

Trauma Informed Care for Native Youth

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*Native American Tribes
in North Carolina*

- Cherokee (Qualla Boundary)
- Coharie (Sampson Co.)
- Haliwa-Saponi (Halifax Co.)
- Haliwa-Saponi (Warren Co.)
- Lumbee (Robeson Co.)
- Meherrin (Hertford Co.)
- Occaneechi-Saponi (Alamance Co.)
- Occaneechi-Saponi (Orange Co.)
- Waccamauw Siouan (Bladen Co.)
- Waccamauw Siouan (Columbus Co.)

Objectives

Participants will:

- Learn about trauma informed care and its importance
 - Learn the importance of using trauma informed care among Native youth
 - Learn about the relationship between trauma informed care and sexual health
 - Be informed of resources available for incorporating trauma informed care
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Content Warning



The background is a solid pink color. In the top right corner, there are several overlapping geometric shapes in various shades of pink and magenta, creating a modern, abstract design.

**What is trauma
informed care?**

Trauma Informed Care...

- Recognizes the impact that trauma has had on behavioral health and behavioral health outcomes
- Goal is to create an environment that is sensitive to such impacts
- Includes the impacts of historical and individual trauma

Which of the following is an example of historical trauma?

Sexual
assault **A**

Holocaust **B**

Violence **C**

Which of the following is an example of individual trauma?

Non-consensual
sterilization **A**

Inability to access
healthcare services **B**

Domestic violence **C**

Historical & Individual Trauma

- **Historical Trauma**

- Boarding schools
- Non-consensual sterilization
- Inability to Access Healthcare Services

- **Individual Trauma**

- Car accident
- Sexual assault/violence
- Domestic violence
- Injuries/death

**Why should
trauma informed
care be used when
working with
Native youth?**

Importance of Using Trauma Informed Care

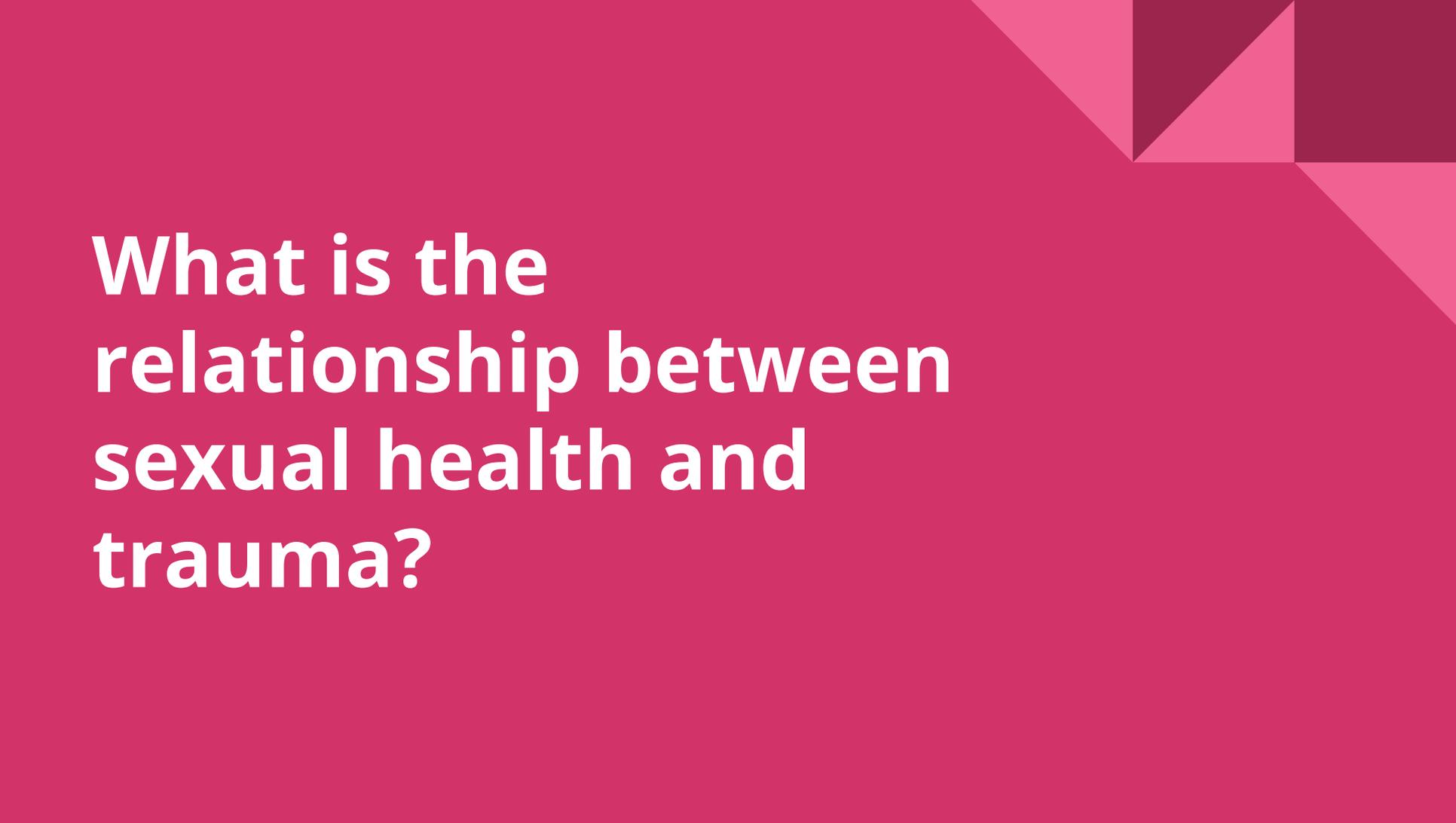
- Native youth experience trauma at high rates than any other youth in the US
 - 2.5 times more likely than non-Native youth
- Native youth experience PTSD at a rate of 22%
 - Triple the rate of the general population
 - Same rate as veteran returning from Iraq and Afghanistan

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**What is sexual
health?**

Sexual health is...

“...a state of **physical, emotional, mental and social well-being** in relation to sexuality; **it is not merely the absence of disease**, dysfunction or infirmity. Sexual health requires a **positive and respectful approach** to sexuality and sexual relationships, as well as the possibility of having **pleasurable and safe sexual experiences**, free of coercion, discrimination and violence. For sexual health to be attained and maintained, **the sexual rights of all persons must be respected, protected and fulfilled.**”

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**What is the
relationship between
sexual health and
trauma?**

Sexual Assault Among Native Women

- Native women are more than 2.5 times more likely to be sexually assaulted than women in the US in general
 - 1 in 3 Native women will be sexually assaulted in their lifetime
 - As of 2016 there are over 5,000 known incidents of missing and murdered indigenous women and girls
 - Homicide is the 3rd leading cause of death among Native adolescents and young women
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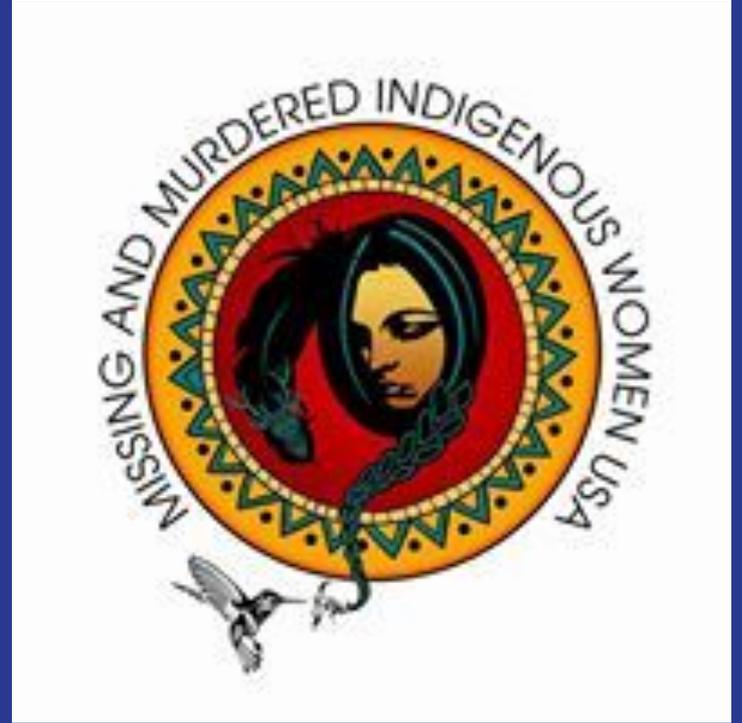
The REDress Project



Jordan Marie



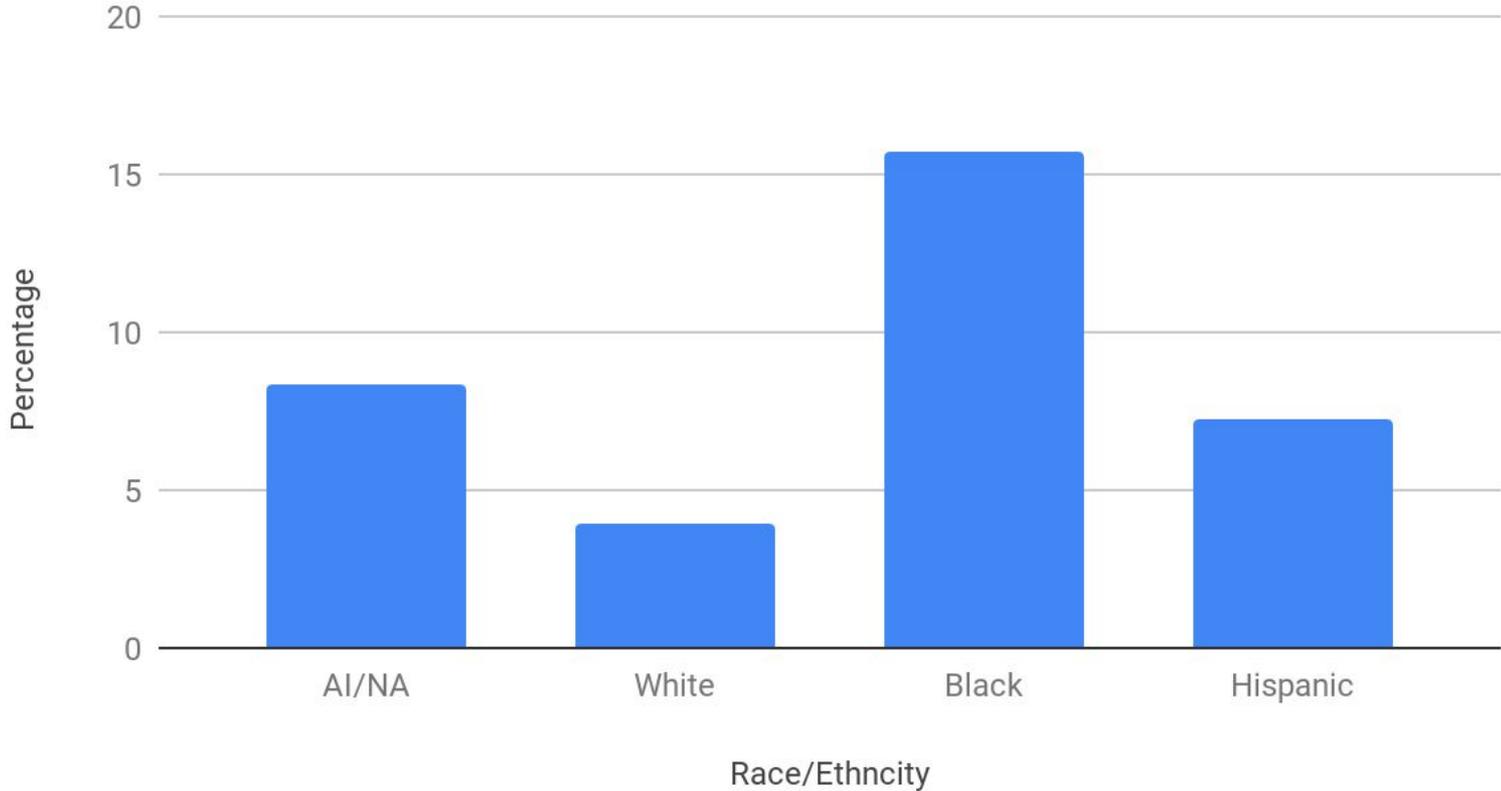
Missing and Murdered Indigenous Women USA



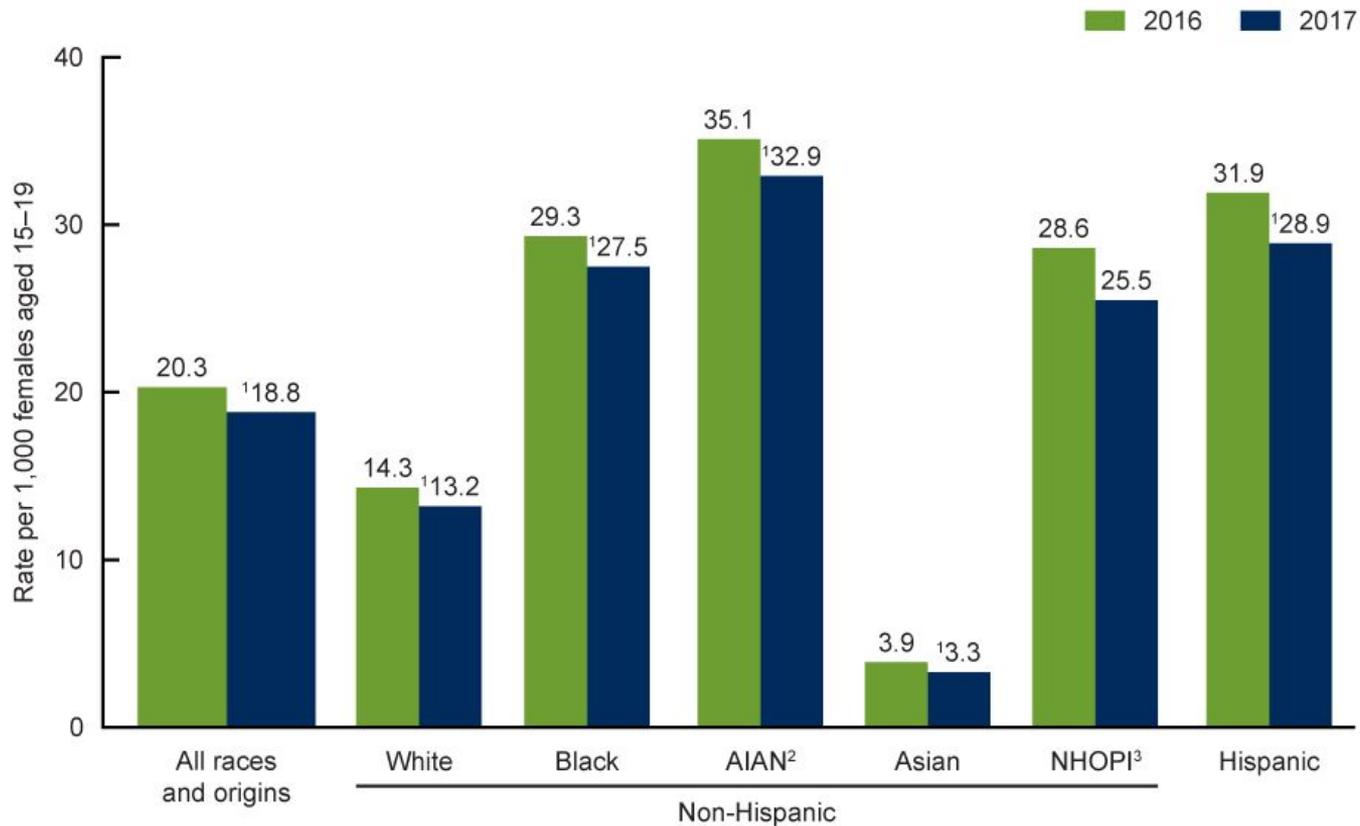
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**Why should we focus
on Native sexual
health?**

Sexual Debut Before Age 13



(de Ravello, Everett Jones, Tulloch, Taylor, & Doshi, 2014)



¹Significant decline from 2016 ($p < 0.05$).

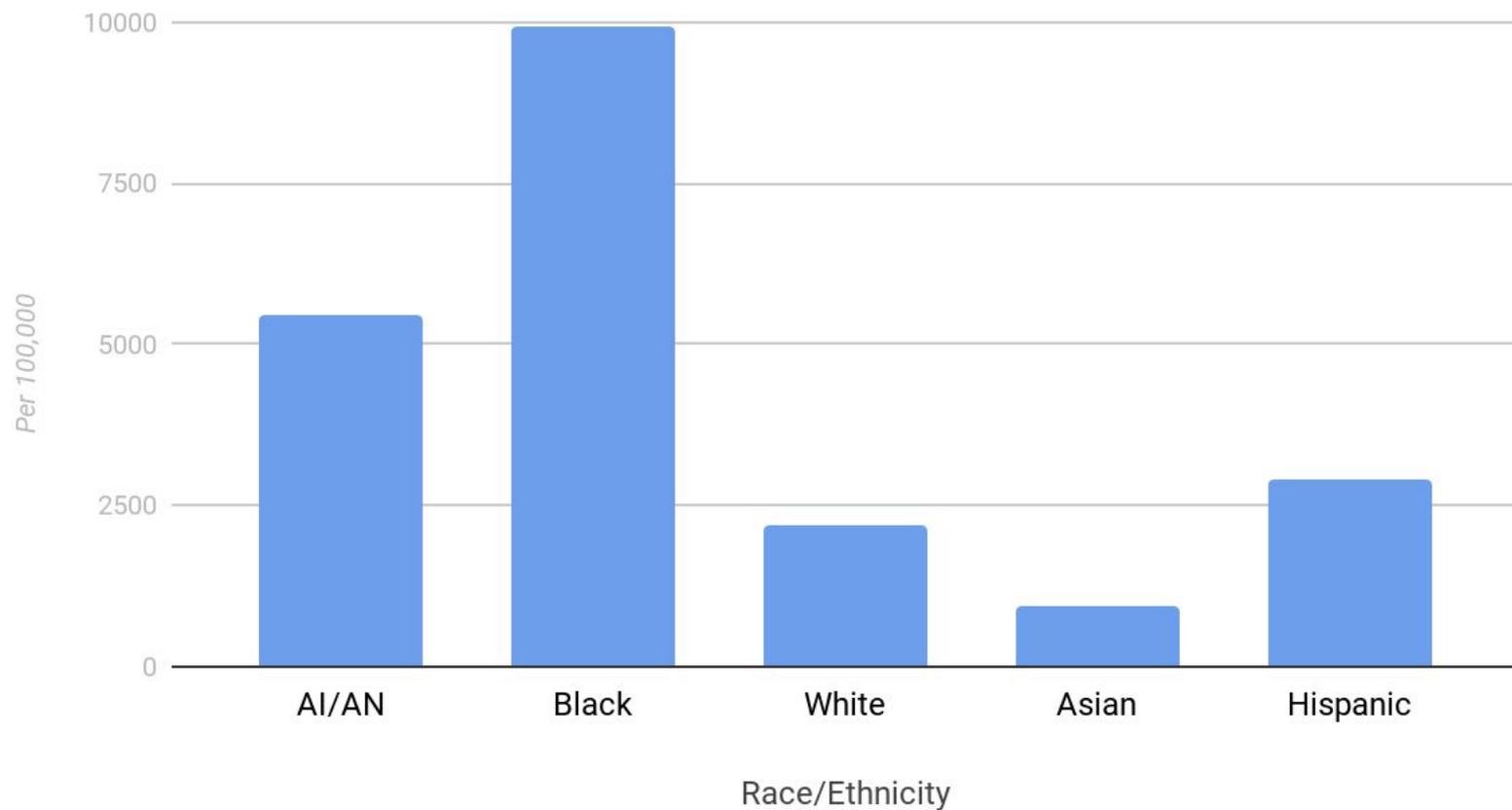
²AIAN is American Indian or Alaska Native.

³NHOPI is Native Hawaiian or Other Pacific Islander.

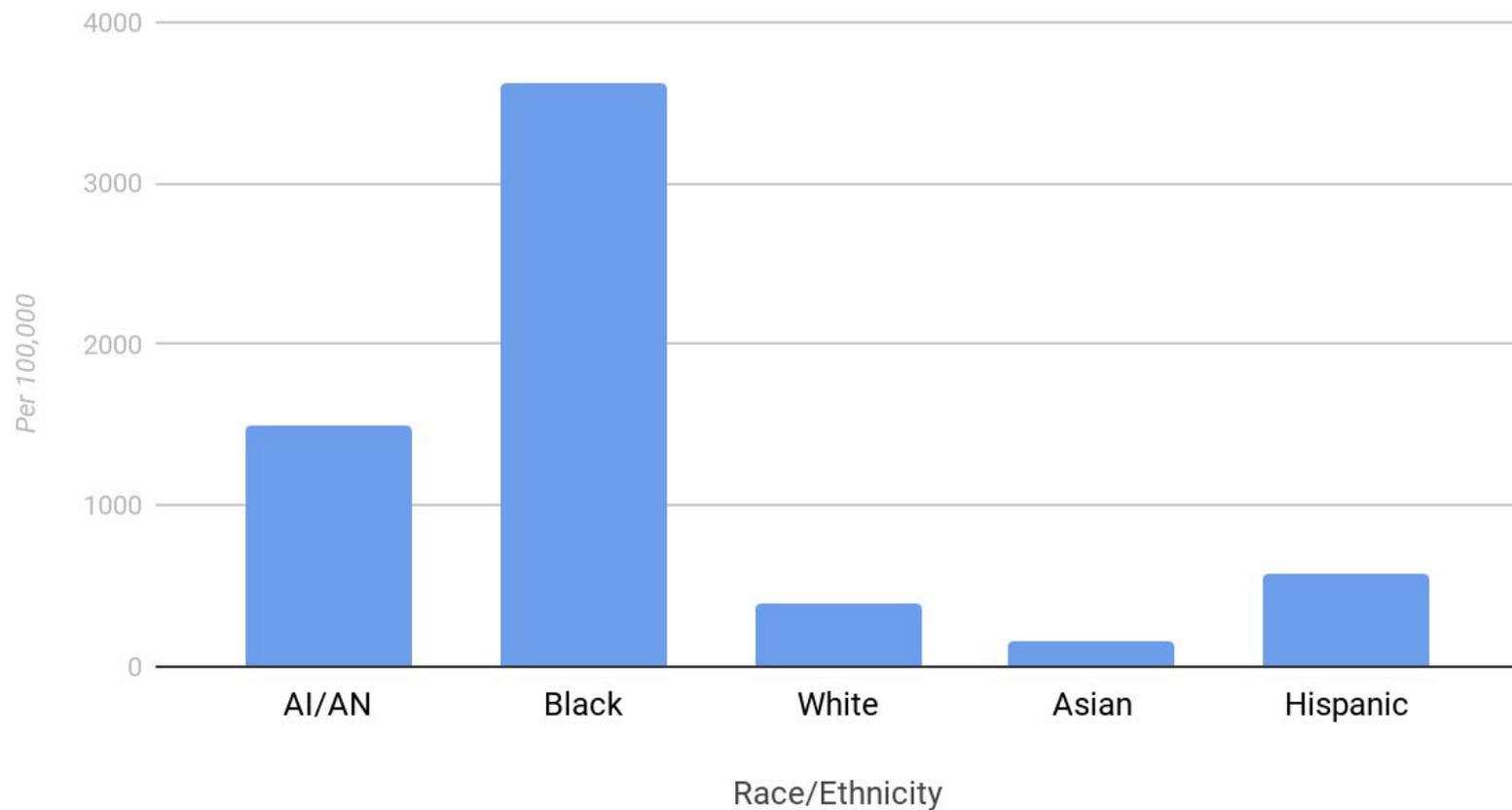
NOTES: Race groups are single race. Access data table for Figure 2 at: https://www.cdc.gov/nchs/data/databriefs/db318_table.pdf#2.

SOURCE: NCHS, National Vital Statistics System, Natality.

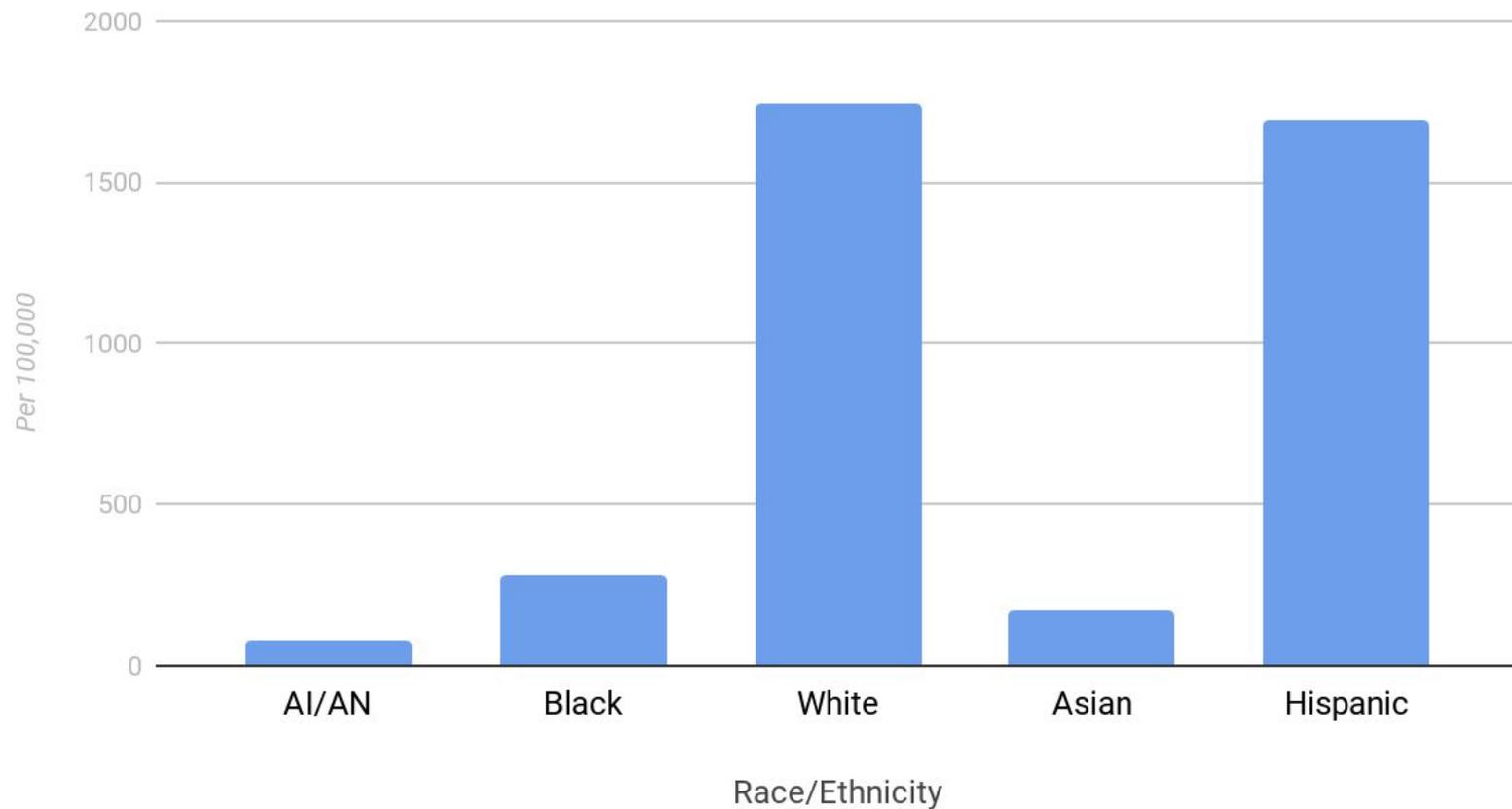
Chlamydia

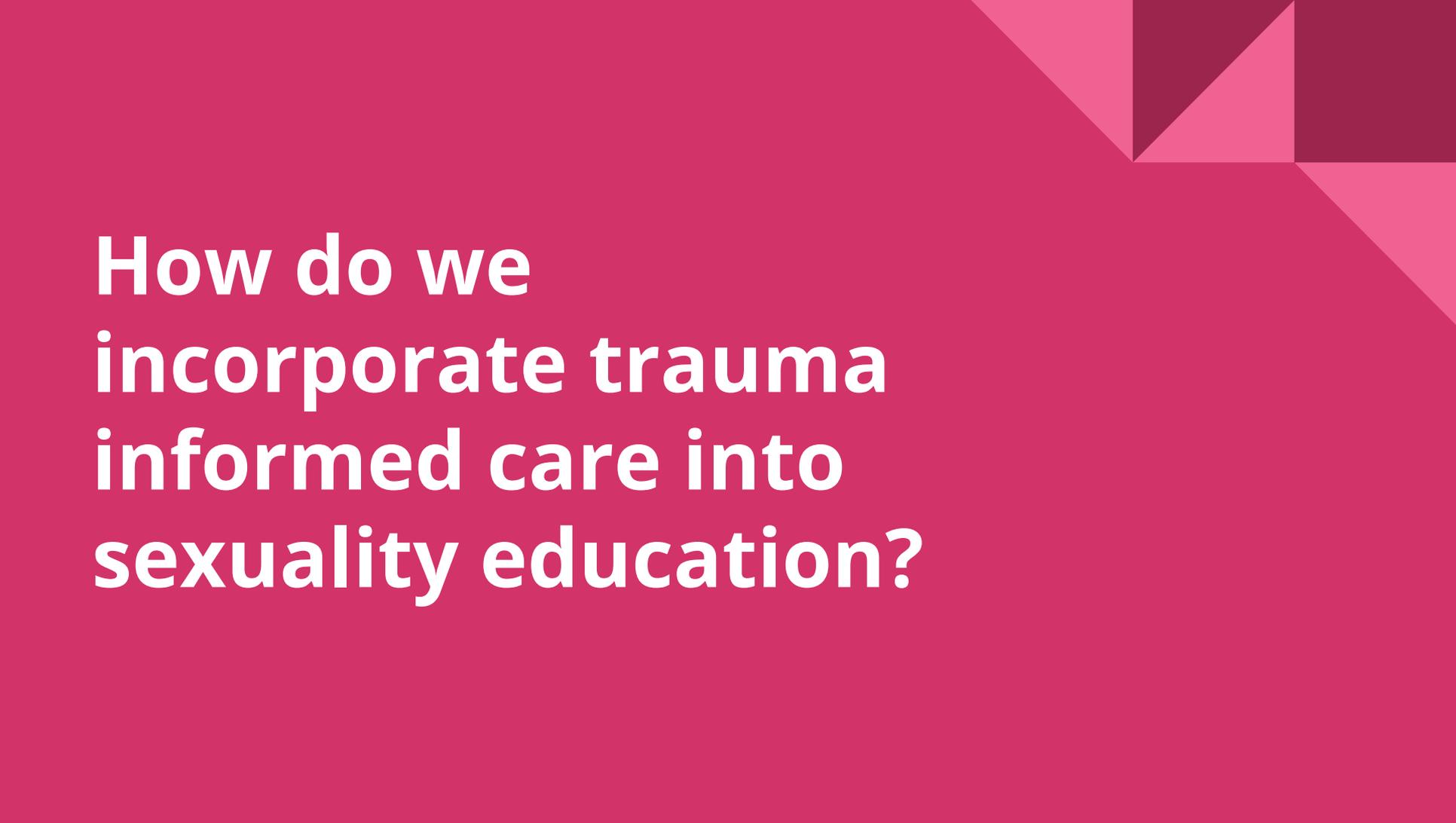


Gonorrhea



Primary and Secondary Syphilis



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**How do we
incorporate trauma
informed care into
sexuality education?**

Trauma Informed Sex Education

- Give trigger warnings
- Include elders in workshops
- Encourage youth to talk about traumatic experiences with a trusted adult
 - E.g: parent, caregiver, health provider, community member
- Incorporating a question box



Additional Resources



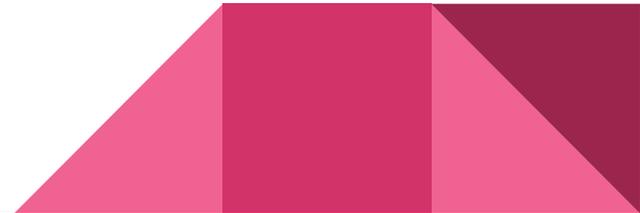
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QUESTIONS?





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