

Taking Action: Addressing Historical Trauma and Toxic Stress in Our Communities

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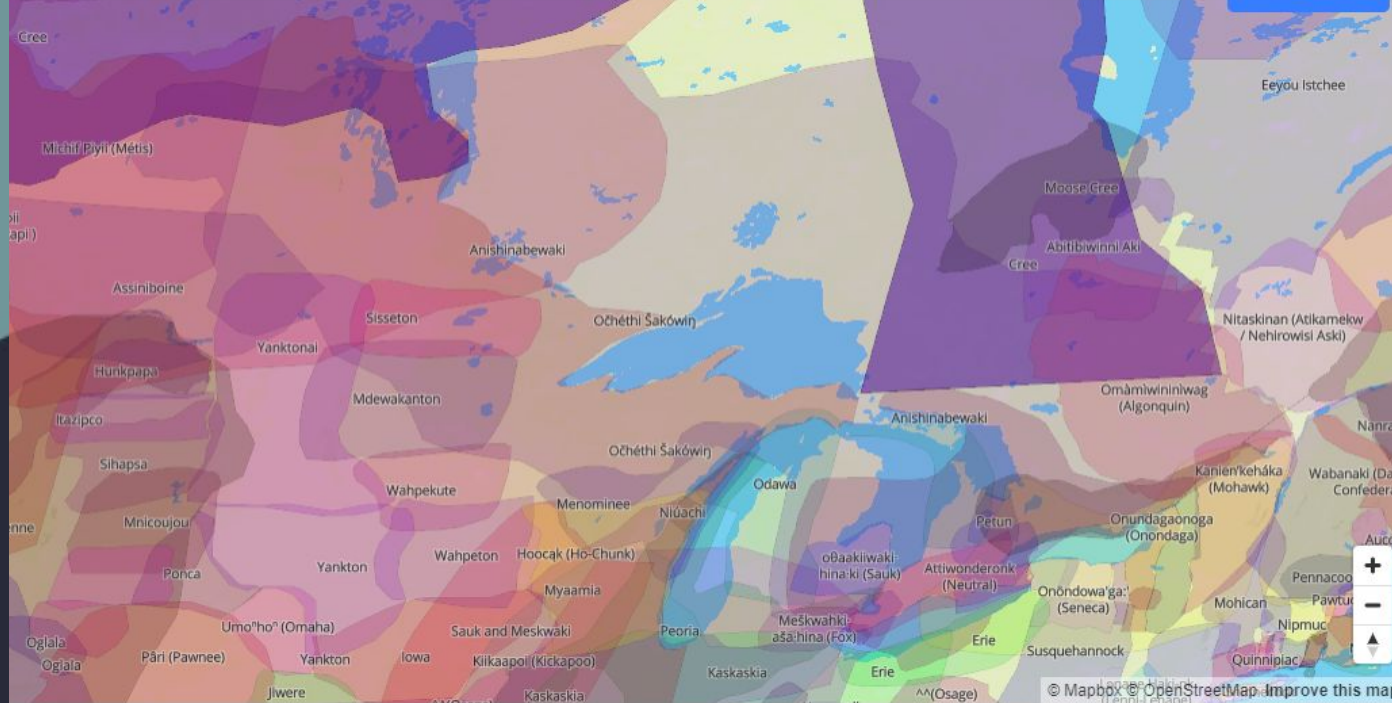
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Land Acknowledgement



<https://native-land.ca/>



“Walking. I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.”

-Linda K. Hogan, Chickasaw Author



Mindful Moment





What did you notice?

What do you wonder?

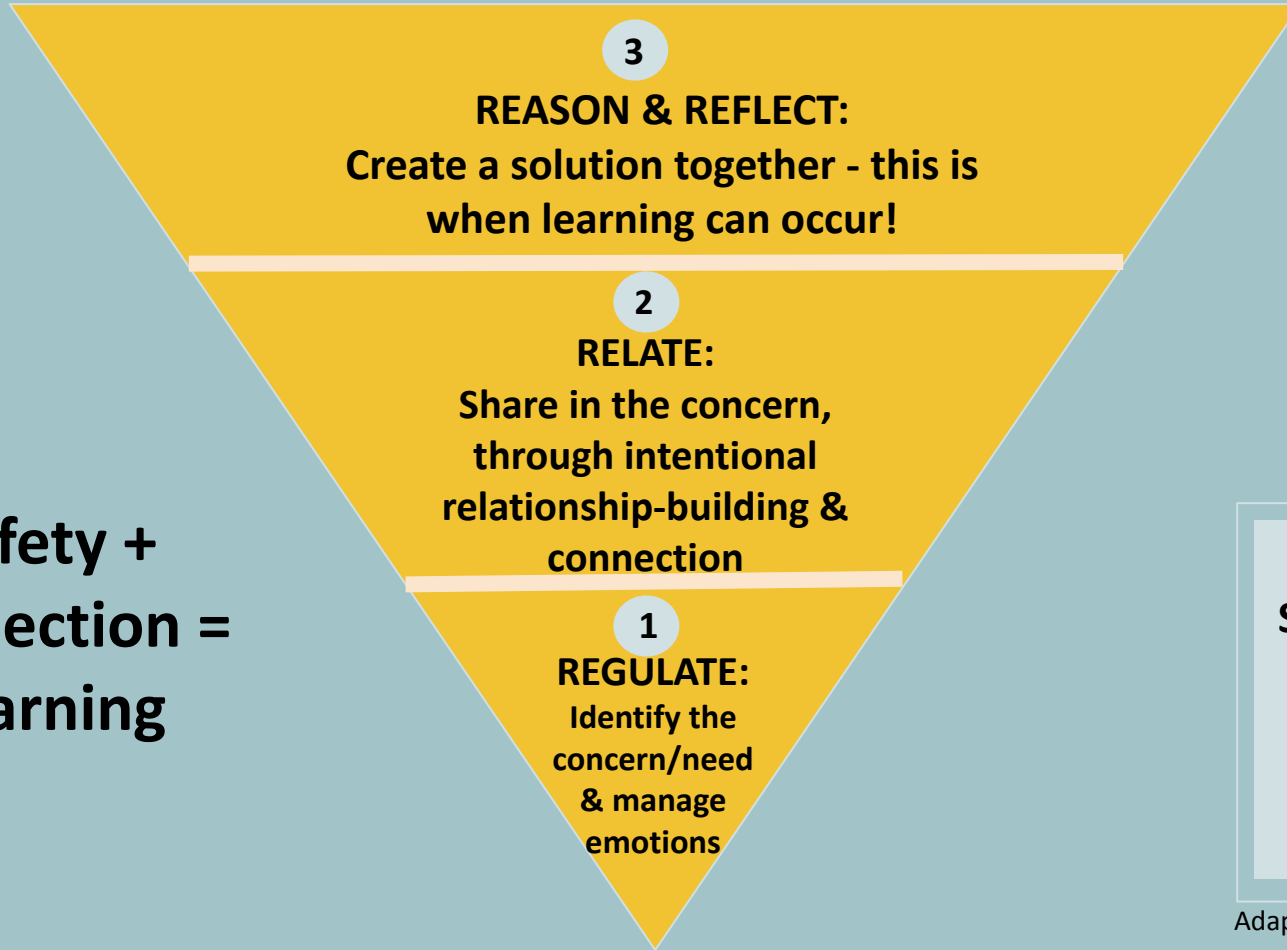


Your regulated
nervous system
is the **best** intervention.



Regulate, Relate, Reason

**Safety +
Connection =
Learning**



**Self-Awareness &
Self-Management:**
Dr. Bruce Perry's
Neurosequential
Model
3 Rs

Adapted from Dr. Bruce Perry's 3 Rs

Understanding Toxic Stress





POSITIVE

Brief increases in heart rate,
mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses,
buffered by supportive relationships.

TOXIC

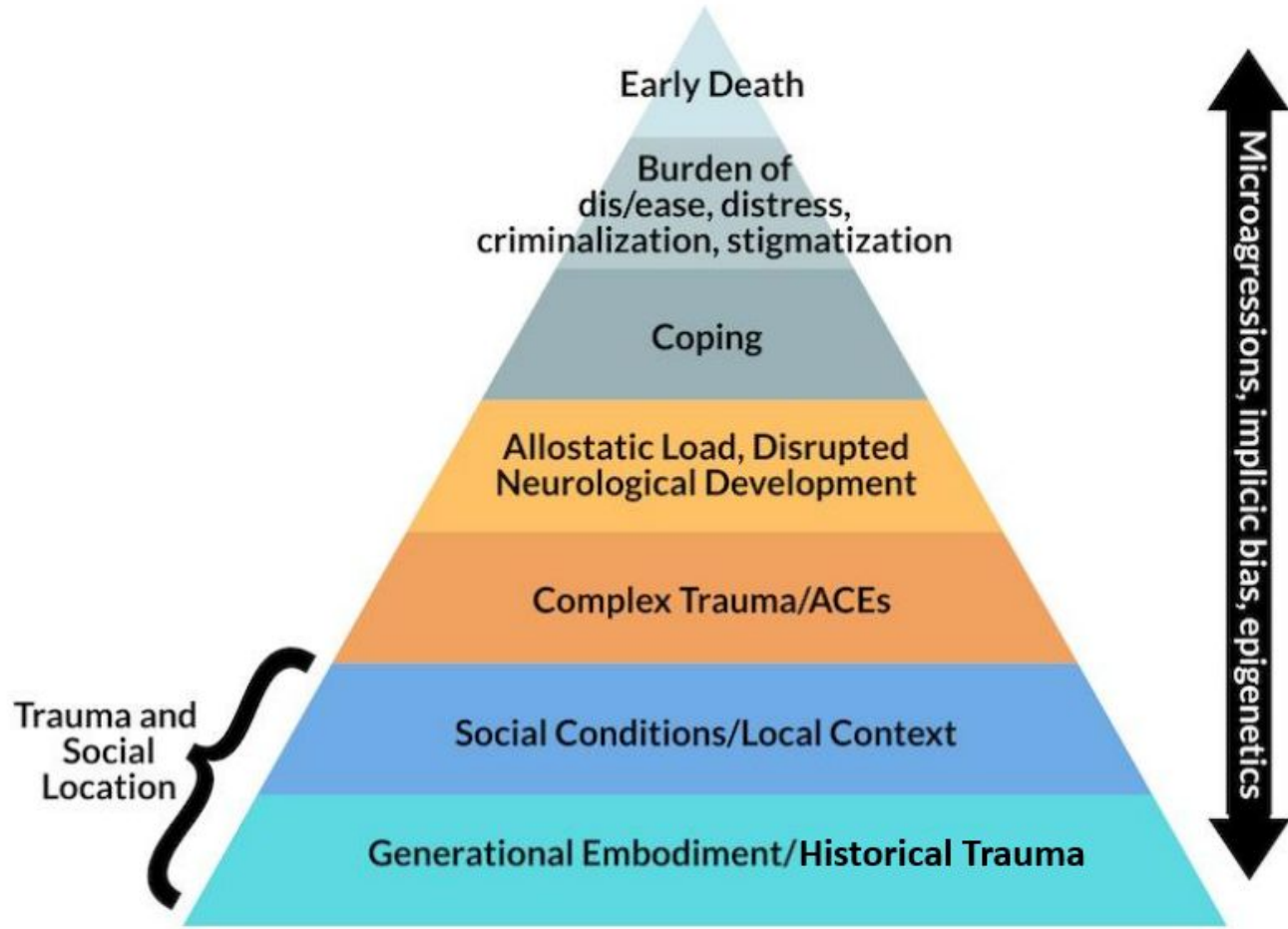
Prolonged activation of stress
response systems in the absence
of protective relationships.

**PEACEMAKER
RESOURCES**





PACes Connection thanks **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance. Please visit [PACesConnection.com](https://www.PACesConnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



Adapted from the



What comes to mind about why these elements might be important to consider?

How might individuals, families, communities have been impacted?



Historical Trauma





What comes
to mind
when you
think of
your roots?

Epigenetics

How the experience of previous generations can affect who we are



Experience Influences Gene Expression

DNA remains unchanged -
epigenetic markers
influence how the
genome is read

Epigenetic Inheritance -
Traumatic Experiences
are transmitted across
generations



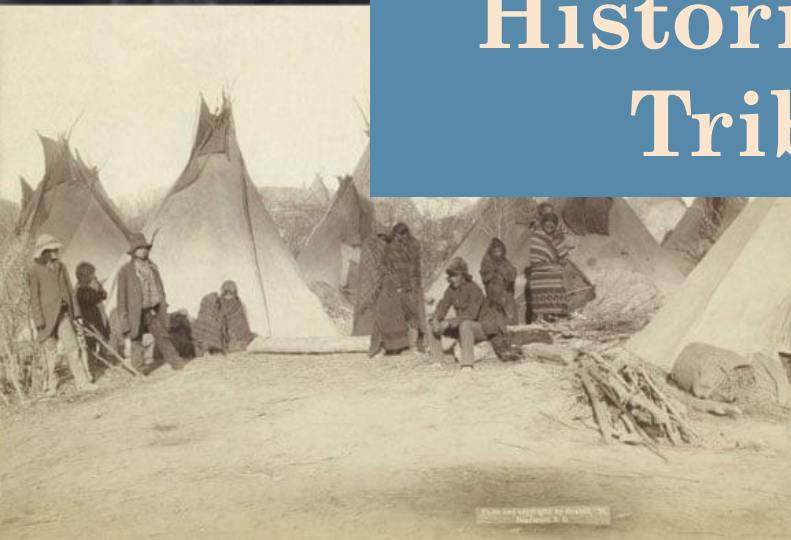
**Historical trauma is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma
(Maria Yellow Horse Brave Heart, 1985-88)**







Historical Trauma in Tribal Nations



“We took away their country and their means of support, broke up their mode of living, their habits of life, introduced disease and decay among them, and it was for this and against this they made war. Could any one expect less? Then, why wonder at Indian difficulties?”

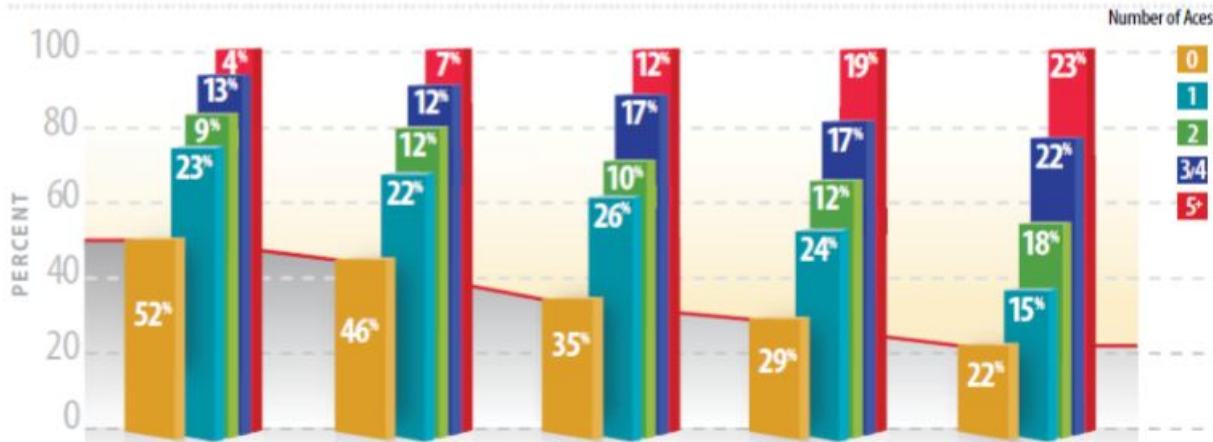
Annual Report of the General of the U.S. Army to the Secretary of War, The Year 1878, Washington Government Printing Office, 1878



ACEs in MN by Race/Ethnicity

TABLE 5: ACEs BY RACE/ETHNICITY

MINNESOTA 2011



Asian
4%
5 or more ACEs

White
7%
5 or more ACEs

Hispanic
12%
5 or more ACEs

African American Black
19%
5 or more ACEs

American Indian
23%
5 or more ACEs

Due to rounding, the numbers may exceed 100%.

Historical Trauma and ACEs:

How have our communities been impacted?

Boarding Schools



- Separation from Parents/Families
- Physical Abuse & Neglect
- Emotional Abuse
- Sexual Abuse

Attempted Cultural Genocide



- Substance Abuse
- Mental Illness
- Physical Abuse & Neglect
- Emotional Abuse
- Incarceration Rates

Ongoing Historical Traumas...



Photos from MMIW218

#MMIW

5,712

The number of known incidents of missing & murdered Native American and Alaskan Native women of 2016. Only 116 cases were logged into the DOJ database.

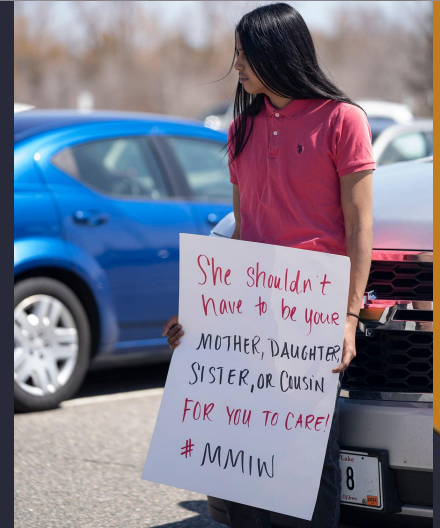
67%

The number of cases between 2005-2009 that U.S. attorneys declined to prosecute of native community matters involving sexual abuse.

96%

On some reservations, the number of sexual violence against Native women committed by non-natives.

Sources: National Institute of Justice, Urban Indian Health Institute



Ongoing Historical Traumas...



Addressing the Problem

Creating change is uniquely difficult for American Indians, for to do so American Indians must articulate the problem to others who rarely share similar experiences or look at the problem in a similar way. Thus, American Indians, trying to create change find themselves in the untenable position of “always complaining about something.”

As a result, when American Indians raise their voices to draw attention to problems WHICH NEED SOLUTIONS, they find themselves the target; THEY become the problem.

(M. Cromwell - American Indian Education Resource Book, 2004)

What does this look like in your world?

What might the “cherry blossoms”
be for you? Your family?

Your neighbors? Your community?

Why is it important to be aware of these concepts?



SHIFTING ATTITUDES

Adapted by Elaine Miller-Karas from a slide by Jane Stevens at ACEs Connection

Traditional

- People are bad
- People need to be punished
- People just don't care
- We need to stop making excuses for people
- **What is Wrong with You?**

Trauma-Informed

- People are suffering
- People need an effective intervention
- Many people care but lack understanding and skills
- We need to learn how trauma impacts a child's and adult's development
- **What Happened to You?**

Resiliency-Informed

- People are resilient
- People need our compassion as they learn new skills
- Any person can learn self-regulation skills based on science
- We need to learn how skills of well-being can reduce suffering
- What is Right with you?
- **What are your Strengths?**

Discussion

- Share your reaction to learning about epigenetics & historical trauma.
- Does this information change the way you think about people in your life?
- How might we lift up and honor the cultures of our indigenous community members?

REMINDER:
**LEARN ABOUT INDIGENOUS
BRILLIANCE AND SUCCESS AS
MUCH AS YOU LEARN ABOUT
INDIGENOUS SUFFERING
AND TRAUMA.**

@TIPLERTEACHES



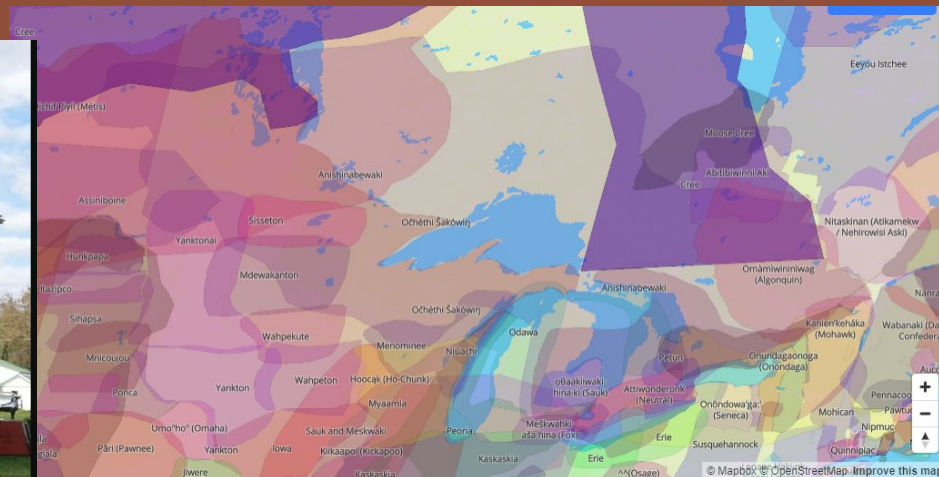
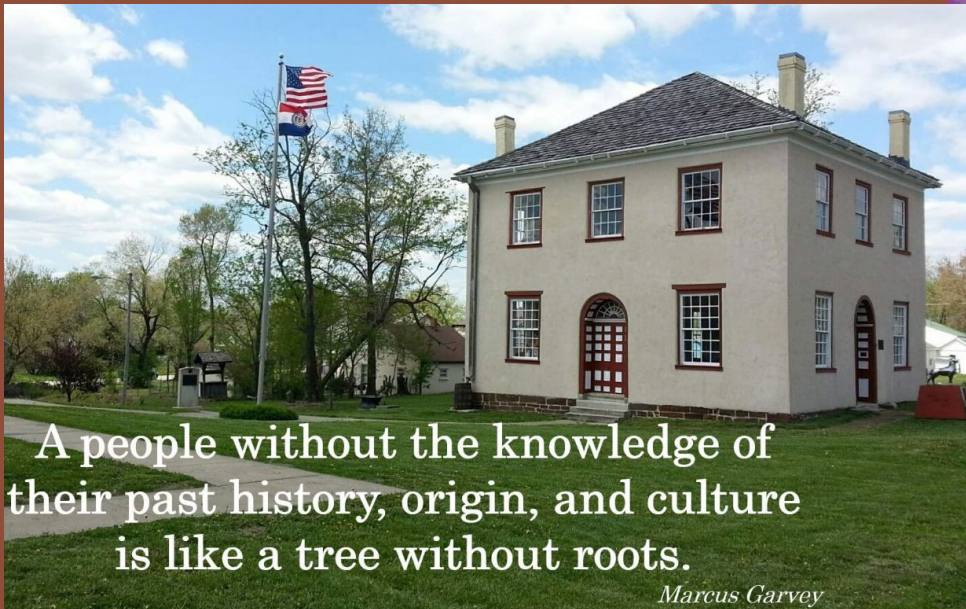
Take Action: Keep Learning More



Giiwediniing Treaty Rights and Culture Museum
Park Rapids, MN <https://giiwediniing.org/>



Take Action: Consider Your Own Community's Story



<https://native-land.ca/>



Take Action: Listen and Discuss

"THROUGH ALL THE CONVERSATIONS, INTERVIEWS AND MEETINGS [ACROSS INDIAN COUNTRY] IT BECAME CLEAR THAT A LOT OF PEOPLE ARE INTERESTED IN NOT JUST TALKING ABOUT TRAUMA BUT TAKING ACTION TO ADDRESS IT; TO HEAR AND UNDERSTAND THE NEW RESEARCH; [TO] SEE THAT IT CAN CONFIRM WHAT INDIGENOUS WISDOM ALREADY TEACHES ABOUT THE POWER OF RELATIONSHIPS AND TO REAWAKEN WHAT'S INSIDE US AND REMEMBER OURSELVES BEYOND TRAUMA."

-DAVID COURNOYER



www.RememberingResilience.home.blog



REMEMBERING RESILIENCE

PODCAST



Community Wisdom: “Resilience”



First Evening Star
@OnaagoshinAnang

I no longer want to be commended on my resiliency. I want to see the systems redesigned so that there's not a need for me to be resilient.



Aundi Kolber, Therapist+Author
@aundikolber


A gentle reminder:

We have no business cheering people on for their resilience unless and until we are also willing to grieve with them for all the reasons they've needed to be. ✌️



zandashé l'orelia brown
@zandashe

I dream of never being called resilient again in my life.
I'm exhausted by strength. I want support. I want softness. I want ease. I want to be amongst kin. Not patted on the back for how well I take a hit. Or for how many.



“We are not a ‘historically’ underserved population. My history is one of ancestors who survived so I could thrive. My history didn’t start with ‘western civilization’. I am colonially underserved. I am institutionally underserved. And I am historically resilient.”

Abigail Echo-Hawk (Pawnee)
Director, Urban Indian Health Institute



farmerrishi



I tried a new phrase in a meeting today.

Instead of “underserved,” “underprivileged,” “historically marginalized,”

Try “strategically undervalued”.

I like it because it emphasizes the purposefulness of racism (rather than ‘historically’ which gives a kind of happenstance energy) and uplifts the community by emphasizing the value of the community, rather than emphasizing the marginalization.

What is something
you are taking with
you today?

