



**Indigenous
Perspectives:
intersections of
whole health**

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questions

What is your knowledge of American
Indian/Alaska Native communities in general?

What factors do you think influence AI/AN
health?

Tribes, Villages & Pueblos

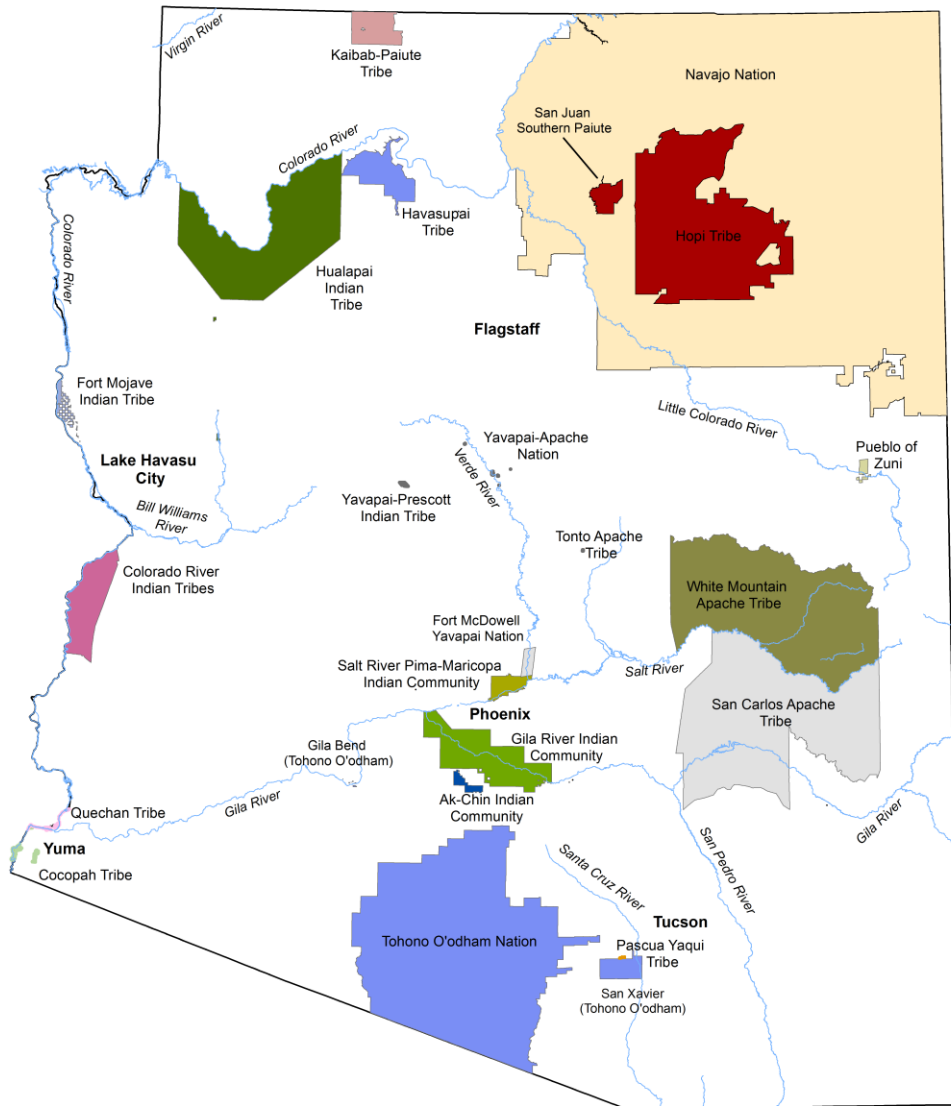
- “A *federally recognized tribe* is an American Indian or Alaska Native tribal entity that is recognized as having a government-to-government relationship with the United States, with the responsibilities, powers, limitations, and obligations attached to that designation, and is eligible for funding and services from the Bureau of Indian Affairs.
- Furthermore, federally recognized tribes are recognized as possessing certain inherent rights of self-government (i.e., tribal sovereignty) and are entitled to receive certain federal *benefits, services, and protections* because of their special relationship with the United States.
- At present, there are 574 federally recognized American Indian and Alaska Native tribes and villages.”

Bureau of Indian Affairs (BIA)

Arizona Tribes

- 22 tribes
- 20 reservations
 - Navajo Nation (one of the largest tribal lands in U.S.), size equivalent to state of West Virginia or Ireland
- AZ has more tribal land than any other state in the U.S., about 27% of the state land base
- Some tribes have casinos


Tribal Homelands In Arizona






Reservations (the "Rez")

- Reservations, communities, villages, & pueblos
- The influence of colonialism
- Some tribes are living on or near their traditional homelands
- Others were forcibly moved to another area, hundreds to thousands of miles away
- Preservation of language, culture, and identity

An artistic illustration of two horses in a landscape. On the left, a brown horse with a white blaze on its face stands in a shallow river, looking towards the right. On the right, a white horse is partially visible, also in the water. The background features rolling hills and mountains under a blue sky with several white birds flying. The style is painterly with visible brushstrokes and a warm color palette.

Social Determinant s of Health

- Sociocultural contexts
 - social supports
 - acculturation, bicultural or multicultural considerations
- Education
 - boarding school
 - quality of education (frequent turnover of teachers)
 - disparities
- Language
 - oral/unwritten
 - concepts lost in translation



Social Determinant s of Health

- Community context
 - housing
 - transportation
 - crime & violence
 - environmental contexts
- Economic stability
 - employment
 - job security
 - financial stability
 - food security
 - housing stability
- Healthcare
 - access to care
 - Indian Health Service

Health, Wellness, Illness, Dis- order & Dis-ease

- Cultural beliefs
 - balance & disorder
- Healing
- Ceremonies
 - Restoring harmony,
balance, order
- The sacredness of place in
space and time





The Healing Triad

- Therapist
- The one seeking help
- Therapeutic relationship



Treatment in clinical settings

- Presenting issues
- Common diagnoses (DSM-V-tr)
 - Major Depressive Disorder
 - Anxiety
 - Bereavement
 - PTSD/Trauma
- Treatment plan
- End of treatment

Factors in a 'standard' treatment

-
- Acculturation
 - Language
 - Education
 - Cultural Factors
 - SDOH



After today

- Independent learning
- Who are *your* people, where did they come from originally?
 - Where is your place in the colonial history of North America?
- What traditions, languages, and belief systems do you still carry forward from your family, your culture, from previous generations?
- Who are the original Indigenous peoples of the land on which you work and live?
 - Where are they now?
 - Go to interactive website: Native-land.ca





Thank you for your time