

STANDING WITH STANDING ROCK

PROVIDING APPROPRIATE MENTAL HEALTH SUPPORT TO THE WATER
PROTECTORS

DISCLAIMER

THIS TRAINING IS INTENDED SOLELY FOR THE PURPOSES OF ENSURING THAT MENTAL HEALTH PROFESSIONALS WHO PLAN TO OFFER ASSISTANCE TO AND WITHIN THE WATER PROTECTOR CAMPS AT STANDING ROCK DO SO IN A CULTURALLY-APPROPRIATE MANNER AND IN ACCORDANCE WITH FIELD BEST PRACTICES.

THE SOCIETY OF INDIAN PSYCHOLOGISTS (SIP) OPENLY SUPPORTS THE STANDING ROCK SIOUX TRIBE'S EFFORTS TO RETAIN THEIR SOVEREIGNTY AMIDST INCURSIONS BY THE DAKOTA ACCESS PIPELINE (DAPL). HOWEVER, SIP AND ITS MEMBERS DO NOT OFFICIALLY ENDORSE OR CONDONE ANY ILLEGAL ACTS THAT MAY BE COMMITTED BY WATER PROTECTORS IN THEIR PROTEST AGAINST DAPL, LOCAL LAW ENFORCEMENT, OR OTHER GOVERNMENT ENTITIES.

#NODAPL

THE DAKOTA ACCESS PIPELINE (DAPL) BEGAN CONSTRUCTION IN 2014 AND REACHED NORTH DAKOTA IN SPRING 2016.

MANY NATIVES AND NON-NATIVES ALIKE HAVE CONCERNS REGARDING THE PIPELINE, TO INCLUDE DISTURBANCE OF VIABLE FARMLAND, CLAIMS OF EMINENT DOMAIN, AND THE POTENTIAL FOR OIL LEAKS AND WATER CONTAMINATION.

MEMBERS OF THE STANDING ROCK SIOUX TRIBE AND OTHER NATIONS BEGAN CAMPING IN PROTEST OF THE CONSTRUCTION IN APRIL 2016. TODAY, MULTIPLE CAMPS HAVE BEEN ESTABLISHED ALONG THE CANNONBALL RIVER.

WHILE THE STANDING ROCK SIOUX TRIBAL CHAIRMAN, DAVE ARCHAMBAULT, JR., STATES THAT THE RESISTANCE HAS BEEN NONVIOLENT, PEACEFUL, AND PRAYERFUL, LOCAL LAW ENFORCEMENT HAVE ARRESTED HUNDREDS OF WATER PROTECTORS FOR VARIOUS ALLEGED OFFENSES.

THUS FAR, WATER PROTECTORS HAVE REPORTED FEELING THREATENED BY THE PRESENCE OF MILITARIZED POLICE FORCES AND NATIONAL GUARDSMEN, BEING SPRAYED WITH PEPPER SPRAY, BEING FORCIBLY REMOVED FROM CEREMONIES, BEING ARRESTED FOR UNFOUNDED CHARGES, AND BEING DEMEANED WHILE IN LAW ENFORCEMENT CUSTODY (TO INCLUDE UNNECESSARY STRIP SEARCHES AND CONFINEMENT IN CELLS INTENDED FOR TEMPORARY USE).

Society of Indian Psychologists - December 2016

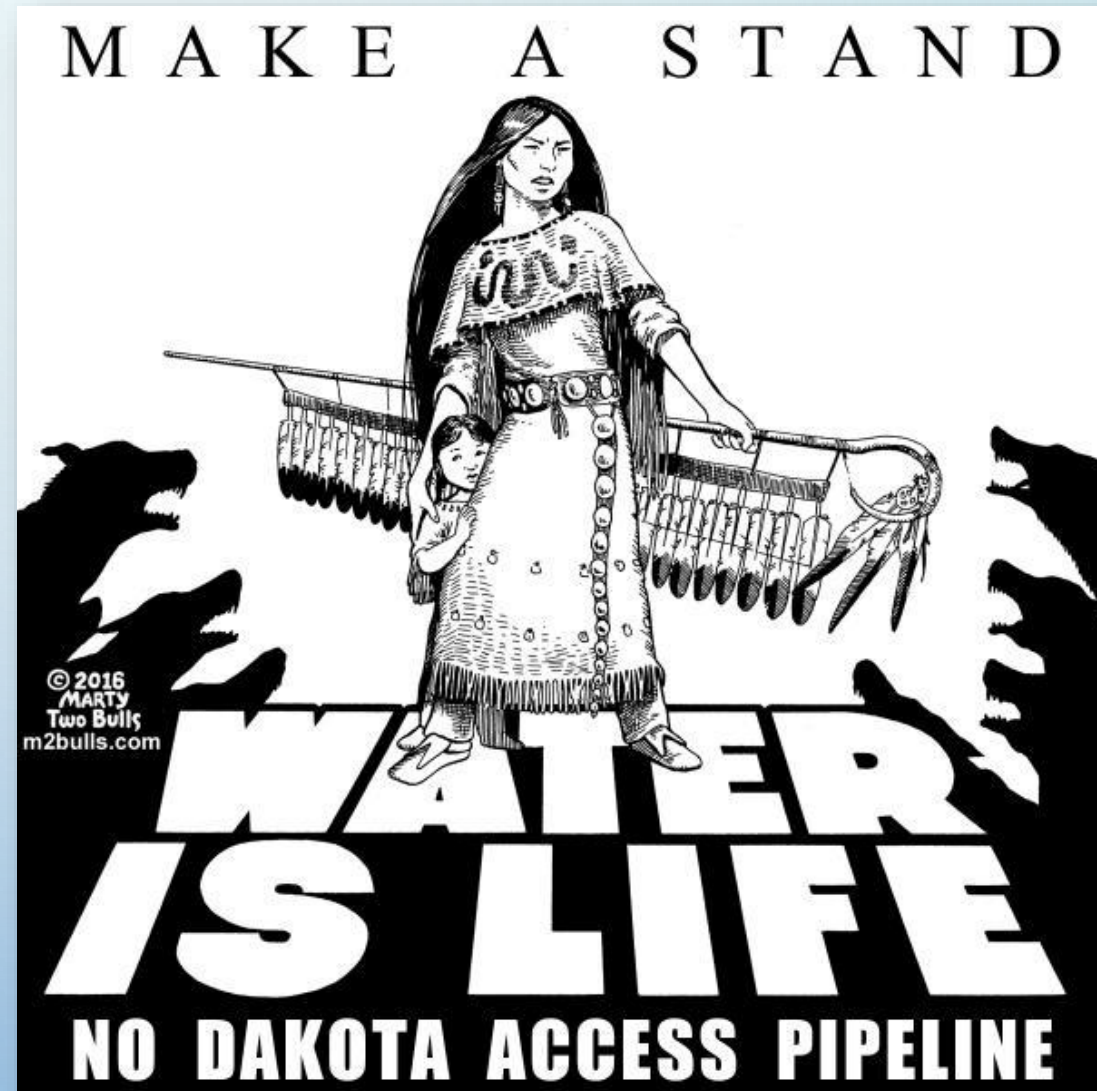
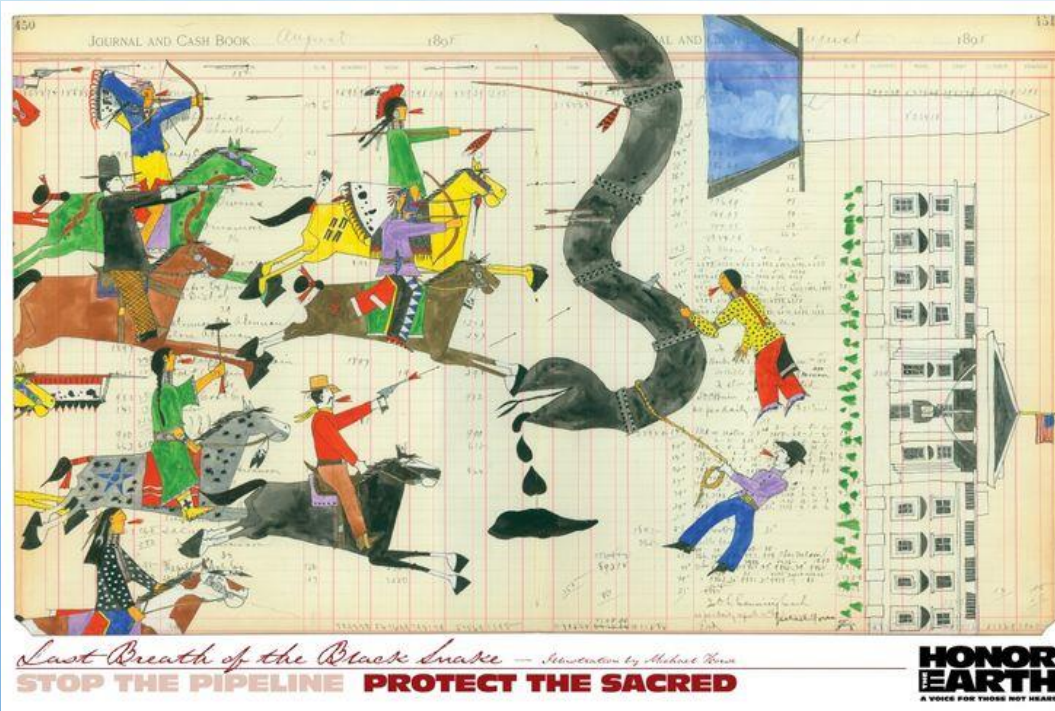


Photo courtesy of Marty TwoBulls, m2bulls.com

CEREMONY

Photo courtesy of gatheringtribes.com



“I ASK YOU TO JOIN ME ON THIS ENDEAVOR. OUR VISION IS FOR THE PEOPLES OF ALL CONTINENTS, REGARDLESS OF THEIR BELIEFS IN THE CREATOR, TO COME TOGETHER AS ONE AT THEIR SACRED SITES TO **PRAY AND MEDITATE AND COMMUNE WITH ONE ANOTHER**, THUS PROMOTING AN ENERGY SHIFT TO HEAL OUR MOTHER EARTH AND ACHIEVE A UNIVERSAL CONSCIOUSNESS TOWARD ATTAINING PEACE.”

CHIEF ARVOL LOOKING HORSE

AUGUST 2016

CEREMONY

- GIVEN THE PROPHECIES AND ONGOING CEREMONIES REGARDING DAPL, TYPICAL “PSYCHOLOGICAL” SERVICES ARE NOT NECESSARILY VITAL TO THE PROTECTION, MOTIVATION, AND SUSTAINMENT OF THE WATER PROTECTORS
- INSTEAD, A MORE CULTURALLY-APPROPRIATE APPROACH WOULD BE TO FOREFRONT THE WATER PROTECTORS’ GROUNDING IN SPIRITUAL AND CULTURAL ACTIVITIES IN ORDER TO MAINTAIN THEIR RESILIENCE
- THAT SAID, WELL-TRAINED AND HUMBLE MENTAL HEALTH PROVIDERS CAN OFFER AN, ADMITTEDLY LOWLY, ADJUNCT TO THE CEREMONIAL EFFORTS WITHIN THE CAMPS BY WAY OF AN ADAPTED DISASTER MENTAL HEALTH (DMH) MODEL



Photos courtesy of Google Images

DISASTER MENTAL HEALTH

- DISASTER MENTAL HEALTH INVOLVES THE PROVISION OF PSYCHOLOGICALLY- AND BEHAVIORALLY-BASED SERVICES TO ADDRESS **NORMATIVE RESPONSES TO TRAUMATIC EVENTS** AND TO MITIGATE THE DEVELOPMENT OF RELATED PSYCHOPATHOLOGY



Photo courtesy of GoFundMe.org

DMH CORE STRATEGIES

PRE-EXPOSURE PREPARATION

- PSYCHOEDUCATION AND COACHING CAN ASSIST IN THE DEVELOPMENT OF HELPFUL COPING STRATEGIES BEFORE A TRAUMATIC EVENT IS EXPERIENCED
- PROVIDERS INTENDING TO WORK IN THE CAMPS SHOULD CONSIDER PROVIDING PRE-EXPOSURE SERVICES FOR PURPOSES OF BOTH PRIMARY AND SECONDARY PREVENTION
- PRIMARY: BRIEFING CAMP NEWCOMERS ON CURRENT EVENTS, EXPECTED EXPERIENCES IN THE CAMP, HEALTHY COPING STRATEGIES, ETC.
- SECONDARY: MEET WITH CAMP LEADERSHIP AND HEALING MEDICS TO DISCUSS POTENTIAL TRAUMATIC EXPOSURES AND WAYS TO DEVELOP/SUSTAIN HEALTHY COPING DESPITE REPEATED EXPOSURE

PSYCHOLOGICAL FIRST AID

- BASIC OBJECTIVES:
 - ESTABLISH A GENUINE HUMAN CONNECTION
 - ENHANCE IMMEDIATE AND ONGOING SAFETY, PROVIDE EMOTIONAL COMFORT
 - CALM AND ORIENT DISTRAUGHT SURVIVORS
 - ASSESS SURVIVORS' NEEDS
 - PROVIDE PRACTICAL INFORMATION TO HELP SURVIVORS ADDRESS THEIR IMMEDIATE NEEDS
 - CONNECT SURVIVORS WITH SOCIAL AND SPIRITUAL SUPPORT
 - PROMOTE ADAPTIVE COPING TO NORMATIVE TRAUMA RESPONSES VIA CONSULTATION AND EDUCATION
 - BE AVAILABLE/PRESENT, AND REFER SURVIVORS TO ADDITIONAL SERVICES AS NEEDED
- SEE [HTTP://WWW.PTSD.VA.GOV/PROFESSIONAL/MATERIALS/MANUALS/PSYCH-FIRST-AID.ASP](http://www.ptsd.va.gov/professional/materials/manuals/psych-first-aid.asp) FOR ADDITIONAL INFORMATION AND PFA RESOURCES

DMH CORE STRATEGIES, CONT'D

PSYCHOEDUCATION

- IN ADDITION TO PRE-EXPOSURE PREPARATION AND PFA, ADDITIONAL PSYCHOEDUCATION HAS BEEN REQUESTED BY CAMP PERSONNEL
- RECOMMENDED PSYCHOEDUCATIONAL TOPICS INCLUDE:
 - SELF-CARE
 - SLEEP HYGIENE
 - RELAXATION TRAINING

EMBEDDED SUPPORT

- THE HEALING MEDICS IN PARTICULAR HAVE REQUESTED THAT MENTAL HEALTH PROVIDERS BE PRESENT TO ASSIST THEM IN MANAGING THEIR OWN UNIQUE EXPOSURES INCURRED WHILE CARING FOR OTHER WATER PROTECTORS
- THIS TYPE OF EMBEDDED SUPPORT CENTERS ON BEING PHYSICALLY PRESENT WITH THE MEDICS AND ENGAGING IN GENUINE DISCOURSE WITH THEM AS OFTEN AS POSSIBLE
- IF THE PROVIDER IS VIEWED AS CREDIBLE, HELPFUL, EARNEST, AND COMPASSIONATE, THE HEALING MEDICS WILL BECOME COMFORTABLE SEEKING CONSULTATION/COACHING

CRISIS MANAGEMENT

- WHILE THE PRIMARY GOALS FOR MENTAL HEALTH PROVIDERS' PRESENCE IN THE CAMPS WILL BE PREVENTION AND CONSULTATION, CERTAIN SITUATIONS MAY PRESENT A PSYCHIATRIC CRISIS
 - TIMELY AND EFFECTIVE IDENTIFICATION OF SUCH ISSUES IS CRITICAL
 - REFERENCE CURRENT SAMHSA GUIDANCE FOR FIELD BEST PRACTICES IN CRISIS RESPONSE: [HTTP://STORE.SAMHSA.GOV/SHIN/CONTENT/SMA09-4427/SMA09-4427.PDF](http://store.samhsa.gov/shin/content/SMA09-4427/SMA09-4427.pdf)
 - LIFE IN THE CAMPS IS NOT CONDUCIVE TO ROUTINE MENTAL HEALTH CARE
- THE FOLLOWING CONDITIONS AND SYMPTOMS ARE LIKELY INCONSISTENT WITH BEING IN THE CAMP, AND MAY WARRANT EVACUATING THE INDIVIDUAL FROM THE CAMP AND/OR REFERRAL TO EMERGENCY SERVICES:
 - SUICIDAL IDEATION, PLANS, OR INTENT
 - NON-SUICIDAL SELF-DIRECTED VIOLENCE
 - HOMICIDAL IDEATION, PLANS, OR INTENT
 - MANIA/HYPOMANIA
 - PSYCHOSIS
 - ONGOING SUBSTANCE USE ISSUES
 - *RECKLESS, DANGEROUS, OR ANTI-SOCIAL BEHAVIOR MAY ALSO BE INDICATIVE OF A MENTAL HEALTH CONCERN THAT IS CONTRAINDICATED BOTH IN THE CAMP AND IN CEREMONY IN GENERAL. CONSULT WITH LOCAL MEDICS AND CAMP LEADERS IF SUCH BEHAVIORS ARE NOTED.



Photo courtesy of theguardian.com

LOCAL RESOURCES

FORT YATES HOSPITAL (IHS)

- EMERGENCY DEPARTMENT
- OUTPATIENT BEHAVIORAL HEALTH
- (701) 854-3831
- 25.6MI FROM CANNON BALL, ND

CHI ST. ALEXIUS HEALTH

- EMERGENCY DEPARTMENT
- PSYCHIATRY
- OUTPATIENT BEHAVIORAL HEALTH
- PARTIAL HOSPITALIZATION PROGRAM
- (701) 530-7000
- 46.9MI FROM CANNON BALL, ND

LOCAL RESOURCES, CONT'D

STANDING ROCK SIOUX TREATMENT PROGRAM (ADULTS & YOUTH)

- OUTPATIENT BEHAVIORAL HEALTH
- CASE MANAGEMENT
- ADULT PROGRAM: (701) 854-7219/7210/7649
- YOUTH SERVICES: (701) 854-7115

STANDING ROCK SIOUX 24-HR EMERGENCY AMBULANCE PROGRAM

(701) 854-3451

ND CHILD PROTECTION SERVICES

(701) 854-3431

STANDING ROCK SIOUX VETERANS SERVICES DEPARTMENT

(701) 854-8527

PROVIDER SELF-SUFFICIENCY

- CAMP LIFE IS AUSTERE, AND MORE SO NOW THAT WINTER IS UPON US
- SIP MEMBERS DEPLOYING TO THE CAMPS SHOULD DO SO UNDER THE PRESUMPTION THAT THEY MUST BE ENTIRELY SELF-SUFFICIENT.
- BEFORE AGREEING TO TRAVEL TO STANDING ROCK, KNOW THAT THE PRIMARY NEED IS TO HAVE INDIVIDUALS IN THE CAMPS, AND THAT STAYING IN A HOTEL OR OTHER PLACES OFF-SITE WILL LIMIT YOUR AVAILABILITY TO THOSE WHO NEED YOU
- ENSURE THAT YOU BRING ENOUGH PERSONAL WINTER ATTIRE, WINTER CAMPING SUPPLIES, AND MEANS OF PROVIDING HEAT AND FOOD FOR YOURSELF.
- DO NOT RELY ON THE CAMP KITCHEN OR EXISTING TRIBAL NATION-SPECIFIC CAMPS TO PROVIDE YOUR ACCOMMODATIONS OR FOOD
- WORK WITH SIP STAFF TO ENSURE YOU HAVE ENOUGH PFA SUPPLIES AND OTHER MATERIALS BEFORE YOU ARRIVE AT THE CAMPS, AS THERE WILL NOT BE ACCESS TO PRINTERS, COPIERS, ETC.

PROVIDER SUSTAINMENT

- IN ORDER TO BE HELPFUL, PROVIDERS MUST MAINTAIN A HEALTHY AMOUNT OF PERSONAL RESILIENCE
- ENGAGE IN GOOD SELF-CARE ACROSS EMOTIONAL, COGNITIVE, SOCIAL, SPIRITUAL, AND PHYSICAL DOMAINS
- LIMIT TIME SPENT ON THE “FRONT LINE” IN ORDER TO MITIGATE PERSONAL RISK OF TRAUMATIC EXPOSURE (IF YOU CAN HELP IT, **DON'T BECOME A MENTAL OR PHYSICAL CASUALTY**. THERE ARE VERY FEW LOCAL MENTAL HEALTH ASSETS TO REPLACE YOU IF YOU NEED TO TAKE A BREAK OR LEAVE THE CAMP)



CHANGING CAMP DEMOGRAPHICS

- NATIVE PERSONNEL WHO SPENT TIME AT THE CAMPS IN NOVEMBER AND DECEMBER HAVE NOTED THAT, WHAT WAS PREVIOUSLY AND PREDOMINANTLY INDIGENOUS CAMP AND MOVEMENT HAS EXPERIENCED AN INFLUX OF NON-NATIVE INDIVIDUALS
- MANY OF THESE NON-NATIVE FOLKS CAME TO OFFER THEIR SUPPORT AGAINST VARIOUS PRE-EXISTING CLIMATE CHANGE AND ANTI-PIPELINE CAUSES
- WHILE MANY WELCOME THE SUPPORT OF NEWCOMERS, THE CAMPS' POPULATIONS HAVE SHIFTED DRAMATICALLY FROM LARGELY INDIGENOUS AND CEREMONY-DRIVEN, TO MOSTLY NON-NATIVE AND "PROTEST" DRIVEN
- FROM A TRADITIONAL STANDPOINT, THOSE WHO IN THE CAMPS WHO APPROACH THE DAPL ISSUE FROM A CEREMONIAL STANDPOINT REQUIRE LITTLE ASSISTANCE OR PROTECTION FROM WESTERN MENTAL HEALTH APPROACHES
- THE INFLUENCE OF THE NON-NATIVE DEMOGRAPHY SHIFT HAS INCREASED THE NUMBER OF PERSONNEL WHO MAY BENEFIT FROM OR REQUIRE PSYCHOLOGICAL FIRST AID. IT HAS ALSO INTRODUCED NEW, AND TROUBLING, PROBLEMS WITH SUBSTANCE USE AND INAPPROPRIATE BEHAVIOR AT THE CAMPS
- SIP MEMBERS THAT DEPLOY TO THE CAMPS CAN ALSO ASSIST CAMP LEADERSHIP BY CONSULTING REGARDING HOW TO BEST INCORPORATE THE NEW VOICES WITHOUT DISRUPTING EXISTING CAMP LIFE AND PERMITTING CO-OPTING OF A CEREMONIAL AND SOVEREIGNTY-BASED ISSUE.

RE-DEPLOYMENT AND CONTINUITY



- WHEN YOU FINISH YOUR TIME IN THE CAMP (OR IN OTHER DUTIES), PLEASE CONTACT SIP STAFF TO COMPLETE AN OUTBRIEF
- THE OUTBRIEF CAN BE ACCOMPLISHED VIA PHONE AND WILL HELP SIP TO ENSURE 1) HOW YOU ARE DOING, 2) WHAT YOUR EXPERIENCE WAS LIKE, 3) IF ANY ADDITIONAL TRAINING IS NEEDED FOR PROVIDERS, AND 4) IF ANY ADDITIONAL RESOURCES ARE NEEDED
- YOUR INPUT IS CRUCIAL TO ENSURING CONTINUITY IN OUR EFFORT TO ASSIST THE WATER PROTECTORS

ADDITIONAL MATERIALS

- SUGGESTED PFA ACTIVITIES
- PFA HANDBOOK
- CAMP MAP
- STANDING ROCK INFO PACK FROM TRIBAL AND SPIRITUAL LEADERS

