Recognizing and responding to Adversity and Toxic Stress in Native American Youth

Steven Sust and Shoshoni Gensaw-Hostler
2/10/22

Learning Objectives
At the end of this presentation, participants will be able to:
• Recognize the concept that lifelong disparities are determined by social, behavioral and economic factors.
• List three practical therapeutic interventions working with youth presenting clinically with adverse experiences.
• Acquire new knowledge in understanding advocacy for clients experiencing toxic stress in American Indian and Alaska Native communities.

Introducing the Presenter
Steven Sust is the middle child of 3 boys born to Hong Kong immigrant parents who raised them in downtown Philadelphia. He received a bachelor’s degree in psychology from GWU, medical degree from UVA, and postgraduate training at UPenn and Stanford. His work experiences range broadly from state psychiatric hospitals, county specialty MH clinics and emergency rooms to school mental health and schizophrenia research at NIMH. Current interests include primary care behavioral health integration, cultural psychiatry, school mental health, and working with underserved populations.

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Disclaimer
The views expressed in this presentation are those of the speaker and do not necessarily represent the views, policies, and positions of the Indian Health Service (IHS), or the U.S. Department of Health and Human Services (HHS).
Personal Disclosures

• I am a cisgender male of Cuban influenced Chinese descent
• I have no formally diagnosed family history of mental illness
• I have sought out and received my own mental health care
• I have both knowingly and unknowingly contributed to bias and most “isms,” and will try to improve upon these areas of growth

Starting From a Humanistic Perspective

The Continuum of Stress

Adverse Childhood Experiences (ACEs)
Imperfect Epidemiology

Child Maltreatment Rate (Unique Victims per 1,000 Population), by Race and Hispanic Origin: 2017

From Bench to Bedside

The marking of a genome

Endocrine Stress Response

Adrenergic Systems
**Initial Medication Options**

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosage</th>
<th>Indication</th>
<th>Common Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prozac (fluoxetine)</td>
<td>10 mg</td>
<td>Depression</td>
<td>Headache, nausea, agitation</td>
</tr>
<tr>
<td>Paxil (paroxetine)</td>
<td>20 mg</td>
<td>Depression</td>
<td>Nausea, pruritus, insomnia</td>
</tr>
<tr>
<td>Effexor (venlafaxine)</td>
<td>75 mg</td>
<td>Depression, Anxiety</td>
<td>Headache, dizziness, nausea</td>
</tr>
<tr>
<td>Zoloft (sertraline)</td>
<td>50 mg</td>
<td>Depression</td>
<td>Headache, nausea, constipation</td>
</tr>
</tbody>
</table>

**Brief intermission**

List some of your favorite coping skills for youth and young adults.

**Strengths-based Approach**

- Create the wellness of
- Child Abuse & Neglect

Research studies:

Positive childhood experiences predict less psychopathology and stress in pregnant women with childhood adversity. A pooled study of the 17-item Childhood Trauma Questionnaire (CTQ) scale

Angela J. Voyer, Abigail M. Wilt, Rebecca D. McCann, William H. Mersky.

**Trauma Informed Care**

Creating a trauma-informed environment using the following five principles:

- Safety
- Choice
- Empowerment
- Respect
- Trust and empowerment
Presenter Contact Information

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Toxic Stress

“I am just a human being trying to make it in a world that is rapidly losing it’s understanding of being human”

“Historically speaking, we went from being Indians to pagans to savages to hostiles to militants to activists to native americans. It’s 500 years later and they still can’t see us. We are still invisible”

-John Trudell

Introducing the Presenter

Shoshoni is a member of the Yurok Tribe. She was raised on the Yurok reservation in rural Northern California. She was the first member of her family to receive a bachelor’s degree in Psychology with a minor in Native American Studies from Humboldt state University and a Masters in Psychology with emphasis in Counseling from Humboldt State University. Areas of study include body image and eating disturbances, and suicidality. She has worked within Native communities for 20 years in a variety of areas including education, social services, housing, transit, Diabetes care and more. Current interests include comprehensive program development, direct clinical care,

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### Trauma Informed Application:

**Self awareness - values work**
- Be aware of not contributing to clients stress load.
- Am I within a position of power within this institution
- Do I take extra steps to create safe space for clients
- How do I benefit from the current institutional framework

**Advocacy!**
- Be aware that positive experiences can be stress inducing. This is an appropriate and expected reaction.

### Screenings:

- Ages and Stages questionnaire
- ACES, AAHC’s (ACE Associate Health Conditions)
- CYW ACE-Q child, teen, teen SR
- SEEK Parent screening Questionnaire revised (PSQ-R)
- SWYC
- Pediatric Traumatic Stress Screening Tool
- We Care Survey

### Achievable goals for Clinicians

- Team approach - trust, safety collaborative decision making
- Environment is calm, safe and empowering
- Education about the impacts of current and past trauma and adversity on health
- Onsite community based resources and treatment
Achievable goals for Clinicians

Teach ACE-associated health conditions and stress response regulation

- Supportive relationships
- High-quality sufficient sleep
- Balanced nutrition
- Regular physical activity
- Mindfulness and meditation
- Experience nature
- Mental health supports
- ASK

Menominee Tribe

GOAL

To strengthen resiliency through culture, acknowledging trauma-informed care and bringing ACEs education to our community.

Resources

Two Feather NAFS youtube channel
- "Two Cree/Mendicino: MēkanjikVISIONA: Trauma-Informed Care" with Dr. Linda Tuhiwai Smith - YouTube
- "Healing the Soul Wound" with Dr. Eduardo Duran - YouTube

Ka’m - Tem

https://kamtem-indigenousknowledge.com/

Books:
- "Heart Berries" by Terese Marie Mailhot (goodreads.com)

Presenter Contact Information

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