



Intentional Resilience

Tuesday, June 15th, 2021



Speaker: Terry L. Cross, DHL, MSW, ACSW, LCSW
Seneca Nation
National Indian Child Welfare Association

Tribal MAT ECHO™ Staff: Gloria Miele, PhD,
Daniel Dickerson, DO, MPH, Katie Bell, MSN,
Thomas E. Freese, PhD, and Beth Rutkowski, MPH

Indigenous Land Acknowledgement



- ▶ We respectfully acknowledge that we are on territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- ▶ Please join us in supporting efforts to affirm Tribal sovereignty and in displaying respect and gratitude of our Indigenous neighbors.

The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Intentional Resilience

Terry L Cross, Seneca Nation,
DHL, MSW, ACSW, LCSW
National Indian Child Welfare
Association



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

OASIS-TTA /TMAT ECHO
On Zoom, June 15, 2021

Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.

Definition: Intentional Resilience

- Intentional – Done on purpose
- Resilience – The capacity to recover quickly, toughness, to spring back

To actively plan and engage in holistic personalized strategies that promote balance and mitigate the negative impacts of adversity

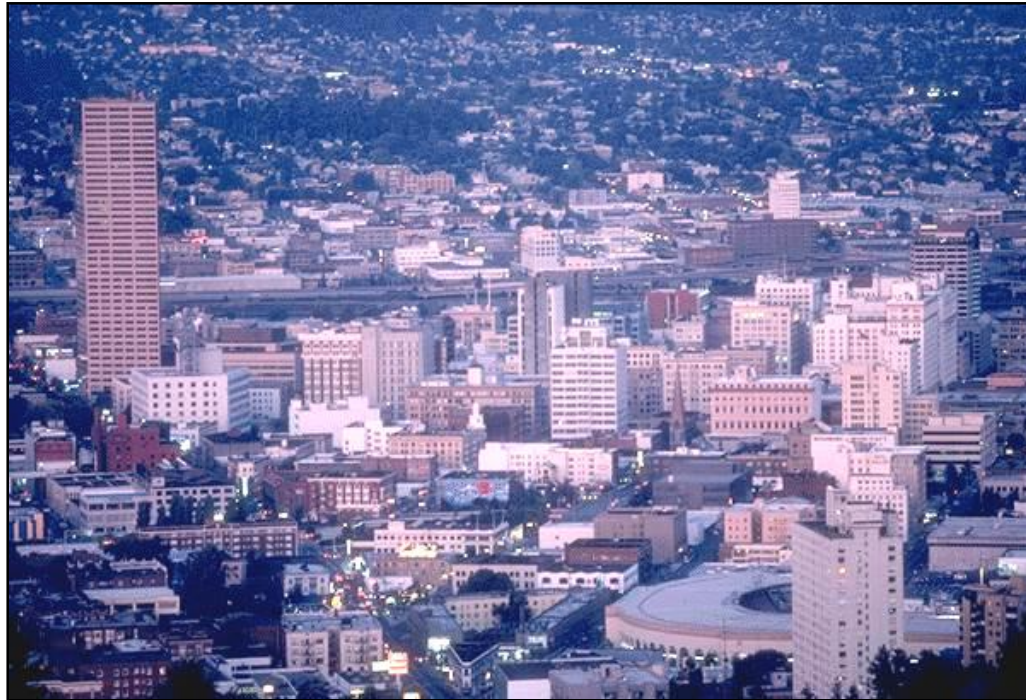


NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Linear Worldview

Western European/American thought



Cause → Effect → New Cause → New Effect

Linear Worldview Social Work/Medical Model



Cause → Effect → New Cause → New Effect

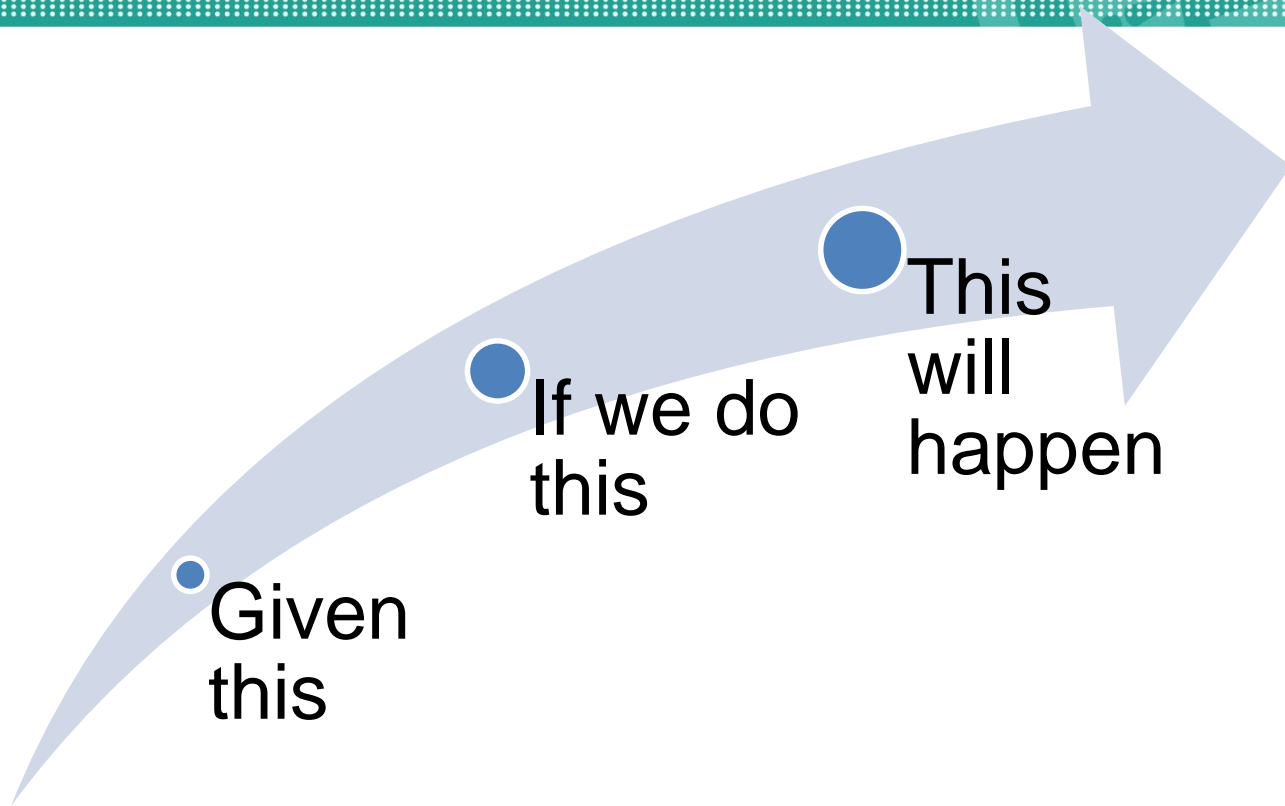
Social History → Presenting Problem → Assessment → Treatment → Outcome



NICWA

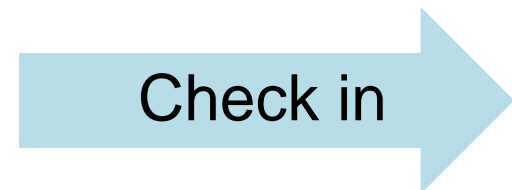
National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Linear Theory of Change

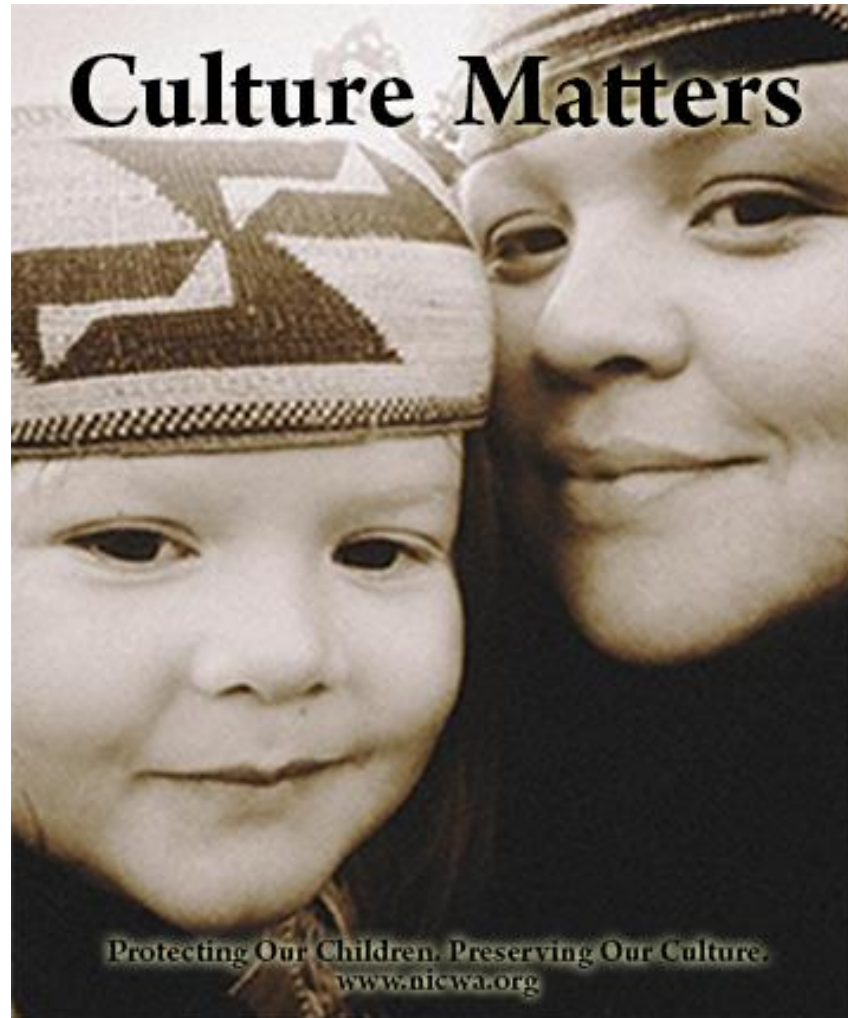


NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture



Culture Matters

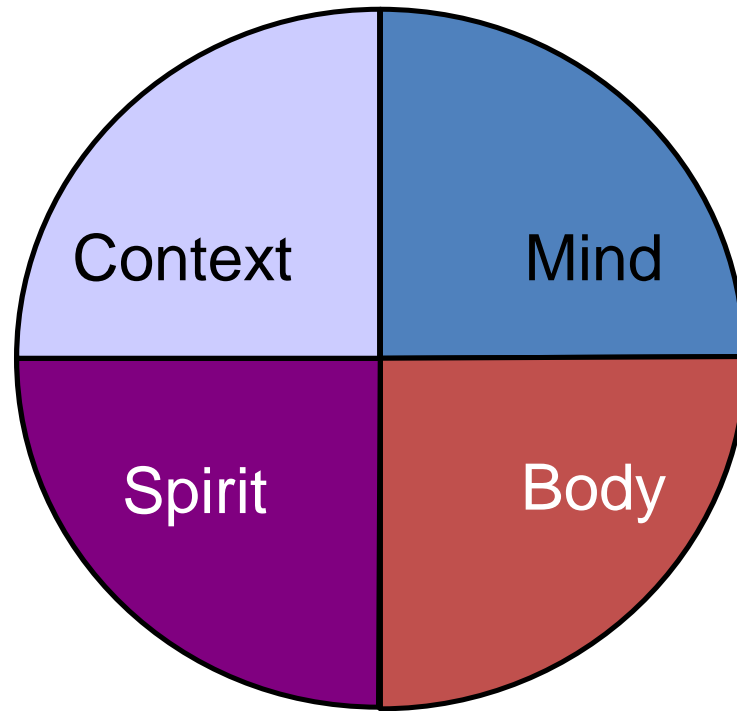


NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Relational Worldview

Native and Tribal Thought



BALANCE

Relational Worldview Model

- An Indigenous approach to understanding life, health, and well-being
- Composite of many Indigenous teachings including the medicine wheel
- Developed by the National Indian Child Welfare Association to guide practice
- Represented by a four-quadrant circle

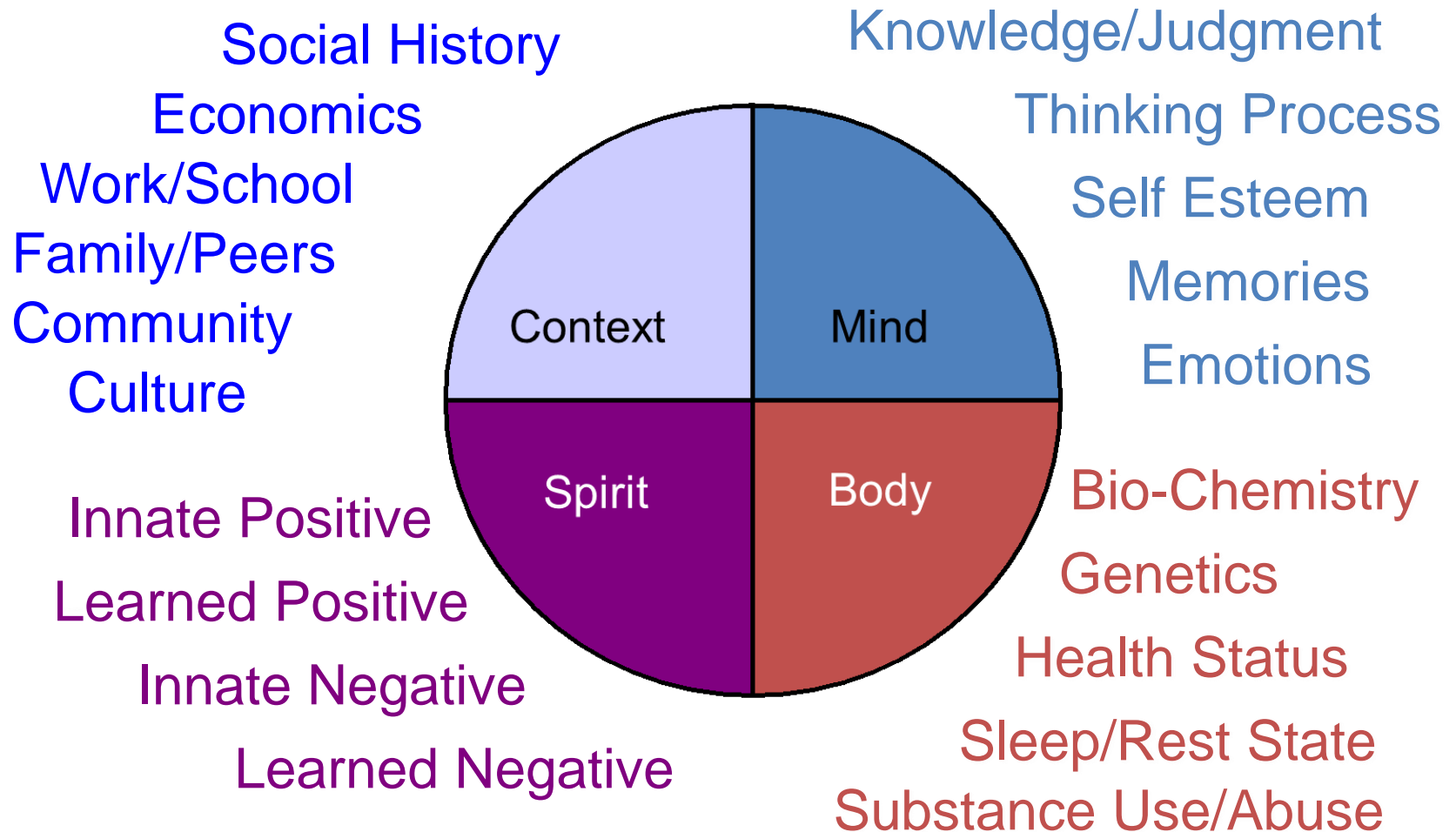


NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

T. Cross (1997) "Understanding the relational worldview in Indian families." Pathways Practice Digest 12.4.

Relational Worldview: Individual and Family Level



Relational Worldview: Native and Tribal Thought

- Fluid, cyclical view of time
- Each aspect of life is related
- Services aim to restore balance
- Interventions may not be directed at “symptoms”
- Underlying question is “How can balance be restored?”



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Check in

Self Assessment Exercise

“How are you today?”

- Think about your state of balance.
- Share an “a-ha” via the chat box



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Using the Relational Worldview Model as a Roadmap to Resilience

- We can intentionally shift the balance
- We do it all the time; we do it naturally
- Adversity is a normal part of life, and we are built to find balance
 - **However, the greater the stress, the more intentional we have to be**
- Tribal teachings, traditions, and practices are full of intentional strategies that promote balance



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Stress versus Trauma

- Stress – a state of mental or emotional strain or tension resulting from demanding or circumstances or adversity
- Trauma – a deeply disturbing or distressing experience, an emotional shock
- Traumatic stress – mental emotional strain resulting from severely adverse experiences



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Stress Can Become Traumatic When:

- Unmitigated, unmanaged
- Chronic, oppressive, dehumanizing
- Internalized and toxic to relationships, health, spirit
- Triggers historic, or personal unresolved grief, loss, or trauma
- It is collective, e. g. COVID-19



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Check in

Tribal Teachings that Heal Trauma

- Respect
- Gratitude
- Generosity
- Humility
- Courage
- Loving connections
- Humor
- Compassion
- Forgiveness
- Spirituality
- Culture
- Time with Elders
- “Medicines”
- Ceremony



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Breakout Exercise

Culture Matters



No Face
and her
black and
white
necklace



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

Thank you!



Terry L. Cross
Founder and Senior Advisor
terry@nicwa.org

503-222-4044

www.nicwa.org