



Generational Trauma

How it Affects Native Americans and Their Communities



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Meet the Presenters

- Rene Chavez
- Austin Thoreson
- Nadine Veasley
- Tiffany Contreras
- Natalie Figueroa Félix





Land Acknowledgment

We acknowledge the land of which we sit and occupy today as the traditional and ancestral home of the Umóⁿhoⁿ (Omaha), Bah Kho-Je (Iowas of Oklahoma), Otoe-Missouri, Iowa Tribe of Kansas and Nebraska (Ioway), Baxoje Ukiche (Ioway), Meskwaki Tribes and other Indigenous nations of this land.

Without them, we would not have access to this gathering and to this dialogue. We take this opportunity to thank and honor the original caretakers of this land.



Learning Objectives

- Build an understanding of generational trauma and its effects
- Bring awareness to mental health disparities in Native American communities
- Learn about how the generational trauma can affect Native students on our campus

Disclaimer In our presentation we will be using the terms Native American and Indigenous interchangeably, and acknowledge that individuals may not self-identify with our terminologies.



Defining Generational Trauma

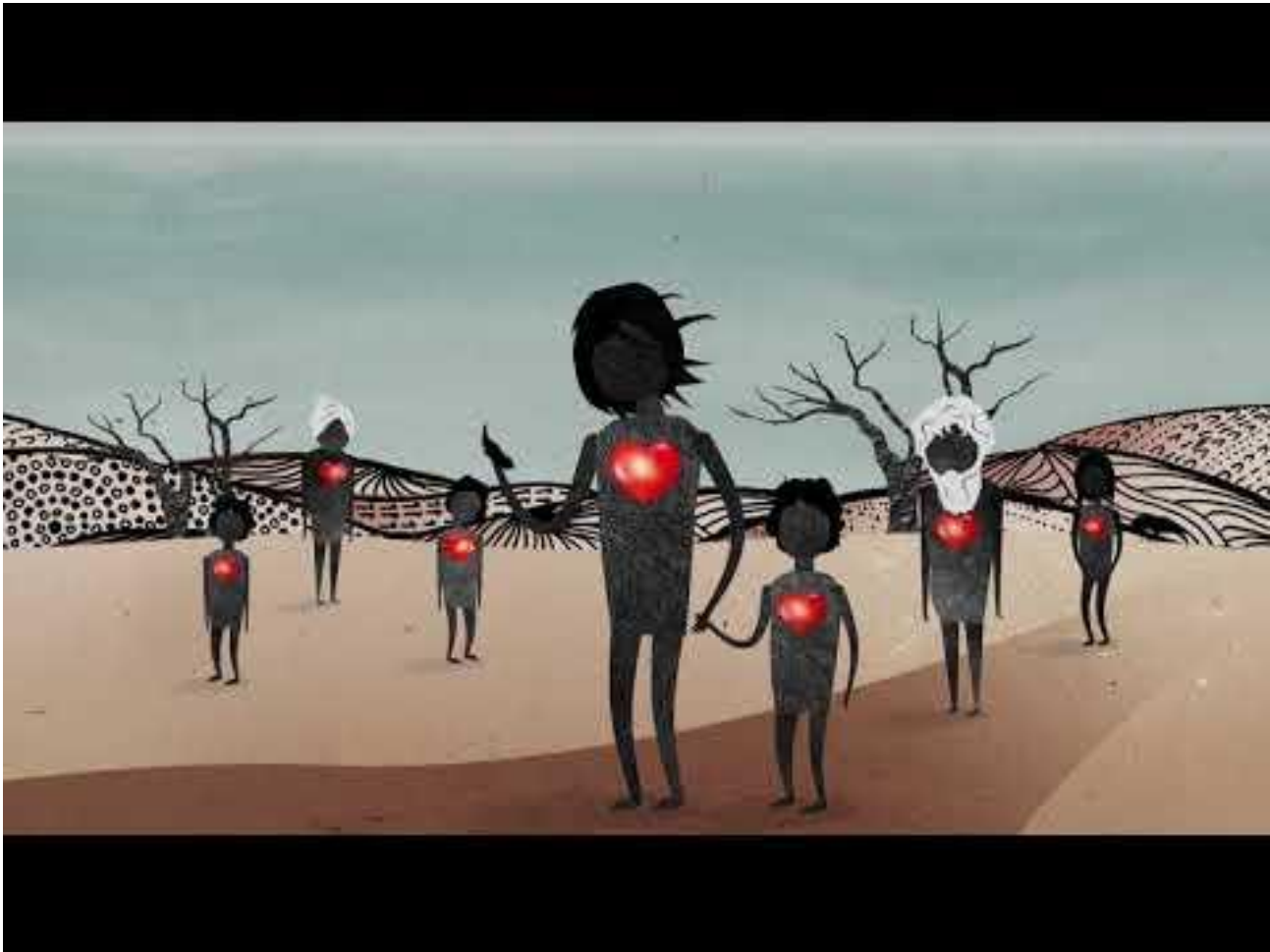
Generational Trauma (Transgenerational, Intergenerational, Historical, Cross-generational trauma):

“It is essential to understand both the facts of the traumatic event(s), how family members coped or didn’t cope with the effects, and what lessons of life and survival were passed on, consciously and subconsciously.”



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Grounding Activity



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Historical Losses



Native Americans were subjected to traumas that are defined in specific historical losses of population, family, land, and culture.

These traumas resulted in historical loss symptoms related to social-environmental and psychological functioning that continue today (Whitbeck, Adams, Hoyt, & Chen, 2004)





Loss of Population: Arrival of Columbus (1492)

Native population decreased by 95% after Columbus came to America due to two main factors: intentional killing and the exposure of European diseases (smallpox, measles, diphtheria, etc.)



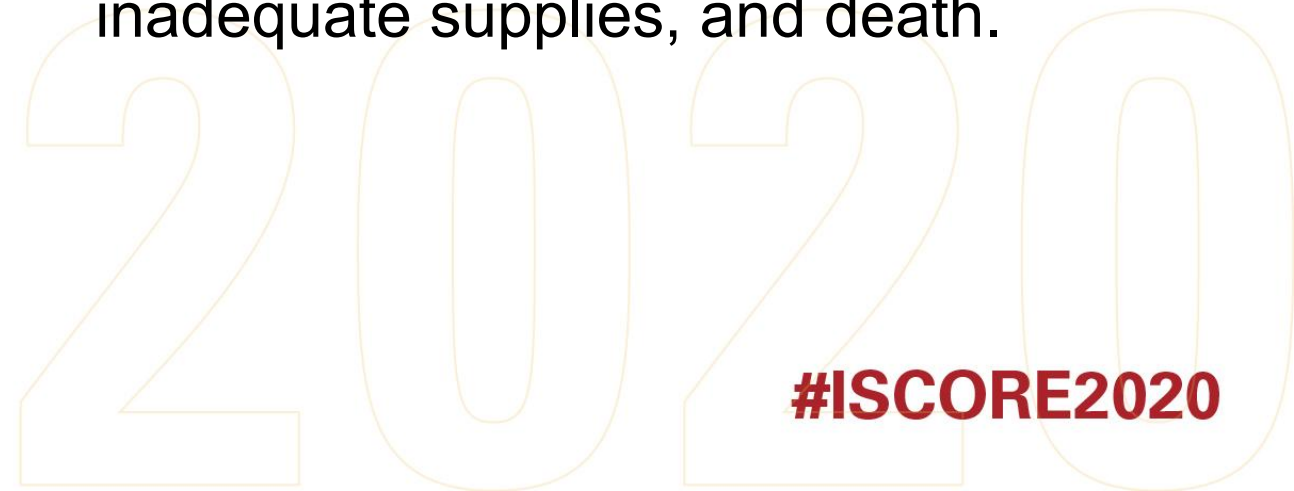
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Loss of Land: Indian Removal Bill of 1830 & The Trail of Tears



Americans offered the use to treaties and guaranteeing peace in exchange for Native land east of the Mississippi river. The Choctaw, Cherokee, Chickasaw, Creeks, and Seminoles signed the treaties. Even though peace was promised, the travel of the Native people was met with violence, starvation, inadequate supplies, and death.

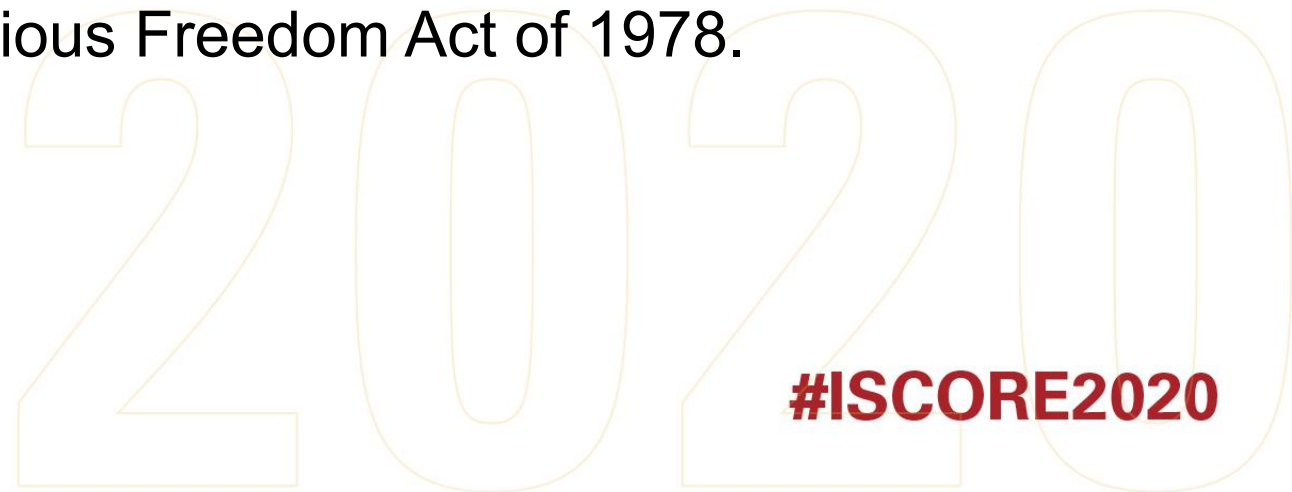


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Loss of Culture: Code of Indian Offenses Law (1883)

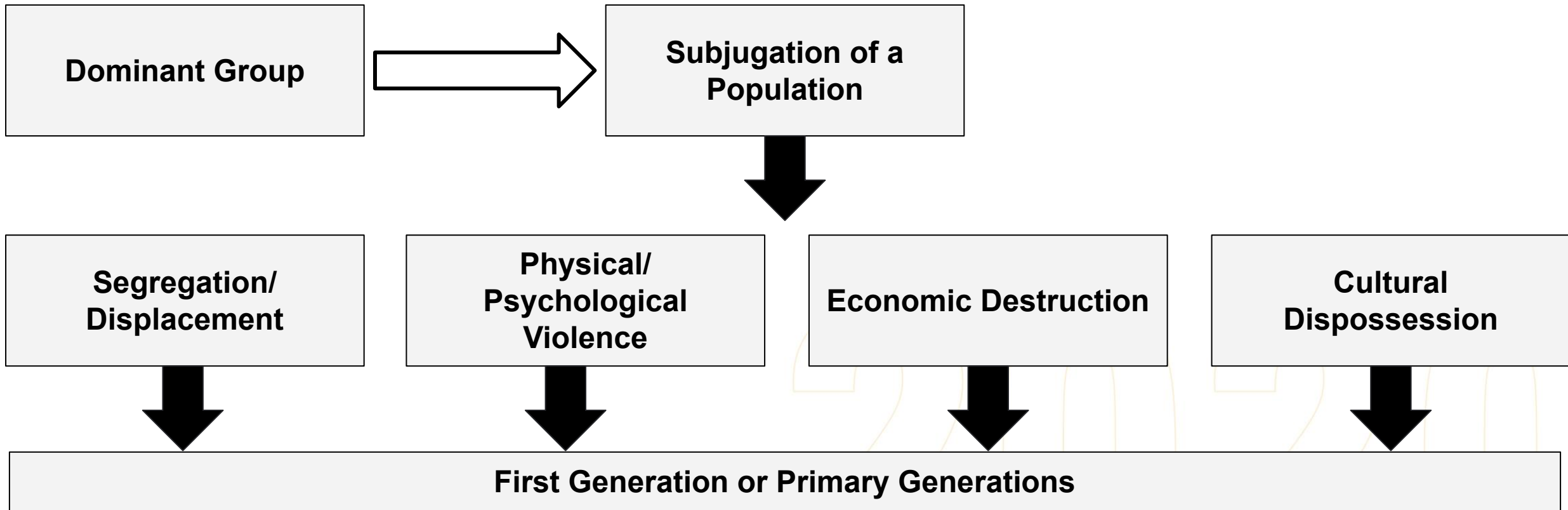
As the government promoted Christian education, the Code of Indian Offenses law was enacted. This law punished Indian dances and feasts by imprisonment or 30 days of withheld food and also if a medicine man encouraged others to partake in traditional practices, he would be imprisoned for 10 days or until he could prove abandonment of his beliefs. This code continued on until The American Indian Religious Freedom Act of 1978.



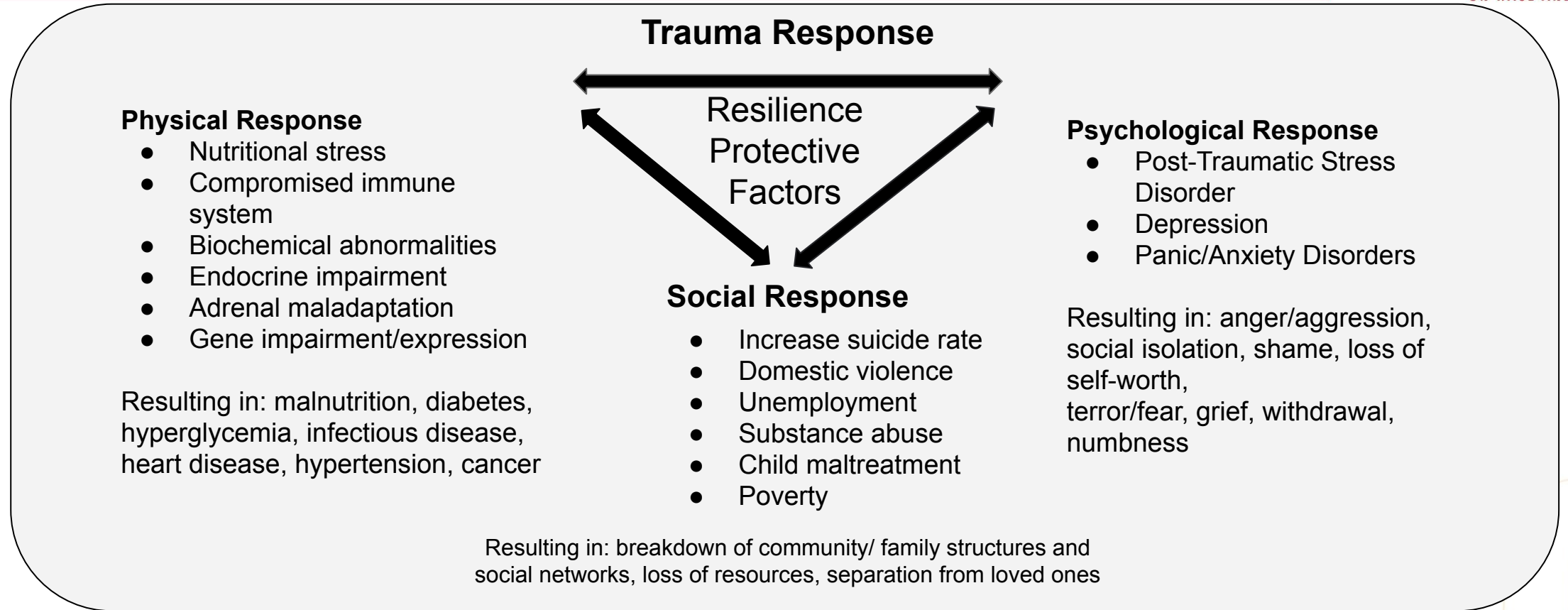
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Conceptual Model of Historical Trauma

Mass Trauma Experience



Continued (Part 2)

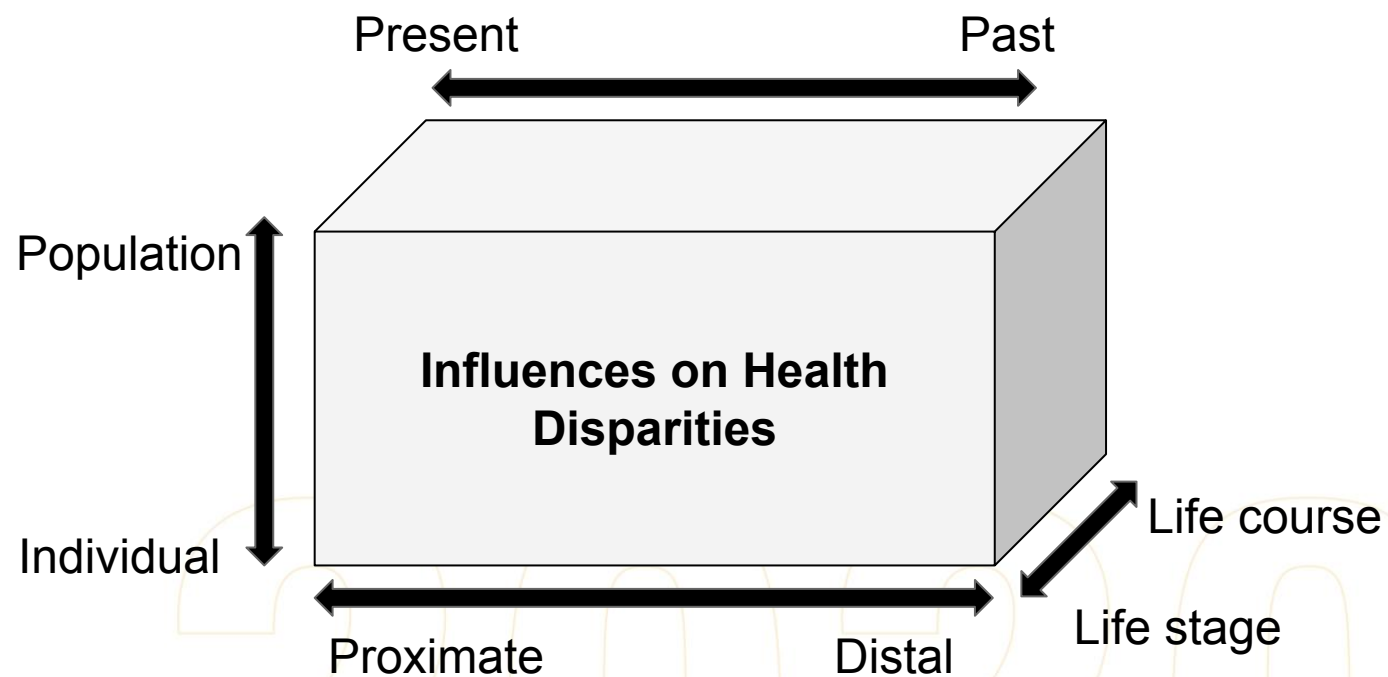


Secondary and Subsequent Generations

Continued (Part 3)

Modes of Intergenerational Transmission

- Physiological
- Genetic
- Environmental
- Psychosocial
- Social/Economic/Political Systems
- Legal and Social Discrimination



The Significance



Epigenetics: the study of heritable changes in gene expression that do not involve changes to the underlying DNA sequence — a change in phenotype without a change in genotype.

Transgenerational Epigenetic Inheritance: Environmental epigenetic markers, imprinting on genes that are passed onto future generations.



Mental Health

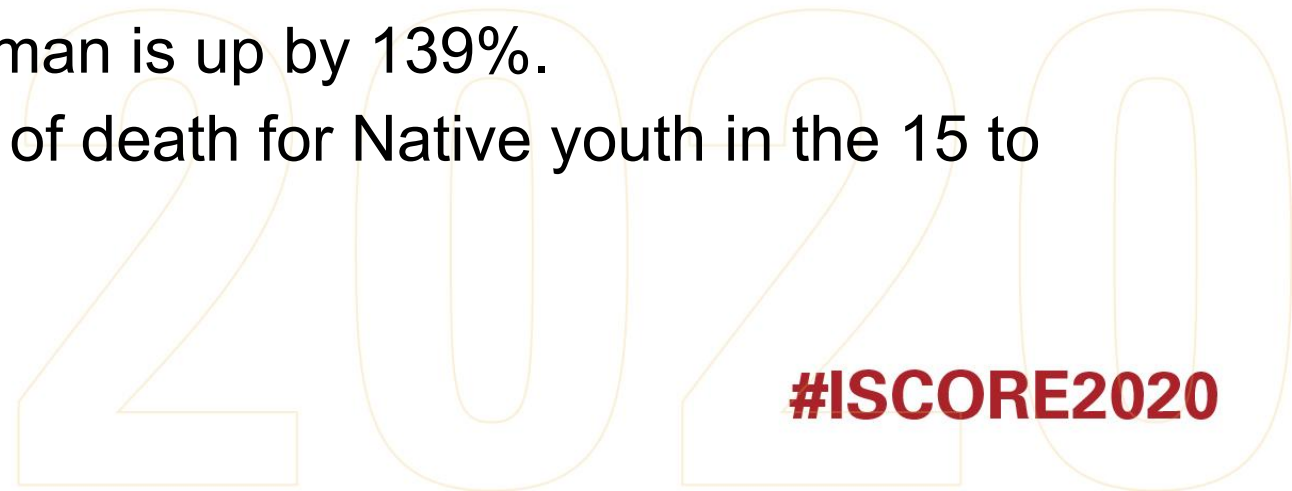


Common Mental Disorders in Native Americans:

1. Depression
2. Dementia

Statistics:

1. Suicide rate for Native American woman is up by 139%.
2. Suicide is the second leading cause of death for Native youth in the 15 to 24 year old age group.



'America is a stolen country'



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Pair and share

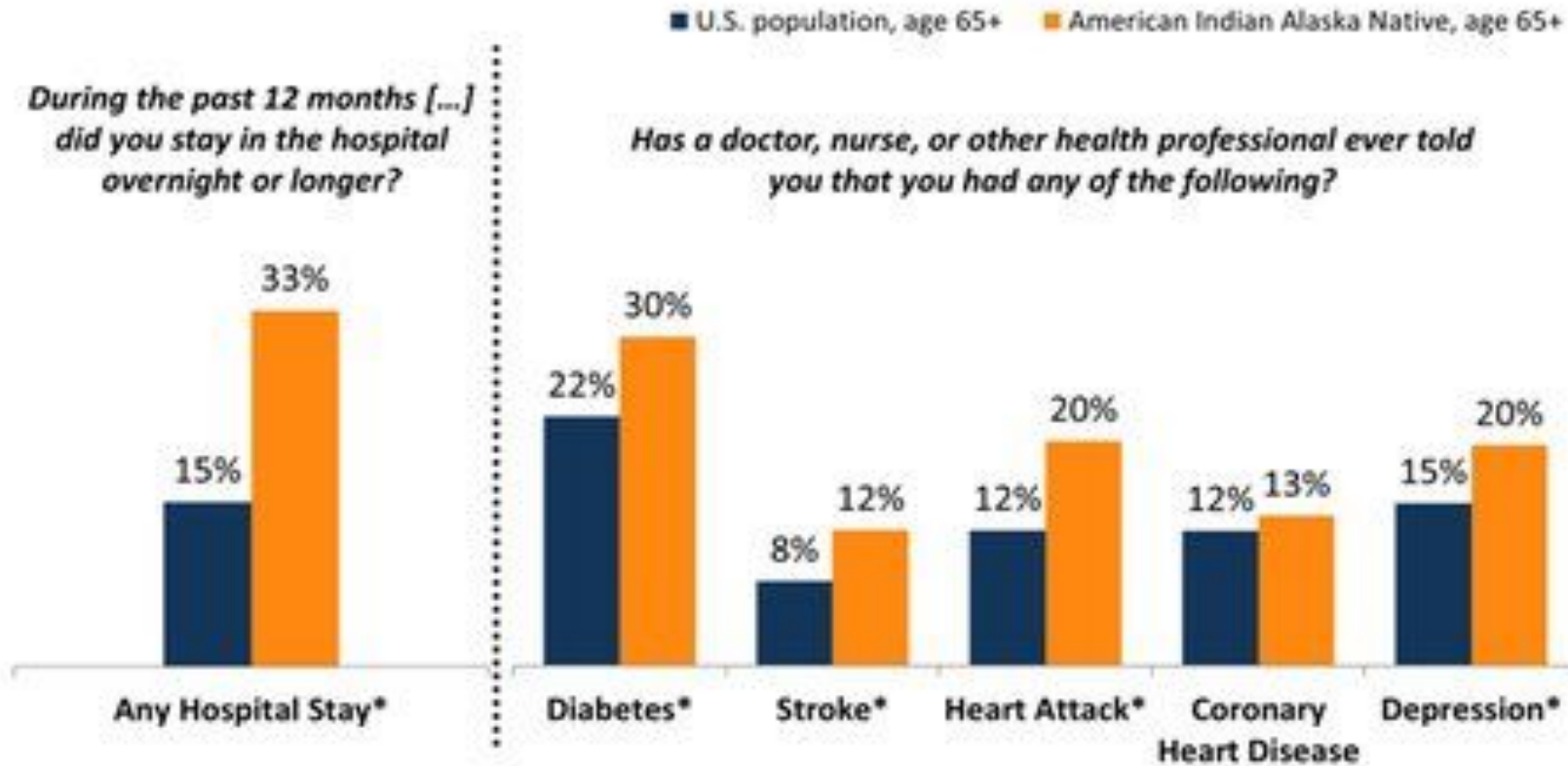


- What are your thoughts on this video?
- How does this video show the effects of generational trauma?



Impacts within Health

Among people age 65 and older, American Indians and Alaska Natives are more likely to have a hospital stay and certain health conditions

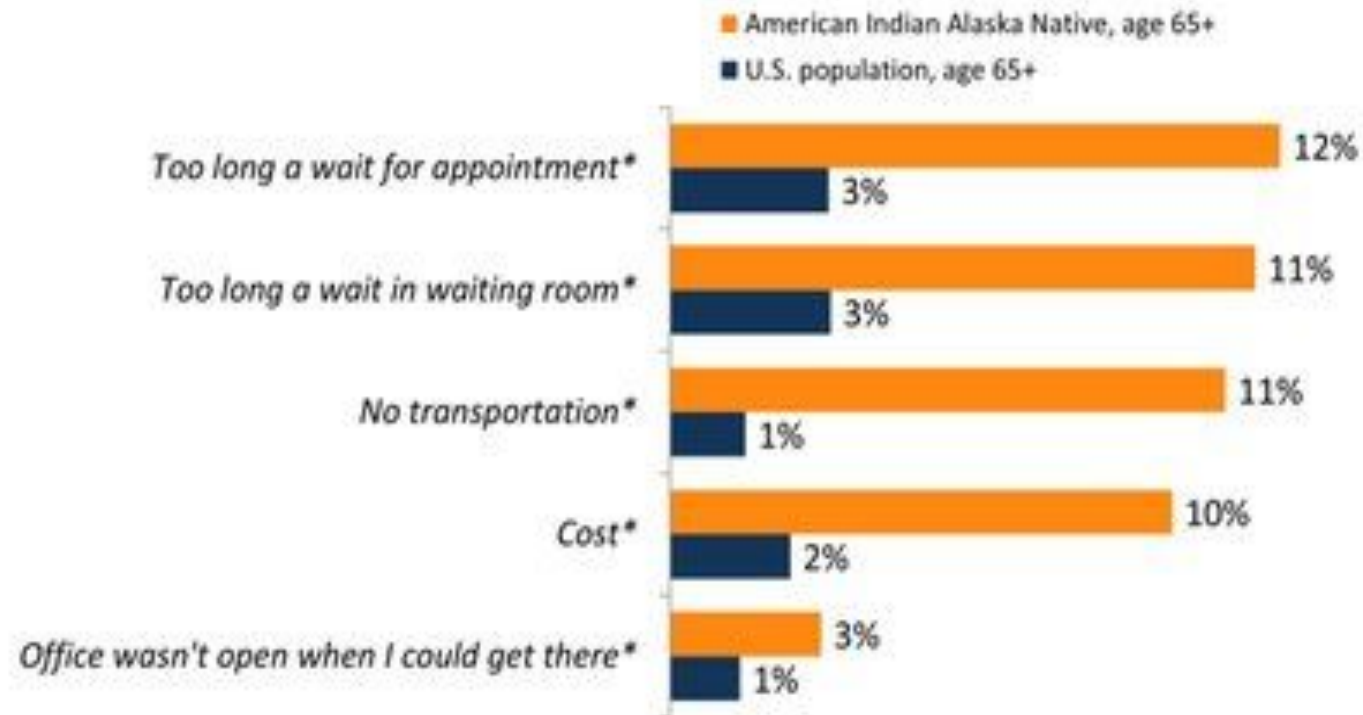


Impacts within Health



Elderly American Indians and Alaska Natives experience greater barriers accessing care

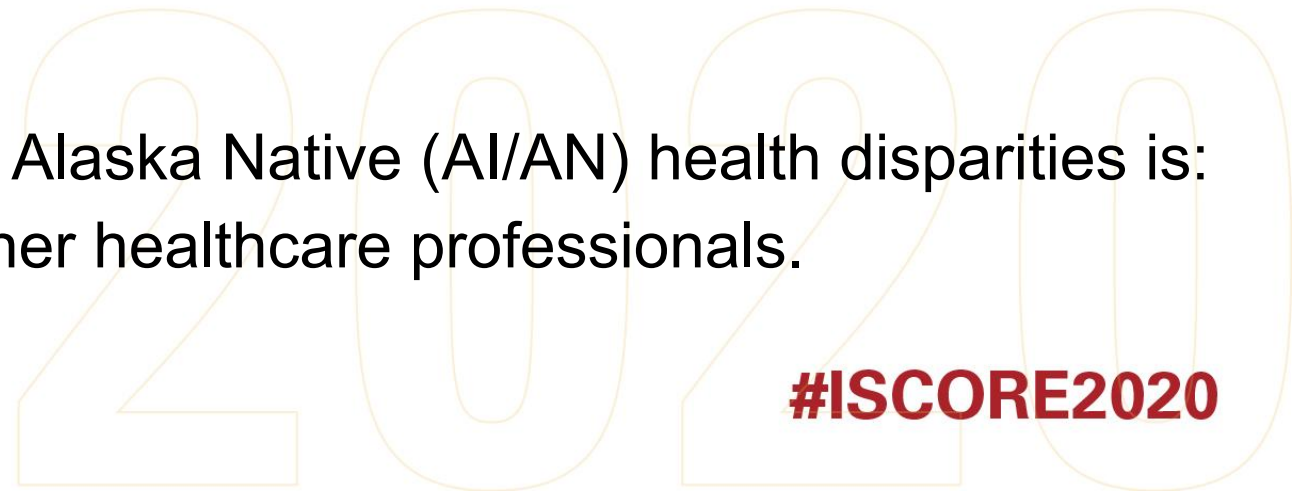
Have any of the following kept you from medical care in the past 12 months?



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Health - Today

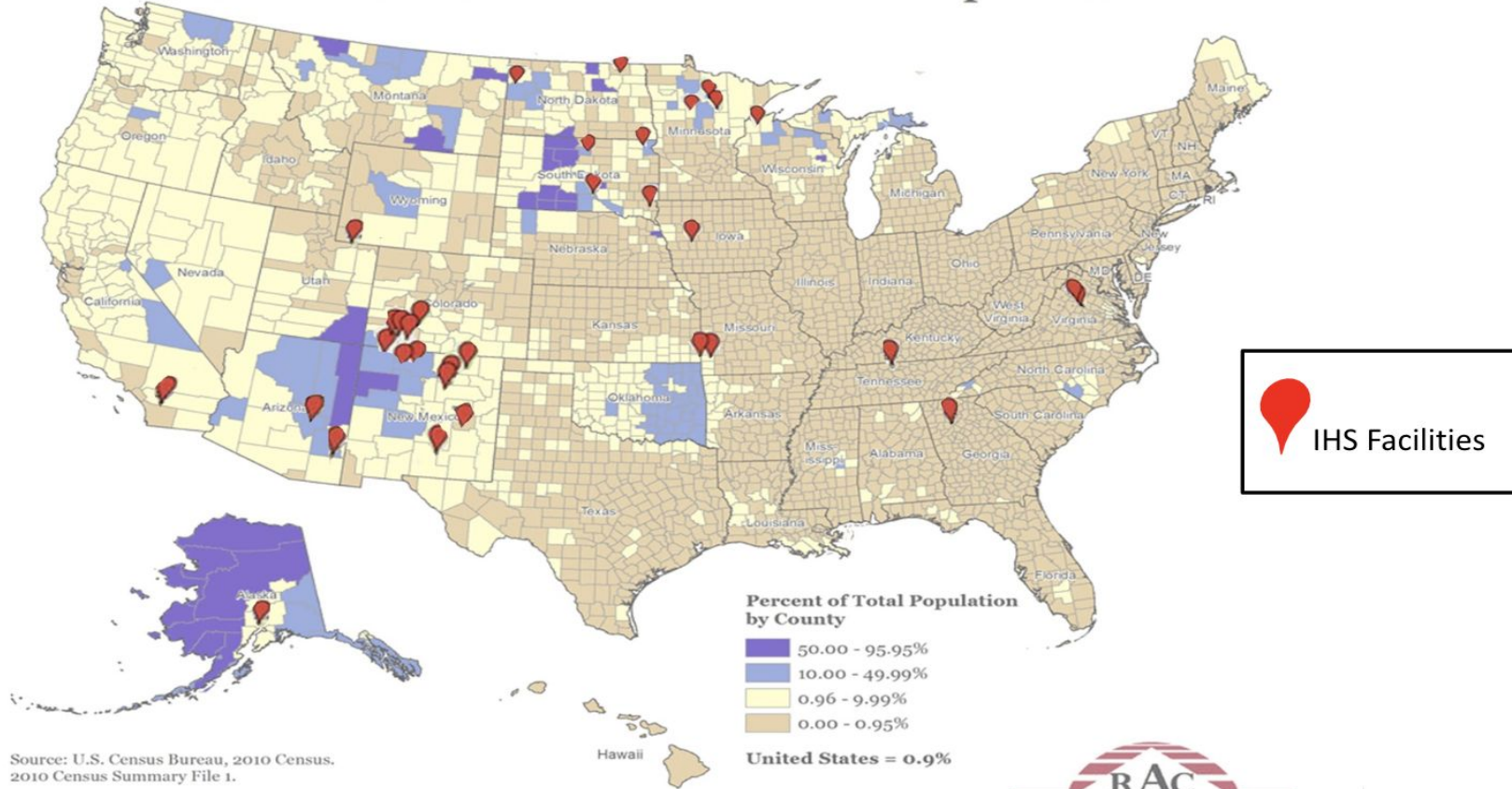
1. The U.S. Indian Health Service (IHS) has documented that these populations suffer tremendously from:
 - Heart disease
 - Diabetes
 - Alcoholism
 - Mental health problems
 - Asthma
2. Another factor in American Indian and Alaska Native (AI/AN) health disparities is:
 - The shortage of physicians and other healthcare professionals.



IHS Facilities



American Indian and Alaska Native Population



Source: U.S. Census Bureau, 2010 Census, 2010 Census Summary File 1.

Note: Alaska and Hawaii not shown to scale



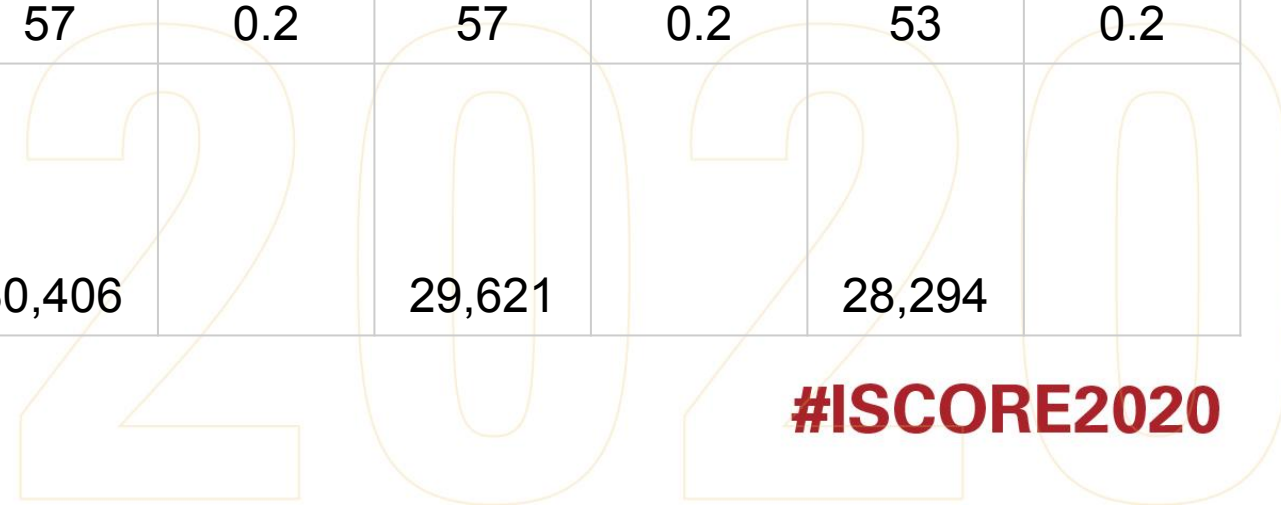
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Iowa State Information



	2015		2016		2017		2018		2019	
	Number	%	Number	%	Number	%	Number	%	Number	%
American Indian/Alaskan Native (Undergraduate students)	73	0.2	58	0.2	57	0.2	57	0.2	53	0.2
Undergraduate Total	30,034		30,671		30,406		29,621		28,294	



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Dr. Joseph Smith PhD, Anthropology



Primary research is concerned with Indigenous-Settler relations with a special focus on the histories of anthropology or, more aptly, the anthropology of anthropology.


Works with many Tribal Nations in Toronto, Canada

- Residential Schools
 - Cut off family and language
- Evidence today
 - Mental illness
 - Alcoholism and drug abuse
 - Sexual abuse
 - Starvation

Student Interview



Morgan Bear

- Graduate Student at Iowa State
- Settlement
- Meskwaki Tribe
- Tama, Iowa 



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Pair and share



- How has hearing a personal story helped you understand the effects of generational trauma?
- Have you seen evidence of generational trauma within your own communities? If comfortable share examples of how.



Final takeaways



- Transmission
 - All communities and people
 - Genetically, environmentally, and culturally
- Mental Health
 - Acknowledge the stigma
- Breaking the cycle
 - Learn to work through trauma
 - Prevent projection and transmission

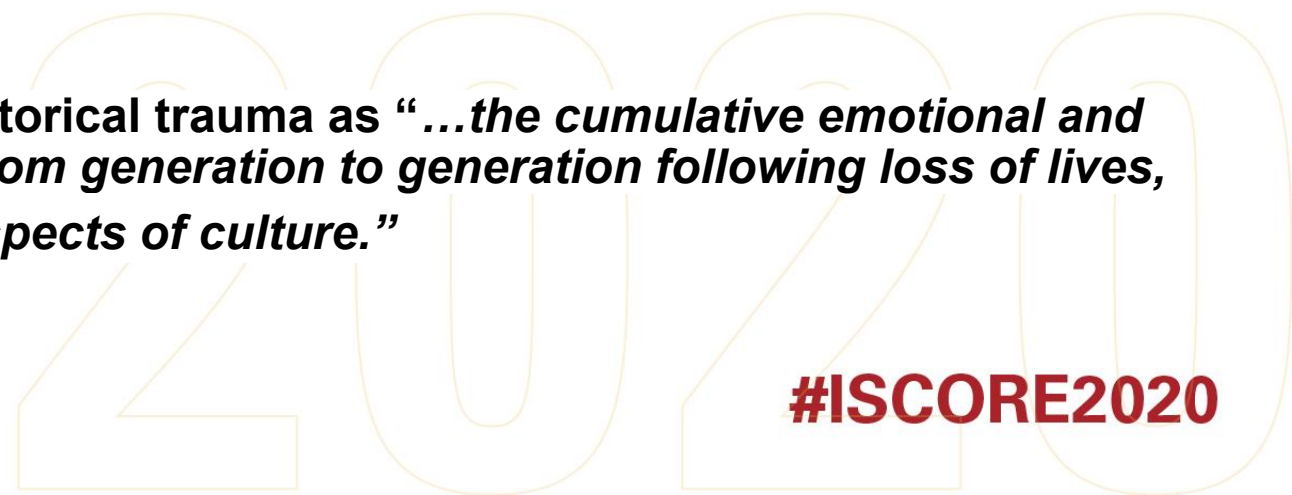


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Questions?

Dr. Maria Yellow Horse Brave Heart describes historical trauma as “...*the cumulative emotional and psychological wounding over one’s lifetime and from generation to generation following loss of lives, land and vital aspects of culture.*”



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Work Cited



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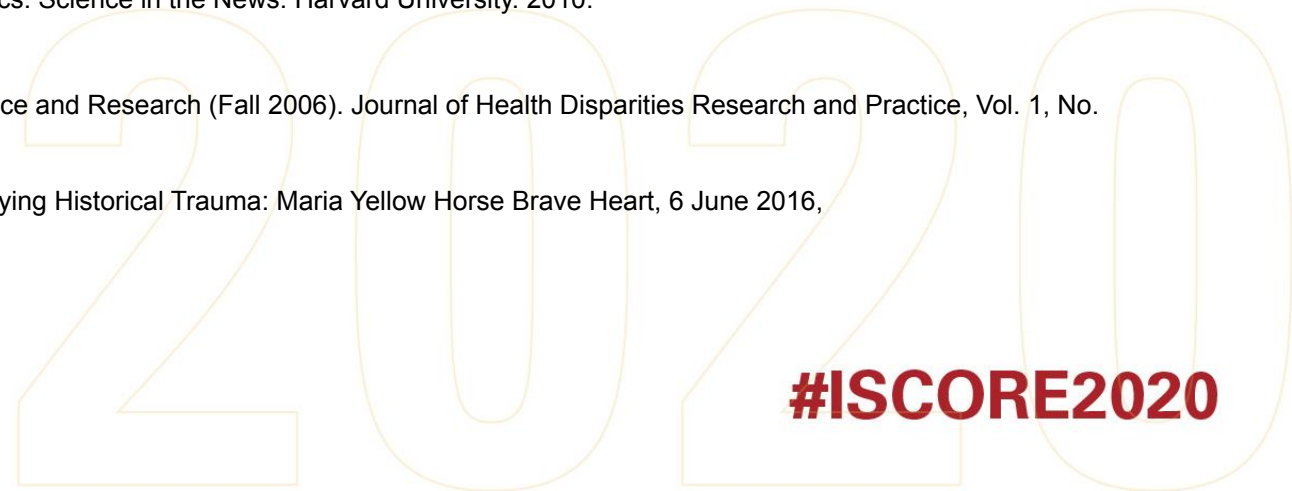
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