

Historical trauma

Group planning 3-day Gathering of Native Americans event in May

Submitted by the CTUIR Department of Children and Family Services

MISSION - The impacts of historical trauma, drug abuse and foster care were key topics in February when the Confederated Tribes' Department of Children and Family Services (DCFS) in collaboration with the Oregon Department of Human Services (DHS) hosted a two-day training on Tribal Approaches to Foster Care.

About 20 people gathered for the training at Tamástlikt Cultural Institute on the Umatilla Indian Reservation. The participants included service providers and foster parents with training focused on approaches to trauma-informed parenting, working with children who come from substance abusing families, mandatory reporting, and working with children who are in foster care.

The training served to provide a background and introduction to the role of foster care and the importance the role of foster care has within tribal communities, according to Julie Taylor, DCFS director for the Confederated Tribes of the Umatilla Indian Reservation (CTUIR).

Trainer content included the impact of historical federal policies and trauma that have significantly impacted American Indian/Alaska Native (AI/AN) children in care.

American Indian children are disproportionately removed from their homes as compared to those of non-native children.

The training stressed the importance of having tribal homes, especially relative (kinship) placements, readily available for tribal children coming into care to reduce the trauma that a child can experience when they are removed from their home and placed into an unfamiliar setting.

The training emphasized tribal culture as a mechanism with which children build strength, draw strength, and develop healthy coping skills.

Trainers placed themselves in the shoes of a tribal child going into care and as the provider in identifying resources that ensure adequate support systems.

One participant stated: "The activity where we had to come up with local resources helped me come to the realization of how resourceful our community is."

Certified foster parents of DCFS are required to complete 30 hours of training a year. DCFS is currently working to enhance the training opportunities available to community who are interested in becoming tribal foster parents and who are current foster parents.

If there are questions about how to become a foster parent contact DCFS at 541-429-7300.

Wildhorse fireworks show March 12 to celebrate 21 years

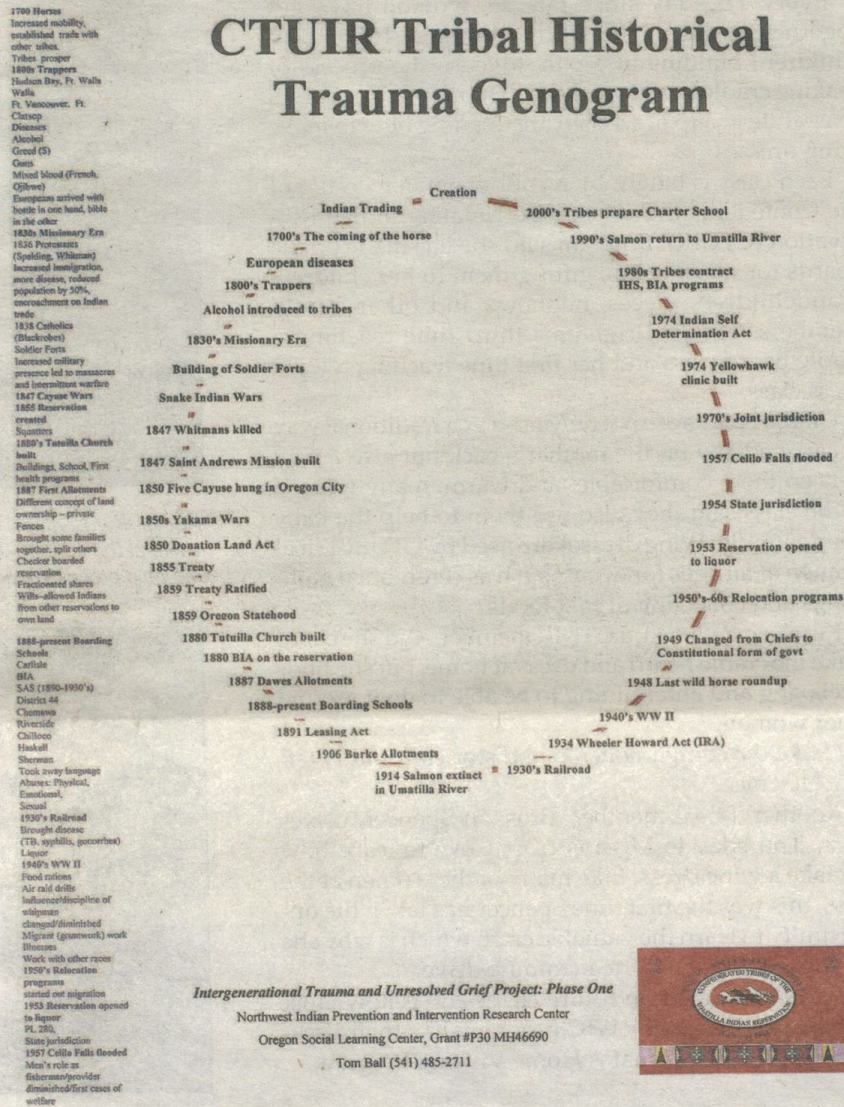
MISSION - The annual fireworks show hosted by Wildhorse Resort & Casino (WRC) will be held March 12.

For the past 21 years WRC has put on this free show, which this year will begin shortly after 8 p.m. As viewers watch the choreographed fireworks display, a musical medley will be playing on speakers for all to hear. In addition, the local community radio station, KCUW LP-Pendleton 104.3 FM, will provide on-air entertainment at the show.

The Children's Entertainment Center (CEC) inside of WRC will be open from 7:30 a.m. to midnight. With signed permission slips, the staff will bring the children to a designated area to watch the fireworks. The CEC is open to all potty-trained children ages 3-15 years old and will offer meal packages for all their guests.

For further information, visit www.wildhorseresort.com.

CTUIR Tribal Historical Trauma Genogram



The graph above shares tribal history that has taken place since settlers arrived to the Pacific Northwest Region and wanted the land for the growth of their civilization.

The historical accounting does not tell you how this affected the people who endured the trauma inflicted by the churches and the federal government. This is a story only the people who endured can tell and were never given the opportunity to tell.

Since time immemorial we had teachings, unwritten laws, traditional practices, and ceremonies that kept us in balance with ourselves, our families, and our community. When they took that away, we lost a delicate balance. With those gone and nothing to replace them to keep us balanced we began to abuse substances, and domestic violence, depression, child neglect, elder abuse, suicide, and high rates of health disparities of diabetes, obesity, etc. became our world.

This is what is referred to as inter-

generational trauma - if trauma is not dealt with in one generation, it often gets passed down unwittingly in our behaviors and in our thought system. For example, if you want to heal the children and youth, you have to heal yourself to break the cycle.

So how do we begin to heal? As a starting point for our community, Yellowhawk Tribal Health Center and staff of the Confederated Tribes of the Umatilla Indian Reservation (CTUIR) are in the process of planning a three-day Gathering of Native Americans (GONA) event scheduled in May to start the healing process for our tribal community.

We hope this will help bring light to our dark history by allowing us to heal and have closure. The event is for all of the CTUIR community and we will have more information to come via KCUW, flyers, posters, and the CUJ.

Submitted by Debra Shippen-tower, YTHC/BH/ Suicide Prevention