

Wokigna in a time of crisis

“TO COMFORT IN A TIME OF CRISIS.”

Ruth Cedar Face
Licensed Addictions Counselor
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Wauntuya Pi Kte Sni

DO NO HARM – SAFETY FIRST

1. Remember with each situation to assess for safety first. Assess the situation for health or safety risks and take care of those needs first.



2. Remind the individual that you are a Mandated Reporter

Wokigna

Definition: A process of providing comfort to the person in need.

► What are ways comfort can be given?



Offering water or something to drink



Offering something to eat



Talking with them in a gentle, calming tone of voice



Recognizing them according to their relationship to you

Wicakasto

Definition: A gentle, comforting and reassuring touch, sometimes stroking their hair or back softly*.

→ This is to comfort them if they are in an emotional state such as crying. Allow them to cry and reassure it's ok and you are there for them.

→ Provide them with a feeling of safety, that they are safe.

→ Sometimes, just letting them sit in their space in silence is comforting.

**Individuals may be, sensitive to touch, particularly those who have been traumatized, abused assaulted some time in their life. Always observe appropriate boundaries and any touch must be approved by the individual.*

Wazilya

Translation: Purification of the atmosphere, mind, body, spirit

Definition: Purification of the atmosphere, mind, body, spirit



- This creates a calming atmosphere for the person.
- This will clear the air of any negativity that may be present.

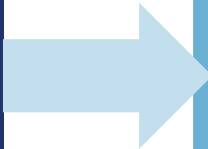
Wocekiya

Translation: To cry for a need

Definition: Purification of the atmosphere, mind, body, spirit



This is loosely translated into prayer.



This is where one makes an appeal on behalf of self or others to gather strength and direction to endure what hardship is being felt.

How do I address suicidal ideations with an individual?

Let the person know why you are there

*** Don't be afraid to ask them if they are suicidal.**

Triage

Do you have a plan?

Do you have a method?

Do you want to die?

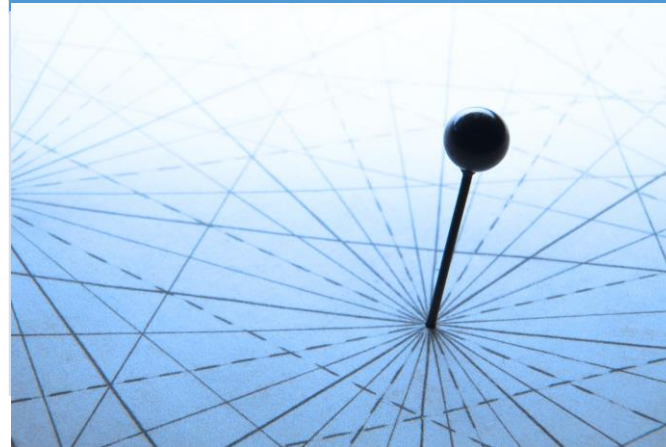
- If they say yes to all three, take to emergency room for a higher level of care. Also, continue with the wokigna, and Wicakasto and continue creating a safe place for them.

What if they don't need that higher level of care?

Sit with them, and talk, or get them to breathe, meditate and regulate themselves.



Offer to help them create a safety plan



Sometimes, all they need is space to let out whatever may be bothering them. This can look like:

- Conversation
- Crying
- Quietness
- Napping
- Eating or drinking something

Woonaphe Oaye

A Plan of Safety for
Myself

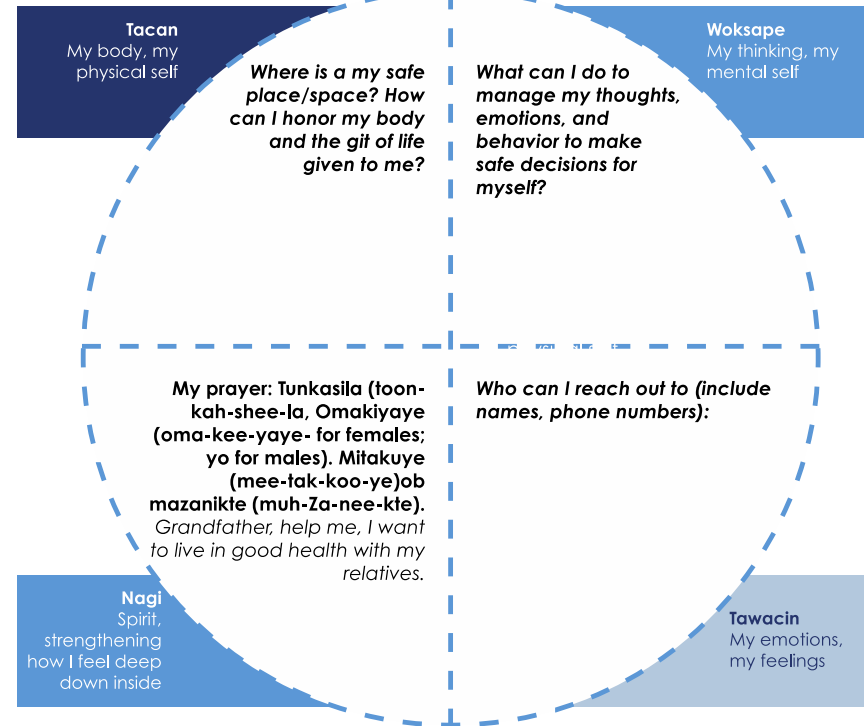
Safety Plans can be a great tool to help our young people incorporate the Lakota Principals or values of:

- ▶ **Wazilya:** to purify by burning sage, sweetgrass or cedar
- ▶ **Wocekiya:** To cry for a need; Pray
- ▶ **Wagluhtata Pi:** to make offerings
- ▶ **Woglaka Pi:** talk with the individual in need
- ▶ **Wotakuye:** Kinship
- ▶ **Okiciya Pi:** Help one another
- ▶ **Ihakikikta Pi:** Looking out for one another
- ▶ **Wokigna:** the act of providing comfort
- ▶ **Waunsila:** Having compassion for each other
- ▶ **Wowacin Tanka:** To have fortitude, endurance
- ▶ **Woksape:** Wisdom; knowledge or understanding
- ▶ **Wowasake:** Strength

Woonaphe Oaye Example

Your are loved.
You are A blessing.
You have purpose on this earth.

WOONAPHE OAYE (a plan of safety for Myself)



I agree to reach out for help using the above information if I feel overwhelmed or feel like hurting myself or others.

Youth Relative

Date

Relative Support Person

Date

Special Thanks

*Co-Developers/Creators of the Lakota Mental Health and the
"Tawacin Oгна Otokaheya Owiciyakiyapi" - Lakota Mental Health First
Aid Model:*

- **Hmuya Mani** - Richard Two Dogs
- **Sina Ikikcu Win** - Ethleen Iron Cloud-Two Dogs

Thank You!

For more information:

Ruth Cedar Face, MS, LAC

Licensed Addictions Counselor

Little Wound School

Kyle, SD 57752

605-454-2843

rcedarface@littlewound.us



Your are loved.
You are A blessing.
You have purpose on this earth.

WOONAPHE OAYE

(a plan of safety for Myself)

Tacan
My body, my physical self

Woksape
My thinking, my mental self

Nagi
Spirit, strengthening how I feel deep down inside

Tawacin
My emotions, my feelings

Where is a my safe place/space? How can I honor my body and the git of life given to me?

What can I do to manage my thoughts, emotions, and behavior to make safe decisions for myself?

My prayer: Tunkasila (toon-kah-shee-la, Omakiyaye (oma-kee-yaye- for females; yo for males). Mitakuye (mee-tak-koo-ye)ob mazanikte (muh-Za-nee-kte). Grandfather, help me, I want to live in good health with my relatives.

Who can I reach out to (include names, phone numbers):

I agree to reach out for help using the above information if I feel overwhelmed or feel like hurting myself or others.

Youth Relative

Date

Relative Support Person

Date