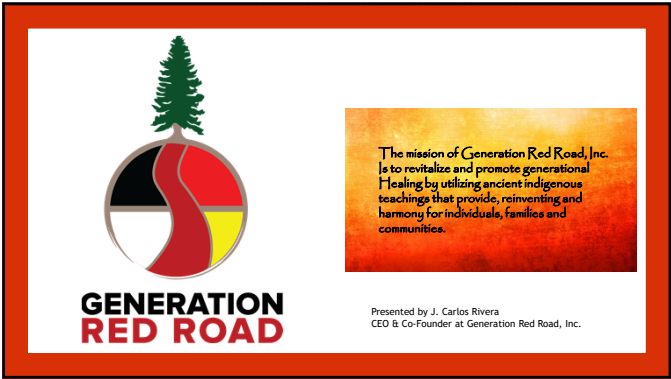
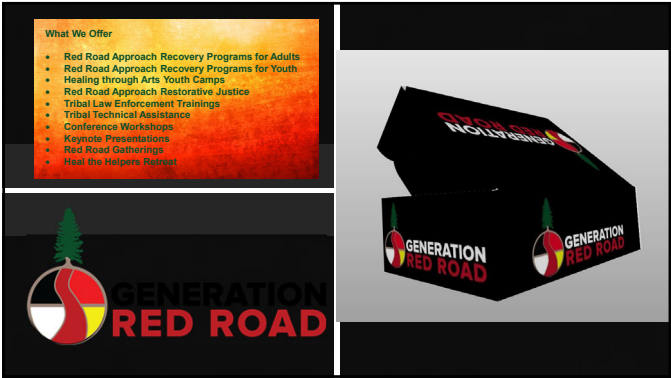


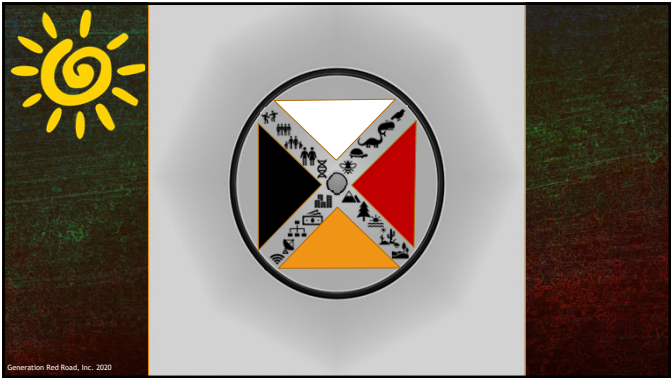
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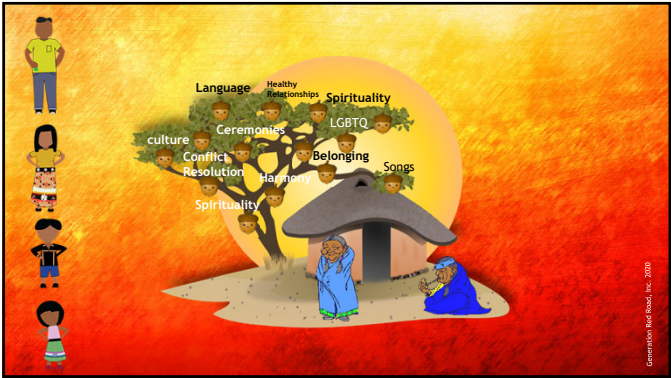
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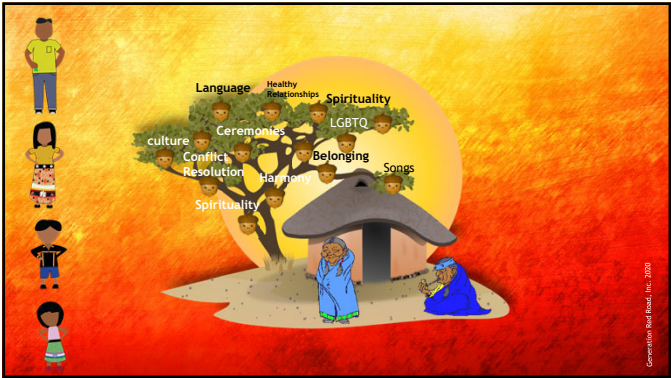
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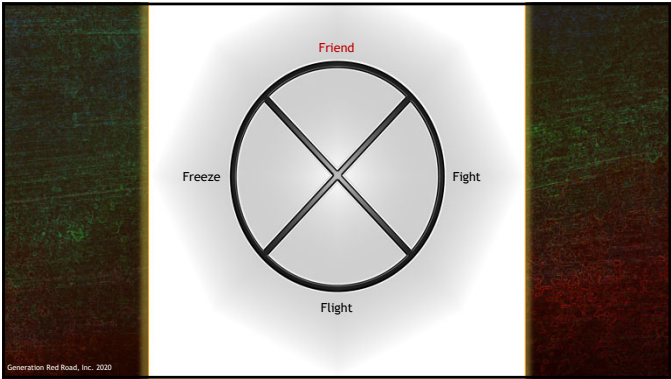
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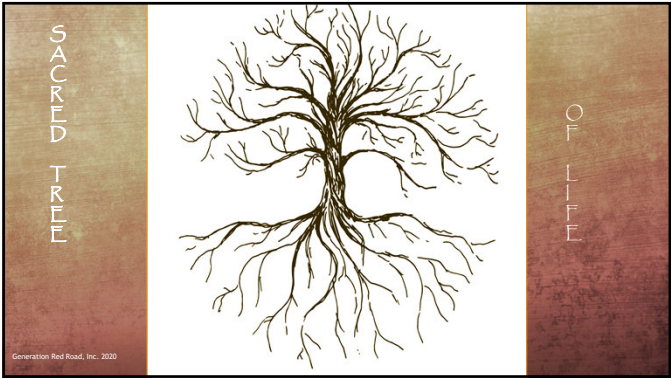
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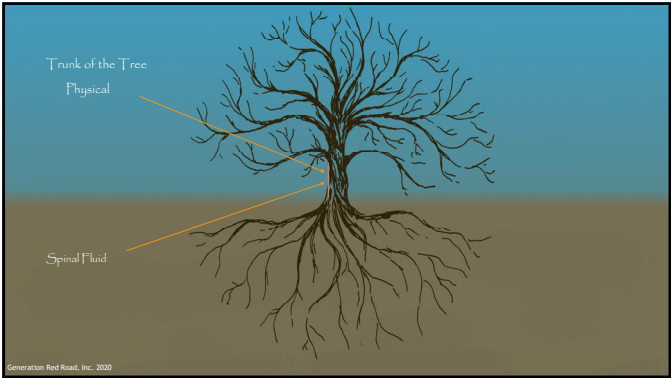
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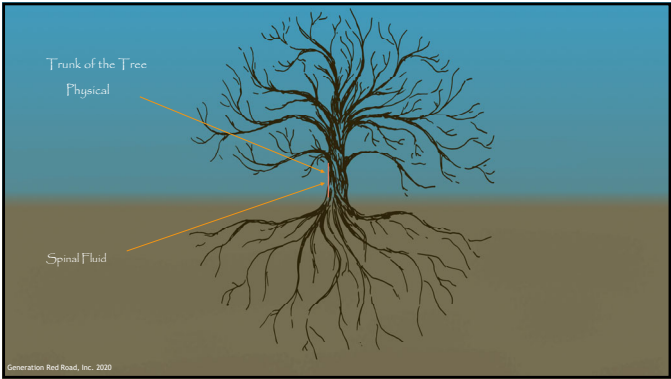
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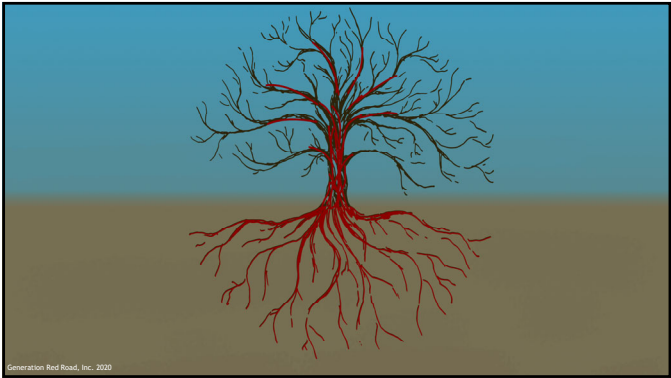
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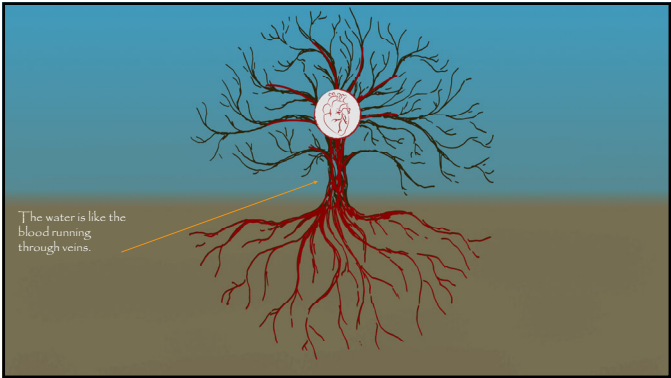
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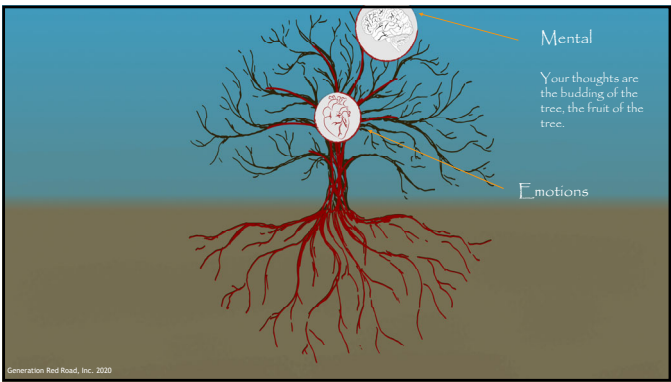
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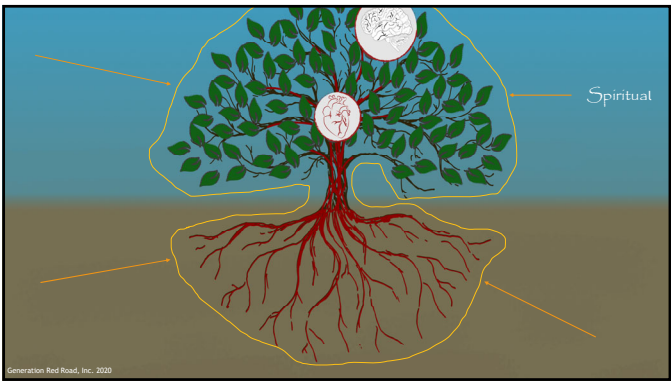
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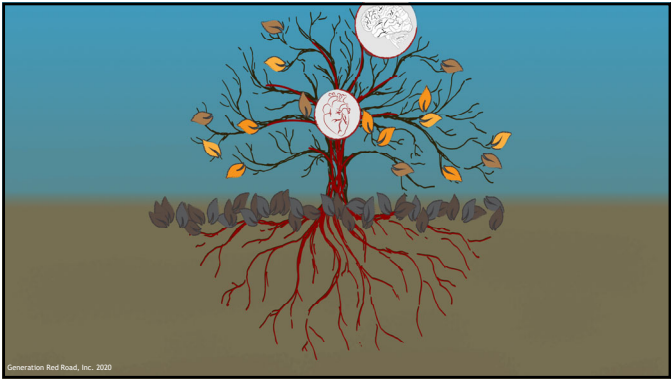
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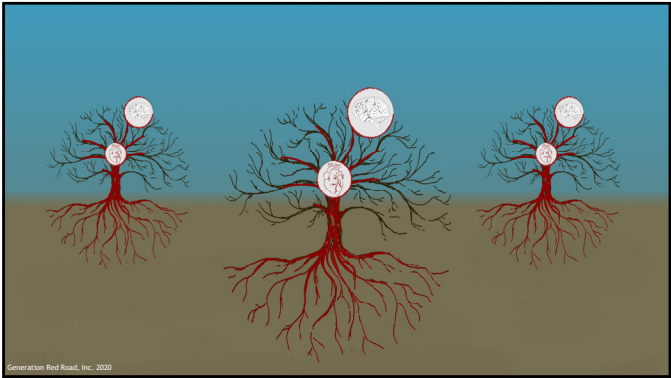
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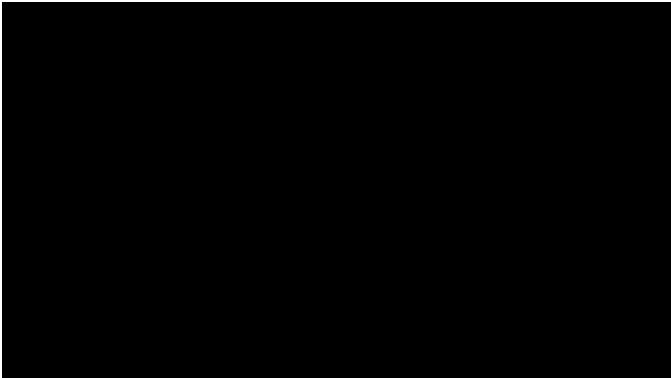
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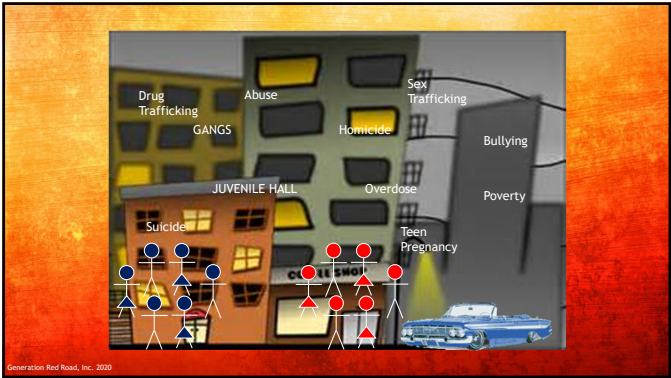
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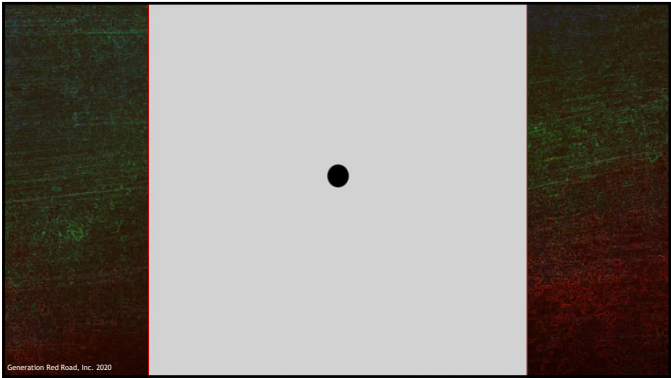
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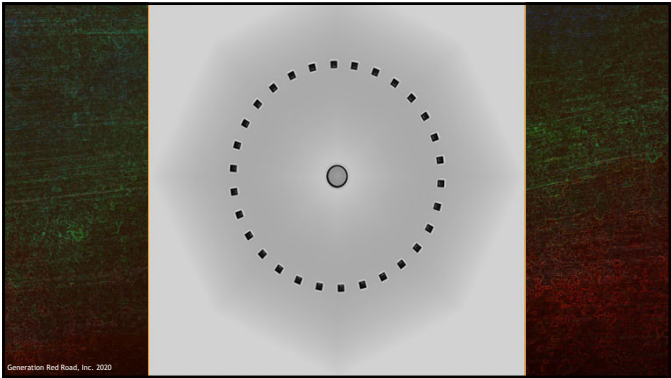
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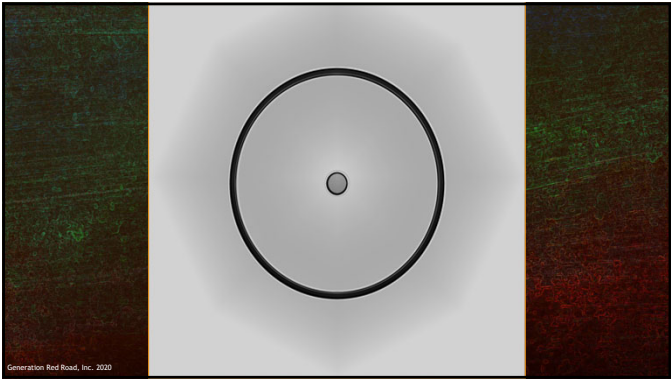
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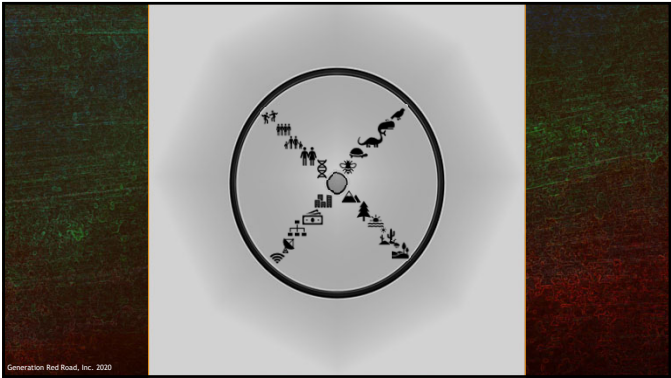
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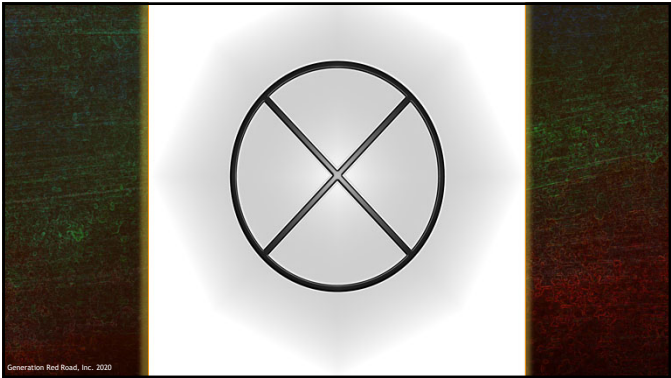
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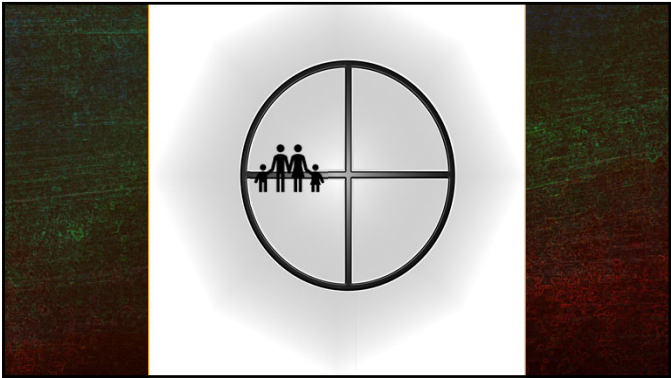
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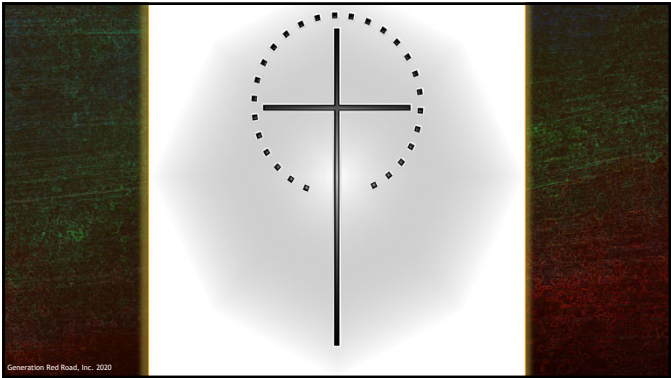
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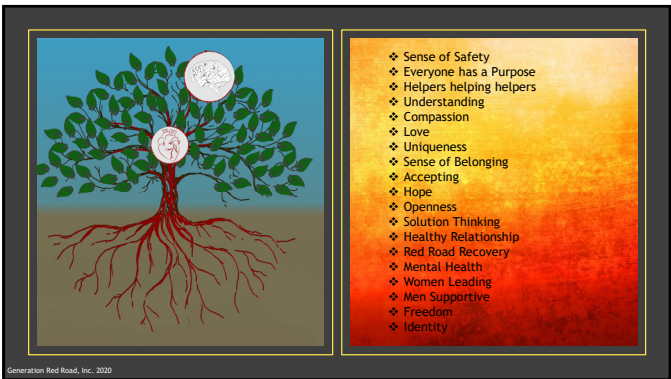
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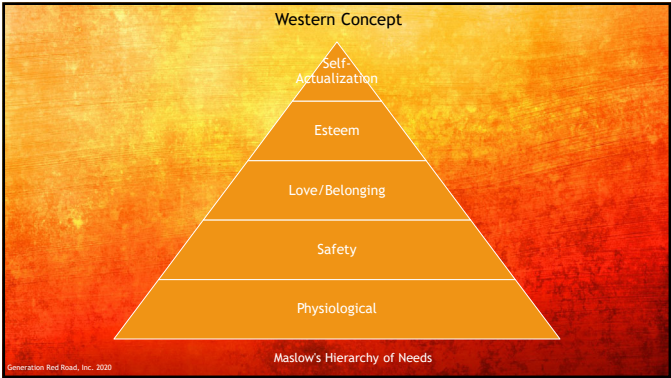
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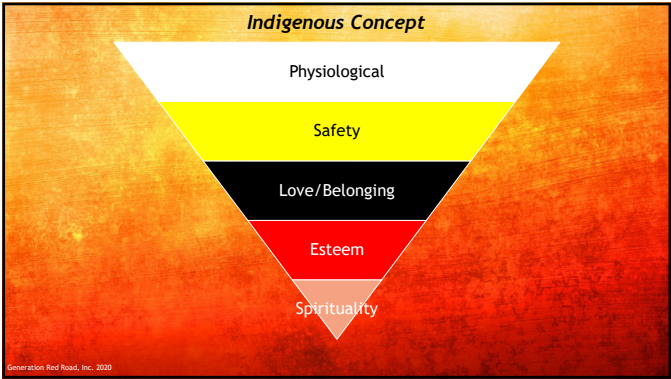
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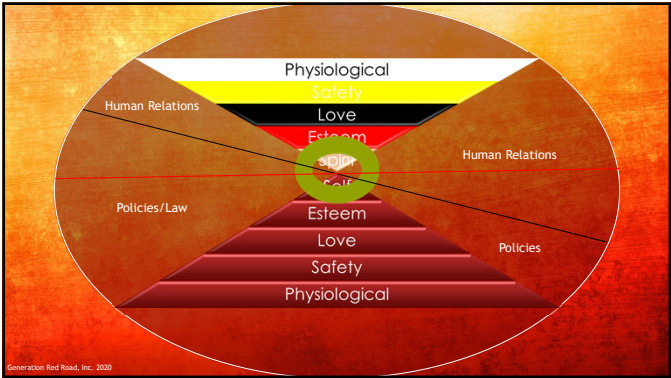
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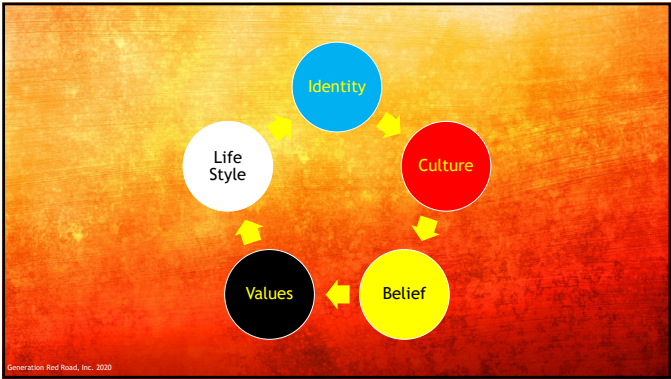
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Congruency:
is an agreement or
harmony; compatibility.

42

Trauma:

Trauma is an event. It can be any event that causes psychological, physical, emotional or mental harm; such as a death or abuse. A traumatic event can also be called a loss. If someone dies, that's a loss. If someone was abused, that is a loss. A loss of trust. Whether you want to call the event a trauma or a loss is okay, BUT THE RESULT OF THE TRAUMATIC EVENT IS GRIEF.

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Grief:

Grief is the normal and natural response to loss. It's the conflicting emotions that result in the end of, or change in, a familiar pattern or behavior. Grief is the feeling of wishing things would have ended different, better, or more. Grief is the normal and natural feeling after trauma.

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Past **Present** **Future**

Interconnectedness

Eternity
The Present is the Eternity

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Introduction



Retired California Highway Patrol (CHP) Officer




Jasper Begay,
Dine' (Navajo)

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Overview

My Story
The Job (Law Enforcement)
Alcohol, Post Traumatic Stress, Family, Suicide
Recovery
Life after retirement



48

My Journey




Indigenous Man in a European World

49

The Career

29 Years Behind the Badge



50


What We Know

You don't know what you don't know.
-Don Coyhis, MOHAWK

Denial - Don't Even kNow I'm Lying

51

Alcoholism




The Fog of War

The Destroyer

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Recovery Groups

- AA for Public Safety
- Celebrate Recovery Step
- White Bison - Red Road
- Fatherhood is Sacred
- Generation Red Road



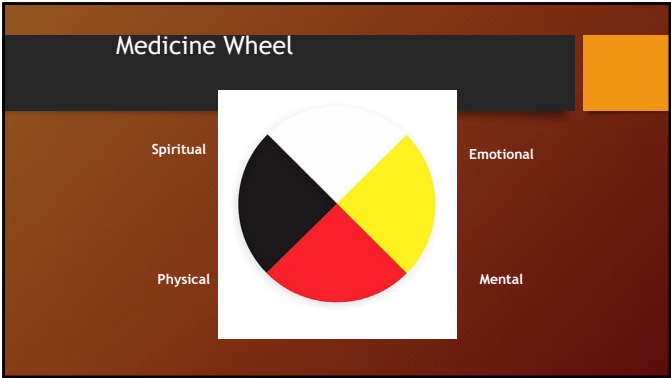
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Red Road Recovery

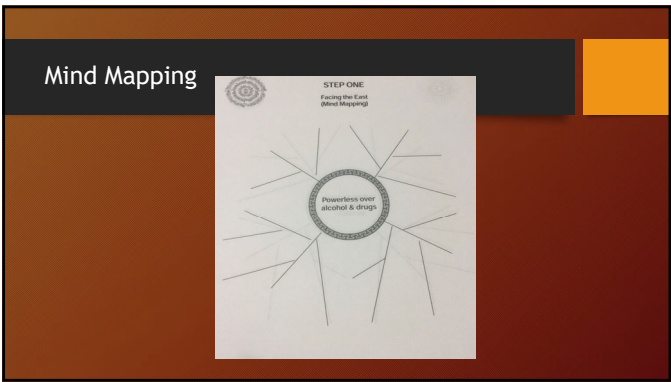


- Cultural way of recovery
- Talking Circles
- Sweat lodges
- Ceremonies

54



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56



57


Life after Law Enforcement

A person is silhouetted against a bright sunset sky, with their arms raised in a gesture of triumph or release. The landscape below is dark and silhouetted.

58

Help yourself

Find your healing circle


A room with several black chairs arranged in a circle on a wooden floor. In the center of the circle is a small table covered with a colorful, patterned cloth, holding some items.

59

Conclusion

Remember, you are not alone, there is hope and happiness to live in harmony and balance.

Reach out to others for help, guidance, and support.

Two people are walking along a dirt path in a forest. One person is wearing a red hat and the other is wearing a blue hat. They are surrounded by tall trees and green foliage.

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