

Services that might be provided in the area of PFA/MHFA with a focus on recovery and reintegration following shocking events.

1. Immediate assistance with recovery and reintegration.
2. Training in assisting others with recovery and reintegration.
3. Integration of our work with the medic/healers, and with providers of medical and nursing assistance at the camps.

1. Immediate assistance would likely be provided following an action or event that involved pain violence, brutality, verbal brutality, or the witnessing of any of those. Compassionate presence and assistance could be offered to those who choose to have such assistance, including those who may find reintegration into their families and roles to be challenging following such events. These support services should be available and it would not be expected that many would need or take advantage of them right away.

Those Native and non-Native people who may be away from their loved ones and their usual comforting rituals and surroundings may be among those who might need additional support. Support often begins and sometimes ends with practical things like helping resources for food, water, sleep, telephone service and support in making connections with others. It may also include opportunities to sort through reactions and memories that the person does not feel ready to share with loved ones, sometimes because they are too raw and unorganized.

A key aspect of all this work is recognition and assurance that a wide range of reactions is expected--physical, emotional and cognitive--and that focus on fundamental things like nutrition, rest, water, moderate exercise, etc are parts of recovery.

2. Training may include interactive programs on ways to assist children. Under the guidance of native healers, these might include use of ritual and various forms or art, breathing, singing, movement, and other stress relievers. Workbooks have been created for other groups of children following difficult events; I do not know if any have been created for Native children. Some exercises have included children drawing or taking photographs of important things in their lives and then talking about those. These approaches will have to be vetted by native healers.

Some trainings might include family groups, where the parents do the activities with the children.

I wonder whether Robin Gurwich, who is the national expert on this, would be willing to provide or share an existing webinar for volunteer psychologists.

Resources and Ideas

<http://www.samhsa.gov/sites/default/files/podcasts-children-trauma-presentation.pdf>

<http://abcnewsradioonline.com/health-news/what-images-of-terror-can-do-to-the-brain.html>