

A SYSTEM
APPROACH –
INSTILLING HOPE
THROUGH
CONNECTION AND
RESILIENCY

Tribal
Enhancement
Training

Presenters

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TRIBAL YOUTH RESOURCE CENTER

 www.TribalYouth.org



Envisioning a future where Indigenous youth thrive through traditional lifeways.



The Tribal Youth Resource Center is a part of the Tribal Law and Policy Institute and is supported by Grant #2018-MU-MU-K001 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Dept. of Justice.



NATIONAL NATIVE CHILDREN'S TRAUMA CENTER



UNIVERSITY OF MONTANA

WHO WE ARE

We co-facilitate trauma-focused healing for Native children, families, and communities with understanding, respect, and honoring of tribal sovereignty, specific community needs, and the use of traditional healing practices.

Learning Objectives

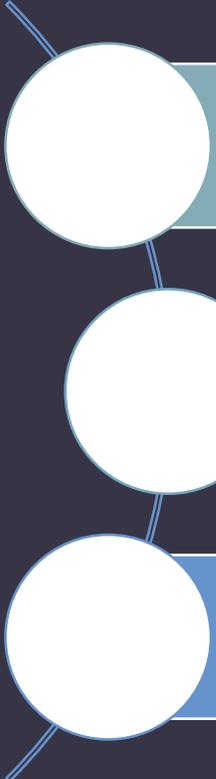
1. Understand trauma and resilience
2. Reflect on the need and benefit of trauma-informed care for Juvenile Healing to Wellness Courts.
3. Consider wrap around as a trauma and healing informed approach can instill hope for youth involved in the juvenile justice system.



Why talk about trauma?

- Our most pressing health issues can be attributed to traumatic childhood experiences
- Trauma is preventable
- People can heal from trauma
- Asks the right question

Trauma



The experience of a real or perceived threat to life or safety

Or to the life or safety of a loved one

Causes an overwhelming sense of terror, horror, helplessness, and fear.

Types of trauma

Acute

Single event

Chronic

Multiple different types of events or same type of event experienced repeatedly

Complex

Ongoing or repeated trauma exposure AND long-term AND developmental effects

Historical

Events with ethnocidal or genocidal intent experienced by a people based on their collective identity

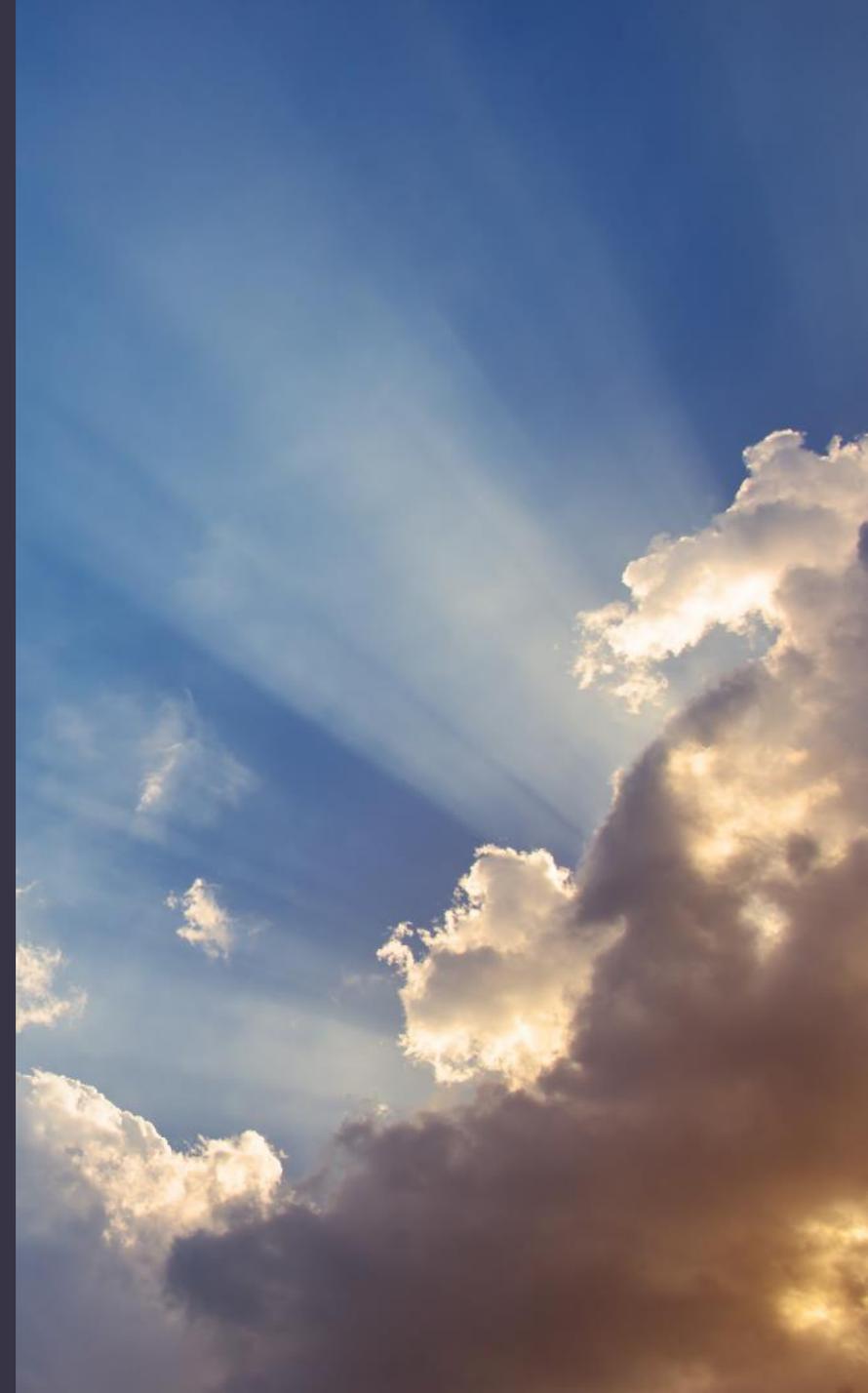
Resilience

“A positive, adaptive response in the face of significant adversity.”

- Center for the Developing Child

Resilience can:

- Exist naturally
- Be built and;
- Erode.





Fostering Resilience

Avoid toxic clichés that suggest a person could “pull themselves up by their bootstraps,” or toughen up. It evokes shame if a person is unable to.

Positive responses to adversity happen in the context of supportive relationships and community resources.

Protective Factors

Relationships

Building
Mastery

Executive
Functioning

Self-
Regulation

Cultural and
Spiritual
Connections

Trauma-Informed Approach to Care

What is
wrong with
you?

What
happened
to you?

Realizes the widespread impact of trauma and understands potential paths for recovery;

Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

Responds by fully integrating knowledge about trauma into policies, procedures, and practices;

Seeks to actively **resist re-traumatization**

The Four R's

Principles of Trauma- Informed Care

Safety

Trustworthiness
and
Transparency

Peer Support

Collaboration
and Mutuality

Empowerment,
Voice and
Choice

Cultural,
Historical, and
Gender Issues

Why Trauma-Informed Care?

The Tribal Juvenile Healing to Wellness Court supports youth through ***holistic and comprehensive case management***.

To support ***identifying necessary treatment and reducing recidivism***, it is important for teams to recognize and address the impacts of childhood exposure to trauma.

By understanding the short-term and long-term impacts, wellness court teams can ***provide safe environments*** and ***prevent re-traumatization***.

Research indicates a high range (75%-93%) of justice involved youth are exposed to multiple types of violence and traumatic events before contact with the juvenile justice system. ¹

Many young people who have been abused use alcohol and other drugs for “self-medication” to avoid dealing with the trauma they have experienced. ³

Most substance abuse clients have histories of traumatic events- such as molestation, attachment disorder, abuse, and lack of a stable environment or capable guardians- that occur before adulthood.

Why Trauma-Informed Care?

Why Trauma-Informed Care?

Trauma informed care provides an environment created on a foundation of safety, empowerment, collaboration, trust, and respect.

Wellness court teams have a unique opportunity to provide highly individualized case management, support, and referral to treatment.

Teams can develop protocols/policies to identify unique youth strengths/needs through early screening and ongoing support.



AN EXAMPLE OF HIGHLY
INDIVIDUALIZED CASE
MANAGEMENT,
SUPPORT AND REFERRAL

Using Wraparound with our Relatives



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Wraparound Process

- *Wraparound is an intensive, structured process for youth with serious emotional disturbances and their family that includes a circle of youths, caregivers, and family members, along with professionals and natural supports .*

<https://www.sciencedirect.com/science/article/pii/S0890856721001556>

History of Wraparound

<https://www.yumpu.com/en/document/read/52767318/wraparound-in-indian-country>

- Canada and Europe – John Brown’s approach based on needs, individualized services
- 1975 – Karl Dennis promoted the needs based and individualized approach
- Early 1980’s – Wraparound term coined by Dr. Lenore Behar
- 1985 – Dr. John VanDenBerg promoted Wraparound in an Alaska Youth Initiative
- Further development of wraparound process over time through researchers, consultants, family organizations, local, state and federal initiatives

Wraparound Services

- Wraparound is a common method for coordinating care for children and adolescents with serious emotional disorders (SED), with nearly 100,000 youths served annually in the United States
- Ten percent of all children and adolescents in the United States, about 7 million total, are estimated to have serious emotional disorder (SED), defined as the presence of 1 or more psychiatric disorders that result in impaired functioning at home, school, and/or community settings.

<https://www.sciencedirect.com/science/article/pii/S0890856721001556>

Principles of Wraparound

(adapted from <https://www.yumpu.com/en/document/read/52767318/wraparound-in-indian-country>)

1. Family voice and choice (includes youth voice)
2. Team-based (regular team meetings)
3. Natural Supports (what is in community that can strengthen youth and family)
4. Collaboration (shared responsibility approach, reduces “blame storming”)
5. Community-based
6. Culturally relevant/appropriate (what are the ceremonies that can assist)
7. Individualized – services are based on what youth needs
8. Strength-based (e.g. avoid deficit based assessment and use strength-based language; youth are relatives, not cases)
9. Unconditional regard/care
10. Outcome-based (creation of written plan and consistent follow up)

Wraparound Effectiveness

- A recent (2021) meta-analysis and review of the effectiveness of wraparound care coordination for children and adolescents, published in Journal of the American Academy of Child & Adolescent Psychiatry concluded Wraparound showed *significantly positive* outcomes for children and youth of color.

<https://www.sciencedirect.com/science/article/pii/S0890856721001556>

Wraparound Process

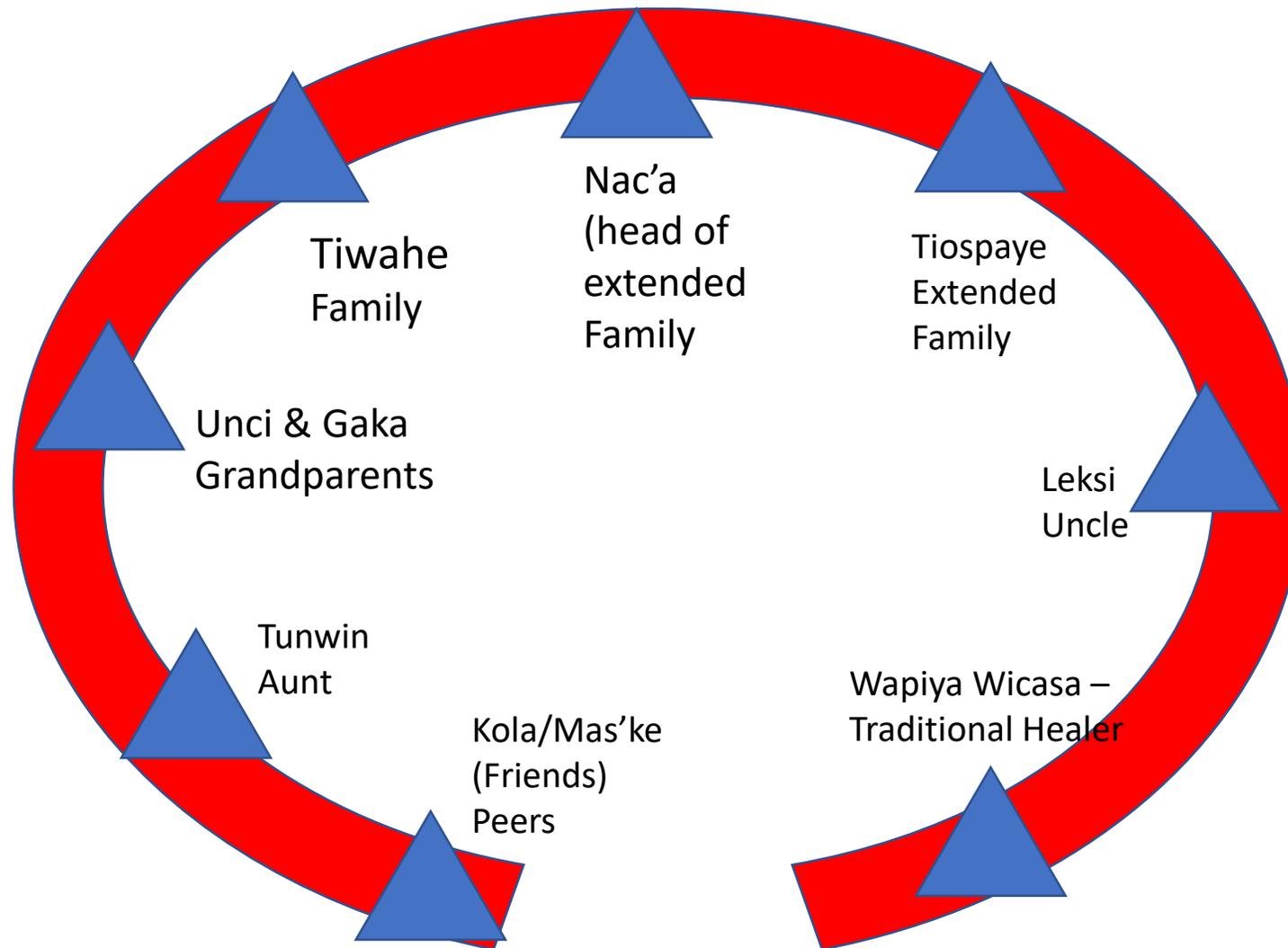
A Care Coordinator facilitates process with youth and families.

There are 4 phases:

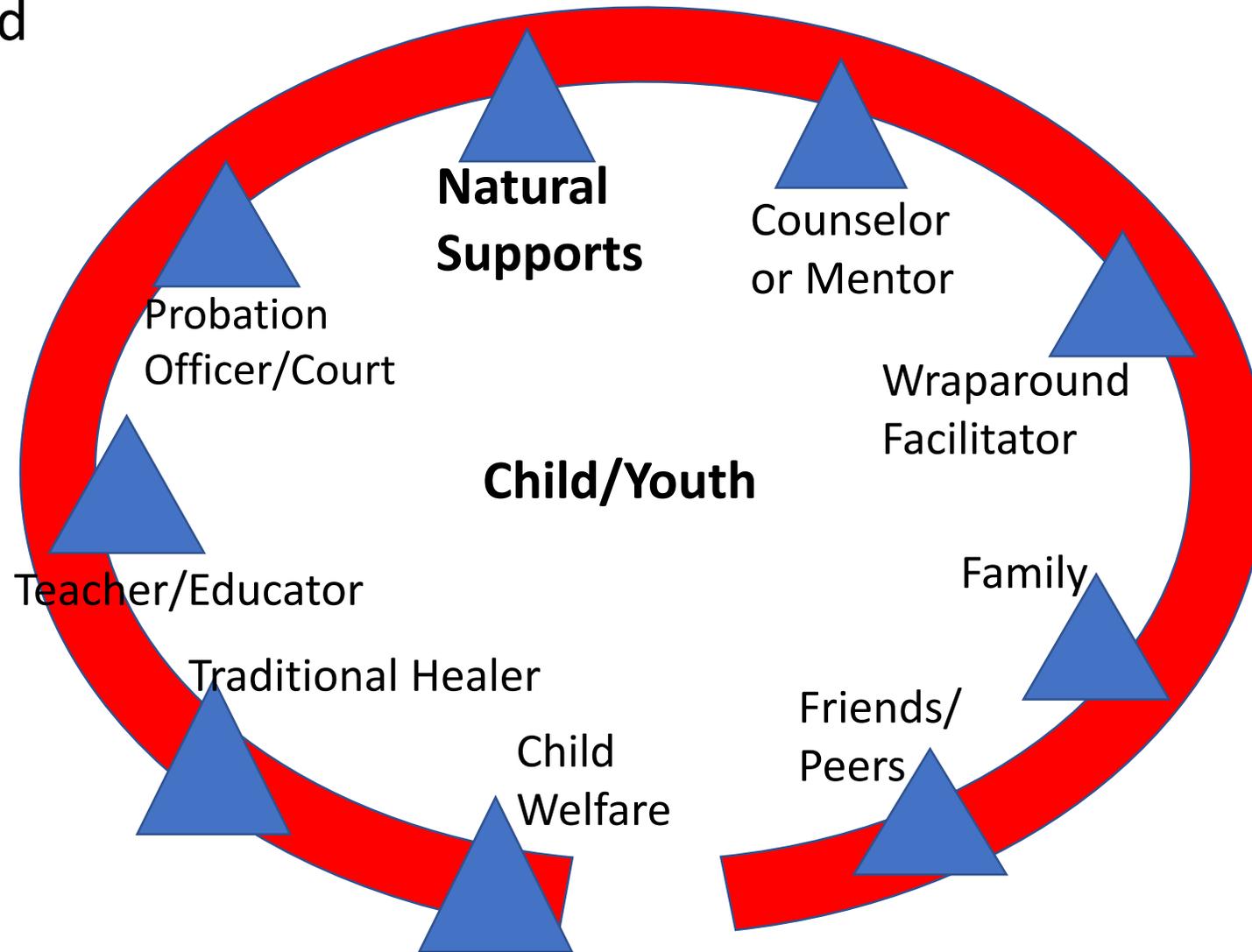
- (1) Engagement
- (2) plan development
- (3) Implementation
- (4) Transition

<https://www.sciencedirect.com/science/article/pii/S0890856721001556>

Traditional Historical Circle of Support



Wraparound Circle of Care



Natural Supports (Lakota Example)

- Wazilya (smudging)
- Wocekiye (sending a voice/cry for future)
- Anpo Wicahpi Cekiya Pi (praying to the morning star), praying with water
- Wagluhtata Pi (offering to the spirits; example food, tobacco, material)
- Ceremonies – Inipi (purification lodge ceremony), Wiping of Tears Ceremony (to address grief/loss); Horse Healing (calling on horse relatives to help with depression, other mind/heart imbalances)



NATURAL SUPPORTS



Buffalo Hide Tanning



Cherishing our
Relatives



PILAMAYAYE (THANK YOU)!



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Ahéhee' (Thank you)

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