Anxiety in Native American Youth

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Southern Indian Health Council
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Personal Disclosures

- I am a cisgender female of Mexican-Yaqui and European descent
- I have an extensive family history of mental illness and substance abuse
- 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
**Objectives**
At the end of this presentation, participants will be able to:
- Recognize and manage anxiety in Native American and Alaska Native youth and families.
- List three practical therapeutic interventions working with youth presenting clinically with anxiety.
- Acquire new knowledge in understanding anxiety within a Native American cultural context.

**Macro to Micro Considerations**

In your own personal culture, how is anxiety discussed?

**Decolonizing Therapy**
"At the root of so much of depression and anxiety IS colonization"
- Dr. Jennifer Mullen

Holistic approaches

Recognize intergenerational trauma
A (Small) List for Healing

Ceremonies  Community  Nature

What other traditional methods of healing can you think of in your culture?

Helpful Therapeutic Techniques

Art  Storytelling  Music  Movement  EMDR  CBT  Nature

And many, many more...

Presenter Contact Information

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