UNDERSTANDING NATIVE AMERICAN HISTORY AND ANCESTRAL RESILIENCE, AND THE ADVERSE AND BENEVOLENT CHILDHOOD EXPERIENCES AMONG NATIVE YOUTH

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**BIO:**

- Dr. Virgil Moorehead Jr. is a Licensed Clinical Psychologist and the Executive Director at Two Feathers Native American Family Services in McKinleyville, CA. An enrolled member of the Big Lagoon Rancheria (Yurok/Tolowa), Virgil is the first person in his tribe to attain a graduate degree. A graduate of University of California at Davis (BA), Dr. Moorehead received his Doctorate of Psychology in Clinical Psychology from the Wright Institute in Berkeley, CA in 2015.

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**WHAT DO WE MEAN BY ADVERSE CHILDHOOD EXPERIENCES**
DEVELOPMENTAL TRAUMA

Relational Trauma

Things that should of happened but did not & things that should have not happened and did

POSITIVE CHILDHOOD EXPERIENCES
POSITIVE CHILDHOOD EXPERIENCES & DEVELOPMENTAL RELATIONSHIPS

Relationships that help young people grow & thrive

1. Discover who they are
2. Develop abilities to shape their own lives
3. Learn how to engage & contribute to the world around them

LOOKING FORWARD - NATIVE YOUTH MENTAL HEALTH PROGRAMMING

Let’s think about Adverse Childhood Experiences, Relational Trauma, and Developmental Relationships?

We also got to think about Culturally Driven Programming…. and Developmental Relationships
HUPA GIFTEDNESS A WAY TO “RESILIENCE”

The Philosophies to Thrive in the Modern World are out there

EXPLORING THE LEGACY OF HUPA GIFTEDNESS IN 2000S

- Qualitative & Quantitative Study: N = 258 participants, 230 Surveys

- Hupa, Yurok and Karuk Tribal members

- Questions such as: What are the 5 most important things to teach your children?

Ways to Interpret: What does it mean to live a good life, what does it mean to live well, how do you develop into a gifted Hupa person
WHAT DID DR. LARA-COOPER LEARN?

3 Categories — “Useful in thinking about Cultural as Treatment in Behavioral Health”

1. Relationships - Human, Natural & Spiritual
2. CULTURAL SKILLS
3. Values

INCREASING “POSITIVE EXPERIENCES,” TO BUILD HEALTHY COMMUNITIES

1. Program Design- sustainable “Programs” that Engage & Impact Youth
2. Understanding how we use “Culture” in Programming to empower Native Youth
3. People Development- “Program’s don’t change kids, people do”
CONTACT INFORMATION

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