

XAPTÚS
(FIRST FACE) FOR
MENTAL HEALTH



Meet Your Presenters



Minnie Bliesner
(Umatilla & Lummi)
Training & Research
Coordinator



Raisa Jones
(Lumbee Tribe of NC)
Training & Research
Coordinator



Cassie Anderson
(Chippewa Cree of the
Rocky Boy Reservation)
CIRCLE Director

The Healing Lodge of the Seven Nations

In 1986, Seven Nations met to discuss forming a chemical dependency treatment solution for their youth.

In 1988, creation of Inland Tribal Consortium (ITC) Youth Treatment Program - later renamed the Healing Lodge of the Seven Nations.

2013, CIRCLE formed

In 2017, the HL7N further developed its services to meet the needs of youth and their families by adding a comprehensive outpatient behavioral health facility.



In 2013, The Center for Indigenous Research, Collaboration, Learning and Excellence (CIRCLE) at the Healing Lodge of the Seven Nations was established.

Mission: To promote healthy indigenous communities across the US by promoting & participating in cooperative learning & research related to addiction & other MH treatment outreach.

CIRCLE



First Face for Mental Health

First Face for Mental Health training was built with & for tribal communities.

There are five main topics covered in the training: 1) Trauma, 2) Addiction, 3) Depression & Anxiety, 4) Self-harm, and 5) Violence.

Focus on understanding intergenerational trauma, typical and atypical adolescent behavior, and self-care.







*First
Face
Tools*

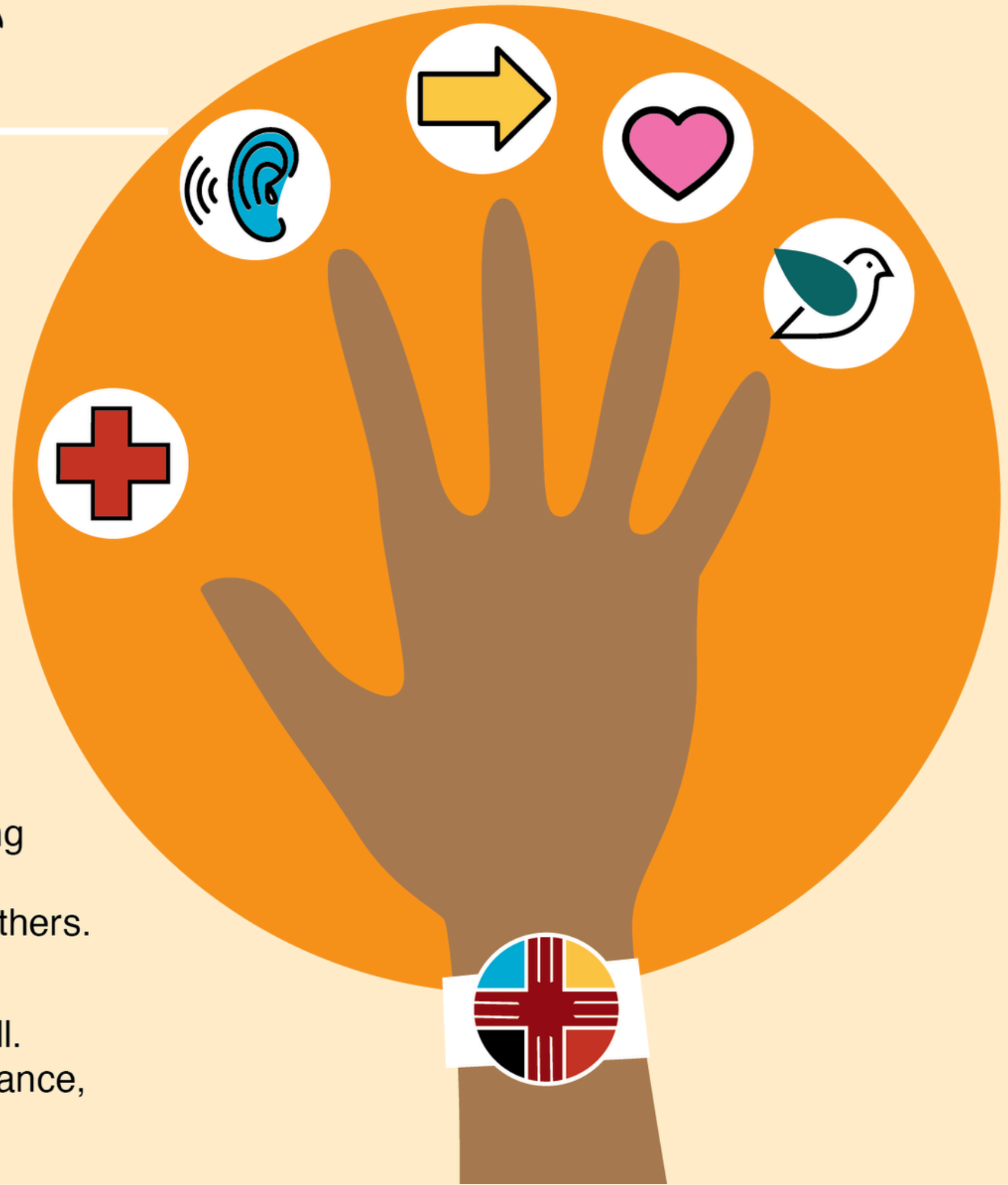
Culturally-Relevant Tools

- First Face makes use of tools that are optimized for Native learners.
- The tool we will introduce today is a kinesthetic memory aid.



Healing Hands

-  **SAFETY FIRST** Start with the thumb. The thumb is the strongest finger. Ensure the safety of yourself, including practicing self-care, and the one you seek to help.
-  **LISTEN OPENLY** The pointer finger placed in front of the mouth reminds us to observe and listen before speaking. Assess before acting.
-  **GUIDE TO HELP** The middle, our tallest finger, reminds us of leaders and guidance. Be an effective guide to professionals in your area who can provide support.
-  **INFLUENCE WITH COMPASSION** The ring finger is the weakest, but it also has power. Moving the ring finger moves other fingers. This reminds us to act compassionately because what you do can affect others.
-  **PROVIDE HOPE** The pinky is the smallest finger and easiest to hurt. People who hurt often feel small. This finger reminds us to provide hope and reassurance, not judgement.



Nick's story

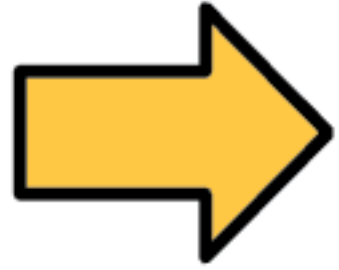
Healing Hands Applied to Nick's Story



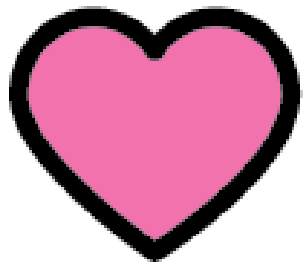
Monica put out the lit cigarette and woke Nick up. She also made sure not to let Nick go back to sleep.



Monica asked Nick "What's going on? " She told him she wanted to support him and that he could count on her.



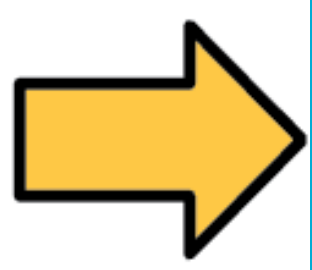
Monica made an appointment for Nick to have an assessment at the Clinic.



Monica smudged Nick before they went to the Clinic.



Monica set up a sweat for Nick with his cousin. She mentioned therapy and after-care that would be a good option.



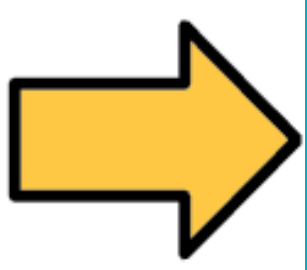
Healing Hands in Practice!



We're going to apply the Healing Hands to our own lives!

In this activity, we will explore the things we carry with us everyday that might impact how we show up for others. We will also look at the things we want to carry in the world.





Healing Hands Activity Steps 1



Hand 1

This hand will represent
what you've carried

This might be grief,
strength, survival, or other
meaningful experiences

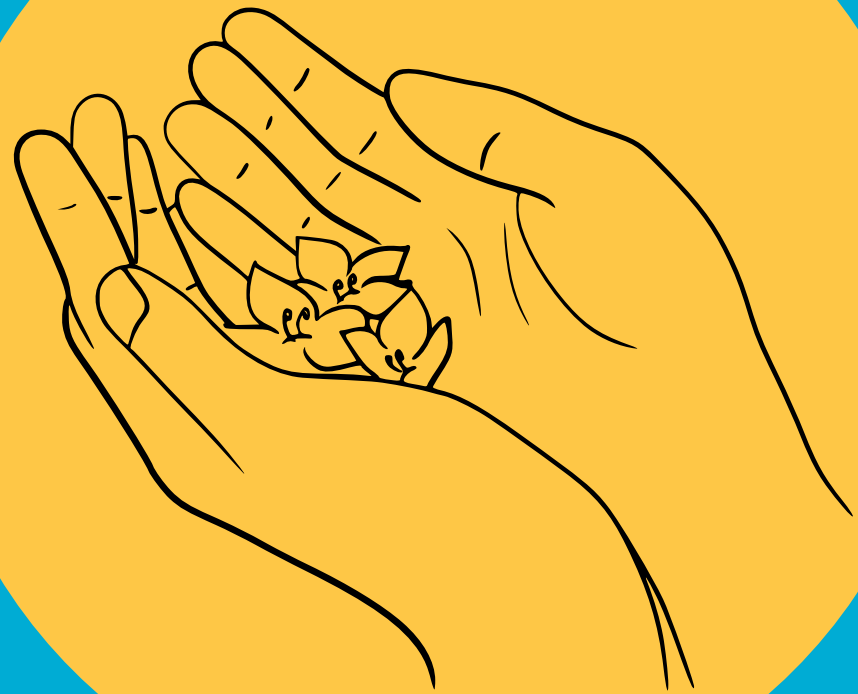
Hand 2

This hand will represent
**what you're giving or
reaching toward**

This might be hope,
healing, prayer, or support

Use the text, emojis or other digital materials to decorate your hands.

Summary



1. First Face for Mental Health serves as a culturally-based training that addresses stigma associated with mental health and addiction.
2. The steps of the Healing Hands serves as a frame to help community members feel more confident to assist someone who is in crisis.

*Bring
First
Face
To
Your Area!*

How to Become a First Face!



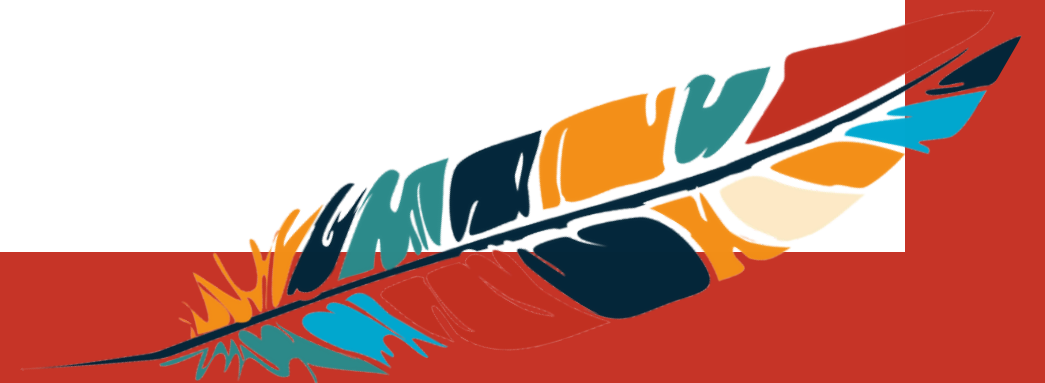
First Face for Mental
Health Training QR Code!



*The
Future
of
First
Face!*

Adaptations

- **First Face for Tribal Gaming**
- **First Face for Tribal Elders**
- **First Face for Law & Justice**
- **First Face for the Classroom**
- **First Face for Adolescents**



WANT TO CONNECT WITH US?

Newsletter QR
Code!

