

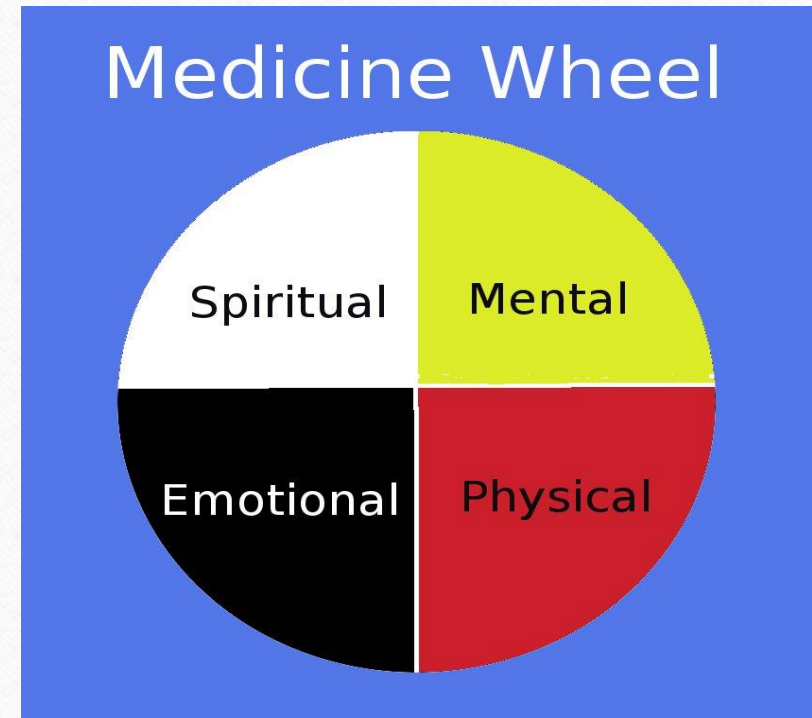
INCORPORATING CULTURAL PRACTICE INTO TRIBAL FAMILY SERVICE PROGRAMS



Season Brown: Pala Band of Mission Indians- Social Services Director

TRADITIONS

- Traditionally, the teaching and rearing of children, treating trauma, loss, and troublesome behaviors were approached collectively within the Tribe.
- These approaches promoted wellness through a relational approach of treating the person's emotions, mind, spirit, and body to achieve healing and balance.



TRADITIONAL VALUES



- **Women:** Incredibly sacred and valued
- **Children:** Viewed as gifts from the creator
- **Elders:** Holders of wisdom and our best storytellers
- **Land and Resources:** Respect for the earth and all life

TRADITIONAL ROLES OF WOMEN

Healers: Gathered herbs to create healing medicines for those who fell sick within the Tribe

Leaders: Many Tribes were matriarchal; the women would make key decisions for the Tribe and were advisors to the men going into battle

Craftsmen: Made beautiful blankets, baskets, jewelry, weapons, and pottery

Givers of Life: Respected and considered sacred because of their ability to bear children

“A nation is not conquered until the hearts of its women are on the ground.”

-Cheyenne Proverb

EFFECTS OF COLONIZATION

Lack of Autonomy: Men were taught to view women as property; roles that were previously honored became “expected” and women were objectified

Inequality: Religion and western culture introduced the idea that women were inferior

Cultural Interference: Western education practices were given priority over traditional cultural teachings; roles, crafts and Tribal practices were changed or not passed on to future generations

TRADITIONAL ROLES OF MEN

Hunters: Provided primary food sources for survival of Tribe; hunt prey also used for other purposes within the Tribe (furs, bone, etc.)

Warriors/Protectors: Leaders in battle, served to protect Tribal members and to expand Tribal territories

Traders: Conducted trade with other Tribes and settlers

“When I was a boy, the Sioux owned the world. The sun rose and set on their land; they sent ten thousand men to battle. Where are the warriors today? Who slew them? Where are our lands? Who owns them?”

-Sitting Bull

EFFECTS OF COLONIZATION

Lack of Autonomy: With the loss of lands, men lost the ability to hunt and provide for their Tribe

Lack of Purpose: Men were not able to serve in their traditional roles and were denied equal status to settlers in similar roles in Western culture

Loss of Respect: Men began to mirror the Western views towards women

CULTURAL PROTECTIVE FACTORS



- Those customs and traditions which are underutilized are protective factors which promote resiliency
 - **Family connectivity**
 - **Sense of community**
 - **Bicultural competence**

INCORPORATING IDEAS

- Native language
- Traditional ceremonies
- Storytelling
- Arts & Crafts
- Drumming & Singing
- Traditional medicines (*sweats, herbs, etc.*)
- Elder guidance
- Grounding



BREAKOUT GROUPS



- What is currently being done to incorporate cultural practices within your Tribe or agency?
- What are your ideas on what can be introduced?
- What are your barriers to this process?
(financial, knowledge of practices/language, resources, etc.)

INCORPORATING IDEAS



- Storytelling through use of videos/CDs/social media tools
- Native languages used in school curriculum and social service programs
- Creating quilts for children in foster care
- Talking circles
- Honoring ceremonies, presenting traditional gifts (*medicine pouches, sage, pendleton blanket*)
- Naming ceremonies

RESOURCES

- Grants (SAMHSA, OES, DOI, DHHS)
- Online tools (*researching programs from other Tribes, networking*)
- Collaboration (*other Tribes, agencies, community partners*)
- Community Volunteers
- Natural Resources & Supplies (*medicinal herbs, sage, gourds, fabric*)
- Low or No Cost Facilities/Locations (*schools, churches, community rooms, parks*)

ANY
QUESTIONS
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