

Cultural Resilience:

Pisatsikamotaan

Finding Hope from the Inside Out

Dr. Iris HeavyRunner PrettyPaint

What is Cultural Resilience?

Something you are born with...

The ability to bounce back...

The ability to overcome obstacles...

Like a rubber band..

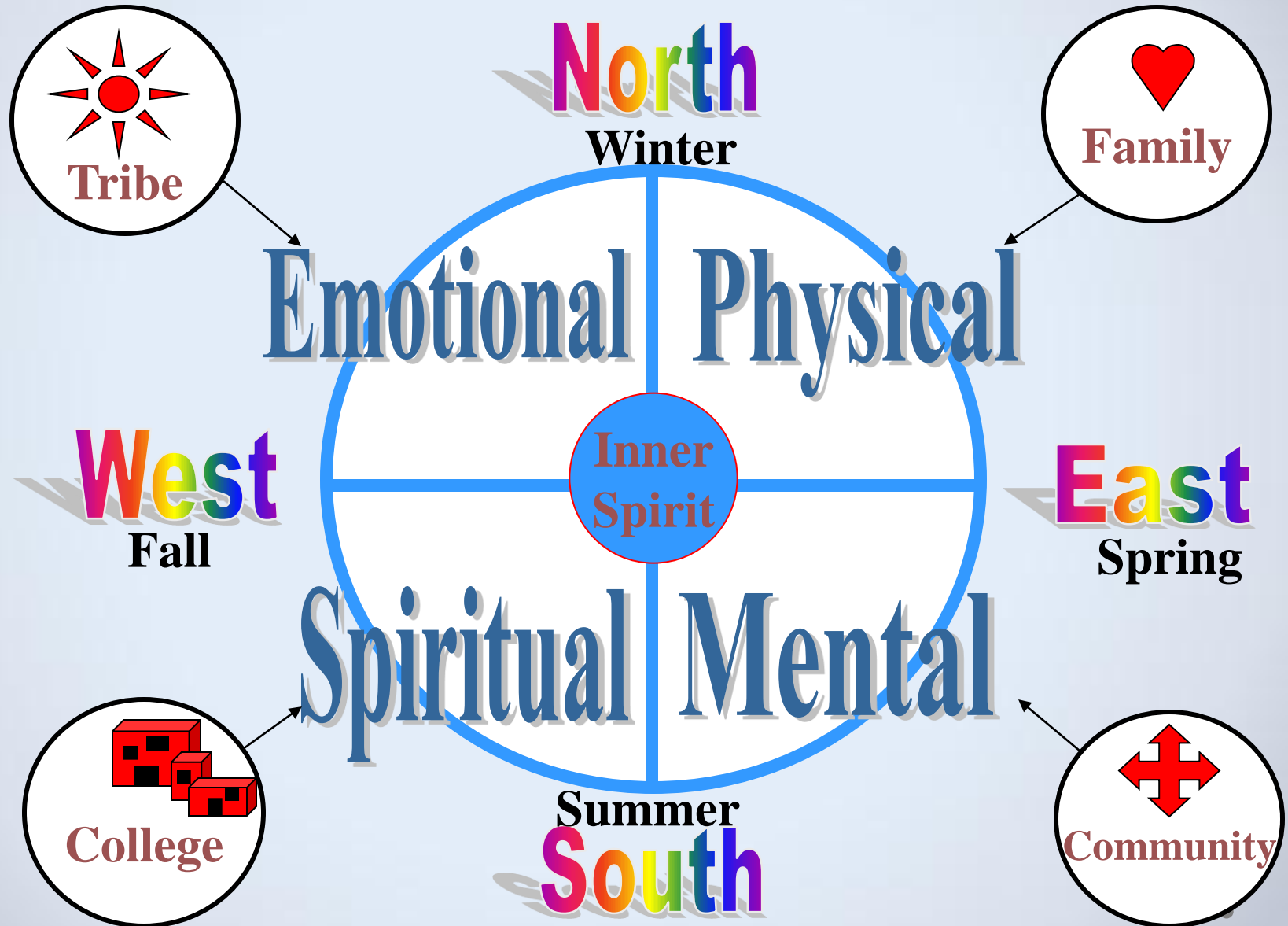
Like a basketball you put under water...



Foundations of Resilience

- **Sense of Purpose**
 - Spiritual Connectedness
 - Optimism
 - Goals
- **Autonomy**
 - Sense of Identity
 - Self-Awareness
 - Adaptive Distancing
 - Task Mastery
- **Social Competence**
 - Cultural Flexibility
 - Sense of Humor
 - Caring
- **Problem-Solving**
 - Planning
 - Critical Thinking
 - Help Seeking

Worldview Philosophy



Its' Impossible to...

- **RETURN** from where you have not been
- **SHARE** experiences you have not had
- **TEACH** what you don't know
- **GIVE** what you don't live
- **LEAD** where you don't go



Survey Research

HEALTHY NATIONS (1985)

- Prayer and Ceremony
- Identity
- Language
- Sobriety
- Family
- Native Professionals

TRIBAL COLLEGE (1998)

- Family Support
- Surrogate Tribal College Family
- Caring Staff/Faculty
- Friends
- Spirituality
- Ceremony
- Sense of Humor



Many Points of Healing



The Courage to Listen

“The most practical thing we can achieve in any kind of work is insight into what is happening inside of us as we do our work”



Advocacy Qualities

- Communication
- Commitment to Results
- Organization
- Planning
- Leadership
- Strategic Insight
- Decisiveness
- Budget
- Work Direction and Oversight

Strength from Within: Rekindling Tribal



• **Traditions to Assist Victims of Crime** •