Operation Honoring and Supporting Our Modern Day Protectors A WEBINAR SERIES DEVELOPED FOR TRIBAL LAW ENFORCEMENT

Healthy Relationships









ubstance Abuse and Mental Healt Services Administration

Housekeeping Items

All attendees are muted for today's session.

Hide the Control Panel

Mute your line

Screen preferences

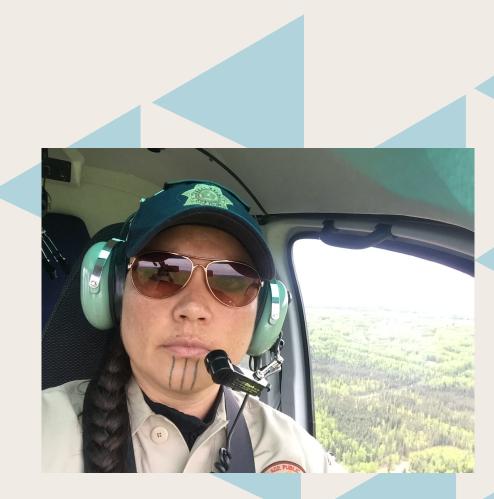
Raise your hand

- Today's session is being recorded and will be archived for later viewing.
- Please ask questions.
 - Chat Box
 - Questions Pane
 - Raise your Hand

Presenters



Raymond Daw (Dine')



Jody Potts (Han Gwich'in)

National American Indian & Alaska Native

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

Native Center for Behavioral Health

THE UNIVERSITY OF IOWA

> SAMHS/ Substance Abuse and Mental Health Services Administration

Pursuing Self-Care during Challenging Times

February 2021

Jody Potts Ray Daw, MA

Addition Technology Transfer Center Network

U.S.-based ATTC Network Funded by Substance Abuse and Mental Health Services Administration DEGION TO REGION 5 REGION> REGIONA Northwest Great Lake ATTC Mid-America ATTC University of Mountain Plains ATTC University of ATTC Washingtor Truman Wisconsin-University of Medical Center Madison

> Coordinating Office University of Missouri-

> > Kansas City

Addiction Technology Transfer Center Network

REGIONS REGION 7 North Northeast Dakota & Caribbean ATTC England NDRI, Inc. Alaska REGION ,7 REGION 9 Pacific Central East ATTC University of California, Los Angeles ATTC Danya Institute National American Indian and Alaska Native ATTC National Hispanic University of Iowa and Latino ATTC National Latino Behavioral **Health Association** DEGION Southeast ATTC Morehouse School of Medicine REGIONG South Hawai Southwest ATTC University of **ATTC Network** Texas, Austi

This webinar is provided by the National American Indian & Alaska Native MHTTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

U.S. Virgin Islands

Puerto Rico

SAAAAASA Substance Abuse and Mental Health Services Administration

- The National American Indian and Alaska Addiction Technology Transfer Center is supported by a grant from CSAT/SAMHSA.
- The content of this webinar is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native ATTC.

Panel Discussion

A law enforcement panelist will give guidance on building and maintaining healthy relationships.

Some tools and techniques that can be used to destress and reduce anxiety, as our Native communities endure the adverse impact of the COVID pandemic.

Ray Daw, MA, is Dine" (Navajo), MA

Ray is originally from Houck, Arizona. Graduated from boarding school and UNM. He has been in the behavioral health field for about 35 years working with the Navajo Nation, non-profits and most recently in Alaska. His work in behavioral health has been heavily towards developing Native trauma-appropriate approaches that are healing and effective in tribal behavioral health prevention, Intervention, and treatment services. He also trains in Motivational Interviewing and Historical Trauma.



WHO AM I?

Kinyaa'áanii Tť zí Łání **Tsi'naajinii** Tódích'íi'nii

Jody Potts bio

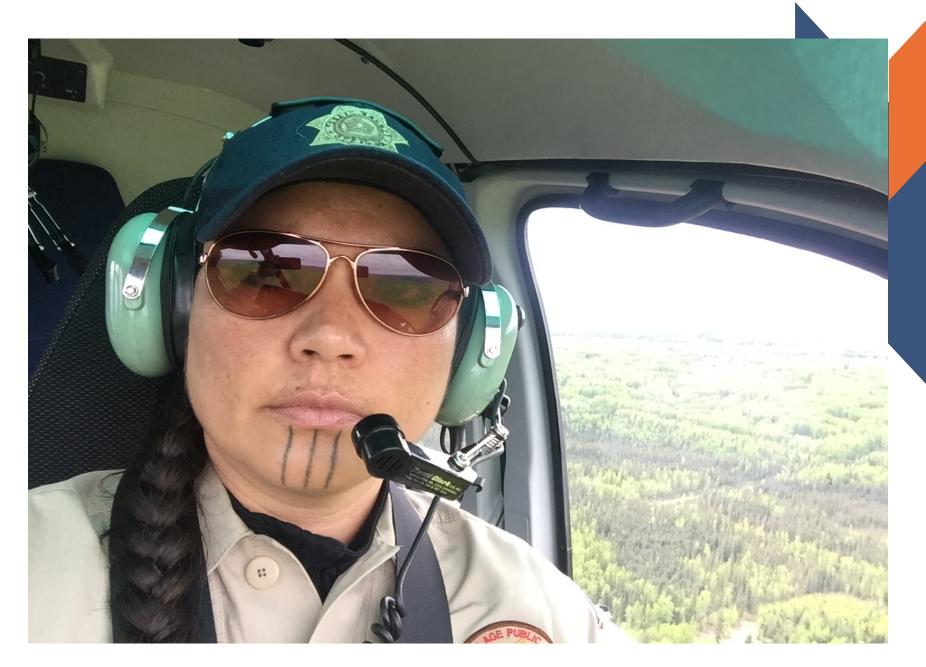
• Jody Juneby Potts is Han Gwich'in and an enrolled tribal member of the Native Village of Eagle. She is a graduate from Northern Arizona University holding a Bachelor of Science degree in Applied Indigenous Studies with an emphasis in Environmental Management. Jody had a ten year career in law enforcement in Interior Alaska.

• Jody was the Vice Chair of former Governor Walker's Tribal Advisory Council, and erved as a board member to the Alaska Council on Domestic Violence and Sexual Assault. Jody has been an outspoken advocate about the lack of law enforcement and protections for victims of crime in the villages and particularly addressing violence against women and children.

• Jody is passionate about wellness and safety, but also is an advocate seeking protection of the Arctic National Wildlife Refuge from oil development, as her Gwich'in elders and leaders have fought for over 30 years. Jody speaks on climate change and the impacts she sees regularly as she is out on the land hunting.

• Jody was raised on the land she is Indigenous to and still hunts to provide food for her family. Every year since her children were young, she taught them to hunt on their traditional lands. She is also an Ironman triathlete who has competed in triathlons around the country. She lives in Fairbanks with her three children, Isaiah, Quannah, and Denali.

Jody Potts





• Objective 1: Participants will learn of some characteristics of healthy relationships

• Objective 2; Participants will learn how stress and anxiety impact law enforcement and family functioning.





Objective 1: Participants will learn of some characteristics of healthy relationships

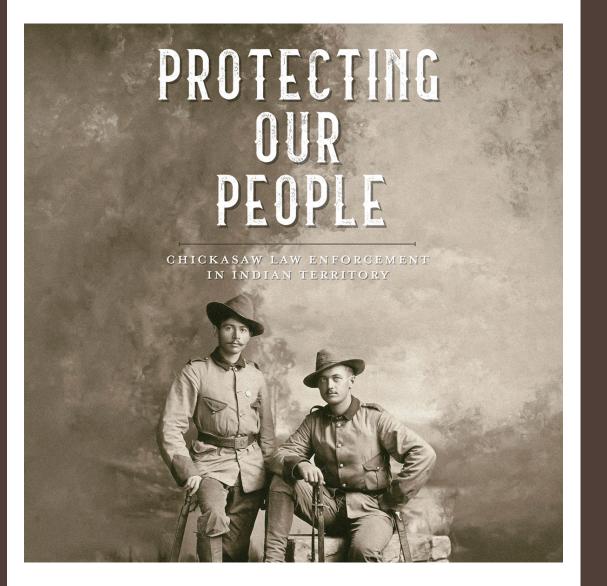
What is a healthy relationship?



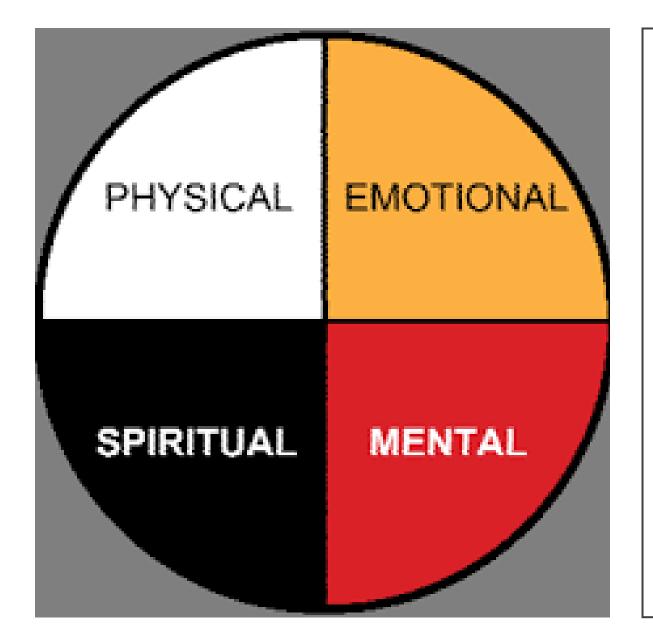
A healthy relationship is one in which love enriches you; not imprisons you.

- Steve Maraboli

www.stevemaraboli.com



Healthy Tips Happiness starts with you. Not with your relationships, not with your job, not with you money, but with you.

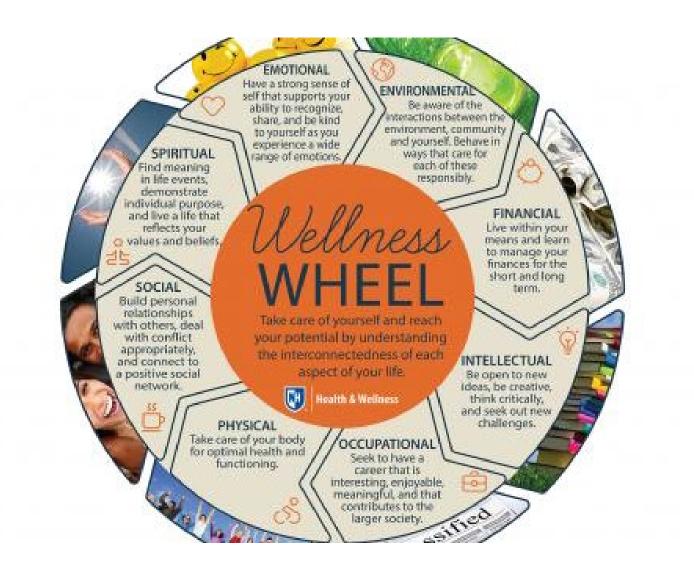


Medicine Wheel

A tribe specific example of a medicine wheel

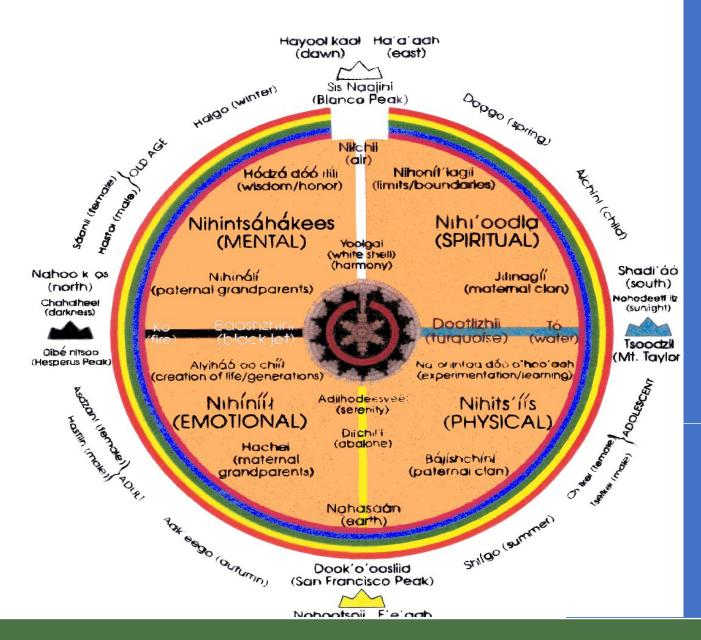
Winter Season Spring Season Til Eldership, Place of planting, birth and achievement, reflection, or second chan Direction of the North Direction of the East deep connection to color is white for the color is yellow for the connection to t spirituality and White Nation. Spirit animal put Yellow Nation, Spirit Animal physical is in understand of life there by my teaching is the White put there by my teaching is the this place Calf. Buffalo Woman brought to Eagle. The Sun rises in that direction. Native people the sacred Pipe and a It is a new day. The beginning of new way of prayers. Therefore we say it is things. The Eagle brings focus and files high the place of knowledge and wisdom. In the sky. So we say we are walking close to The place of freedom and selfishness. Creator when we are honored with an Eagle The place of personal power. The place Feather as it brings words to him. The Eagle of Eldership. We also place the element gives us the ability to stay focussed on our of Fire in that direction. tasks at hand. We also place the element of Air in that direction. Direction of the South Direction of the West Color is black for the Black Nation. color is red for the Red Nation. The Spirit animal placed there by my animal placed there by my teachings is teachings is the brown medicine that of the jumping mouse. The mouse bear. We say it is the place of deep multiplies and works hard. Therefore the lessons of family, hard work, introspection and reflection. The sun sets in that direction. We ask Integrity, honesty and truth. We also for ability to go deep within to do place the element of Earth in that direction. the healing necessary. We place the element of Water in that direction. Fall Season Summer Seas Time of growt Time of harvesting, adolescence, juw adulthood and deeper development of m emotional capacities. understanding

CREE MEDICINE WHEEL



A non-Native "Wellness Wheel" model

Dinéjí ke´go Hózhóogo ííná (Navajo Blessing Way of Life)



Dine' Medicine Wheel

Resilience; What does this mean?



© Mohan Kumar 2014

Without respect, love is lost. Without caring, love is boring. Without honesty, love is unhappy. Without trust, love is unstable.

PHUCKYOQUOTE · INSTAGRAM

A teaching that is similar across cultures. Can be a guide to understanding our relationships on many contexts.

Professional Stress Reduction

Who do you consider your support network? Supervisors, fellow officers, friends, spouse, family members

- How do you relieve stress from work? Read, exercise, walk/hike, see relatives, ceremony, meditate, other
- What are your hobbies?
- What are your positive and healthy outlets?

Objective 2; Participants will learn how stress and anxiety impact law enforcement and family functioning



Polling Questions; 3,4



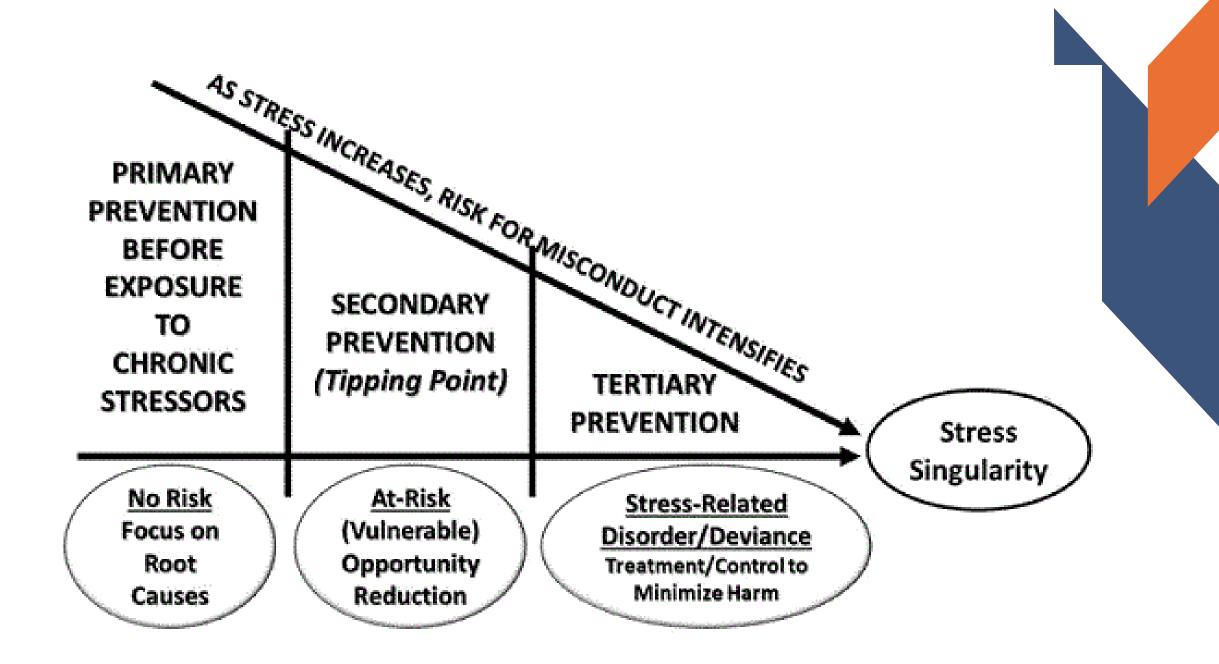
WORK-RELATED FACTORS THAT CAN CAUSE POLICE STRESS

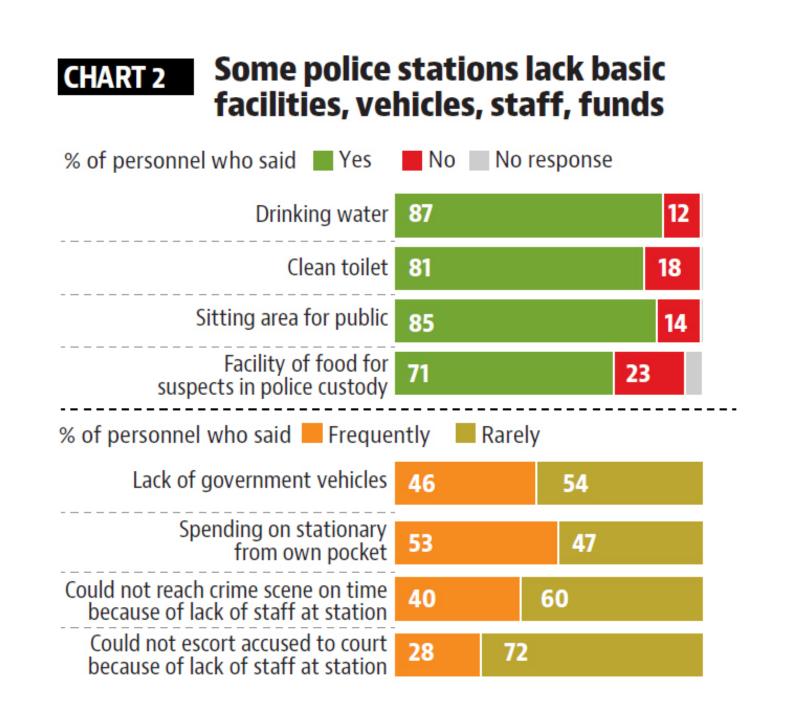


- Poor management
- Inadequate or broken equipment
- Excessive overtime
- Frequent rotating shifts
- Regular changes in duties for example, spending one day filling out paperwork and the next intervening in a violent domestic dispute.

NATIONAL INSTITUTE OF JUSTICE







Indian police under stress

A significant number of police personnel experience poor work-life balance due to workload, lack of rest days



Average working hours

(% of police personnel)

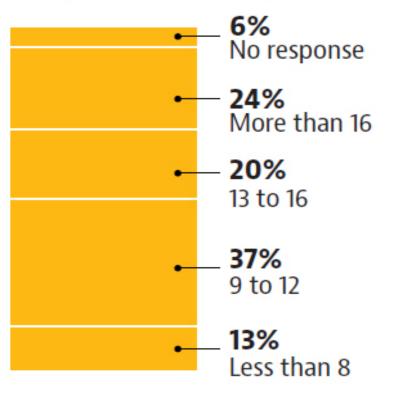
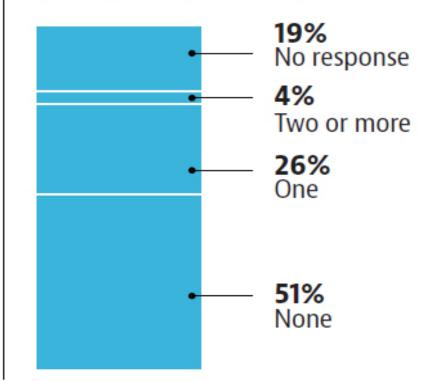


CHART 1 B

Offs per week

(% of police personnel)

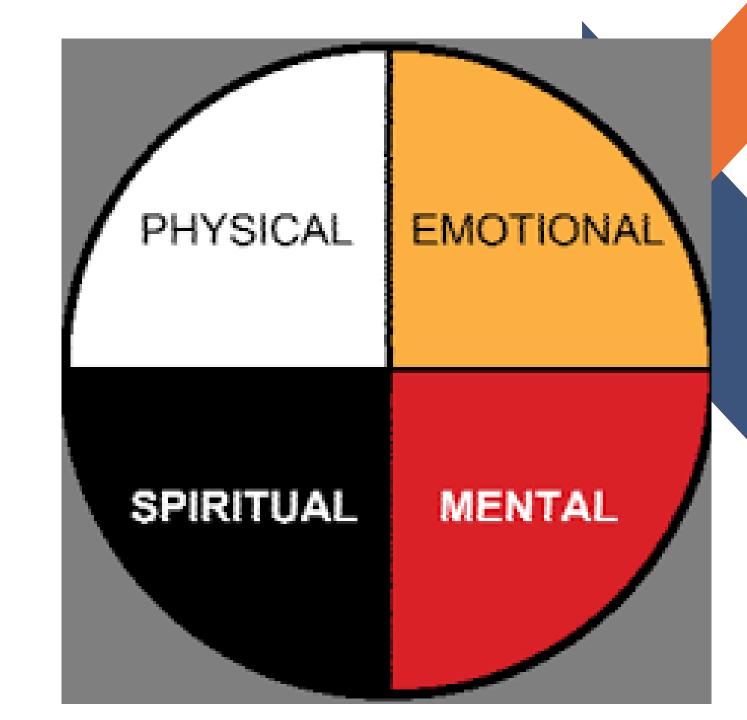


Top Self-Care Practices for Overcoming Trauma

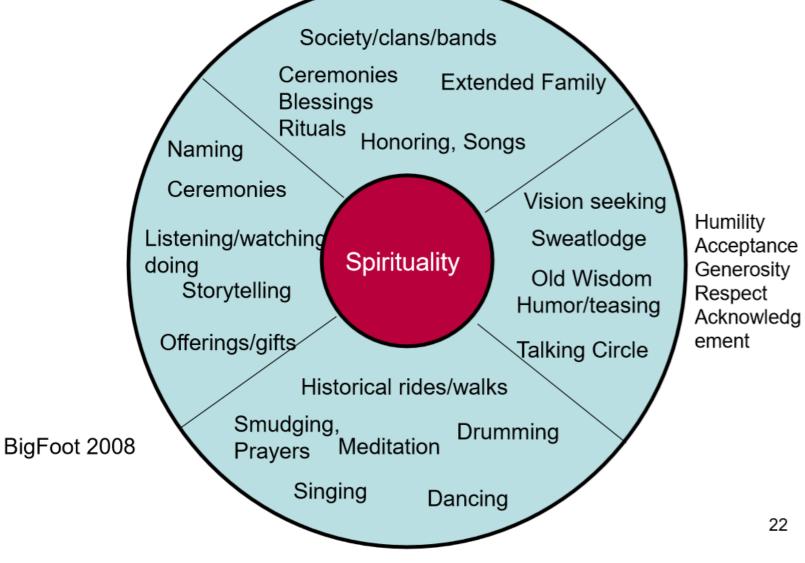
1. Sleep 2. Exercise 3. Nourishment/nutrition 4. Cry, talk, grieve 5. Spiritual connection 6. Rest, relax, breathe 7. Mindfully focus on nom

www.DrChristinaHibbert.com

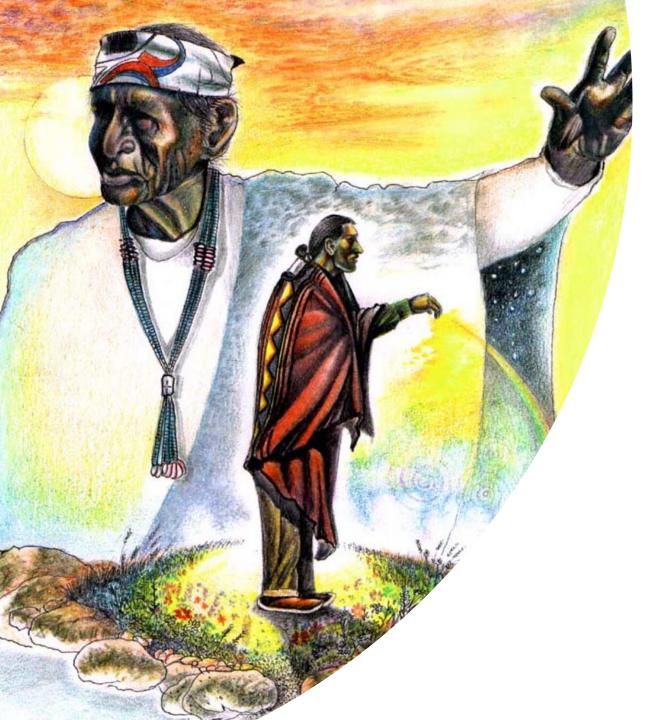
Medicine Wheel



Therapeutic Indigenous Practices

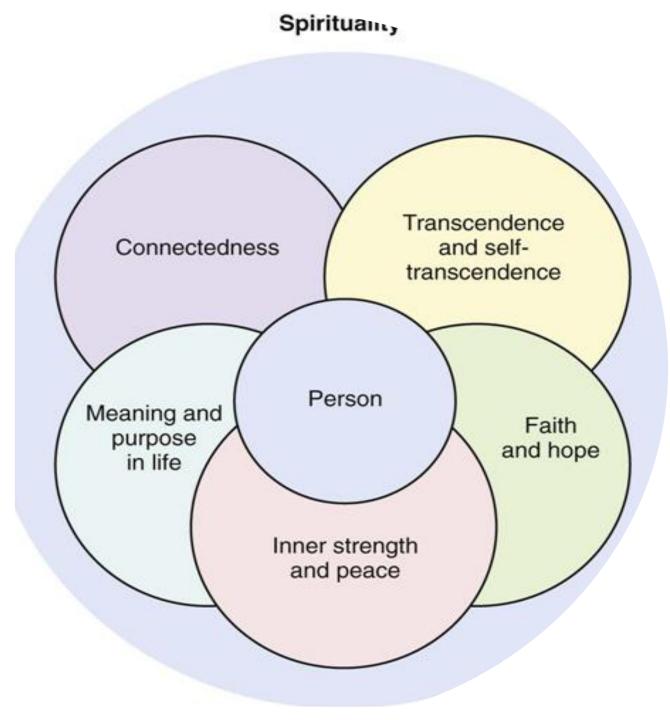






Navajo Spiritual Connection

-Self-identity -Mindfullness -social connectiveness -trauma informed -emphasis on well-being



Spirituality & Wellbeing

https://nursekey.com/spiritual-health/



Personal relationship stress reduction

- Who do you consider your support network? Supervisors, fellow officers, friends, spouse, family members
- how do you relieve your stress? Read, exercise, walk/hike, see relatives, ceremony, meditate
- What are your hobbies?
- Identify what your not so healthy or positive outlets are?

How to Contact Us

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Email: raydaw@aol.com

QUESTIONS & ANSWERS

Operation Honoring and Supporting Our Modern Day Protectors A WEBINAR SERIES DEVELOPED FOR TRIBAL LAW ENFORCEMENT

Red Road Approach

Tuesday, February 23, 2021

2:00 – 4:00 PM ET | 1:00-3:00 PM CT | 12:00-2:00 PM MT 11:00-1:00 PM PT | 10:00-12:00 PM AKT

Registration Link: <u>https://attendee.gotowebinar.com/register/8572522038517425677</u>









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Thank you for joining us today!









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