



INDIGENOUS WHOLISTIC HEALING SERVICES

BUILDING HEALTHIER COMMUNITIES

FACILITATED BY: Andrew Bear



WHO AM I

WHO THE HECK AM I???



I AM STATEMENTS



SMART



LOVING



CARING



OUR lifetime losses

- LOSS OF CULTURE
- LOSS OF LANGUAGE

- POVERTY
- POOR LIVING CONDITIONS

• Negative Self-Image

GROWING UP EXPERIENCING

- RACISM
- SOCIAL STEREO TYPING

- LOW SELF ESTEEM
- ALCOHOLISM & DRUG ABUSE
- VIOLENCE

IT ALL COMES BACK TO

identity

WE HAVE BECOME WOUNDED



PHYSICAL ABUSE

NAME CALLING

GOSSIP

SLANDER

NEGLECT

REJECTION

HATRED

SEXUAL ABUSE



SHAME

GUILT

FEAR

LONELINESS

REVENGE

DRUG ADDICTION

BULLYING

HOPELESSNESS

EXPERIENCING TROUBLES

Alcohol & Drug use

WHY DID I EVER
START?

NOBODY TRUSTS ME

WHEN DID THIS BEGIN?

I'M BROKE

CANTSEEM TO FIND A JOB THAT PAYS MUCH.

ANGER

NOBODY

UNDERSTANDS!

RELATIONSHIP

DIFFICULTIES

LOW SELF WORTH

PAST ABUSE

STARTING OVER

MAKING CHOICES

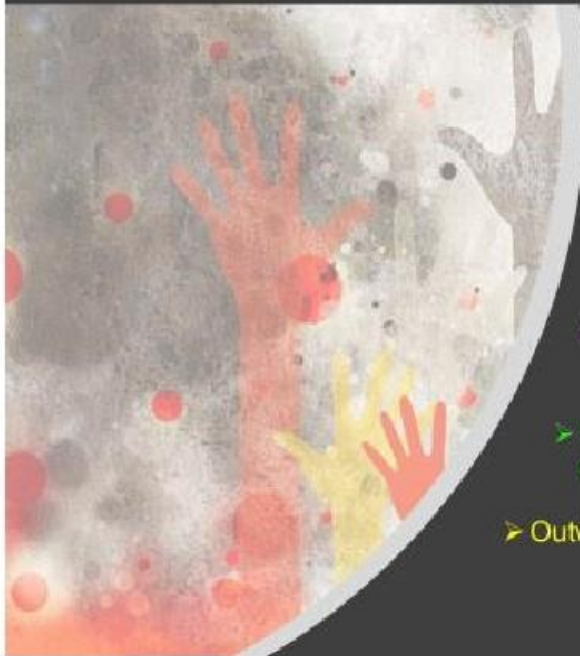
MISTAKES

NOT GIVING UP.

**Entering the
Spiritual World**

We don't focus on spiritual preference, but rather our spiritual belief system must be expressed through life living.

WE WALK WHAT WE TALK



LATERAL VIOLENCE IS:

- Displaced violence directed against one's peers rather than adversaries.
- Behaviour includes gossip/shaming/blaming, putting down others, family feuds
- When oppressed people act out rage, anger, and frustration
- When violence is directed at one's own people
- Outward jealousy and envy of others



OTHER TERM FOR LATERAL VIOLENCE:

➤ **WORK PLACE BULLYING**

workplace bullying is a repeated pattern Of b0havwour intended to intimidate, offend, degrade or humiliate a particular person or group the billyY'S target.

➤ **HORIZONTAL ANGER/ VIOLENCE**

Violence directed toward one's peers.



➤ **INTERNALIZED COLONIALISM**
A condition of oppression or subordination, often of one ethnic group over another

OTHER TERM FOR

LATERAL VIOLENCE:

over another

➤ **RELATIONAL AGGRESSION**
Is a type of aggression in which harm is caused by damaging someone's relationships or social status



FORMS OF WORKPLACE BULLYING:



✓ Verbal abuse

✓ **Offensive conduct/behaviours (including nonverbal) which are threatening, humiliating, or intimidating**

✓ **Work interference - sabotage - which prevents work from getting done**

✓ **Is initiated by bullies who choose their targets, timing, location, and methods.**

✓ **Escalates to involve others who side with the bully, either voluntarily or through coercion**



BULLYING

Is usually seen as acts or verbal comments that could “mentally” hurt or isolate a person in the workplace. Sometimes, bullying can also involve negative physical contact e.g., pushing, throwing objects.

**Social isolation
(silent treatment)**

**Excessive or
unjustified
criticism**

**Personal attack of a
person's private life
and/or personal
attributes**

**Rumours/
Gossip**

**Over
monitoring
of work**

**Verbal
aggression**



**EXAMPLES OF WORKPLACE
BULLYING BEHAVIOURS**

**Fist shaking/
Finger
pointing**

**Withholding
Of job
responsibilities**

**Setting
unrealistic goals
or deadlines
case work size**

**Withholding
information**

**Withholding
positive
feedback**

Dishonesty



**EXAMPLES OF WORKPLACE
BULLYING BEHAVIOURS**



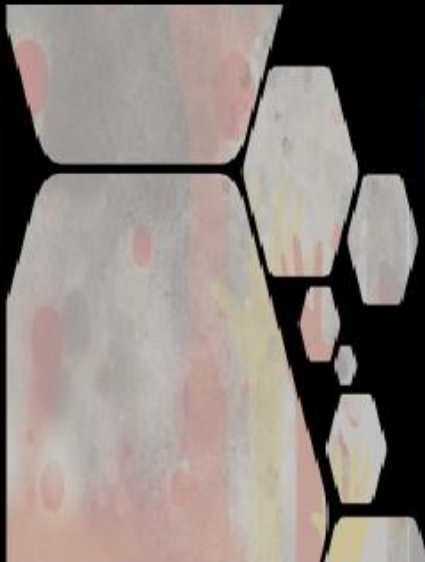
Being purposely unavailable to meet with staff

Constantly changing work guidelines

Blocking requests for a promotion, leave or training

Withholding information or giving the wrong information purposely

HIDDEN BEHAVIOURS



HIDDEN BEHAVIOURS

Not giving enough work so the individual will feel useless

Refusing to work with someone, backstabbing

Complaining to peers and not confronting the individual

Failing to respect privacy

Breaking the confidences of others

OPEN BEHAVIOUR

**Making
physical
threats**

**Throwing
objects**

**Actual
physical
contact**

**Voice
raising,
yelling, or
screaming**

**Writing
retaliatory
complaints
against each
other**

OPEN BEHAVIOUR

**Name calling
or demeaning
remarks**

**Use of offensive
language
directed at
others**

**Open hostility
towards others**

**Taunting
others**



ANYONE CAN BE A TARGET OF LATERAL VIOLENCE!!!



ANYONE CAN BE A TARGET OF LATERAL VIOLENCE

Most people enter into an organization expecting that in working with their own people

things hard for you, what did you do wrong?
you. What did you do wrong?

- New employees that may be coming into an organization during times of change and become a target because other workers who may feel vulnerable see this individual as a threat to their jobs

In most cases, you did absolutely nothing. Lateral violence they will be supported and encouraged. Instead you find yourself now working with the very people who are bringing you down and making things hard.

In most cases, you did absolutely nothing. Lateral violence is more about what is wrong with the aggressors than the receiver or their aggression.



ANYONE CAN BE A TARGET OF LATERAL VIOLENCE

Employees who have received a promotion or advancement and are seen as undeserving by other co-workers

- Younger employees who have more education and training than older workers and are seen as a threat,
- Members of families or friends of leaders who are no longer in power position

-No peace in the world without
peace in the nations
.No peace in the nations
without peace in the town
.No peace in the town without peace
in the home
-No peace in the home
without peace in the heart

Family O.ioee.n.cø

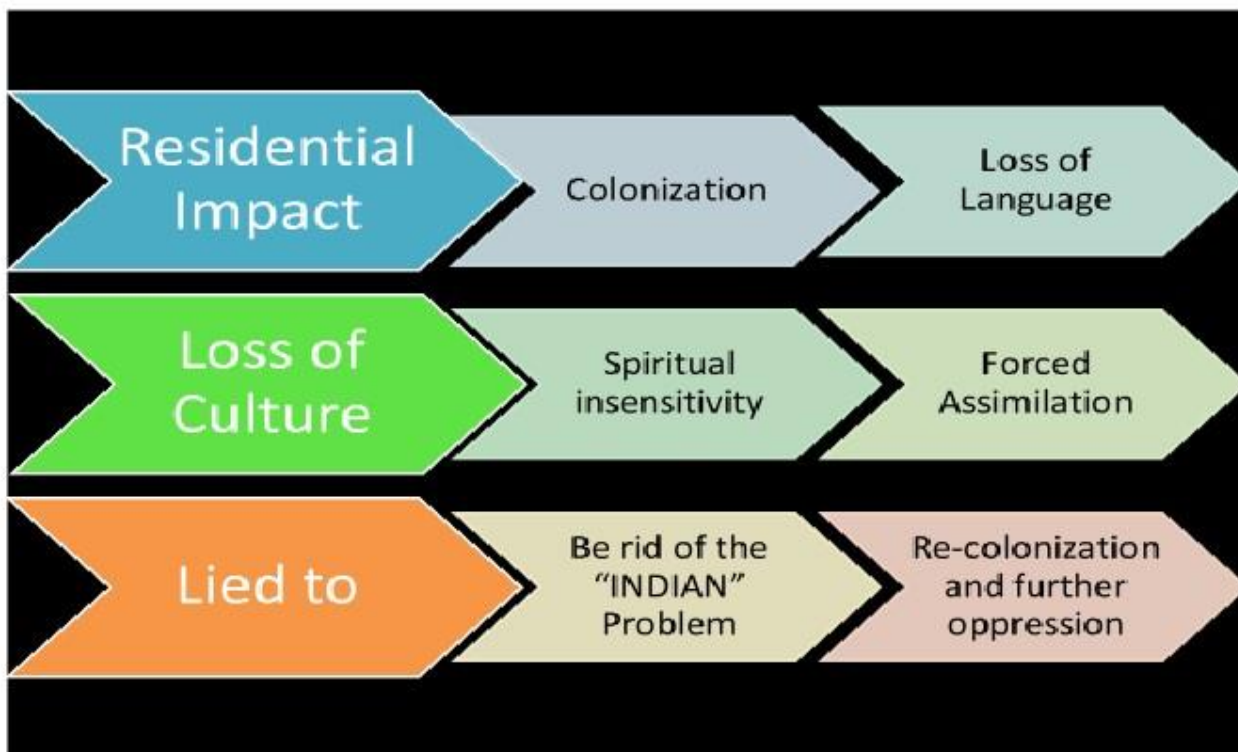
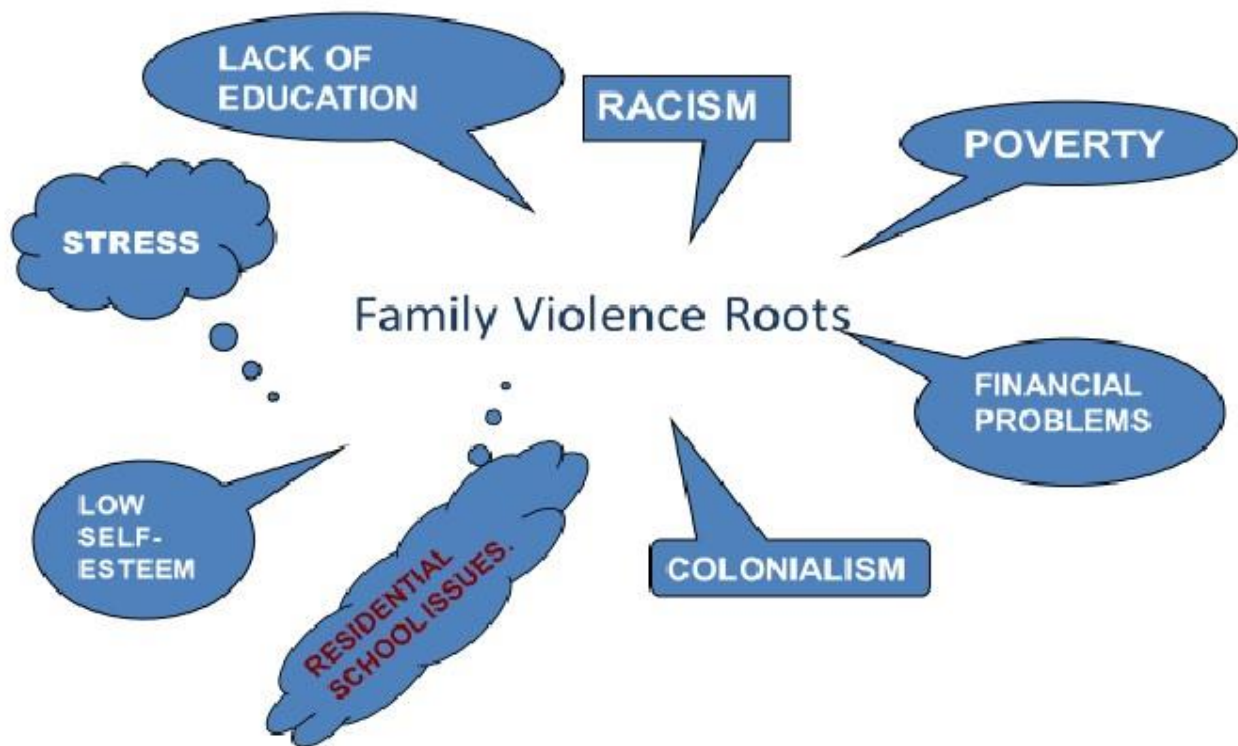
is the abuse of power within relationships of family, trust or dependency that endangers the survival, security or well-being of another person. It can take many



forms including: spouse abuse, senior abuse and neglect, child abuse and neglect, child sexual abuse, parent abuse, and witnessing abuse of others in the family.

Family violence may include some or all of the following behaviours: physical abuse, psychological abuse, criminal harassment/stalking, verbal abuse, sexual abuse, financial abuse, and spiritual abuse.







It becomes a way of life
do it with **Without** **artificial** **W**
thinking

We act it out in the school yards

It starts in the home, we see our parents
do it. we hear our parents say it.



I am a good person.



I deserve to be treated fairly. Name calling is abuse and is wrong.



Life is precious I will treat my life and the life of others with respect.



Today I will get my healing and help others to get their healing also.

Family violence is ANY attempt to control the will of another. This power and control can be exercised in eight different ways:

Intimidation

Emotional abuse.

Isolation and blaming,

Using children

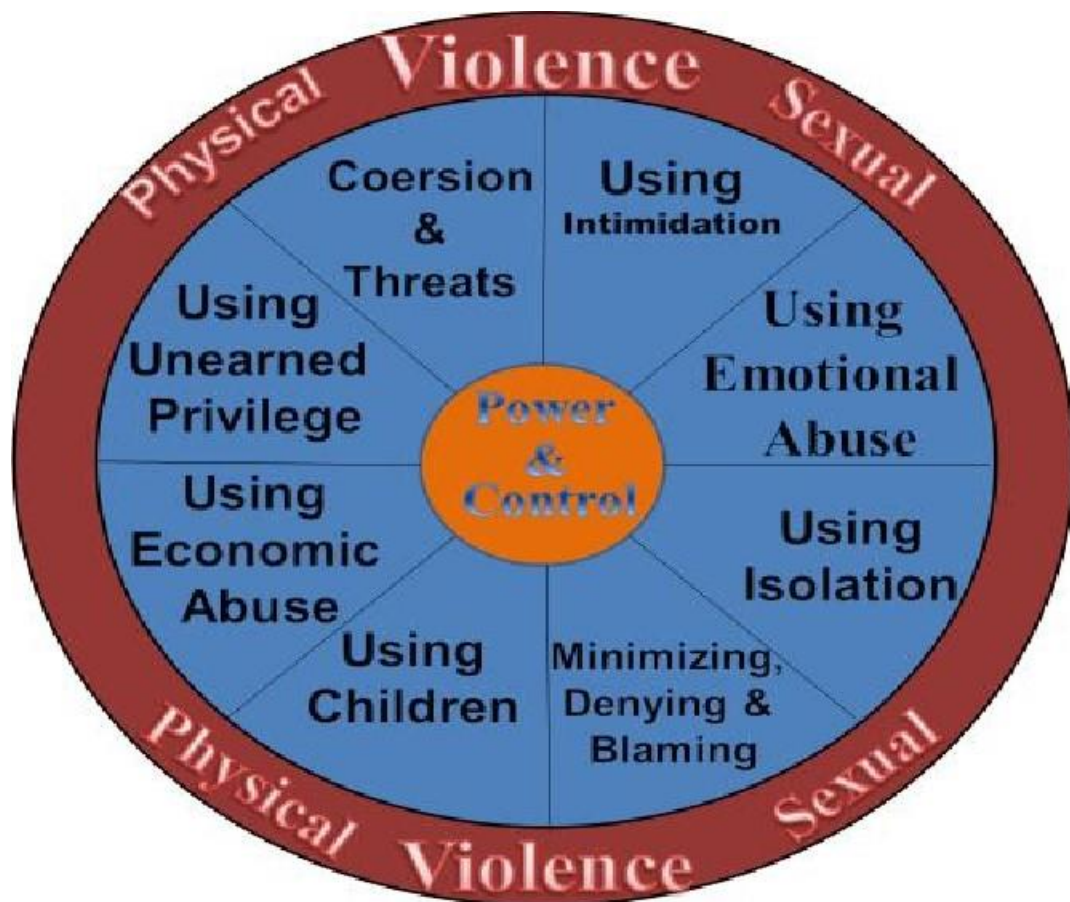
Male privilege

Economic • abuse

Coercion and threats

Family violence is a learned behaviour arising out of a need for power and control. As a learned behaviour, it can be unlearned.



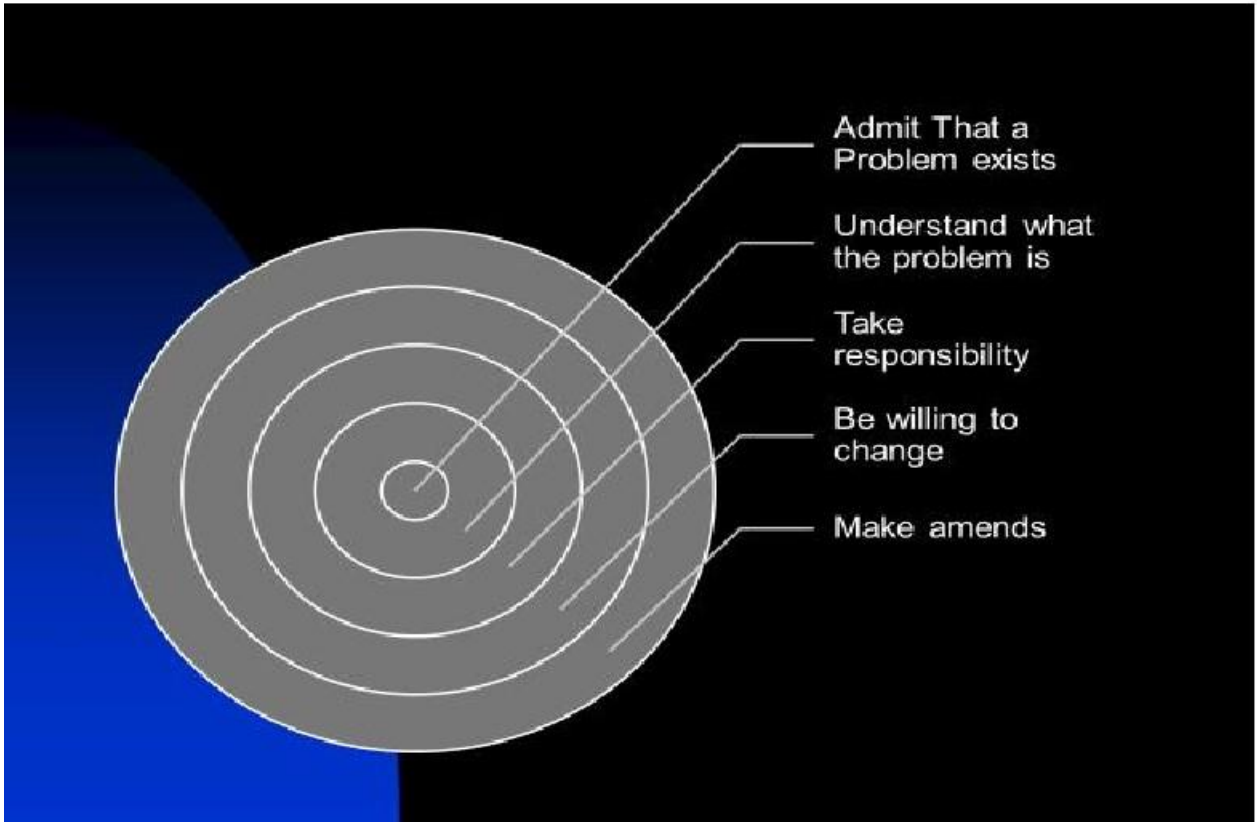


responsibility for our action is
 beginning to gaining control of our
LIVES!!!

Taking



The process for
healing _____
includes _____
_____ a lot of work
which _____ be
? following: ins
with the



Admit That a Problem exists

Understand what the problem is

Take responsibility

Be willing to change

Make amends

IF THERE'S VIOLENCE
IN THE HOME, THE KIDS
GET THE PICTURE

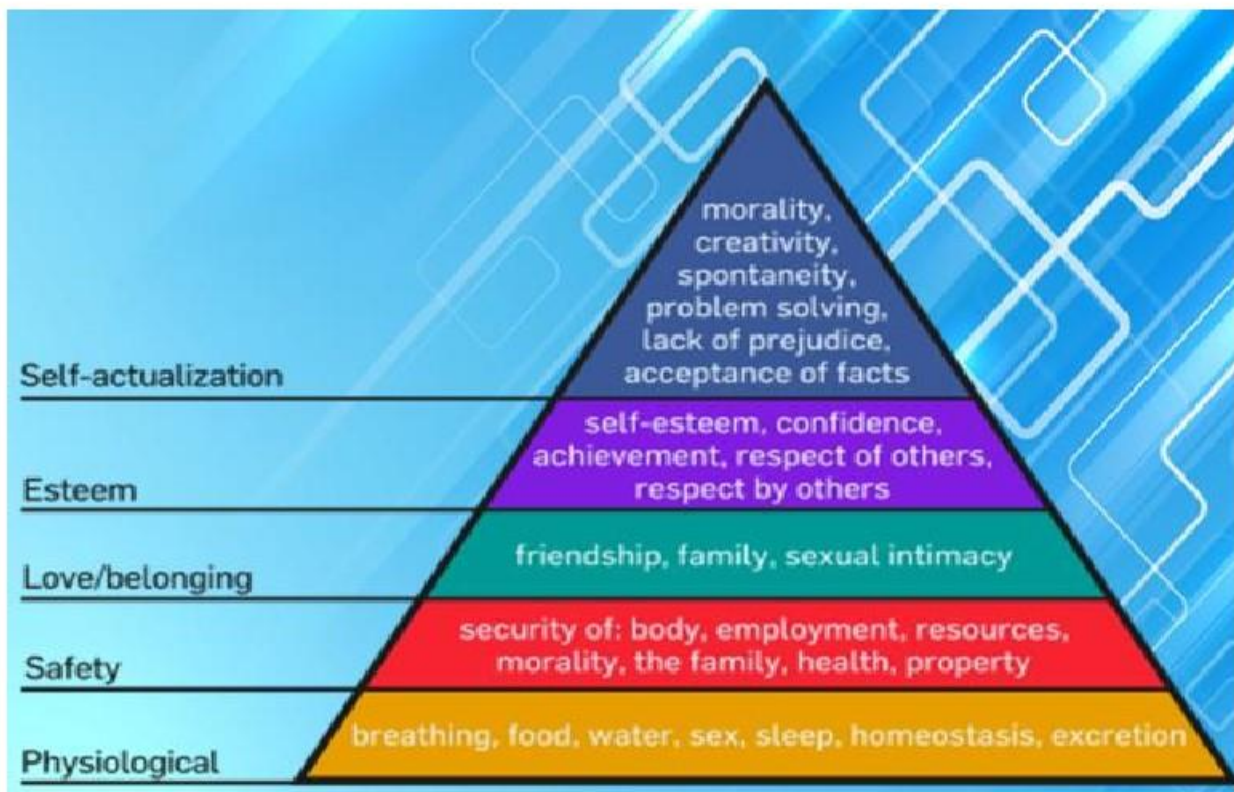


Love

- **Should make you feel happy, confident, secure and safe.**
- **Should never hurt**
- **Should not make you feel sad, angry, sick, afraid, guilty, Or worthless.**

If this is how your relationship makes you feel, then you need to take a closer look at what you are experiencing.

The first step to healing the harm caused by relationship violence starts with YOU.



M + E =
ME





Stages in the Violence:

The Build up

The Attack

The Retreat

The Denial

The Quiet Period

The Cycle Begins Again

It's not your fault

Often, victims of violence feel that they have done something to cause the abuse. However, it is never your fault if someone abuses you.



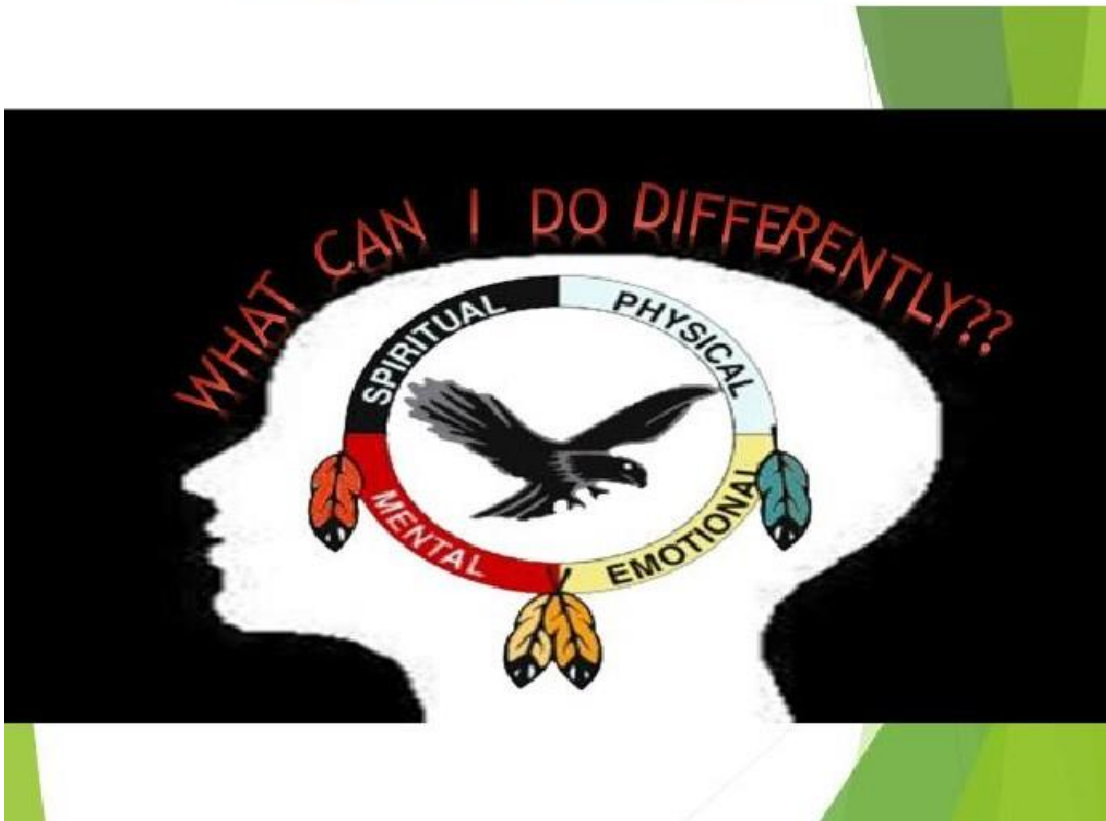
All abusive behaviour is **WRONG**
... sometimes it is against the law



Get the protection you need for you and your children. If necessary, call on the appropriate authorities and people for help.

Steps To Healing And The Stopping Of Family Violence

- Admit that a problem exists
- Understand what the problem is
- Take responsibility
- Became willing to change
- Make amends



ELDER ABUSE EXAMPLES:

- Avoidance of an older person at the hospital, nursing facility or institution because they get to ask a lot of questions.

- Avoidance of the older person at a shopping center or other public location because they are too slow.

- Asking money by youth forcefully

- Unexplained sudden transfer of assets to someone in or outside of the family

- Elder person were being neglected when they were not properly provided by their needs.

ELDER ABUSE EXAMPLES:

- Unattended or untreated health problems

- Intimidation through yelling or threats

- Isolating an elder from friends or activities

- Steal cash, income checks, or household goods

- Overcharging or double-billing for medical care or services



ELDER ABUSE EXAMPLES:

- **Unsanitary living conditions: dirt, bugs, soiled bedding and clothes**

- **Financial activity the senior couldn't have undertaken, such as an ATM withdrawal when the account holder is bedridden**

- **Evidence of overmedication or under-medication**

- **Does not allow the older person to speak for him or herself;**

- **Concerned only with the older person's financial situation instead of his or her health or well being**



**DRUGS KILLS
ALL DREAMS**



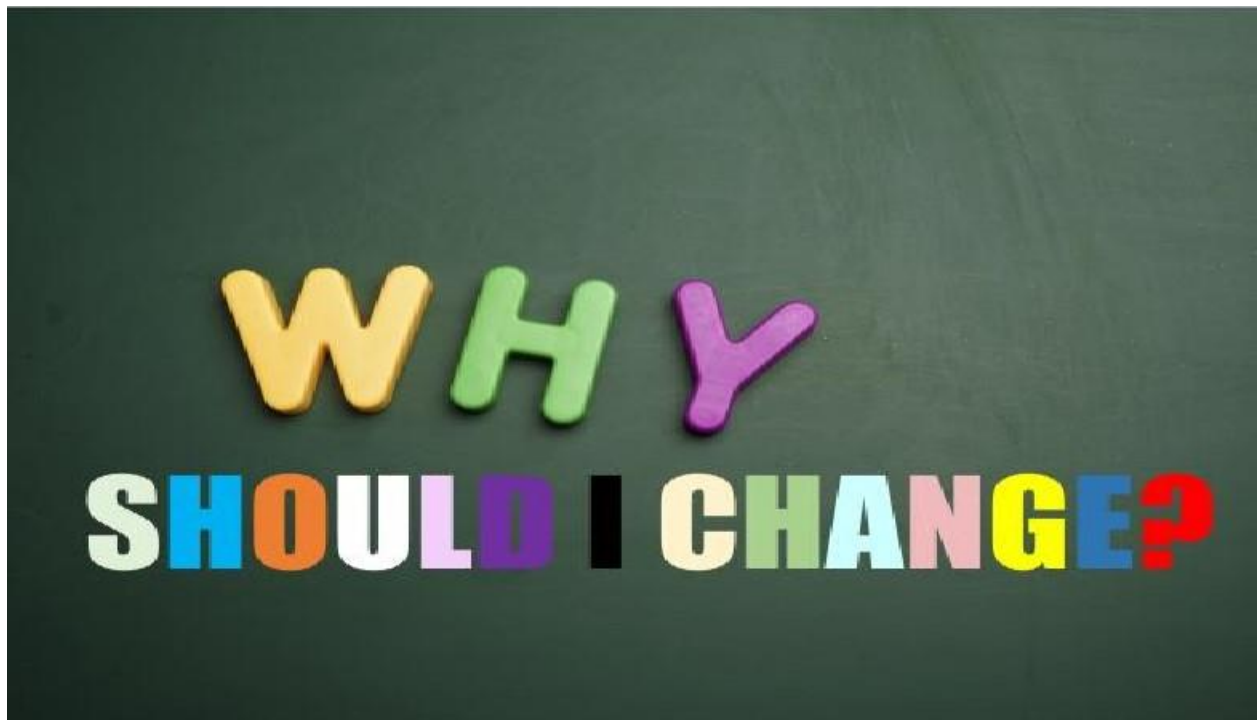
CHOOSE TO BE DRUG FREE!!!





Then we get to an "I don't care attitude" and when we get there, (we don't care if we hurt ourselves or somebody else) — It just doesn't

matter



oxycontin is abused for its painkilling effects, as well as the general sense of wellbeing and feelings of euphoria it can provide. It is also known to bring on a sense of relaxation. People tend to consume more of the drug in an effort to intensify these pleasurable effects, which is often what leads to abuse. This can happen to those who have been prescribed the drug, as well as those who obtain it illegally.



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OxyContin is commonly abused either orally or intravenously, according to the Drug Enforcement Administration(DEA). Tablets are sometimes crushed into a powder form and snorted through the nose, as this allows the substance to take effect more quickly than by ingesting a pill orally.





- **Clammy skin**
- **Slowed heartbeat**
- **Seizures**
- **Dizziness**
- **Weakness**

- **Restlessness**
- **Anxiety**
- **Increased heart rate**
- **Sweating**
- **Fever**
- **Muscle spasms**



FENTANYL

a synthetic opiate analgesic. It is similar to morphine but significantly more potent. It is typically prescribed to cancer patients and those suffering from chronic or breakthrough pain. Breakthrough pain is when a person is taking an opiate pain medication but has temporary pain that breaks through the opiate barrier.



How is fentanyl abused?

Fentanyl is ingested, dissolved in the mouth, absorbed through the skin, smoked or injected. Fentanyl is also sometimes mixed with street-sold heroin, dramatically increasing the risk of overdose and death.

How does fentanyl affect a person?

Fentanyl, like other opioid drugs, binds the body's opiate receptors which control pain and emotions. This can drive up dopamine levels, producing a state of euphoria and relaxation.

Common side effects
 drowsiness
 respiratory

Anuse 01 tentanw
 immune system depression
 delusions or hallucinations
 severe constipation

depression/arrest
confusion
unconsciousness
addiction.

nausea
and

swollen extremities
Paranoia and death

Methamphetamine - "Ice"

**High Potential for Violence,
Addiction, & Death**

**Usage in many First Nations
Communities.**

2-3 Months Addiction Time

Losing One's Mind & Will



WHY IS METH ADDICTIVE

why



ALL ADDICTIVE DRUGS HAVE 2 THINGS IN COMMON:



THEY PRODUCE
AN INITIAL
PLEASURABLE EFFECT



REBOUND
UNPLEASANT EFFECT



METHAMPHETAMINE, THROUGH ITS STIMULANT EFFECTS, PRODUCES A POSITIVE FEELING, BUT LATER LEAVES A PERSON FEELING DEPRESSED. THIS IS BECAUSE IT SUPPRESSED THE NORMAL PRODUCTION OF DOPAMINE, CREATING A CHEMICAL IMBALANCE. THE USER PHYSICALLY DEMANDS MORE OF THE DRUG TO RETURN TO NORMAL. THIS PLEASURE/TENSION CYCLE LEADS TO LOSS OF CONTROL OVER THE DRUG AND ADDICTION.



PEOPLE SOMETIMES DIE OF STARVATION WHILE GIVING THEMSELVES METHAMPHETAMINE EVEN THOUGH FOOD WAS AVAILABLE.

THE INGREDIENTS



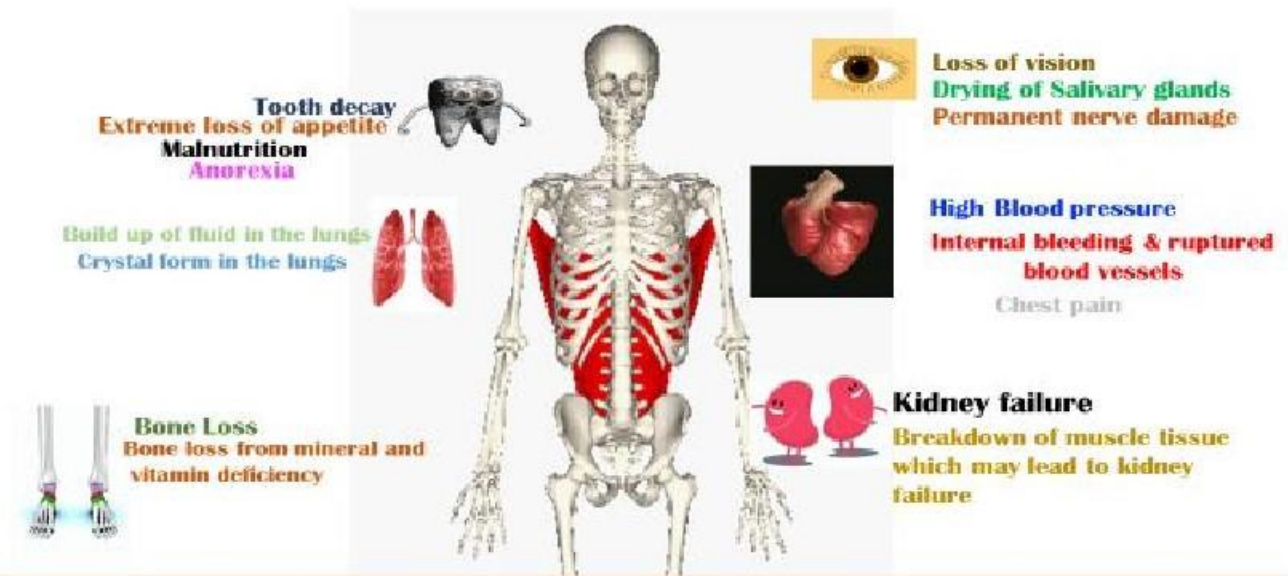
- **Acetone** is found in nail polish remover and paint thinner. It's extremely flammable.
- **Anhydrous Ammonia** is found in fertilizer and some cleaners. Mixing it with other chemicals creates a toxic gas.
- **Ephedrine/Pseudoephedrine** is found in some cold medicines and diet pills. It can harm the respiratory system, nervous system, and heart in large quantities.
- **Hydrochloric Acid** is used to make plastic. It is so corrosive that it can remove rust from steel and is capable of eating away flesh.
- **Lithium** is found in batteries. It burns the skin, is highly explosive, and reacts violently with water.

THE INGREDIENTS



- **Red phosphorus** is found on matchboxes, in road flares, and in other explosives. It is highly flammable.
- **Toluene** is found in brake fluid. It is so corrosive it can dissolve rubber.
- **Sodium Hydroxide or lye** is used to dissolve roadkill. It is corrosive and can also burn skin or cause blindness.
- **Sulfuric Acid** is found in drain cleaner or toilet cleaner. It is corrosive and can also burn the skin.

PRODUCTION OF 1 POUND OF METH YIELDS 5 POUNDS OF HAZARDOUS WASTE
PHOSPHINE GAS is a by product of CRYSTAL METH production has caused severe Lung damage and death among several individuals.



ANATOMY OF A MET USER



- ❖ We gain more tolerance for the drug. It takes more to get high.
- ❖ We become dependent on the Drug... we at first thought it was just a thing we were going to do now and then but we found we need it all the time.
- ❖ Finally we become **Addicted**. We will do anything to get the drug...Lie, steal , even sell our body and the body of others to get the drug. We will even **KILL** for the drug. It consumes every part of us and we wonder...**HOW DID I GET LIKE THIS?.....WHAT WENT WRONG?**



LIFE OF A METH USER



**“USING METH TO COPE WITH PROBLEMS,
IS LIKE PUTTING BANDAIDS ON”**

**“YOU CANNOT HELP ANYBODY
THAT IS **NOT** READY TO BE HELPED”**



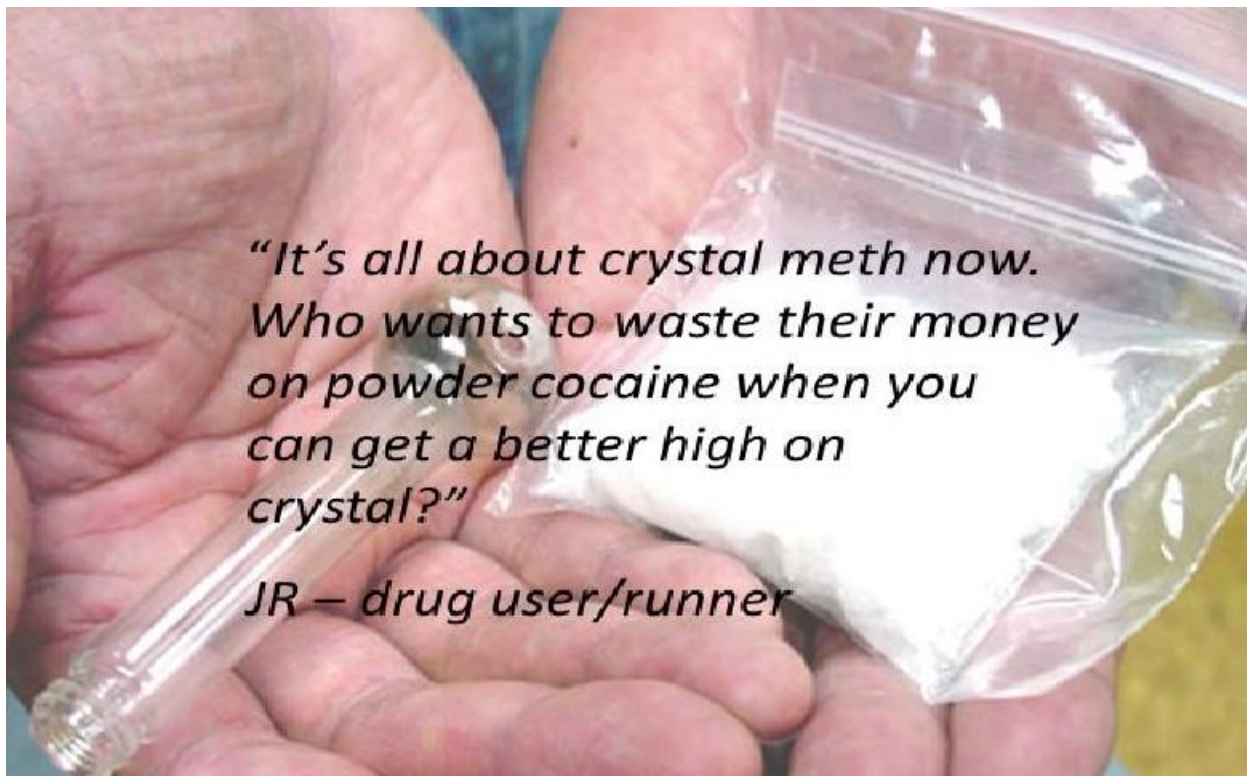


BEFORE METH I HAD TONS OF FRIENDS, I
WAS OUTGOING, I HAD TRUST FROM PEOPLE
AND METH **TOOK ALL THAT**
AWAY FROM ME!

**METH TAKES SUCH CONTROL OVER
YOU, AND IT'S SOMETHING THAT
YOUR BODY FEELS IT NEEDS, AND
YOU WILL DO ANYTHING TO GET IT.**

CRYSTAL METHAMPHETAMINE





Comments from the street...

- "I USED TO BE HEROIN JUNKIE. I WENT ON METHADONE AND QUIT FIVE YEARS AGO. I STARTED USING CRYSTAL METH LAST YEAR. WHEN I WAS ON HEROIN I LOST MY JOB BECAUSE I KEPT FALLING ASLEEP. NOW I WORK TWO JOBS AND I AM LOOKING FOR A THIRD." M.L.

"This is by far the best drug I've tried. I'll do anything to get my hands on it"



-Former crack smoker

\$100 street bag

WHAT IS CRYSTAL METH?

Crystal meth is one form of the drug, methamphetamine hydrochloride, which comes in clear, chunky crystals, which are then inhaled or smoked.

Crystal meth has become the most widespread and popular form of the drug, largely because it is so easy to make. Motorcycle gangs are becoming dominant at trafficking in this 'new' drug.



Methamphetamine crystals
Photo by Payin2Much, © 2002 Erowid.org



'FACES OF METH'



Jennifer

15 Years



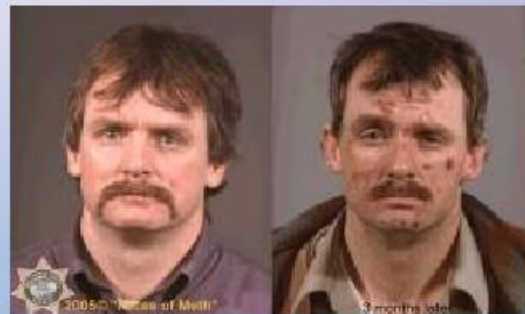
Perry

4 Years Later



Theresa

2.6 Years Later



Joseph

3 months later

Faces of Methamphetamine users



Faces of Methamphetamine users



Faces of Methamphetamine users



SMILE FROM A METH USER



Effects of crystal meth



Effects of crystal meth



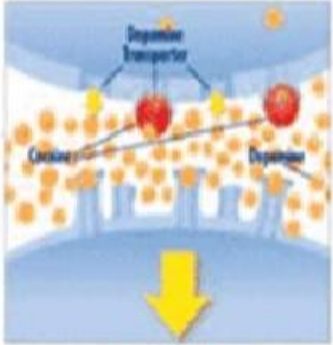
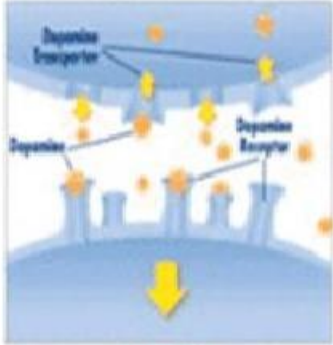

Like Alcohol and Depressants, Narcotics will slow you down. Take too many and they will slow you down permanently.



slow you down permanently.

ALL DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

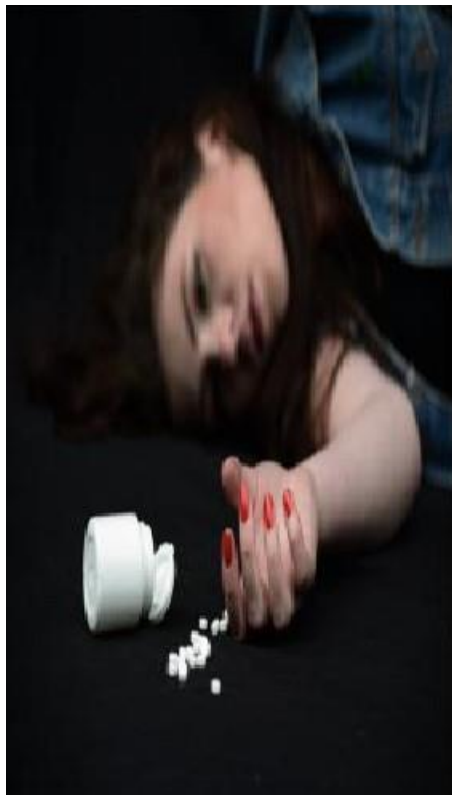
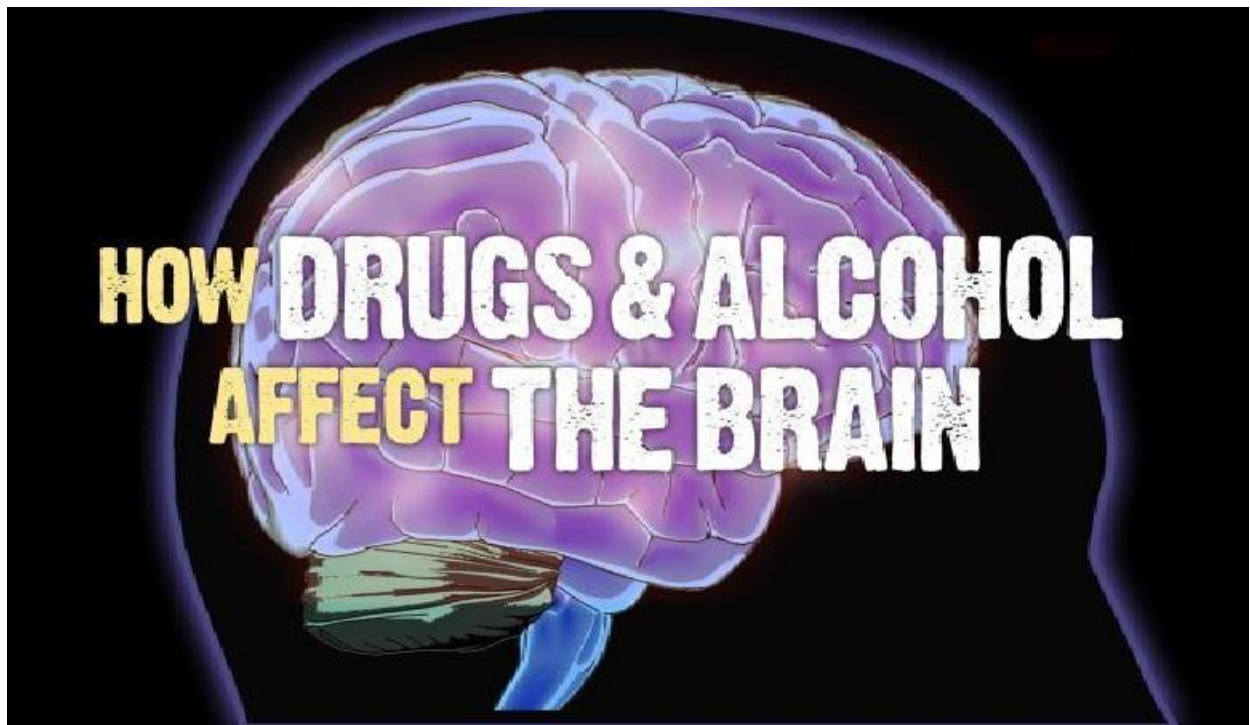
Brain reward (dopamine) pathways **All drugs of abuse increase dopamine**



FOOD **COCAINE**

These brain circuits are important for natural rewards such as food, music, and art.

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.



ALL DRUGS EFFECTTHE BRAIN IN A BIG
WAY

PEOPLE ARE DYING EVERYDAY
FROM DRUG USAGE

DRUGS DESTROY A PERSONS
ABILITY TO REACH THEIR GOALS
AND TO HAVE A POSITIVE LIFE

DRUGS CAN LEAD TO A
CRIMINAL LIFESTYLE

All

THE PICKLE LINE

All cucumbers can
cucumbers can
become pickles, but...

Once a pickle, you
can never become a
cucumber again...





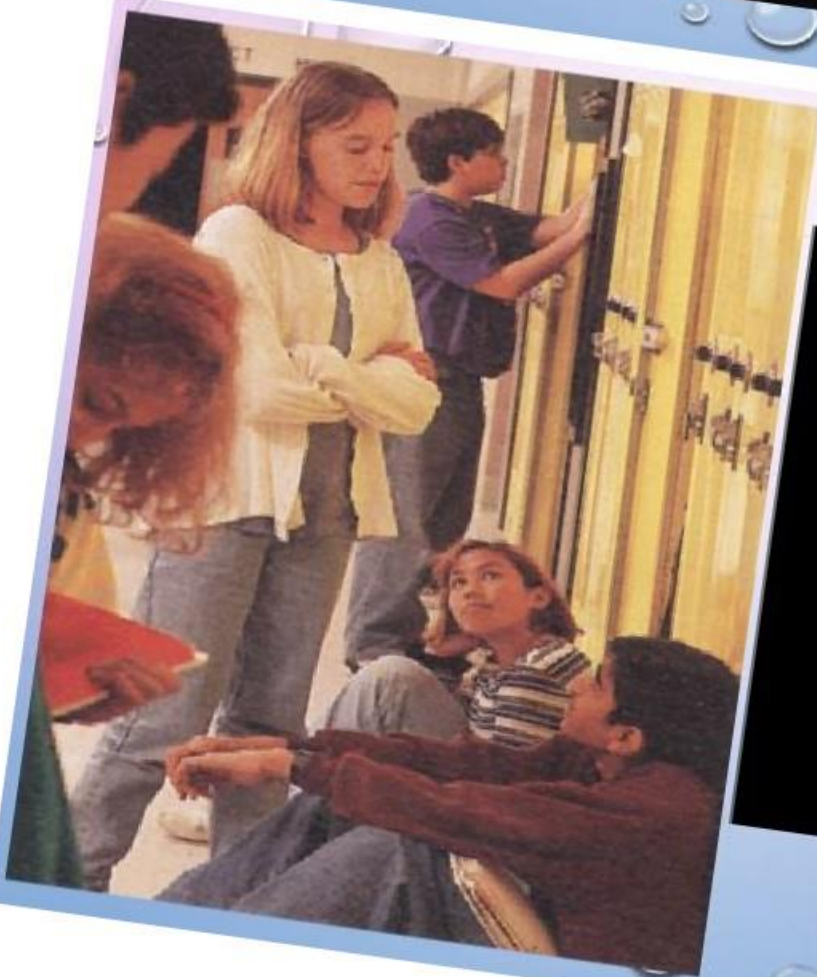
BEING ABLE TO SAY "NO" TO DRUGS. This means not participating in its use nor condoning it in any area of our lives. To invite the drug culture into our lives also encourages the entrance Of the gang culture.

Soon our lives are unmanageable, unrecognizable leading to a sense of failure and hopelessness. Masking our pain and problems via drugs and alcohol has brought about several unforeseen circumstances such as teen pregnancy, abortion, theft, violence, prison, overdosing, and death.

Ith Talk" - I choose to participate in nealtny discussions that will nein me to understand life issues and to make healthy choices. Topics such as death and dying, depression, suicide, nonelessness, values and morals, sex, Creator, and "how to be happy'.



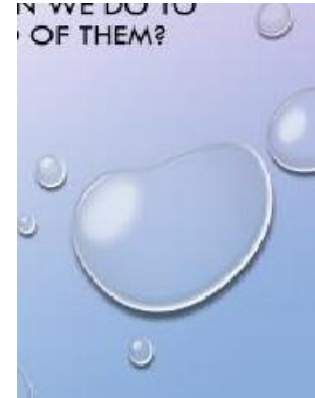
Being a Leader and not a Follower. Too often many Youth follow what their peers are doing. They will make a devastating decision just because that's the direction their peers took. They will abort any plan to make any healthy decisions for fear of looking negative in their peer's eyes. This will cause them to forsake at times even their goals and dreams. They will engage in behaviours that can even be criminal, because they are attempting to gain their peers approval.



**... Is it
worth
the
risk?**



THE FIDO EXPERIMENT:
SO, LET'S SAY WE HAVE
FIDO HERE, SHE'S IN HER
DOG HOUSE AND
WE



REALIZE SHE HAS
FLEAS. WHAT CAN
WE DO TO GET RID
OF THEM?

The good news is...
**Drug Abuse is a
PREVENTABLE behavior**
and
**Drug Addiction is
a TREATABLE disease**

MY FRIENDS WHEN

ALCOHOL AND DRUGS
CRABS A HOLD OF YOU, IT
WON'T LET GO UNTIL IT
DAMAGES YOU OR KILLS

YOU.

DO THE

LETS TAKE A STAND, LET'S
DO OUR PART.... LET'S SAY