

Rebels and Natives:

How Columbine and Other Mass Shooting Survivors Aided A Tribal Community After Tragedy Struck

Sherrie Lawson, Director of Development, The Rebels Project

Hedi Bogda, Attorney

Patricia Lenzi, Chief Judge, Cedarville Rancheria

TRIGGER WARNING:

LEAVE THE ROOM, TAKE A BREAK IF YOU NEED IT

The Rebels Project Video

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Our Tragedies



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The Rebels Project Video

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Heather Martin Columbine Survivor

- Columbine HS shooting incident
- Heather's experience



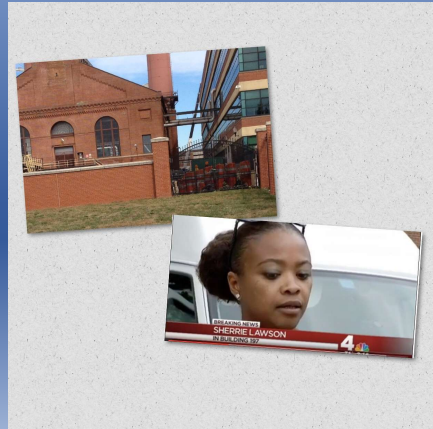
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Sherrie Lawson Washington Navy Yard Survivor

- Navy Yard shooting incident
- My experience



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Judge Lenzi Cedarville Rancheria Survivor

- Cedarville Rancheria shooting incident
- Chief Judge
- First day, first hearing
- My experience



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Hedi Bogda Cedarville Rancheria Survivor

- Cedarville Rancheria shooting incident
- Tribal attorney and judge
- Attorney for Cedarville
 - How I came to work there
- My experience



A Moment of Reflection

What tragedies have you experienced?

Our Injuries

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Heather Martin Columbine Aftermath

- Heather's injuries
- Heather's isolation
 - PTSD



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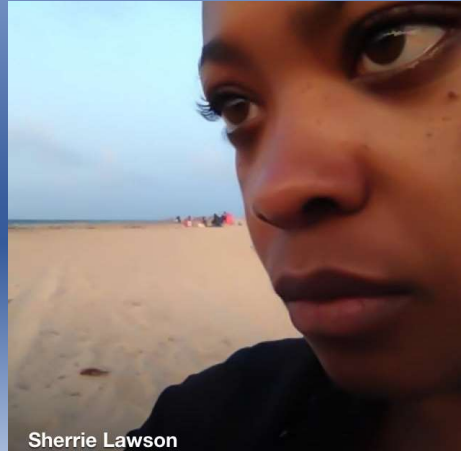
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Sherrie Lawson

Washington Navy Yard Aftermath

- How the incident shaped my aftermath
- Injuries
 - Isolation
 - PTSD
 - Depression
 - Anxiety



Sherrie Lawson

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Cedarville Rancheria

- The Cedarville Rancheria is a federally recognized tribe of Northern Paiute people in Modoc County, California, about 30 miles south of the Oregon border.
- Cedarville Rancheria is 26 acres in Cedarville, CA
- Tribal office in Alturas and Cedarville, CA

Cedarville Rancheria



Judge Lenzi Cedarville Rancheria Aftermath

- Judicial fairness = impartiality = isolation
 - How did this affect my healing process?
 - Isolation
- My injuries
 - PTSD

Hedi Bogda Cedarville Rancheria Aftermath



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Immediate Aftermath

- Loss of Tribal Council/Tribal Administrator
- Creation of a new tribal government
- CPS hearing
- Dealing with Press, Investigators and Prosecutor
- No time to heal/grieve
- No psychological or emotional support

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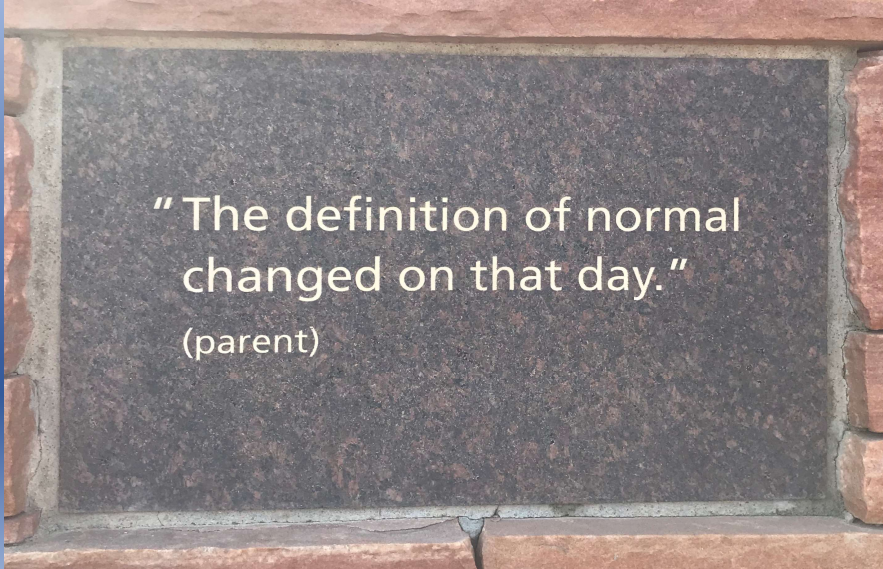
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PTSD Symptoms

- **Re-experiencing**
 - Spontaneous memories, recurring dreams and flashbacks
- **Avoidance**
 - Avoiding distress memories, thoughts, feelings and reminders
- **Negative cognitions and moods**
 - Persistence sense of blame, estrangement, markedly diminished interest in activities, inability to remember key aspects of the event (other memories), depression and anxiety
- **Arousal**
 - Aggressive, reckless, or self-destructive behavior; sleep disturbances and hypervigilance

A Moment of Reflection

What injuries do you have from incidents?



“The definition of normal
changed on that day.”
(parent)

Our Path to Finding The Rebels Project “TRP”

Growing Survivor Community

- The Need
 - Columbine survivor community
- Aurora movie theater shooting
- Feeling helpless, wanting to reach out
 - Desire to support through similar shared experiences



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Sherrie's Healing/Recovery Journey

- Work challenges/Relocation
- Mini-stroke
- Financial devastation
- Search for support
- Joining TRP



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Judge Lenzi Healing/Recovery Journey

- 18 months of isolation, fears, nightmares
 - Who might understand me?
 - Can't talk to Cedarville Survivors
 - How can I keep it from affecting my impartiality?
- Facebook
 - Aurora

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Hedi Bogda's Healing/Recovery Journey

- My relationship with friends and family
- Employment issues
- Physical Health
- Mental health/ongoing stress
- Feelings of mistrust/survivor's guilt
- Multiple losses in a short period of time
- Lack of resources and support until Rebels' Project

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A Moment of Reflection

What path brings you to this session and TRP?

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Our Experiences with TRP

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The Rebels Project's Beginning

- Founding TRP
- Fundraising
- Outreach
- Navigating media requests
- First major event



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Sherrie & TRP

- First time connecting with other survivors
- Glamour magazine article
- Joining TRP leadership team
- Self-care in the midst of supporting other survivors

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Judge Lenzi & TRP

- Finding others who “get it” means I am never alone
 - Common experiences after separate incidents
- Learning to live with my “new normal”

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Hedi & TRP

- First time connecting with other Survivors.
- Knowing that I have others that truly understand what I experienced and what I am still going through is incomparable.
- Yearly meetings in Denver and Facebook posts.
- Development of close connections, especially those who experienced work-related shooting incidents.
- Downside – Their triggers become mine and I don't feel safe.

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Heather Martin & TRP

- Heather's healing/recovery today
- Current resources offered by TRP
- TRP Vision and future goals

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Our TRP-Facilitated Healing

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Sherrie's Journey Continues

- Pre-shooting Sherrie vs. Post-shooting Sherrie
- Healing/Recovery status
 - Mental/Physical Health
 - Work and Career

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Judge Lenzi's Journey Continues

- Learning to live with my “new normal”
 - Feeling strong enough to share my experience and help others
 - TRP inspires me to help

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Hedi's Journey Continues

- The new me...
- What has helped me?
 - My family, friends and employers
 - Rebel's Project
 - Self Care (physical and mental)
 - My work to prevent and mitigate incidents like mine (Unified Solutions, National Mass Violence and Victimization Resource Center)
- Relapse in recovery
 - PTSD symptoms are back
 - Emergency room visit/fainting episodes
 - Could not attend the TRP visit to Cedarville
 - Hesitation to go to annual TRP reunion

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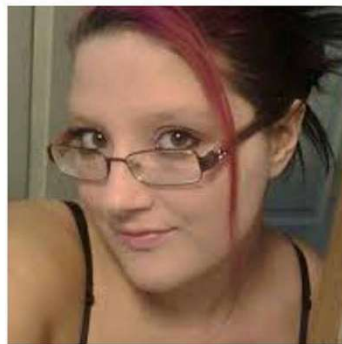
A Moment of Reflection

What will you do to facilitate your healing?

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Thank you!
Questions?
Remember to fill out
evaluations