Tribal NEAR Science & Community Wisdom Project

Neurobiology, Epigenetics, Adverse Childhood Experiences, Resiliency
Objective

Grassroots, community-driven effort to build capacity of tribal communities to exercise self-determination through addressing the challenging health and social issues related to childhood trauma and adversity
- White Earth
- Fond du Lac
- Leech Lake
- Lower Sioux Community
- Mille Lacs
Project Design

- Building Capacity toward Self-Healing
- Recognizing and Utilizing Community Wisdom as Primary Driver
- Ensuring Sustainability through Community Ownership
- Empowerment through Self-Efficacy
Those most affected are driving the solution.

What does this look like in your community?
Phase I: Awareness
Shared Understanding, Shared Language Across Sectors, Empowerment

Phase II: Cohort
Increasing Capacity
Draws upon existing knowledge, relationships
Ensures sustainability

Phase III: Community Response
Those most affected & know community best are at the table sharing expertise;
Builds Self-Efficacy

Phase IV: Implementation
Building upon existing efforts, strengthening collaboration, creating initiatives together
Community ownership

Work Continues

Communities of Practice: ACE Interface Certified Presenters,
Community understanding drives conversations with trauma-informed lens
WHO and HOW needs to come before WHAT
What does the work look like?

PROMOTION OF PARADIGM SHIFT AT ALL LEVELS

- RESPECT
- Empowerment
- Cultural Humility
- Compassionate Accountability
- Relational Trust
- Social-Emotional Learning/Ongoing Skill-building
- Holistic Wellness
**Cultural Humility**

Giving up one’s power and humbly recognizing the need to continually engage in self reflection

<table>
<thead>
<tr>
<th>Cultural Competency</th>
<th>vs.</th>
<th>Cultural Humility</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m the expert</td>
<td></td>
<td>You’re the expert</td>
</tr>
<tr>
<td>Focus on end product</td>
<td></td>
<td>Life-long process</td>
</tr>
<tr>
<td>Objective set of “best practices”</td>
<td></td>
<td>Subjective set of “best practices”</td>
</tr>
</tbody>
</table>

(Sam Simmons)
Compassionate Accountability

Helps us seek truth, understanding, forgiveness, justice, humility

How do we hold someone accountable when it isn’t clear what we’re holding them accountable for? ---> NEED to identify TRAUMA first!

Compassion without Accountability encourages CHAOS
Accountability without Compassion results in Complacency, Self-Serving
Swinging back and forth - Not consistent or clear

(Sam Simmons)
Relational Trust

“The mutual and interdependent respect that results when people feel safe, believe that everyone has something to offer, and are confident that each person is willing to offer time and expertise for movement toward success.”

(Dr. Chuck Salina, Gonzaga University)

HOPE, HELP, HEALING for ALL!
Continued Shared Learning

Ripple Effects
Initiating & Continuing Conversations

Shared Purpose:
Networking/Cross-sector Learning

Empowerment of Individuals, Families, Communities