


MODULE 10

Traumatic Life Events Among Native American Populations Related to the Use/Abuse of Alcohol and Harmful Drugs

5/22/2008 Module 10 1




MODULE 10

TITLE:
Traumatic Life Events Among Native American Populations Related to the Use/Abuse of Alcohol and Harmful Drugs

DESCRIPTION:
This module focuses on specific historical and current traumatic experiences, e.g., boarding school experiences, abandonment and rejection, etc., experienced by some Native Americans, and the possible relationship of these experiences to substance abuse lifestyles.


5/22/2008 Module 10 2



MODULE 10 GOALS AND OBJECTIVES

- ◆ To promote an awareness of the causes and effects of childhood, adolescent and adult trauma experienced by some Native Americans that might relate to substance abuse lifestyles.
- ◆ To become aware of the extent of trauma in the lives of some Native Americans in current times.

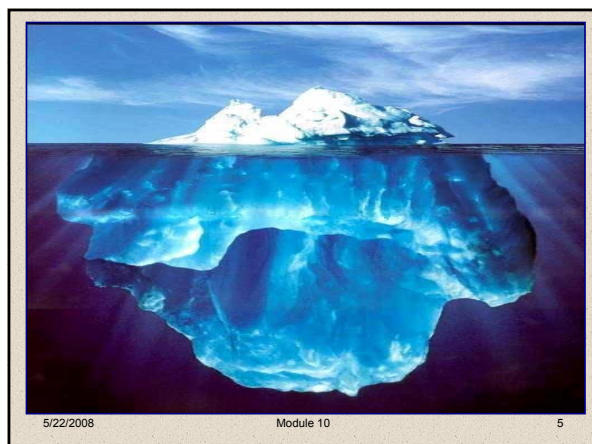

5/22/2008 Module 10 3



HISTORICAL TRAUMA

- ◆ Historical Trauma is real.
- ◆ Prevalence rates are unknown due to lack of adequate measurements.

5/22/2008 Module 10 4

“At the beginning of the colonization period in North America, there were approximately 10 million Native Americans inhabiting the continent.”
(Calloway, 1999; Garrett and Pichette, 2000)

By the year 1900, due to disease, wars, persecution, subjugation, assimilation and attempts at ethnic and cultural genocide, approximately 250,000 Native Americans were left in the Americas.”
(Calloway, 1999; Duran & Duran, 1995)

5/22/2008 Module 10 6



POST-WAR CONSEQUENCES

- ◆ Reservations were established.
- ◆ Initially, reservations were very much like concentration camps.
- ◆ American Indians had no safe place from which to return or immigrate following the “War Period.”
- ◆ Traditional means of survival were eradicated (buffalo) and the people were forced to become farmers, often on lands that were not fertile.

5/22/2008

Module 10

7



POST-WAR CONSEQUENCES CONTINUED

- ◆ Indian agents were assigned by the U.S. government to oversee the lives of Native Americans.
- ◆ They —
 - distributed annuities.
 - conducted and maintained census data.
 - managed lands. (positive/negative)
 - provided reports to the U.S. government and to the military.

5/22/2008

Module 10

8



THE ROOTS OF HISTORICAL TRAUMA AMONG AMERICAN INDIANS

“After military defeat, American Indians experienced one of the most systematic and successful programs of ethnic cleansing the world has seen.”

(L.B. Whitbeck, G.W. Adams, D.R. Hoyt and Xiaojin Chen, 2004)

5/22/2008

Module 10

9



THE ROOTS OF HISTORICAL TRAUMA AMONG AMERICAN INDIANS CONTINUED

- ◆ American Indians became dependent on the U.S. government for food, shelter and health care.
- ◆ All life was under the control of a foreign government.
- ◆ Leaving the reservation became illegal.
- ◆ Hunting off the reservation became illegal.
- ◆ Practicing traditional ways became illegal.

5/22/2008

Module 10

10



THE ROOTS OF HISTORICAL TRAUMA AMONG AMERICAN INDIANS CONTINUED

- ◆ Children were taken from families and placed in far away boarding schools.
 - Native language was not allowed.
 - Appearances changed
 - Clothing
 - Hairstyle
 - Extended families were broken up.
- ◆ Reservations were viewed negatively by some government leaders and by some of the general American population.

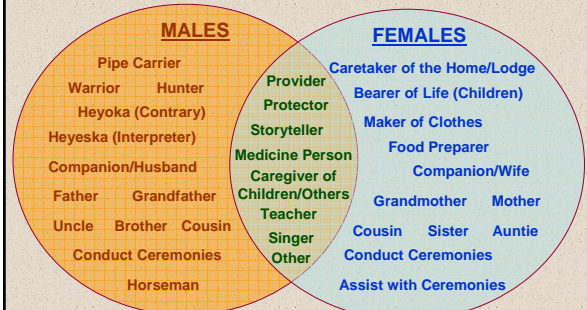
5/22/2008

Module 10

11




SOME MALE AND FEMALE ROLES IN THE CAMP CIRCLE



5/22/2008

Module 10

12



LOSS OF ROLES AMONG NATIVE AMERICAN MALES AND SOME RELATED CONSEQUENCES

Traditional Roles

- ♦ Warrior (Protector) →→→→→ Farmer
- ♦ Provider (Hunter) →→→→→ Commodities

Psycho-Social Effects

- ♦ Anger, Frustration, Shame, Guilt, Etc.
- ♦ Low Self-Esteem
- ♦ Identity Issues
- ♦ Other

Possible Consequences

- ♦ Alcohol and/or Drug Abuse
- ♦ Suicidal Ideations, Attempts, Completions
- ♦ Homelessness
- ♦ Incarceration
- ♦ Other (domestic violence, victimization, etc.)

5/22/2008 Module 10 13



SYMPTOMS OF HISTORICAL TRAUMA

- ♦ PTSD (anger, rage, psychic numbing, etc.)
- ♦ Major depression
- ♦ Anxiety disorders
- ♦ Alcohol and drug abuse
- ♦ Denial
- ♦ Agitation
- ♦ Nightmares
- ♦ Memory loss
- ♦ Difficulty in expressing emotions
- ♦ Survivor guilt
- ♦ Other

5/22/2008 Module 10 14



DAILY REMINDERS RELATED TO HISTORICAL TRAUMA

- ♦ Rez living
- ♦ Encroachment of Europeans on Rez lands
- ♦ Loss of language
- ♦ Loss and confusion regarding traditional, spiritual ways
- ♦ Loss of traditional family systems (tiospayes)


5/22/2008 Module 10 15



DAILY REMINDERS CONTINUED

- ♦ Loss of traditional healing practices
- ♦ Racial discrimination
- ♦ “Second-class citizenship” status
- ♦ Poverty
- ♦ Unresolved grief
- ♦ Other


5/22/2008 Module 10 16



CONTEMPORARY SOURCES OF TRAUMA

- ♦ Sexual abuse
 - Incest, Rape
- ♦ Domestic violence
- ♦ Military experiences
- ♦ Loss of parents, close relatives and friends
- ♦ Adoption Issues
- ♦ Other

5/22/2008 Module 10 17



TRAUMA AND THE FOUR STAGES OF LIFE

Healing

Multiple MH/SA Treatment Experiences

Dysfunctional Relationships

Alcohol / Drug Abuse

Correctional Experiences

Sexual Abuse

Low Self-Esteem

Parental Detachment

Behavioral Problems

Gangs

Alcohol / Drug Abuse

Correctional Experiences

Suicide Ideation / Attempts / Completion

Elder Years


Childhood

Adulthood

Youth

TRAUMA

5/22/2008 Module 10 18



CONCEPTUALIZING AND MEASURING HISTORICAL TRAUMA AMONG AMERICAN INDIAN PEOPLE

(Whitbeck, Adams, Hoyt, Chen, *American Journal of Community Psychology*, 2004)


5/22/2008 Module 10 19

TABLE 1 -- PERCENTAGE FREQUENCY OF PERCEIVED LOSSES

	Never	Yearly or special times	Monthly	Weekly	Daily	Several times per day
Loss of Land	25.2	32.7	13.8	10.1	10.7	7.5
Loss of Language	11.9	21.3	15.0	15.6	27.5	8.8
Losing our traditional spiritual ways	11.3	18.9	15.1	21.4	25.2	8.2
The loss of our family ties due to boarding school	44.3	26.6	11.4	5.1	8.2	4.4
The loss of families from the reservation to government relocation	52.2	23.3	8.8	6.3	5.7	3.8
The loss of self respect from poor treatment by government officials	29.1	22.2	19.6	7.0	14.6	7.6
The loss of trust in whites from broken treaties	28.7	28.7	12.1	7.6	15.3	7.6
Losing our culture	10.6	20.0	21.3	14.4	25.6	8.1
The losses from the effects of alcoholism on our people	7.5	13.2	15.7	17.6	30.2	15.7
Loss of respect by our (grand)children for elders	8.8	10.0	16.3	27.5	28.1	9.4
Loss of our people through early death	9.4	15.6	20.6	21.3	24.4	8.8
Loss of respect by our children for trad. ways	11.9	18.2	17.0	17.6	25.8	9.4

TABLE 2- PERCENTAGE FREQUENCY OF EMOTIONAL RESPONSES TO LOSSES

	Always	Often	Sometimes	Seldom	Never
Often feels sadness or depression	4.4	11.3	44.0	22.0	18.2
Often feel anger	6.9	16.9	38.1	22.5	15.6
Often anxiety or nervousness	1.3	8.1	23.1	24.4	43.1
Uncomfortable around white people when you think of these losses	11.3	10.1	22.6	20.1	35.8
Shame when you think of these losses	5.0	9.4	18.8	27.5	39.4
Loss of concentration	1.3	5.0	25.6	29.4	38.8
Feel isolated or distant from other people when you think of these losses	3.1	5.0	21.3	25.6	45.0
A loss of sleep	0.0	1.3	10.0	23.8	65.0
Rage	3.1	1.9	11.9	14.4	68.8
Fearful or distrust the intentions of white people	8.8	6.9	18.9	20.8	44.7
Feel like it is happening again	5.0	3.8	22.6	17.0	51.6
Feel like avoiding places or people that remind of you of these losses	3.8	4.4	22.8	15.2	53.8



SUB-CONSCIOUS AND/OR CONSCIOUS THOUGHT

“I don’t deserve good things to happen to me in life.”


5/22/2008 Module 10 22



TREATMENT OF TRAUMA

- ◆ Western Approaches
- ◆ Red Road Approaches
 - Ceremonies (PTSD)


5/22/2008 Module 10 23



DISCUSSION QUESTIONS

1. What kinds of trauma issues have you identified in the treatment setting?
2. What therapeutic strategies have been the most effective with Native American clients/relatives who have experienced trauma in their lives?

5/22/2008 Module 10 24



END OF MODULE 10

5/22/2008 Module 10 25