

# Child and Adolescent Mental Health ECHO for Native American Youth

August 26<sup>th</sup>, 2021: Trauma

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## **Recommendations & Recommendations**

### ***From the Chat***

#### **Recommendations:**

Client writing their own children's book based on some of their own experiences with trauma and making into a series where they discover the world and write about taking chances and trying new things.

Writing when experiencing flashbacks may be helpful for some people and can help express emotions. Look into creative writing workshops if there are any near your area.

Research opportunities for the client to assist with some of the cultural programming for the younger kids. It may give the client a chance to connect to culture and meet some positive adults.

The client may qualify for TAYS (transition age youth services) in your area.

Eye Movement Desensitization and Reprocessing (EMDR)

<https://www.emdr.com/what-is-emdr/>

Emotional Freedom Techniques (EFT) or EFT Tapping

<https://eftinternational.org/discover-eft-tapping/what-is-eft-tapping/>

National Acupuncture Detoxification Association, Acudetox

<https://acudetox.com/>

Wilderness Therapy Programs, A Comprehensive Guide for Parents

<https://aspiroadventure.com/wilderness-therapy-programs/>

Wet Noodle Therapy / Spaghetti Body

<https://www.mindfulchildaerialyoga.com/reduce-stress-with-spaghetti-body/>

Dialectical Behavioral Therapy (DBT)

<https://www.verywellmind.com/dialectical-behavior-therapy-1067402>

Trauma Focused Cognitive Behavioral Therapy

<https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy>

### **Resources:**

IHS Desert Sage is admitting females during the 2nd week of September. For more information, please see links below:

- [https://www.ihs.gov/california/index.cfm/yrtc-project/?fbclid=IwAR1xx5z-E7ky8jw9Uw\\_QbuPt2LN\\_tYcFWFveDu\\_XBbFGhvSyhkZJQJFikIM](https://www.ihs.gov/california/index.cfm/yrtc-project/?fbclid=IwAR1xx5z-E7ky8jw9Uw_QbuPt2LN_tYcFWFveDu_XBbFGhvSyhkZJQJFikIM)
- <https://www.ihs.gov/california/index.cfm/yrtc-project/dsywc-brochure/>

Social (In)Justice and Mental Health 1st Edition

[https://www.amazon.com/Social-Injustice-Mental-Health-Ruth/dp/1615373381/ref=sr\\_1\\_1?dchild=1&keywords=social%20injustice%20and%20mental%20health&qid=1608052484&sr=8-1](https://www.amazon.com/Social-Injustice-Mental-Health-Ruth/dp/1615373381/ref=sr_1_1?dchild=1&keywords=social%20injustice%20and%20mental%20health&qid=1608052484&sr=8-1)

What Is Racial Trauma? Understanding Race-Based Traumatic Stress

[https://www.relias.com/resource/racial-trauma-understanding-race-based-traumatic-stress?utm\\_source=pardot&utm\\_medium=newsletter&utm\\_campaign=hhs\\_em\\_2021-07-07\\_july-newsletter](https://www.relias.com/resource/racial-trauma-understanding-race-based-traumatic-stress?utm_source=pardot&utm_medium=newsletter&utm_campaign=hhs_em_2021-07-07_july-newsletter)