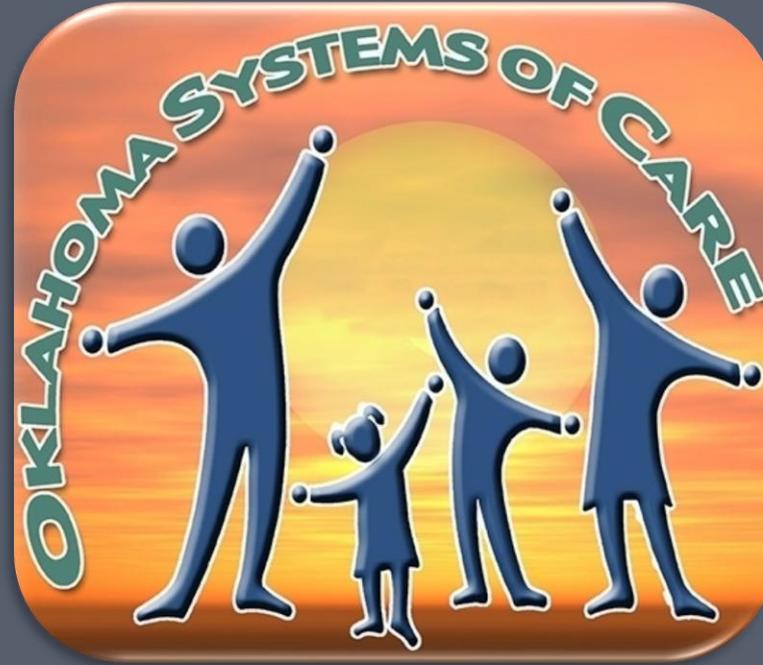


Oklahoma Systems of Care (OSOC)



Ceremonial Life Concepts Training Institute

1

Created by
Cortney Yarholar, LMSW Tribal State Liaison
ODMHSAS, Oklahoma Systems of Care
April 2010

TODAY'S AGENDA

UNDERSTANDING HISTORICAL TRAUMA

- Weaving Connections
 - Break
- Soul Wound
 - Lunch (on your own)

HEALING & MAINTAINING WELLNESS

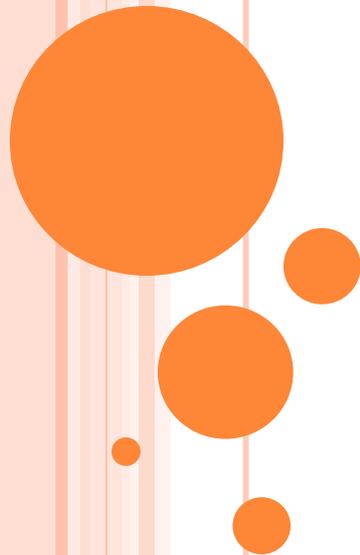
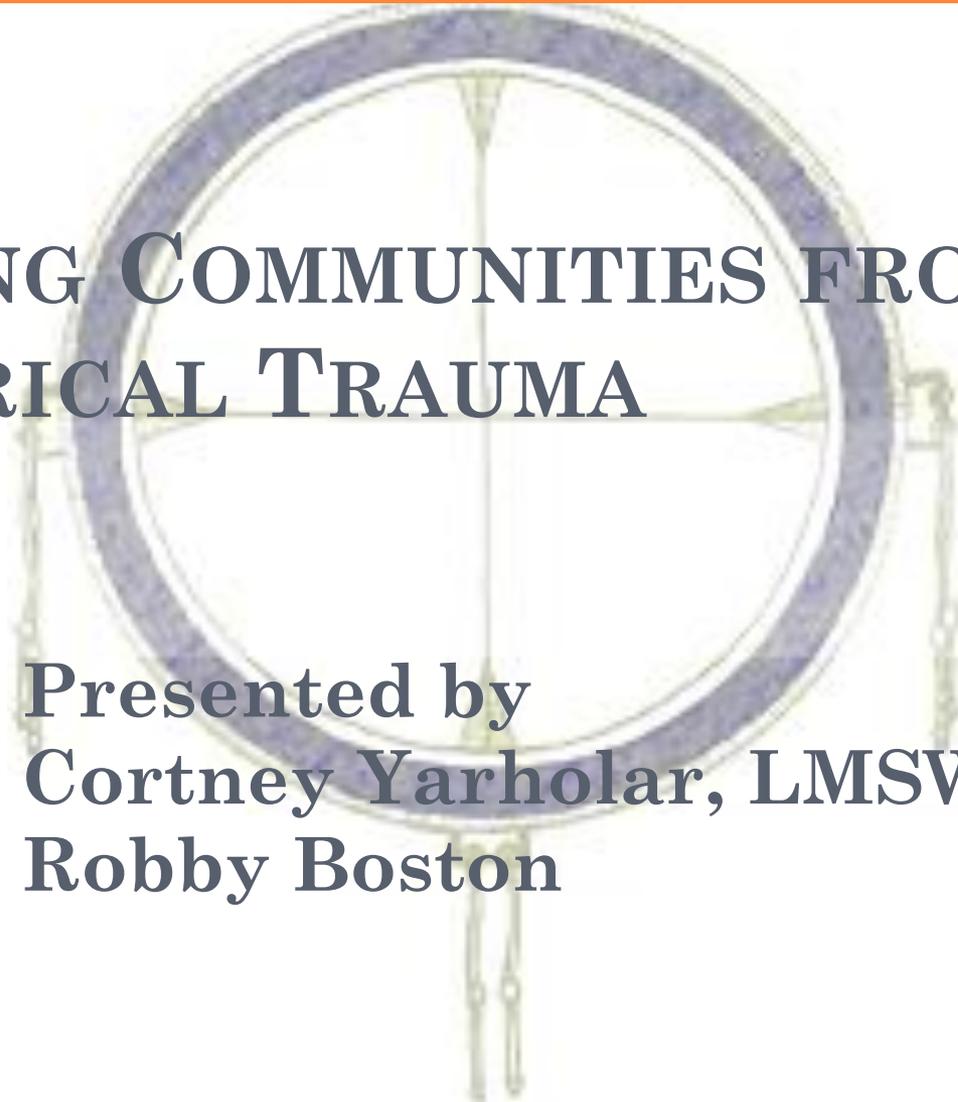
- Wellness Wheel
 - Break
- Ceremonial Life Concept



Weaving Connections

HEALING COMMUNITIES FROM HISTORICAL TRAUMA

Presented by
Cortney Yarholar, LMSW
Robby Boston





HISTORICAL TRAUMA & UNRESOLVED GRIEF

○ Historical Trauma:

- Collective group trauma experienced from some historical event(s)
- Cumulative emotional and psychological wounding across generations.

○ Unresolved Grief

- “So many things happened to us in history that we didn’t have time to heal from one trauma before another one occurred.” White Bison Wellbriety
- Social pathology originating from the loss of lives, land, and vital aspects of Native culture. Yellow Horse Brave Heart & DeBruyn



COLLECTIVE TRAUMA

Slavery

- The institution of slavery is as old as civilization. Many nations and empires were built by the muscles of slaves. (Worldwide).
- Ownership of another person, slave owners tend to believe they can deny basic human rights of their slaves.

Immigration

- Fleeing original homelands for survival

Holocaust

- Attempted genocide of Jewish Civilization and culture

Potato Famine

- The Great Hunger of Ireland 1845

Relocation

- Forced removal of a civilization from original homelands

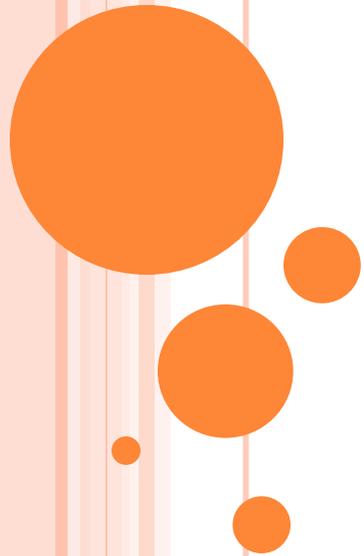


TRAUMATIC EVENTS FOR AMERICAN INDIANS

- The Boarding School Era
 - 1879 Carlisle Indian School
 - Motto: “Kill the Indian, Save the Man.”
 - By 1887 there were 169 schools, 15000 kids
 - By 1890, attendance was enforced
- Assimilation Policies
 - 1600s Reservations Established
 - 1800s Relocation Project
 - 1953-1962 Termination Projects
 - 1950s Voluntary Relocation to Cities



WEAVING CONNECTIONS



UNRESOLVED GRIEF

○ Disenfranchised Grief:

- Grief that persons experience when a loss cannot be openly acknowledged or publicly mourned (Doka, 1989).
- Results in intensification of normative emotional reactions such as anger, guilt, sadness, and helplessness.

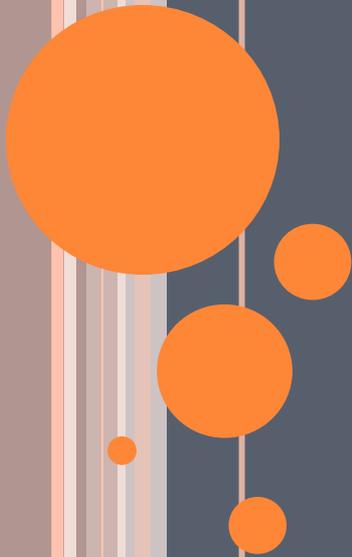


EFFECTS OF TRAUMA

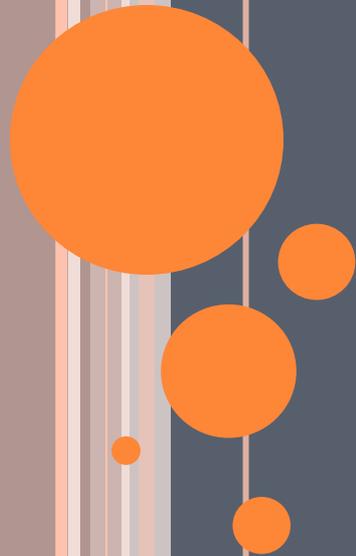
- *What impact does historical trauma have on people today?*
- *What do you know about treating those with reactions to trauma?*



DISCUSSIONS???

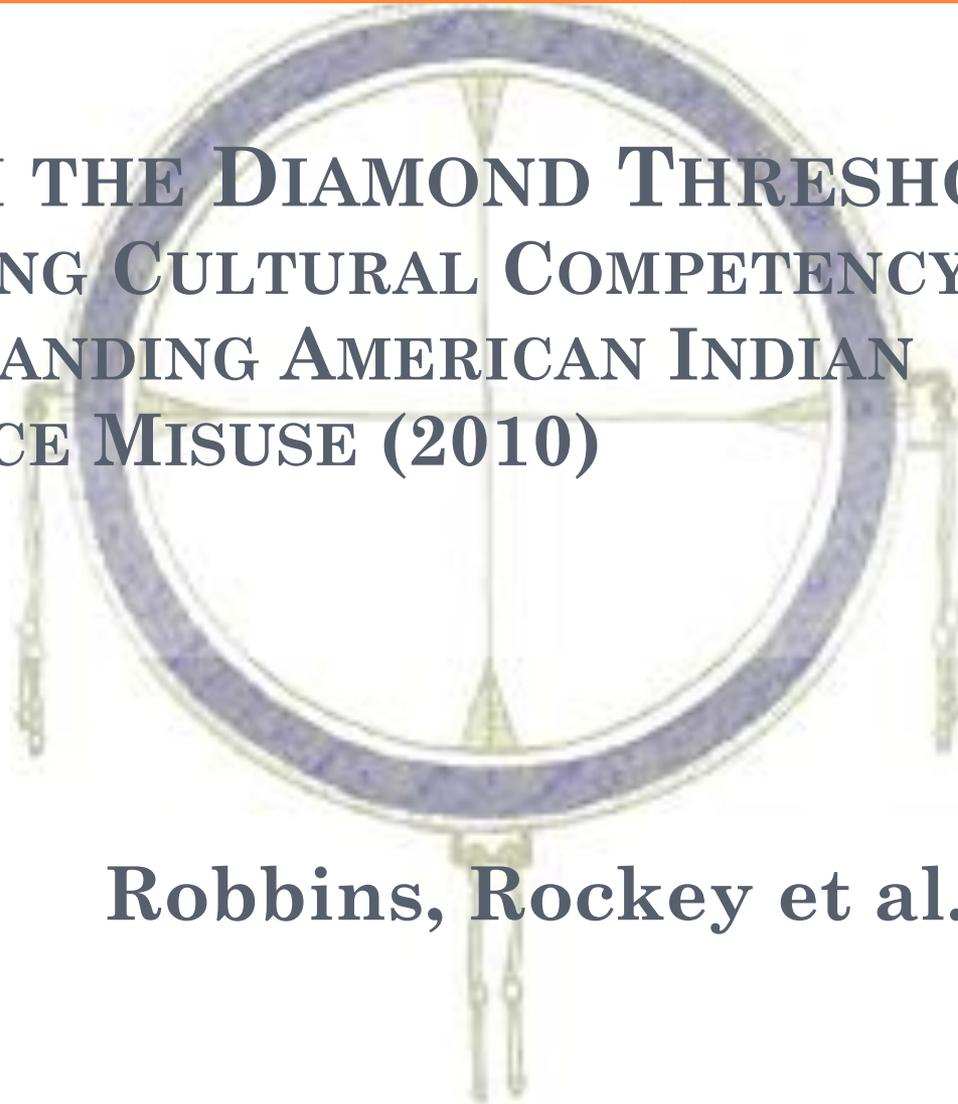


(BREAK)

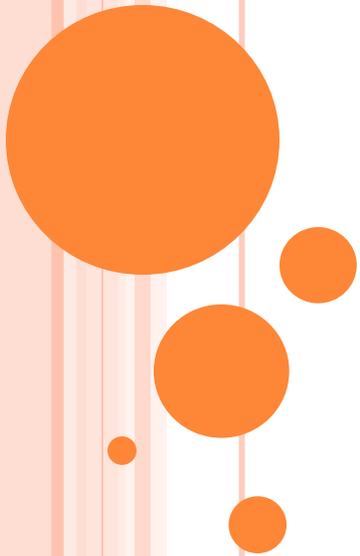


Soul Wound Activity

**TROUGH THE DIAMOND THRESHOLD:
PROMOTING CULTURAL COMPETENCY IN
UNDERSTANDING AMERICAN INDIAN
SUBSTANCE MISUSE (2010)**



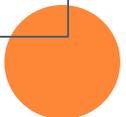
Robbins, Rockey et al.





Being Indian is an attitude, a state of mind, a way of being in harmony with all things and all beings. It is allowing the heart to be the distributor of energy on this planet; to allow feelings and sensitivities to determine where energy goes; bringing aliveness up from the Earth and from the Sky, putting it in and giving it out from the heart.

Brooke Medicine Eagle



LORD AMHERST IN A LETTER TO COLONEL BOUQUET JULY 1763

Dear Col. Bouquet,

Could it not be contrived to send Small Pox among those disaffected tribes of Indians? We must use every [strategy] in our power to reduce them.

Lord Amerherst

You Are Given a
Blanket
Infected with
Smallpox



JOURNAL ENTRY OF ROYAL AMERICAN CAPTAIN ECUYER, JULY 1763

Out of our regard for them
(two Indian chiefs) we gave
them two blankets and a
handkerchief out of the
smallpox hospital. I hope it
will have the desired effect.



Soon thereafter . . .
an epidemic spreads across tribal nations residing near the Ohio River.

INDIAN INTERCOURSE ACT OF 1832



This act made it illegal to sell liquor to American Indian anywhere in the United States.

THE INDIAN REMOVAL ACT - 1830

The Creek, Cherokee, Choctaw, Chickasaw, & Seminoles lived much like white men, owned and farmed 25 million acres of land in the southeast. When gold was discovered in Cherokee lands, white settlers wanted the land. Upon Andrew Jackson's urging, Congress passed this Act setting in motion the events leading to the Trail of Tears.

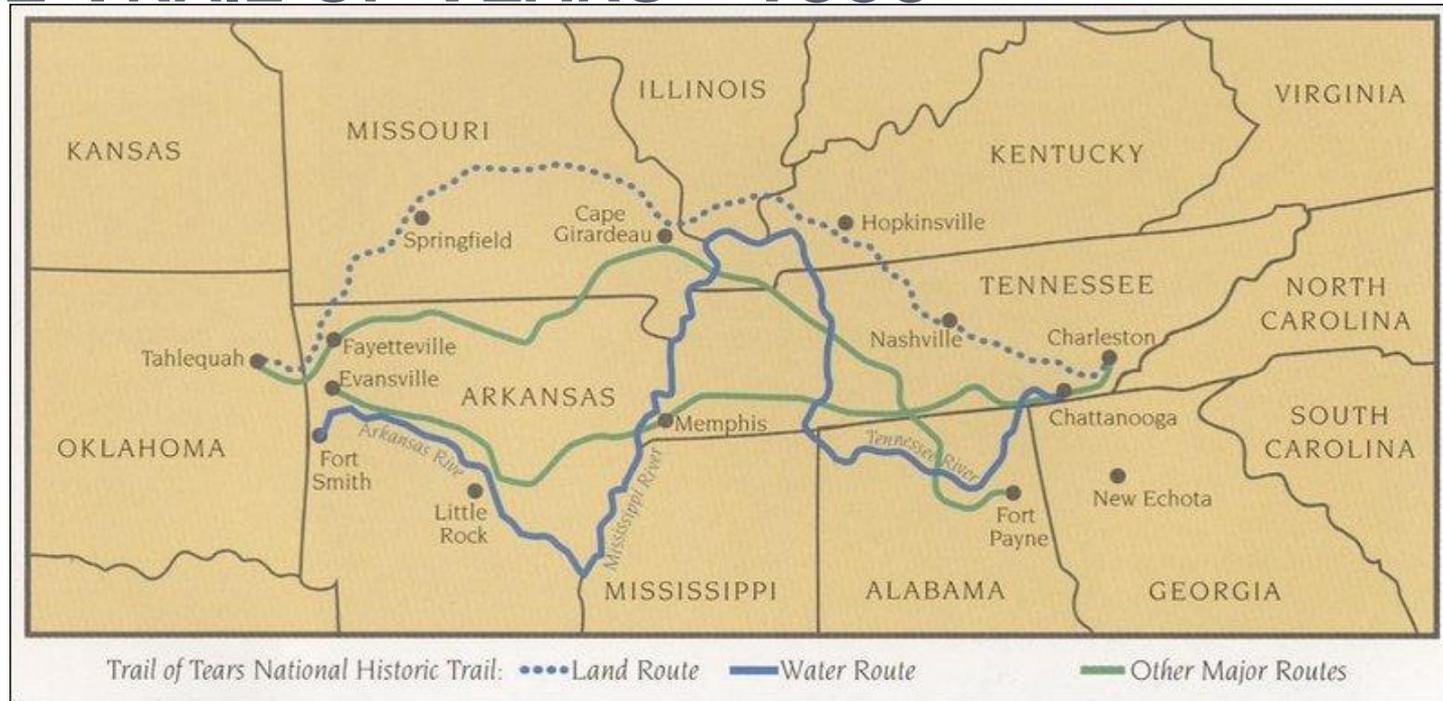


Trail of Tears

The Granger Collection, New York



THE TRAIL OF TEARS - 1839

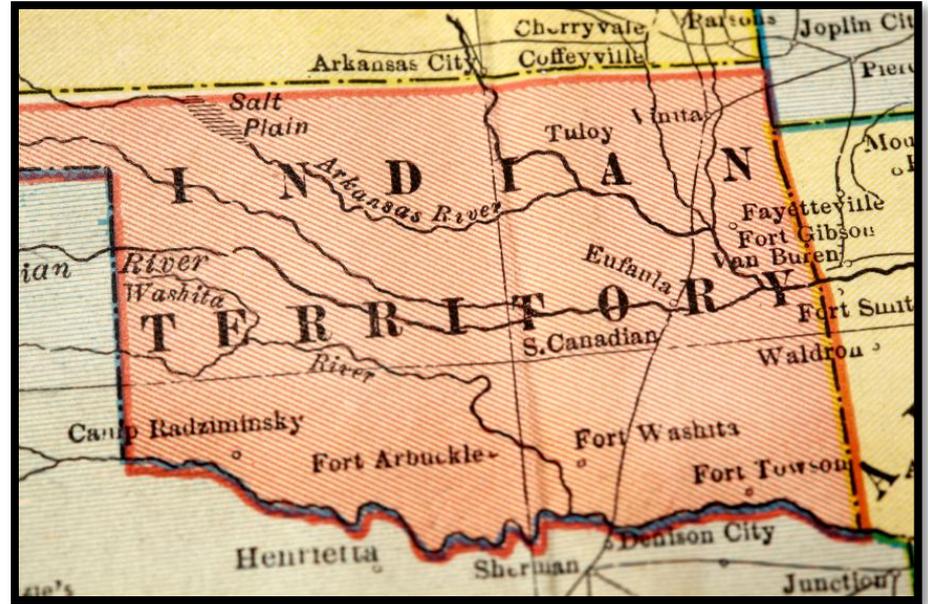


Forced relocation of the Cherokee Native American tribe to the Western United States in 1838-39 and resulted in the deaths of an estimated 4,000 Cherokee Indian People.



THE TRAIL OF TEARS - 1839

“I saw the helpless Cherokees arrested and dragged from their homes, and driven at the bayonet point into the stockades. And in the chill of a drizzling rain on an October morning I saw them loaded like cattle or sheep into 645 wagons and started toward the west . . .”



Private John G. Burnett
Captain Abraham McClellan's Company, 2nd Regiment, 2nd Brigade, Mounted Infantry
Cherokee Indian Removal 1838-39

THE TRAIL OF TEARS - 1839

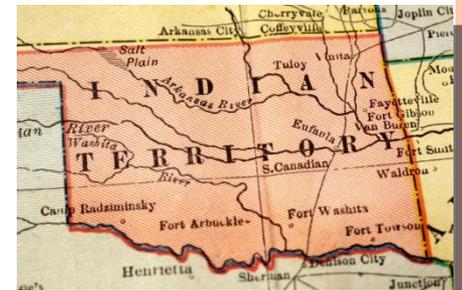
“On the morning of November 17th we encountered a terrific sleet and snow storm with freezing temperatures and from that day until we reached the end of the fateful journey on March 26th, 1839, the sufferings of the Cherokees were awful .

. . . and I have known as many as twenty-two of them to die in one night of pneumonia due to ill treatment, cold and exposure . . .”

Private John G. Burnett

Captain Abraham McClellan's Company

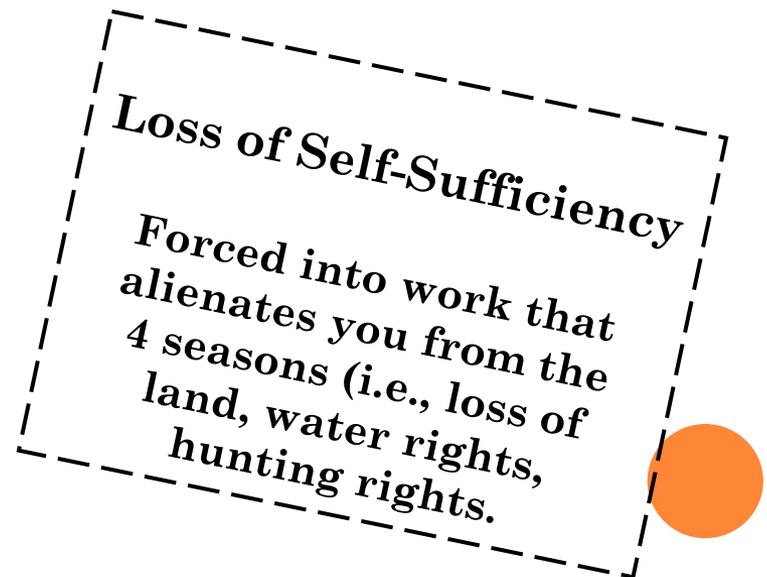
2nd Regiment, 2nd Brigade, Mounted Infantry, Cherokee Indian Removal 1838-39



The Trail of Tears - 1839

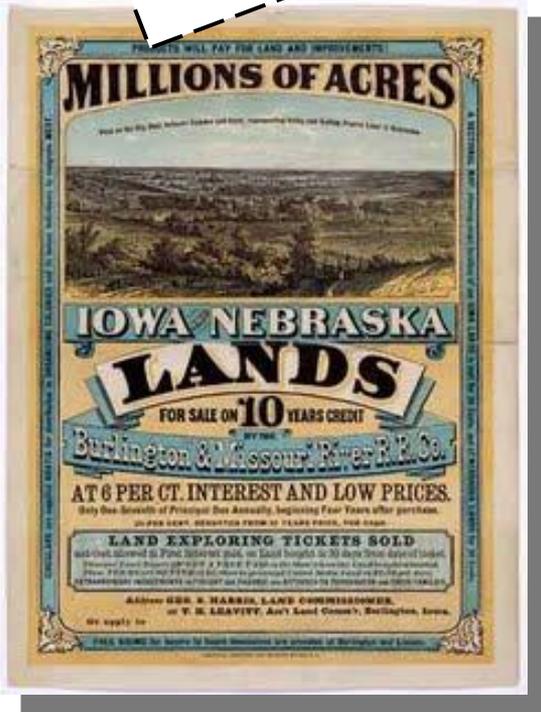
"We are now about to take our leave and kind farewell to our native land, the country the Great Spirit gave our Fathers, we are on the eve of leaving that country that gave us birth, it is with sorrow we are forced by the white man to quit the scenes of our childhood...we bid farewell to it and all we hold dear."

Loss of Self-Sufficiency
Forced into work that alienates you from the 4 seasons (i.e., loss of land, water rights, hunting rights.)



THE HOMESTEAD ACT - 1862

Lose Rights to
Live on Homeland
&/or Own
“Property”

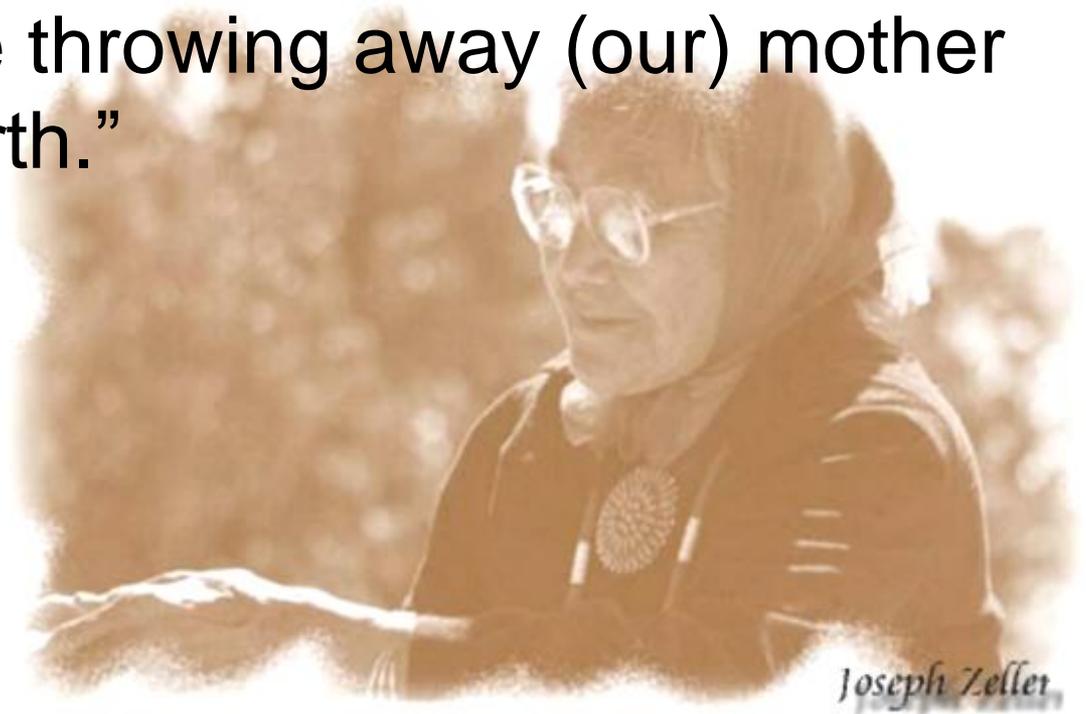


- Allowed U.S. citizens, or those who had filed for citizenship, to submit claim for 65 hectares in return \$10 fee.
- After living or farming on the land 5 + years, homesteader paid fee for title to the land.
- Spurred settlement of land designated as "Indian territory" at a time when American Indians were not considered citizens.



“We, the great mass of the people think only of the love we have for our land, we do love the land where we were brought up.

We will never let our hold to this land go, to let it go it will be like throwing away (our) mother that gave (us) birth.”



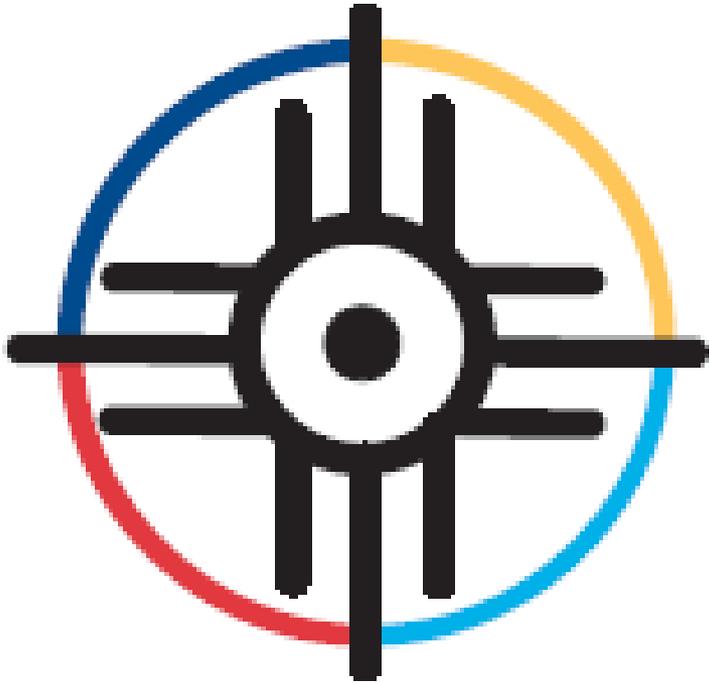
THE DAWES ACT - 1887

Established a census of American Indians known as the Dawes Rolls and allotted tribal lands to individual Indians.



Debo, Angie. And Still the Waters Run: The Betrayal of the Five Civilized Tribes (Princeton: Princeton University Press, 1940; new edition, Norman: University of Oklahoma Press, 1984), [ISBN 0691046158](#).

DAWES ACT – THE IMPACT

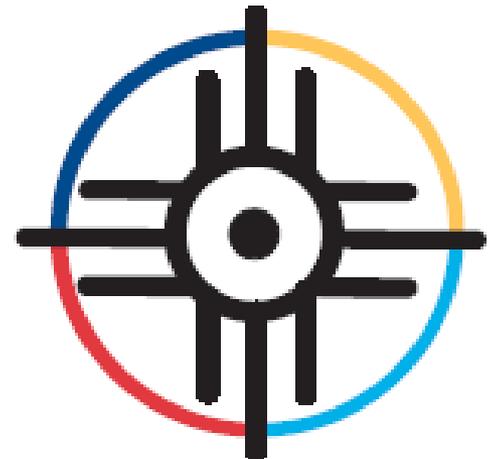


- Not sufficient for economic viability
- Most allotment land could be sold after statutory period of 25 years
- Land was eventually sold to non-Native buyers at bargain prices



DAWES ACT – THE IMPACT

- Land deemed "surplus" opened to white settlers, though the profits from the sales of these lands were often invested in programs meant to aid the American Indians.
- Over 47 years, American Indians lost about 90 million acres of treaty land, or about 2/3 of the 1887 land base.
- About 90,000 Indians were made landless.



ACT FOR THE PRESERVATION OF AMERICAN ANTIQUITIES (1906)

- Excavation, theft or destruction of historic or prehistoric ruins or objects of antiquity on federal lands became a criminal offense.
- However, Indian corpses and Indian artifacts were defined as "archeological resources" and thus considered federal property.

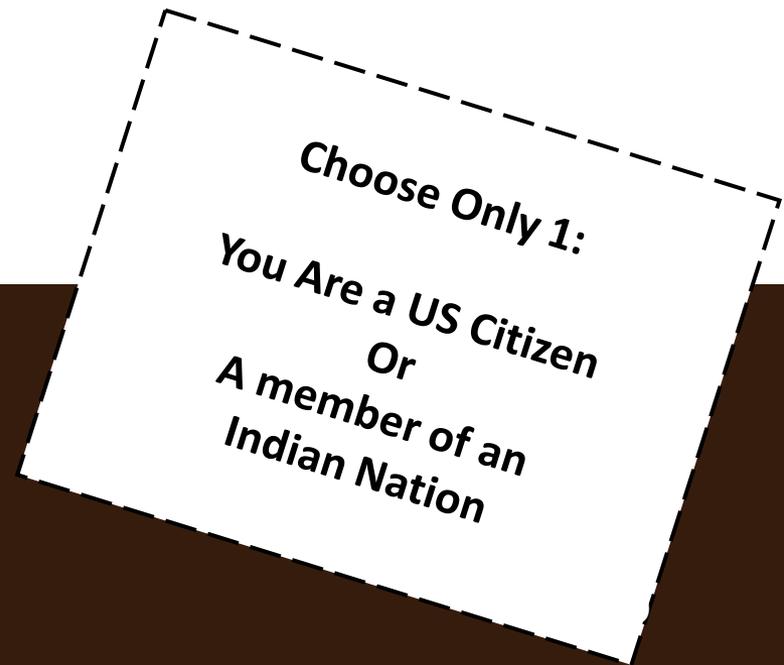
**Sacred
Objects & Family
Possessions
Displayed in Museum**



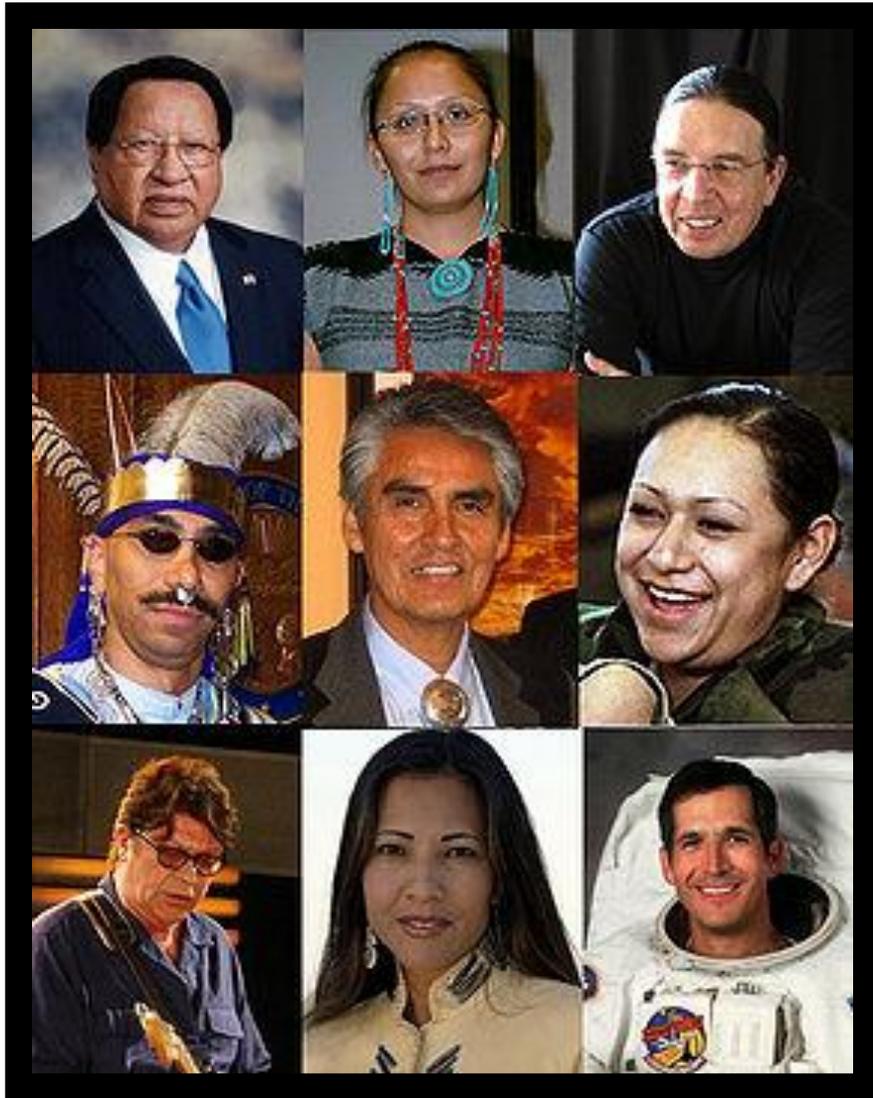
THE INDIAN CITIZENSHIP ACT (1924)

Granted U.S. citizenship to American Indians, including the right to vote in national elections. However, it did not provide full protection under the Bill of Rights to Indians living under tribal governments. Several nations, including the Hopi and the Iroquois, declined U.S. citizenship in favor of retaining sovereign nationhood.

Source: www.america.gov



CITIZENSHIP ACT OF 1924



United States-born indigenous people were granted U.S. citizenship.



THE BOARDING SCHOOL EXPERIENCE

“When they first took us in school,
they gave us government lace-up shoes . . .
Then they gave us a number. My number was always 23.”



PHOTOGRAPH BY U.S. ARMY SIGNAL CORPS,
COURTESY OF THE ARIZONA HISTORICAL FOUNDATION

Apache children on arrival at the Carlisle Indian School (Pennsylvania) wearing traditional clothing



PHOTOGRAPH BY U.S. ARMY SIGNAL CORPS,
COURTESY OF THE ARIZONA HISTORICAL FOUNDATION

Same children four months later



**Trauma –
Taken from home, family,
everything and everyone you
know (at age 5-6)**

AN EDWARD CURTIS PHOTOGRAPH (1905)



THE BOARDING SCHOOL EXPERIENCE



Chippewa Woman & Child 1900
<http://www.firstpeople.us>

**Trauma –
Your Child is Taken
to Boarding School
Against Your Will**

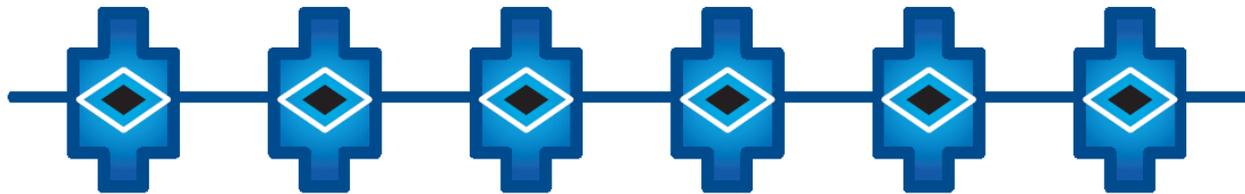
“Your son died quietly,
without suffering, like a
man. We have dressed him
in his good clothes and
tomorrow we will bury him
the way White people do.”
(Capt. Richard H. Pratt, 1880)



THE INDIAN REORGANIZATION ACT (1934) [WHEELER-HOWARD ACT]

Reinstated the role of sovereign tribes as governments for Indian people and their lands.

Ended Indian land allotment and strengthened tribal governments; restoration of tribal lands and powers.



THE TERMINATION ACT OF 1953

109 Native nations were terminated by this act. Some tribes were restored to being federally recognized tribes in the 1970s (Ponca, Menominee, Kilamath, and others)



Powder Face, wife & child
<http://www.firstpeople.us>



Big Goose (Ponca) 1914
<http://www.firstpeople.us>



REPEAL OF PROHIBITION ACT OF 1953

Allowed Native Americans to purchase liquor in same way as all other citizens of the United States.



THE INDIAN CIVIL RIGHTS ACT - 1968

- Prohibited Indian tribal governments from enacting or enforcing laws that violate certain individual rights.
- Contained language similar to the Bill of Rights in U.S. Constitution
- Did not prohibit an Indian nation from establishing an official religion.



INDIAN SELF-DETERMINATION & EDUCATION ASSISTANCE ACT - 1975

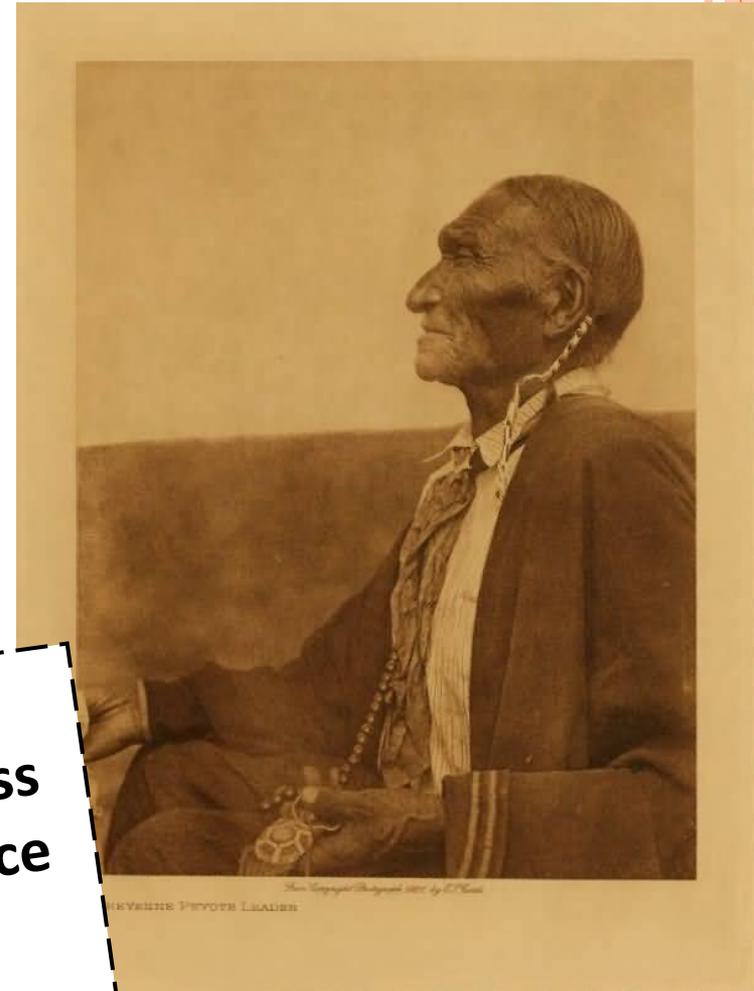
Expanded control in administering federal programs and services to their people.



NATIVE AMERICAN FREEDOM OF RELIGION ACT 1978

Protected and preserved the American Indian's inherent right to believe, express and exercise their traditional religion, including access to sites, use and possession of sacred objects, worship through ceremonial and traditional rites.

**May Not Express
Spiritual Practice
or Religion**



INDIAN CHILD WELFARE ACT - 1978

- Established mandatory procedures for state agencies and courts in Indian child custody matters
- Established that American Indians are allowed to act as foster parents and qualify for adoption.
- Provided Indian communities with child welfare and family services.

**You Do Not
Grow Up With
Your
Birth Father**



Joseph Zeller

**Grow Up in
Adoptive Home
With No AI
Cultural
Experience**

NATIVE AMERICAN FREEDOM OF RELIGION ACT 1978



**May Not Express
Spiritual Practice
or Religion
(Before 1973)**

Children Praying in Customary Christian Tradition

A religious component to the typical boarding school experience further removed the Native American children from their tribal heritage or rites.

COURT CASE OF STANDING BEAR VS. CROOK 1979

Filed in favor of Standing Bear. Decided that Native Americans are people with the same rights as any other foreigner in the United States.

In August 1881, 26,236 acres in Knox County, NE were returned to the Ponca people.



**Denied Rights as a
Human Being
Prejudice &
Discrimination**

The American Indian People: Current Status



Joseph Zeller

POVERTY

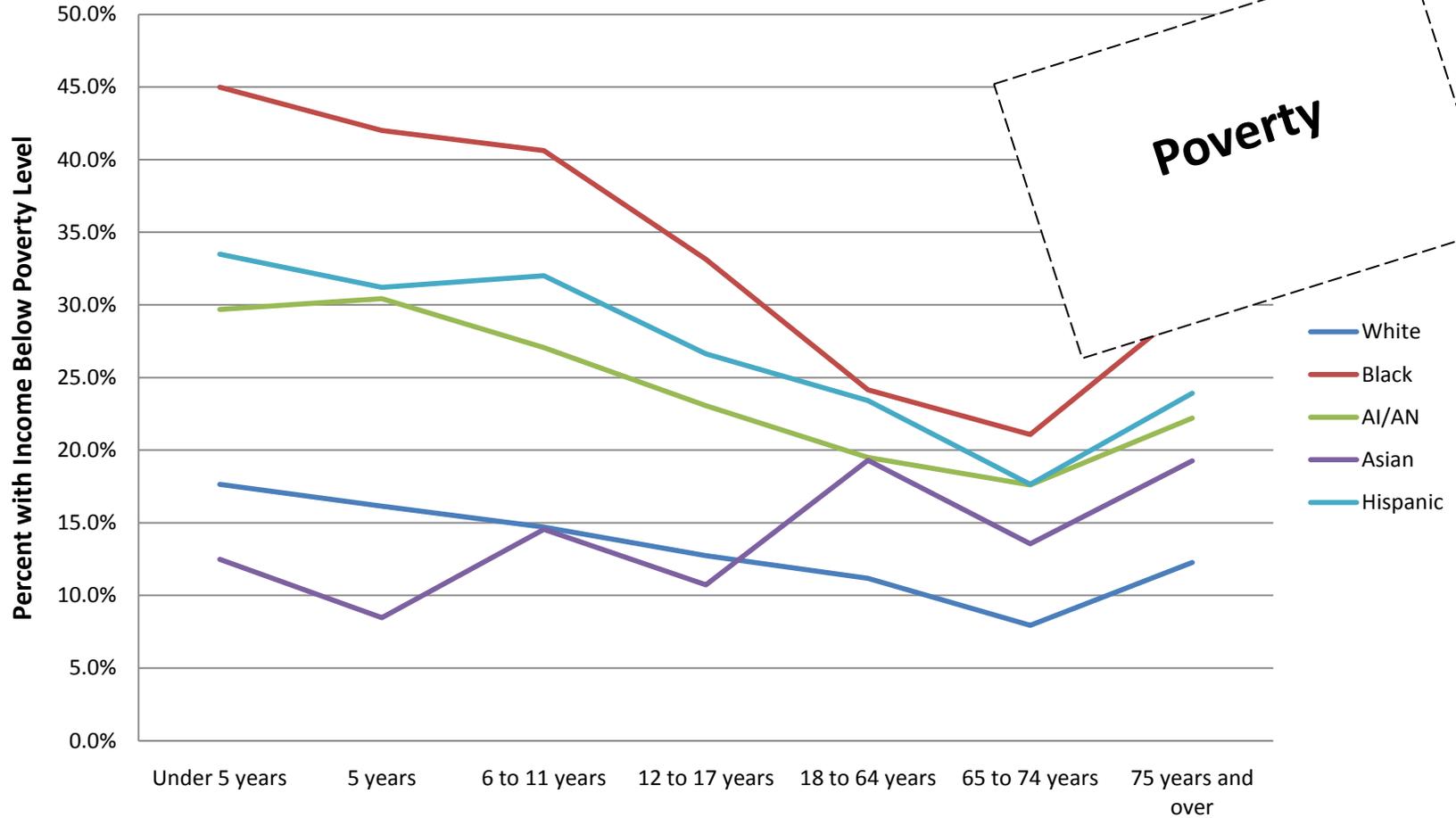


Poverty

“A poor Native American faces more hurdles than a poor anybody.”

Sherman Alexie, Author

Oklahoma Poverty by Age and Race



U.S. Census 2000 Summary File 3 – Poverty Status in 1999 by Age (White Alone, Black Alone, AI/AN Alone, Asian Alone, Hispanic)



HEALTH DISPARITIES

American Indians and Alaska Natives die at higher rates than other Americans from

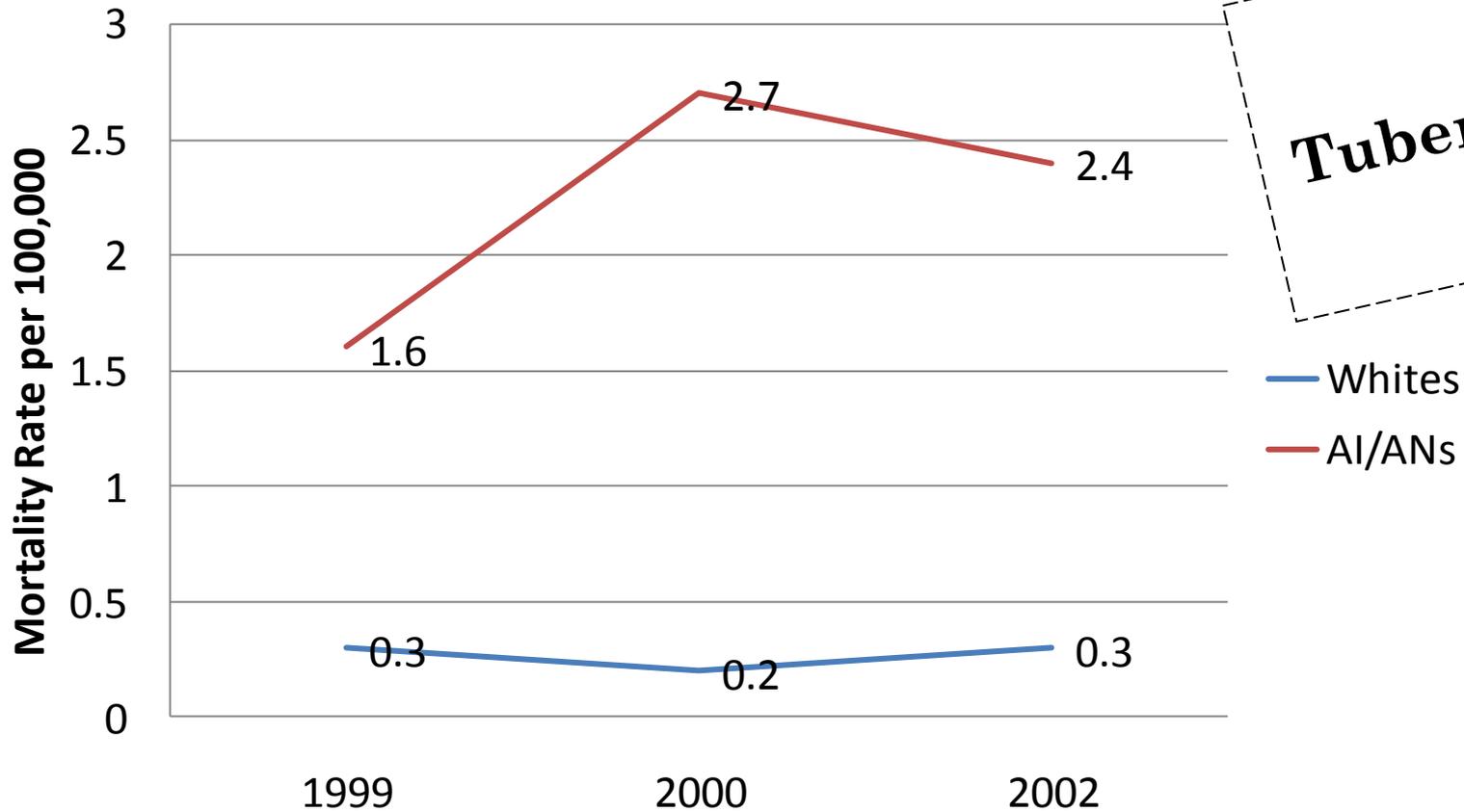
- tuberculosis (750% higher)



Tuberculosis



Tuberculosis Mortality Rate in Oklahoma by Race



Tuberculosis

OK2SHARE Mortality Data, US Standard Age-Adjusted, IHS Linked 1999-2003, Insufficient counts for AI/ANs in 2001 and 2003



HEALTH DISPARITIES

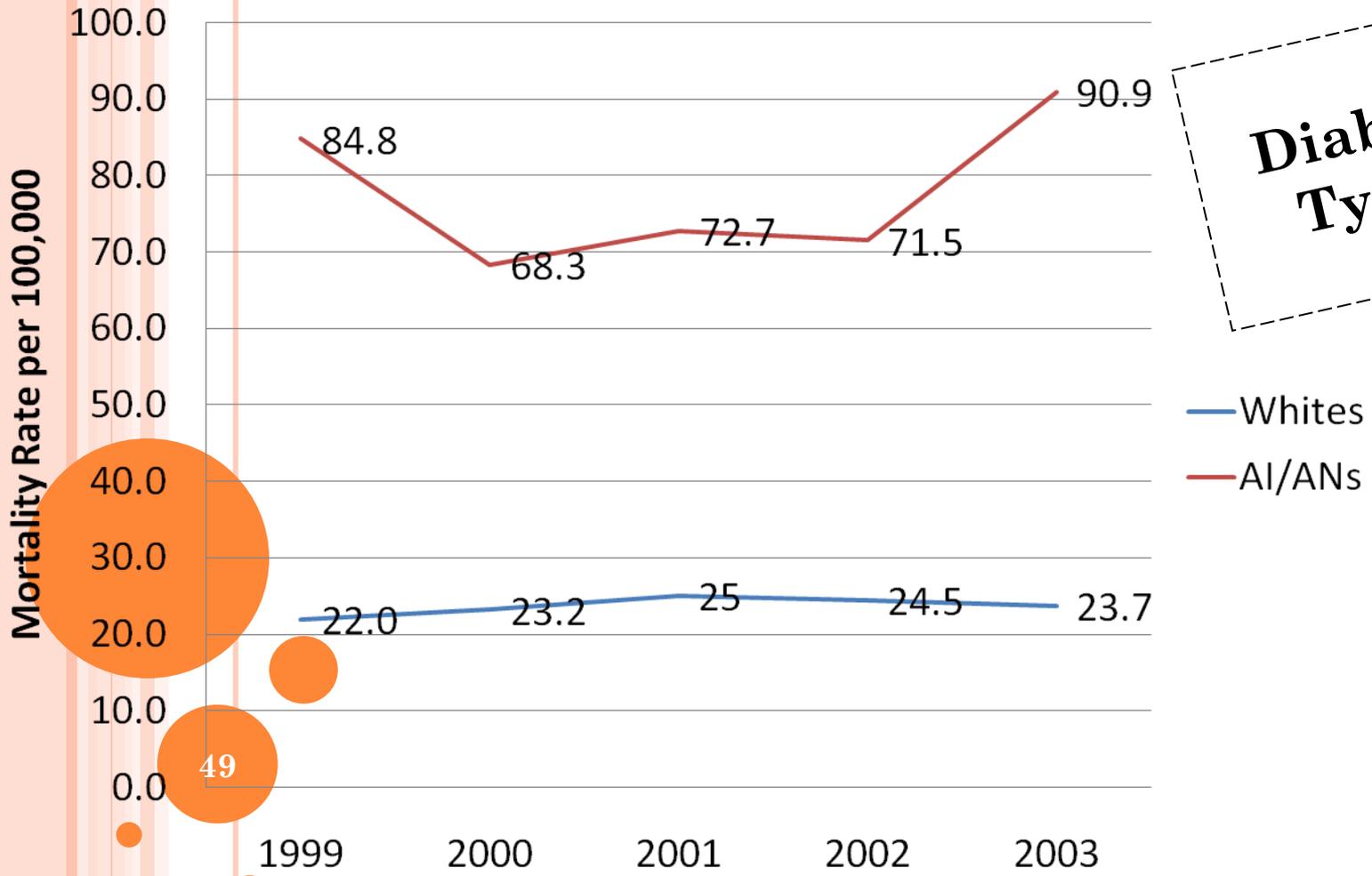
When American Indian/Alaska Native adults are compared to non-Hispanic whites, they were . . .

- 2.3 times as likely to have diabetes
- 1.6 times as likely to be obese
- 1.3 times as likely to have high blood pressure
- **190% higher death rate**

**Diabetes
Type 2**



Diabetes Mortality Rate in Oklahoma By Race



Diabetes Type 2

OK2SHARE Mortality Data, US Standard Age-Adjusted, IHS Linked 1999-2003

HEALTH DISPARITIES

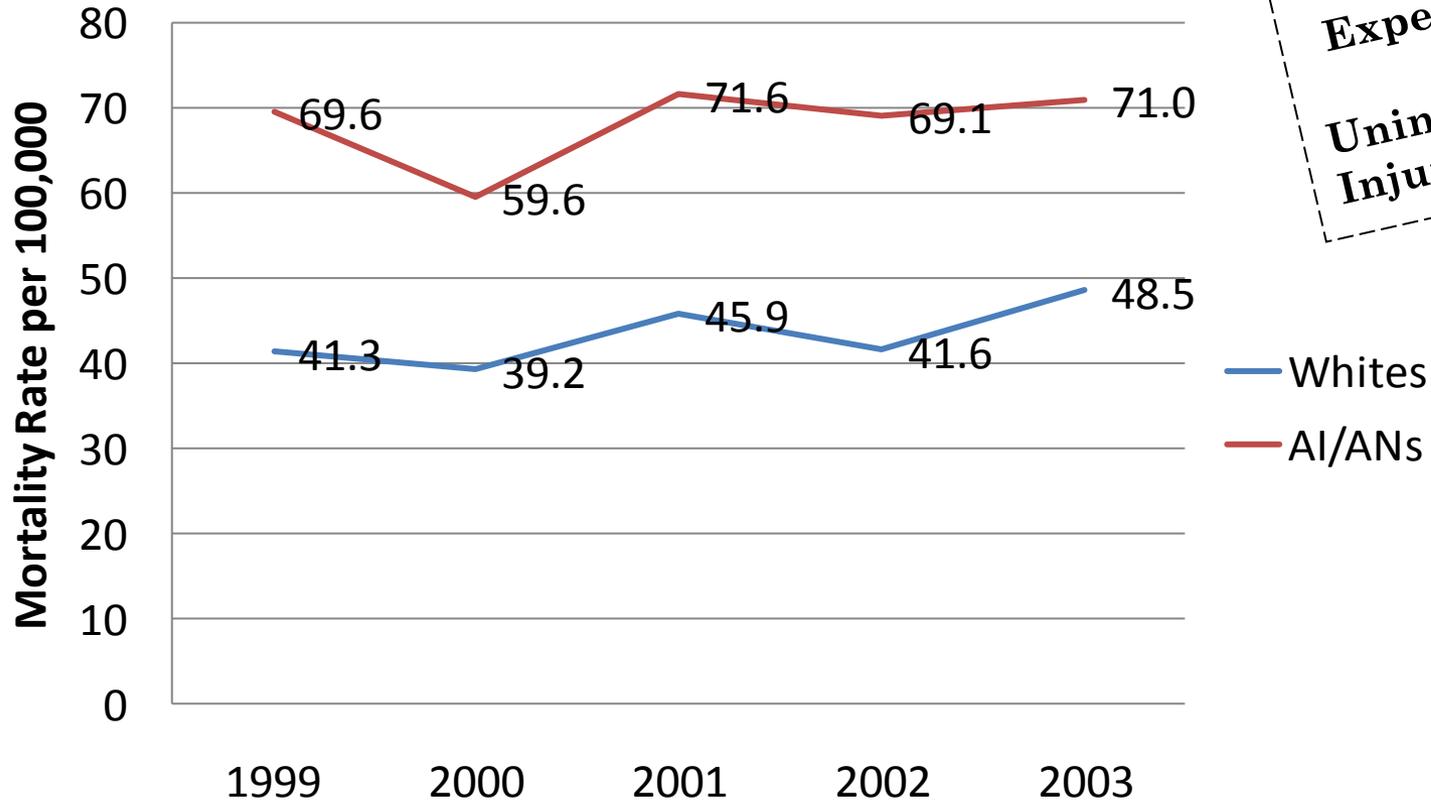
Die at higher rates than other Americans from **unintentional injuries (150% higher)**



**Your Sister
Experiences an
Unintentional
Injury & Dies**



Unintentional Injury Mortality in Oklahoma by Race



**Your Sister
Experiences
an
Unintentional
Injury & Dies**

OK2SHARE Mortality Data, US Standard Age-Adjusted, IHS
Linked 1999-2003



HEALTH DISPARITIES

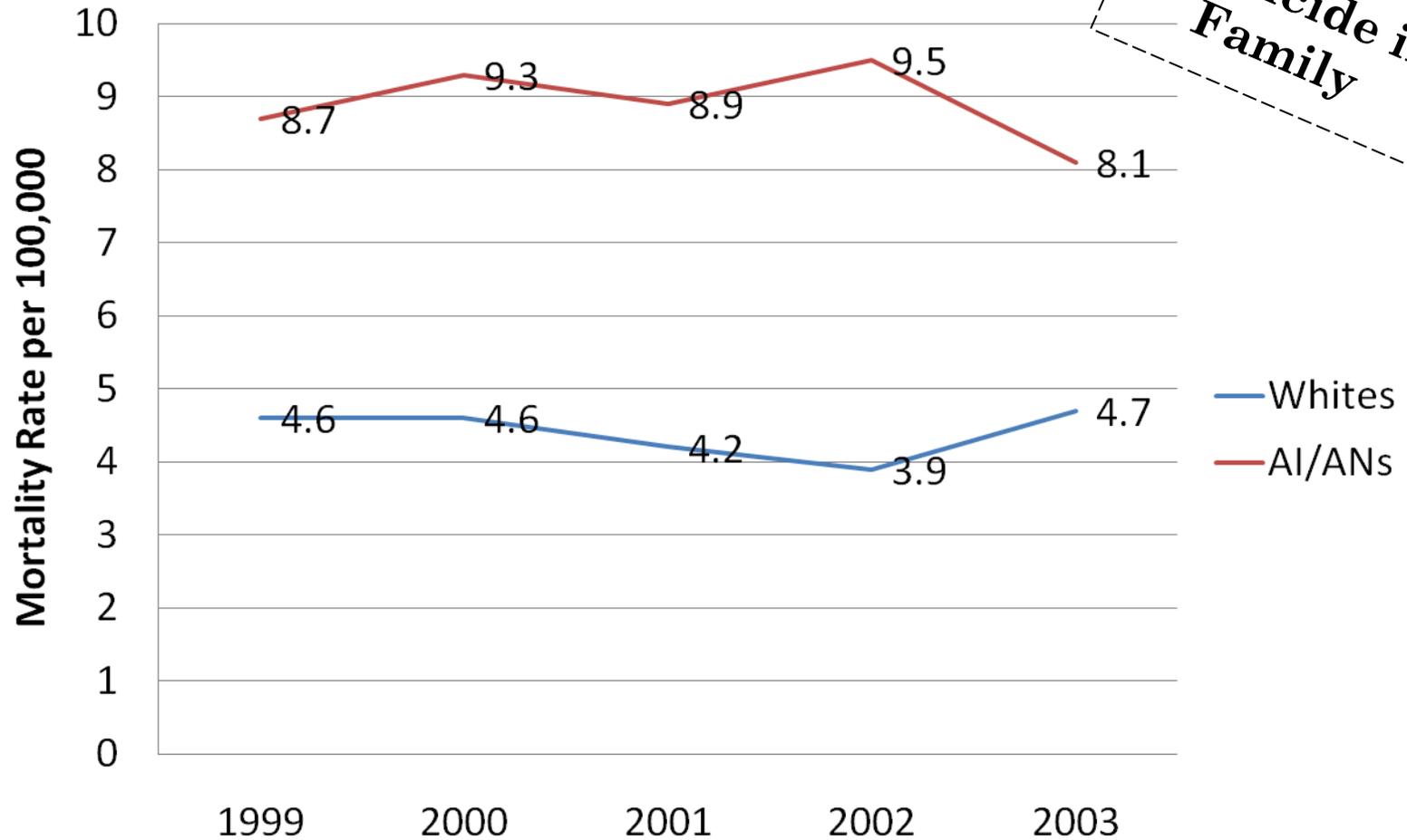
American Indians and Alaska Natives die at higher rates than other Americans from

- **homicide (100% higher)**

**Homicide in
Family**



Homicide Mortality Rate in Oklahoma by Race



OK2SHARE Mortality Data, US Standard Age-Adjusted, IHS Linked
1999-2003

HEALTH DISPARITIES

American Indians and Alaska Natives die at higher rates than other Americans from

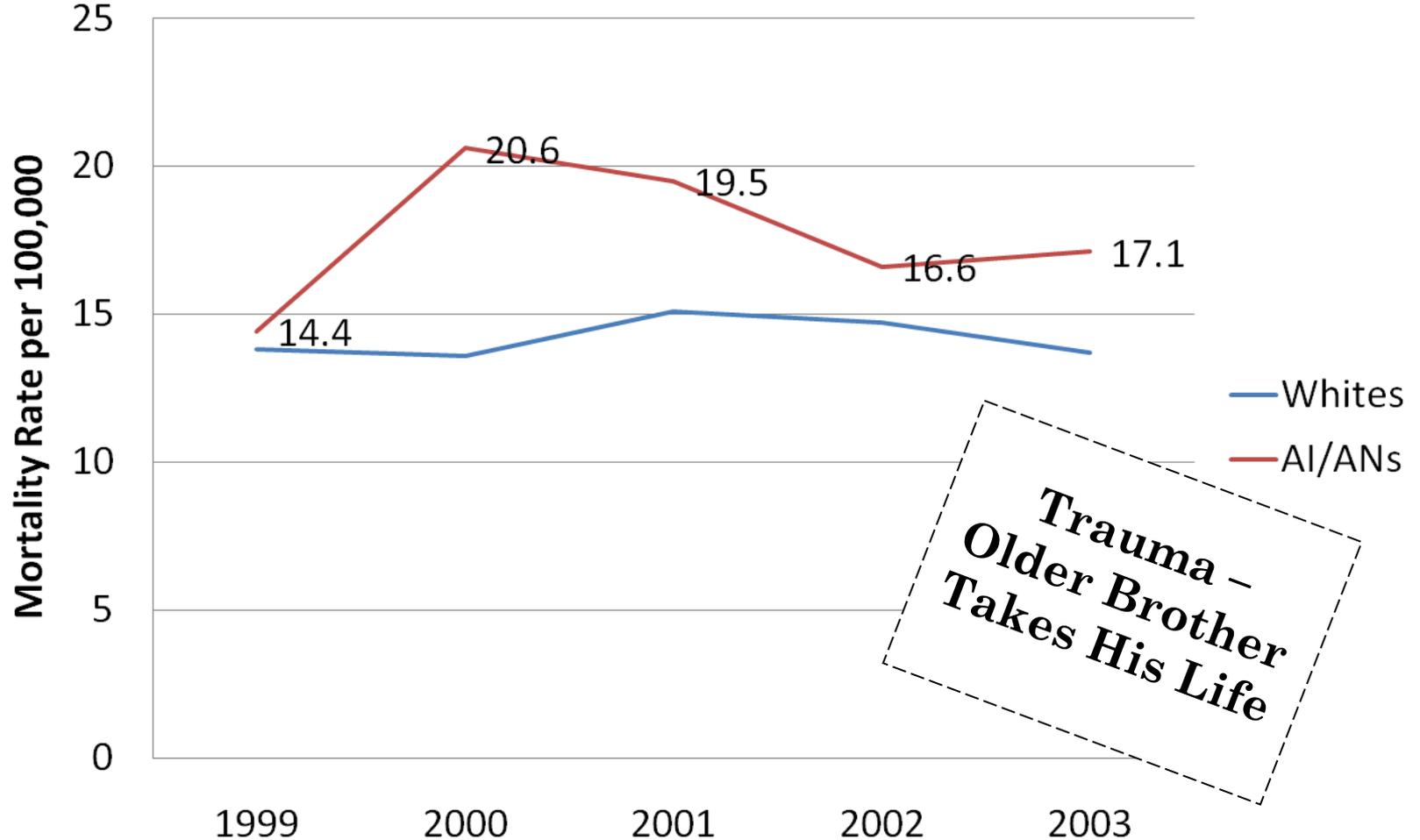
- **suicide (70% higher)**



**Trauma –
Older Brother
Takes
His Life**



Suicide Mortality in Oklahoma by Race



OK2SHARE Mortality Data, US Standard Age-Adjusted, IHS Linked 1999-2003

INFECTIOUS DISEASE

Ranked 3rd in rate of new infections of human immunodeficiency virus (HIV) compared with all other races and ethnicities.

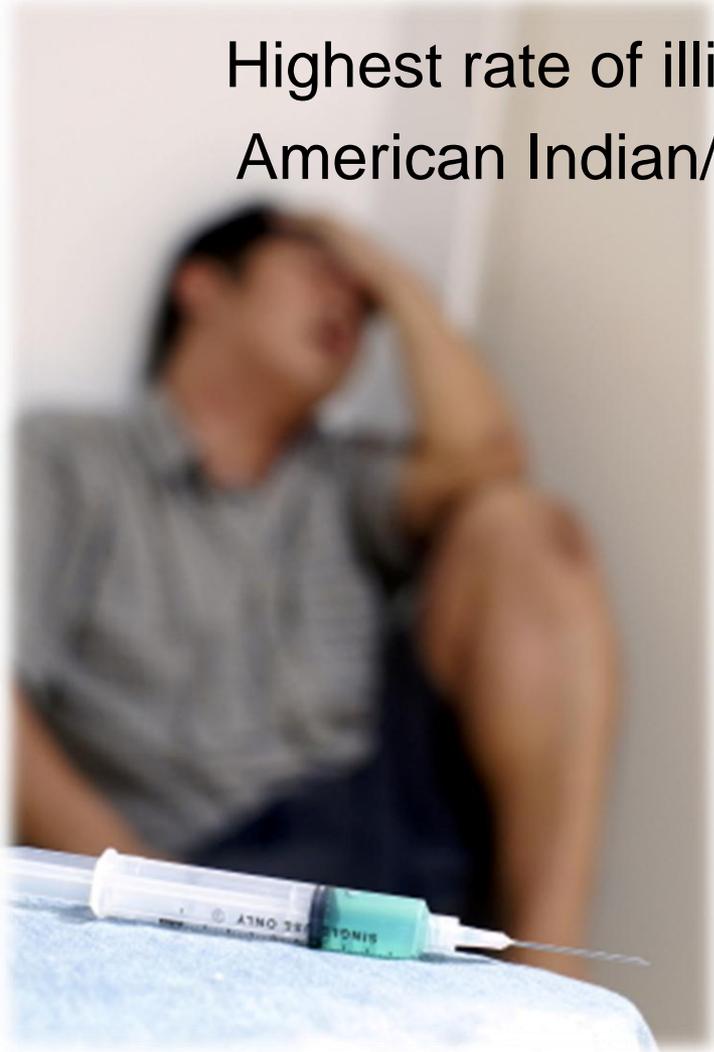


ILLICIT DRUG USE

2006 National Survey on Drug Use and Health

Highest rate of illicit drug use was among
American Indian/Alaska Natives (13.7%)

**Alcoholism
Drug Addiction**



FEMALE ILLICIT DRUG USE



**Alcoholism
Drug Addiction**

- More vulnerable to abuse and addiction
- Become addicted faster and suffer the consequences sooner than boys and young men

Intimate Partner Violence

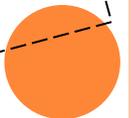
At least 1 out of every 3 AI/AN females has been subject to intimate partner violence

- Intimate partner violence includes rape, physical assault, or stalking
- Highest rates of intimate partner violence compared to all other groups

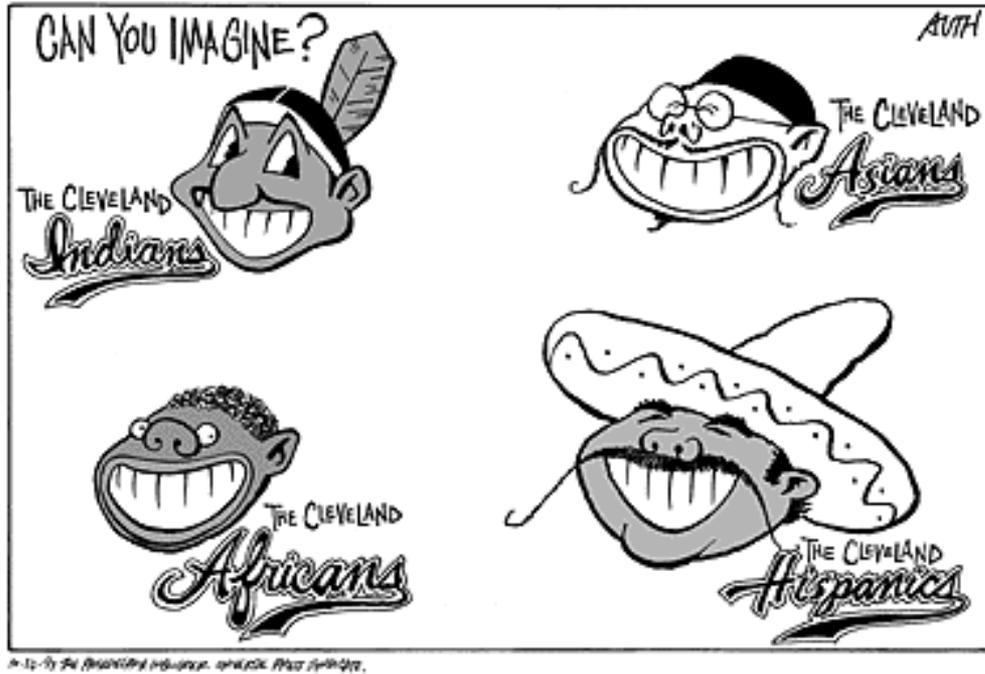
— 0% of AI/AN females have been stalked in her lifetime.



**TRAUMA =
DOMESTIC
VIOLENCE**



Ethnic Images



“ . . . for Indigenous Peoples many false images of ethnicity still dominate the consciousness of the American psyche . . . many ethnic images have been manufactured and created in the image of other racial groups.”

Dr. Cornel Pewewardy, a Comanche and Kiowa

Ethnic Images & Stereotypes



FEW ROLE MODELS
IN:

MEDIA
TELEVISION
TEXT BOOKS



Ethnic Images & Stereotypes

“The woo-woo sounds, the face paint, the misuse of sacred feathers all cause embarrassment to Native people and are a direct violation of civil rights laws which state that all children must be able to comfortably participate in all activities in their schools.”



US FEDERAL LEGISLATION – 1980s

1988 - The Indian Gaming Regulatory Act allowed tribes to conduct gambling on their land after negotiating agreements with their state governments.



Riverwind Casino
Employees: 1,200
Tribe: Chickasaw Nation
Location: Norman, Oklahoma

US FEDERAL LEGISLATION – 1980s



1989 - The National Museum of the American Indian Act

Ordered the Smithsonian Institution to return American Indian remains to American Indian tribes.

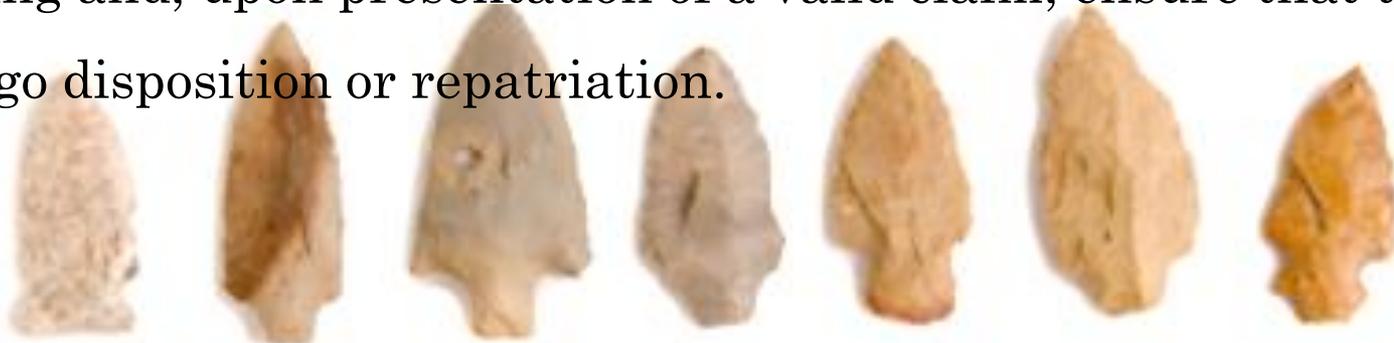


US FEDERAL LEGISLATION – 1990s

1990 - Native American Graves Protection & Repatriation Act

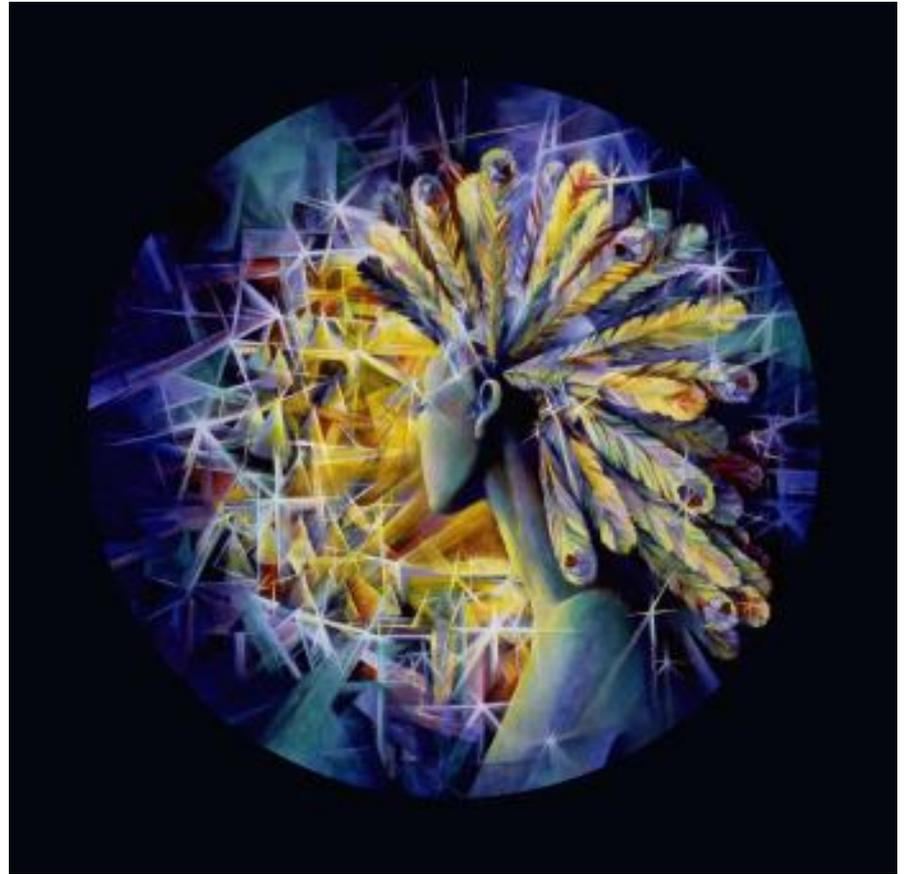
Addressed rights of lineal descendants and Indian tribes and organizations to American Indian human remains, funerary objects, sacred objects and cultural items.

The statute required federal agencies and museums to provide information about American Indian cultural items to parties with standing and, upon presentation of a valid claim, ensure that the items undergo disposition or repatriation.



US FEDERAL LEGISLATION – 1990s

Ecumenical Magnum Opus
Original oil painting by Jenny Speckels



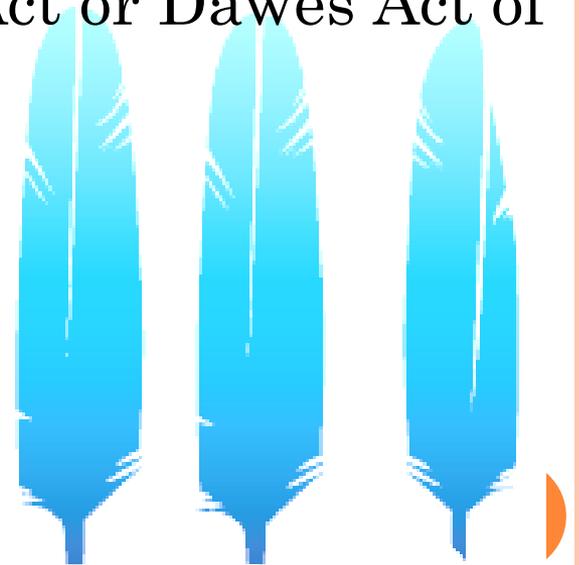
1990 The Indian Arts and Crafts Act
Established protections for the work of Indian artists.



US FEDERAL LEGISLATION – 1990s

1994 The Indian Trust Reform Act

Outlined the responsibilities of U.S. Secretary of the Interior with respect to the individual trust accounts established in the General Allotment Act or Dawes Act of 1887



US FEDERAL LEGISLATION 2000 – 2010

2000 - The Indian Tribal Justice Technical and Legal Assistance Act

Increased American Indians' access to legal assistance and sought to enhance the capabilities of tribal courts.



US FEDERAL LEGISLATION 2000 – 2010

2004 - The American Indian Probate Reform Act

Established uniform procedures for inheritance of land allotments authorized in the Dawes Act of 1887

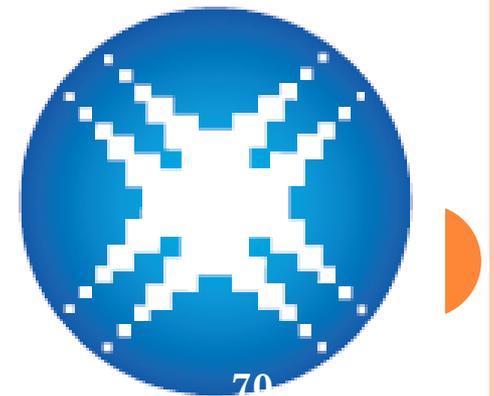


US FEDERAL LEGISLATION 2000 – 2010

2008 – The Native American Housing Assistance & Self-Determination Reauthorization Act

—Reauthorized affordable housing programs for Native Americans

—Created a new guaranteed loan program for community and economic development activities for tribes



OUR FUTURE?

“And as Americans, we tend to take credit for that in some form or fashion. But if we're going to own the good part of American history, we also have to own the not so good part of American history and acknowledge that that happened and acknowledge that it has consequences to this day, and that's a critical element . . .”



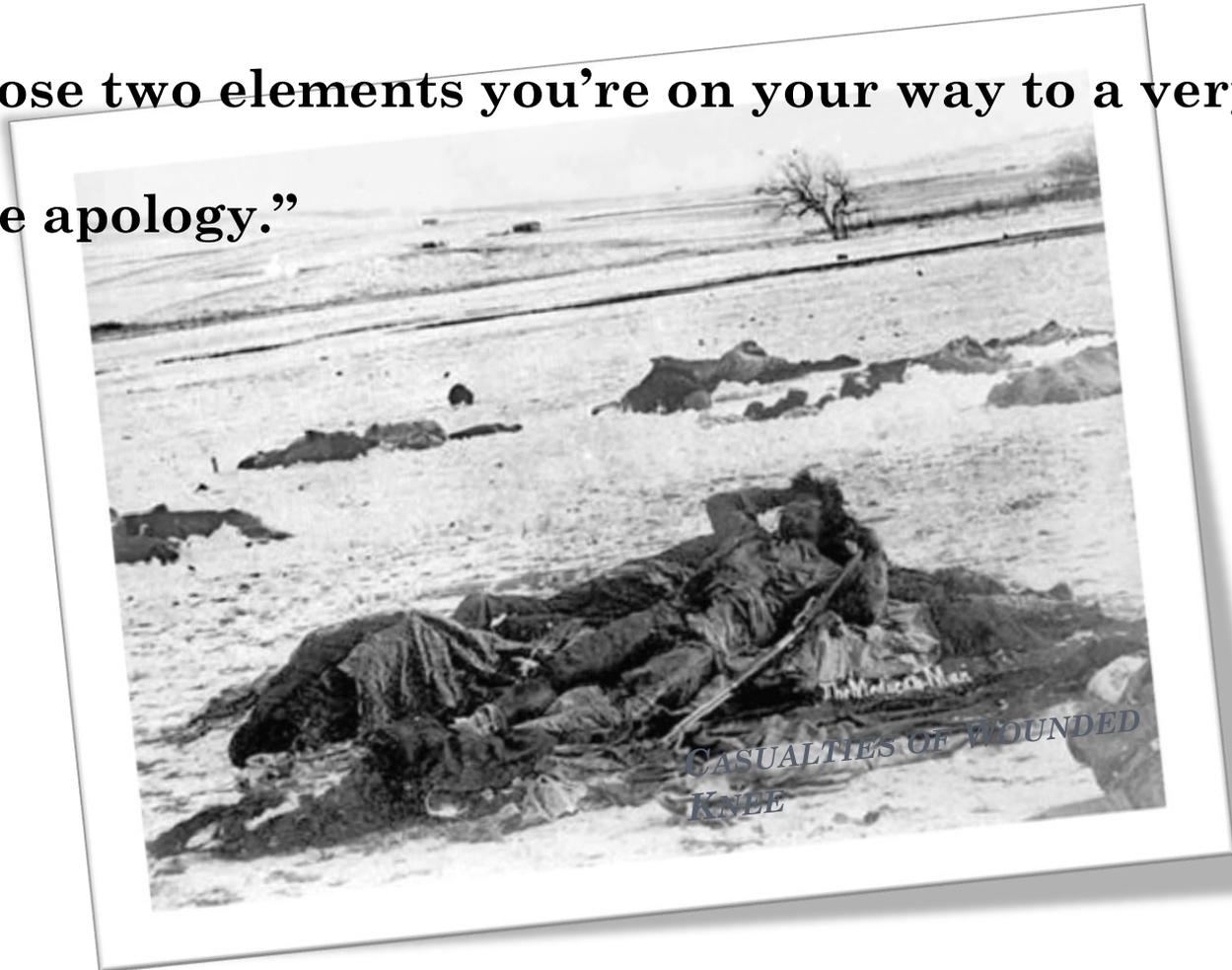
Kevin Gover, Director of the National Museum of the American Indian

National Public Radio (NPR) Interview

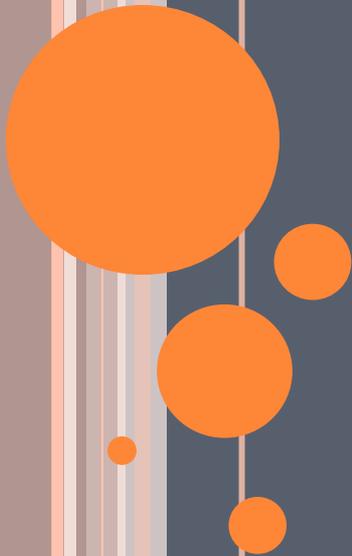
A Time of Thanks, Painful Reflection Nov 28, 2008

Reconciliation?

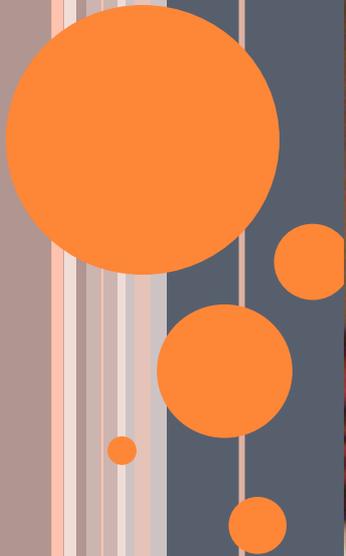
“... but at least as important is – as the acknowledgement of past wrongs, is a commitment not to repeat them. And if you have those two elements you’re on your way to a very effective apology.”



DISCUSSIONS???

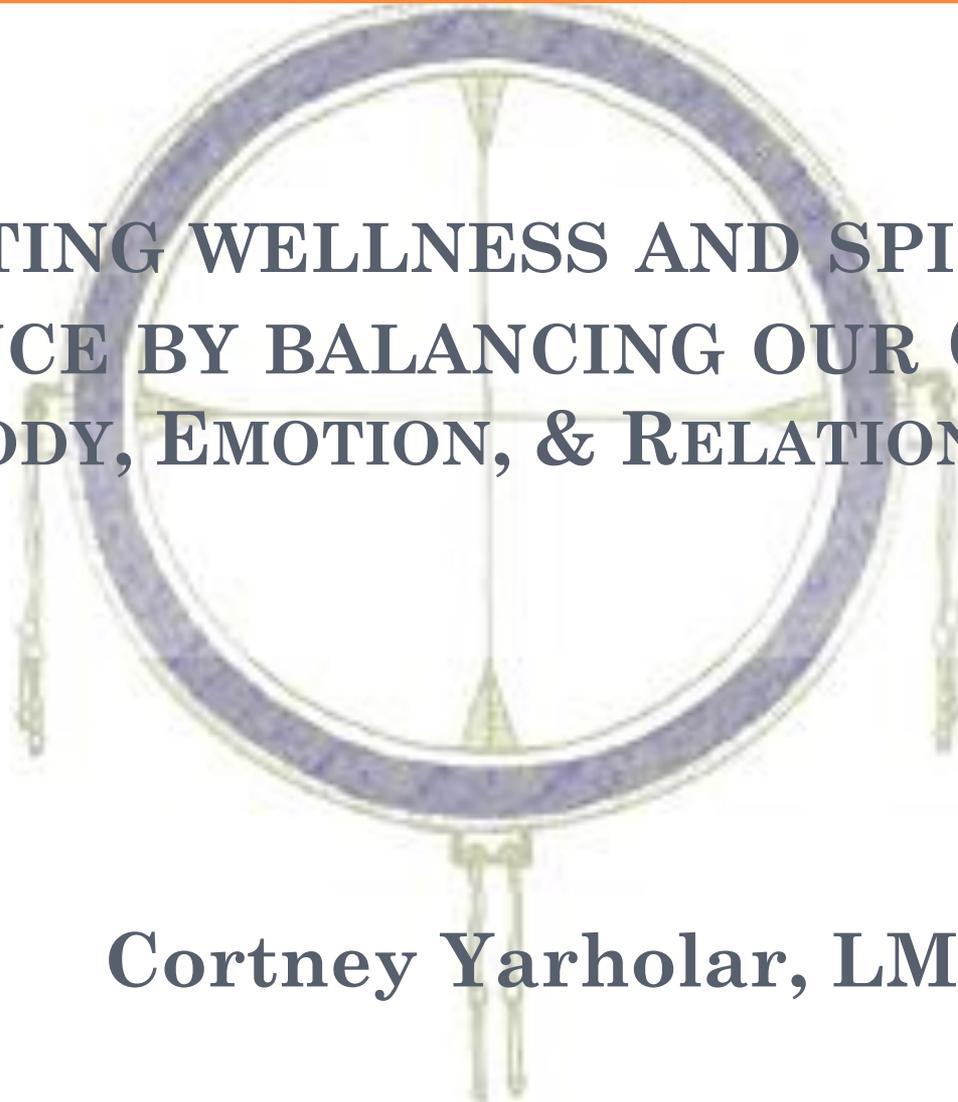


LUNCH

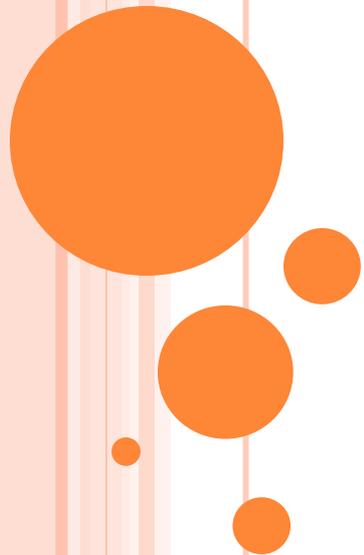


Wellness Wheel Activity

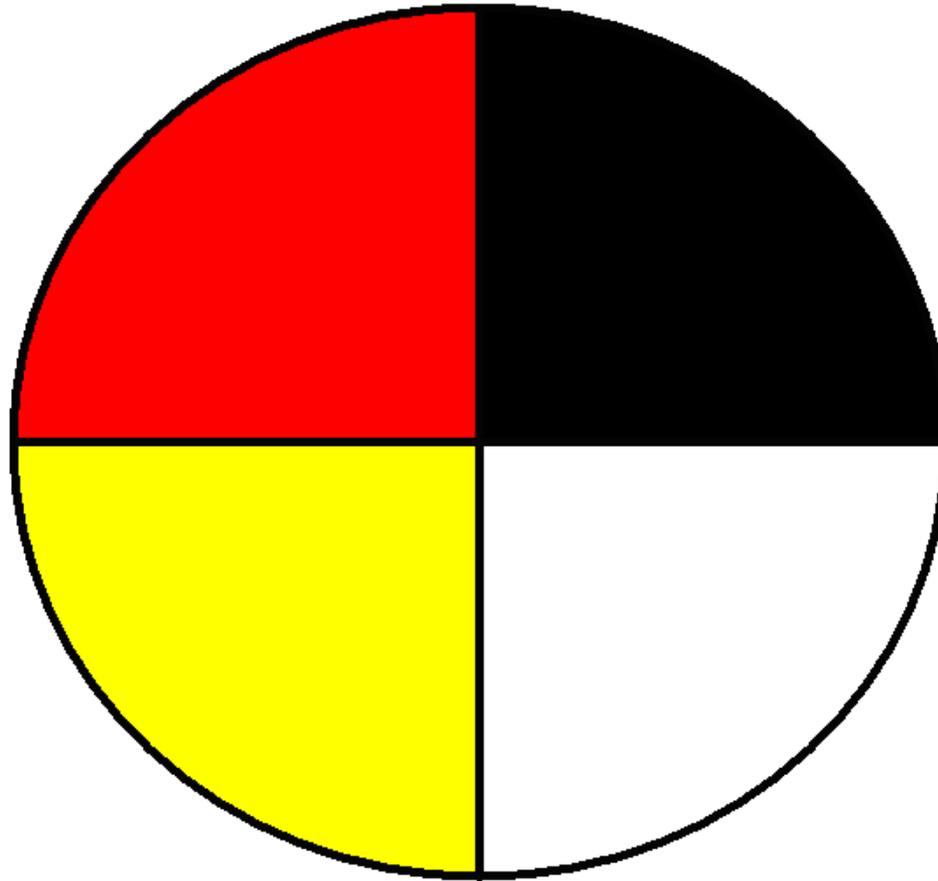
**PROMOTING WELLNESS AND SPIRITUAL
EXISTENCE BY BALANCING OUR GIFTS:
MIND, BODY, EMOTION, & RELATIONS**



Cortney Yarholar, LMSW

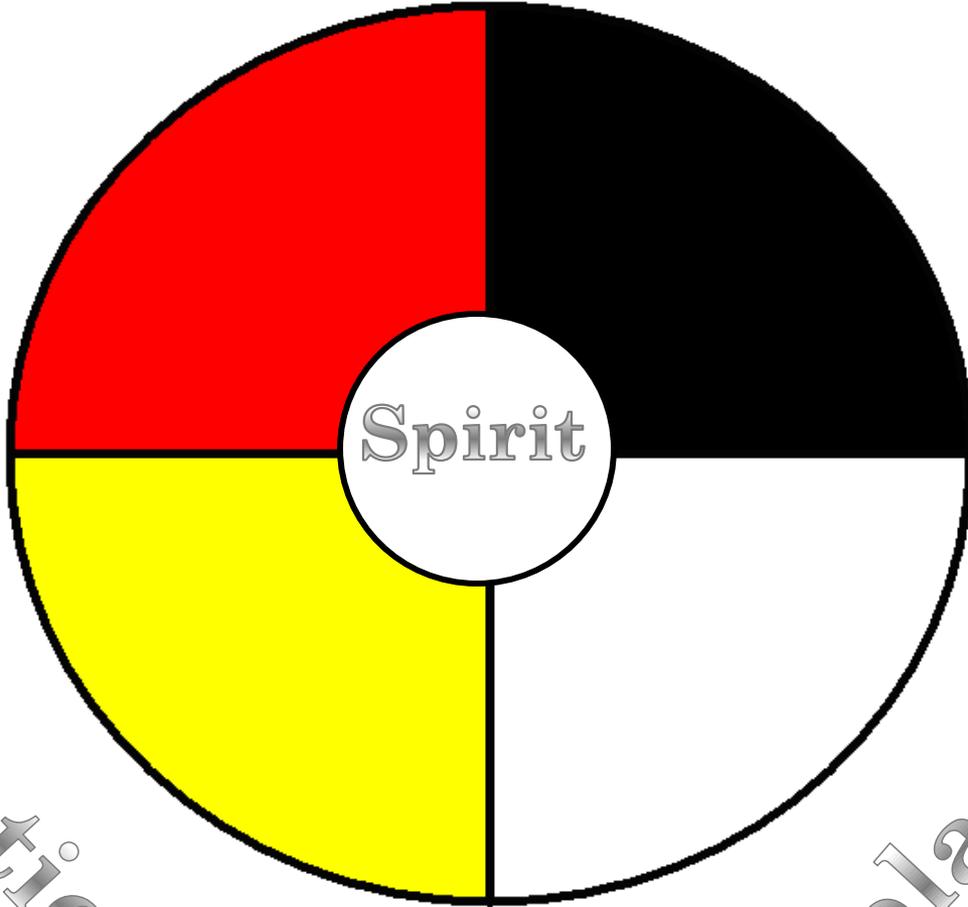


WELLNESS WHEEL



Mind

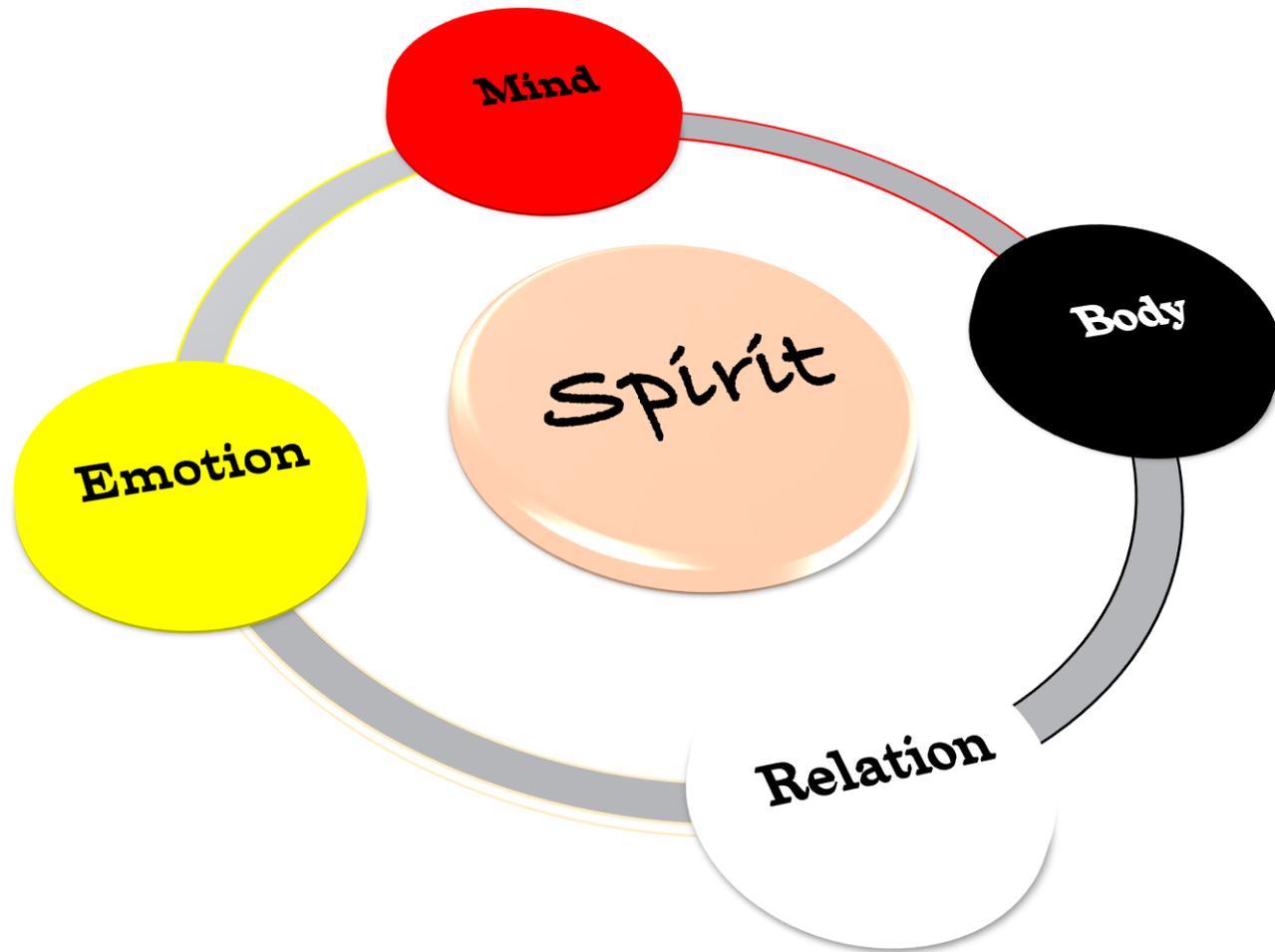
Body



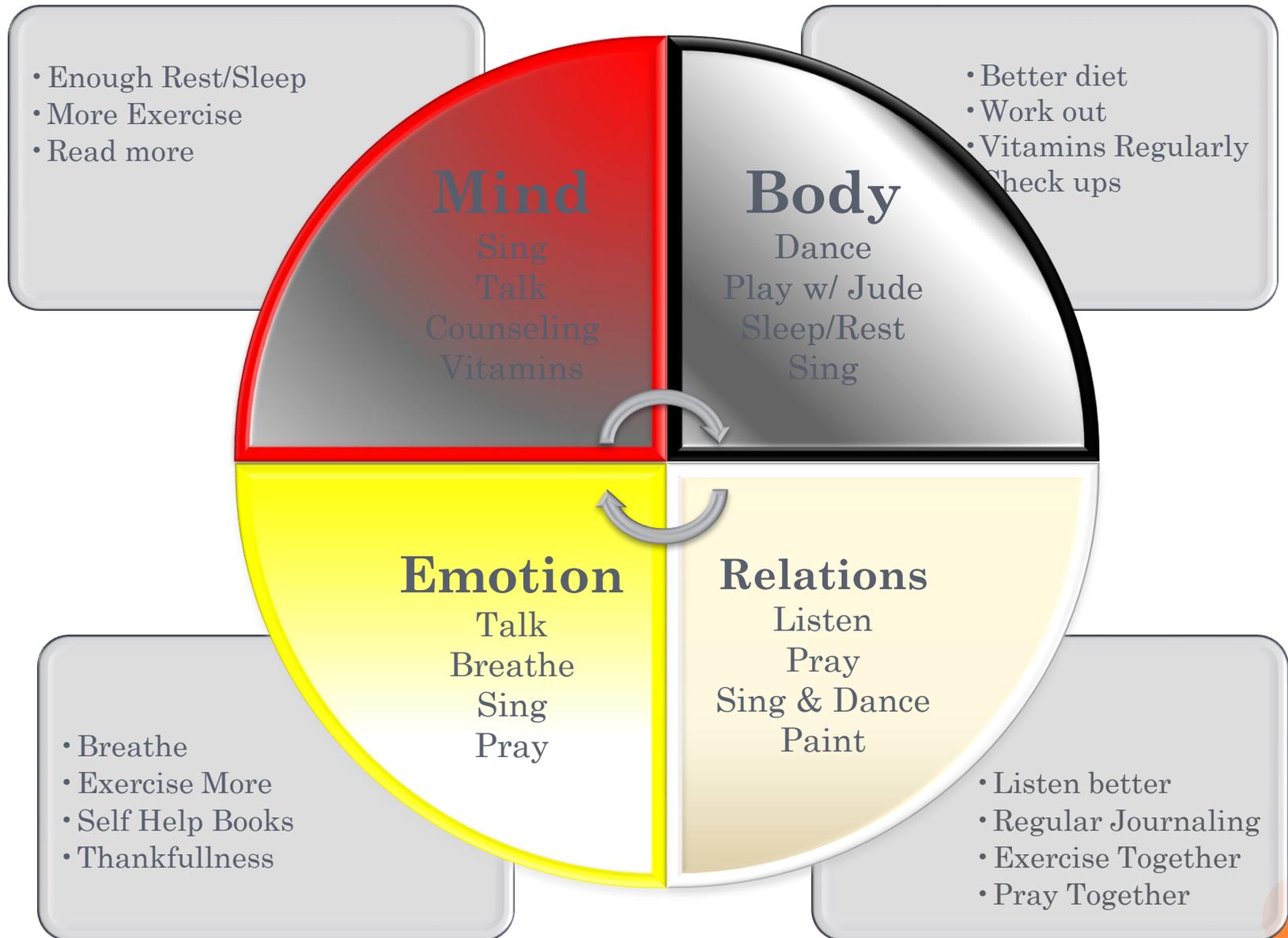
Emotion

Relations

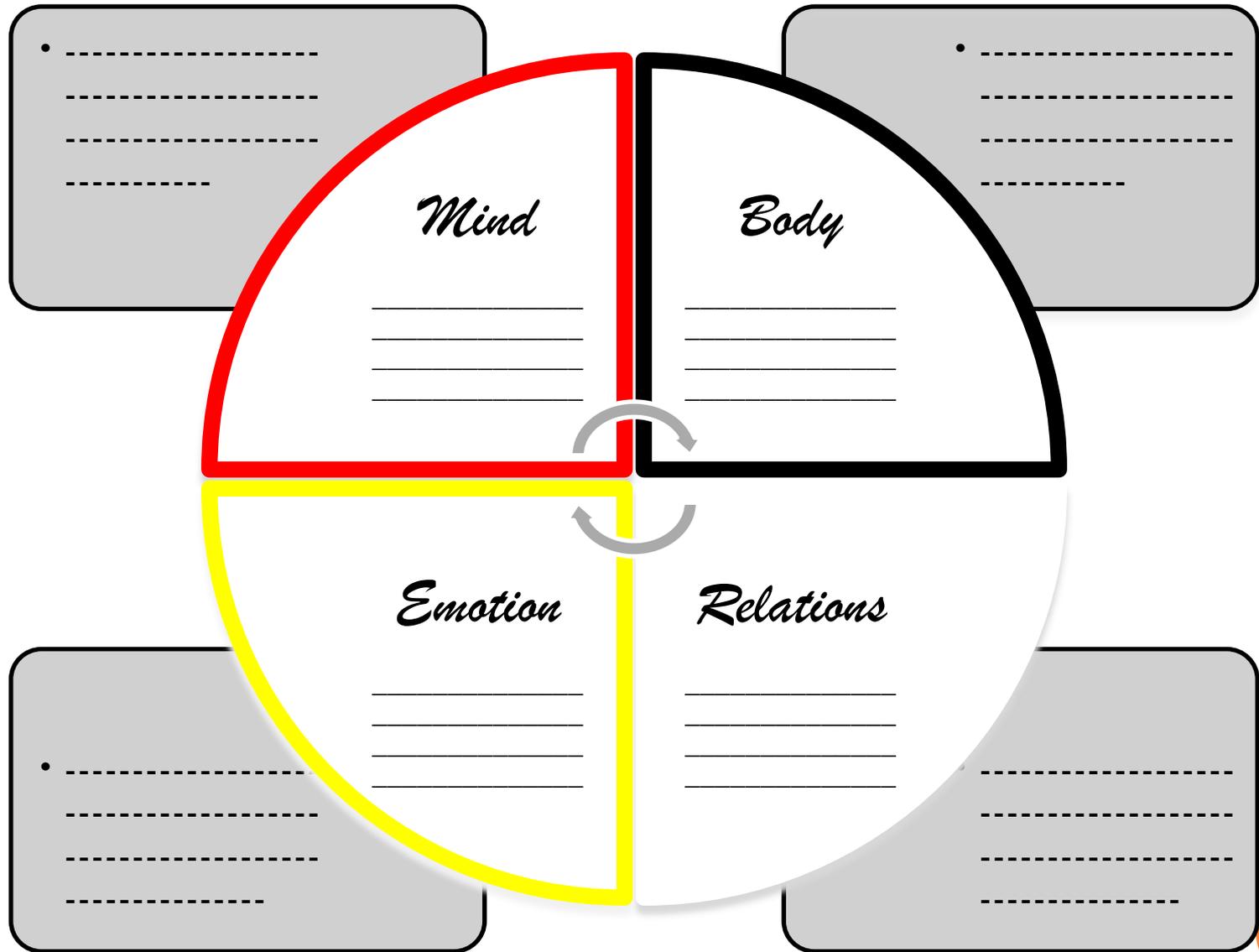




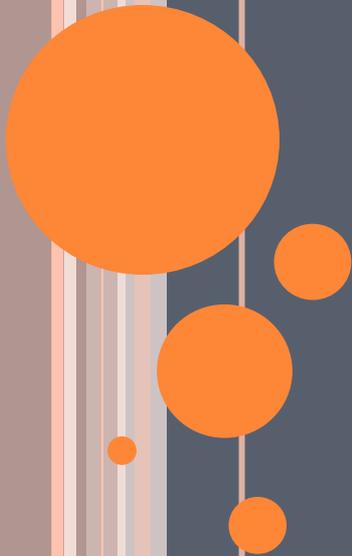
Spirituality Interconnects our Gifts



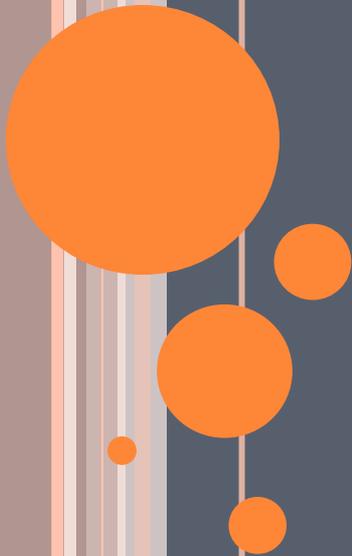
Spirituality Interconnects our Gifts



DISCUSSIONS???

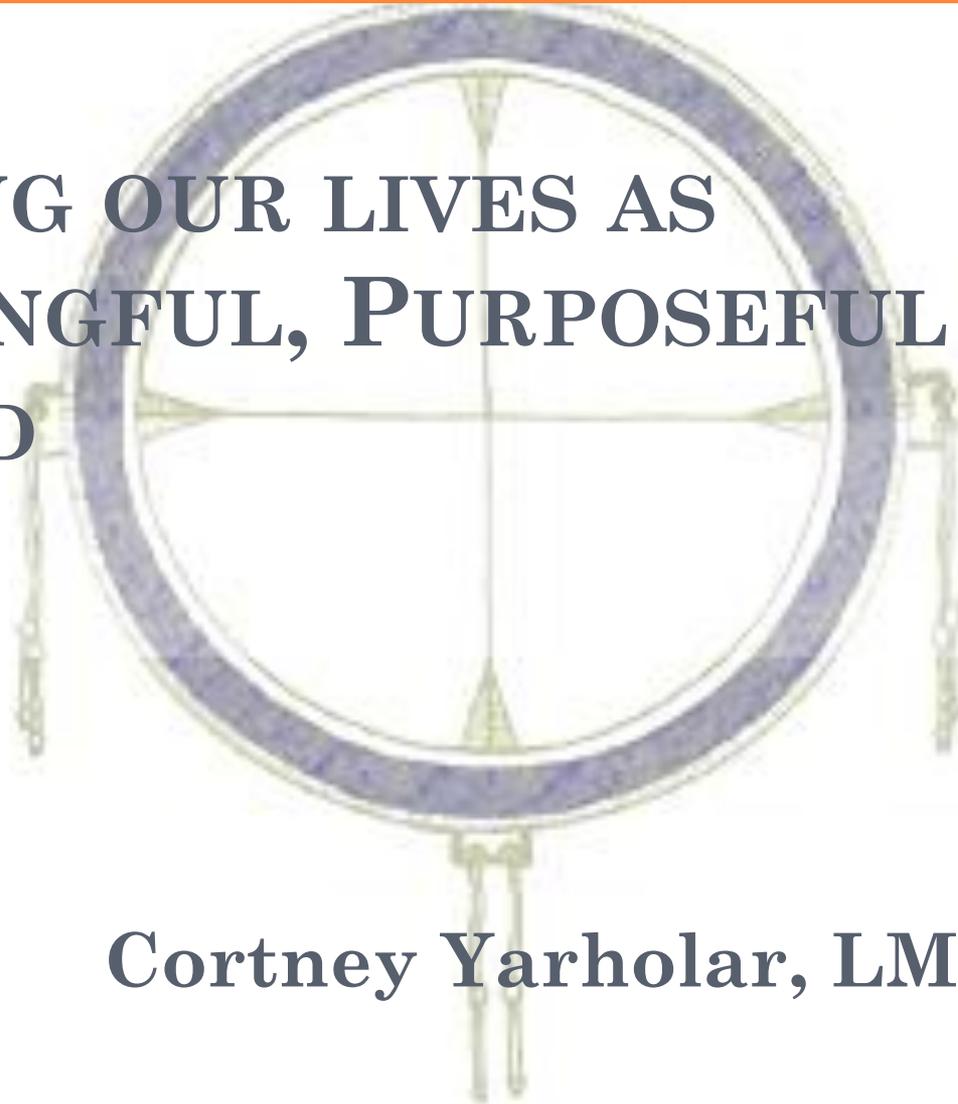


(BREAK)

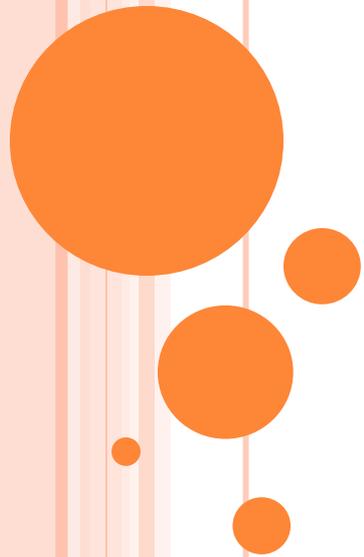


Ceremonial Life Concept

**VIEWING OUR LIVES AS
MEANINGFUL, PURPOSEFUL &
SACRED**



Cortney Yarholar, LMSW



- **What is the Ceremonial Life Concept?** The Ceremonial Life Concept is a framework that explores the protocol of ceremonial practices and helps us reframe our lives in such a way that we can be cognizant of the *Meaning, Purpose & Sacredness* of our lives.
- **Protocol of Ceremonial Practice:** This is an attempt to look at overarching characteristics or protocol in the acts of ceremony.
- **Why???** I've visited many communities, observed many societies, communities and groups. Many seem to hold respect for ceremonies and practices within their given culture.
- **With regards to the lives we live:** During ceremonial practices in which we hold *Meaningful, Purposeful & Sacred WE* as people tend to be respectful of the protocols and beliefs. As well as the time and space allocated for a given ceremony. During those ceremonial practices, we are usually well taken care of as we know the meaning and purpose of the ceremony we are participating in. We are usually engaged in ceremonial activity to receive something or to give and help someone else during their ceremony. In between ceremony, when life happens is when we often fail to conduct ourselves as we do within a ceremonial setting.



WIKIPEDIA DEFINITION OF CEREMONY

A **ceremony** is an event of ritual significance, performed on a special occasion...may mark a rite of passage or marking the significance of (for example):

- birth (birthday)
- initiation (college orientation week)
- puberty
- social adulthood (Bar (or Bat) Mitzvah)
- graduation
- marriage
- retirement
- death (Day of the Dead)
- burial (funeral)
- spiritual (baptism, communion)
- Healing



PROTOCOL OF CEREMONY

- Planning & Preparation
- Commitment
- Sacrifice
- Follow-through
- Rest & Reflection

Meaningful, Purposeful
& Sacred!!!



ELEMENTS OF CEREMONY

- Time & Space
- Helper & Helpers
- Respect, Respect, Respect
- FAITH!!! “Don’t doubt the Miracle”



SIGNIFICANCE OF CEREMONY

- Markers of significant moments
- Sharing of significant moments with Community
- Healing
- Without Ceremony we are unprepared to adequately overcome life's challenges



REFOCUS ON CEREMONY

- Our lives are made up of a series of ceremonies that serve as significant markers or moments of healing
- My whole being is a Ceremony – Meaningful, Purposeful & Sacred!!!



CEREMONIAL LIFE CONCEPT:

It is my goal to share a simple message, we will live meaningful and purposeful lives when we value our lives as Sacred.

Let us start with two questions:

- what comes to your mind when you think of Ceremony?
- How have ceremony(ies) influence your life?



REFRAMING OUR LIVES

- What are you planning for?
 - How are you preparing for?
- What are your commitments?
- What are you sacrificing?
- Are you following through?
- Do you allow time to Rest & Reflection?



ABOUT THE CEREMONIAL LIFE CONCEPT

- Graduate School
- Supports & relations made
- Adoption Ceremony
- Living my Ceremonial Life
 - Contemplation – Preparation & Planning
 - Commitment
 - Sacrifice
 - Following through
 - Reflections - Milestones



OUR CEREMONY

- Planning & Preparation
- Commitment
- Sacrifice
- Follow-through
- Rest & Reflection

Meaningful, Purposeful
& Sacred!!!





DISCUSSIONS???

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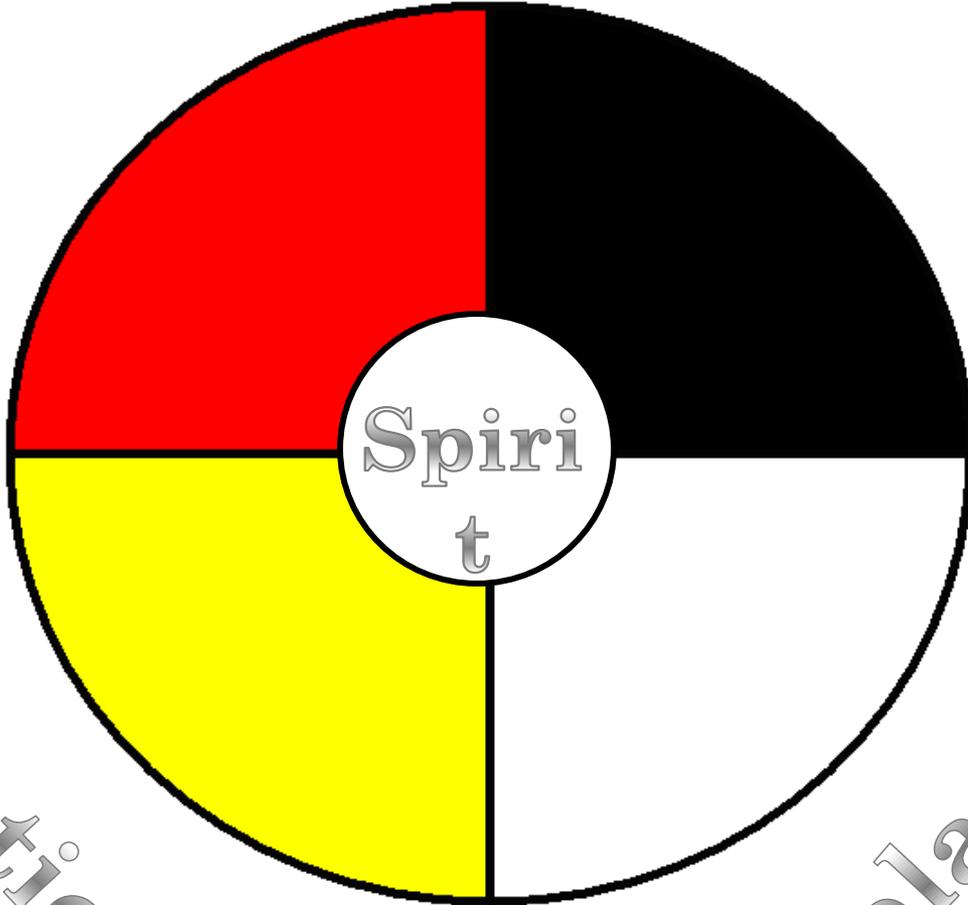
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Mind

Body



Emotion

Relations



Spirituality Interconnects our Gifts

