

Childhood Trauma Series in Indian Country

The Childhood Trauma Series in Indian Country will provide information about stressors, trauma responses, and effective treatments for American Indian and Alaska Native children and youth as well as their parents and other family members. This series is being offered by the Indian Country Child Trauma Center at the University of Oklahoma Health Sciences Center and presented by Dolores Subia BigFoot, PhD.

Topics include:

- 1- **Childhood Trauma in Indian Country** - American Indian and Alaska Native children are the recipients of exceptionally high levels of trauma and stress creating for many of these children an inability to manage trauma responses and being overwhelmed by trauma reminders. Post Traumatic Stress Disorder and other stress-related conditions have been recognized as contributing to the inability of children to function well in home or in school. This webinar will discuss the different kinds of traumas that children are exposed to and the reactions that may evolve. Also included will be a short introduction to the remaining webinars in this series and the resources that are available including training opportunities beyond the webinars.
- 2- **The ACE (Adverse Childhood Experiences) Study and American Indians and Alaska Native Children** - The Adverse Childhood Experiences Study findings suggest that certain experiences are major risk factors for the leading causes of poor mental health in adolescents and young adulthood, increase illnesses in adulthood and early death as well as poor quality of life. Progress in preventing and recovering from the nation's worst health and social problems is likely to benefit from understanding that many of these problems arise as a consequence of adverse childhood experiences. This webinar will present the ACES in comparing those specific conditions with American Indian and Alaska Native children. Other related conditions specifically regarding American Indian and Alaska Native children will be discussed.
- 3- **Evidence Based Practices in Indian County** – This webinar will present information to better understand what are evidenced-based approaches and the difference between evidenced-based approaches and evidenced-based treatments. Additionally the discussion will include concerns and barriers to implementation of evidenced based treatments. Evidenced based approaches will also be viewed from a practice based evidence understanding.
- 4- **Honoring Children, Mending the Circle** – This is the cultural enhancement of Trauma Focused Cognitive Behavior Therapy which combines trauma-sensitive interventions with elements of cognitive behavioral therapy into a treatment designed to address the unique needs of children with Post-Traumatic Stress Disorder and other problems related to traumatic life experiences. It is appropriate for most types of trauma and for children up to the age 3 to 18 and their families. The cultural enhancement enriches the TF-CBT model for better application in Indian Country with the use of cultural

understandings that have for generations being the basis of traditional Native healing methods. Discussion will include the effectiveness of this treatment approach with American Indian and Alaska Native children and youth with their respective families. Opportunities for clinicians to be training in the model will be presented.

- 5- **Honoring Children, Making Relatives** - Honoring Children, Making Relatives, a cultural enhancement of Parent Child Interaction Therapy, incorporates American Indian and Alaskan Native philosophies of child rearing, parenting, and being a good relative into this evidenced based approach. This treatment is appropriate for children between the ages of 3 to 7 years of age who have difficulty self regulating their behavior. However, this model is also helpful with parents who have difficulty with appropriate parenting methods while assisting parents to maintain structure and positive interactions as they develop more appropriate skills and understanding of being a caregiver. Additional information will be shared on the modification of this model for child care or Head Start staff as well as the teaching of specific aspects of the model for foster care or other parenting options.
- 6- **Honoring Children, Respectful Ways** – This is the cultural adaptation of Treatment for Children with Sexual Behavior Problems which can also be used as a prevention approach. This therapy is appropriate for children between the ages of 3-12 years of age who have experienced traumas of sexual abuse, physical abuse, and violence in the family. Inappropriate sexual behaviors of American Indian and Alaska native children and youth can have wide ranging impact on not only the children but also can significantly affect the family, the extended family, and the community, and can result in serious negative social consequences. This webinar will provide information about the intervention as well as well as the prevention aspects of this approach. Opportunities for training in the approach will be provided.
- 7- **Honoring Children, Honoring the Future** – This webinar will present information about a suicide prevention/intervention/post-vention concept plus the resources available in suicide prevention. A major component of this webinar will be the *American Indian Life Skills Development Curriculum*, a suicide prevention curriculum for middle and high school students, developed by Teresa LaFromboise, PhD. This will include a discussion on the events that could lead toward suicidal ideation and how professionals, family members, and community members can be active in the prevention/intervention/post vention of suicide activity including current funding opportunities that Tribes have been engaged in.

Resources are available at www.icctc.org

Presenter:

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