

# Resilience and Love: The Power of Emotional Memory

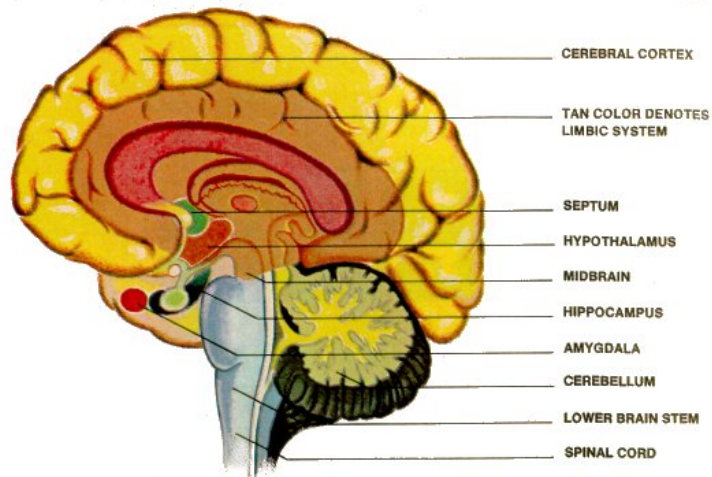
Terry L. Cross, MSW, ACSW, LCSW  
(Seneca Nation of Indians)  
Founder and Senior Advisor, National Indian  
Child Welfare Association



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*Protecting Our Children • Preserving Our Culture*

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# Brain Chemistry Matters



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# Culture Matters



## RISK FACTORS

What is an Adverse Childhood Experience (ACE)?

The experience of “significant abuse or household dysfunction during childhood”

Specific indicators:

- Recurrent physical abuse
- Recurrent emotional abuse
- Contact sexual abuse
- An alcohol and/or drug abuser in the household
- An incarcerated household member
- Someone who is chronically depressed, mentally ill, institutionalized, or suicidal in the household
- Mother is treated violently
- One or no parents
- Emotional or physical neglect



(Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, CDC, 2010)

## The ACE Study

- The ACE Score is a count of the total number of ACE indicators for an individual.
- The score ranges from 1 (low trauma) to 9 (high trauma).
- In the mainstream population, as an ACE score increases, the risk for numerous health problems increases.

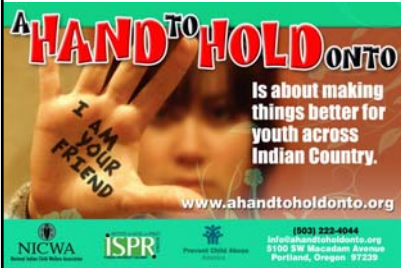
(Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, CDC, 2010)

## ACE Study Model



(Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, CDC, 2010)

## American Indian Youth Victimization and Delinquency Outcomes Study (AIYVDOS)



- Used a participatory research model:
  - Culturally sensitive and scientifically sound
  - Involving community members as partners and owners throughout the research process



## Final Sample

- 110 young adults, aged 18–25
- 82% Enrolled Tribal Members
- 58% Female, 42% Male
- Grew up:
  - On the reservation: 46%
  - Rural: 5%
  - Small town: 21%
  - Suburbs: 10%
  - Urban: 18%



# AIYVDOS and ACEs

# of ACEs	% of AIYVDOS Participants	% ACEs study (CDC, 2010)
0	30%	36%
4+	25%	13%

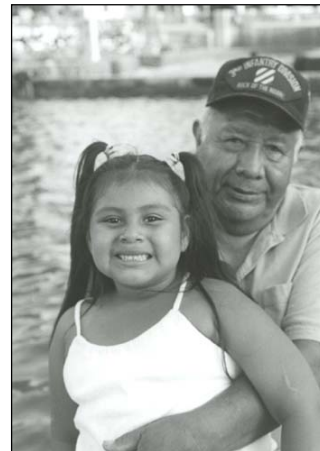
The percent of youth in our study with four or more ACEs is almost TWICE the rate in the mainstream population.

In mainstream culture, adults who had experienced four or more ACEs compared to those who had experienced none had at least four times higher risk of

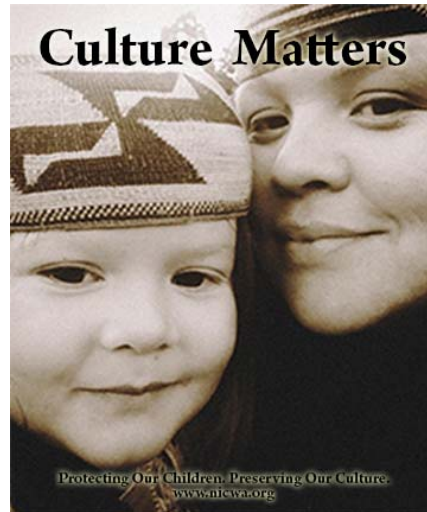
- Alcoholism/drug use
- Depression
- Suicide attempts



## The good news...



# Culture Matters



# PROTECTIVE FACTORS

What is a Protective Childhood Experience (PCE)?

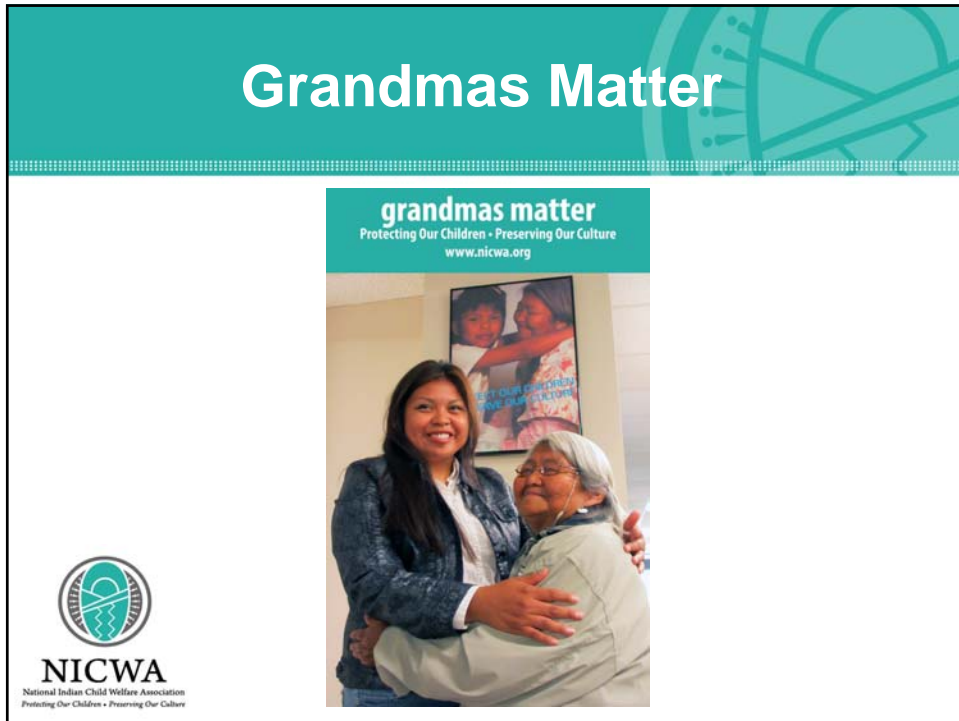
Positive relationships and experiences while growing up that protect young people from negative influences and behaviors.

Specific Indicators:

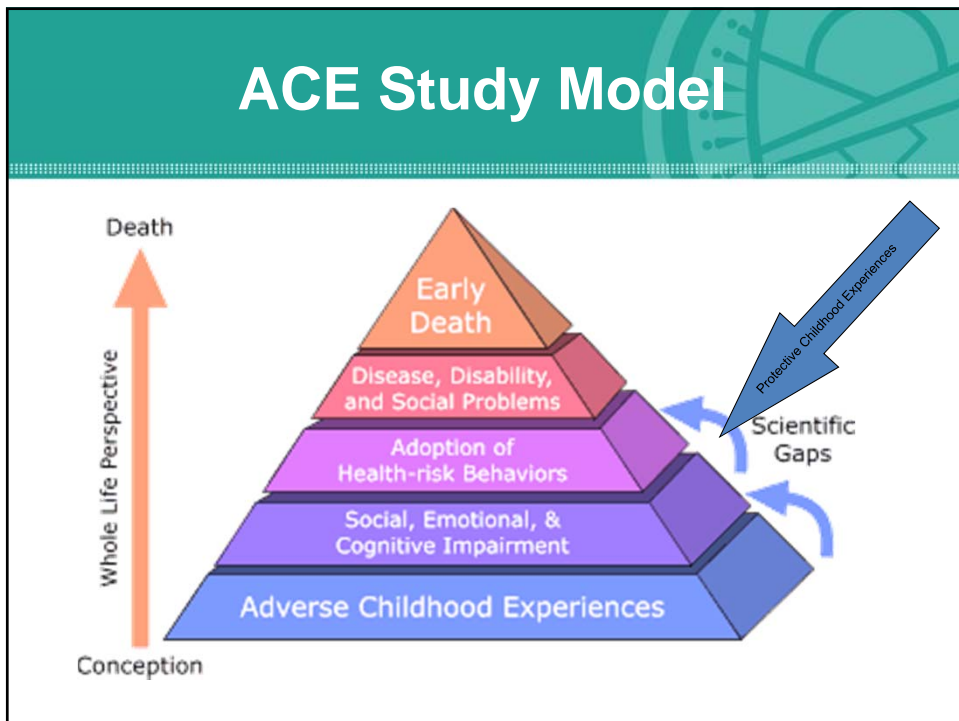
- Supportive adults
- Positive peer groups
- School activities
- Family resources
- Spiritual/Religious Connection
- Connection with Tribal elders, learning a Tribal language
- Safe and strong community



# Grandmas Matter



# ACE Study Model



## Elders Matter

### grandmas matter

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## ACE scores, PCE scores, and Juvenile Delinquency

We examined how ACEs and PCEs relate to delinquency by grouping people according to both ACEs and PCEs

- The group with **low** ACEs and **high** PCEs had the lowest delinquency (14%)
- The group with **high** ACEs and **low** PCEs had the highest delinquency (67%)



- Even when ACEs were high, the group with high PCEs had lower delinquency (39%) than the group with low ACEs and low PCEs (46%)



# ACE scores, PCE scores, and Depression

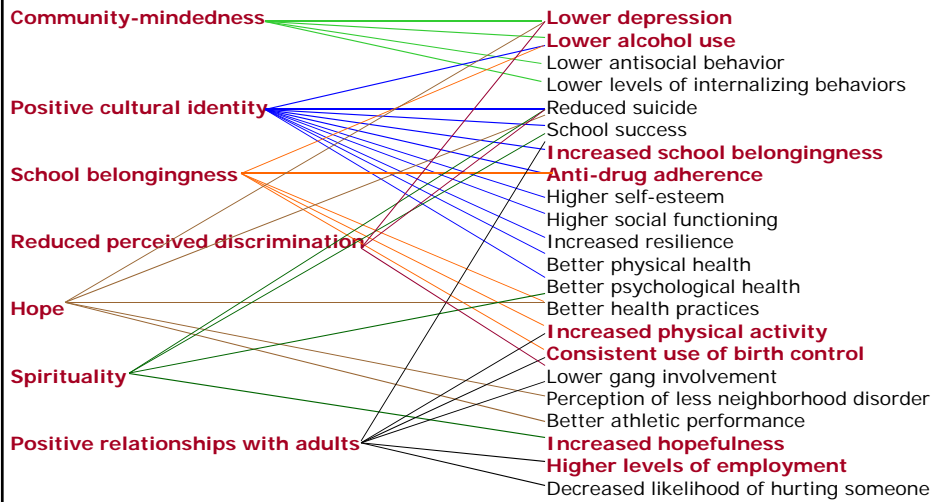
We also examined how ACEs and PCEs relate to depression.

Depression was related to the following:

- Gender (female)
- Higher sexual abuse (ACE)
- Lower safe and strong community (PCE)
- Lower spirituality (PCE)



## Relationship of NAYA-identified outcomes to existing evidence



Outcomes in red are NAYA-identified outcomes; all items in right column are outcomes from the research literature.

## Culture Matters



## Ethnic Identity Development

- Stage 1 - Conformity
- Stage 2 - Dissonance
- Stage 3 - Resistance, Rejection or Immersion
- Stage 4 - Introspection
- Stage 5 - Synergetic, Articulation and Self Awareness



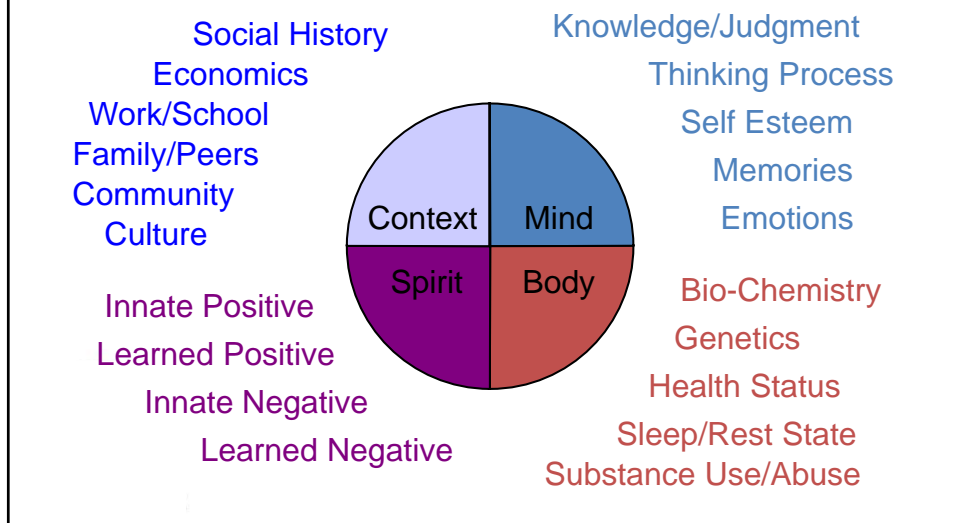
## Synergy, Self Awareness

- Acceptance of the lived experience as an Indian experience
- Being Indian – not a choice
- Doing Indian – a choice
- Using the outward and visible culture to enrich and understand the lived experience



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## Relational Worldview *Individual and Family Level*

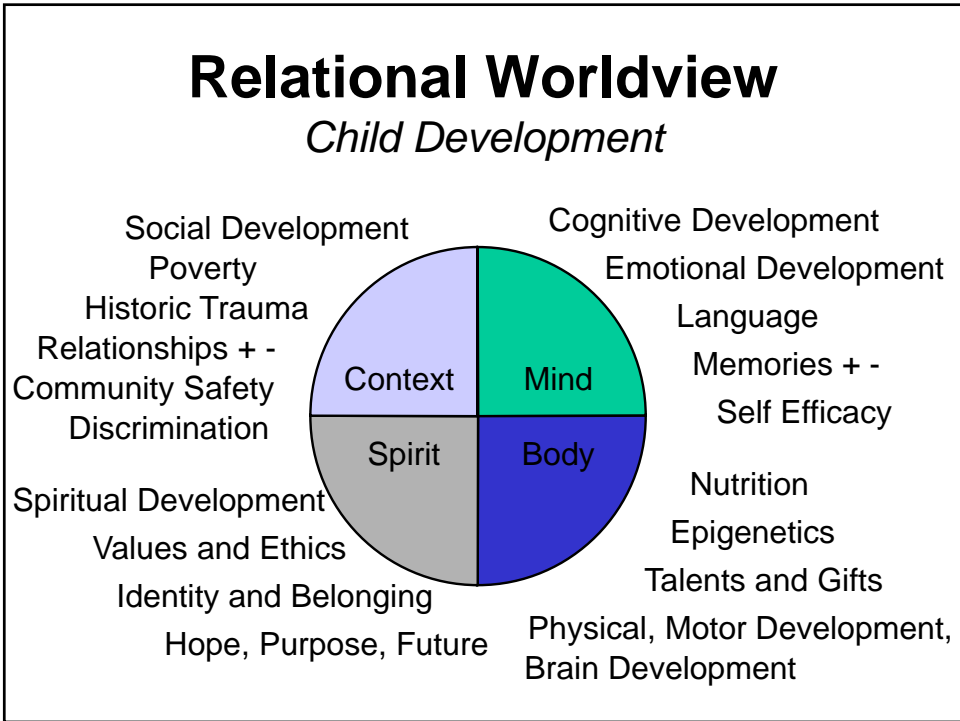
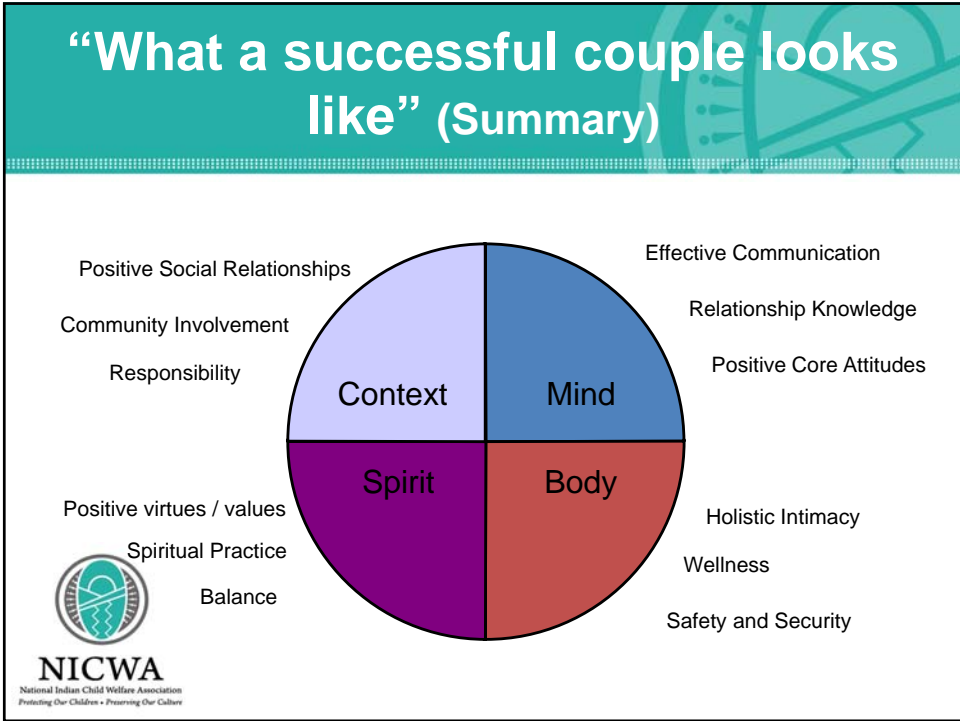




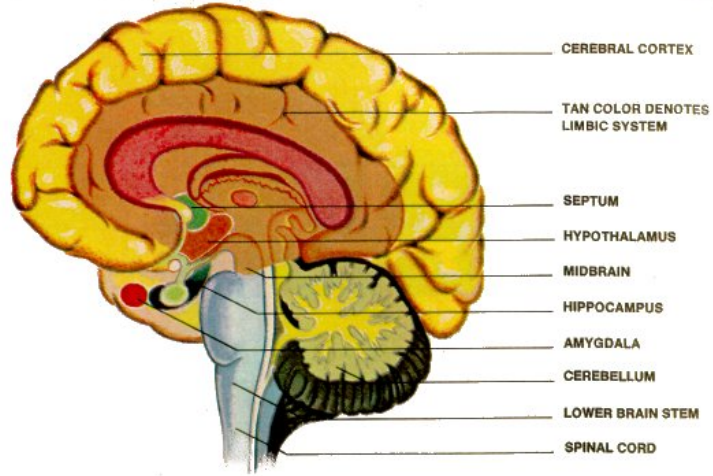
## Laughter Matters

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# Brain Chemistry Matters



# Love Matters



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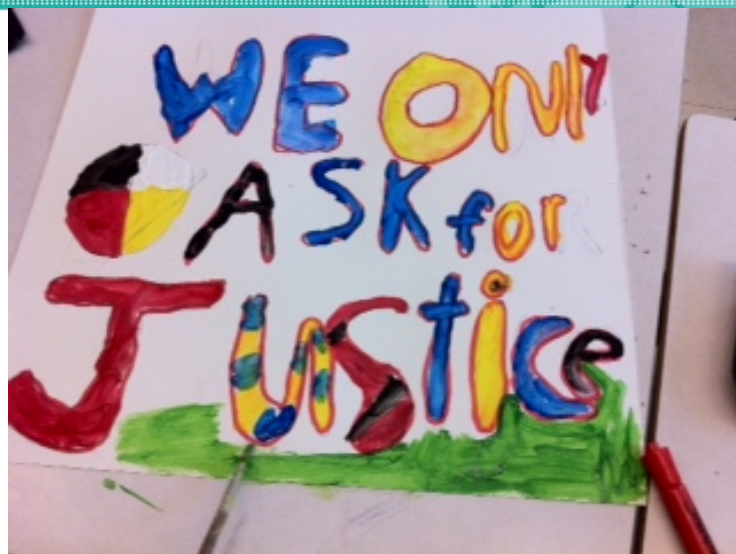


## What Heals? Resilience and Love

Culture	Ancestors
Hope	Tears
Safety	Stories
Gratitude	Generosity
Touch	Spirituality
Laughter	Ceremony
Medicine Plants	Love



## We are Worthy!



## Great Grandmas Matter Too!



Terry L. Cross  
Founder and Senior Advisor  
tlcross@nicwa.org

503-222-4044

[www.nicwa.org](http://www.nicwa.org)