Together
Building Healthy Communities & Preventing Child Maltreatment
A Shared Responsibility

Oklahoma State Department of Health and Oklahoma Human Services
3rd Bi-Annual Collaborative Convening | October 14th, 2021
9:30am **Opening Blessing** – Kendra Lowden, President of the Oklahoma Indian Child Welfare Association & Citizen Potawatomi Nation Foster Care/Adoption Manager

9:40am **Opening Keynote** – Justin Brown, Secretary of Human Services & Director Oklahoma Human Services

10:00am State Plan for the Prevention of Child Abuse and Neglect – The Children’s State Advisory Workgroup (CSAW) & Family Resource Network and Family Resource Centers

10:25am Oklahoma’s Child Welfare System – Child and Family Services Plan & Title IV-E Prevention Program Plan

10:50am **Coffee/Stretch Break**

11:00am **Plenary Speaker** – Dr. Dolores Subia BigFoot, PhD, Presidential Professor & Director of Indian Country Child Trauma Center, OUHSC – Child Study Center
Opening Blessing

Kendra Lowden
President of the Oklahoma Indian Child Welfare Association & Citizen Potawatomi Nation Foster Care/Adoption Manager
Opening Keynote

Justin Brown
Secretary of Human Services
Oklahoma State Department of Health

Beth Martin, MA, CCC
Director, Family Support & Prevention Services
Children’s State Advisory Workgroup (CSAW)
The mission of the Children’s State Advisory Workgroup (CSAW) is a collaboration of leaders from child serving organizations that have mechanisms to produce Hope. CSAW is charged to develop, enhance, coordinate and integrate systems that assist with identification of behavioral health goals to increase hope and resilience for children and families.
The vision of CSAW is to *increase hope in children and families by creating early* and easy access to effective behavioral health support, resources, and services to remain safely and successfully in their own home and community with hope for the future.
CSAW Partnership

CSAW Members

- Evolution Foundation, Jeff Tallent
- OJA, Janelle Bretten
- OCCY, Mark James
- OKDHS, Brett Hayes, Deb Shropshire, Beth Scrutchins, Denise Anderson
- ODMHSAS, Sheamekah Williams and Jessica Hawkins
- DRS, Mark Kinnison and Melinda Bunch
- OFN, Joni Bruce
- OHCA, Traylor Rains
- OPSR, Carrie Williams
- OSDE, Shelly Ellis and Beth Whittle
- OSDH, Beth Martin and Joyce Marshall
- OSU, Jordan Love
- Parent Professional, Renata Goolsby
- Parent Professional, Reshan Fuller
CSAW Wins

- Project 180
- Community Hope Centers
- Parent Advisory Committee Training
- Cross-Systems Coordinator
- Trauma Informed Care Task Force
- Parent Warm line (Family Field Guide)
CSAW Goals

Implement a data-driven model of “coordinated community investment” among CSAW members/partners in at least one site by June 30th, 2022.

In order to address CMH, develop and recommend a best-practice check list that all child-serving state agencies use to ensure there is a focus of trauma-informed care practice.

Establish a partnership through the statewide contract with Dr. Chan Hellman, equip child-serving agencies with the tools to infuse the Science of Hope within respective programs by June 30th, 2022.
Thank You
Oklahoma Family Support Network:
Family Resource Centers

LaChez' English, MS, MPH
Oklahoma Family Support Network Coordinator
Family Support and Prevention Service

LachezE@health.ok.gov

OKLAHOMA
State Department of Health
Goals for Effective Family Resource Center Development and Sustainability in Oklahoma
For more information about the Oklahoma Family Resource Network or Family Resource Centers, please contact:

LaChez' English, MS, MPH
Oklahoma Family Support Network Coordinator
Family Support and Prevention Service

LachezE@health.ok.gov
Oklahoma Child Welfare Services

Deborah Shropshire, MD, MHA
Director, Child Welfare Services
Oklahoma Human Services
Break
Dr. Dolores Subia BigFoot, PhD

Presidential Professor & Director of Indian Country Child Trauma Center, OUHSC – Child Study Center
Exploring Circle Theory to Promote Practice Based Evidence in Child Wellbeing

Dolores Subia BigFoot, PhD

University of Oklahoma Health Sciences Center

www.icctc.org
Introduction

Dolores Subia BigFoot, PhD
University of Oklahoma Health Sciences Center
Center on Child Abuse and Neglect

Indian Country Child Trauma Center
Suicide Prevention Resource Center

1000 NE 13th Street, Nicholson Tower Suite 4900
Oklahoma City, Oklahoma 73190
405-271-8858
www.icctc.org
www.sprc.org
dee-bigfoot@ouhsc.edu
Land Acknowledgement

Long before the University of Oklahoma and the University of Oklahoma Health Sciences Center were established, the land on which the University now resides was the traditional home of the “Hasinais” Caddo Nation and “Kirikirʔi:s” Wichita & Affiliated Tribes.

We acknowledge this territory once also served as a hunting ground, trade exchange point, and migration route for the Cheyenne, Arapaho, Apache, Comanche, Kiowa and Osage Nations.

Today, 39 tribal nations dwell in the state of Oklahoma as a result of settler and colonial policies that were designed to assimilate Native people. The University of Oklahoma recognizes the historical connection our university has with its indigenous community. We acknowledge, honor and respect the diverse Indigenous peoples connected to this land. We fully recognize, support and advocate for the sovereign rights of all of Oklahoma’s 39 tribal nations. This acknowledgement is aligned with our university’s core value of creating a diverse and inclusive community. It is an institutional responsibility to recognize and acknowledge the people, culture and history that make up our entire OU Community.
Linking Experiences of Colonialization, Historical Trauma, Loss and Grief to Current Disparities

**HISTORY**
- Pre-Colonialization
- Circle of Families
- Ceremony
- Traditional Practices of Being a Good Relatives
- Viable Communities
- Self-Sustaining

**HISTORICAL TRAUMA**
- Colonialization
  - Structural Violence
  - Cultural Persecution
  - Ethnic Genocide
  - Domination
  - Power and Control
  - Elimination of Indigenous ways of addressing trauma, grief, and loss
- New Democracy Established
- Impact on Tribal Structure:
  - Political Coercion and Jurisdictional Repression
  - Economic and Social Oppression
  - Psychological Harm
- Elimination of resources, social structure and norms, and society infrastructure
- Unmeasurable loss and grief, re-traumatization, and lack of support for healing and resiliency

**TODAY**
- Inequities exist in:
  - Social
  - Health
  - Economic
  - Employment
  - Environmental
  - Housing
  - Natural Resources
  - Land
  - Family and Extended Family Network
  - Trauma Response and Understanding

**ESTABLISHING**
- Self-Governance
- Economic Viability
- Cultural Resurgence
- Healing
- Circles of Families
- Ceremony
- Traditional Practices of Being a Good Relative
- 7th Generation
- Land Acknowledgement
- Truth and Accountability

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Evidence Based Practices

- Cognitive/affect/behavioral
- Attachment
- Humanist
- Developmental
- Neurobiology

Indigenous Knowledge

- Thinking, feeling, doing
- Relational & Circle Theory
- We are all related
- Naming, Medicine Wheel
- We knew the earth was round, Racial Memories, mind-body-spirit-heart connection
- Non interference, Non-judgement, choice
<table>
<thead>
<tr>
<th>Concept</th>
<th>Indigenous</th>
<th>American Indian Tribes</th>
<th>Alaska Native</th>
<th>Tribe/Village Specific</th>
<th>Western (Caucasian)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation/Worldview</td>
<td>Medicine Wheel, Pipe, Pottery, Tree</td>
<td>Circle, Relational, Extended Families</td>
<td>Creation Stories</td>
<td>Creation Stories, Origins (land, water, trees, mountains, etc.)</td>
<td>Theories (Psychological/Sociological)</td>
</tr>
<tr>
<td>Child Wellbeing</td>
<td>Having family, not being an orphan</td>
<td>Circle, Relational, Creation Stories</td>
<td>Creation Stories</td>
<td>Well Being (knowing who they are, where they come from) Salmon</td>
<td>Best Interest of the Child</td>
</tr>
<tr>
<td>Family and Extended Family</td>
<td>Camps, Lodges, Alliances, Clans, Bands, Societies, Camp Locations, Markings, Pledges</td>
<td>All my Relatives, Being a Good Relative, consider 7th Generations back and forward</td>
<td>Extended Family, Location</td>
<td>Clans</td>
<td>Single Unit</td>
</tr>
<tr>
<td>Discipline</td>
<td>Self-regulation</td>
<td>Self-regulation Guidance Ceremony</td>
<td>Self-regulation Guidance</td>
<td>Self-regulation Guidance Ceremony</td>
<td>Punishment or privileges removed Praise</td>
</tr>
</tbody>
</table>

10/14/2021

(c) D. S. BigFoot, 2021
Ceremony Teaches Self Regulation

Dolores Suba BigFoot, PhD
& Ah-in-mist Sipes
Ceremony is not entertainment, rather is a process toward learning who you are, the process of self discovery, self-regulation, and sacrifice
Ceremony is about preparation, sacrifice, service, reflection, offerings, and grounding that results in gaining self-regulation. The definition for self-regulation involves controlling one’s behavior, emotions, and thoughts in the pursuit of short term and long-term outcomes. More specifically, emotional self-regulation refers to the ability to manage disruptive emotions (feelings), behavioral impulses and actions (doing), and intrusive or negative thoughts (thinking).
Self-regulation is an on-going process that is practiced daily toward improvement and mastery over time. For ceremony, there is preparation which includes planning, scheduling, and thoughtful engagement with ceremonial individuals, family, or others that guide intent and actions. One instruction that is typically given is to think good thoughts in preparation of moving toward ceremony.
Our grandparents, elders, and ancient ones have long prayed and offered sacred words to the Creator to watch over all things from the past, the present, and the future.

We are taught to pray for all things because we are all connected. The air we breathe comes from the trees. The food we eat comes from the earth. The rain that cleanses us comes from the sky.

Through sacred words comes healing from the past, strength for the present and hope for the future.
Big Horn Medicine Wheel


Circle Theory
Teachings
Transitions
Developmental Progression
Spiritual Guidance
Self Regulation
Self awareness
Sacrifice
Acceptance
Resilience
Recovery
Healing
History
Stories
Understanding
Relationships
Parents: Relationships & Family Connections
Develop mastery with communication and negotiation (give and take of relationships)

Environments/Relational
(work skills, financial literacy, structure, predictability)

Ceremony/Beliefs/Values
(sacrifice, self discipline and self regulation)

Culture/Teachings/Structure/Social Norms
(Sacred Being, allowing children to step into sacredness, gifts of generations before, generations following)

Context 1 (parents)

PRACTICE/APPLICATION
Circle establishes relationships that support Resilience
Parents are the first circle for children, it is believed that parents have the right to be responsible for the wellbeing of their children. The first circle is created by the prior circles with surrounds the family, and continues with circles of extended family, tribal structure and other relationships. The circle can be two or more individuals; with the intent that those that form the circle are helpers and supporters, actively engaged in protection and safety that the circle offers. The circle allows for experimentation (parenting) while offering protection and safety (grandparents, aunties, and uncles, and extended family that step in or gives advice and guidance).

PROCESS
Build and master skills for better parenting, patience, understanding, comforting to build relationships
Learning, contribution, service, coping, organization, control
Practice gratitude, forgiveness, recovery (connection; being human)
Self generated (self-awareness, self-reflection, focused attention, flexibility)

OUTCOMES
Circle Continues through… Consensus Experience Regulation Model Support Exploration Priority setting Reflection Accountability Witnessing Ceremony Connectiveness Belonging Identity Repetition
Connections
(circle processes increase opportunities for mastery of family connections)

Environments/Relational
Structured and unstructured circles

Ceremony/Beliefs/Values
Children learn and understand their connections, are responsive to being in the center of the circle

Culture/Teachings/Structure/Social Norms
Process would be structured, guidelines for behavior, protocol followed.

Circle establishes relationships that support Resilience

The Circle is a protection as well as a teacher, an understanding, an way of being connected, a way of knowing relatives, a way of belonging, a way of having an identity, a way of having purpose, a way of recognizing boundaries and responsibilities, a means of exploration and using curiosity, a pathway for creativity and imagination, a place of humor and laughter, an opportunity to bring enthusiasm and joy, a way of knowing actions and learning, a way of thinking about expectations and disappointments, a means of testing and safety, a generosity of exchanges both inwardly and outwardly.

Process

Manage and overcome (confidence building, gaining competence, routine and stability)

Communication

Developmental gains

Accepting responsibilities, boundaries, exploration, testing, curiosity

Skill building, Mastery

Outcomes

Circle Continues through…
Learning how to be a human being,
Learning how to be a good relative,
Learning how to be a son or daughter, nephew, or niece.
Learning how to be a sibling.
Relationships & Family Roles and shared expectations (how did the previous generation provide for the wellbeing of future generations?)

Environments/Relational Gatherings, Events,

Ceremony/Beliefs/Values (Teaching and practices are part of all activities)

Culture/Teachings/Structure/Social Norms Process would be structured, guidelines for behavior, protocol followed.

Circle establishes relationships that support Resilience

Grandparents, aunts, uncles and extended family are the third circle for children, as extended family their roles are the supportive network that allows families to thrive and be resilient. This circle is the circle of helpers and healer, the teachers and instructors, those that guide and show the interconnectedness of the relationships built by the overlapping circles. This circle is the next ring of safety and protection

Manage and overcome (confidence, competence, stability)

Learn and reflect (contribution, coping, & control)

Practice gratitude, forgiveness, recovery (connection)

Self generated (self-awareness, focused attention, flexibility) (increases resiliency factors in children)

Circle Continues through… Consensus Experience Regulation Model Support Exploration Priority setting Reflection Ceremony Anticipation Meeting Needs Protection Safety Guidance Redemption Recovery
Circle establishes relationships that support Resilience

The overlapping circles allow for the structure and order for social norms to be established and provide function and purpose. Responsibility and accountability allow for the integrity of the circle, a way of having purpose, a way of recognizing boundaries and responsibilities, a means of exploration, a way of thinking about expectations and disappointments, a means of testing and safety. Using community as a means of support and growth for families

Stabilization Boundaries

Collaboration, resource mapping

Family Decision Making. Functional Family Planning. Peacemaker court

Motivations Capabilities

Circle Continues through… Consensus
(circle process involve all those interested in the child – talking circle) shared values both family and tribes – who's facilitates Local facilitators How to know to get involve? Informal system of assignment or court assignment Consensus going toward Concrete needs? Other resources?

COMMUNITY

Community members
Program Personal
Courts
LE

Environments/Relational Outreach

Ceremony/Beliefs/Values
Practice Based Evidence Interventions/ Programing

Culture/Teachings/ Structure/Social Norms
Application of cultural based teachings and practices

PRACTICE/APPLICATION

PROCESS

OUTCOMES

Circle Theory: A Model of Resilience

Application of cultural based teachings and practices

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Thank You

Questions?
Concerns?
Reflections?
Curiosity?
Challenges?
Interest?
THANK YOU

We look forward to our continued collaboration with you in developing a child and family well-being network!

SAVE THE DATE

2022 Bi-Annual Collaborative Convening
- Friday, April 1st, 2022
- Thursday, October 13th, 2022

STAY CONNECTED

- Family Support and Prevention Service
- Family First Prevention Services Act
  https://oklahoma.gov/okdhs/services/cws/ffspa.html
- ourOKDHS.org