

EFFECTIVELY WORKING WITH TRIBAL FAMILIES,
INDIVIDUALS AND COMMUNITIES IN SOCIAL
SERVICES AND JUVENILE JUSTICE SYSTEM

Ashley K. Harding (Navajo), Project Director, Yellowhawk
Tribal Health Center, Pendleton, OR

Joshua Hudson (Ojibwe) – Healing to Wellness Court Judge,
Bay Mills Tribal Court

OBJECTIVES

After today's presentation, participants will be able to:

- Identify and describe the three general states of the brain and how this impacts relationships
- Recognize how applications of justice improve program outcomes
- Describe and identify how trauma impacts the systems, agents, and participants within your work

OVERVIEW OF BRAIN SCIENCE

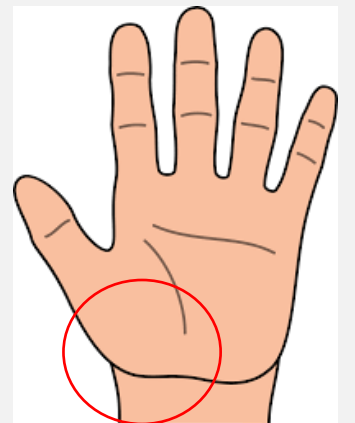
Conscious Discipline®

SURVIVAL BRAIN STATE

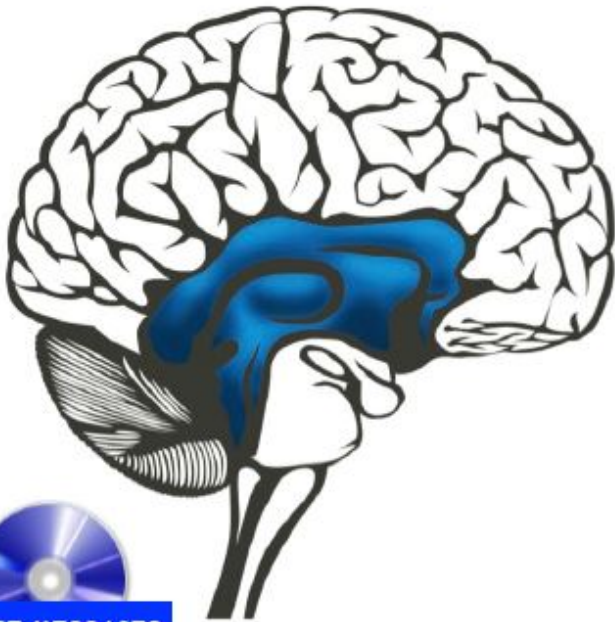


Survival state skills
tend to be physical
Unconscious

- Fight
- Flight
- Freeze
- Surrender



EMOTIONAL BRAIN STATE



FALSE MESSAGES

Emotional state skills
tend to be verbal
Unconscious

- Verbal, judgement, shame
- Unsafe behaviors
- Unkind internal speech
- The world has to be going your way



EXECUTIVE BRAIN STATE

Executive Brain Skills

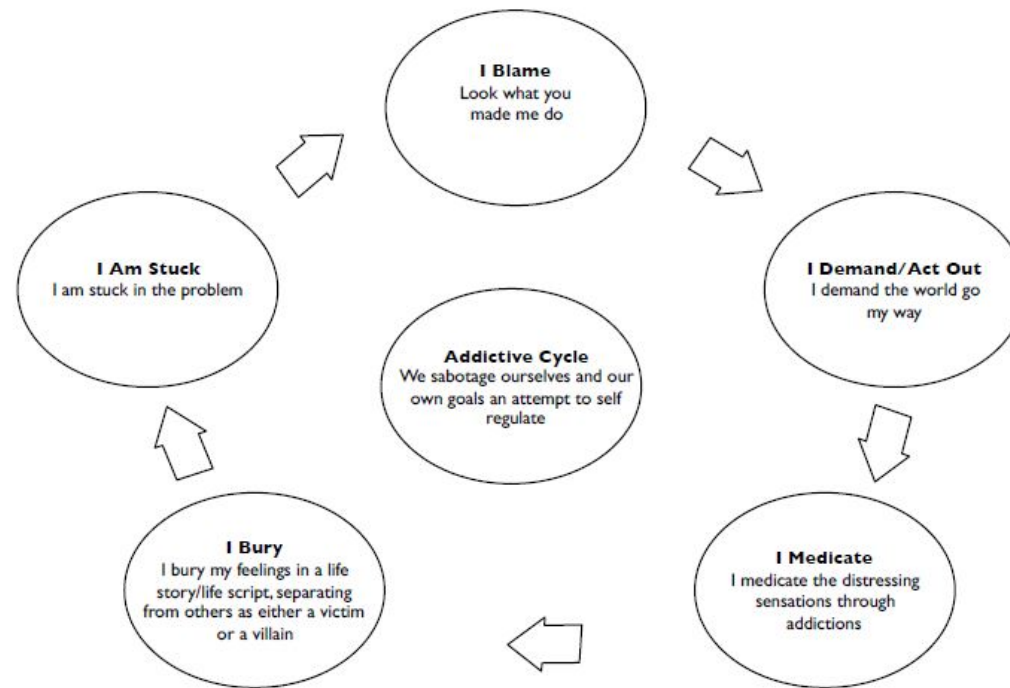
- Attention
 - Time Management
 - Organization
 - Prioritization
 - Working Memory
 - Impulse Control
 - Flexibility
 - Empathy
 - Metacognition
- Goal Achievement
 - Task Initiation
 - Emotional Control



Executive state skills
Conscious



CYCLE OF SELF-SABOTAGE



TWO-PART POLL QUESTION

What brain state are you in most of the time?

- Survival
- Emotional
- Executive

What brain state do you think the individuals you work with are in most of the time?

- Survival
- Emotional
- Executive

JUSTICE FOR EVERYONE?

- What is Justice?
 - just behavior or treatment.
 - "a concern for justice, peace, and genuine respect for people"*
- What is Restorative Justice?
 - a system of criminal justice which focuses on the rehabilitation of offenders through reconciliation with victims and the community at large.
- Any system has the capability to be just and apply restorative justice. But, is every system actualizing justice as a core value?
- Ask:
 - "How would I feel in this situation?"
 - "What are ways that I can support (not coddle) in this instance?"
 - "Is this interaction healthy in nature? Or harmful?"

POLL QUESTION

How important is Justice within your work?

- Very Important
- Somewhat Important
- Neutral
- Unimportant

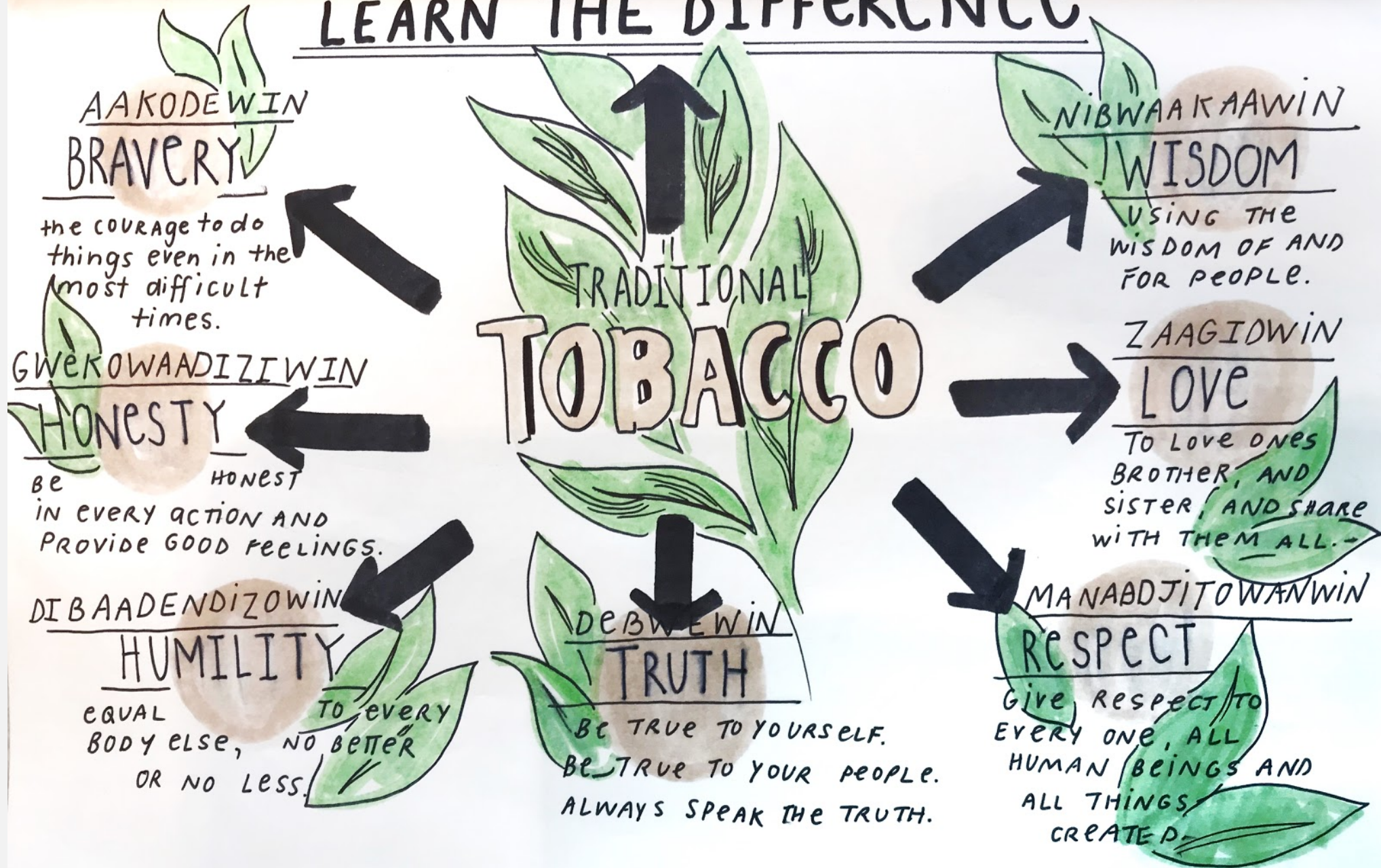
THE POWER DYNAMICS OF SYSTEMS

- All systems have structure – but is the system designed to perpetuate power dynamics?
- Within the system, how much is guilt and shame leveraged as an intended mode of motivating change?
- What are some power dynamics that you can think of in the work that you do? Where does the ‘power’ of your position and agency lay?
- As an agent or actor within a system, its easier to pay closer attention to your own humanness – but we also have the responsibility to recognize and honor the humanness in others. Because not doing so is a perpetuation of injustice.

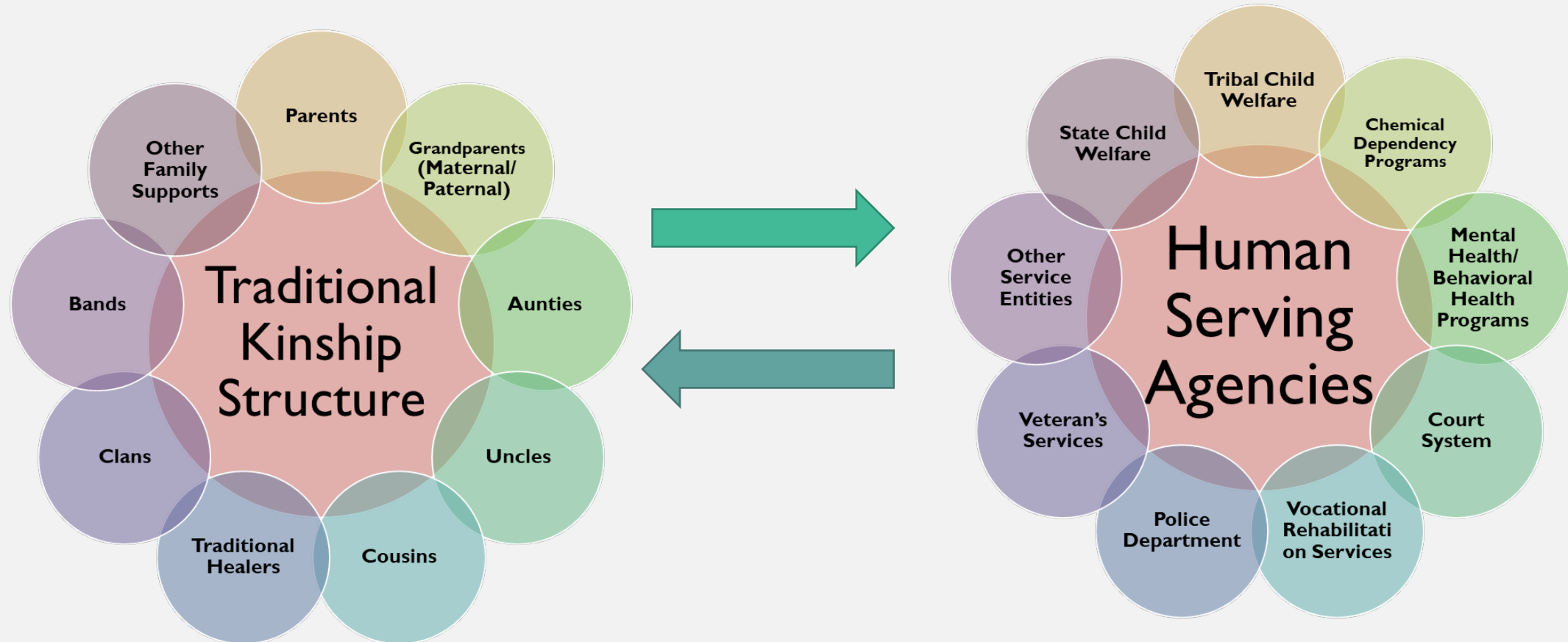
HOW TO COUNTERACT POWER DYNAMICS OF SYSTEMS

- What are cultural teachings in the community that you work within that serve as the guideposts for healthy living?
 - Anishinaabe: 7 Grandfather Teachings
- What are important medicine teachings to incorporate into your work or your program?
 - Traditional Tobacco?
- People make mistakes – that is a hallmark of humanity. There is a difference between being held accountable and being beaten down. Ask yourself:
 - How would I want to be treated (or held responsible)?
 - Is the accountability focusing on the action, or the deficiencies of the person?

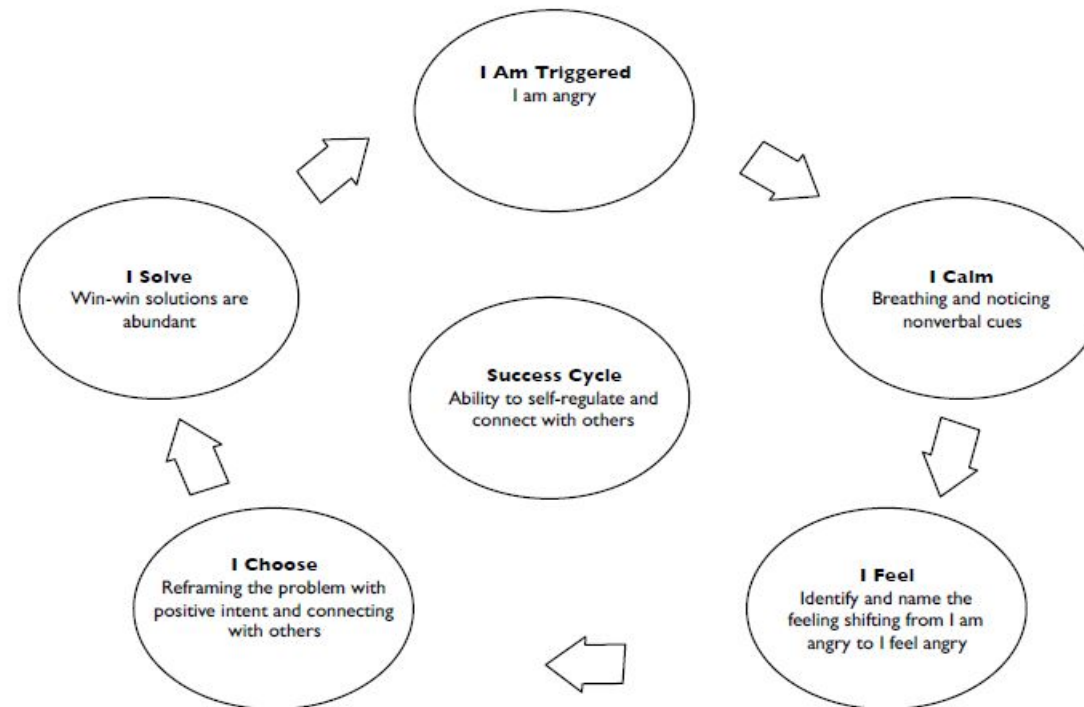
LEARN THE DIFFERENCE



IMPACT OF TRAUMA AND THE IMPORTANCE OF HEALING



SELF REGULATION SUCCESS CYCLE



POLL QUESTION

- What is one tool you will take with you and use for yourself and/or those you work with?
 - Brain science
 - Self-sabotage cycle/Self-regulation success cycle
 - Traditional teachings of tobacco
 - Impact of trauma and importance of healing
 - How to counteract power dynamics of systems

QUESTIONS?

AHE'HEE
CHI-MIIGWETCH