



Helping Children Develop a Relational Identity within Child Welfare

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Relational Identity

INDIGENOUS CONNECTEDNESS FRAMEWORK



External Connectedness Mechanisms

<u>Family</u>	<u>Community</u>	<u>Land/Place</u>	<u>Intergenerational</u>	<u>Spirit</u>
Language	Language	Language	Language	Language
Spending time together	Celebrations	Hunting	Part of a continuous history	Ceremonies
Relational Roles	Dancing/Singing	Gathering	Awareness of historical trauma	Cultural values
Responsibility	Ceremonies	Teaching children	Responsibility to future generations	Art
Namesakes & Nicknames	Service to others	Learning from Elders	Learning ancestral teachings to pass on to younger generations	Stories
Adoption	Mentoring	Exploration	Participation in cultural and community activities	Love, Humor, Truth
Togetherness	Rules, values, norms	Observation	Knowledge of family lineage	Beauty
Trust and safety	Safety nets	Travel		Dance
Sharing and support	Family relationships	Care for animals		Subsistence foods
Helping Elders	Social groups	Stories		Songs/Dance/Drum
Stories, family history	Collective belonging	Playing outside		Connection to ancestors and future generations
Recognition of personal talents	Cooperative Teams	Access to clean water		Collective mentality
	Subsistence sharing	Fish camp		Spiritual teachings
	Strong leadership	Survival skills		

Maintaining
Relational
Connectedness



Healing Relational Wounds and Disconnect





*Knowing Who You Are and Where You
Come From*
Internal/External Relational Healing

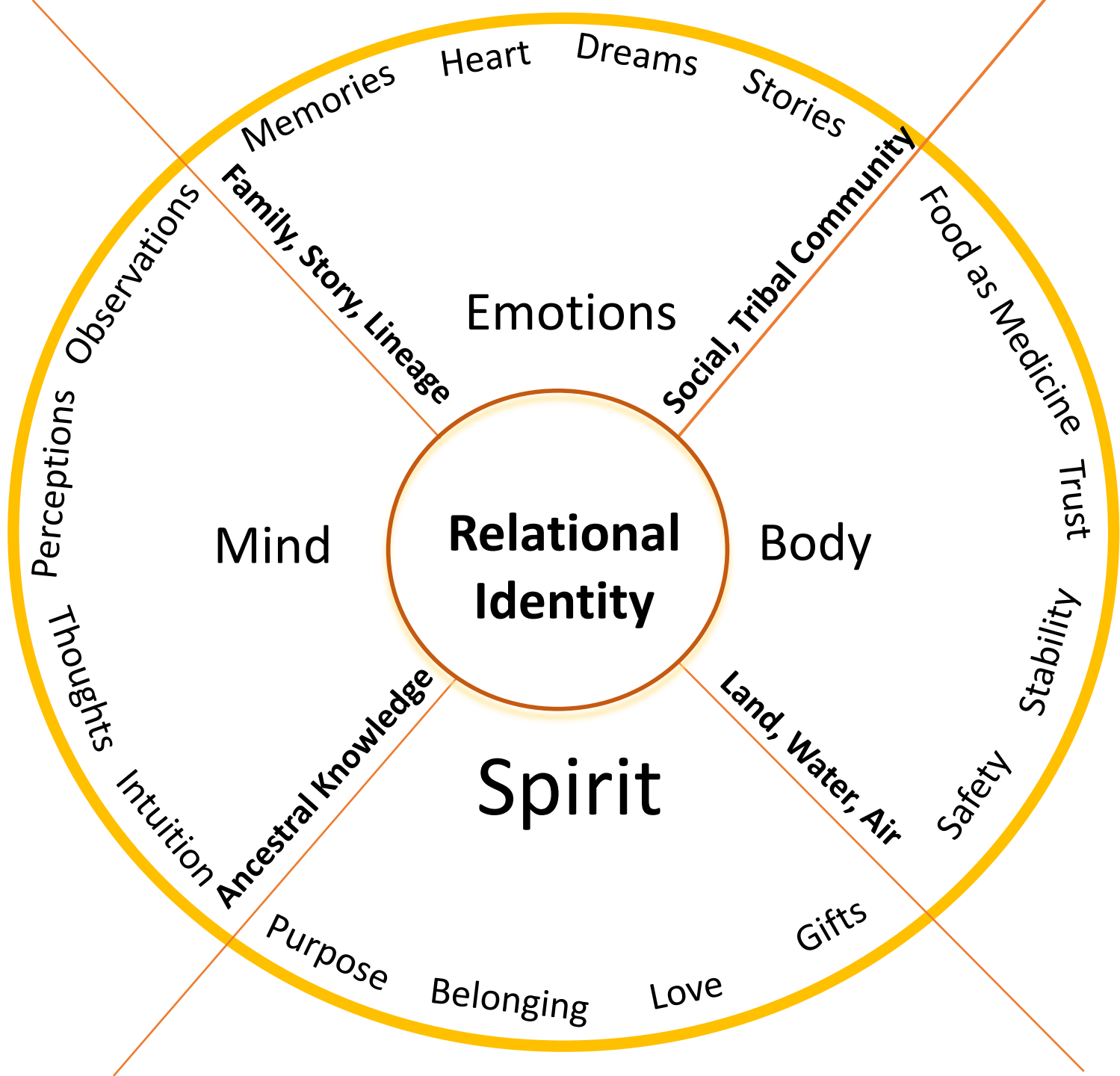
Sarah: The importance for me is to know where I came from and to know who I am, and just being me, because in this world without my culture, and without my language, and without the stuff I know, I feel lost. Who am I? Was I supposed to be someone different? Then I should learn those things and it's just really important to me to know that stuff so I can pass it down to my children, because it's who we are. And it's really important to have with us.

Relational Identity

Knowing Who You Are

An “Inner Ecology”

(Kawagley, 2006)



LOVE
COMES
FROM
THE



LIGHT
INSIDE

~ RAINA
HAPPY B-DAY MOM

What in
means to be
in right
relationship



Internal Connectedness Mechanisms

Body/Earth	Mind/Knowledge	Spirit/Heart Wisdom	Emotions/Response
Food as medicine	Internal dialogue	Prayer	Compassion
Getting out on the land	Perceptions	Connection to higher self	Empathy
Gratitude	Stories	Purpose in life	Protection
Respect	Memories	Dreams	Connection
Acceptance	Relational thinking	Bridging dualities	Emotional intelligence
The body as Earth	Discernment	Relational being	Sense of safety
Time	Life-long learner	Mindfulness	Trust
Imperfect perfection	Forgiveness	Love	Allowed to feel
Language	Language	Language	Language



Where you
come from

How to come back to
balance...

Developing relational
connectedness

- Parents, Caregivers, Helpers- do your own healing work
- Stop the relational wounding
- Listen
- Share truth
- Provide teachings and opportunities for children to learn about WHO THEY ARE, WHERE THEY COME FROM
- Help a child build, rebuild or maintain connectedness relationships
- Connect with the Earth



PRINCIPLES OF HARM REDUCTION

MEET PEOPLE WHERE THEY ARE

DRUG ABUSE IS A HEALTH ISSUE, NOT A CRIMINAL ONE

SUPPORT, NOT STIGMA

THERE'S MORE THAN ONE PATH TO RECOVERY

THERE'S NO RECOVERY FROM FATAL OVERDOSE

THE OPPOSITE OF ADDICTION IS CONNECTION


NOT EVERYONE IS READY TO STOP USING DRUGS

WE CAN PREVENT DEATH BY OVERDOSE

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May you receive the energy and strength to finish your projects, bring your idea to life, and accomplish your goals. May your path be cleared and all blocks be removed. May your creativity be multiplied and your imagination be filled with inspiration to make a difference.

The Dissertation Coach



Doing all this healing so I can be a wise grandmother to divine daughters who get to live outside the cycle I broke for us.

Indigenous Goddess Gang April 8 at 8:42 PM · 🌐

Continue to change the system