

D. Cowdrey

United States Air Force Honorable Retired, Service Veteran

About as depressing as it gets for local populations.

“New America,” vs. America

It’s Genocide.

Research:

1. <https://www.jstor.org/stable/27299915>
2. <https://www.tandfonline.com/doi/full/10.1080/1059924X.2025.2470967>

AI Assisted Casenotes:

“**Settlerism** often leads to significant emotional impacts on local populations, including feelings of loss, trauma, and disconnection from their land and culture. This can result in intergenerational trauma, mental health issues, and a diminished sense of identity among affected communities.” -nami.org

Emotional Impact of Settlerism on Local Populations

Settlerism has profound emotional effects on Native and local populations. The ongoing processes of migration have led to significant trauma and disruption in these communities.

Intergenerational Trauma

- **Definition:** Intergenerational trauma refers to the psychological effects of trauma experienced by one generation that are passed down to subsequent generations.
- **Causes:** This trauma often stems from migration, settlerism or colonialism forced removal from land, and cultural genocide.
- **Consequences:** Many people experience mental health issues, substance use disorders, and elevated suicide rates due to this trauma.

Loss of Cultural Identity

- **Cultural Disruption:** Settlerism often results in the loss of traditions, languages, and community structures.
- **Emotional Consequences:** This loss can lead to feelings of disconnection, depression, and anxiety among local populations, as cultural identity is closely tied to emotional well-being.

Displacement and Land Loss

- **Impact of Land Dispossession:** The loss of land due to settler expansion disrupts the relationship between local people and their environment, which is vital for their cultural and emotional health.
- **Psychological Effects:** Displacement can lead to feelings of helplessness, anger, and grief, further exacerbating mental health challenges.

Barriers to Mental Health Care

- **Access Issues:** Many local communities face barriers to accessing mental health services, including inadequate funding and culturally unsafe practices.
- **Cultural Disconnect:** Traditional culture is often overlooked in favor of new approaches, which may not resonate with local populations.

The emotional impact of settlerism is complex and multifaceted, deeply affecting the mental health and cultural integrity of local populations. Addressing these issues requires a commitment to cultural safety, healing, and reconciliation.”