTE Confidence: 0.68355006

00:00:55.180 --> 00:00:57.880 Just going to do a brief land

NOTE Confidence: 0.68355006

00:00:57.880 --> 00:00:59.820 acknowledgement before passing it off

NOTE Confidence: 0.68355006

00:00:59.820 --> 00:01:03.042 to Doctor Maria Crouch who's going to

NOTE Confidence: 0.68355006

00:01:03.042 --> 00:01:05.440 introduce our wonderful speaker today.

NOTE Confidence: 0.68355006

00:01:05.440 --> 00:01:06.947 So, Elena knowledge Minton,

NOTE Confidence: 0.68355006

00:01:06.947 --> 00:01:09.586 it does not exist in the past

NOTE Confidence: 0.68355006

00:01:09.590 --> 00:01:10.721 tense historical context.

NOTE Confidence: 0.68355006

00:01:10.721 --> 00:01:12.935 Colonialism is a current and ongoing

NOTE Confidence: 0.68355006

00:01:12.935 --> 00:01:15.225 process and it's important for us  
NOTE Confidence: 0.68355006

00:01:15.225 --> 00:01:17.130 all understand the long standing  
NOTE Confidence: 0.68355006

00:01:17.130 --> 00:01:19.389 history and our place within it.  
NOTE Confidence: 0.68355006

00:01:19.390 --> 00:01:22.774 So since we are yales is yo grand rounds,  
NOTE Confidence: 0.68355006

00:01:22.780 --> 00:01:25.258 I'm going to name the indigenous people  
NOTE Confidence: 0.68355006

00:01:25.258 --> 00:01:27.184 who stewarded this land thousands  
NOTE Confidence: 0.68355006

00:01:27.184 --> 00:01:29.189 of years prior to colonization.  
NOTE Confidence: 0.68355006

00:01:29.190 --> 00:01:33.366 And many of these tribes are still here.  
NOTE Confidence: 0.68355006

00:01:33.370 --> 00:01:35.608 I just want to acknowledge the  
NOTE Confidence: 0.68355006

00:01:35.608 --> 00:01:37.100 Mohegan Mashantucket Pequots Eastern  
NOTE Confidence: 0.68355006

00:01:37.162 --> 00:01:38.887 Peak Watt Golden Hill Pasaquan,  
NOTE Confidence: 0.68355006

00:01:38.890 --> 00:01:41.627 Niantic Quinnipiac and there were many other  
NOTE Confidence: 0.68355006

00:01:41.627 --> 00:01:43.668 Algonquian speaking nations that were here.  
NOTE Confidence: 0.68355006

00:01:43.670 --> 00:01:45.908 We honor and respect their relationship  
NOTE Confidence: 0.68355006

00:01:45.908 --> 00:01:48.175 that can exist between these people  
NOTE Confidence: 0.68355006

00:01:48.175 --> 00:01:50.299 and the land as Indigenous people.

NOTE Confidence: 0.68355006

00:01:50.300 --> 00:01:52.508 It's part of who we are.

NOTE Confidence: 0.68355006

00:01:52.510 --> 00:01:54.350 It's mature of our blood,

NOTE Confidence: 0.68355006

00:01:54.350 --> 00:01:55.086 our past,

NOTE Confidence: 0.68355006

00:01:55.086 --> 00:01:56.190 current and future.

NOTE Confidence: 0.68355006

00:01:56.190 --> 00:02:00.234 I'm going to put a link in the chat if you're

NOTE Confidence: 0.68355006

00:02:00.234 --> 00:02:03.160 curious of the world of what indigenous

NOTE Confidence: 0.68355006

00:02:03.160 --> 00:02:06.250 peoples land that you may reside on.

NOTE Confidence: 0.68355006

00:02:06.250 --> 00:02:10.639 And just one final point is Atlanta

NOTE Confidence: 0.68355006

00:02:10.639 --> 00:02:11.180 acknowledgement is not enough.

NOTE Confidence: 0.68355006

00:02:11.180 --> 00:02:14.810 We need to consider how to support our

NOTE Confidence: 0.68355006

00:02:14.810 --> 00:02:16.642 indigenous communities by donating

NOTE Confidence: 0.68355006

00:02:16.642 --> 00:02:19.246 your time or money to indigenous

NOTE Confidence: 0.68355006

00:02:19.246 --> 00:02:20.590 organizations support indigenous

NOTE Confidence: 0.68355006

00:02:20.590 --> 00:02:22.830 grassroots movements and consider committing,

NOTE Confidence: 0.68355006

00:02:22.830 --> 00:02:25.506 returning the land to indigenous people.

NOTE Confidence: 0.68355006

00:02:25.510 --> 00:02:28.317 So with that I will pass it  
NOTE Confidence: 0.68355006

00:02:28.317 --> 00:02:30.890 off to Doctor Maria Crouch.  
NOTE Confidence: 0.68355006

00:02:30.890 --> 00:02:33.500 Thank you, Boo.  
NOTE Confidence: 0.68355006

00:02:33.500 --> 00:02:35.780 Thank you Stephanie.  
NOTE Confidence: 0.68355006

00:02:35.780 --> 00:02:37.243 Adeia huts hello everyone,  
NOTE Confidence: 0.68355006

00:02:37.243 --> 00:02:39.840 I am real Crouch my dad knock  
NOTE Confidence: 0.68355006

00:02:39.917 --> 00:02:42.458 name is tovo my family is from  
NOTE Confidence: 0.68355006

00:02:42.458 --> 00:02:44.677 the native village of Anvik which  
NOTE Confidence: 0.68355006

00:02:44.677 --> 00:02:47.120 is in the lower Yukon in Alaska.  
NOTE Confidence: 0.68355006

00:02:47.120 --> 00:02:49.150 Doctor Grey Wolf has been a mentor  
NOTE Confidence: 0.68355006

00:02:49.150 --> 00:02:51.278 and supporter of not only me but many,  
NOTE Confidence: 0.68355006

00:02:51.280 --> 00:02:52.800 many other indigenous people and  
NOTE Confidence: 0.68355006

00:02:52.800 --> 00:02:55.019 I'm very happy to be here and  
NOTE Confidence: 0.68355006

00:02:55.019 --> 00:02:56.614 also honored to introduce her.  
NOTE Confidence: 0.68355006

00:02:56.620 --> 00:02:59.030 I have a Gray Wolf. PhD.  
NOTE Confidence: 0.68355006

00:02:59.030 --> 00:03:01.030 Is Assiniboine an initial Nabi.

NOTE Confidence: 0.68355006

00:03:01.030 --> 00:03:03.000 She's a clinical psychologist with

NOTE Confidence: 0.68355006

00:03:03.000 --> 00:03:05.441 40 years of experience and has

NOTE Confidence: 0.68355006

00:03:05.441 --> 00:03:07.045 primarily served native peoples

NOTE Confidence: 0.68355006

00:03:07.045 --> 00:03:09.050 in rural and remote areas.

NOTE Confidence: 0.68355006

00:03:09.050 --> 00:03:10.994 She is committed to serving the

NOTE Confidence: 0.68355006

00:03:10.994 --> 00:03:13.246 underserved and is a trainer and

NOTE Confidence: 0.68355006

00:03:13.246 --> 00:03:15.018 consultant both nationally and

NOTE Confidence: 0.68355006

00:03:15.018 --> 00:03:17.731 internationally on a variety of health

NOTE Confidence: 0.68355006

00:03:17.731 --> 00:03:19.479 issues including complex trauma,

NOTE Confidence: 0.68355006

00:03:19.480 --> 00:03:21.080 Co occurring disorders, grief,

NOTE Confidence: 0.68355006

00:03:21.080 --> 00:03:21.880 clinical supervision,

NOTE Confidence: 0.68355006

00:03:21.880 --> 00:03:22.984 and indigenous resilience.

NOTE Confidence: 0.68355006

00:03:22.984 --> 00:03:25.560 Doctor Gray Wolf has served as a

NOTE Confidence: 0.68355006

00:03:25.626 --> 00:03:28.386 member and chair of the American

NOTE Confidence: 0.68355006

00:03:28.386 --> 00:03:29.306 Psychological Association.

NOTE Confidence: 0.68355006

00:03:29.310 --> 00:03:31.480 Committee on Ethnic minority Affairs,  
NOTE Confidence: 0.68355006

00:03:31.480 --> 00:03:35.104 Anaza member and chair of the  
NOTE Confidence: 0.68355006

00:03:35.104 --> 00:03:36.916 Ethnic minority affairs.  
NOTE Confidence: 0.68355006

00:03:36.920 --> 00:03:39.800 She was a member and chair of the AP,  
NOTE Confidence: 0.68355006

00:03:39.800 --> 00:03:41.400 a Committee on Rural Health,  
NOTE Confidence: 0.68355006

00:03:41.400 --> 00:03:43.320 a commissioner of the Alaska Commission  
NOTE Confidence: 0.68355006

00:03:43.320 --> 00:03:44.600 of Behavioral Health Certification,  
NOTE Confidence: 0.68355006

00:03:44.600 --> 00:03:47.736 and on the Alaska Board of Psychologists.  
NOTE Confidence: 0.68355006

00:03:47.740 --> 00:03:49.840 Doctor Gray Wolf is an AP,  
NOTE Confidence: 0.68355006

00:03:49.840 --> 00:03:50.540 a fellow.  
NOTE Confidence: 0.68355006

00:03:50.540 --> 00:03:52.990 She has served it on the AP,  
NOTE Confidence: 0.68355006

00:03:52.990 --> 00:03:55.090 a Commission of ethnic minority recruitment,  
NOTE Confidence: 0.68355006

00:03:55.090 --> 00:03:56.113 retention and training,  
NOTE Confidence: 0.68355006

00:03:56.113 --> 00:03:58.159 and the AP a committee on  
NOTE Confidence: 0.68355006

00:03:58.159 --> 00:03:58.940 Socioeconomic Status.  
NOTE Confidence: 0.68355006

00:03:58.940 --> 00:04:01.040 She's currently the president of the

NOTE Confidence: 0.68355006

00:04:01.040 --> 00:04:02.440 Society of Indigenous Psychologists,

NOTE Confidence: 0.68355006

00:04:02.440 --> 00:04:04.190 which is an organization that

NOTE Confidence: 0.68355006

00:04:04.190 --> 00:04:05.240 promotes the advancement.

NOTE Confidence: 0.8486705

00:04:05.240 --> 00:04:08.068 Will being in holistic health of Alaska

NOTE Confidence: 0.8486705

00:04:08.068 --> 00:04:10.380 Native and American Indian peoples.

NOTE Confidence: 0.8486705

00:04:10.380 --> 00:04:11.950 I'd also like to highlight

NOTE Confidence: 0.8486705

00:04:11.950 --> 00:04:13.520 that she's a well respected

NOTE Confidence: 0.8486705

00:04:13.578 --> 00:04:15.378 elder teacher community member,

NOTE Confidence: 0.8486705

00:04:15.380 --> 00:04:17.160 and she's a fiercely intelligent,

NOTE Confidence: 0.8486705

00:04:17.160 --> 00:04:19.730 skilled and compassionate human being.

NOTE Confidence: 0.8486705

00:04:19.730 --> 00:04:21.879 Even in preparation for this ground round,

NOTE Confidence: 0.8486705

00:04:21.880 --> 00:04:24.634 she said, don't take time to talk about me.

NOTE Confidence: 0.8486705

00:04:24.640 --> 00:04:26.180 Let's talk about our people,

NOTE Confidence: 0.8486705

00:04:26.180 --> 00:04:28.022 which really highlights her heart to

NOTE Confidence: 0.8486705

00:04:28.022 --> 00:04:30.170 God and thank you for being here.

NOTE Confidence: 0.8486705



00:04:30.170 --> 00:04:31.088 Doctor Gray Wolf.  
NOTE Confidence: 0.9311284

00:04:32.850 --> 00:04:35.769 Thank you all for that kind introduction.  
NOTE Confidence: 0.9311284

00:04:35.770 --> 00:04:37.821 I realize that our time is very  
NOTE Confidence: 0.9311284

00:04:37.821 --> 00:04:40.246 limited today and I know that we've  
NOTE Confidence: 0.9311284

00:04:40.246 --> 00:04:41.730 probably all experienced zoom  
NOTE Confidence: 0.9311284

00:04:41.730 --> 00:04:43.730 exhaustion and death by PowerPoint,  
NOTE Confidence: 0.9311284

00:04:43.730 --> 00:04:46.538 but this is the only way that I could  
NOTE Confidence: 0.9311284

00:04:46.538 --> 00:04:49.219 figure out how to squeeze in as much  
NOTE Confidence: 0.9311284

00:04:49.219 --> 00:04:51.339 information as I possibly could,  
NOTE Confidence: 0.9311284

00:04:51.340 --> 00:04:54.800 and so I would like to go through the slides.  
NOTE Confidence: 0.9311284

00:04:54.800 --> 00:04:57.536 But I also want you to know that the  
NOTE Confidence: 0.9311284

00:04:57.536 --> 00:04:59.821 slides are available if you want to  
NOTE Confidence: 0.9311284

00:04:59.821 --> 00:05:02.016 check out any of the information  
NOTE Confidence: 0.9311284

00:05:02.016 --> 00:05:04.136 that is presented in them.  
NOTE Confidence: 0.9311284

00:05:04.140 --> 00:05:06.306 There's a list of references.  
NOTE Confidence: 0.9311284

00:05:06.310 --> 00:05:09.397 At the end, and I also sent

NOTE Confidence: 0.9311284

00:05:09.397 --> 00:05:11.100 some optional kinds of.

NOTE Confidence: 0.9311284

00:05:11.100 --> 00:05:13.355 One is a traditional storyteller

NOTE Confidence: 0.9311284

00:05:13.355 --> 00:05:16.084 Lakota man that is telling a

NOTE Confidence: 0.9311284

00:05:16.084 --> 00:05:18.059 story in the traditional way,

NOTE Confidence: 0.9311284

00:05:18.060 --> 00:05:20.988 so it's an audio and a couple of

NOTE Confidence: 0.9311284

00:05:20.988 --> 00:05:24.312 DVD's that really have to do with

NOTE Confidence: 0.9311284

00:05:24.312 --> 00:05:26.316 colonization around the world,

NOTE Confidence: 0.9311284

00:05:26.320 --> 00:05:28.930 not just with our native populations.

NOTE Confidence: 0.9311284

00:05:28.930 --> 00:05:30.670 So let us begin.

NOTE Confidence: 0.8700267

00:05:33.400 --> 00:05:35.556 This first image is a bentwood box,

NOTE Confidence: 0.8700267

00:05:35.560 --> 00:05:37.569 and, as you can see from the

NOTE Confidence: 0.8700267

00:05:37.569 --> 00:05:39.270 left side of the screen,

NOTE Confidence: 0.8700267

00:05:39.270 --> 00:05:43.458 these slides have a very northwest. Kind of.

NOTE Confidence: 0.8700267

00:05:43.458 --> 00:05:46.490 Appeal this I spent many years in Alaska

NOTE Confidence: 0.8700267

00:05:46.568 --> 00:05:50.048 and particularly serving in Southeast Alaska,

NOTE Confidence: 0.8700267

00:05:50.050 --> 00:05:52.552 and things that were very valuable  
NOTE Confidence: 0.8700267

00:05:52.552 --> 00:05:54.740 are stored in bentwood boxes.  
NOTE Confidence: 0.8700267

00:05:54.740 --> 00:05:57.320 They're so watertight that they actually  
NOTE Confidence: 0.8700267

00:05:57.320 --> 00:06:00.278 carried water in canoe trips and travel,  
NOTE Confidence: 0.8700267

00:06:00.280 --> 00:06:03.255 and carried regalia in this particular story,  
NOTE Confidence: 0.8700267

00:06:03.260 --> 00:06:06.692 the Raven is the trickster, and it's he.  
NOTE Confidence: 0.8700267

00:06:06.692 --> 00:06:09.296 The character is used in multiple  
NOTE Confidence: 0.8700267

00:06:09.296 --> 00:06:12.144 legends and ways of teaching the  
NOTE Confidence: 0.8700267

00:06:12.144 --> 00:06:14.474 people about our human frailties.  
NOTE Confidence: 0.8700267

00:06:14.480 --> 00:06:16.210 Well, in this particular story,  
NOTE Confidence: 0.8700267

00:06:16.210 --> 00:06:18.625 Raven is a very curious little boy,  
NOTE Confidence: 0.8700267

00:06:18.630 --> 00:06:21.528 and the Grand Father tells him not to go  
NOTE Confidence: 0.8700267

00:06:21.528 --> 00:06:24.853 to the box that he can play with anything.  
NOTE Confidence: 0.8700267

00:06:24.860 --> 00:06:27.310 He can have anything but not too  
NOTE Confidence: 0.8700267

00:06:27.310 --> 00:06:28.670 bothered that particular box.  
NOTE Confidence: 0.8700267

00:06:28.670 --> 00:06:29.950 And so of course,

NOTE Confidence: 0.8700267

00:06:29.950 --> 00:06:33.440 that was like a magnet for him and he decided

NOTE Confidence: 0.8700267

00:06:33.440 --> 00:06:36.618 he was tired of stumbling around in the dark.

NOTE Confidence: 0.8700267

00:06:36.620 --> 00:06:39.690 And so he got into the box and he stole

NOTE Confidence: 0.8700267

00:06:39.774 --> 00:06:42.846 the sun and brought light to the world.

NOTE Confidence: 0.8700267

00:06:42.850 --> 00:06:44.650 And in this presentation I'm

NOTE Confidence: 0.8700267

00:06:44.650 --> 00:06:46.090 hoping to honor that.

NOTE Confidence: 0.8700267

00:06:46.090 --> 00:06:48.826 Our tradition of the oral tradition

NOTE Confidence: 0.8700267

00:06:48.826 --> 00:06:51.085 of storytelling and also to

NOTE Confidence: 0.8700267

00:06:51.085 --> 00:06:52.860 bring us out of darkness.

NOTE Confidence: 0.8700267

00:06:52.860 --> 00:06:55.056 Many of you are probably very

NOTE Confidence: 0.8700267

00:06:55.056 --> 00:06:57.062 unaware because of our education

NOTE Confidence: 0.8700267

00:06:57.062 --> 00:06:59.852 system about an accurate history of

NOTE Confidence: 0.8700267

00:06:59.852 --> 00:07:02.590 indigenous people in the United States.

NOTE Confidence: 0.8700267

00:07:02.590 --> 00:07:06.198 So let us begin.

NOTE Confidence: 0.8700267

00:07:06.200 --> 00:07:08.910 Great diversity across Indian country.

NOTE Confidence: 0.8700267

00:07:08.910 --> 00:07:10.632 I am Nekota,  
NOTE Confidence: 0.8700267

00:07:10.632 --> 00:07:13.502 which is Assiniboine with the  
NOTE Confidence: 0.8700267

00:07:13.502 --> 00:07:17.240 way that it was translated and.  
NOTE Confidence: 0.8700267

00:07:17.240 --> 00:07:20.060 As you can see, not it,  
NOTE Confidence: 0.8700267

00:07:20.060 --> 00:07:22.880 just from our tiny little representation.  
NOTE Confidence: 0.8700267

00:07:22.880 --> 00:07:25.230 Not all Indians look alike.  
NOTE Confidence: 0.8700267

00:07:25.230 --> 00:07:28.408 We have over we have 574 federally  
NOTE Confidence: 0.8700267

00:07:28.408 --> 00:07:31.339 recognized tribes in the United States.  
NOTE Confidence: 0.8700267

00:07:31.340 --> 00:07:34.295 We have 63 state recognized  
NOTE Confidence: 0.8700267

00:07:34.295 --> 00:07:37.250 tribes tribes in 11 states.  
NOTE Confidence: 0.8700267

00:07:37.250 --> 00:07:40.484 We it is vastly shrinking from just  
NOTE Confidence: 0.8700267

00:07:40.484 --> 00:07:44.034 a few years ago we had 200 / 200  
NOTE Confidence: 0.8700267

00:07:44.034 --> 00:07:45.970 Indigenous languages still being  
NOTE Confidence: 0.8700267

00:07:45.970 --> 00:07:49.210 spoken and now we only have 175.  
NOTE Confidence: 0.8700267

00:07:49.210 --> 00:07:50.906 And in this sense,  
NOTE Confidence: 0.8700267

00:07:50.906 --> 00:07:53.450 is the latest census 2.9 million

NOTE Confidence: 0.8700267

00:07:53.534 --> 00:07:56.109 people identified as only as

NOTE Confidence: 0.8700267

00:07:56.109 --> 00:07:58.684 American Indian or Alaska Native?

NOTE Confidence: 0.8700267

00:07:58.690 --> 00:08:01.469 And I also think Maria has posted

NOTE Confidence: 0.8700267

00:08:01.469 --> 00:08:05.398 or is going to post a link to

NOTE Confidence: 0.8700267

00:08:05.398 --> 00:08:07.514 doctor Doctor Donald Warren's

NOTE Confidence: 0.8700267

00:08:07.514 --> 00:08:10.521 presentation and he does a very

NOTE Confidence: 0.8700267

00:08:10.521 --> 00:08:12.901 nice job of explaining terminology.

NOTE Confidence: 0.8700267

00:08:12.910 --> 00:08:15.275 American Indian Native American First

NOTE Confidence: 0.8700267

00:08:15.275 --> 00:08:17.202 Nations, Aboriginal native people.

NOTE Confidence: 0.8700267

00:08:17.202 --> 00:08:20.106 So that would be an excellent.

NOTE Confidence: 0.8700267

00:08:20.110 --> 00:08:22.770 Presentation.

NOTE Confidence: 0.8700267

00:08:22.770 --> 00:08:25.668 Review and we have 2.3 million identifying

NOTE Confidence: 0.8700267

00:08:25.668 --> 00:08:28.820 as being mixed with some other ethnicity

NOTE Confidence: 0.8700267

00:08:28.820 --> 00:08:31.568 and American Indian or Alaska native.

NOTE Confidence: 0.8700267

00:08:31.570 --> 00:08:36.274 The group that I am going to.

NOTE Confidence: 0.8700267

00:08:36.280 --> 00:08:38.065 Probably put the heaviest concentration  
NOTE Confidence: 0.8700267

00:08:38.065 --> 00:08:40.928 on are the 22% that still live on  
NOTE Confidence: 0.8700267

00:08:40.928 --> 00:08:42.713 reservations or in Alaska villages?  
NOTE Confidence: 0.8700267

00:08:42.720 --> 00:08:45.226 And I think this is our most  
NOTE Confidence: 0.8700267

00:08:45.226 --> 00:08:45.942 underserved population.  
NOTE Confidence: 0.8700267

00:08:45.950 --> 00:08:47.021 We have underserved.  
NOTE Confidence: 0.8700267

00:08:47.021 --> 00:08:48.806 Certainly in our urban areas,  
NOTE Confidence: 0.8700267

00:08:48.810 --> 00:08:51.666 but the the reservation life in the village.  
NOTE Confidence: 0.8700267

00:08:51.670 --> 00:08:53.734 Life is very different and so  
NOTE Confidence: 0.8700267

00:08:53.734 --> 00:08:56.286 I'd like to spend as much time  
NOTE Confidence: 0.8700267

00:08:56.286 --> 00:08:58.116 as I can highlighting that.  
NOTE Confidence: 0.89789855

00:09:02.240 --> 00:09:05.336 I thought history was a great place to start,  
NOTE Confidence: 0.89789855

00:09:05.340 --> 00:09:08.112 and as we went over the slides we decided  
NOTE Confidence: 0.89789855

00:09:08.112 --> 00:09:11.172 that it might be more effective for us to  
NOTE Confidence: 0.89789855

00:09:11.172 --> 00:09:13.589 start talking about what is successful.  
NOTE Confidence: 0.89789855

00:09:13.590 --> 00:09:16.012 What helps a practitioner be successful in

NOTE Confidence: 0.89789855

00:09:16.012 --> 00:09:18.844 working in a native community and then to

NOTE Confidence: 0.89789855

00:09:18.844 --> 00:09:21.619 talk about the history and then to really

NOTE Confidence: 0.89789855

00:09:21.619 --> 00:09:24.501 emphasize it is all three branches of our

NOTE Confidence: 0.89789855

00:09:24.501 --> 00:09:28.047 government that impact native people today.

NOTE Confidence: 0.89789855

00:09:28.050 --> 00:09:30.850 And this is just a reference point.

NOTE Confidence: 0.89789855

00:09:30.850 --> 00:09:32.450 You're probably all very

NOTE Confidence: 0.89789855

00:09:32.450 --> 00:09:34.450 familiar with this about culture,

NOTE Confidence: 0.89789855

00:09:34.450 --> 00:09:39.355 and we're going to focus on the world view.

NOTE Confidence: 0.89789855

00:09:39.360 --> 00:09:41.663 And the cultural competence is really it's

NOTE Confidence: 0.89789855

00:09:41.663 --> 00:09:43.860 what our northern relatives talk about.

NOTE Confidence: 0.89789855

00:09:43.860 --> 00:09:44.895 Two I'd seen.

NOTE Confidence: 0.89789855

00:09:44.895 --> 00:09:46.864 In other words, you're taking,

NOTE Confidence: 0.89789855

00:09:46.864 --> 00:09:48.732 you're seeing through the

NOTE Confidence: 0.89789855

00:09:48.732 --> 00:09:51.290 eyes of your western trained.

NOTE Confidence: 0.89789855

00:09:51.290 --> 00:09:53.810 Mind all of those skills that you've

NOTE Confidence: 0.89789855



00:09:53.810 --> 00:09:55.654 been developing and you're also  
NOTE Confidence: 0.89789855

00:09:55.654 --> 00:09:57.736 looking at what is traditional and  
NOTE Confidence: 0.89789855

00:09:57.736 --> 00:10:00.106 what is has been working in that.  
NOTE Confidence: 0.89789855

00:10:00.110 --> 00:10:02.777 Unity for a long period of time,  
NOTE Confidence: 0.89789855

00:10:02.780 --> 00:10:05.072 so you're valuing both as you're  
NOTE Confidence: 0.89789855

00:10:05.072 --> 00:10:06.218 approaching your services.  
NOTE Confidence: 0.87991565

00:10:09.150 --> 00:10:10.774 Recognizing the traditional world  
NOTE Confidence: 0.87991565

00:10:10.774 --> 00:10:13.210 views and concepts at one time,  
NOTE Confidence: 0.87991565

00:10:13.210 --> 00:10:15.424 I taught a course called the  
NOTE Confidence: 0.87991565

00:10:15.424 --> 00:10:17.444 Native ways of knowing and  
NOTE Confidence: 0.87991565

00:10:17.444 --> 00:10:19.300 Alaska was very progressive.  
NOTE Confidence: 0.87991565

00:10:19.300 --> 00:10:21.140 The University made that the  
NOTE Confidence: 0.87991565

00:10:21.140 --> 00:10:22.980 first required course in their  
NOTE Confidence: 0.87991565

00:10:23.045 --> 00:10:24.977 graduate program in psychology,  
NOTE Confidence: 0.87991565

00:10:24.980 --> 00:10:29.040 and so you had to have this one to begin.  
NOTE Confidence: 0.8840173

00:10:31.950 --> 00:10:34.589 This first one you may have heard

NOTE Confidence: 0.8840173  
00:10:34.589 --> 00:10:37.050 before me talk Oh yeah, Oh yeah,  
NOTE Confidence: 0.8840173  
00:10:37.050 --> 00:10:39.530 I seen said it translates to we are  
NOTE Confidence: 0.8840173  
00:10:39.604 --> 00:10:41.932 all related and this isn't talking  
NOTE Confidence: 0.8840173  
00:10:41.932 --> 00:10:44.260 just about our human relatives.  
NOTE Confidence: 0.8840173  
00:10:44.260 --> 00:10:46.936 It is talking about our relationship  
NOTE Confidence: 0.8840173  
00:10:46.936 --> 00:10:49.715 with the land with the animals  
NOTE Confidence: 0.8840173  
00:10:49.715 --> 00:10:51.975 with all all living beings.  
NOTE Confidence: 0.8840173  
00:10:51.980 --> 00:10:53.990 And this is a constant reminder.  
NOTE Confidence: 0.8840173  
00:10:53.990 --> 00:10:54.995 Almost every prayer,  
NOTE Confidence: 0.8840173  
00:10:54.995 --> 00:10:57.005 if you're in the plain states,  
NOTE Confidence: 0.8840173  
00:10:57.010 --> 00:10:58.294 you will hear them.  
NOTE Confidence: 0.8840173  
00:10:58.294 --> 00:10:59.899 And with this praise or  
NOTE Confidence: 0.8840173  
00:10:59.899 --> 00:11:01.697 they will translate it to.  
NOTE Confidence: 0.8840173  
00:11:01.700 --> 00:11:03.040 We are all related.  
NOTE Confidence: 0.9098329  
00:11:05.200 --> 00:11:07.760 And when we're looking at.  
NOTE Confidence: 0.9098329

00:11:07.760 --> 00:11:10.544 Self, it's a very different orientation  
NOTE Confidence: 0.9098329

00:11:10.544 --> 00:11:13.599 and that we're looking at our history.  
NOTE Confidence: 0.9098329

00:11:13.600 --> 00:11:16.165 It's looking 7 generations back  
NOTE Confidence: 0.9098329

00:11:16.165 --> 00:11:18.217 and seven generations forward.  
NOTE Confidence: 0.9098329

00:11:18.220 --> 00:11:20.610 So it's always at relationship.  
NOTE Confidence: 0.9098329

00:11:20.610 --> 00:11:22.518 Acknowledge your ancestors and  
NOTE Confidence: 0.9098329

00:11:22.518 --> 00:11:24.903 thinking ahead for your children,  
NOTE Confidence: 0.9098329

00:11:24.910 --> 00:11:25.866 your grandchildren,  
NOTE Confidence: 0.9098329

00:11:25.866 --> 00:11:28.734 and so on through the generations.  
NOTE Confidence: 0.8360545

00:11:31.930 --> 00:11:34.698 As part of healing.  
NOTE Confidence: 0.8360545

00:11:34.700 --> 00:11:36.212 It's incredibly important that  
NOTE Confidence: 0.8360545

00:11:36.212 --> 00:11:37.724 we recognize our interdependence,  
NOTE Confidence: 0.8360545

00:11:37.730 --> 00:11:40.514 and there is a very strong sense of  
NOTE Confidence: 0.8360545

00:11:40.514 --> 00:11:42.876 community in healing ceremonies that it  
NOTE Confidence: 0.8360545

00:11:42.876 --> 00:11:46.069 may be people that you don't even know.  
NOTE Confidence: 0.8360545

00:11:46.070 --> 00:11:49.094 You may have seen them in the community,

NOTE Confidence: 0.8360545

00:11:49.100 --> 00:11:51.380 but you do not know them.

NOTE Confidence: 0.8360545

00:11:51.380 --> 00:11:53.648 That will come and support you,

NOTE Confidence: 0.8360545

00:11:53.650 --> 00:11:55.696 and in your healing experience there

NOTE Confidence: 0.8360545

00:11:55.696 --> 00:11:58.200 is very much that communal support.

NOTE Confidence: 0.8536061

00:12:02.680 --> 00:12:05.615 Oftentimes were sent back into

NOTE Confidence: 0.8536061

00:12:05.615 --> 00:12:10.260 nature to learn. To learn.

NOTE Confidence: 0.8536061

00:12:10.260 --> 00:12:12.815 I think part of it is humility.

NOTE Confidence: 0.8536061

00:12:12.820 --> 00:12:15.420 For example, even if we were to go

NOTE Confidence: 0.8536061

00:12:15.420 --> 00:12:18.490 out on what they call Humble Asia or

NOTE Confidence: 0.8536061

00:12:18.490 --> 00:12:21.238 crying for a vision that you fast,

NOTE Confidence: 0.8536061

00:12:21.240 --> 00:12:24.144 you have no food or water for it's

NOTE Confidence: 0.8536061

00:12:24.144 --> 00:12:26.342 usually three or four days and

NOTE Confidence: 0.8536061

00:12:26.342 --> 00:12:28.881 you're there to pray and that you

NOTE Confidence: 0.8536061

00:12:28.881 --> 00:12:31.478 are not harm any anything in any

NOTE Confidence: 0.8536061

00:12:31.478 --> 00:12:33.372 living being in that environment.

NOTE Confidence: 0.8536061

00:12:33.372 --> 00:12:35.676 And so while you're there with  
NOTE Confidence: 0.8536061

00:12:35.676 --> 00:12:39.430 no food or no water, you maybe.  
NOTE Confidence: 0.8536061

00:12:39.430 --> 00:12:41.458 Have mosquitoes that are bothering you,  
NOTE Confidence: 0.8536061

00:12:41.460 --> 00:12:43.150 but it's important for you,  
NOTE Confidence: 0.8536061

00:12:43.150 --> 00:12:45.694 not even to take the life not to  
NOTE Confidence: 0.8536061

00:12:45.694 --> 00:12:48.082 spill the blood. Even of a mosquito.  
NOTE Confidence: 0.8536061

00:12:48.082 --> 00:12:50.301 So very important that we are always  
NOTE Confidence: 0.8536061

00:12:50.301 --> 00:12:52.681 looking at the gifts that we receive  
NOTE Confidence: 0.8536061

00:12:52.681 --> 00:12:54.856 from nature and recognizing how very  
NOTE Confidence: 0.8536061

00:12:54.856 --> 00:12:57.317 important each one of those gifts are.  
NOTE Confidence: 0.8536061

00:12:57.317 --> 00:12:57.931 For example,  
NOTE Confidence: 0.8536061

00:12:57.931 --> 00:13:00.080 if you're roasting in your in the  
NOTE Confidence: 0.8536061

00:13:00.149 --> 00:13:02.079 bright sunshine in your fasting,  
NOTE Confidence: 0.8536061

00:13:02.080 --> 00:13:04.565 just that little grease can mean so  
NOTE Confidence: 0.8536061

00:13:04.565 --> 00:13:07.516 much to you so it keeps taking you  
NOTE Confidence: 0.8536061

00:13:07.516 --> 00:13:10.148 back and realizing what a small speck

NOTE Confidence: 0.8536061

00:13:10.148 --> 00:13:13.108 we are in the whole scheme of things.

NOTE Confidence: 0.8536061

00:13:13.110 --> 00:13:15.180 We're nothing yet,

NOTE Confidence: 0.8536061

00:13:15.180 --> 00:13:16.560 we're everything.

NOTE Confidence: 0.8536061

00:13:16.560 --> 00:13:18.730 And the appreciation of spirit.

NOTE Confidence: 0.8536061

00:13:18.730 --> 00:13:21.954 This is one that it often takes people

NOTE Confidence: 0.8536061

00:13:21.954 --> 00:13:25.370 from a western perspective of back.

NOTE Confidence: 0.8536061

00:13:25.370 --> 00:13:26.392 For example,

NOTE Confidence: 0.8536061

00:13:26.392 --> 00:13:28.947 we have treated traditional healers

NOTE Confidence: 0.8536061

00:13:28.947 --> 00:13:31.536 that may have healing ceremonies

NOTE Confidence: 0.8536061

00:13:31.536 --> 00:13:34.452 and offered tease or other things

NOTE Confidence: 0.8536061

00:13:34.452 --> 00:13:37.158 to the person being healed.

NOTE Confidence: 0.8536061

00:13:37.160 --> 00:13:39.337 And it is gotten to the point

NOTE Confidence: 0.8536061

00:13:39.337 --> 00:13:41.458 where our elders are our people

NOTE Confidence: 0.8536061

00:13:41.458 --> 00:13:43.318 that carry the medicine stay.

NOTE Confidence: 0.8536061

00:13:43.320 --> 00:13:47.550 I will help you, but you must not tell.

NOTE Confidence: 0.8536061

00:13:47.550 --> 00:13:49.237 Any of your doctors about what I  
NOTE Confidence: 0.8536061

00:13:49.237 --> 00:13:51.167 am doing and sometimes they will  
NOTE Confidence: 0.8536061

00:13:51.167 --> 00:13:52.699 give you different directions,  
NOTE Confidence: 0.8536061

00:13:52.700 --> 00:13:55.088 but this is a typical one.  
NOTE Confidence: 0.8536061

00:13:55.090 --> 00:13:56.890 Because then the doctors want  
NOTE Confidence: 0.8536061

00:13:56.890 --> 00:13:59.329 to analyze what is in the tea,  
NOTE Confidence: 0.8536061

00:13:59.330 --> 00:14:01.731 what is in this and not understanding  
NOTE Confidence: 0.8536061

00:14:01.731 --> 00:14:04.894 it is the prayer and it is the spirit  
NOTE Confidence: 0.8536061

00:14:04.894 --> 00:14:07.412 that is the healing element for the  
NOTE Confidence: 0.8536061

00:14:07.412 --> 00:14:09.911 person as well as that the teeth,  
NOTE Confidence: 0.8536061

00:14:09.920 --> 00:14:11.680 the teacher, whatever is given,  
NOTE Confidence: 0.8536061

00:14:11.680 --> 00:14:13.092 always appreciating the spirit  
NOTE Confidence: 0.8536061

00:14:13.092 --> 00:14:14.857 of what is around us.  
NOTE Confidence: 0.87693024

00:14:17.080 --> 00:14:18.548 And it's very important.  
NOTE Confidence: 0.87693024

00:14:18.548 --> 00:14:21.128 Found the mindset that we don't look  
NOTE Confidence: 0.87693024

00:14:21.128 --> 00:14:23.576 so much at the symptom as the source.

NOTE Confidence: 0.87693024

00:14:23.580 --> 00:14:25.036 We're constantly looking at.

NOTE Confidence: 0.87693024

00:14:25.036 --> 00:14:26.856 What is the deeper source

NOTE Confidence: 0.87693024

00:14:26.856 --> 00:14:28.368 of what is going on?

NOTE Confidence: 0.87693024

00:14:28.370 --> 00:14:30.642 Anna, part of that for all of us

NOTE Confidence: 0.87693024

00:14:30.642 --> 00:14:33.148 that are in this healing profession,

NOTE Confidence: 0.87693024

00:14:33.150 --> 00:14:35.257 is making sure that we have that

NOTE Confidence: 0.87693024

00:14:35.257 --> 00:14:37.023 kind of essential training on

NOTE Confidence: 0.87693024

00:14:37.023 --> 00:14:38.627 the impacts of colonization.

NOTE Confidence: 0.87693024

00:14:38.630 --> 00:14:41.003 And this is really not exclusive to

NOTE Confidence: 0.87693024

00:14:41.003 --> 00:14:43.409 native people here in the United States,

NOTE Confidence: 0.87693024

00:14:43.410 --> 00:14:45.120 this is around the world.

NOTE Confidence: 0.87693024

00:14:45.120 --> 00:14:47.178 It doesn't matter if it's Greenland,

NOTE Confidence: 0.87693024

00:14:47.180 --> 00:14:49.280 if it is New Zealand.

NOTE Confidence: 0.87693024

00:14:49.280 --> 00:14:51.335 Australia we see the same

NOTE Confidence: 0.87693024

00:14:51.335 --> 00:14:52.979 kind of dynamics happening.

NOTE Confidence: 0.8849153



00:14:55.520 --> 00:14:57.705 We have quite the legacy  
NOTE Confidence: 0.8849153

00:14:57.705 --> 00:14:59.453 of violence and trauma.  
NOTE Confidence: 0.8849153

00:14:59.460 --> 00:15:02.414 As native people we have a lot  
NOTE Confidence: 0.8849153

00:15:02.414 --> 00:15:04.542 of government policies which I'm  
NOTE Confidence: 0.8849153

00:15:04.542 --> 00:15:06.882 going to talk about at another  
NOTE Confidence: 0.8849153

00:15:06.882 --> 00:15:09.100 later in the presentation.  
NOTE Confidence: 0.8849153

00:15:09.100 --> 00:15:11.644 The you're probably quite familiar with  
NOTE Confidence: 0.8849153

00:15:11.644 --> 00:15:13.920 this stories about boarding schools,  
NOTE Confidence: 0.8849153

00:15:13.920 --> 00:15:16.410 and this was very disruptive because  
NOTE Confidence: 0.8849153

00:15:16.410 --> 00:15:19.061 I have three grandparents that were  
NOTE Confidence: 0.8849153

00:15:19.061 --> 00:15:21.356 essentially raised in boarding school.  
NOTE Confidence: 0.8849153

00:15:21.360 --> 00:15:24.976 My grandparents were born in the late 1800s.  
NOTE Confidence: 0.8849153

00:15:24.980 --> 00:15:27.614 And spent their young years in  
NOTE Confidence: 0.8849153

00:15:27.614 --> 00:15:30.276 boarding school from about six years  
NOTE Confidence: 0.8849153

00:15:30.276 --> 00:15:32.760 old until they were young adults.  
NOTE Confidence: 0.8849153

00:15:32.760 --> 00:15:34.053 And of course,

NOTE Confidence: 0.8849153

00:15:34.053 --> 00:15:36.208 in a boarding school situation.

NOTE Confidence: 0.8849153

00:15:36.210 --> 00:15:40.068 You don't have that exposure to.

NOTE Confidence: 0.8849153

00:15:40.070 --> 00:15:41.960 The culture the traditional parenting.

NOTE Confidence: 0.8849153

00:15:41.960 --> 00:15:44.240 There are many things that

NOTE Confidence: 0.8849153

00:15:44.240 --> 00:15:46.910 are lost in this and so.

NOTE Confidence: 0.8849153

00:15:46.910 --> 00:15:48.926 We adapt and we fill in

NOTE Confidence: 0.8849153

00:15:48.926 --> 00:15:50.270 the best way possible,

NOTE Confidence: 0.8849153

00:15:50.270 --> 00:15:52.988 but we look at what has been learned and

NOTE Confidence: 0.8849153

00:15:52.988 --> 00:15:55.978 what is being passed to the next generation.

NOTE Confidence: 0.8849153

00:15:55.980 --> 00:15:58.076 We have a lot of unresolved grief and

NOTE Confidence: 0.8849153

00:15:58.076 --> 00:15:59.960 what has been termed generational

NOTE Confidence: 0.8849153

00:15:59.960 --> 00:16:01.688 trauma or historical trauma.

NOTE Confidence: 0.8849153

00:16:01.690 --> 00:16:04.966 And this is a piece that.

NOTE Confidence: 0.8849153

00:16:04.970 --> 00:16:06.548 If we're doing a good job,

NOTE Confidence: 0.8849153

00:16:06.550 --> 00:16:07.849 we cannot ignore.

NOTE Confidence: 0.8849153

00:16:07.849 --> 00:16:10.880 And so these each one of these  
NOTE Confidence: 0.8849153

00:16:10.974 --> 00:16:12.958 things carry a burden.  
NOTE Confidence: 0.8849153

00:16:12.960 --> 00:16:16.789 So if you can imagine in your  
NOTE Confidence: 0.8849153

00:16:16.789 --> 00:16:19.200 mind a person with.  
NOTE Confidence: 0.8849153

00:16:19.200 --> 00:16:21.492 A blanket like holding a blanket  
NOTE Confidence: 0.8849153

00:16:21.492 --> 00:16:24.020 like a bag on their back.  
NOTE Confidence: 0.8849153

00:16:24.020 --> 00:16:25.360 As you're carrying this bag,  
NOTE Confidence: 0.8849153

00:16:25.360 --> 00:16:27.763 you can see that when we talk about trauma,  
NOTE Confidence: 0.8849153

00:16:27.770 --> 00:16:29.914 each of these pieces going in that bag,  
NOTE Confidence: 0.8849153

00:16:29.920 --> 00:16:31.516 and the burden that is carried.  
NOTE Confidence: 0.8795858

00:16:34.060 --> 00:16:36.538 So we have ongoing negative responses  
NOTE Confidence: 0.8795858

00:16:36.538 --> 00:16:39.002 that have been well documented and  
NOTE Confidence: 0.8795858

00:16:39.002 --> 00:16:41.585 we have a lot of stereotypes that  
NOTE Confidence: 0.8795858

00:16:41.585 --> 00:16:43.857 we are challenged by oftentimes  
NOTE Confidence: 0.8795858

00:16:43.857 --> 00:16:46.593 will hear about the drunken Indian  
NOTE Confidence: 0.8795858

00:16:46.600 --> 00:16:49.108 we hear about the extreme poverty.

NOTE Confidence: 0.8795858

00:16:49.110 --> 00:16:51.931 We have a lot of blaming people

NOTE Confidence: 0.8795858

00:16:51.931 --> 00:16:54.538 for the condition that they're in,

NOTE Confidence: 0.8795858

00:16:54.540 --> 00:16:56.958 and so these are all things

NOTE Confidence: 0.8795858

00:16:56.958 --> 00:16:59.140 that we keep in mind.

NOTE Confidence: 0.8947453

00:17:02.740 --> 00:17:04.760 This I like this term.

NOTE Confidence: 0.8947453

00:17:04.760 --> 00:17:07.150 Actually this colonial trauma response

NOTE Confidence: 0.8947453

00:17:07.150 --> 00:17:10.733 that is in bold because it is you

NOTE Confidence: 0.8947453

00:17:10.733 --> 00:17:13.323 have a current event that connects you

NOTE Confidence: 0.8947453

00:17:13.406 --> 00:17:16.182 to what is happened in the past and

NOTE Confidence: 0.8947453

00:17:16.182 --> 00:17:18.900 it's much like going to a funeral.

NOTE Confidence: 0.8947453

00:17:18.900 --> 00:17:23.387 And even though it may be it's.

NOTE Confidence: 0.8947453

00:17:23.390 --> 00:17:25.520 Someone elses child that you're going

NOTE Confidence: 0.8947453

00:17:25.520 --> 00:17:28.388 to that funeral all of a sudden when

NOTE Confidence: 0.8947453

00:17:28.388 --> 00:17:30.118 you're in that funeral situation,

NOTE Confidence: 0.8947453

00:17:30.120 --> 00:17:32.034 you start thinking about the losses

NOTE Confidence: 0.8947453

00:17:32.034 --> 00:17:34.010 that you personally have experienced.  
NOTE Confidence: 0.8947453

00:17:34.010 --> 00:17:35.602 It's a normal reaction.  
NOTE Confidence: 0.8947453

00:17:35.602 --> 00:17:37.990 And as you think about that,  
NOTE Confidence: 0.8947453

00:17:37.990 --> 00:17:39.058 you transfer that to.  
NOTE Confidence: 0.8947453

00:17:39.058 --> 00:17:41.425 What is this like for a native person  
NOTE Confidence: 0.8947453

00:17:41.425 --> 00:17:43.525 who witnesses all of these different  
NOTE Confidence: 0.8947453

00:17:43.525 --> 00:17:46.012 kinds of things happening on an ongoing  
NOTE Confidence: 0.8947453

00:17:46.012 --> 00:17:49.420 basis with the history that they carry?  
NOTE Confidence: 0.8947453

00:17:49.420 --> 00:17:51.742 And as I go through the history of me,  
NOTE Confidence: 0.8947453

00:17:51.750 --> 00:17:54.498 become more clear.  
NOTE Confidence: 0.8947453

00:17:54.500 --> 00:17:58.988 I think what is really important to remember.  
NOTE Confidence: 0.8947453

00:17:58.990 --> 00:18:00.946 Is that we have a tremendous  
NOTE Confidence: 0.8947453

00:18:00.946 --> 00:18:01.924 number of challenges,  
NOTE Confidence: 0.8947453

00:18:01.930 --> 00:18:04.190 like many groups of people.  
NOTE Confidence: 0.8947453

00:18:04.190 --> 00:18:05.159 But we remain.  
NOTE Confidence: 0.8947453

00:18:05.159 --> 00:18:07.420 There are many of us that remain

NOTE Confidence: 0.8947453

00:18:07.491 --> 00:18:09.759 optimistic during this adversity,

NOTE Confidence: 0.8947453

00:18:09.760 --> 00:18:12.760 and we are able to.

NOTE Confidence: 0.8947453

00:18:12.760 --> 00:18:15.368 Keep going and we are able to thrive

NOTE Confidence: 0.8947453

00:18:15.368 --> 00:18:18.132 and this is related to our spirituality

NOTE Confidence: 0.8947453

00:18:18.132 --> 00:18:20.690 on the compassion for all living

NOTE Confidence: 0.8947453

00:18:20.690 --> 00:18:22.930 beings that empathy and humor.

NOTE Confidence: 0.8947453

00:18:22.930 --> 00:18:24.494 And sometimes you think.

NOTE Confidence: 0.8947453

00:18:24.494 --> 00:18:26.449 How can it be humorous?

NOTE Confidence: 0.8947453

00:18:26.450 --> 00:18:29.019 But in the darkest times we find

NOTE Confidence: 0.8947453

00:18:29.019 --> 00:18:31.530 something to laugh about and this

NOTE Confidence: 0.8947453

00:18:31.530 --> 00:18:33.760 communal kind of strength where

NOTE Confidence: 0.8947453

00:18:33.760 --> 00:18:35.416 they're calling it friendships

NOTE Confidence: 0.8947453

00:18:35.416 --> 00:18:37.831 with fam family and I think it

NOTE Confidence: 0.8947453

00:18:37.831 --> 00:18:40.135 is that larger sense of community

NOTE Confidence: 0.8947453

00:18:40.135 --> 00:18:42.090 that really keeps us going.

NOTE Confidence: 0.861574612

00:18:46.900 --> 00:18:48.424 So helping us heal.  
NOTE Confidence: 0.861574612

00:18:48.424 --> 00:18:50.329 I think the first essential  
NOTE Confidence: 0.861574612

00:18:50.329 --> 00:18:52.770 piece is having that the knowing  
NOTE Confidence: 0.861574612

00:18:52.770 --> 00:18:54.750 the history are US education  
NOTE Confidence: 0.861574612

00:18:54.824 --> 00:18:56.852 system has done a very poor  
NOTE Confidence: 0.861574612

00:18:56.852 --> 00:19:00.690 job in educating us about the.  
NOTE Confidence: 0.861574612

00:19:00.690 --> 00:19:02.560 The realities of what we  
NOTE Confidence: 0.861574612

00:19:02.560 --> 00:19:04.430 have done as a country.  
NOTE Confidence: 0.8855514

00:19:06.880 --> 00:19:09.416 Understanding the history helps  
NOTE Confidence: 0.8855514

00:19:09.416 --> 00:19:14.001 you give that context and put the  
NOTE Confidence: 0.8855514

00:19:14.001 --> 00:19:17.376 current situation gives it meaning.  
NOTE Confidence: 0.8855514

00:19:17.380 --> 00:19:20.180 One the thing that is off putting is  
NOTE Confidence: 0.8855514

00:19:20.180 --> 00:19:23.003 that people have had rotating providers  
NOTE Confidence: 0.8855514

00:19:23.003 --> 00:19:25.558 come through our small communities.  
NOTE Confidence: 0.8855514

00:19:25.560 --> 00:19:27.996 And there is a lot of mistrust.  
NOTE Confidence: 0.8855514

00:19:28.000 --> 00:19:30.776 A lot of white. Should I really be?

NOTE Confidence: 0.8855514

00:19:30.780 --> 00:19:32.910 Why am I disclosing these things

NOTE Confidence: 0.8855514

00:19:32.910 --> 00:19:35.734 that are so close to my heart when

NOTE Confidence: 0.8855514

00:19:35.734 --> 00:19:37.732 this person is going to leave?

NOTE Confidence: 0.8855514

00:19:37.740 --> 00:19:40.176 This person isn't going to be here.

NOTE Confidence: 0.8855514

00:19:40.180 --> 00:19:42.946 Sometimes it comes across as being

NOTE Confidence: 0.8855514

00:19:42.946 --> 00:19:45.220 angry and really understanding that.

NOTE Confidence: 0.8855514

00:19:45.220 --> 00:19:47.586 That kind of response may have protected

NOTE Confidence: 0.8855514

00:19:47.586 --> 00:19:49.769 that person in another situation,

NOTE Confidence: 0.8855514

00:19:49.770 --> 00:19:52.087 but it it can be something different

NOTE Confidence: 0.8855514

00:19:52.087 --> 00:19:54.699 now and we oftentimes will model.

NOTE Confidence: 0.8855514

00:19:54.700 --> 00:19:57.352 How do we handle when people

NOTE Confidence: 0.8855514

00:19:57.352 --> 00:19:59.490 throw their anger at us?

NOTE Confidence: 0.8855514

00:19:59.490 --> 00:20:01.080 We have that. Opportunity to model.

NOTE Confidence: 0.8855514

00:20:01.080 --> 00:20:04.060 How do we respond to that in a good way,

NOTE Confidence: 0.8855514

00:20:04.060 --> 00:20:05.260 in a healthy way?

NOTE Confidence: 0.8675047



00:20:08.950 --> 00:20:11.165 We oftentimes aren't hearing about

NOTE Confidence: 0.8675047

00:20:11.165 --> 00:20:13.380 the resilience among native people,

NOTE Confidence: 0.8675047

00:20:13.380 --> 00:20:16.481 and I I told I mentioned the

NOTE Confidence: 0.8675047

00:20:16.481 --> 00:20:17.810 drunken Indian stereotype.

NOTE Confidence: 0.8675047

00:20:17.810 --> 00:20:20.624 We also have a very high number

NOTE Confidence: 0.8675047

00:20:20.624 --> 00:20:22.865 of people that are completely

NOTE Confidence: 0.8675047

00:20:22.865 --> 00:20:25.225 abstinent and I think that's

NOTE Confidence: 0.8675047

00:20:25.225 --> 00:20:28.129 also to be acknowledged so.

NOTE Confidence: 0.8675047

00:20:28.130 --> 00:20:31.046 There's a study out of Arizona

NOTE Confidence: 0.8675047

00:20:31.046 --> 00:20:32.504 that talked about.

NOTE Confidence: 0.8675047

00:20:32.510 --> 00:20:34.838 We actually had higher rates of

NOTE Confidence: 0.8675047

00:20:34.838 --> 00:20:36.390 abstinence then needed women,

NOTE Confidence: 0.8675047

00:20:36.390 --> 00:20:39.106 then some of the non native women.

NOTE Confidence: 0.87300307

00:20:41.130 --> 00:20:43.692 K, that's how and why did it

NOTE Confidence: 0.87300307

00:20:43.692 --> 00:20:45.500 then behaviors are learned.

NOTE Confidence: 0.87300307

00:20:45.500 --> 00:20:47.887 This last part is no one is

NOTE Confidence: 0.87300307

00:20:47.887 --> 00:20:50.360 asking anyone to convert to take

NOTE Confidence: 0.87300307

00:20:50.360 --> 00:20:52.640 on someone elses belief system,

NOTE Confidence: 0.87300307

00:20:52.640 --> 00:20:55.356 but it is asking that you respect

NOTE Confidence: 0.87300307

00:20:55.356 --> 00:20:57.895 that and understand that that the

NOTE Confidence: 0.87300307

00:20:57.895 --> 00:21:00.055 healing rituals ceremonies may be

NOTE Confidence: 0.87300307

00:21:00.055 --> 00:21:03.238 things that are very helpful to the

NOTE Confidence: 0.87300307

00:21:03.238 --> 00:21:05.030 individual that you're serving.

NOTE Confidence: 0.87300307

00:21:05.030 --> 00:21:07.846 And we have had some of our doctors

NOTE Confidence: 0.87300307

00:21:07.846 --> 00:21:09.930 go through Sundance with us,

NOTE Confidence: 0.87300307

00:21:09.930 --> 00:21:12.597 so this isn't an unusual thing that

NOTE Confidence: 0.87300307

00:21:12.597 --> 00:21:15.099 people that are non native come in

NOTE Confidence: 0.87300307

00:21:15.099 --> 00:21:17.850 and become a part of the community.

NOTE Confidence: 0.87300307

00:21:17.850 --> 00:21:20.178 And that actually is the best

NOTE Confidence: 0.87300307

00:21:20.178 --> 00:21:23.243 way to be accepted is to come in

NOTE Confidence: 0.87300307

00:21:23.243 --> 00:21:25.379 with that attitude that we can

NOTE Confidence: 0.87300307

00:21:25.463 --> 00:21:27.647 learn and become a part of.  
NOTE Confidence: 0.87300307

00:21:27.650 --> 00:21:30.289 Roll up our sleeves and help out.  
NOTE Confidence: 0.8960611

00:21:35.060 --> 00:21:37.232 This one remember you are the  
NOTE Confidence: 0.8960611

00:21:37.232 --> 00:21:39.790 guest came from one of our allies.  
NOTE Confidence: 0.8960611

00:21:39.790 --> 00:21:42.331 We had a psychiatrist that was going  
NOTE Confidence: 0.8960611

00:21:42.331 --> 00:21:45.348 to set us straight and going to tell  
NOTE Confidence: 0.8960611

00:21:45.348 --> 00:21:48.894 us what we needed to do and had been  
NOTE Confidence: 0.8960611

00:21:48.894 --> 00:21:51.306 in the community only three months.  
NOTE Confidence: 0.8960611

00:21:51.310 --> 00:21:54.238 And one of our white allies on other  
NOTE Confidence: 0.8960611

00:21:54.238 --> 00:21:56.669 psychologist said you have to remember that  
NOTE Confidence: 0.8960611

00:21:56.669 --> 00:21:59.660 when you're a guest in someone elses home,  
NOTE Confidence: 0.8960611

00:21:59.660 --> 00:22:02.324 you don't come in and start  
NOTE Confidence: 0.8960611

00:22:02.324 --> 00:22:03.656 rearranging the furniture.  
NOTE Confidence: 0.8960611

00:22:03.660 --> 00:22:05.420 And I thought, beautiful,  
NOTE Confidence: 0.8960611

00:22:05.420 --> 00:22:08.900 beautiful and that really is the way it is.  
NOTE Confidence: 0.8960611

00:22:08.900 --> 00:22:11.270 Even though I'm what they call

NOTE Confidence: 0.8960611

00:22:11.270 --> 00:22:13.739 in Alaska or Lower 48 Indian.

NOTE Confidence: 0.8960611

00:22:13.740 --> 00:22:17.770 When I'm in Alaska and I go to a village,

NOTE Confidence: 0.8960611

00:22:17.770 --> 00:22:20.584 I always remember I am the guest.

NOTE Confidence: 0.8960611

00:22:20.590 --> 00:22:23.806 I am there at their invitation to learn.

NOTE Confidence: 0.8749423

00:22:27.770 --> 00:22:30.974 We hear an awful lot about what is wrong,

NOTE Confidence: 0.8749423

00:22:30.980 --> 00:22:33.254 and I think that being strength

NOTE Confidence: 0.8749423

00:22:33.254 --> 00:22:36.336 base is one of the keys to to it.

NOTE Confidence: 0.8749423

00:22:36.340 --> 00:22:38.120 Is that progress, not perfection,

NOTE Confidence: 0.8749423

00:22:38.120 --> 00:22:40.130 so we're always looking at what

NOTE Confidence: 0.8749423

00:22:40.130 --> 00:22:42.674 can be built on what is going

NOTE Confidence: 0.8749423

00:22:42.674 --> 00:22:44.549 right in that person's life.

NOTE Confidence: 0.8749423

00:22:44.550 --> 00:22:45.974 And I emphasizing that

NOTE Confidence: 0.8749423

00:22:45.974 --> 00:22:47.754 reflecting that back to them.

NOTE Confidence: 0.87867844

00:22:50.510 --> 00:22:52.878 An I say respectful of the protocols and

NOTE Confidence: 0.87867844

00:22:52.878 --> 00:22:55.237 you might not understand what that is right

NOTE Confidence: 0.87867844

00:22:55.237 --> 00:22:57.834 off the top of your head. But Oh well.

NOTE Confidence: 0.87867844

00:22:57.834 --> 00:23:00.409 One of my jobs when my younger years was

NOTE Confidence: 0.87867844

00:23:00.409 --> 00:23:02.635 to take great grandma to the doctor.

NOTE Confidence: 0.87867844

00:23:02.640 --> 00:23:04.638 And she was always I would.

NOTE Confidence: 0.87867844

00:23:04.640 --> 00:23:06.978 I would even classify her as jollet.

NOTE Confidence: 0.87867844

00:23:06.980 --> 00:23:09.906 She was always a very happy person.

NOTE Confidence: 0.87867844

00:23:09.910 --> 00:23:13.870 And. I took her to a new Doctor Ann.

NOTE Confidence: 0.87867844

00:23:13.870 --> 00:23:16.894 She wouldn't talk to him and when we left

NOTE Confidence: 0.87867844

00:23:16.894 --> 00:23:18.925 and I I said, grandma, what's wrong.

NOTE Confidence: 0.87867844

00:23:18.925 --> 00:23:20.815 You wouldn't even talk to him.

NOTE Confidence: 0.87867844

00:23:20.820 --> 00:23:23.284 She said he did not even have the

NOTE Confidence: 0.87867844

00:23:23.284 --> 00:23:25.209 courtesy to introduce himself.

NOTE Confidence: 0.87867844

00:23:25.210 --> 00:23:28.950 And he never. Ask me about me.

NOTE Confidence: 0.87867844

00:23:28.950 --> 00:23:31.641 He said she said I have nothing

NOTE Confidence: 0.87867844

00:23:31.641 --> 00:23:33.249 to say to him.

NOTE Confidence: 0.87867844

00:23:33.250 --> 00:23:36.988 And so the protocol of what is.

NOTE Confidence: 0.87867844

00:23:36.990 --> 00:23:39.419 How can we be respectful in that

NOTE Confidence: 0.87867844

00:23:39.419 --> 00:23:42.197 community that we are serving or visiting?

NOTE Confidence: 0.83965987

00:23:44.780 --> 00:23:49.250 And it is relational supportive.

NOTE Confidence: 0.83965987

00:23:49.250 --> 00:23:50.327 Kind of relationship.

NOTE Confidence: 0.83965987

00:23:50.327 --> 00:23:52.840 I know that this goes contrary to

NOTE Confidence: 0.83965987

00:23:52.908 --> 00:23:55.260 so many of us that have these timed.

NOTE Confidence: 0.83965987

00:23:55.260 --> 00:23:57.731 You have so many minutes with the

NOTE Confidence: 0.83965987

00:23:57.731 --> 00:23:59.885 patient and then you move on and

NOTE Confidence: 0.83965987

00:23:59.885 --> 00:24:02.335 so this gets to be a real challenge

NOTE Confidence: 0.83965987

00:24:02.335 --> 00:24:03.950 the whole time. Management.

NOTE Confidence: 0.83965987

00:24:03.950 --> 00:24:06.330 And how can we respond and really

NOTE Confidence: 0.83965987

00:24:06.330 --> 00:24:08.676 listen and be there for the person

NOTE Confidence: 0.83965987

00:24:08.676 --> 00:24:10.281 and in our small communities.

NOTE Confidence: 0.83965987

00:24:10.290 --> 00:24:12.294 How do we greet the person

NOTE Confidence: 0.83965987

00:24:12.294 --> 00:24:13.630 outside of those offices?

NOTE Confidence: 0.924775

00:24:16.710 --> 00:24:19.950 And again, the spirit. This is one that.

NOTE Confidence: 0.87618786

00:24:23.130 --> 00:24:25.180 Oftentimes people are put out

NOTE Confidence: 0.87618786

00:24:25.180 --> 00:24:28.370 when they go to a traditional.

NOTE Confidence: 0.87618786

00:24:28.370 --> 00:24:31.214 A non native, it can be put out when

NOTE Confidence: 0.87618786

00:24:31.214 --> 00:24:33.650 they go to a traditional gathering

NOTE Confidence: 0.87618786

00:24:33.650 --> 00:24:36.590 because so much time is spent in

NOTE Confidence: 0.87618786

00:24:36.590 --> 00:24:39.052 prayer and people feel like, well,

NOTE Confidence: 0.87618786

00:24:39.052 --> 00:24:42.428 that that's I kind of feel that's being

NOTE Confidence: 0.87618786

00:24:42.428 --> 00:24:45.345 pushed on me and I take it back to I

NOTE Confidence: 0.87618786

00:24:45.345 --> 00:24:48.129 can go into someone else's church.

NOTE Confidence: 0.87618786

00:24:48.130 --> 00:24:51.091 I can go into other ceremonies as a guest

NOTE Confidence: 0.87618786

00:24:51.091 --> 00:24:54.206 and I don't question their belief system.

NOTE Confidence: 0.87618786

00:24:54.210 --> 00:24:57.318 I'm there too.

NOTE Confidence: 0.87618786

00:24:57.320 --> 00:24:58.745 Share that experience and be

NOTE Confidence: 0.87618786

00:24:58.745 --> 00:25:00.790 and be there in a good way.

NOTE Confidence: 0.8855431

00:25:04.470 --> 00:25:07.074 Individualized, we talked about 570 some

NOTE Confidence: 0.8855431

00:25:07.074 --> 00:25:09.490 federally recognized tribes in our state.

NOTE Confidence: 0.8855431

00:25:09.490 --> 00:25:10.416 Recognized tribes.

NOTE Confidence: 0.8855431

00:25:10.416 --> 00:25:13.194 80% about of our population being

NOTE Confidence: 0.8855431

00:25:13.194 --> 00:25:16.123 urban and we really need to see what

NOTE Confidence: 0.8855431

00:25:16.123 --> 00:25:18.679 is the truth for that individual.

NOTE Confidence: 0.8855431

00:25:18.680 --> 00:25:22.860 As I'm going to talk about in a few minutes,

NOTE Confidence: 0.8855431

00:25:22.860 --> 00:25:25.876 the number of kids that have been adopted

NOTE Confidence: 0.8855431

00:25:25.876 --> 00:25:28.709 out and it is truly heartbreaking.

NOTE Confidence: 0.8855431

00:25:28.710 --> 00:25:31.596 When you have someone come back

NOTE Confidence: 0.8855431

00:25:31.596 --> 00:25:33.970 to the reservation and say.

NOTE Confidence: 0.8855431

00:25:33.970 --> 00:25:36.952 I only know that my grandmother's

NOTE Confidence: 0.8855431

00:25:36.952 --> 00:25:38.940 name is Red Eagle.

NOTE Confidence: 0.8855431

00:25:38.940 --> 00:25:40.935 Can you help me find my family?

NOTE Confidence: 0.8855431

00:25:40.940 --> 00:25:44.580 I was adopted out and raised in Chicago.

NOTE Confidence: 0.8855431

00:25:44.580 --> 00:25:46.088 And so it's individualized.

NOTE Confidence: 0.8855431



00:25:46.088 --> 00:25:48.840 Some of us have been raised in it,  
NOTE Confidence: 0.8855431

00:25:48.840 --> 00:25:51.546 immersed in it, and others are.  
NOTE Confidence: 0.8855431

00:25:51.550 --> 00:25:55.510 Just now discovering it for themselves.  
NOTE Confidence: 0.8855431

00:25:55.510 --> 00:25:56.713 Community based interventions.  
NOTE Confidence: 0.8855431

00:25:56.713 --> 00:25:58.718 These tend to have tremendous  
NOTE Confidence: 0.8855431

00:25:58.718 --> 00:26:00.474 power when the community decides  
NOTE Confidence: 0.8855431

00:26:00.474 --> 00:26:02.567 what it is they're going to do.  
NOTE Confidence: 0.8855431

00:26:02.570 --> 00:26:04.936 I'll give you an example and I'm  
NOTE Confidence: 0.8855431

00:26:04.936 --> 00:26:07.508 sorry I'm being such a Clock watcher,  
NOTE Confidence: 0.8855431

00:26:07.510 --> 00:26:09.736 but I also wanted to have some  
NOTE Confidence: 0.8855431

00:26:09.736 --> 00:26:12.311 time for questions at the end so  
NOTE Confidence: 0.8855431

00:26:12.311 --> 00:26:13.867 the community based interventions.  
NOTE Confidence: 0.8855431

00:26:13.870 --> 00:26:15.976 There was an example way up,  
NOTE Confidence: 0.8855431

00:26:15.980 --> 00:26:18.458 and then one of the northern villages.  
NOTE Confidence: 0.8855431

00:26:18.460 --> 00:26:21.286 They were having an issue with.  
NOTE Confidence: 0.8855431

00:26:21.290 --> 00:26:25.336 Suicide young people and so they the

NOTE Confidence: 0.8855431

00:26:25.336 --> 00:26:28.618 elders got together and they told.

NOTE Confidence: 0.8855431

00:26:28.620 --> 00:26:30.570 University staff we need to be

NOTE Confidence: 0.8855431

00:26:30.570 --> 00:26:33.076 like the Musk ox and you can look

NOTE Confidence: 0.8855431

00:26:33.076 --> 00:26:35.224 up Musk ox if you aren't familiar

NOTE Confidence: 0.8855431

00:26:35.224 --> 00:26:37.828 with that animal in the far North,

NOTE Confidence: 0.8855431

00:26:37.830 --> 00:26:40.166 that what the Musk ox will do when

NOTE Confidence: 0.8855431

00:26:40.166 --> 00:26:42.525 there is danger is that they gathered

NOTE Confidence: 0.8855431

00:26:42.525 --> 00:26:44.977 the young ones in the center and

NOTE Confidence: 0.8855431

00:26:44.977 --> 00:26:47.357 then they all put their rear ends

NOTE Confidence: 0.8855431

00:26:47.357 --> 00:26:49.554 tore the young ones and they face

NOTE Confidence: 0.8855431

00:26:49.554 --> 00:26:51.980 the danger that is from the outside.

NOTE Confidence: 0.8855431

00:26:51.980 --> 00:26:54.059 And they said that is what we

NOTE Confidence: 0.8855431

00:26:54.059 --> 00:26:56.589 need to do for our young people.

NOTE Confidence: 0.8855431

00:26:56.590 --> 00:26:58.606 So listening to the people is.

NOTE Confidence: 0.8855431

00:26:58.610 --> 00:27:01.410 One of the ways that we can

NOTE Confidence: 0.8855431

00:27:01.410 --> 00:27:02.610 make a difference.  
NOTE Confidence: 0.8855431

00:27:02.610 --> 00:27:04.430 Stage based First things first,  
NOTE Confidence: 0.8855431

00:27:04.430 --> 00:27:06.410 and it's kind of like doing  
NOTE Confidence: 0.8855431

00:27:06.410 --> 00:27:08.779 any kind of that safety first.  
NOTE Confidence: 0.8855431

00:27:08.780 --> 00:27:11.640 What is it that we need to do and then  
NOTE Confidence: 0.8855431

00:27:11.723 --> 00:27:14.585 help the person through to prioritize?  
NOTE Confidence: 0.93523663

00:27:16.720 --> 00:27:19.180 And we can't do it alone.  
NOTE Confidence: 0.93523663

00:27:19.180 --> 00:27:22.470 We honor the. The education,  
NOTE Confidence: 0.93523663

00:27:22.470 --> 00:27:24.576 the experience that is brought into  
NOTE Confidence: 0.93523663

00:27:24.576 --> 00:27:26.896 our communities and we understand when  
NOTE Confidence: 0.93523663

00:27:26.896 --> 00:27:29.016 we're working in our communities.  
NOTE Confidence: 0.93523663

00:27:29.020 --> 00:27:31.240 We need others and so for  
NOTE Confidence: 0.93523663

00:27:31.240 --> 00:27:33.250 us it is working with.  
NOTE Confidence: 0.93523663

00:27:33.250 --> 00:27:35.722 Oftentimes it is the different churches  
NOTE Confidence: 0.93523663

00:27:35.722 --> 00:27:37.776 in our communities because there  
NOTE Confidence: 0.93523663

00:27:37.776 --> 00:27:40.177 aren't a lot of other providers there.

NOTE Confidence: 0.887734

00:27:43.330 --> 00:27:44.344 Evidence based practices

NOTE Confidence: 0.887734

00:27:44.344 --> 00:27:45.696 you're very familiar with.

NOTE Confidence: 0.887734

00:27:45.700 --> 00:27:47.824 Practice based evidence is one that

NOTE Confidence: 0.887734

00:27:47.824 --> 00:27:50.429 you're you may see more and more of.

NOTE Confidence: 0.887734

00:27:50.430 --> 00:27:52.838 It's about what has worked in our

NOTE Confidence: 0.887734

00:27:52.838 --> 00:27:55.500 communities an what is valued by the people,

NOTE Confidence: 0.887734

00:27:55.500 --> 00:27:58.880 and I'm not going to go too much into this.

NOTE Confidence: 0.887734

00:27:58.880 --> 00:28:01.480 But because this is kind

NOTE Confidence: 0.887734

00:28:01.480 --> 00:28:03.560 of the content anyway.

NOTE Confidence: 0.887734

00:28:03.560 --> 00:28:05.035 Well known traditional ways of

NOTE Confidence: 0.887734

00:28:05.035 --> 00:28:07.200 healing are not to be discounted.

NOTE Confidence: 0.887734

00:28:07.200 --> 00:28:10.110 I guess I should have put that one in bold

NOTE Confidence: 0.887734

00:28:10.189 --> 00:28:12.828 because that one speaks to the people.

NOTE Confidence: 0.887734

00:28:12.830 --> 00:28:16.134 If the people, if that is their path.

NOTE Confidence: 0.887734

00:28:16.140 --> 00:28:19.160 If they are on what is called the Red Rd,

NOTE Confidence: 0.887734

00:28:19.160 --> 00:28:21.267 it is really important to respect that.  
NOTE Confidence: 0.84595776

00:28:25.670 --> 00:28:26.975 Indigenous interventions doctor  
NOTE Confidence: 0.84595776

00:28:26.975 --> 00:28:29.585 Joseph gone is over at Harvard.  
NOTE Confidence: 0.84595776

00:28:29.590 --> 00:28:32.635 Ann is doing a lot of research  
NOTE Confidence: 0.84595776

00:28:32.635 --> 00:28:33.940 on historical trauma.  
NOTE Confidence: 0.84595776

00:28:33.940 --> 00:28:35.245 An indigenous interventions.  
NOTE Confidence: 0.84595776

00:28:35.245 --> 00:28:38.290 Lots of good work coming from him.  
NOTE Confidence: 0.84595776

00:28:38.290 --> 00:28:40.460 The solutions and answers come  
NOTE Confidence: 0.84595776

00:28:40.460 --> 00:28:42.196 from the community themselves.  
NOTE Confidence: 0.84595776

00:28:42.200 --> 00:28:44.972 Doctor Mohatt did the People awakening  
NOTE Confidence: 0.84595776

00:28:44.972 --> 00:28:47.840 project and that was looking at  
NOTE Confidence: 0.84595776

00:28:47.840 --> 00:28:50.190 what help people native people.  
NOTE Confidence: 0.84595776

00:28:50.190 --> 00:28:51.814 Achieve long term sobriety,  
NOTE Confidence: 0.84595776

00:28:51.814 --> 00:28:54.682 and I think the criteria for that  
NOTE Confidence: 0.84595776

00:28:54.682 --> 00:28:56.794 one was 15 years of sobriety.  
NOTE Confidence: 0.84595776

00:28:56.800 --> 00:28:58.750 And so they looked at,

NOTE Confidence: 0.84595776

00:28:58.750 --> 00:28:59.875 looked at that,

NOTE Confidence: 0.84595776

00:28:59.875 --> 00:29:01.750 interviewed many of the people

NOTE Confidence: 0.84595776

00:29:01.750 --> 00:29:03.030 all across Alaska,

NOTE Confidence: 0.84595776

00:29:03.030 --> 00:29:06.134 and what they found is that it was.

NOTE Confidence: 0.91332525

00:29:08.400 --> 00:29:11.914 That they gave back to their community.

NOTE Confidence: 0.91332525

00:29:11.920 --> 00:29:13.820 Interesting Lee, and maybe they

NOTE Confidence: 0.91332525

00:29:13.820 --> 00:29:15.720 weren't there was an employment,

NOTE Confidence: 0.91332525

00:29:15.720 --> 00:29:18.584 but maybe they cut wood for an elder

NOTE Confidence: 0.91332525

00:29:18.584 --> 00:29:21.294 or they brought fish to an elder

NOTE Confidence: 0.91332525

00:29:21.294 --> 00:29:24.439 or some other game and so it was

NOTE Confidence: 0.91332525

00:29:24.439 --> 00:29:27.113 giving back to the community and they

NOTE Confidence: 0.91332525

00:29:27.120 --> 00:29:29.020 had a strong spiritual component.

NOTE Confidence: 0.91332525

00:29:29.020 --> 00:29:30.920 And that doesn't mean traditional.

NOTE Confidence: 0.91332525

00:29:30.920 --> 00:29:32.584 It doesn't mean Christianity.

NOTE Confidence: 0.91332525

00:29:32.584 --> 00:29:36.577 The point of it was they had a strong

NOTE Confidence: 0.91332525

00:29:36.577 --> 00:29:38.937 spiritual belief system in practice.  
NOTE Confidence: 0.91332525

00:29:38.940 --> 00:29:40.620 So it was just two of the  
NOTE Confidence: 0.91332525

00:29:40.620 --> 00:29:41.340 highlights on there.  
NOTE Confidence: 0.91332525

00:29:41.340 --> 00:29:44.778 It was called the people awakening.  
NOTE Confidence: 0.91332525

00:29:44.780 --> 00:29:47.258 So when we look at this.  
NOTE Confidence: 0.91332525

00:29:47.260 --> 00:29:50.305 G 36% of US adults use complementary  
NOTE Confidence: 0.91332525

00:29:50.305 --> 00:29:52.731 or alternative medicine along with  
NOTE Confidence: 0.91332525

00:29:52.731 --> 00:29:54.297 the traditional medicine.  
NOTE Confidence: 0.91332525

00:29:54.300 --> 00:29:56.640 So you look at this.  
NOTE Confidence: 0.91332525

00:29:56.640 --> 00:30:00.245 This is what they have going on.  
NOTE Confidence: 0.91332525

00:30:00.250 --> 00:30:01.748 Now I want to look at it  
NOTE Confidence: 0.91332525

00:30:01.748 --> 00:30:02.390 for native communities.  
NOTE Confidence: 0.9078579

00:30:04.440 --> 00:30:07.696 We also have things that are going on.  
NOTE Confidence: 0.9078579

00:30:07.700 --> 00:30:11.634 These are all. Options in almost  
NOTE Confidence: 0.9078579

00:30:11.634 --> 00:30:14.142 every community and what I think  
NOTE Confidence: 0.9078579

00:30:14.142 --> 00:30:16.353 is really interesting is that

NOTE Confidence: 0.9078579

00:30:16.353 --> 00:30:18.660 we have 80% approximately of

NOTE Confidence: 0.9078579

00:30:18.660 --> 00:30:21.210 our population in urban areas.

NOTE Confidence: 0.9078579

00:30:21.210 --> 00:30:23.492 But about 30% of them report they

NOTE Confidence: 0.9078579

00:30:23.492 --> 00:30:26.252 go back for ceremony or for healing

NOTE Confidence: 0.9078579

00:30:26.252 --> 00:30:29.038 to a reservation, and so I think

NOTE Confidence: 0.9078579

00:30:29.038 --> 00:30:31.630 this is something to really keep in.

NOTE Confidence: 0.9078579

00:30:31.630 --> 00:30:34.969 Keep in mind that it is being kept alive.

NOTE Confidence: 0.9195503

00:30:37.020 --> 00:30:40.428 I could talk about each one of these.

NOTE Confidence: 0.9195503

00:30:40.430 --> 00:30:42.758 In an hour. So this is like it's

NOTE Confidence: 0.9195503

00:30:42.758 --> 00:30:45.108 almost kind of painful to go through

NOTE Confidence: 0.9195503

00:30:45.108 --> 00:30:47.426 so quickly, but we must. OK.

NOTE Confidence: 0.9195503

00:30:47.426 --> 00:30:49.880 This native people are often triggered

NOTE Confidence: 0.9195503

00:30:49.963 --> 00:30:52.868 because of those traumatic experiences,

NOTE Confidence: 0.9195503

00:30:52.870 --> 00:30:54.898 and I'd like you to go

NOTE Confidence: 0.9195503

00:30:54.898 --> 00:30:56.670 down to the bottom one.

NOTE Confidence: 0.9195503



00:30:56.670 --> 00:30:59.085 You can go back through these slides,  
NOTE Confidence: 0.9195503

00:30:59.090 --> 00:31:01.190 but a native woman's response to  
NOTE Confidence: 0.9195503

00:31:01.190 --> 00:31:03.323 this situation isn't just based on  
NOTE Confidence: 0.9195503

00:31:03.323 --> 00:31:05.315 her own experience like an assault,  
NOTE Confidence: 0.9195503

00:31:05.320 --> 00:31:07.228 but also on the experiences of  
NOTE Confidence: 0.9195503

00:31:07.228 --> 00:31:09.130 generations of her female ancestors.  
NOTE Confidence: 0.9195503

00:31:09.130 --> 00:31:12.962 Ann, I think that we're sharing with Maria  
NOTE Confidence: 0.9195503

00:31:12.962 --> 00:31:16.499 and Stephanie that one of my daughter said.  
NOTE Confidence: 0.9195503

00:31:16.500 --> 00:31:19.796 You know, I realized I am the 1st.  
NOTE Confidence: 0.9195503

00:31:19.800 --> 00:31:23.979 Female in our family and seven generations.  
NOTE Confidence: 0.9195503

00:31:23.980 --> 00:31:25.480 That hasn't known abuse.  
NOTE Confidence: 0.92413676

00:31:27.940 --> 00:31:32.148 And on one side I was very happy.  
NOTE Confidence: 0.92413676

00:31:32.150 --> 00:31:35.840 On one side I was very sad that that pain.  
NOTE Confidence: 0.92413676

00:31:35.840 --> 00:31:37.640 Has been present for so long.  
NOTE Confidence: 0.89000714

00:31:40.690 --> 00:31:42.010 The doctrine of discovery.  
NOTE Confidence: 0.89000714

00:31:42.010 --> 00:31:43.990 If you aren't familiar with this,

NOTE Confidence: 0.89000714

00:31:43.990 --> 00:31:45.712 I hope you do get take

NOTE Confidence: 0.89000714

00:31:45.712 --> 00:31:47.620 the time to get familiar.

NOTE Confidence: 0.89000714

00:31:47.620 --> 00:31:50.484 This was used as a justification to take

NOTE Confidence: 0.89000714

00:31:50.484 --> 00:31:53.466 the land and enslave the native people.

NOTE Confidence: 0.89000714

00:31:53.470 --> 00:31:55.636 Anybody that was non Christian was

NOTE Confidence: 0.89000714

00:31:55.636 --> 00:31:58.148 considered an enemy of the faith and

NOTE Confidence: 0.89000714

00:31:58.148 --> 00:32:00.158 this is really important because it

NOTE Confidence: 0.89000714

00:32:00.158 --> 00:32:02.775 was used by our Supreme Court later to

NOTE Confidence: 0.89000714

00:32:02.775 --> 00:32:05.098 justify some of the actions that the

NOTE Confidence: 0.89000714

00:32:05.098 --> 00:32:07.150 US had taken against native people.

NOTE Confidence: 0.8738967

00:32:09.260 --> 00:32:14.660 So this was and some of the churches now are.

NOTE Confidence: 0.8738967

00:32:14.660 --> 00:32:17.810 Are standing up and saying no, we do

NOTE Confidence: 0.8738967

00:32:17.810 --> 00:32:20.180 not support the doctrine of discovery.

NOTE Confidence: 0.8721969

00:32:23.590 --> 00:32:26.110 These are probably things that you have heard

NOTE Confidence: 0.8721969

00:32:26.110 --> 00:32:28.748 about the extermination policy's relocation.

NOTE Confidence: 0.8721969

00:32:28.750 --> 00:32:31.012 We even have our most recently  
NOTE Confidence: 0.8721969

00:32:31.012 --> 00:32:33.519 relocation policy from the US government,  
NOTE Confidence: 0.8721969

00:32:33.520 --> 00:32:35.896 was in the 1950s, where essentially,  
NOTE Confidence: 0.8721969

00:32:35.900 --> 00:32:38.364 you got a one way ticket into  
NOTE Confidence: 0.8721969

00:32:38.364 --> 00:32:40.660 one of the major cities,  
NOTE Confidence: 0.8721969

00:32:40.660 --> 00:32:44.224 and were there to find work to blend in,  
NOTE Confidence: 0.8721969

00:32:44.230 --> 00:32:47.350 to assimilate and. It didn't work.  
NOTE Confidence: 0.8721969

00:32:47.350 --> 00:32:52.350 We created new pockets of poverty in cities.  
NOTE Confidence: 0.8721969

00:32:52.350 --> 00:32:54.858 Segregated assimilation OK.  
NOTE Confidence: 0.8721969

00:32:54.858 --> 00:32:57.366 Let's go on.  
NOTE Confidence: 0.8721969

00:32:57.370 --> 00:32:59.518 If you went back through the  
NOTE Confidence: 0.8721969

00:32:59.518 --> 00:33:01.339 correspondence from some of our  
NOTE Confidence: 0.8721969

00:33:01.339 --> 00:33:03.579 people that were in charge way back,  
NOTE Confidence: 0.8721969

00:33:03.580 --> 00:33:05.310 this is even the 1700s.  
NOTE Confidence: 0.8721969

00:33:05.310 --> 00:33:07.110 They talked about the Spaniard  
NOTE Confidence: 0.8721969

00:33:07.110 --> 00:33:09.286 using hounds to hunt Indians and

NOTE Confidence: 0.8721969

00:33:09.286 --> 00:33:11.170 they consider that as an option,

NOTE Confidence: 0.8721969

00:33:11.170 --> 00:33:13.240 but there weren't enough dogs available.

NOTE Confidence: 0.8721969

00:33:13.240 --> 00:33:14.915 Then they considered smallpox infected

NOTE Confidence: 0.8721969

00:33:14.915 --> 00:33:16.998 blankets as a strategy to exterminate

NOTE Confidence: 0.8721969

00:33:16.998 --> 00:33:19.104 the native people in North America,

NOTE Confidence: 0.8721969

00:33:19.110 --> 00:33:23.840 and this is outbreak of smallpox, the image.

NOTE Confidence: 0.8721969

00:33:23.840 --> 00:33:25.634 The forced relocation.

NOTE Confidence: 0.8721969

00:33:25.634 --> 00:33:27.428 Trail of Tears.

NOTE Confidence: 0.8721969

00:33:27.430 --> 00:33:30.670 You may have heard about 100,000

NOTE Confidence: 0.8721969

00:33:30.670 --> 00:33:33.882 about began this thousand mile March

NOTE Confidence: 0.8721969

00:33:33.882 --> 00:33:36.732 and about 15,000 died along the

NOTE Confidence: 0.8721969

00:33:36.732 --> 00:33:40.020 way from cold starvation disease.

NOTE Confidence: 0.8721969

00:33:40.020 --> 00:33:41.819 And we have many of these people

NOTE Confidence: 0.8721969

00:33:41.819 --> 00:33:42.590 that are still.

NOTE Confidence: 0.8475323

00:33:46.110 --> 00:33:47.980 Suffering from having relatives

NOTE Confidence: 0.8475323

00:33:47.980 --> 00:33:50.499 that were in the Trail of Tears.

NOTE Confidence: 0.8475323

00:33:50.500 --> 00:33:53.083 The Long Walk is another one that

NOTE Confidence: 0.8475323

00:33:53.083 --> 00:33:54.889 many people haven't heard of,

NOTE Confidence: 0.8475323

00:33:54.890 --> 00:33:56.720 but it was following the

NOTE Confidence: 0.8475323

00:33:56.720 --> 00:33:58.184 scorched Earth campaign kit.

NOTE Confidence: 0.8475323

00:33:58.190 --> 00:34:00.745 Carson's against the Navajo or the Dinnet,

NOTE Confidence: 0.8475323

00:34:00.750 --> 00:34:02.580 and they were also forced.

NOTE Confidence: 0.8475323

00:34:02.580 --> 00:34:04.044 Depending on their location,

NOTE Confidence: 0.8475323

00:34:04.044 --> 00:34:06.240 anywhere from 250 to 450 miles.

NOTE Confidence: 0.8475323

00:34:06.240 --> 00:34:08.436 An If people couldn't make it,

NOTE Confidence: 0.8475323

00:34:08.440 --> 00:34:10.720 they were left on the

NOTE Confidence: 0.8475323

00:34:10.720 --> 00:34:13.000 sides sides of the trail.

NOTE Confidence: 0.8475323

00:34:13.000 --> 00:34:16.510 And they were prodded along in a very harsh,

NOTE Confidence: 0.8475323

00:34:16.510 --> 00:34:18.960 harsh manner.

NOTE Confidence: 0.8475323

00:34:18.960 --> 00:34:21.004 And then they were speaking it basically

NOTE Confidence: 0.8475323

00:34:21.004 --> 00:34:22.760 in an internment camp after that.

NOTE Confidence: 0.8765852

00:34:24.850 --> 00:34:27.376 The environmental trauma we come from.

NOTE Confidence: 0.8765852

00:34:27.380 --> 00:34:31.510 I come from the Buffalo people and.

NOTE Confidence: 0.8765852

00:34:31.510 --> 00:34:32.890 We sing to the Buffalo.

NOTE Confidence: 0.8765852

00:34:32.890 --> 00:34:35.202 Many of us will still have like Buffalo

NOTE Confidence: 0.8765852

00:34:35.202 --> 00:34:37.405 skulls on our around our homes and we

NOTE Confidence: 0.8765852

00:34:37.405 --> 00:34:39.509 sing to them and they say we sing.

NOTE Confidence: 0.8765852

00:34:39.510 --> 00:34:41.766 This is where we live now

NOTE Confidence: 0.8765852

00:34:41.766 --> 00:34:45.500 come and live with me. And.

NOTE Confidence: 0.8765852

00:34:45.500 --> 00:34:47.414 General Sheridan said the way to

NOTE Confidence: 0.8765852

00:34:47.414 --> 00:34:50.189 kill a SU is to kill the Buffalo.

NOTE Confidence: 0.8765852

00:34:50.190 --> 00:34:52.438 And then this is that other famous quote

NOTE Confidence: 0.8765852

00:34:52.438 --> 00:34:55.094 is the only good Indian is a dead Indian.

NOTE Confidence: 0.8795042

00:34:57.800 --> 00:34:59.738 So this 1870s slaughter was horrible,

NOTE Confidence: 0.8795042

00:34:59.740 --> 00:35:01.020 horrible for the people,

NOTE Confidence: 0.8795042

00:35:01.020 --> 00:35:02.620 because then we became dependent

NOTE Confidence: 0.8795042

00:35:02.620 --> 00:35:04.278 on the government for food.

NOTE Confidence: 0.8795042

00:35:04.280 --> 00:35:07.520 An I look back at some of our old writing.

NOTE Confidence: 0.8795042

00:35:07.520 --> 00:35:09.788 Some of our leaders saying don't take

NOTE Confidence: 0.8795042

00:35:09.788 --> 00:35:12.694 from them, even if they offer it to you.

NOTE Confidence: 0.8795042

00:35:12.700 --> 00:35:13.900 Don't take for them,

NOTE Confidence: 0.8795042

00:35:13.900 --> 00:35:16.793 but many of them were in the places of

NOTE Confidence: 0.8795042

00:35:16.793 --> 00:35:19.173 starvation and they had to take that.

NOTE Confidence: 0.8795042

00:35:19.180 --> 00:35:21.800 And when I was a girl I remember being in

NOTE Confidence: 0.8795042

00:35:21.871 --> 00:35:24.367 the commit what was called commodities.

NOTE Confidence: 0.8795042

00:35:24.370 --> 00:35:27.556 At that time the commodity line.

NOTE Confidence: 0.8795042

00:35:27.560 --> 00:35:30.496 It was a long wait hot sun moon.

NOTE Confidence: 0.8795042

00:35:30.500 --> 00:35:33.324 We get get that we would get like

NOTE Confidence: 0.8795042

00:35:33.324 --> 00:35:36.484 a bucket of lard and we would get

NOTE Confidence: 0.8795042

00:35:36.484 --> 00:35:39.156 flour and cornmeal and my job as

NOTE Confidence: 0.8795042

00:35:39.156 --> 00:35:41.508 a kid was to sift the cornmeal

NOTE Confidence: 0.8795042

00:35:41.510 --> 00:35:43.706 because it had weevils in it,

NOTE Confidence: 0.8795042

00:35:43.710 --> 00:35:46.699 and oftentimes the lard because it hadn't

NOTE Confidence: 0.8795042

00:35:46.699 --> 00:35:50.049 been kept cool enough with rancid and so.

NOTE Confidence: 0.8795042

00:35:50.050 --> 00:35:51.574 That was, you know,

NOTE Confidence: 0.8795042

00:35:51.574 --> 00:35:53.860 coming from a very poor environment.

NOTE Confidence: 0.8795042

00:35:53.860 --> 00:35:55.308 I never felt poor.

NOTE Confidence: 0.8795042

00:35:55.308 --> 00:35:57.480 Everyone around me was in the

NOTE Confidence: 0.8795042

00:35:57.559 --> 00:36:00.254 same boat and we didn't have that

NOTE Confidence: 0.8795042

00:36:00.254 --> 00:36:02.239 mentality that we were poor.

NOTE Confidence: 0.8795042

00:36:02.240 --> 00:36:05.462 We knew that. Food was hard to come by.

NOTE Confidence: 0.8795042

00:36:05.470 --> 00:36:08.510 We shared what we had.

NOTE Confidence: 0.8795042

00:36:08.510 --> 00:36:11.214 This is Red Cloud an I see you

NOTE Confidence: 0.8795042

00:36:11.214 --> 00:36:13.450 see this around the world.

NOTE Confidence: 0.8795042

00:36:13.450 --> 00:36:14.234 In 1868,

NOTE Confidence: 0.8795042

00:36:14.234 --> 00:36:16.978 men came out and brought papers we

NOTE Confidence: 0.8795042

00:36:16.978 --> 00:36:20.170 could not read and they did not tell us.

NOTE Confidence: 0.8795042



00:36:20.170 --> 00:36:23.834 We see this in treaties around the world.

NOTE Confidence: 0.8795042

00:36:23.840 --> 00:36:25.068 They made many promises,

NOTE Confidence: 0.8795042

00:36:25.068 --> 00:36:26.603 but they kept only one.

NOTE Confidence: 0.8795042

00:36:26.610 --> 00:36:29.373 They promised to take our land and they did.

NOTE Confidence: 0.8971638

00:36:33.990 --> 00:36:37.420 I couldn't figure out how to put

NOTE Confidence: 0.8971638

00:36:37.420 --> 00:36:40.810 quotes on discovered. Let's see.

NOTE Confidence: 0.8971638

00:36:40.810 --> 00:36:43.785 We were here, but we were discovered

NOTE Confidence: 0.8971638

00:36:43.785 --> 00:36:47.338 so I did not put quotes on that.

NOTE Confidence: 0.8971638

00:36:47.340 --> 00:36:51.276 And this is 1790. We had already lost

NOTE Confidence: 0.8971638

00:36:51.276 --> 00:36:53.879 this northeastern eastern seaboard.

NOTE Confidence: 0.8971638

00:36:53.880 --> 00:36:56.104 1830 was the pushback.

NOTE Confidence: 0.8971638

00:36:56.104 --> 00:36:58.884 An anything beyond that Mississippi

NOTE Confidence: 0.8971638

00:36:58.884 --> 00:37:01.870 was considered Indian country.

NOTE Confidence: 0.8971638

00:37:01.870 --> 00:37:04.710 And this is where the Trail of Tears

NOTE Confidence: 0.8971638

00:37:04.710 --> 00:37:07.037 when they forced them to walk.

NOTE Confidence: 0.8971638

00:37:07.040 --> 00:37:08.464 1860 then they is.

NOTE Confidence: 0.8971638

00:37:08.464 --> 00:37:11.818 This also has to do with legislation about

NOTE Confidence: 0.8971638

00:37:11.818 --> 00:37:15.660 taking the land, opening it up for settlers,

NOTE Confidence: 0.8971638

00:37:15.660 --> 00:37:18.246 and also the discovery of gold,

NOTE Confidence: 0.8971638

00:37:18.250 --> 00:37:22.457 and so pushing further and further West.

NOTE Confidence: 0.8971638

00:37:22.460 --> 00:37:23.900 This is 1890.

NOTE Confidence: 0.8971638

00:37:23.900 --> 00:37:26.300 And we're even smaller today.

NOTE Confidence: 0.8971638

00:37:26.300 --> 00:37:28.840 This is all that's left.

NOTE Confidence: 0.8971638

00:37:28.840 --> 00:37:30.770 Up in the northeastern corner

NOTE Confidence: 0.8971638

00:37:30.770 --> 00:37:33.188 of Montana near the Canadian and

NOTE Confidence: 0.8971638

00:37:33.188 --> 00:37:35.253 North Dakota border is actually

NOTE Confidence: 0.8971638

00:37:35.253 --> 00:37:37.510 where my mom's reservation is from.

NOTE Confidence: 0.8971638

00:37:37.510 --> 00:37:40.085 My father's is in northern

NOTE Confidence: 0.8971638

00:37:40.085 --> 00:37:42.660 Wisconsin and we over here.

NOTE Confidence: 0.8971638

00:37:42.660 --> 00:37:43.450 Shrinking

NOTE Confidence: 0.8243182

00:37:46.410 --> 00:37:49.586 the battles to take the lands and exterminate

NOTE Confidence: 0.8243182

00:37:49.586 --> 00:37:52.477 the natives throughout the United States.  
NOTE Confidence: 0.8243182

00:37:52.480 --> 00:37:55.456 You probably heard the Victor side of this,  
NOTE Confidence: 0.8243182

00:37:55.460 --> 00:37:59.798 and we often would say that if it was.  
NOTE Confidence: 0.8243182

00:37:59.800 --> 00:38:03.908 A massacre. That means that the Indians won  
NOTE Confidence: 0.8243182

00:38:03.908 --> 00:38:06.419 that particular one and it was a battle.  
NOTE Confidence: 0.8243182

00:38:06.420 --> 00:38:08.820 If the cavalry won.  
NOTE Confidence: 0.8243182

00:38:08.820 --> 00:38:11.248 But in the descriptions.  
NOTE Confidence: 0.8243182

00:38:11.250 --> 00:38:14.070 Lots of massacres.  
NOTE Confidence: 0.8243182

00:38:14.070 --> 00:38:17.481 We were sent to reservations and we could not  
NOTE Confidence: 0.8243182

00:38:17.481 --> 00:38:20.607 leave the reservations without permission.  
NOTE Confidence: 0.8243182

00:38:20.610 --> 00:38:24.320 Today we can we move in and out in and out,  
NOTE Confidence: 0.8243182

00:38:24.320 --> 00:38:26.488 but at one time we had to stay  
NOTE Confidence: 0.8243182

00:38:26.488 --> 00:38:28.707 there in order to control to  
NOTE Confidence: 0.8243182

00:38:28.707 --> 00:38:30.712 minimize the threat of violence.  
NOTE Confidence: 0.8243182

00:38:30.720 --> 00:38:33.140 From the government's perspective.  
NOTE Confidence: 0.8243182

00:38:33.140 --> 00:38:35.258 These, I thought, were incredibly important,

NOTE Confidence: 0.8243182

00:38:35.260 --> 00:38:37.450 and Maria, I think you're you're

NOTE Confidence: 0.8243182

00:38:37.450 --> 00:38:41.230 doing a time watch for me, right?

NOTE Confidence: 0.8243182

00:38:41.230 --> 00:38:43.458 These are incredibly important

NOTE Confidence: 0.8243182

00:38:43.458 --> 00:38:46.243 decisions that have been made

NOTE Confidence: 0.8243182

00:38:46.243 --> 00:38:49.196 that have an impact on us today.

NOTE Confidence: 0.8243182

00:38:49.200 --> 00:38:51.564 This even in 1823 they supported

NOTE Confidence: 0.8243182

00:38:51.564 --> 00:38:53.140 the doctrine of discovery.

NOTE Confidence: 0.8243182

00:38:53.140 --> 00:38:55.852 the US Supreme Court and said

NOTE Confidence: 0.8243182

00:38:55.852 --> 00:38:58.150 American Indians don't own land.

NOTE Confidence: 0.8243182

00:38:58.150 --> 00:38:59.656 This was landed.

NOTE Confidence: 0.8243182

00:38:59.656 --> 00:39:01.664 We've been on for.

NOTE Confidence: 0.8243182

00:39:01.670 --> 00:39:03.018 Very thousands of years,

NOTE Confidence: 0.8243182

00:39:03.018 --> 00:39:06.028 but they said we do not own the land,

NOTE Confidence: 0.8243182

00:39:06.030 --> 00:39:06.912 the Removal Act,

NOTE Confidence: 0.8243182

00:39:06.912 --> 00:39:09.734 the ex parte Crow dog is a huge huge

NOTE Confidence: 0.8243182

00:39:09.734 --> 00:39:12.170 case in Indian country and the reason  
NOTE Confidence: 0.8243182

00:39:12.170 --> 00:39:15.029 for this is this was one Indian man  
NOTE Confidence: 0.8243182

00:39:15.029 --> 00:39:17.058 that killed another Indian man and  
NOTE Confidence: 0.8243182

00:39:17.058 --> 00:39:19.760 this is in South Dakota and they said,  
NOTE Confidence: 0.8243182

00:39:19.760 --> 00:39:22.440 well if they're going to kill each other.  
NOTE Confidence: 0.8243182

00:39:22.440 --> 00:39:25.120 This is also the time of discovering gold.  
NOTE Confidence: 0.8243182

00:39:25.120 --> 00:39:27.736 What would they do to us?  
NOTE Confidence: 0.8243182

00:39:27.740 --> 00:39:29.720 You got to control them.  
NOTE Confidence: 0.8243182

00:39:29.720 --> 00:39:32.880 So in this particular situation  
NOTE Confidence: 0.8243182

00:39:32.880 --> 00:39:34.776 they had traditional.  
NOTE Confidence: 0.8243182

00:39:34.780 --> 00:39:36.940 Their traditional way of making restitution,  
NOTE Confidence: 0.8243182

00:39:36.940 --> 00:39:39.100 so he had because he killed,  
NOTE Confidence: 0.8243182

00:39:39.100 --> 00:39:41.988 he had to support that other man's family  
NOTE Confidence: 0.8243182

00:39:41.988 --> 00:39:44.733 for the rest of his life and treat  
NOTE Confidence: 0.8243182

00:39:44.733 --> 00:39:48.098 them just like he would treat his own family.  
NOTE Confidence: 0.8243182

00:39:48.100 --> 00:39:50.256 And he had to do other things

NOTE Confidence: 0.8243182

00:39:50.256 --> 00:39:52.420 besides that to make restitution.

NOTE Confidence: 0.8243182

00:39:52.420 --> 00:39:56.284 And that was his sentence within the.

NOTE Confidence: 0.8243182

00:39:56.290 --> 00:39:58.546 Within the tribal system and they said no,

NOTE Confidence: 0.8243182

00:39:58.550 --> 00:40:00.320 they have to be more civil.

NOTE Confidence: 0.8243182

00:40:00.320 --> 00:40:03.776 Lies and so they sentenced him to hang.

NOTE Confidence: 0.8243182

00:40:03.780 --> 00:40:05.838 So that was the non Indian

NOTE Confidence: 0.8243182

00:40:05.838 --> 00:40:07.210 way of handling it.

NOTE Confidence: 0.8243182

00:40:07.210 --> 00:40:09.610 And then the Supreme Court

NOTE Confidence: 0.8243182

00:40:09.610 --> 00:40:11.530 stepped in and said.

NOTE Confidence: 0.8243182

00:40:11.530 --> 00:40:14.638 No Indian against Indian on the reservation.

NOTE Confidence: 0.8243182

00:40:14.640 --> 00:40:18.768 They can take care of their own business.

NOTE Confidence: 0.8243182

00:40:18.770 --> 00:40:20.358 Then the Major Crimes

NOTE Confidence: 0.8243182

00:40:20.358 --> 00:40:22.740 Act came in and no more.

NOTE Confidence: 0.8243182

00:40:22.740 --> 00:40:25.916 If it was anything that was a felony,

NOTE Confidence: 0.8243182

00:40:25.920 --> 00:40:28.296 Indians could no longer handle it.

NOTE Confidence: 0.8243182

00:40:28.300 --> 00:40:31.196 It went to the federal court system and

NOTE Confidence: 0.8243182

00:40:31.196 --> 00:40:33.416 today you see Indians overrepresented

NOTE Confidence: 0.8243182

00:40:33.416 --> 00:40:36.254 in the federal court prisons and

NOTE Confidence: 0.8243182

00:40:36.254 --> 00:40:39.169 the federal prisons because of this.

NOTE Confidence: 0.8243182

00:40:39.170 --> 00:40:41.627 The Dawes Act of 1887 took more

NOTE Confidence: 0.8243182

00:40:41.627 --> 00:40:44.168 land away from the Indians and gave

NOTE Confidence: 0.8243182

00:40:44.168 --> 00:40:46.715 us a allotments an if you refuse

NOTE Confidence: 0.8243182

00:40:46.715 --> 00:40:48.495 to take part in this,

NOTE Confidence: 0.8243182

00:40:48.500 --> 00:40:51.506 you could not become a citizen.

NOTE Confidence: 0.8243182

00:40:51.510 --> 00:40:53.400 Which you didn't become a

NOTE Confidence: 0.8243182

00:40:53.400 --> 00:40:54.912 citizen anyway until 1924,

NOTE Confidence: 0.8243182

00:40:54.920 --> 00:40:57.531 and in some states you weren't allowed

NOTE Confidence: 0.8243182

00:40:57.531 --> 00:41:00.227 to vote until much later than that,

NOTE Confidence: 0.8243182

00:41:00.230 --> 00:41:02.876 like in the middle of last century.

NOTE Confidence: 0.8243182

00:41:02.880 --> 00:41:04.134 So it was.

NOTE Confidence: 0.8243182

00:41:04.134 --> 00:41:07.601 There have been a lot of things that

NOTE Confidence: 0.8243182

00:41:07.601 --> 00:41:11.137 have had had an impact on us today.

NOTE Confidence: 0.8859876

00:41:11.140 --> 00:41:13.120 The relocation Act of 1956.

NOTE Confidence: 0.8859876

00:41:13.120 --> 00:41:16.670 Many of that's how we got 80% of our

NOTE Confidence: 0.8859876

00:41:16.670 --> 00:41:18.250 population approximately and cities.

NOTE Confidence: 0.8859876

00:41:18.250 --> 00:41:20.620 So then you look at 1978.

NOTE Confidence: 0.8859876

00:41:20.620 --> 00:41:23.340 I was a young woman.

NOTE Confidence: 0.8859876

00:41:23.340 --> 00:41:26.469 My kids were young and they finally

NOTE Confidence: 0.8859876

00:41:26.469 --> 00:41:29.381 passed this and we could practice

NOTE Confidence: 0.8859876

00:41:29.381 --> 00:41:31.846 our ceremonies in the open.

NOTE Confidence: 0.8511843

00:41:33.900 --> 00:41:36.492 And then we going now into

NOTE Confidence: 0.8511843

00:41:36.492 --> 00:41:37.356 cultural appropriation.

NOTE Confidence: 0.8511843

00:41:37.360 --> 00:41:39.958 So he's going like oh boy,

NOTE Confidence: 0.8511843

00:41:39.960 --> 00:41:42.936 so now you see people having sweat lodges

NOTE Confidence: 0.8511843

00:41:42.936 --> 00:41:46.019 or and then serving wine afterwards.

NOTE Confidence: 0.8511843

00:41:46.020 --> 00:41:49.484 Charging for it is all kinds of things,

NOTE Confidence: 0.8511843



00:41:49.490 --> 00:41:52.514 and the appropriation another huge one here.  
NOTE Confidence: 0.8511843

00:41:52.520 --> 00:41:55.640 This Oliphant decision is huge when you think  
NOTE Confidence: 0.8511843

00:41:55.640 --> 00:41:58.578 of missing and murdered indigenous women.  
NOTE Confidence: 0.8511843

00:41:58.580 --> 00:42:01.611 This is a problem area for us  
NOTE Confidence: 0.8511843

00:42:01.611 --> 00:42:03.086 because essentially, was it?  
NOTE Confidence: 0.8511843

00:42:03.086 --> 00:42:05.510 What it says is you can treat Indian  
NOTE Confidence: 0.8511843

00:42:05.587 --> 00:42:08.275 to Indian decisions on the reservation.  
NOTE Confidence: 0.8511843

00:42:08.280 --> 00:42:10.709 But if it involves a non Indian,  
NOTE Confidence: 0.8511843

00:42:10.710 --> 00:42:12.090 you can't do anything.  
NOTE Confidence: 0.8511843

00:42:12.090 --> 00:42:14.880 So if they \*\*\*\* if they physically  
NOTE Confidence: 0.8511843

00:42:14.880 --> 00:42:16.760 assault if they steal.  
NOTE Confidence: 0.8511843

00:42:16.760 --> 00:42:19.816 If there are, if they go off reservation.  
NOTE Confidence: 0.8511843

00:42:19.820 --> 00:42:23.258 There is no nothing legally that can be done,  
NOTE Confidence: 0.8511843

00:42:23.260 --> 00:42:25.546 but Oliphant decision is a krippler.  
NOTE Confidence: 0.8511843

00:42:25.550 --> 00:42:27.836 And for many of our people,  
NOTE Confidence: 0.8511843

00:42:27.840 --> 00:42:30.222 Indian Child Welfare Act so many

NOTE Confidence: 0.8511843

00:42:30.222 --> 00:42:32.509 children were removed in order to

NOTE Confidence: 0.8511843

00:42:32.509 --> 00:42:34.700 give them a better chance in life

NOTE Confidence: 0.8511843

00:42:34.700 --> 00:42:37.390 to civilize them to assimilate them.

NOTE Confidence: 0.8511843

00:42:37.390 --> 00:42:40.365 So the Indian Child Welfare Act is

NOTE Confidence: 0.8511843

00:42:40.365 --> 00:42:43.638 another one to be very familiar with.

NOTE Confidence: 0.8511843

00:42:43.640 --> 00:42:47.805 Nagpra oops I was skipping around here.

NOTE Confidence: 0.8511843

00:42:47.810 --> 00:42:50.492 Nagpra is the Native American Graves

NOTE Confidence: 0.8511843

00:42:50.492 --> 00:42:53.392 Protection and Repatriation Act huge, huge.

NOTE Confidence: 0.8511843

00:42:53.392 --> 00:42:58.828 To get back, healing. Remains of humans or.

NOTE Confidence: 0.8511843

00:42:58.828 --> 00:43:01.416 Sacred objects from museums.

NOTE Confidence: 0.8511843

00:43:01.420 --> 00:43:04.390 It's huge.

NOTE Confidence: 0.8511843

00:43:04.390 --> 00:43:06.796 So these little handcuffs were actually

NOTE Confidence: 0.8511843

00:43:06.796 --> 00:43:09.110 used at Haskell Haskell Institute,

NOTE Confidence: 0.8511843

00:43:09.110 --> 00:43:12.570 which is now the University.

NOTE Confidence: 0.8511843

00:43:12.570 --> 00:43:16.198 And one of the.

NOTE Confidence: 0.8511843

00:43:16.200 --> 00:43:19.020 Ancestor decided to they found that

NOTE Confidence: 0.8511843

00:43:19.020 --> 00:43:21.407 in grandparents kind of collection

NOTE Confidence: 0.8511843

00:43:21.407 --> 00:43:24.340 and gave it back to the school.

NOTE Confidence: 0.8511843

00:43:24.340 --> 00:43:25.010 Sad.

NOTE Confidence: 0.75962317

00:43:27.100 --> 00:43:28.369 And Mrs Carlyle.

NOTE Confidence: 0.85752153

00:43:31.750 --> 00:43:34.470 And as you can see, we aren't going

NOTE Confidence: 0.85752153

00:43:34.470 --> 00:43:36.850 to have a lot of personal attention,

NOTE Confidence: 0.85752153

00:43:36.850 --> 00:43:37.998 a lot of nurturing,

NOTE Confidence: 0.85752153

00:43:37.998 --> 00:43:40.223 a lot of the things that we

NOTE Confidence: 0.85752153

00:43:40.223 --> 00:43:41.947 require for healthy parenting.

NOTE Confidence: 0.85752153

00:43:41.950 --> 00:43:43.870 When you have this many children

NOTE Confidence: 0.85752153

00:43:43.870 --> 00:43:45.690 and what do you taught,

NOTE Confidence: 0.85752153

00:43:45.690 --> 00:43:47.730 you're taught to doubt your parents,

NOTE Confidence: 0.85752153

00:43:47.730 --> 00:43:49.670 your grandparents, their religion.

NOTE Confidence: 0.85752153

00:43:49.670 --> 00:43:51.610 You're taught to obey.

NOTE Confidence: 0.85752153

00:43:51.610 --> 00:43:53.929 You're taught physical

NOTE Confidence: 0.85752153

00:43:53.929 --> 00:43:56.248 and Corporal punishment.

NOTE Confidence: 0.85752153

00:43:56.250 --> 00:43:58.318 Lots of sadness there.

NOTE Confidence: 0.8800448

00:44:00.630 --> 00:44:01.980 This is what it was.

NOTE Confidence: 0.8800448

00:44:01.980 --> 00:44:03.880 This picture was labeled 7.

NOTE Confidence: 0.8800448

00:44:03.880 --> 00:44:05.480 Indian children of uneducated parents.

NOTE Confidence: 0.8800448

00:44:05.480 --> 00:44:07.070 Before they entered boarding school,

NOTE Confidence: 0.8800448

00:44:07.070 --> 00:44:09.998 I'd like you to look at these two

NOTE Confidence: 0.8800448

00:44:09.998 --> 00:44:12.956 little girls on the end because if

NOTE Confidence: 0.8800448

00:44:12.956 --> 00:44:15.101 you know anything about regalia.

NOTE Confidence: 0.8800448

00:44:15.110 --> 00:44:16.815 That is an incredible amount

NOTE Confidence: 0.8800448

00:44:16.815 --> 00:44:19.038 of work that went into dressing

NOTE Confidence: 0.8800448

00:44:19.038 --> 00:44:21.268 these children and this finery.

NOTE Confidence: 0.8800448

00:44:21.270 --> 00:44:23.130 These are gentiliium shells.

NOTE Confidence: 0.8800448

00:44:23.130 --> 00:44:27.030 This is incredible. Her pipe.

NOTE Confidence: 0.8800448

00:44:27.030 --> 00:44:28.062 They're very highly valued,

NOTE Confidence: 0.8800448

00:44:28.062 --> 00:44:29.915 but all of it taken from them  
NOTE Confidence: 0.8800448

00:44:29.915 --> 00:44:31.155 when they went to school.  
NOTE Confidence: 0.85677886

00:44:33.270 --> 00:44:35.370 These are different kinds of oppression  
NOTE Confidence: 0.85677886

00:44:35.370 --> 00:44:37.532 and I'm skipping and you need to  
NOTE Confidence: 0.85677886

00:44:37.532 --> 00:44:39.841 tell me when I need to stop, OK?  
NOTE Confidence: 0.85677886

00:44:39.841 --> 00:44:43.867 Hold up your fingers or something.  
NOTE Confidence: 0.85677886

00:44:43.870 --> 00:44:46.572 Stop don't go anymore OK because one  
NOTE Confidence: 0.85677886

00:44:46.572 --> 00:44:49.291 out of every four native kids under  
NOTE Confidence: 0.85677886

00:44:49.291 --> 00:44:52.540 the age of 1 was removed and adopted,  
NOTE Confidence: 0.85677886

00:44:52.540 --> 00:44:54.898 usually by a non native family.  
NOTE Confidence: 0.85677886

00:44:54.900 --> 00:44:57.756 That was one of the pushes to get  
NOTE Confidence: 0.85677886

00:44:57.756 --> 00:45:00.018 the Indian Child Welfare Act.  
NOTE Confidence: 0.85677886

00:45:00.020 --> 00:45:02.435 So many kids were being farmed out  
NOTE Confidence: 0.85677886

00:45:02.435 --> 00:45:04.869 and they were being measured that  
NOTE Confidence: 0.85677886

00:45:04.869 --> 00:45:07.509 because housing is in short supply,  
NOTE Confidence: 0.85677886

00:45:07.510 --> 00:45:10.954 their being measured by a Western standard

NOTE Confidence: 0.85677886

00:45:10.954 --> 00:45:14.886 of how much space is needed for child.

NOTE Confidence: 0.85677886

00:45:14.890 --> 00:45:15.530 So these.

NOTE Confidence: 0.85677886

00:45:15.530 --> 00:45:17.450 Lots of reasons he probably heard

NOTE Confidence: 0.85677886

00:45:17.450 --> 00:45:19.437 about the forced sterilizations

NOTE Confidence: 0.85677886

00:45:19.437 --> 00:45:21.360 that uninformed sterilizations.

NOTE Confidence: 0.85677886

00:45:21.360 --> 00:45:24.083 And this was the Indian Religious Freedom

NOTE Confidence: 0.85677886

00:45:24.083 --> 00:45:27.690 Act and I kind of quickly went over that.

NOTE Confidence: 0.85677886

00:45:27.690 --> 00:45:30.066 So we'll go this is it?

NOTE Confidence: 0.85677886

00:45:30.070 --> 00:45:33.326 We still try to protect our sacred sites

NOTE Confidence: 0.85677886

00:45:33.326 --> 00:45:36.800 and even with our in the last few years,

NOTE Confidence: 0.85677886

00:45:36.800 --> 00:45:38.780 we're still trying to protect

NOTE Confidence: 0.85677886

00:45:38.780 --> 00:45:40.760 sacred sites from the government,

NOTE Confidence: 0.85677886

00:45:40.760 --> 00:45:44.390 from them being taken defiled.

NOTE Confidence: 0.85677886

00:45:44.390 --> 00:45:48.166 And I actually have to carry a paper.

NOTE Confidence: 0.85677886

00:45:48.170 --> 00:45:52.022 With me that says that I'm Indian an I

NOTE Confidence: 0.85677886

00:45:52.022 --> 00:45:56.038 have permission to carry eagle feathers.

NOTE Confidence: 0.85677886

00:45:56.040 --> 00:45:58.368 So these are these are things that other

NOTE Confidence: 0.85677886

00:45:58.368 --> 00:46:00.495 people don't have to do for their faith,

NOTE Confidence: 0.85677886

00:46:00.500 --> 00:46:04.180 but we we still have to do that.

NOTE Confidence: 0.85677886

00:46:04.180 --> 00:46:05.916 So you're probably wondering

NOTE Confidence: 0.85677886

00:46:05.916 --> 00:46:07.218 about health care.

NOTE Confidence: 0.85677886

00:46:07.220 --> 00:46:09.208 It isn't that easy when you look

NOTE Confidence: 0.85677886

00:46:09.208 --> 00:46:11.423 at the amount of expenditures per

NOTE Confidence: 0.85677886

00:46:11.423 --> 00:46:13.583 capita for these different programs,

NOTE Confidence: 0.85677886

00:46:13.590 --> 00:46:16.425 you can see that we only get a fraction

NOTE Confidence: 0.85677886

00:46:16.425 --> 00:46:18.547 through the Indian Health Service.

NOTE Confidence: 0.85677886

00:46:18.550 --> 00:46:20.894 People are trying to do the best they

NOTE Confidence: 0.85677886

00:46:20.894 --> 00:46:23.588 can with very limited funds and is

NOTE Confidence: 0.85677886

00:46:23.588 --> 00:46:25.628 Stephanie O'Malley or Doctor O'Malley.

NOTE Confidence: 0.85677886

00:46:25.630 --> 00:46:28.501 Could speak to the trying to get in it

NOTE Confidence: 0.85677886

00:46:28.501 --> 00:46:30.686 something like no trucks own on the

NOTE Confidence: 0.85677886

00:46:30.686 --> 00:46:33.419 formulary of IHS is extremely challenging.

NOTE Confidence: 0.85677886

00:46:33.420 --> 00:46:36.130 Oftentimes they want to go

NOTE Confidence: 0.85677886

00:46:36.130 --> 00:46:38.298 with the least expensive.

NOTE Confidence: 0.85677886

00:46:38.300 --> 00:46:40.358 Medication option to save money and

NOTE Confidence: 0.85677886

00:46:40.358 --> 00:46:43.280 so when we look at this spending you

NOTE Confidence: 0.85677886

00:46:43.280 --> 00:46:45.500 can see that it's very underfunded

NOTE Confidence: 0.85677886

00:46:45.570 --> 00:46:47.318 and has been historically.

NOTE Confidence: 0.87864166

00:46:50.400 --> 00:46:52.770 So the losses are not confined

NOTE Confidence: 0.87864166

00:46:52.770 --> 00:46:54.930 to a single catastrophic period.

NOTE Confidence: 0.87864166

00:46:54.930 --> 00:46:57.246 They are ongoing, and that's when

NOTE Confidence: 0.87864166

00:46:57.246 --> 00:47:00.290 I said when you have that blanket,

NOTE Confidence: 0.87864166

00:47:00.290 --> 00:47:02.350 that bundle of stuff on

NOTE Confidence: 0.87864166

00:47:02.350 --> 00:47:04.410 your back of the burdens.

NOTE Confidence: 0.87864166

00:47:04.410 --> 00:47:06.876 This is what I'm talking about.

NOTE Confidence: 0.87864166

00:47:06.880 --> 00:47:08.515 It's continual persistent.

NOTE Confidence: 0.87864166



00:47:08.515 --> 00:47:11.236 And even now, with social media,  
NOTE Confidence: 0.87864166

00:47:11.236 --> 00:47:14.050 it's even more present for many of us.  
NOTE Confidence: 0.8885088

00:47:16.440 --> 00:47:18.498 The reality is that we're more likely  
NOTE Confidence: 0.8885088

00:47:18.498 --> 00:47:20.619 to be assaulted than any other ethnic  
NOTE Confidence: 0.8885088

00:47:20.619 --> 00:47:22.780 Group One in three native women raped.  
NOTE Confidence: 0.8837311

00:47:25.010 --> 00:47:28.698 30% of the this statistic is based on  
NOTE Confidence: 0.8837311

00:47:28.698 --> 00:47:31.926 30% of women who reported the rapes.  
NOTE Confidence: 0.8837311

00:47:31.930 --> 00:47:34.115 And because we have different  
NOTE Confidence: 0.8837311

00:47:34.115 --> 00:47:35.863 law enforcement and different  
NOTE Confidence: 0.8837311

00:47:35.863 --> 00:47:37.920 jurisdictions on different reservations.  
NOTE Confidence: 0.8837311

00:47:37.920 --> 00:47:41.231 It's not inclusive of rapes of women  
NOTE Confidence: 0.8837311

00:47:41.231 --> 00:47:43.912 on reservations and 64% of native  
NOTE Confidence: 0.8837311

00:47:43.912 --> 00:47:46.217 women will be physically assaulted.  
NOTE Confidence: 0.8837311

00:47:46.220 --> 00:47:50.387 We do not even have good information on the  
NOTE Confidence: 0.8837311

00:47:50.387 --> 00:47:55.080 magnitude of this problem of \*\*\*\*\* assault.  
NOTE Confidence: 0.8837311

00:47:55.080 --> 00:47:56.620 This is an old report,

NOTE Confidence: 0.8837311

00:47:56.620 --> 00:47:59.700 but I wanted to give you a taste of this.

NOTE Confidence: 0.8837311

00:47:59.700 --> 00:48:02.059 This is the garden of Truth report

NOTE Confidence: 0.8837311

00:48:02.059 --> 00:48:03.862 and they interviewed 100 Indigenous

NOTE Confidence: 0.8837311

00:48:03.862 --> 00:48:06.034 women who were trafficked in the

NOTE Confidence: 0.8837311

00:48:06.034 --> 00:48:08.477 Midwest and this is out of Minneapolis.

NOTE Confidence: 0.8837311

00:48:08.480 --> 00:48:11.864 And as you can see from these statistics,

NOTE Confidence: 0.8837311

00:48:11.870 --> 00:48:13.037 these are women,

NOTE Confidence: 0.8837311

00:48:13.037 --> 00:48:15.371 women that were known to our

NOTE Confidence: 0.8837311

00:48:15.371 --> 00:48:16.959 social service system.

NOTE Confidence: 0.8837311

00:48:16.960 --> 00:48:21.370 But somewhere we dropped the ball.

NOTE Confidence: 0.8837311

00:48:21.370 --> 00:48:22.420 We were familiar.

NOTE Confidence: 0.8837311

00:48:22.420 --> 00:48:24.870 We see the same thing with suicide.

NOTE Confidence: 0.8837311

00:48:24.870 --> 00:48:26.270 These aren't strangers to

NOTE Confidence: 0.8837311

00:48:26.270 --> 00:48:27.320 the helping professions,

NOTE Confidence: 0.8837311

00:48:27.320 --> 00:48:29.420 but somewhere we dropped the ball.

NOTE Confidence: 0.8304186

00:48:33.800 --> 00:48:35.528 The work ahead.  
NOTE Confidence: 0.8304186

00:48:35.528 --> 00:48:38.984 We have layers of grief work.  
NOTE Confidence: 0.8304186

00:48:38.990 --> 00:48:41.685 We have the erosion of the family.  
NOTE Confidence: 0.8304186

00:48:41.690 --> 00:48:43.916 The seeds of doubt were the worst,  
NOTE Confidence: 0.8304186

00:48:43.920 --> 00:48:46.592 I think the worst thing that could have  
NOTE Confidence: 0.8304186

00:48:46.592 --> 00:48:49.040 happened in the boarding school to have  
NOTE Confidence: 0.8304186

00:48:49.040 --> 00:48:51.799 you doubt about your own your own value.  
NOTE Confidence: 0.8304186

00:48:51.800 --> 00:48:55.032 Your family spiritual beliefs,  
NOTE Confidence: 0.8304186

00:48:55.032 --> 00:48:58.264 your ways of parenting.  
NOTE Confidence: 0.8304186

00:48:58.270 --> 00:49:00.570 All of those things,  
NOTE Confidence: 0.8304186

00:49:00.570 --> 00:49:02.870 so those layers and.  
NOTE Confidence: 0.8304186

00:49:02.870 --> 00:49:04.200 Multiple traumas?  
NOTE Confidence: 0.882043960000001

00:49:08.990 --> 00:49:11.030 Physical assaults, \*\*\*\*\* assaults,  
NOTE Confidence: 0.882043960000001

00:49:11.030 --> 00:49:13.580 the historical traumas that have  
NOTE Confidence: 0.882043960000001

00:49:13.580 --> 00:49:15.954 taken place and each community has  
NOTE Confidence: 0.882043960000001

00:49:15.954 --> 00:49:18.496 their own history and I think that's

NOTE Confidence: 0.882043960000001

00:49:18.496 --> 00:49:21.200 part of when we serve in a community

NOTE Confidence: 0.882043960000001

00:49:21.200 --> 00:49:24.049 is to learn from the local people.

NOTE Confidence: 0.882043960000001

00:49:24.050 --> 00:49:27.109 One of the things that they have

NOTE Confidence: 0.882043960000001

00:49:27.109 --> 00:49:28.998 experienced because there are

NOTE Confidence: 0.882043960000001

00:49:28.998 --> 00:49:31.483 unique tribal histories and we

NOTE Confidence: 0.882043960000001

00:49:31.483 --> 00:49:33.471 oftentimes are lumped together.

NOTE Confidence: 0.882043960000001

00:49:33.480 --> 00:49:35.976 And the ongoing traumas.

NOTE Confidence: 0.882043960000001

00:49:35.976 --> 00:49:39.720 It hurts to see others hurt.

NOTE Confidence: 0.882043960000001

00:49:39.720 --> 00:49:42.258 I like this image because do

NOTE Confidence: 0.882043960000001

00:49:42.258 --> 00:49:45.120 you see this quite often young?

NOTE Confidence: 0.882043960000001

00:49:45.120 --> 00:49:47.760 Native art, the transformation mask,

NOTE Confidence: 0.882043960000001

00:49:47.760 --> 00:49:50.658 and for me.

NOTE Confidence: 0.882043960000001

00:49:50.660 --> 00:49:52.760 That is oftentimes what we're doing

NOTE Confidence: 0.882043960000001

00:49:52.760 --> 00:49:55.041 is that we're looking for that

NOTE Confidence: 0.882043960000001

00:49:55.041 --> 00:49:57.071 transformation in our field that

NOTE Confidence: 0.882043960000001

00:49:57.071 --> 00:49:58.720 we're constantly looking about.

NOTE Confidence: 0.882043960000001

00:49:58.720 --> 00:50:02.624 How do we uncover? How do we expose?

NOTE Confidence: 0.882043960000001

00:50:02.630 --> 00:50:03.659 That other part?

NOTE Confidence: 0.8845611

00:50:05.990 --> 00:50:08.816 This is from a graduation high

NOTE Confidence: 0.8845611

00:50:08.816 --> 00:50:12.960 school graduation in Juneau, AK and.

NOTE Confidence: 0.8845611

00:50:12.960 --> 00:50:15.886 To me it just embodies that happiness

NOTE Confidence: 0.8845611

00:50:15.886 --> 00:50:18.853 that they are still embracing their

NOTE Confidence: 0.8845611

00:50:18.853 --> 00:50:21.568 culture and it's a celebration.

NOTE Confidence: 0.8845611

00:50:21.570 --> 00:50:23.724 It's a real celebration and so

NOTE Confidence: 0.8845611

00:50:23.724 --> 00:50:26.100 not buying into the stereotypes.

NOTE Confidence: 0.8845611

00:50:26.100 --> 00:50:28.566 No, we don't get monthly checks.

NOTE Confidence: 0.8845611

00:50:28.570 --> 00:50:31.454 No, we don't all look like no,

NOTE Confidence: 0.8845611

00:50:31.460 --> 00:50:35.149 we don't have the same faith traditions.

NOTE Confidence: 0.8845611

00:50:35.150 --> 00:50:37.180 When they divided our reservations,

NOTE Confidence: 0.8845611

00:50:37.180 --> 00:50:38.804 they oftentimes divided them

NOTE Confidence: 0.8845611

00:50:38.804 --> 00:50:40.428 between churches as well,

NOTE Confidence: 0.8845611  
00:50:40.430 --> 00:50:42.482 and so we have now divisions  
NOTE Confidence: 0.8845611  
00:50:42.482 --> 00:50:44.890 in some of our communities,  
NOTE Confidence: 0.8845611  
00:50:44.890 --> 00:50:47.641 and some of our families that are  
NOTE Confidence: 0.8845611  
00:50:47.641 --> 00:50:49.770 very devout Catholic for example,  
NOTE Confidence: 0.8845611  
00:50:49.770 --> 00:50:50.520 or Presbyterian,  
NOTE Confidence: 0.8845611  
00:50:50.520 --> 00:50:52.770 and on the other side they  
NOTE Confidence: 0.8845611  
00:50:52.770 --> 00:50:55.333 have the members of the family  
NOTE Confidence: 0.8845611  
00:50:55.333 --> 00:50:57.065 that are very traditional,  
NOTE Confidence: 0.8845611  
00:50:57.070 --> 00:50:59.506 and so we still have ongoing  
NOTE Confidence: 0.8845611  
00:50:59.506 --> 00:51:01.130 kinds of different views.  
NOTE Confidence: 0.8845611  
00:51:01.130 --> 00:51:03.854 And then we have those that  
NOTE Confidence: 0.8845611  
00:51:03.854 --> 00:51:06.060 walk in both worlds so.  
NOTE Confidence: 0.8845611  
00:51:06.060 --> 00:51:08.112 I would like to open it  
NOTE Confidence: 0.8845611  
00:51:08.112 --> 00:51:09.480 for questions I'm gonna.  
NOTE Confidence: 0.8845611  
00:51:09.480 --> 00:51:11.628 Stop the screen share and I  
NOTE Confidence: 0.8845611

00:51:11.628 --> 00:51:14.179 hope I can see some people.  
NOTE Confidence: 0.8845611

00:51:14.180 --> 00:51:18.557 Oh yes I can, yeah. Alright.  
NOTE Confidence: 0.8845611

00:51:18.557 --> 00:51:22.946 Maria or Stephanie, do you want it?  
NOTE Confidence: 0.8845611

00:51:22.950 --> 00:51:26.470 Give me a questions can be sent to the chat.  
NOTE Confidence: 0.8845611

00:51:26.470 --> 00:51:27.280 And.  
NOTE Confidence: 0.9086729

00:51:30.960 --> 00:51:32.180 I'll let you go ahead  
NOTE Confidence: 0.9086729

00:51:32.180 --> 00:51:33.400 and ask me the questions.  
NOTE Confidence: 0.6779988

00:51:40.780 --> 00:51:41.888 Oh, where'd you go?  
NOTE Confidence: 0.91837454

00:51:44.350 --> 00:51:46.358 So I have a question.  
NOTE Confidence: 0.90427357

00:51:49.190 --> 00:51:51.912 So I I know you're very involved  
NOTE Confidence: 0.90427357

00:51:51.912 --> 00:51:53.480 in the American Psychological  
NOTE Confidence: 0.90427357

00:51:53.547 --> 00:51:56.218 Association and. Ann, are you?  
NOTE Confidence: 0.90427357

00:51:56.218 --> 00:51:59.970 What are your thoughts about the training  
NOTE Confidence: 0.90427357

00:52:00.072 --> 00:52:03.678 opportunities or foci that should be?  
NOTE Confidence: 0.90427357

00:52:03.680 --> 00:52:07.306 Included in an internship programs or this,  
NOTE Confidence: 0.90427357

00:52:07.310 --> 00:52:09.955 you know, training for psychologist

NOTE Confidence: 0.90427357  
00:52:09.955 --> 00:52:13.000 may apply to Santa psychiatrist too,  
NOTE Confidence: 0.90427357  
00:52:13.000 --> 00:52:15.590 but you've talked a lot  
NOTE Confidence: 0.90427357  
00:52:15.590 --> 00:52:17.662 about checking so important.  
NOTE Confidence: 0.90427357  
00:52:17.670 --> 00:52:20.250 Historical overview.  
NOTE Confidence: 0.90427357  
00:52:20.250 --> 00:52:20.684 Being knowledgeable,  
NOTE Confidence: 0.90427357  
00:52:20.684 --> 00:52:22.203 but I wonder if you have any  
NOTE Confidence: 0.90427357  
00:52:22.203 --> 00:52:23.190 additional thoughts about that.  
NOTE Confidence: 0.8776899  
00:52:23.940 --> 00:52:26.523 One of the things that I'm currently  
NOTE Confidence: 0.8776899  
00:52:26.523 --> 00:52:29.030 working on is a research project  
NOTE Confidence: 0.8776899  
00:52:29.030 --> 00:52:31.682 about serving the the lower income,  
NOTE Confidence: 0.8776899  
00:52:31.690 --> 00:52:33.730 lower SES, poverty, poverty level,  
NOTE Confidence: 0.8776899  
00:52:33.730 --> 00:52:38.385 and I think that's another area that.  
NOTE Confidence: 0.8776899  
00:52:38.390 --> 00:52:42.428 We're very weekend. I it is.  
NOTE Confidence: 0.8776899  
00:52:42.430 --> 00:52:43.802 It's really, you know,  
NOTE Confidence: 0.8776899  
00:52:43.802 --> 00:52:45.860 when you look at the small  
NOTE Confidence: 0.8776899



00:52:45.930 --> 00:52:48.240 number of Native American Indian,  
NOTE Confidence: 0.8776899

00:52:48.240 --> 00:52:49.545 Alaska native psychologists,  
NOTE Confidence: 0.8776899

00:52:49.545 --> 00:52:52.155 many of them are working in  
NOTE Confidence: 0.8776899

00:52:52.155 --> 00:52:53.754 University systems are working  
NOTE Confidence: 0.8776899

00:52:53.754 --> 00:52:55.938 in research and there are very  
NOTE Confidence: 0.8776899

00:52:55.938 --> 00:52:58.189 small population that are working.  
NOTE Confidence: 0.8776899

00:52:58.190 --> 00:53:00.070 In our most underserved areas,  
NOTE Confidence: 0.8776899

00:53:00.070 --> 00:53:02.326 which is where my heart is.  
NOTE Confidence: 0.8776899

00:53:02.330 --> 00:53:04.850 That's where my passion is.  
NOTE Confidence: 0.8776899

00:53:04.850 --> 00:53:05.251 And.  
NOTE Confidence: 0.8776899

00:53:05.251 --> 00:53:08.058 I was once invited to give a  
NOTE Confidence: 0.8776899

00:53:08.058 --> 00:53:10.421 keynote address because for an  
NOTE Confidence: 0.8776899

00:53:10.421 --> 00:53:12.876 Indian organization and they were  
NOTE Confidence: 0.8776899

00:53:12.876 --> 00:53:15.747 looking for a nobody he called me.  
NOTE Confidence: 0.8776899

00:53:15.750 --> 00:53:17.260 OK, and they said, well,  
NOTE Confidence: 0.8776899

00:53:17.260 --> 00:53:19.220 you know what we mean and they said

NOTE Confidence: 0.8776899

00:53:19.220 --> 00:53:21.192 we want somebody that has actually

NOTE Confidence: 0.8776899

00:53:21.192 --> 00:53:22.967 been working in the trenches.

NOTE Confidence: 0.8776899

00:53:22.970 --> 00:53:24.752 That hasn't written a book or

NOTE Confidence: 0.8776899

00:53:24.752 --> 00:53:26.290 anything and I'm going like,

NOTE Confidence: 0.8776899

00:53:26.290 --> 00:53:26.597 well,

NOTE Confidence: 0.8776899

00:53:26.597 --> 00:53:28.746 I guess that's a I guess that's

NOTE Confidence: 0.8776899

00:53:28.746 --> 00:53:30.798 kind of nobody that I am so.

NOTE Confidence: 0.8776899

00:53:30.800 --> 00:53:34.270 But I think that we.

NOTE Confidence: 0.8776899

00:53:34.270 --> 00:53:37.420 It's easy to go for the low hanging fruit.

NOTE Confidence: 0.8776899

00:53:37.420 --> 00:53:40.185 The work is still can be enriching.

NOTE Confidence: 0.8776899

00:53:40.190 --> 00:53:41.610 It can be challenging,

NOTE Confidence: 0.8776899

00:53:41.610 --> 00:53:44.191 but I think that I would love

NOTE Confidence: 0.8776899

00:53:44.191 --> 00:53:46.411 to see more people drawn to

NOTE Confidence: 0.8776899

00:53:46.411 --> 00:53:48.510 serving our most underserved.

NOTE Confidence: 0.8776899

00:53:48.510 --> 00:53:50.880 And if we aren't doing that,

NOTE Confidence: 0.8776899

00:53:50.880 --> 00:53:53.288 at least to become aware of that  
NOTE Confidence: 0.8776899

00:53:53.288 --> 00:53:56.192 high need out there and how we can  
NOTE Confidence: 0.8776899

00:53:56.192 --> 00:53:58.565 better address that and the research  
NOTE Confidence: 0.8776899

00:53:58.565 --> 00:54:01.577 project that I'm currently working on,  
NOTE Confidence: 0.8776899

00:54:01.580 --> 00:54:04.468 it is a series of interviews of people  
NOTE Confidence: 0.8776899

00:54:04.468 --> 00:54:07.629 who've had long term success in delivering.  
NOTE Confidence: 0.8776899

00:54:07.630 --> 00:54:09.940 In the most poverty stricken areas,  
NOTE Confidence: 0.8776899

00:54:09.940 --> 00:54:12.996 and I think that's one that I would  
NOTE Confidence: 0.8776899

00:54:12.996 --> 00:54:15.718 really like to see Appa and others,  
NOTE Confidence: 0.8776899

00:54:15.720 --> 00:54:17.540 of course.  
NOTE Confidence: 0.8776899

00:54:17.540 --> 00:54:19.430 Address.  
NOTE Confidence: 0.8776899

00:54:19.430 --> 00:54:21.789 Because there is a different so you  
NOTE Confidence: 0.8776899

00:54:21.789 --> 00:54:24.117 come into the office and even what  
NOTE Confidence: 0.8776899

00:54:24.117 --> 00:54:26.530 we have around us in the office?  
NOTE Confidence: 0.8776899

00:54:26.530 --> 00:54:28.666 Is it off putting to those  
NOTE Confidence: 0.8776899

00:54:28.666 --> 00:54:30.580 people that we're serving is it?

NOTE Confidence: 0.8776899

00:54:30.580 --> 00:54:32.270 Is it a welcoming environment?

NOTE Confidence: 0.8776899

00:54:32.270 --> 00:54:34.582 Are they going to have some sense of

NOTE Confidence: 0.8776899

00:54:34.582 --> 00:54:36.768 comfort there that we might possibly

NOTE Confidence: 0.8776899

00:54:36.768 --> 00:54:38.698 understand where they're coming from?

NOTE Confidence: 0.8776899

00:54:38.700 --> 00:54:40.048 What their situation is?

NOTE Confidence: 0.8833411

00:54:42.100 --> 00:54:44.218 So it's the temptation of not

NOTE Confidence: 0.8833411

00:54:44.218 --> 00:54:46.596 having all of your vacation pictures

NOTE Confidence: 0.8833411

00:54:46.596 --> 00:54:49.248 posted and that kind of thing,

NOTE Confidence: 0.8833411

00:54:49.250 --> 00:54:52.718 so it's a it's a different

NOTE Confidence: 0.8833411

00:54:52.718 --> 00:54:55.030 world and an recognizing.

NOTE Confidence: 0.8833411

00:54:55.030 --> 00:54:56.980 How we might better meet them

NOTE Confidence: 0.8833411

00:54:56.980 --> 00:54:59.345 where they're at so they can open

NOTE Confidence: 0.8833411

00:54:59.345 --> 00:55:01.337 up so they can feel comfortable

NOTE Confidence: 0.8833411

00:55:01.337 --> 00:55:02.927 with us and not judged?

NOTE Confidence: 0.8784359

00:55:04.690 --> 00:55:06.520 Now at the same time,

NOTE Confidence: 0.8784359

00:55:06.520 --> 00:55:09.320 when I have one last question and I  
NOTE Confidence: 0.8784359

00:55:09.320 --> 00:55:12.358 don't and then maybe I could step back,  
NOTE Confidence: 0.8784359

00:55:12.360 --> 00:55:15.378 but I'm curious when you talked  
NOTE Confidence: 0.8784359

00:55:15.378 --> 00:55:17.390 about practice based evidence.  
NOTE Confidence: 0.8784359

00:55:17.390 --> 00:55:20.018 Are you finding or do you think that there  
NOTE Confidence: 0.8784359

00:55:20.018 --> 00:55:22.596 are support in this country Department?  
NOTE Confidence: 0.8784359

00:55:22.600 --> 00:55:24.676 People here are very focused on  
NOTE Confidence: 0.8784359

00:55:24.676 --> 00:55:26.174 evidence based practice, right?  
NOTE Confidence: 0.8784359

00:55:26.174 --> 00:55:27.536 And are you?  
NOTE Confidence: 0.8784359

00:55:27.536 --> 00:55:31.080 Are you finding that there are certain?  
NOTE Confidence: 0.8784359

00:55:31.080 --> 00:55:32.612 Evidence based practices that  
NOTE Confidence: 0.8784359

00:55:32.612 --> 00:55:34.910 you think are really ripe for  
NOTE Confidence: 0.8784359

00:55:34.984 --> 00:55:36.478 adaptation or adoption,  
NOTE Confidence: 0.8784359

00:55:36.480 --> 00:55:38.970 or I think adaptation for the  
NOTE Confidence: 0.8784359

00:55:38.970 --> 00:55:40.630 communities that you serve.  
NOTE Confidence: 0.7609138

00:55:42.060 --> 00:55:44.228 I was really on.

NOTE Confidence: 0.7609138  
00:55:44.228 --> 00:55:46.396 They had the curriculum.  
NOTE Confidence: 0.7609138  
00:55:46.400 --> 00:55:47.417 Martin Seligman yeah,  
NOTE Confidence: 0.7609138  
00:55:47.417 --> 00:55:49.790 and did a curriculum and he was  
NOTE Confidence: 0.7609138  
00:55:49.860 --> 00:55:51.344 known for positive psychology  
NOTE Confidence: 0.7609138  
00:55:51.344 --> 00:55:53.960 and I got very excited about that,  
NOTE Confidence: 0.7609138  
00:55:53.960 --> 00:55:55.112 so I thought, oh,  
NOTE Confidence: 0.7609138  
00:55:55.112 --> 00:55:57.674 this is the ticket and I I took  
NOTE Confidence: 0.7609138  
00:55:57.674 --> 00:55:59.942 the assessment tools and it turned  
NOTE Confidence: 0.7609138  
00:55:59.942 --> 00:56:01.967 out according to that assessment  
NOTE Confidence: 0.7609138  
00:56:01.967 --> 00:56:04.361 tool that I wasn't an optimistic  
NOTE Confidence: 0.7609138  
00:56:04.361 --> 00:56:06.716 person and I thought how can it  
NOTE Confidence: 0.7609138  
00:56:06.716 --> 00:56:09.438 be an so I'm going like wow,  
NOTE Confidence: 0.7609138  
00:56:09.440 --> 00:56:11.456 so I looked at the questions  
NOTE Confidence: 0.7609138  
00:56:11.456 --> 00:56:13.667 an all of the questions that  
NOTE Confidence: 0.7609138  
00:56:13.667 --> 00:56:16.404 fit into that had to do with.  
NOTE Confidence: 0.7609138

00:56:16.410 --> 00:56:16.920 Uh.

NOTE Confidence: 0.9234462

00:56:18.960 --> 00:56:21.516 I am a successful because my

NOTE Confidence: 0.9234462

00:56:21.516 --> 00:56:24.164 team because of my team or

NOTE Confidence: 0.9234462

00:56:24.164 --> 00:56:26.720 because of my leadership and you

NOTE Confidence: 0.9234462

00:56:26.720 --> 00:56:29.750 had to choose an if you chose.

NOTE Confidence: 0.9234462

00:56:29.750 --> 00:56:31.330 It was because of me.

NOTE Confidence: 0.9234462

00:56:31.330 --> 00:56:33.325 Then you rated higher on that that

NOTE Confidence: 0.9234462

00:56:33.325 --> 00:56:35.355 scale and I thought isn't that

NOTE Confidence: 0.9234462

00:56:35.355 --> 00:56:37.210 interesting because that would be

NOTE Confidence: 0.9234462

00:56:37.210 --> 00:56:39.690 the way to get yourself run out of

NOTE Confidence: 0.9234462

00:56:39.690 --> 00:56:41.440 town and an Indian community is.

NOTE Confidence: 0.9234462

00:56:41.440 --> 00:56:43.015 It's not all about me.

NOTE Confidence: 0.9234462

00:56:43.020 --> 00:56:45.786 You don't go insane, I'm doctor.

NOTE Confidence: 0.9234462

00:56:45.790 --> 00:56:47.278 Whatever doctor you are.

NOTE Confidence: 0.8764554

00:56:49.460 --> 00:56:52.044 So I think that looking at that closely

NOTE Confidence: 0.8764554

00:56:52.044 --> 00:56:54.828 and looking with our partners in our

NOTE Confidence: 0.8764554

00:56:54.828 --> 00:56:56.488 indigenous communities and saying,

NOTE Confidence: 0.8764554

00:56:56.490 --> 00:56:58.710 does this make sense to you?

NOTE Confidence: 0.8764554

00:56:58.710 --> 00:57:00.930 And taking it to the elders,

NOTE Confidence: 0.8764554

00:57:00.930 --> 00:57:02.780 the people that are trusted.

NOTE Confidence: 0.8764554

00:57:02.780 --> 00:57:05.900 And once you get one of my favorite

NOTE Confidence: 0.8764554

00:57:05.900 --> 00:57:09.075 things to do is to go to elder centers

NOTE Confidence: 0.8764554

00:57:09.075 --> 00:57:12.237 when I go out to villages because.

NOTE Confidence: 0.8764554

00:57:12.240 --> 00:57:14.880 If you can get them laughing and playing,

NOTE Confidence: 0.8764554

00:57:14.880 --> 00:57:16.924 you're gonna get the referrals and you're

NOTE Confidence: 0.8764554

00:57:16.924 --> 00:57:19.498 gonna get the acceptance and the connections.

NOTE Confidence: 0.8764554

00:57:19.500 --> 00:57:21.810 And so I'm a firm believer in.

NOTE Confidence: 0.8764554

00:57:21.810 --> 00:57:24.346 I would take silk scarves into the into

NOTE Confidence: 0.8764554

00:57:24.346 --> 00:57:26.822 the senior centers and they would be

NOTE Confidence: 0.8764554

00:57:26.822 --> 00:57:28.968 totally goofy and laughing and having

NOTE Confidence: 0.8764554

00:57:28.968 --> 00:57:31.400 a good time and and all they were

NOTE Confidence: 0.8764554



00:57:31.400 --> 00:57:33.360 getting her simple range of motion.  
NOTE Confidence: 0.8764554

00:57:33.360 --> 00:57:35.670 But it got that range of motion.  
NOTE Confidence: 0.8764554

00:57:35.670 --> 00:57:36.660 Got them talking.  
NOTE Confidence: 0.9011959

00:57:38.790 --> 00:57:41.958 And if we can get them laughing and get  
NOTE Confidence: 0.9011959

00:57:41.958 --> 00:57:44.585 them talking. We build relationship.  
NOTE Confidence: 0.9011959

00:57:44.585 --> 00:57:48.663 It's a shorter way to build relationship and  
NOTE Confidence: 0.9011959

00:57:48.663 --> 00:57:52.119 so I think running it by the people because  
NOTE Confidence: 0.9011959

00:57:52.208 --> 00:57:55.808 it's one of the heart breaks that I have is.  
NOTE Confidence: 0.9011959

00:57:55.810 --> 00:58:00.112 So many of our people now have been raised  
NOTE Confidence: 0.9011959

00:58:00.112 --> 00:58:04.745 in the city away from their culture that.  
NOTE Confidence: 0.9011959

00:58:04.750 --> 00:58:09.296 Their last and they read about it in a book.  
NOTE Confidence: 0.9011959

00:58:09.300 --> 00:58:11.575 And we've had young people come to  
NOTE Confidence: 0.9011959

00:58:11.575 --> 00:58:13.487 meetings and interrupt the elders until  
NOTE Confidence: 0.9011959

00:58:13.487 --> 00:58:15.870 the elders how it's supposed to be done,  
NOTE Confidence: 0.9011959

00:58:15.870 --> 00:58:19.390 because they've read about it in a book.  
NOTE Confidence: 0.9011959

00:58:19.390 --> 00:58:23.600 Missing missing that connection that?

NOTE Confidence: 0.9011959

00:58:23.600 --> 00:58:26.696 The elders hold the their the wisdom keepers,

NOTE Confidence: 0.9011959

00:58:26.700 --> 00:58:29.520 and so we need to.

NOTE Confidence: 0.9011959

00:58:29.520 --> 00:58:31.340 Pay attention to what is.

NOTE Confidence: 0.9011959

00:58:31.340 --> 00:58:33.506 What is being told to us,

NOTE Confidence: 0.9011959

00:58:33.510 --> 00:58:36.828 and we're used to having this formula.

NOTE Confidence: 0.9011959

00:58:36.830 --> 00:58:41.044 And a lot of times this storytelling.

NOTE Confidence: 0.9011959

00:58:41.050 --> 00:58:42.130 It takes this.

NOTE Confidence: 0.9011959

00:58:42.130 --> 00:58:44.290 Kind of a long way around,

NOTE Confidence: 0.9011959

00:58:44.290 --> 00:58:46.068 and we've things back and forth and

NOTE Confidence: 0.9011959

00:58:46.068 --> 00:58:47.659 they don't tell you the message

NOTE Confidence: 0.9011959

00:58:47.659 --> 00:58:49.219 you're supposed to get from it.

NOTE Confidence: 0.9011959

00:58:49.220 --> 00:58:52.730 It is for you to sit with and to.

NOTE Confidence: 0.9011959

00:58:52.730 --> 00:58:54.840 Come up with that answer.

NOTE Confidence: 0.9011959

00:58:54.840 --> 00:58:55.100 Thank

NOTE Confidence: 0.8801418

00:58:55.100 --> 00:58:56.690 you, I think we have one.

NOTE Confidence: 0.8801418

00:58:56.690 --> 00:58:58.274 We have a couple of questions  
NOTE Confidence: 0.8801418

00:58:58.274 --> 00:58:59.330 now from other people.  
NOTE Confidence: 0.8801418

00:58:59.330 --> 00:59:02.930 I'm going to thank you very much.  
NOTE Confidence: 0.8801418

00:59:02.930 --> 00:59:03.510 You're welcome.  
NOTE Confidence: 0.8468118

00:59:07.330 --> 00:59:09.538 Does someone want to tell me what the  
NOTE Confidence: 0.8468118

00:59:09.540 --> 00:59:10.827 questions are? Stephanie,  
NOTE Confidence: 0.8468118

00:59:10.827 --> 00:59:13.830 do you want to handle the questions?  
NOTE Confidence: 0.8468118

00:59:13.830 --> 00:59:17.510 Sure, sure, yeah. Do  
NOTE Confidence: 0.89056116

00:59:17.510 --> 00:59:19.190 you anticipate improvement in mental  
NOTE Confidence: 0.89056116

00:59:19.190 --> 00:59:21.492 health services to native peoples from the  
NOTE Confidence: 0.89056116

00:59:21.492 --> 00:59:23.184 Pandemic Relief Fund that was recently  
NOTE Confidence: 0.89056116

00:59:23.190 --> 00:59:24.138 passed by Congress?  
NOTE Confidence: 0.8614737

00:59:27.020 --> 00:59:29.738 I remain hopeful. I remain hopeful,  
NOTE Confidence: 0.8614737

00:59:29.740 --> 00:59:32.788 and one of the things that we're doing  
NOTE Confidence: 0.8614737

00:59:32.788 --> 00:59:35.591 in this Society of Indian psychologist  
NOTE Confidence: 0.8614737

00:59:35.591 --> 00:59:39.560 is that we're trying to make sure that

NOTE Confidence: 0.8614737

00:59:39.560 --> 00:59:42.416 we have representation from the DNA,

NOTE Confidence: 0.8614737

00:59:42.420 --> 00:59:46.739 the Navajos that were hit so hard

NOTE Confidence: 0.8614737

00:59:46.739 --> 00:59:50.986 by the pandemic as as a group and.

NOTE Confidence: 0.8614737

00:59:50.990 --> 00:59:53.461 I think that it it's going to

NOTE Confidence: 0.8614737

00:59:53.461 --> 00:59:55.678 vary by tribe and that's I.

NOTE Confidence: 0.8614737

00:59:55.680 --> 00:59:58.410 That's why I say I'm hopeful

NOTE Confidence: 0.8614737

00:59:58.410 --> 01:00:01.998 and then I have a pause because.

NOTE Confidence: 0.8614737

01:00:02.000 --> 01:00:04.992 We have had some people that have said

NOTE Confidence: 0.8614737

01:00:04.992 --> 01:00:07.378 immediately that their tribe helped him,

NOTE Confidence: 0.8614737

01:00:07.380 --> 01:00:09.690 that it was great that they got

NOTE Confidence: 0.8614737

01:00:09.690 --> 01:00:12.055 support and that they're working on

NOTE Confidence: 0.8614737

01:00:12.055 --> 01:00:14.665 new ways of communicating with people,

NOTE Confidence: 0.8614737

01:00:14.670 --> 01:00:16.590 and some of our reservations

NOTE Confidence: 0.8614737

01:00:16.590 --> 01:00:18.126 don't have Internet connection.

NOTE Confidence: 0.8614737

01:00:18.130 --> 01:00:20.050 You know, it's not broad.

NOTE Confidence: 0.8614737

01:00:20.050 --> 01:00:22.818 It doesn't matter if you have money in  
NOTE Confidence: 0.8614737

01:00:22.818 --> 01:00:25.419 some areas of the Navajo reservation,  
NOTE Confidence: 0.8614737

01:00:25.420 --> 01:00:28.108 you're not going to have running water,  
NOTE Confidence: 0.8614737

01:00:28.110 --> 01:00:28.494 period.  
NOTE Confidence: 0.8614737

01:00:28.494 --> 01:00:31.990 It's not a matter of money, so connectivity.  
NOTE Confidence: 0.8614737

01:00:31.990 --> 01:00:34.370 Things like that are.  
NOTE Confidence: 0.8614737

01:00:34.370 --> 01:00:36.728 The infrastructure isn't there for them,  
NOTE Confidence: 0.8614737

01:00:36.730 --> 01:00:39.355 and so how do we get the  
NOTE Confidence: 0.8614737

01:00:39.355 --> 01:00:41.050 messages out to them?  
NOTE Confidence: 0.8614737

01:00:41.050 --> 01:00:43.766 And one of our Navajo psychologist said  
NOTE Confidence: 0.8614737

01:00:43.766 --> 01:00:46.949 we need to use the radio and Alaska.  
NOTE Confidence: 0.8614737

01:00:46.950 --> 01:00:48.342 We use the scene.  
NOTE Confidence: 0.8614737

01:00:48.342 --> 01:00:50.981 Guess it was called a CB in  
NOTE Confidence: 0.8614737

01:00:50.981 --> 01:00:52.837 the Little Village radio,  
NOTE Confidence: 0.8614737

01:00:52.840 --> 01:00:55.496 so it's it's it's going to be gathering  
NOTE Confidence: 0.8614737

01:00:55.496 --> 01:00:57.560 the people together afterwards.

NOTE Confidence: 0.8614737

01:00:57.560 --> 01:01:00.304 An I think that we're going to.

NOTE Confidence: 0.8614737

01:01:00.310 --> 01:01:03.286 We're going to see some good things happen

NOTE Confidence: 0.8614737

01:01:03.286 --> 01:01:05.890 from that because people have been.

NOTE Confidence: 0.8614737

01:01:05.890 --> 01:01:09.642 Isolated for so long and one of the

NOTE Confidence: 0.8614737

01:01:09.642 --> 01:01:12.406 challenges is the losing people and

NOTE Confidence: 0.8614737

01:01:12.406 --> 01:01:16.050 not being able to go to the usual.

NOTE Confidence: 0.8614737

01:01:16.050 --> 01:01:17.766 Grieving kind of ceremonies.

NOTE Confidence: 0.8614737

01:01:17.766 --> 01:01:21.527 I think that there's going to be a lot

NOTE Confidence: 0.8614737

01:01:21.527 --> 01:01:23.747 of community healing kinds of events

NOTE Confidence: 0.8614737

01:01:23.747 --> 01:01:26.727 that are going to be taken place and

NOTE Confidence: 0.8614737

01:01:26.727 --> 01:01:28.882 how much actually whittles dribbles down.

NOTE Confidence: 0.8614737

01:01:28.882 --> 01:01:31.360 To the hands that are going to

NOTE Confidence: 0.8614737

01:01:31.426 --> 01:01:33.862 use it responsibly as a question

NOTE Confidence: 0.8614737

01:01:33.862 --> 01:01:35.486 throughout our United States.

NOTE Confidence: 0.8614737

01:01:35.490 --> 01:01:37.210 You know, so I might.

NOTE Confidence: 0.8614737

01:01:37.210 --> 01:01:38.578 I remain hopeful though.

NOTE Confidence: 0.8585599

01:01:45.640 --> 01:01:47.152 Another question from Doctor Robot.

NOTE Confidence: 0.8585599

01:01:47.152 --> 01:01:48.970 Thanks so much for your presentation.

NOTE Confidence: 0.8585599

01:01:48.970 --> 01:01:51.077 You spoke briefly about the concept of

NOTE Confidence: 0.8585599

01:01:51.077 --> 01:01:53.583 the Red Road and wondered if you could

NOTE Confidence: 0.8585599

01:01:53.583 --> 01:01:55.717 speak more about what that entails and

NOTE Confidence: 0.8585599

01:01:55.717 --> 01:01:57.458 how do you think about incorporating

NOTE Confidence: 0.8585599

01:01:57.460 --> 01:01:58.970 that perspective into clinical care.

NOTE Confidence: 0.85873204

01:02:01.500 --> 01:02:03.786 I think it's an easy fit.

NOTE Confidence: 0.85873204

01:02:03.790 --> 01:02:07.536 The Red Rd is. Is.

NOTE Confidence: 0.85873204

01:02:07.536 --> 01:02:10.512 When you, it doesn't necessarily mean

NOTE Confidence: 0.85873204

01:02:10.512 --> 01:02:13.580 that you're following a traditional path.

NOTE Confidence: 0.85873204

01:02:13.580 --> 01:02:15.715 That doesn't mean that you've

NOTE Confidence: 0.85873204

01:02:15.715 --> 01:02:16.996 left Christianity behind.

NOTE Confidence: 0.85873204

01:02:17.000 --> 01:02:19.140 If that's your, you know.

NOTE Confidence: 0.85873204

01:02:19.140 --> 01:02:21.708 If that's your your faith tradition,

NOTE Confidence: 0.85873204

01:02:21.710 --> 01:02:24.050 it doesn't mean leaving that behind

NOTE Confidence: 0.85873204

01:02:24.050 --> 01:02:27.270 what it may mean is encompassing more,

NOTE Confidence: 0.85873204

01:02:27.270 --> 01:02:29.838 and it's about being a responsible

NOTE Confidence: 0.85873204

01:02:29.838 --> 01:02:31.550 member of the community.

NOTE Confidence: 0.85873204

01:02:31.550 --> 01:02:35.260 It is about sobriety and.

NOTE Confidence: 0.85873204

01:02:35.260 --> 01:02:36.052 This is Zach.

NOTE Confidence: 0.85873204

01:02:36.052 --> 01:02:38.606 I was told a long time ago that you're

NOTE Confidence: 0.85873204

01:02:38.606 --> 01:02:40.825 at the point now where you decide

NOTE Confidence: 0.85873204

01:02:40.825 --> 01:02:43.327 if you're going to be on this path.

NOTE Confidence: 0.85873204

01:02:43.330 --> 01:02:48.378 Then it means a total abstinence for me.

NOTE Confidence: 0.85873204

01:02:48.380 --> 01:02:50.318 That's what it meant in the.

NOTE Confidence: 0.85873204

01:02:50.320 --> 01:02:52.574 In the tradition where I was from,

NOTE Confidence: 0.85873204

01:02:52.580 --> 01:02:55.487 and so that was the path that I chose.

NOTE Confidence: 0.85873204

01:02:55.490 --> 01:02:55.811 Numbers.

NOTE Confidence: 0.85873204

01:02:55.811 --> 01:02:57.416 No going back from that.

NOTE Confidence: 0.85873204



01:02:57.420 --> 01:03:01.018 And the Red Rd is kind of.  
NOTE Confidence: 0.85873204

01:03:01.020 --> 01:03:03.827 It kind of gives you the structure  
NOTE Confidence: 0.85873204

01:03:03.827 --> 01:03:07.230 of how to conduct your life on a.  
NOTE Confidence: 0.85873204

01:03:07.230 --> 01:03:10.142 On a daily basis of being a  
NOTE Confidence: 0.85873204

01:03:10.142 --> 01:03:11.825 compassionate individual and it  
NOTE Confidence: 0.85873204

01:03:11.825 --> 01:03:14.296 isn't a something that is like you,  
NOTE Confidence: 0.85873204

01:03:14.300 --> 01:03:17.444 go to church on Sunday kind of thing.  
NOTE Confidence: 0.85873204

01:03:17.450 --> 01:03:19.410 It is a daily practice.  
NOTE Confidence: 0.85873204

01:03:19.410 --> 01:03:21.380 It is a daily practice.  
NOTE Confidence: 0.85873204

01:03:21.380 --> 01:03:23.594 And isn't that what we really  
NOTE Confidence: 0.85873204

01:03:23.594 --> 01:03:26.356 want for people is that they have  
NOTE Confidence: 0.85873204

01:03:26.356 --> 01:03:29.156 something that they engage in that is  
NOTE Confidence: 0.85873204

01:03:29.240 --> 01:03:31.991 healthy on a regular basis and where  
NOTE Confidence: 0.85873204

01:03:31.991 --> 01:03:34.738 they choose to find their faith is  
NOTE Confidence: 0.85873204

01:03:34.738 --> 01:03:38.989 their personal decision. But it is.  
NOTE Confidence: 0.85873204

01:03:38.990 --> 01:03:43.799 Being a good relative, we have a.

NOTE Confidence: 0.85873204

01:03:43.800 --> 01:03:46.008 We have a tradition that is

NOTE Confidence: 0.85873204

01:03:46.008 --> 01:03:48.368 called home coffee and that means

NOTE Confidence: 0.85873204

01:03:48.368 --> 01:03:49.988 a making of relatives,

NOTE Confidence: 0.85873204

01:03:49.990 --> 01:03:52.664 and I think this isn't a very

NOTE Confidence: 0.85873204

01:03:52.664 --> 01:03:54.663 important concept and what that

NOTE Confidence: 0.85873204

01:03:54.663 --> 01:03:57.386 means is that we don't leave people

NOTE Confidence: 0.85873204

01:03:57.386 --> 01:03:59.725 behind an when we've had adoptions

NOTE Confidence: 0.85873204

01:03:59.725 --> 01:04:02.374 and death that that we may have

NOTE Confidence: 0.85873204

01:04:02.374 --> 01:04:05.083 people that no longer have a mom

NOTE Confidence: 0.85873204

01:04:05.083 --> 01:04:07.927 or no longer have a sister or

NOTE Confidence: 0.85873204

01:04:07.927 --> 01:04:10.920 brother and so who copy means that

NOTE Confidence: 0.85873204

01:04:10.920 --> 01:04:13.993 you will take someone as your son.

NOTE Confidence: 0.85873204

01:04:14.000 --> 01:04:16.128 As your mother and that you treat

NOTE Confidence: 0.85873204

01:04:16.128 --> 01:04:18.128 them as you would your own,

NOTE Confidence: 0.85873204

01:04:18.130 --> 01:04:20.038 and that's called the making of

NOTE Confidence: 0.85873204

01:04:20.038 --> 01:04:22.013 relatives along time ago it was  
NOTE Confidence: 0.85873204

01:04:22.013 --> 01:04:23.951 used to make peace between different  
NOTE Confidence: 0.85873204

01:04:23.951 --> 01:04:26.165 tribal groups and I have three what  
NOTE Confidence: 0.85873204

01:04:26.165 --> 01:04:27.670 they call Hunke daughters might  
NOTE Confidence: 0.85873204

01:04:27.670 --> 01:04:29.835 have three adopted daughters and  
NOTE Confidence: 0.85873204

01:04:29.835 --> 01:04:32.410 I'm the only grandmother that some  
NOTE Confidence: 0.85873204

01:04:32.410 --> 01:04:34.095 of them have ever known.  
NOTE Confidence: 0.85873204

01:04:34.100 --> 01:04:36.602 Because it's that strong from the  
NOTE Confidence: 0.85873204

01:04:36.602 --> 01:04:39.799 time that they are living in my home,  
NOTE Confidence: 0.85873204

01:04:39.800 --> 01:04:41.018 Mary have children.  
NOTE Confidence: 0.89048

01:04:43.050 --> 01:04:46.042 And so that that those kinds of things  
NOTE Confidence: 0.89048

01:04:46.042 --> 01:04:49.190 are part of being on the Red Rd it is.  
NOTE Confidence: 0.89048

01:04:49.190 --> 01:04:51.510 Not just talking about it, it's doing it.  
NOTE Confidence: 0.90795577

01:05:04.540 --> 01:05:06.260 That's very powerful, thank you.  
NOTE Confidence: 0.8605686

01:05:08.630 --> 01:05:10.540 Welcome if there's one thing  
NOTE Confidence: 0.8605686

01:05:10.540 --> 01:05:12.836 that I would dash through this

NOTE Confidence: 0.8605686

01:05:12.836 --> 01:05:15.013 because I so wanted to make sure

NOTE Confidence: 0.8605686

01:05:15.013 --> 01:05:17.339 that I covered the the topics.

NOTE Confidence: 0.8605686

01:05:17.340 --> 01:05:19.560 If there's one thing that I

NOTE Confidence: 0.8605686

01:05:19.560 --> 01:05:21.340 would encourage you to do,

NOTE Confidence: 0.8605686

01:05:21.340 --> 01:05:23.908 it would be to go back and understand

NOTE Confidence: 0.8605686

01:05:23.908 --> 01:05:26.190 that all three branches of our

NOTE Confidence: 0.8605686

01:05:26.190 --> 01:05:28.960 government have done things in the past,

NOTE Confidence: 0.8605686

01:05:28.960 --> 01:05:32.369 and I and currently that are impacting.

NOTE Confidence: 0.8605686

01:05:32.370 --> 01:05:34.910 Indigenous people and we oftentimes

NOTE Confidence: 0.8605686

01:05:34.910 --> 01:05:37.990 will get this kind of like.

NOTE Confidence: 0.8533173

01:05:40.690 --> 01:05:44.178 They call it the risk triangle where you

NOTE Confidence: 0.8533173

01:05:44.178 --> 01:05:47.443 get people that have suffered abuses and

NOTE Confidence: 0.8533173

01:05:47.443 --> 01:05:51.595 then in order to relieve some of that pain

NOTE Confidence: 0.8533173

01:05:51.595 --> 01:05:54.670 they self medicate and. Then they are.

NOTE Confidence: 0.8533173

01:05:54.670 --> 01:05:57.310 Then they engage in risky behavior

NOTE Confidence: 0.8533173

01:05:57.310 --> 01:06:00.476 while their high while they are musing.  
NOTE Confidence: 0.8533173

01:06:00.480 --> 01:06:02.180 And then they are blamed.  
NOTE Confidence: 0.8533173

01:06:02.180 --> 01:06:04.916 And so it is like that.  
NOTE Confidence: 0.8533173

01:06:04.920 --> 01:06:08.040 That we keep blaming the people instead of  
NOTE Confidence: 0.8533173

01:06:08.040 --> 01:06:11.179 looking at the source of what is going on.  
NOTE Confidence: 0.8533173

01:06:11.180 --> 01:06:13.388 I don't mean that people aren't  
NOTE Confidence: 0.8533173

01:06:13.388 --> 01:06:14.860 accountable for their actions,  
NOTE Confidence: 0.8533173

01:06:14.860 --> 01:06:18.428 but I also believe that we need to.  
NOTE Confidence: 0.8533173

01:06:18.430 --> 01:06:20.330 Celebrate our small victories  
NOTE Confidence: 0.8533173

01:06:20.330 --> 01:06:22.230 when we see people.  
NOTE Confidence: 0.8533173

01:06:22.230 --> 01:06:24.900 In that now trucks and stuff.  
NOTE Confidence: 0.8533173

01:06:24.900 --> 01:06:27.006 Honey, you know it was like  
NOTE Confidence: 0.8533173

01:06:27.006 --> 01:06:28.940 somebody drink seven days a week,  
NOTE Confidence: 0.8533173

01:06:28.940 --> 01:06:31.636 but they only drink 5 days last week.  
NOTE Confidence: 0.8533173

01:06:31.640 --> 01:06:33.330 That's that's progress, you know,  
NOTE Confidence: 0.8533173

01:06:33.330 --> 01:06:36.410 and so it's acknowledging that it may take

NOTE Confidence: 0.8533173

01:06:36.410 --> 01:06:39.387 small steps to get to where we want to go.

NOTE Confidence: 0.8533173

01:06:39.390 --> 01:06:42.848 But if you know that you have.

NOTE Confidence: 0.8533173

01:06:42.850 --> 01:06:44.800 It's kind of like your cheerleader.

NOTE Confidence: 0.8533173

01:06:44.800 --> 01:06:46.750 Somebody there that is supporting you.

NOTE Confidence: 0.8533173

01:06:46.750 --> 01:06:50.530 It makes a big difference when you have been.

NOTE Confidence: 0.8533173

01:06:50.530 --> 01:06:52.665 Trying to figure things out on your

NOTE Confidence: 0.8533173

01:06:52.665 --> 01:06:55.506 own for so long and many of our

NOTE Confidence: 0.8533173

01:06:55.506 --> 01:06:57.361 folks because of these disruptions.

NOTE Confidence: 0.8533173

01:06:57.370 --> 01:07:01.000 Don't know their own history.

NOTE Confidence: 0.8533173

01:07:01.000 --> 01:07:02.340 And that to me,

NOTE Confidence: 0.8533173

01:07:02.340 --> 01:07:04.015 is heartbreaking to not know

NOTE Confidence: 0.8533173

01:07:04.015 --> 01:07:05.249 your own history.

NOTE Confidence: 0.88323975

01:07:13.870 --> 01:07:15.958 Are there any other questions or?

NOTE Confidence: 0.7448629

01:07:18.080 --> 01:07:18.740 Comments.

NOTE Confidence: 0.8768811

01:07:23.820 --> 01:07:26.118 Well, I want to thank you so

NOTE Confidence: 0.8768811

01:07:26.118 --> 01:07:27.961 much for this really very  
NOTE Confidence: 0.8768811

01:07:27.961 --> 01:07:30.426 informative and heartfelt and talk.  
NOTE Confidence: 0.8768811

01:07:30.430 --> 01:07:32.656 And I think you've really provided  
NOTE Confidence: 0.8768811

01:07:32.656 --> 01:07:35.569 a lot of information to us about  
NOTE Confidence: 0.8768811

01:07:35.569 --> 01:07:37.377 the historical contributions to  
NOTE Confidence: 0.8768811

01:07:37.377 --> 01:07:39.450 where Indigenous people are now  
NOTE Confidence: 0.8768811

01:07:39.450 --> 01:07:41.704 and how we might be more effective.  
NOTE Confidence: 0.8768811

01:07:41.710 --> 01:07:44.174 And I think it's great to have  
NOTE Confidence: 0.8768811

01:07:44.174 --> 01:07:47.159 you kind of talk to our community.  
NOTE Confidence: 0.8768811

01:07:47.160 --> 01:07:49.110 We're very interested in this.  
NOTE Confidence: 0.8768811

01:07:49.110 --> 01:07:51.938 I don't know if Maria or Stephanie  
NOTE Confidence: 0.8768811

01:07:51.938 --> 01:07:54.270 wants to add anything or.  
NOTE Confidence: 0.8768811

01:07:54.270 --> 01:07:55.999 And when I said get some comments  
NOTE Confidence: 0.8768811

01:07:55.999 --> 01:07:57.868 in the chat thanking you for  
NOTE Confidence: 0.8768811

01:07:57.868 --> 01:07:58.939 your presentation too.  
NOTE Confidence: 0.83016235

01:08:01.050 --> 01:08:03.777 I appreciate that I would like to say just

NOTE Confidence: 0.83016235

01:08:03.777 --> 01:08:06.906 a little bit about Alaska native villages.

NOTE Confidence: 0.83016235

01:08:06.910 --> 01:08:08.790 Annemarie is probably better versed

NOTE Confidence: 0.83016235

01:08:08.790 --> 01:08:12.710 than I am to speak to this, but.

NOTE Confidence: 0.83016235

01:08:12.710 --> 01:08:15.272 I think many people don't realize that

NOTE Confidence: 0.83016235

01:08:15.272 --> 01:08:17.738 we have Third world living conditions

NOTE Confidence: 0.83016235

01:08:17.738 --> 01:08:20.748 in many of our communities in Alaska,

NOTE Confidence: 0.83016235

01:08:20.750 --> 01:08:23.156 in particular because of its unique

NOTE Confidence: 0.83016235

01:08:23.156 --> 01:08:26.075 geography, there is no connecting Rd

NOTE Confidence: 0.83016235

01:08:26.075 --> 01:08:30.072 system on the main part of Alaska. I.

NOTE Confidence: 0.83016235

01:08:30.072 --> 01:08:33.812 So you have to get in by boat or you

NOTE Confidence: 0.83016235

01:08:33.812 --> 01:08:37.564 have to fly in so it's very expensive.

NOTE Confidence: 0.83016235

01:08:37.570 --> 01:08:39.930 And if you were to go to one

NOTE Confidence: 0.83016235

01:08:39.930 --> 01:08:41.869 of the village stores,

NOTE Confidence: 0.83016235

01:08:41.870 --> 01:08:45.083 if you were to buy a block of cheese,

NOTE Confidence: 0.83016235

01:08:45.090 --> 01:08:47.314 it might be \$27.00 a gallon of gas

NOTE Confidence: 0.83016235



01:08:47.314 --> 01:08:49.327 might be \$12.00 fifteen dollars

NOTE Confidence: 0.83016235

01:08:49.327 --> 01:08:51.175 depending on your location,

NOTE Confidence: 0.83016235

01:08:51.180 --> 01:08:53.490 because everything has to be brought

NOTE Confidence: 0.83016235

01:08:53.490 --> 01:08:56.548 in by barge or has to be flown in.

NOTE Confidence: 0.83016235

01:08:56.550 --> 01:08:58.846 And so when we talk we have

NOTE Confidence: 0.83016235

01:08:58.846 --> 01:09:00.839 food deserts where we're saying,

NOTE Confidence: 0.83016235

01:09:00.840 --> 01:09:02.700 well, people just need to.

NOTE Confidence: 0.83016235

01:09:02.700 --> 01:09:03.344 Eat healthier,

NOTE Confidence: 0.83016235

01:09:03.344 --> 01:09:05.920 they just need to do this or that.

NOTE Confidence: 0.83016235

01:09:05.920 --> 01:09:08.335 It's looking at what is the real

NOTE Confidence: 0.83016235

01:09:08.335 --> 01:09:10.022 life condition that that the

NOTE Confidence: 0.83016235

01:09:10.022 --> 01:09:12.038 folks are living in and it is.

NOTE Confidence: 0.83016235

01:09:12.040 --> 01:09:13.650 I'll give you an example.

NOTE Confidence: 0.83016235

01:09:13.650 --> 01:09:14.998 This not even Alaska.

NOTE Confidence: 0.83016235

01:09:14.998 --> 01:09:17.020 My great grandma about I said

NOTE Confidence: 0.83016235

01:09:17.091 --> 01:09:18.476 I took to the doctor.

NOTE Confidence: 0.83016235  
01:09:18.480 --> 01:09:21.679 We had a young doctor Kim come  
NOTE Confidence: 0.83016235  
01:09:21.679 --> 01:09:23.610 in and she had.  
NOTE Confidence: 0.83016235  
01:09:23.610 --> 01:09:24.675 Congestive heart failure  
NOTE Confidence: 0.83016235  
01:09:24.675 --> 01:09:26.450 is essentially what it was,  
NOTE Confidence: 0.83016235  
01:09:26.450 --> 01:09:28.935 but he wanted to wear support pantyhose.  
NOTE Confidence: 0.83016235  
01:09:28.940 --> 01:09:34.016 Keep in mind this Grandma is like 200 pounds.  
NOTE Confidence: 0.83016235  
01:09:34.020 --> 01:09:36.757 And I asked the Doctor Who we  
NOTE Confidence: 0.83016235  
01:09:36.757 --> 01:09:38.929 thought was going to wrestle.  
NOTE Confidence: 0.83016235  
01:09:38.930 --> 01:09:40.154 Those on grandma.  
NOTE Confidence: 0.83016235  
01:09:40.154 --> 01:09:40.970 You know,  
NOTE Confidence: 0.83016235  
01:09:40.970 --> 01:09:43.015 it's like the unrealistic recommendations  
NOTE Confidence: 0.83016235  
01:09:43.015 --> 01:09:45.060 that can sometimes be made.  
NOTE Confidence: 0.83016235  
01:09:45.060 --> 01:09:47.185 Just because we aren't thinking  
NOTE Confidence: 0.83016235  
01:09:47.185 --> 01:09:50.149 ahead about what is unique to that  
NOTE Confidence: 0.83016235  
01:09:50.149 --> 01:09:52.823 individual and what will work for them.  
NOTE Confidence: 0.83016235

01:09:52.830 --> 01:09:56.038 We don't have running water in some of  
NOTE Confidence: 0.83016235

01:09:56.038 --> 01:09:58.557 those communities that are in permafrost,  
NOTE Confidence: 0.83016235

01:09:58.560 --> 01:09:59.496 it's permanently.  
NOTE Confidence: 0.83016235

01:09:59.496 --> 01:09:59.964 Frozen.  
NOTE Confidence: 0.83016235

01:09:59.964 --> 01:10:04.389 And so they have what they call a washateria.  
NOTE Confidence: 0.83016235

01:10:04.390 --> 01:10:06.714 During the pandemic it was the wash.  
NOTE Confidence: 0.83016235

01:10:06.720 --> 01:10:08.390 Your hands keep social distancing,  
NOTE Confidence: 0.83016235

01:10:08.390 --> 01:10:10.060 but if you've been there,  
NOTE Confidence: 0.83016235

01:10:10.060 --> 01:10:12.876 you know that you have maybe eight people  
NOTE Confidence: 0.83016235

01:10:12.876 --> 01:10:15.449 living in this very small structure.  
NOTE Confidence: 0.83016235

01:10:15.450 --> 01:10:20.250 And so it's constantly looking at.  
NOTE Confidence: 0.83016235

01:10:20.250 --> 01:10:22.854 What is the truth for that person?  
NOTE Confidence: 0.83016235

01:10:22.860 --> 01:10:24.730 What is their life like?  
NOTE Confidence: 0.83016235

01:10:24.730 --> 01:10:26.206 The living conditions?  
NOTE Confidence: 0.83016235

01:10:26.206 --> 01:10:28.666 And so I just like?  
NOTE Confidence: 0.83016235

01:10:28.670 --> 01:10:30.500 I hope.

NOTE Confidence: 0.83016235

01:10:30.500 --> 01:10:32.888 Hope you have the opportunity to

NOTE Confidence: 0.83016235

01:10:32.888 --> 01:10:36.120 actually go out and live in that kind

NOTE Confidence: 0.83016235

01:10:36.120 --> 01:10:38.460 of environment for awhile just to

NOTE Confidence: 0.83016235

01:10:38.543 --> 01:10:41.021 understand some of the challenges and

NOTE Confidence: 0.83016235

01:10:41.021 --> 01:10:43.910 then to see some of the strengths.

NOTE Confidence: 0.83016235

01:10:43.910 --> 01:10:46.370 Some of the beautiful things that

NOTE Confidence: 0.83016235

01:10:46.370 --> 01:10:48.769 happened in spite of those hardships.

NOTE Confidence: 0.8855568

01:10:57.630 --> 01:10:59.418 Well, thank you. I think we're

NOTE Confidence: 0.8855568

01:10:59.418 --> 01:11:01.851 at the end of the time and again,

NOTE Confidence: 0.8855568

01:11:01.851 --> 01:11:03.837 thank you so much for your

NOTE Confidence: 0.8855568

01:11:03.837 --> 01:11:05.141 presentation today and it's

NOTE Confidence: 0.8855568

01:11:05.141 --> 01:11:06.898 so great to see you again so.

NOTE Confidence: 0.89212184

01:11:08.020 --> 01:11:11.550 Take care, thank you. Goodbye.