



Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

Elluarluta Ilakutellriani-Part II

Rose Domnick, Sophie Jenkins



Mobilizing Partnerships to Promote Wellness

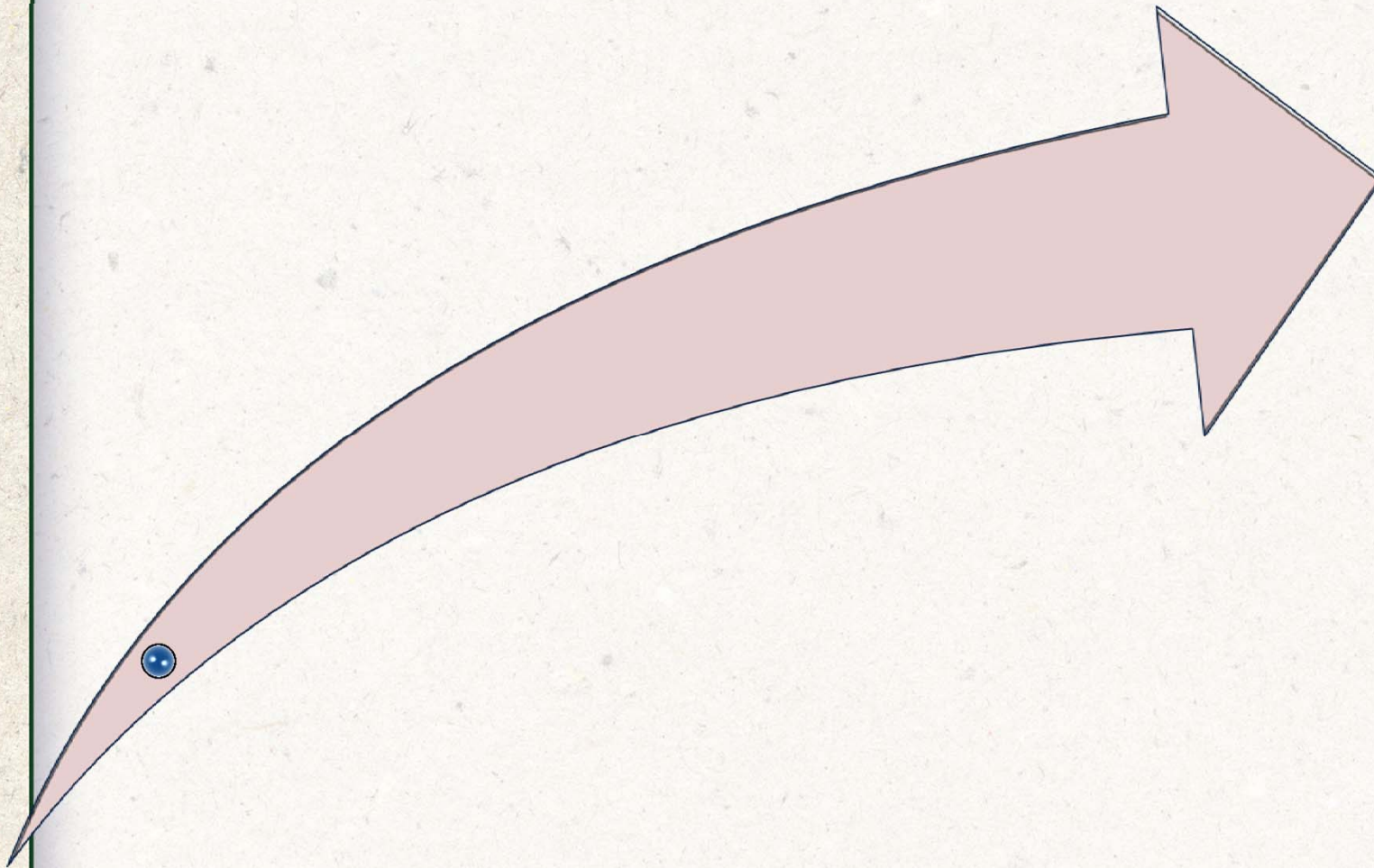
House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Room XXX for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Elluatmun Ayagturallerkaput ilakellriani
Healing Journey With the Sex Offenders

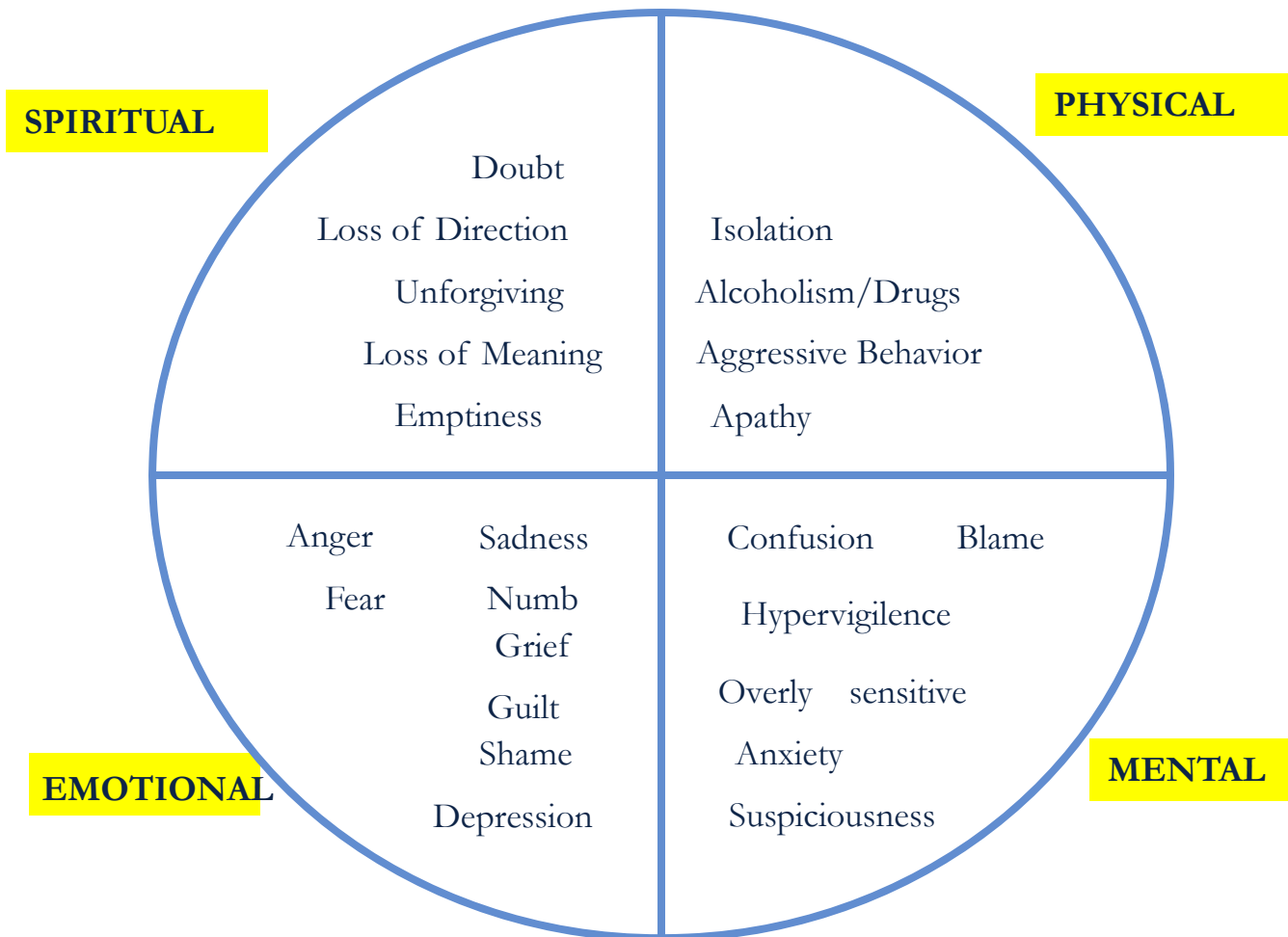


History



Understand the role of thinking in our Experience

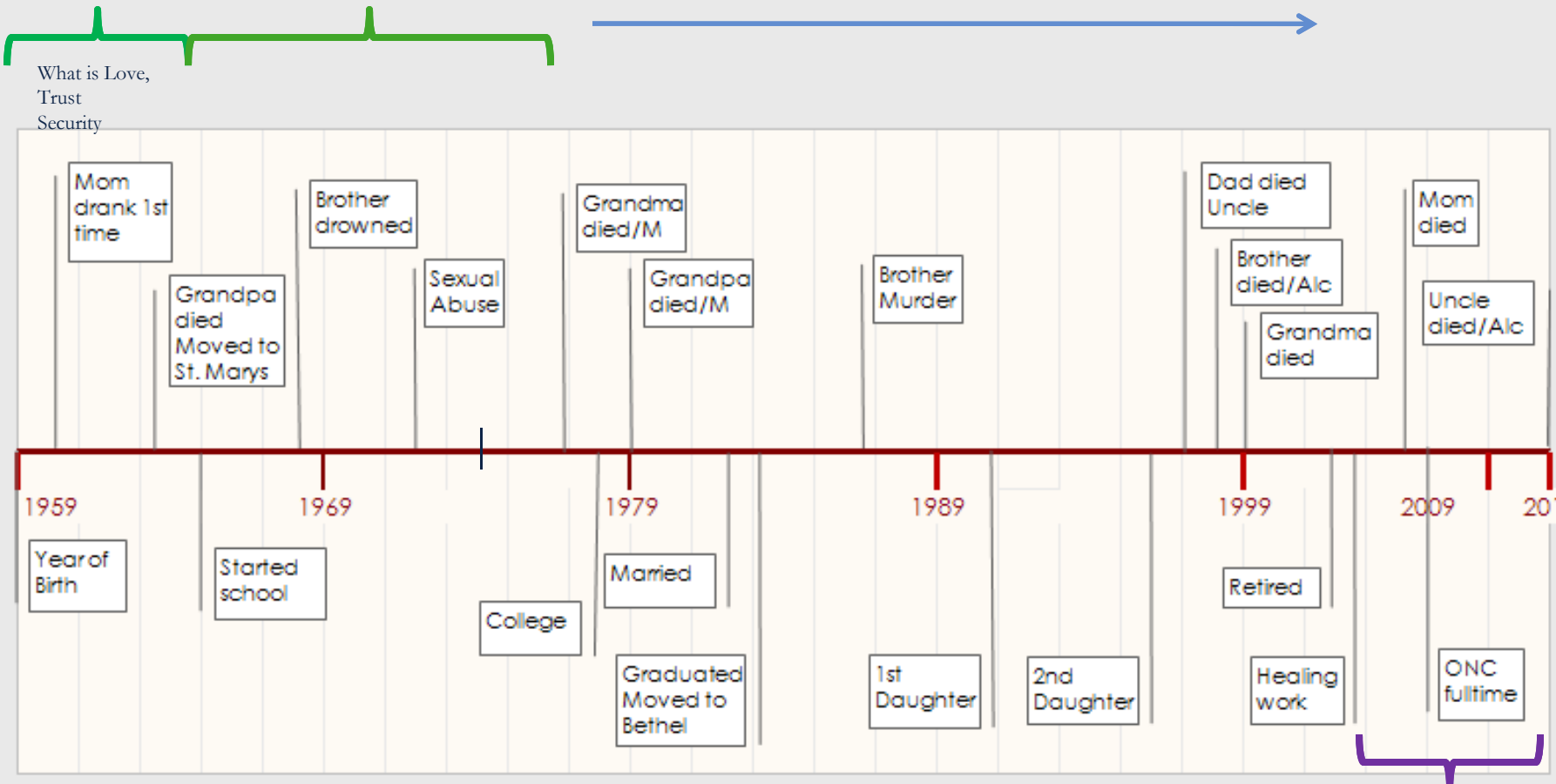
Feeling → **Thinking** → **Acting**



Subconscious blueprint of who I am and what I think of the world being established

Blueprint being reinforced

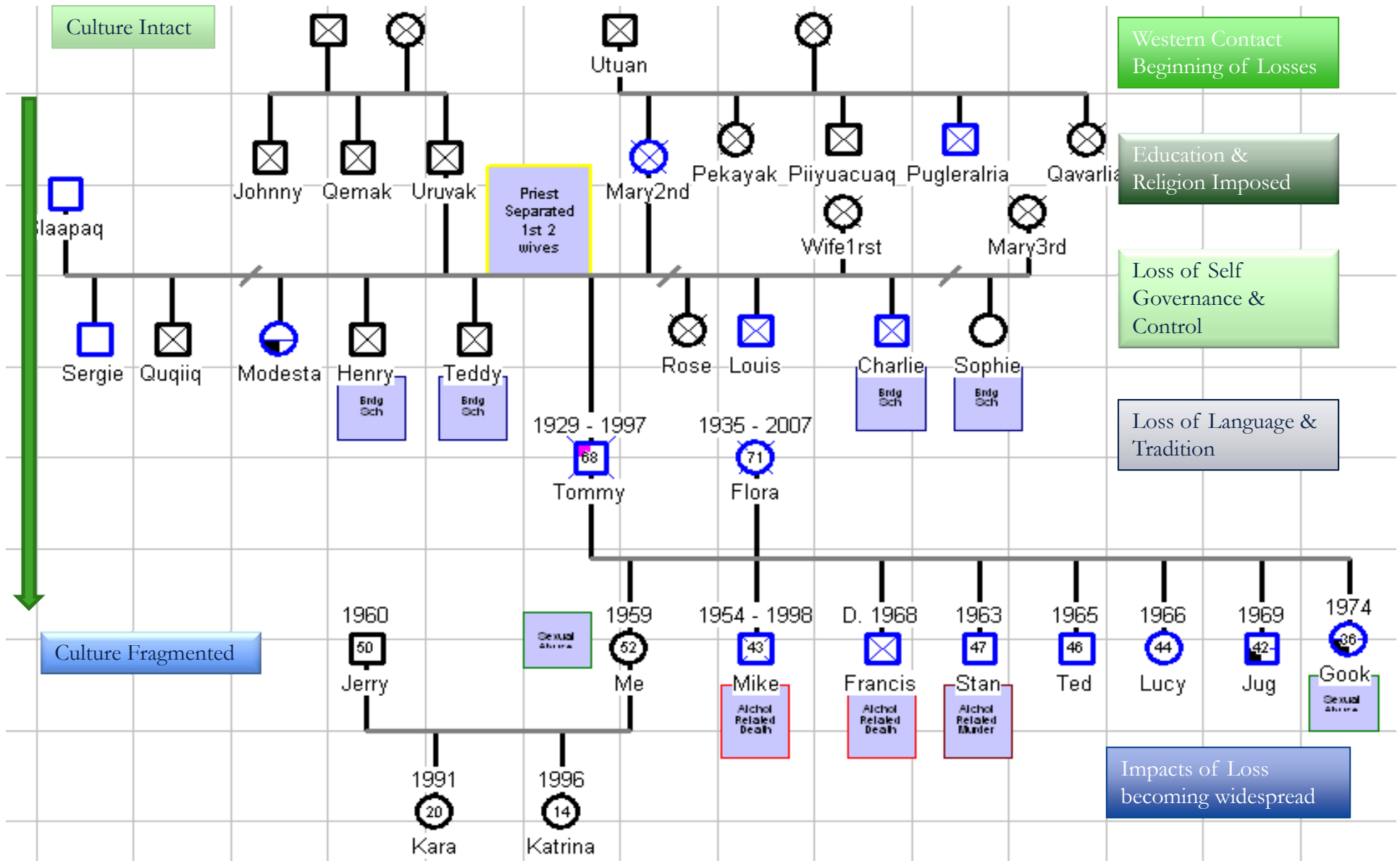
I live my life based on my interpretation of Trust, Security & Love, What I do with my feelings and experiences, How I view myself and where I fit in.



Redefining childhood experiences, Changing the value of traumatic experiences

Trauma timeline-Rose

Rose's Genogram (Dad)



The S.O. Program

1. Healthy Families-8 wks
2. Wellness Wheel-4 wks
3. Genogram-2 wks
4. Trauma Line-5 wks
 - a. What was done to me
 - b. What did I do

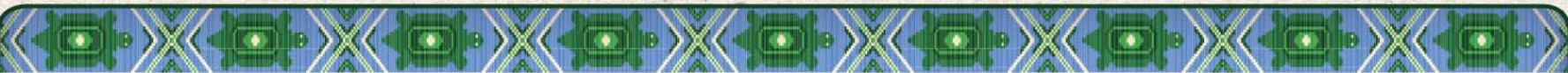


Release Preparation

- Safety Net
- Community Gathering




Restorative Justice Approach





For my story, I have been physically, verbally, mentally abused as a young kid. I learned to carry the hurt inside as I grew up, I didn't know what to do with it. Early teens I started using alcohol & drugs to cover up feelings. I learned to take out anger toward my families, especially my younger brothers, physically & verbally abusing them. I was struggling so much I couldn't understand. I blamed my dad for what he did to me. I know he didn't mean it what he has done to me & family. He was struggling before I even became aware, I know he used up a lot of alcohol in growing up years.

We all know it is our own past negative things that brought us here. It will take courage for me to change my behavior. I should not be afraid to take out my problems. I now see that people are the same. We all have feelings, thinking & behaviors that can turn life around either ways. I had a lot to learn in this healing process. I no longer have to feel ashamed, embarrassed, guilty and afraid to confront myself. I still have a lot to learn.

The way I have to change is have courage and strength together. I won't be hurting forever. I have families that care for me and love me no matter what in life I have done. It is up to me to turn it around by being honest and truthful about my past behaviors. It will be told either way, because we are not hidden thru God. He already knows my trials and troubles.



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- I agree with H.F. teachings-where do I come from, who we are-our ancestors, and done in our language. The value of our tradition, culture and spirituality, as well as our language fading away into transition to westernization. Our ancestors had a good way of living and taught it to the next generation. When we were raised, our parents taught us to survive on our own, only we chose to follow western civilization living, we forgot who we really are and where we come from, and from that perspective we come to jail.
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Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800

In Memory of Paniguaq/Peter Jacobs

