

# UCAAN JOURNAL CLUB

## Trauma and Resilience in California Native Communities

September 16, 2022



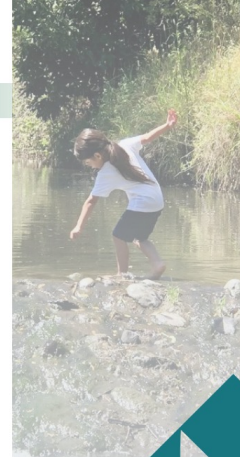
Allyson Kelley & Associates, PLLC.



**PRACTICE PAPER**

Incorporating Indigenous Perspectives  
**Trauma and Resilience  
in Native Communities**

California Tribal Health Professionals  
Reflections on Trauma, Resilience, Screening,  
and Trauma-Informed Care



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**Published February 2022**



# Purpose



Disclosures: The authors do not have any conflict of interest to report.

# Practice Paper

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Engaged community in addressing trauma and promoting resilience

Identified the needs and experiences of trauma and resilience specific to Native communities in California

Explored how screening tools and trauma-informed care could be more responsive to Indigenous experiences and communities

# Methods: Collecting Stories

“An Indigenous model must reflect Indigenous reality. It must integrate the past, the present, and the people’s vision for the future. It must acknowledge resources and challenges and allow communities to build a commitment to identifying and resolving health concerns and issues.”

- Chino, M. & DeBruyn, L. (2006)

# Methods: Collecting Stories

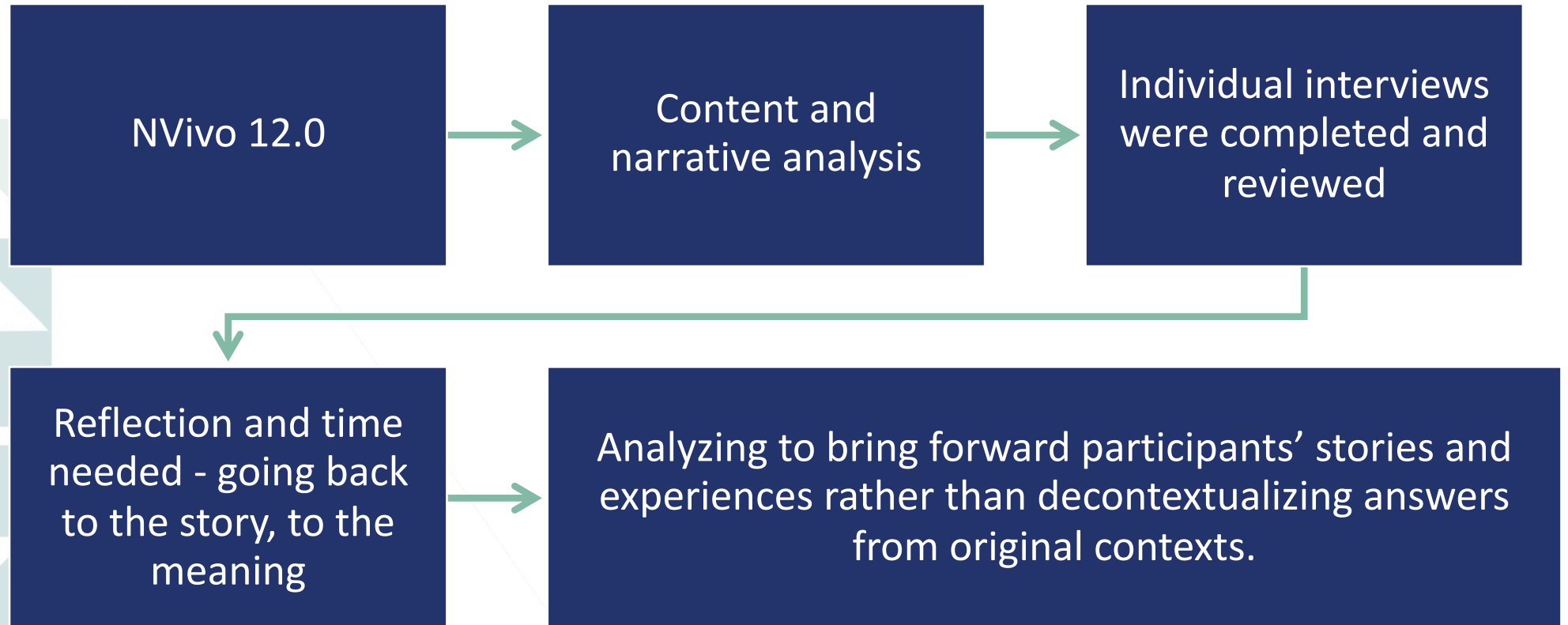


Narrative research methods

Collaborative, semi-structured interviews

Ten tribal professionals in behavioral health and family welfare agencies based on specific criteria

# Data Analysis



# Findings

Unique Perspectives on  
Trauma Screening and Healing

1

Indigenous Communities  
Experience Trauma but also  
Demonstrate Resilience

2

Trauma-Informed Care in  
Tribal Communities the  
Path Forward





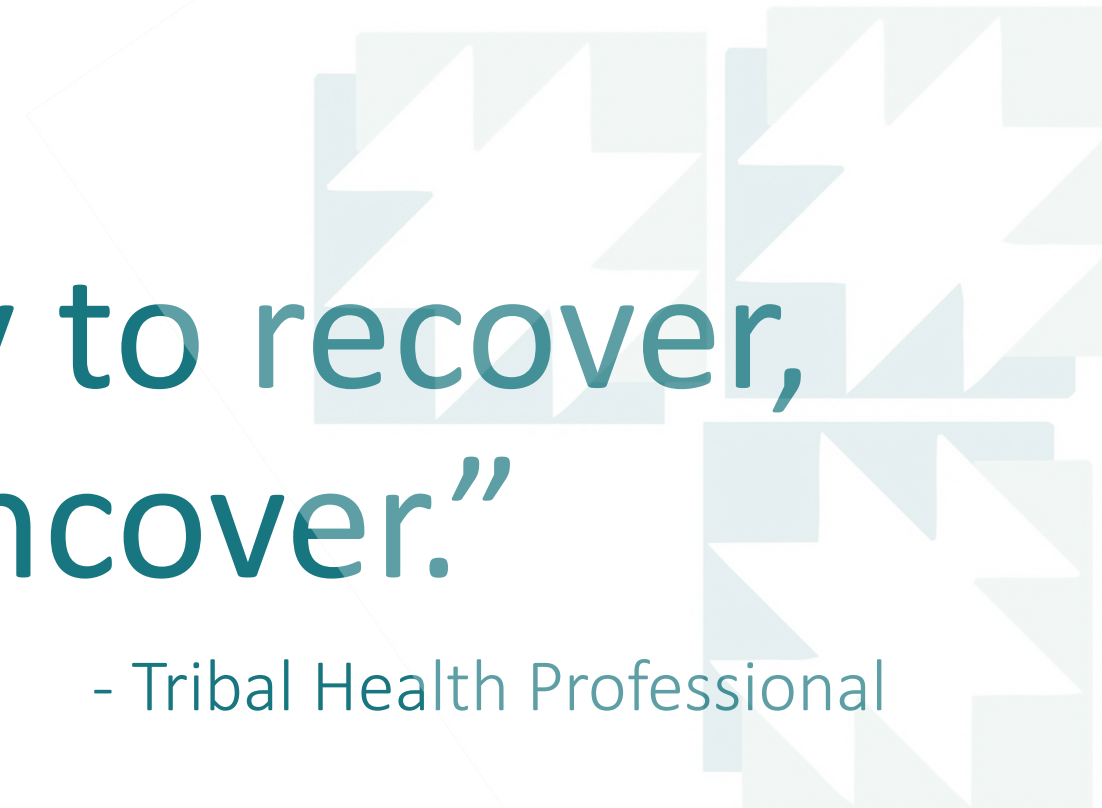
# Findings | Perspectives on Trauma Screening and Healing

## Tribal Professional Perspectives on Advantages to Screening for Trauma with Indigenous Communities

- Increase awareness
- Expose trauma and find ways to heal
- Identify patient needs
- Prevent disease and poor health outcomes

## Tribal Professional Perspectives on Disadvantages to Current Screening Tools

- Lack of community input or testing
- Are deficit focused and do not speak to protective factors that promote resilience
- Are not delivered in a culturally appropriate way
- Lack pertinent constructs of trauma experienced by Indigenous peoples

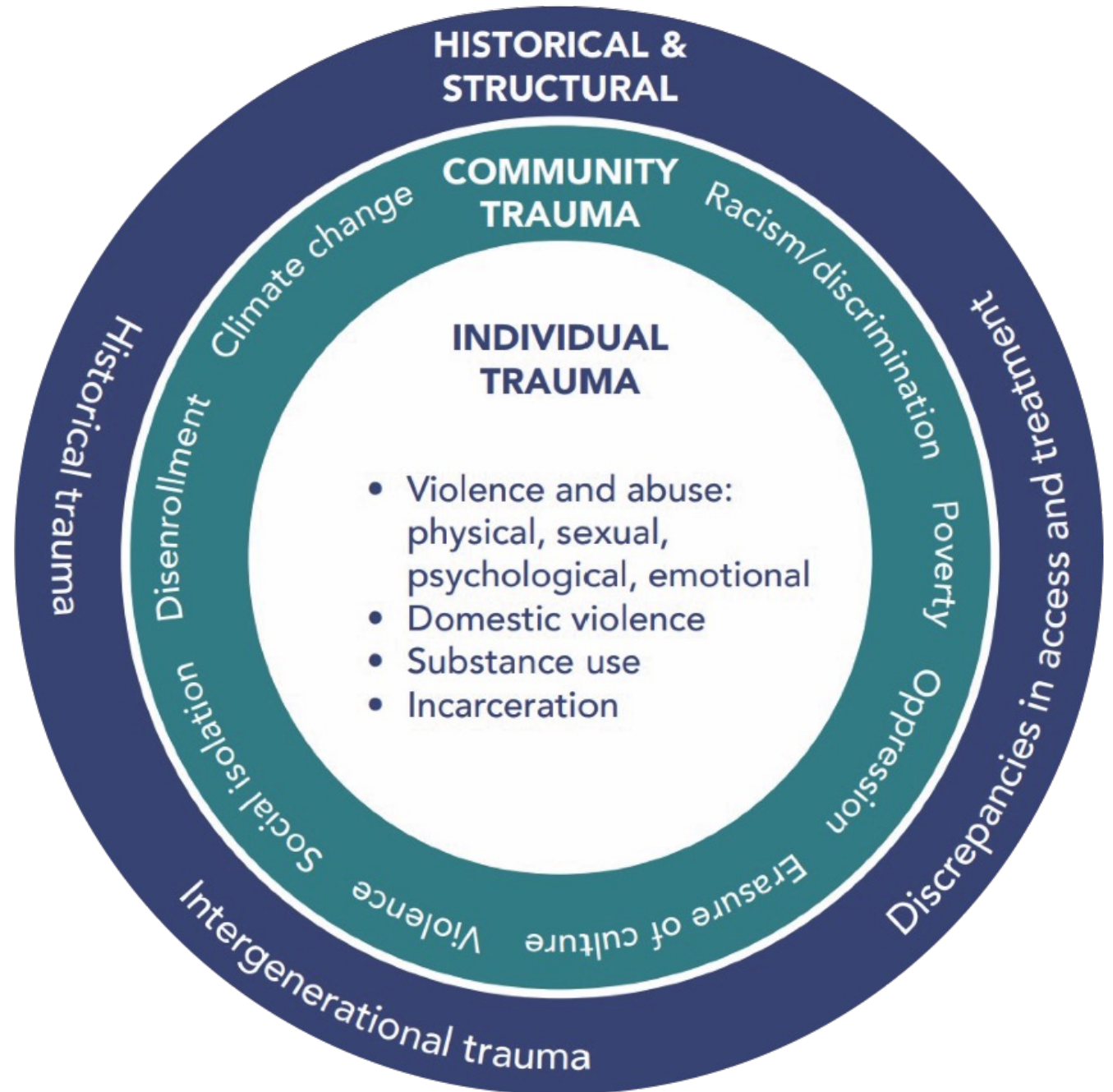


“There is no way to recover,  
unless we uncover.”

- Tribal Health Professional



# Indigenous Communities Experience Trauma and Demonstrate Resilience



# The Path Forward: Trauma-Informed Care in Tribal Communities



## **Culturally informed response**

Trauma-informed care at the community level



## **Culturally informed practice**

Culture integrated into tools and interventions



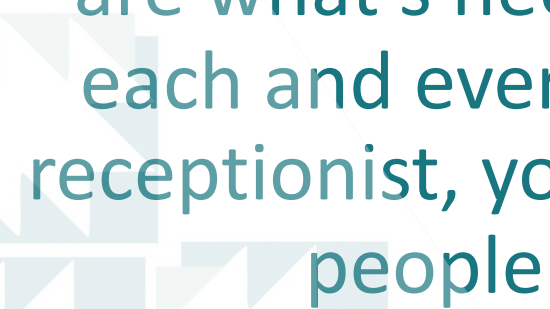

## **Readiness for change**

Change at the individual, community, organizational levels



## **Prioritize healing**

Tools, trauma-informed care, and interventions should prioritize healing



“Relationships take time, and consistency, and showing up, and listening. So many of the forces of trauma-informed care are what’s needed to be applied in the communities from each and every provider or staff person, frontline person, receptionist, you know, to really incorporate and include the people that we are living and working with.”

- Tribal Health Professional



# Conclusions

How can **trauma screening tools be more responsive** to Indigenous experiences and communities?

- Incorporate community traumas as well as individual traumas into screening tools
- Capture measures of resilience including community and culture
- Develop tools by the community for the community
- Conduct cross-cultural validity testing
- Deliver screening tools in a culturally appropriate way
- Employ screening tools to promote healing – follow screening with interventions and strategies aimed at addressing community and individual traumas



How can **trauma-informed care be more responsive** to Indigenous experiences and communities?

- Implement trauma-informed care at the individual, community, and organizational level
- Address trauma in a culturally informed way and understand the context in which trauma has and continues to occur for Indigenous peoples
- Assess readiness for change and implement long-term change processes
- Trauma-informed care needs to involve change at all levels - policy change, systems change, and community change
- Engage traditional practices and methods in trauma-informed care efforts that promote well-being

**“To effectively address the traumas that impact Indigenous peoples it is important to recognize and respond to the social and structural inequities that exist, such as historical trauma, discrimination, racism, poverty, and limited access to treatment or care.”**

# Lessons Learned

- Takes time
- Community support essential
- Collecting the data, doing the work is not enough
- This is a lifetime of work it lives in the community
- It is a circle approach, information is coming in, we are learning. We share that information with others. They share it with others. We come back into the circle to share and learn. Everyone has a story, an experience, and something to add in the work of resilience.





## Screening and solutions driven by community need and strengths

What does this  
mean for  
advancing  
ACEs Science?

Culturally relevant  
approaches to advancing  
ACEs work with Indigenous  
communities in culturally  
responsive ways

Promote culturally  
responsive methods of  
healing

Informs the development  
and validation of a Tribal  
adverse childhood  
experiences screening tool

New methods to balance  
trauma and resilience,  
connection to culture

# What does this mean for education and training and/or clinical implementation?

Informs new trauma-informed care practices within Tribal Health Programs and Tribal-serving organizations

Informs education and trainings within Tribal communities that include trauma-resilience related topics

Trainings and clinical interventions should emphasize resilience

Need to be balanced between trauma and strengths

# What is Next? Tribal Adverse Childhood Experiences Tool

- Develop a culturally responsive screening tool
- Share widely with Tribal communities throughout the US and Alaska to promote resilience and awareness of the healing that needs to take place, encourage cultural adaptations
- Implement interventions with Tribal Health Program providers to train on trauma-informed care
- Link screening tool data to patient or community-level health data to determine how trauma and resilience impact the social determinants of health
- Develop programs and practices that address community needs from the tool

# Thank you!



**Allyson Kelley & Associates, PLLC.**

