

Healing Together: Understanding the Root Causes of Violence and The Connection Between Trauma, Substance Use, and Mental Health

Introducing the "Healing Together: Understanding the root causes of violence and the connection between trauma, Substance Use and Mental Health" training series, held on the third Thursday of each month. This comprehensive educational opportunity delves into the underlying causes of violence and the link between trauma and substance use. Participants will learn about the science of addiction and the impact of substance use and mental health coercion in the context of abuse and control. Additionally, the series will cover organizational healing and transformation to support this crucial work. Join us on this empowering journey towards understanding and breaking the cycles of violence.

THIRD THURSDAY OF THE MONTH 10:00AM - 11:130AM**Zoom Link:** <https://us02web.zoom.us/j/82412866085?pwd=cFF6enkyOG84cG1DSlJIUXNqa1hMQT09>**Meeting ID:** 824 1286 6085**Passcode:** 042828**One tap mobile:** +12532158782,,82412866085# US**MARCH 16th 10am-11:30am****America's History and Legacy of Violence****Time:** 1.5hr

We know that trauma is the underlying cause of many experiences of mental health and substance use concerns. These topics help us to better understand the prevalence of individual, historical, generational, and community trauma and the connection that trauma has with health disparities like mental health and substance use experiences.

Why are women abused more than men? Why are Alaska Native people, and our LGBTQ2S relatives physically and sexually assaulted at much higher rates than any other demographic? This training answers our biggest questions by exploring the roots of violence that have led to a culture of abuse and violence.

This training will examine the history of genocide, colonization, assimilation, and the anti-violence movement. Viewers will learn how gender-based and race-based oppression and violence intersect leading to higher rates of victimization and lethality. We hope people will walk away with a holistic view of indigenous culture and the impact these issues have on every aspect of their life and community for generations. Viewers will also learn to make the connections between trauma and health disparities.

This information will guide us to understand the role that justice and anti-oppression work plays for every supervisor and service provider.

Zoom Link:<https://us02web.zoom.us/j/82412866085?pwd=cFF6enkyOG84cG1DSlJIUXNqa1hMQT09>

April 20th 10am-11:30am**Understanding the Nexus of Violence and the Science of Addiction****Time:** 1.5hr

Many people do not understand why or how people become addicted. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their use simply by choice. Studies of trauma and substance use show a strong association between the two. Drug addiction is a complex issue, and access to resources takes more than good intentions or a strong will. Drugs change the brain in ways that makes addiction an equity issue. Fortunately, researchers know more than ever about how drugs affect the brain.

Learning objective: Participants will learn the science of trauma and addiction. They will leave with the ability to explain why substance use disorders are a disease of the brain as well as a disability. Together we will learn the cycles and stages of addiction and explore addiction as an issue of disparity while learning about the many pathways of recovery and healing.

Zoom Link:

<https://us02web.zoom.us/j/82412866085?pwd=cFF6enkyOG84cG1DSlJIUXNqa1hMQT09>

May 18th 10am-11:30am**Intersection of Trauma, Mental Health & Substance Use Experiences:
Understanding Substance use & Mental Health Coercion****Time:** 1.5hr

An introduction to the intertwinement of trauma, mental health, and substance use. Which comes first? How do abusers use substances against survivors? Why can't we just separate the issues?

Intimate Partner Violence (IPV) survivors often face the critical issue of substance use and mental health coercion by their abusive partners. This has far-reaching effects on both the domestic violence and sexual assault advocacy fields, as well as substance use treatment and recovery. Substance use coercion is a tactic employed by abusive partners as part of their pattern of abuse, violence, and control. The goal of this training is to educate service providers on the connections between substance use coercion and IPV and help them identify the tactics used to prevent survivors from seeking help and recovering.

Learning objective: Participants will understand that substance use does not cause sexual assault or domestic violence. They will also begin to understand the reasons survivors turn to substance use to cope with the trauma they have experienced. Third, participants will learn how substances are used as a weapon to control, manipulate, and facilitate harm and why we need to think about addiction as an anti-oppression issue and equity.

Zoom Link:

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June 15th 10am-11:30am

Decolonizing Our Narratives: The Intersectionality of MMIR PART 1

Time: 1.5hr

Beyond statistics, the lives of Indigenous people are rarely historically and politically contextualized. Together we will explore public narratives that have focused on the victim's 'high risk lifestyle'. Victims are more than often portrayed as runaways, drug addicts, single mothers, bad mothers, people raised in broken homes; destined from birth to a life of violence and a violent death. Together we will work to understand the truth that this crisis isn't a new phenomenon, but the continuation of a structural pattern of colonial, racist, sexist, and economic violence against Indigenous people. This training sheds light on the brutal legacy of settler colonialism and its impact on Indigenous people in our nation, specifically through the ongoing crisis of missing and murdered Indigenous relatives (MMIR). This training offers a deeper understanding of intersectionality, language, ideology, and solutions for addressing these intertwined issues.

Through this training, you will:

- Gain a deeper understanding of the historical instances of violence against Indigenous people.
- Explore the intersectionality of colonialism, racism, sexism, and poverty and its impact on the vulnerability and extreme violence faced by Indigenous people.
- Examine the discourse surrounding the disappearances and deaths of Indigenous people and the response from community service providers, law enforcement, and the government.
- Reflect on the structural nature of poverty and deprivation suffered by many Indigenous people and how this impacts their spaces and vulnerability.

Zoom Link:

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July 20th 10am-11:30am

MMIR: A Call to Action, Centering Indigenous Voices, and Healing PART 2

Time: 1.5hr

People who belong to more than one targeted & marginalized group (e.g., LGBTQ2, disabled, and/or Black, American Indian & Alaska Native people) are sometimes erased and excluded from our own communities. This is often reflected in organizations that primarily focus on one protected characteristic and may not have the necessary knowledge to help community members with the barriers they may face because of the intersecting aspects of those identities. This can lead to attitudes and practices which make spaces unsafe or unwelcoming for those who may need to access them the most.

This training is aimed at helping organizations become more inclusive of all their service users and respect every part of their identity. This inclusion work can start without a big budget or extra staff and benefit every service user regardless of their identities.

This training will help you to:

- Listen to the lived experience of people with intersectional identities.
- Learn the best terminology to use about LGBTQ2 people, Alaska Native people, and others.
- Identify barriers that people may face to participating in your service.
- Increase access and tackle discrimination.
- Integrate an intersectional approach across your services.

Zoom Link:

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The Trainer

Christina Love is an Indigenous survivor and an intersectional Senior Specialist with a primary focus on substance use, mental health, disability access, neurodiversity and issues connected to higher rates of violence for marginalized and targeted groups of people.

About The Network's Intersectional Equality Project Rural Grant

Christina Love's work with the Network (ANDVSA) and Jennifer Frieze with The Alaska Native Tribal Health Consortium (ANTHC) is one the most nationally recognized projects working for Alaska Native, Black, and other people of color, lesbian, gay, bisexual, transgender, intersex, and 2 spirit (LGBTI2S), and disability equality and human rights in Alaska's Rural Communities. The Rural Grant Project creates resources, training, and integrated services about including people whose identity falls in more than one marginalized and targeted group. The goal of Rural Grants Project is to center people's lived experiences and create integrated services to fill these gaps through community education, collaboration, and integration.

The Rural Grant Integrated Services Project recently celebrated a successful end to their first cycle!

THANK YOU TO ALL OUR RURAL GRANT PARTNERS!

This grant has enabled Indigenous Survivors to establish a space where other survivors can have a voice and a seat at the table where mutually agreed upon social contracts, decision-making, power, and responsibility are shared. This grant has enabled our state to elevate the voices and experiences of survivors in all that we do, with a particular focus on Rural Communities and Indigenous people with substance use and mental health issues. By educating our programs across the state about the need for equity and anti-oppression work, we are creating meaningful change. Following George Floyd's death, we fostered conversations about racism and its prevalence in each of our systems. We understand that more still needs to be done, and we are proud to have a grant that is dedicated to meeting these needs through speaking truth and raising awareness about disparities and solutions of equity.

This grant has been highly effective in bringing together agencies in rural communities across the state. We have successfully held meetings twice a month for four years, providing at least one training course each month. Through these gatherings, we have offered almost two hundred hours of cross-training and created new integrated services based on the insights of survivors who have experienced violence and encountered barriers to accessing services and safety. Our activities have resulted in increased referrals and decreased barriers through policy and cultural changes at numerous agencies in rural Alaska.

[Interested in this work? JOIN US!](#)

[Learn more about this project and how to get involved for the next cycle!](#)

Please email: Clove@andvsa.org for more information.

Thank you for inviting us into your community, heart, and homes.

Cheers to many more years of meaningful work and change!!!

Gunalchéesh!

"Without you this would not be possible!"

