

# *Operation Honoring and Supporting Our Modern Day Protectors*

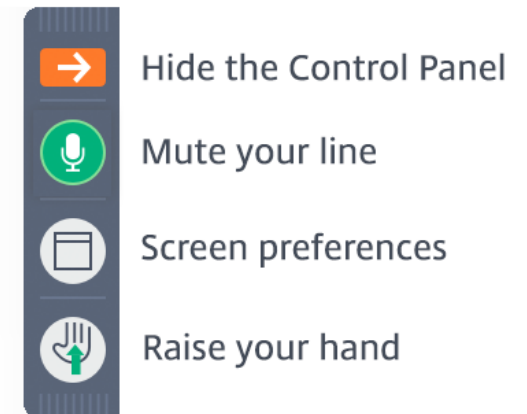
A WEBINAR SERIES DEVELOPED FOR TRIBAL LAW ENFORCEMENT

# Healthy Relationships



# Housekeeping Items

- All attendees are muted for today's session.
- 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

**ATTC**

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



**Native Center for  
Behavioral Health**



***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

# Pursuing Self-Care during Challenging Times

February 2021

*Jody Potts*  
*Ray Daw, MA*

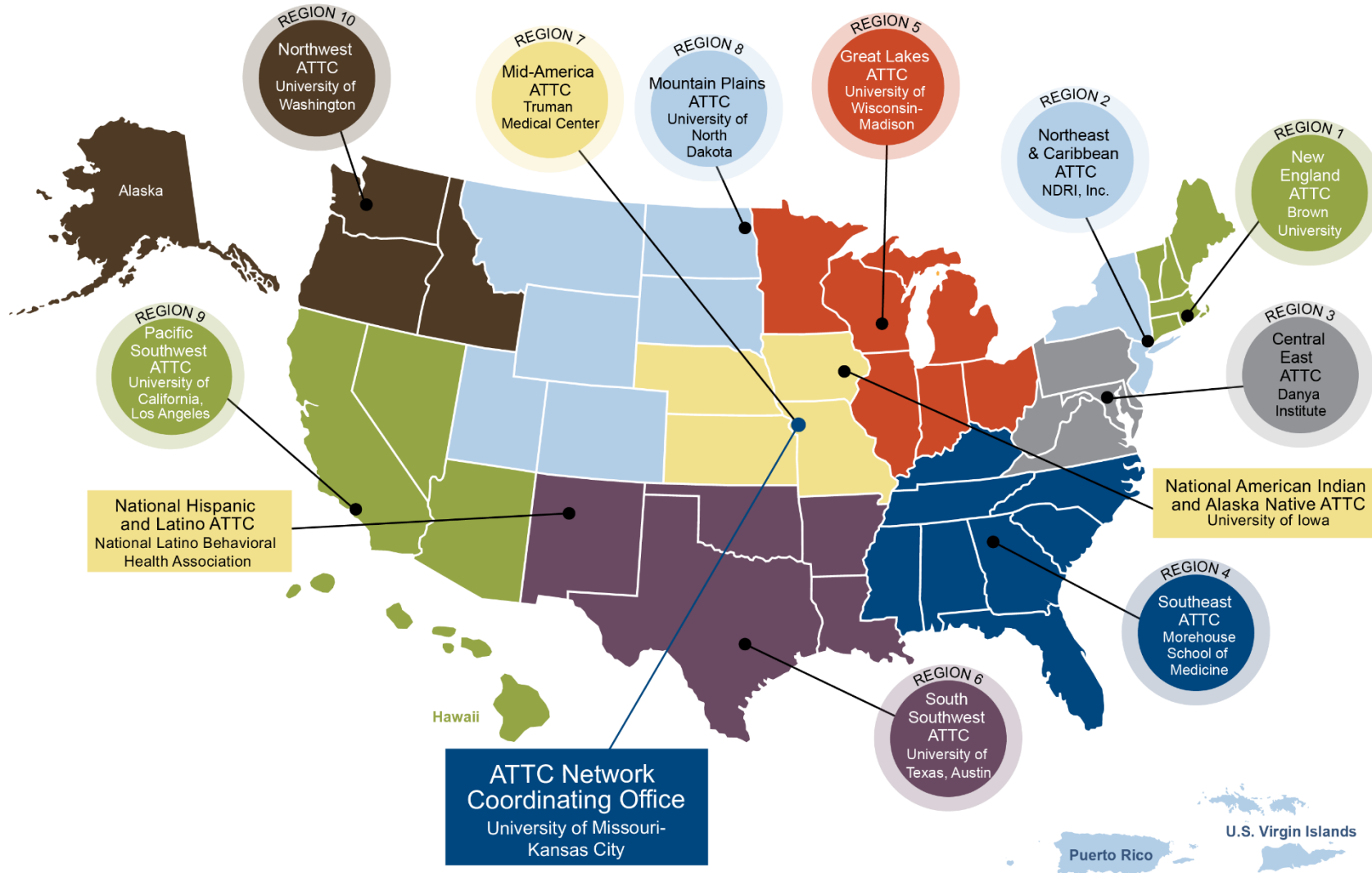


ATTC

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

## U.S.-based ATTC Network

# Addiction Technology Transfer Center Network



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).



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

Tł'ízi Łání

Tsi'naajinii

Tódich'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 served 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





# OBJECTIVES

- 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.

Polling Questions; 1,2,



Empathy  
Support  
Relaxation  
Supervision  
Consultation  
Healthy Fitness  
Wellness  
Healthy limits  
Mindfulness  
Knowledge  
Energy  
Skills  
Healthy coping  
Empowerment  
Resilience  
Exercise  
Meditation  
Balance  
Compassion



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](http://www.stevemaraboli.com)

# PROTECTING OUR PEOPLE

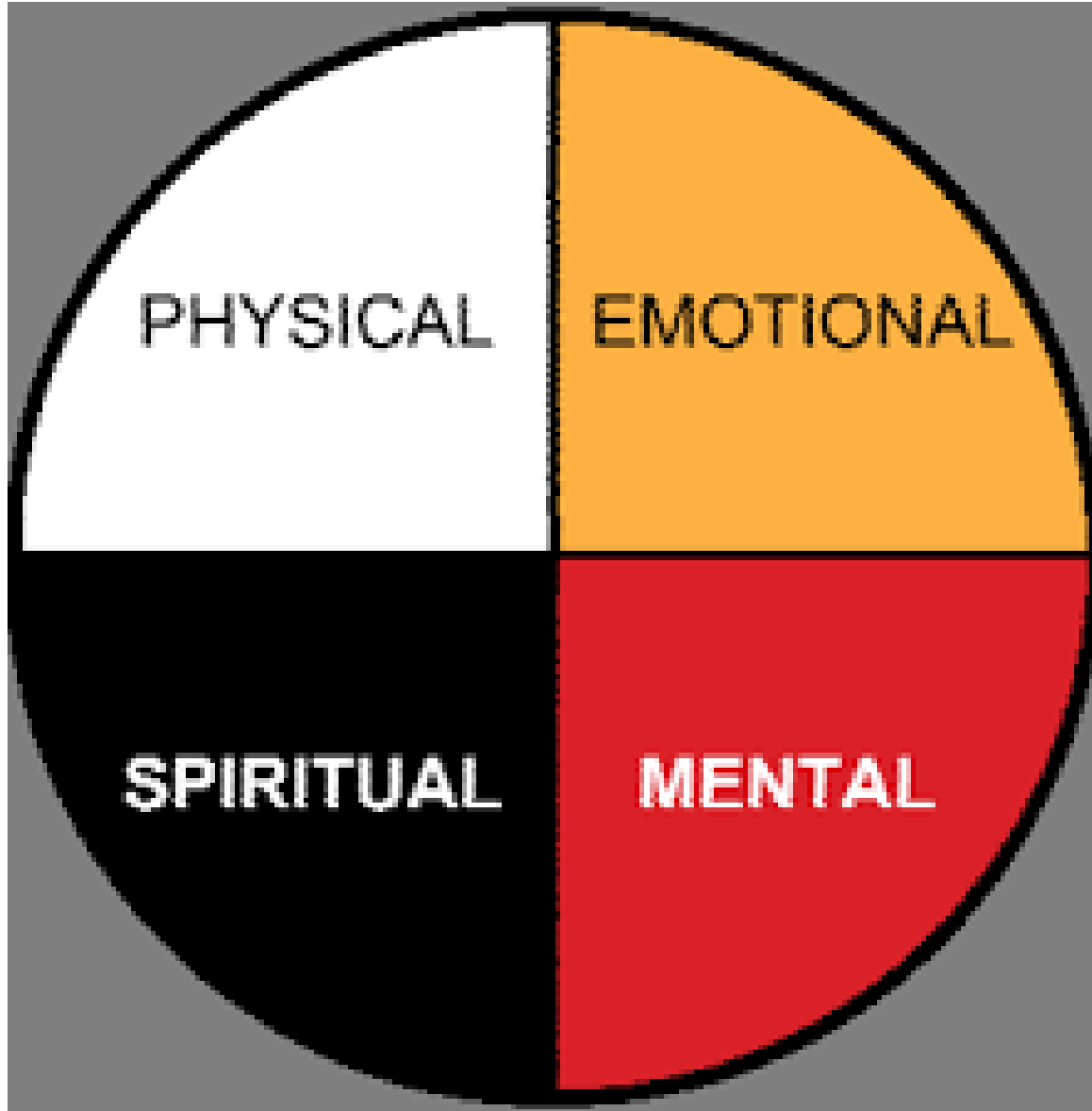
CHICKASAW LAW ENFORCEMENT  
IN INDIAN TERRITORY



*Healthy Tips*

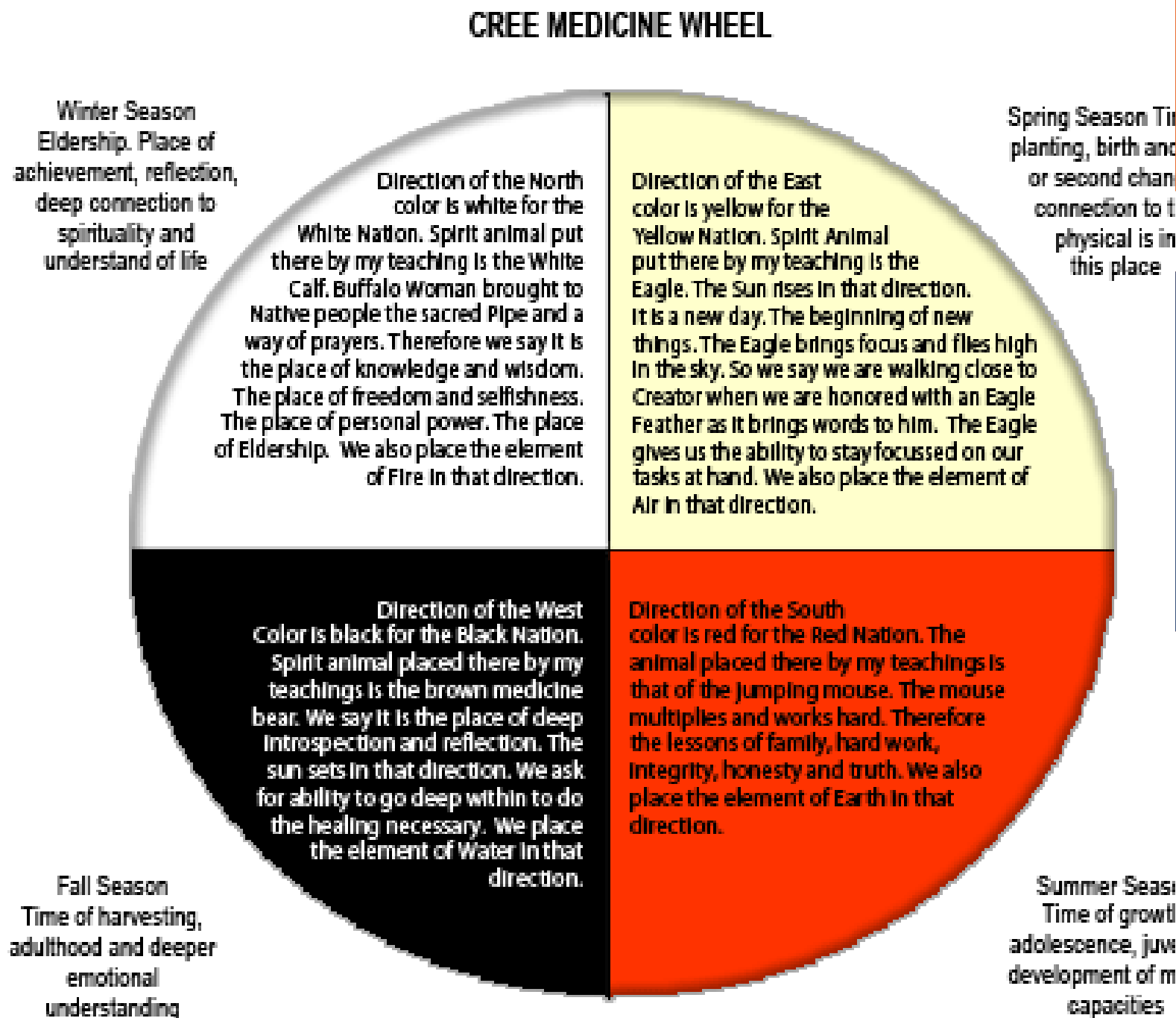
**Happiness  
starts with you.**

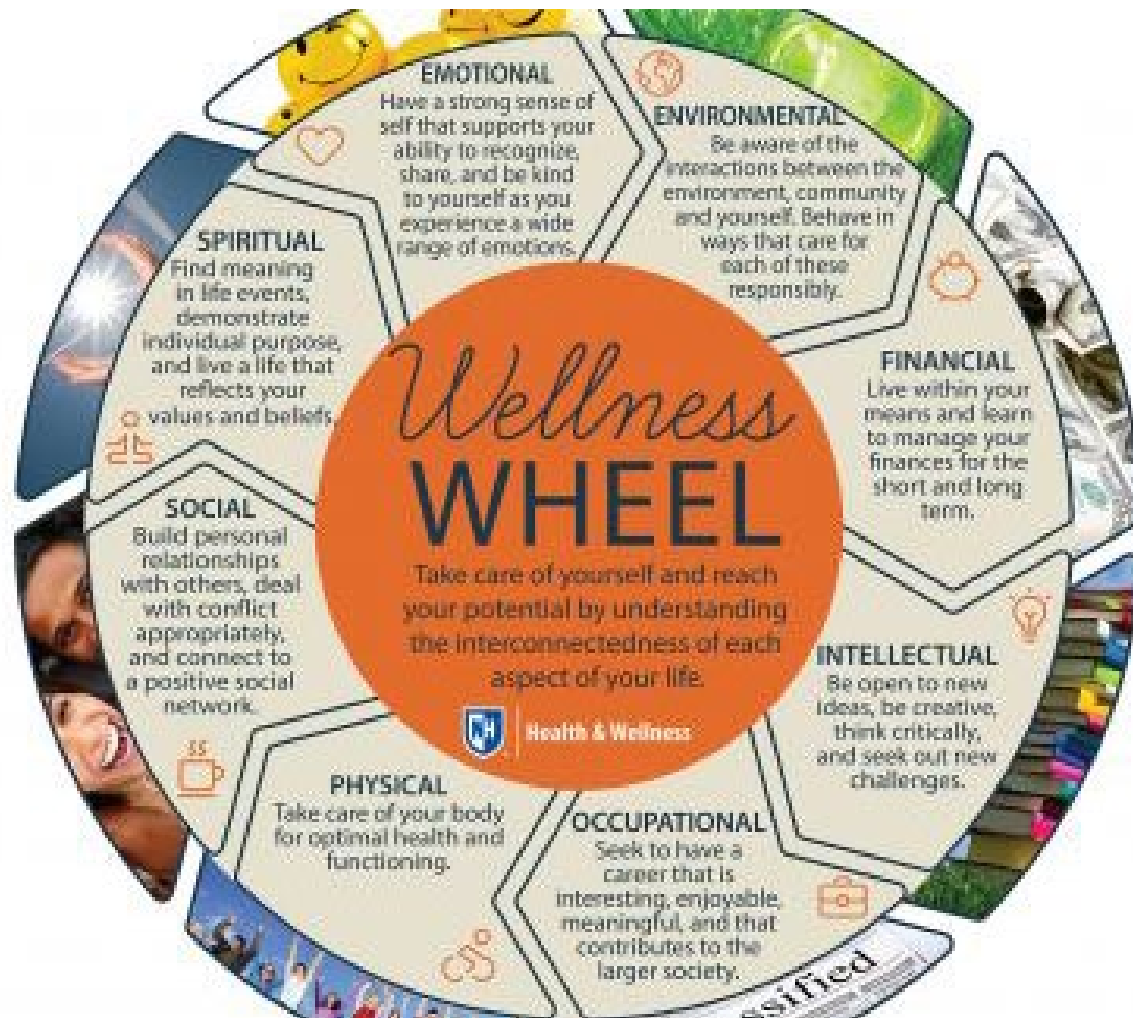
Not with your  
relationships, not with  
your job, not with you  
money, but with you.



Medicine  
Wheel

# A tribe specific example of a medicine wheel

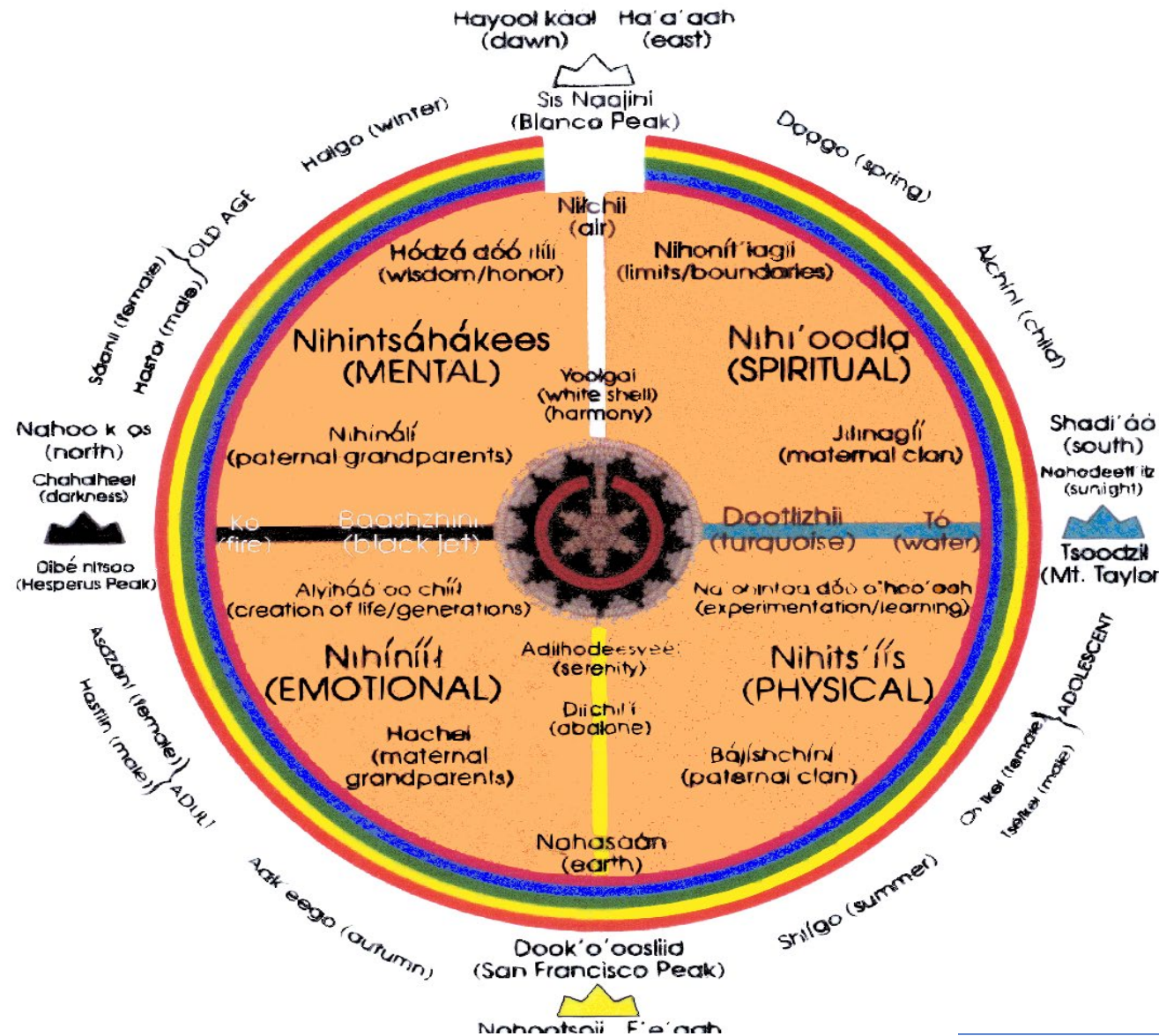




A non-Native  
“Wellness  
Wheel”  
model



# Dinéjí ke'go Hózhóogó ílná (Navajo Blessing Way of Life)



## Dine' Medicine Wheel



## Kumar's CR8 Model of Resilience


Resilience;  
What does  
this mean?



**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



# SIGNS OF STRESS



## STRESS MANAGEMENT

GET ENOUGH SLEEP

RELAXATION TECHNIQUES

CONNECT WITH OTHERS

LAUGH & PLAY MORE

EXERCISE & EAT HEALTHY

## WORK-RELATED FACTORS THAT CAN CAUSE POLICE STRESS

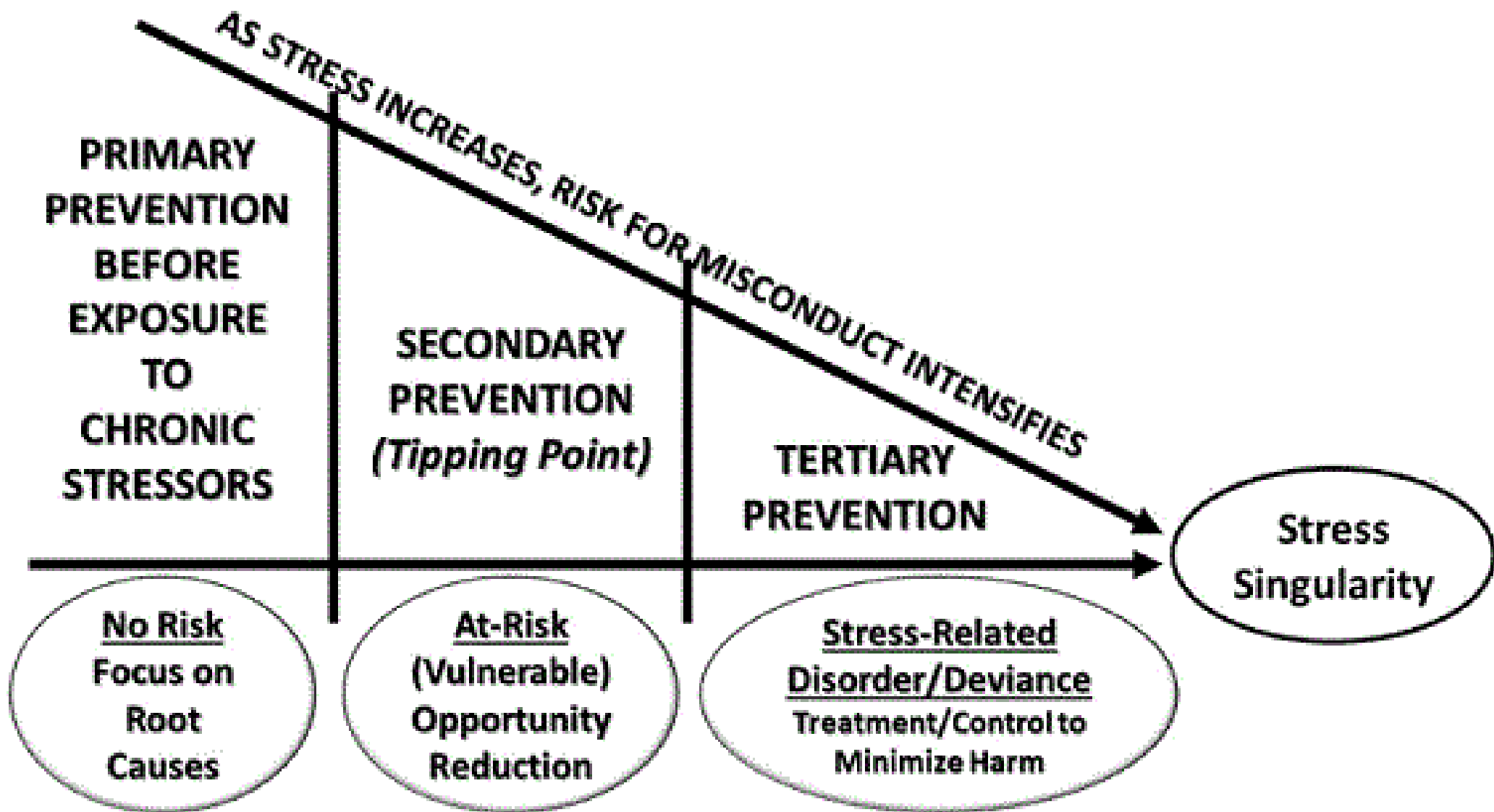


- Poor management
- Inadequate or broken equipment
- Excessive overtime
- Frequent rotating shifts
- Regular changes in duties — for example, spending one day filling out paperwork and the next intervening in a violent domestic dispute.

NATIONAL INSTITUTE OF JUSTICE

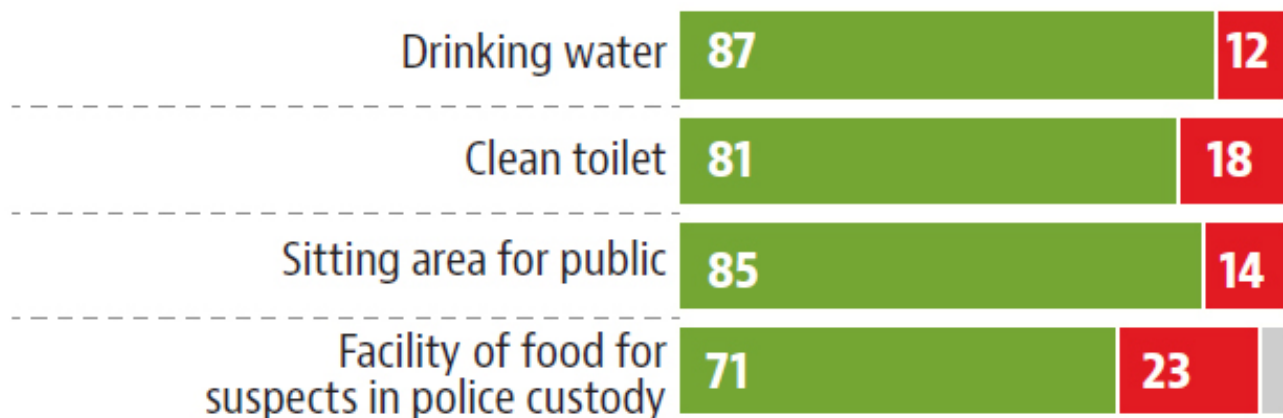




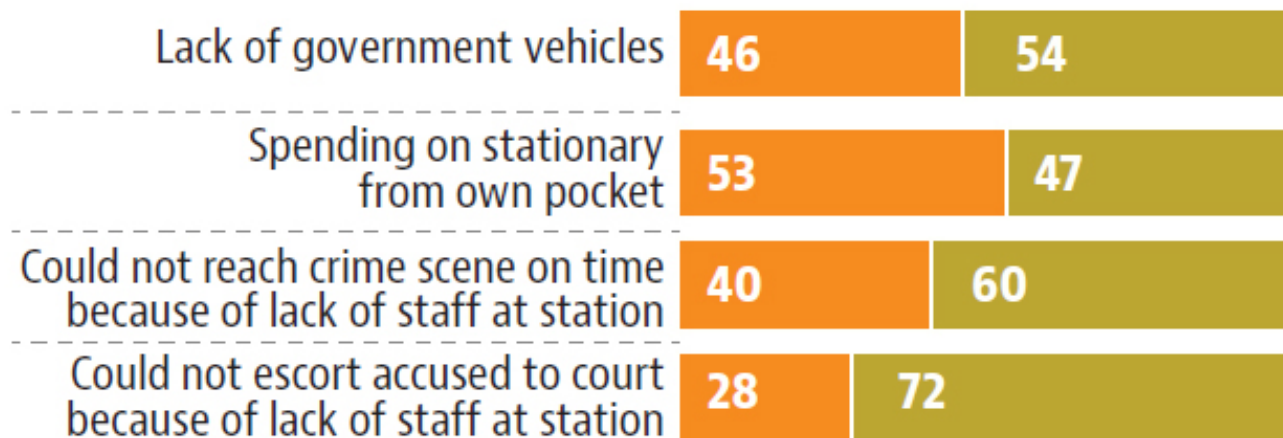


**CHART 2****Some police stations lack basic facilities, vehicles, staff, funds**

% of personnel who said ■ Yes ■ No ■ No response



% of personnel who said ■ Frequently ■ Rarely



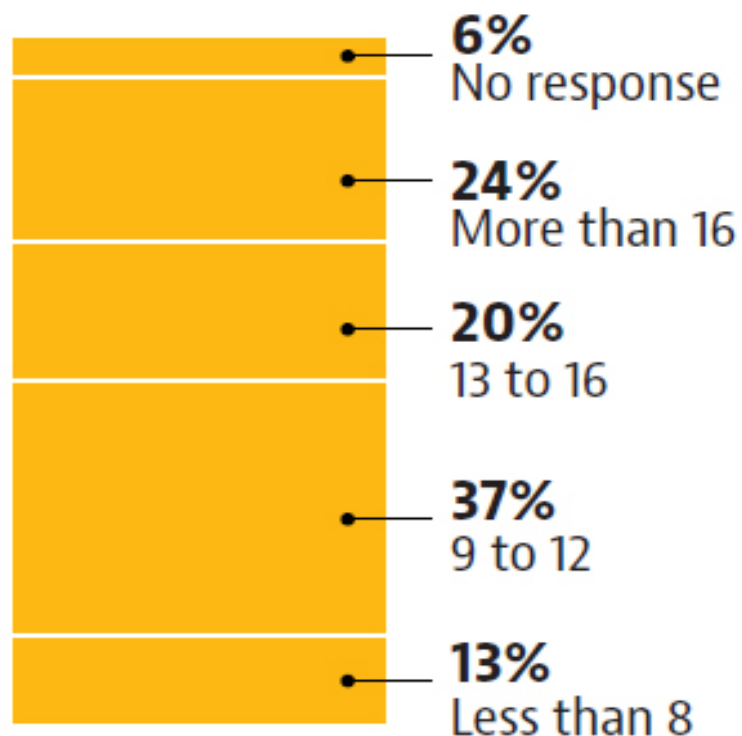
# Indian police under stress

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

**CHART 1 A**

## Average working hours

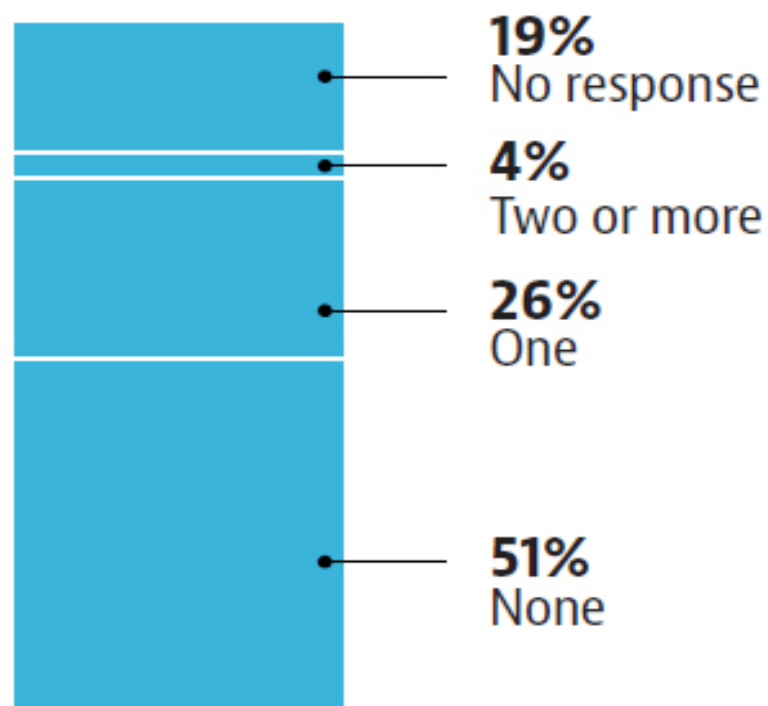
(% of police personnel)



**CHART 1 B**

## Offs per week

(% of police personnel)



# Top Self-Care Practices for Overcoming Trauma



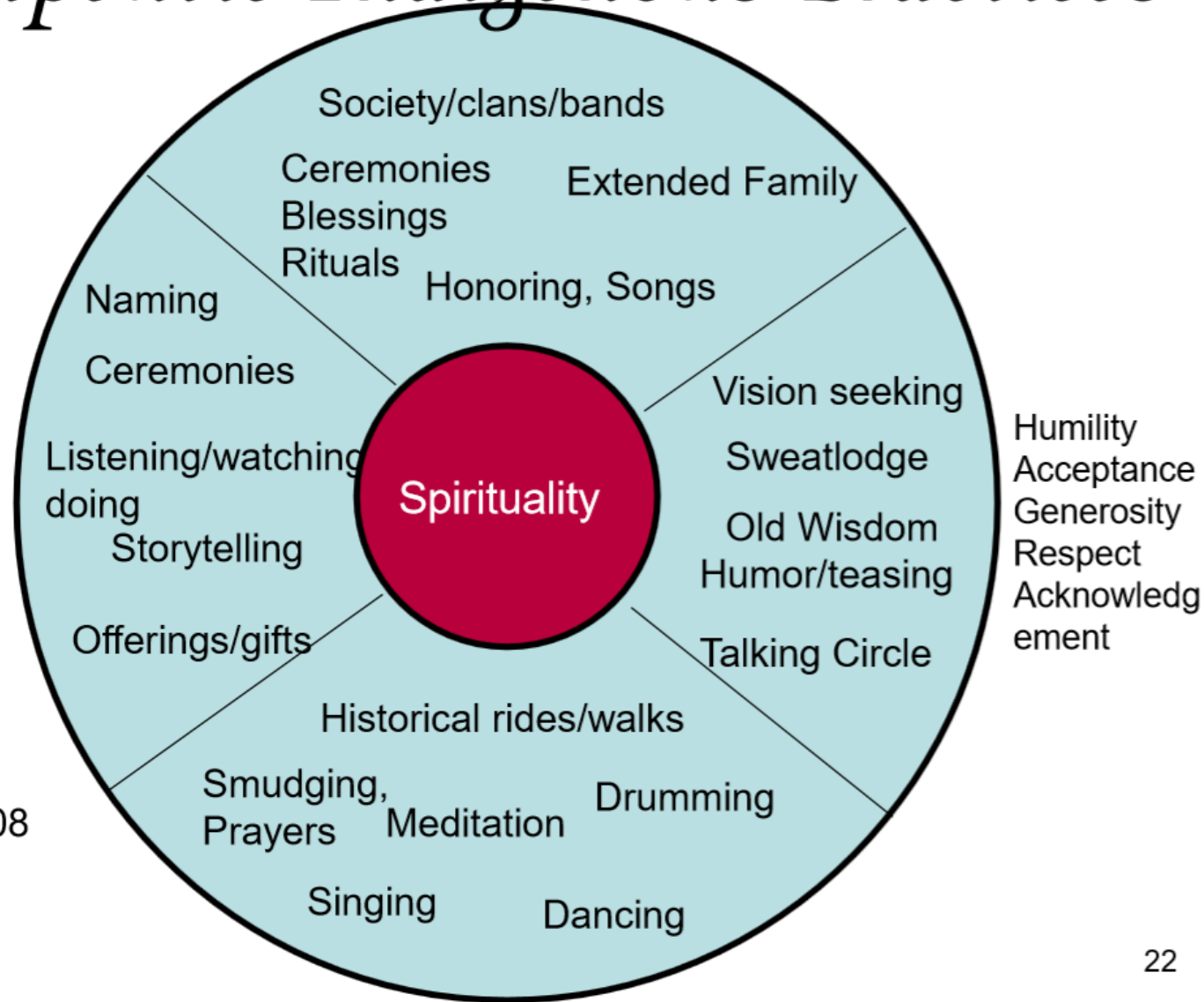
1. Sleep
2. Exercise
3. Nourishment/nutrition
4. Cry, talk, grieve
5. Spiritual connection
6. Rest, relax, breathe
7. Mindfully focus on now

# Medicine Wheel





# *Therapeutic Indigenous Practices*

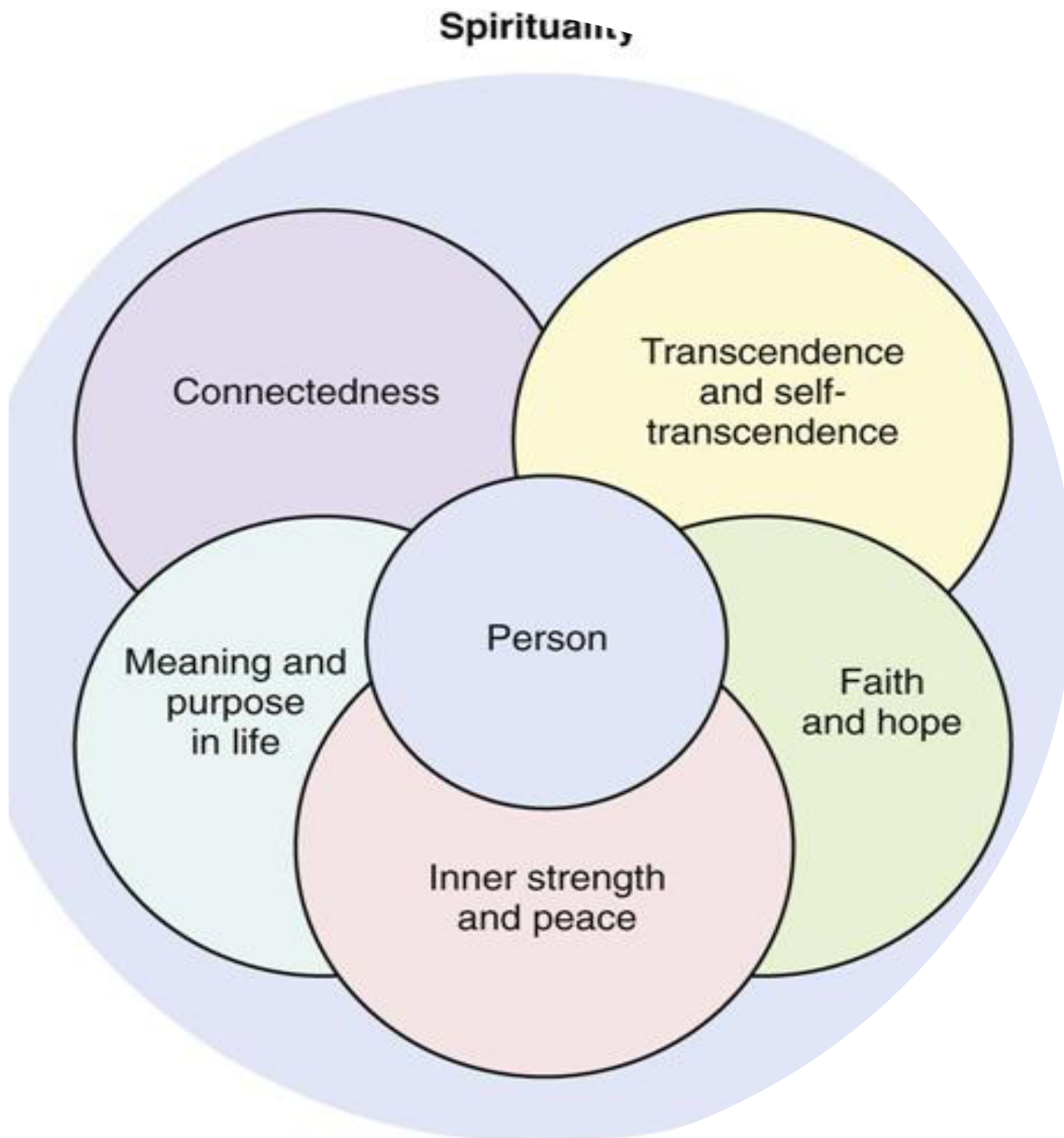


BigFoot 2008



# Navajo Spiritual Connection

- Self-identity
- Mindfulness
- 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

- Jody Potts (Han Gwich'in)
- Email: [jodyjunebypotts@gmail.com](mailto:jodyjunebypotts@gmail.com)
- Ray Daw, MA (Dine')
- Email: [raydaw@aol.com](mailto:raydaw@aol.com)



# QUESTIONS & ANSWERS



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# 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: <https://attendee.gotowebinar.com/register/8572522038517425677>



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# Thank you for joining us today!

