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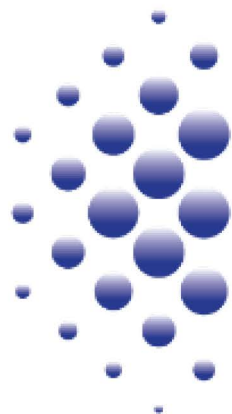
- 1 Text NCJTC to 22828
- 2 You will receive an email
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Live transcript/captions available at  
<https://www.streamtext.net/player?event=IASA>

# Building Stress-Resilient Tribal Communities

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC  
Facilitated by: Greg Brown

November 4, 2020



BJA's

**Comprehensive**

Opioid, Stimulant,  
and Substance Abuse

Program



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and Substance Abuse

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# Webinar Information

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

# Pre-Webinar Information



Participants will be muted for the duration of the webinar.

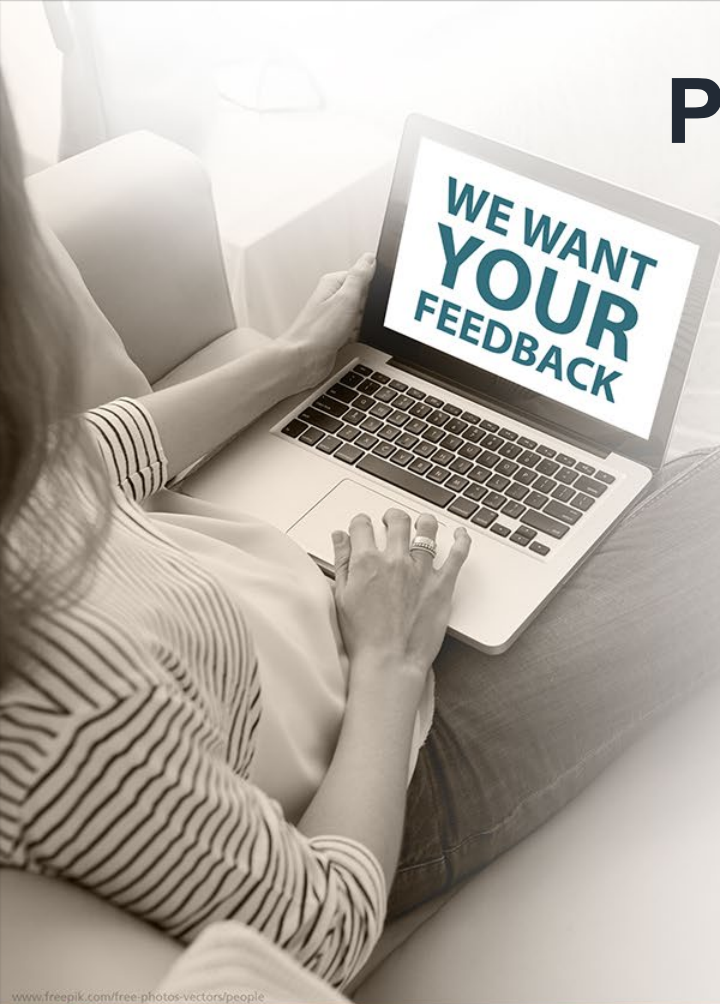
Questions and comments can be asked using the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the handouts section of the control panel.

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# Post-Webinar Information

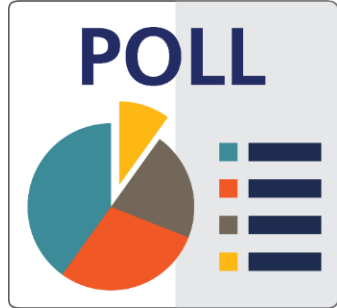
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- At the end of the webinar, a short evaluation will appear (pop-up blocker must be turned off).
  - A recording of this webinar will be available in approximately 2 weeks at [www.ncjtc.org](http://www.ncjtc.org).
  - A certificate of attendance will be sent within 2 weeks to participants who:
    - ✓ Attend the entire live webinar
    - ✓ Complete the evaluation

**Note:** Certificates will not be provided for viewing the recorded webinar.

# Poll Questions

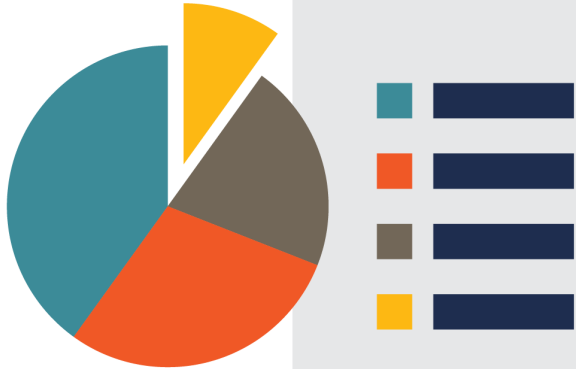
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly;  
polls are open for a short  
period of time.

# POLL



## Which of the following best describes your role?

- Victim Services/Victim Advocate
- Probation/Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other



# Learning Objectives

- ① A deeper understanding of stress and the impact on the brain and body
- ② Understand the relevance of stress with addiction, trauma and mental health.
- ③ Explore strategies to mitigate the impacts of stress and increase resilience.



**Dr. Anjali Nandi, PhD, MAC, LAC**  
Associate, NCJTC  
*Presenter*



**Kevin Mariano**  
Project Coordinator, NCJTC  
*Panelist*



**Justine Souto**  
Program Manager, NCJTC  
*Panelist*



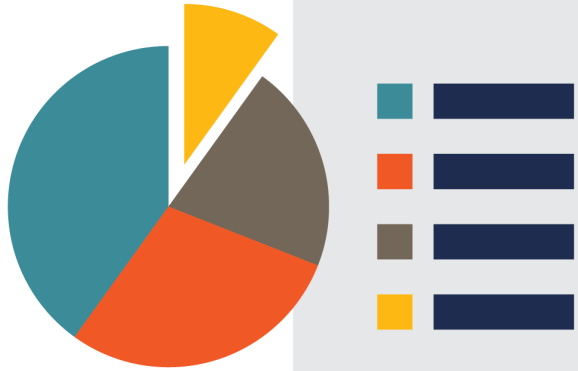
**Greg Brown**  
Program Manager, NCJTC  
*Moderator*

# Why Talk About Stress?

- ✓ Strong predictor of relapse
- ✓ Higher risk for chronic disease
- ✓ Increases risk and symptomology of mental health disorders
- ✓ Impact on resiliency
- ✓ Susceptibility to ACEs



# POLL



## What's the first sign that you are stressed?

- I feel it in my body
- I snap at people and am irritable
- My sleep is disrupted
- My emotions are all over the place
- Other

# What is Stress?

- ✓ Normal response
- ✓ Biology
- ✓ Neurology
- ✓ Genetics



# Stress Continuum

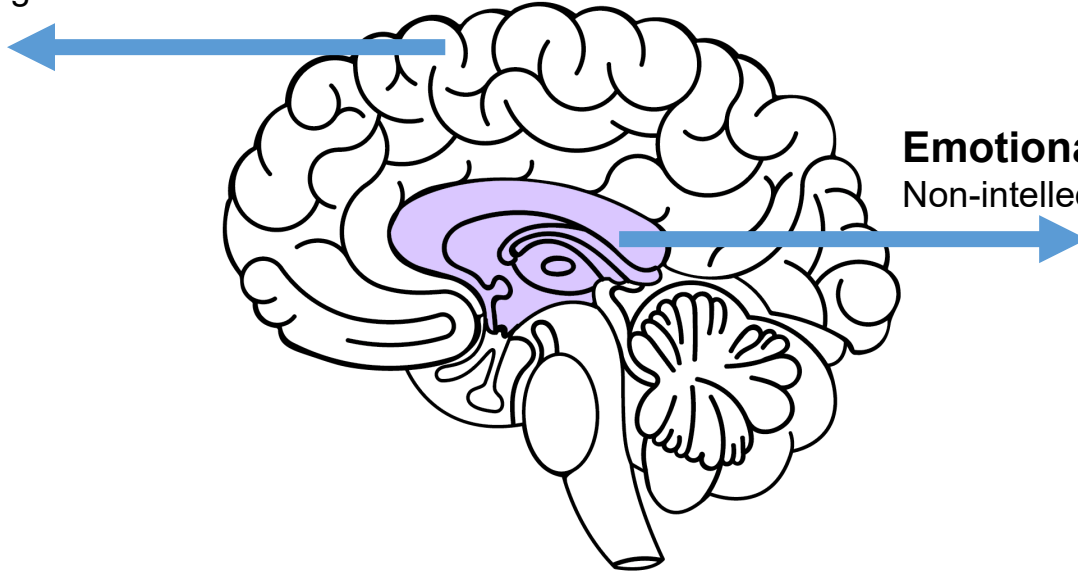
- ✓ Eustress
- ✓ Distress
- ✓ Short-term
- ✓ Long-term
- ✓ Traumatic
- ✓ Trauma response



Dr. Louise Aznavour, Psychologist

## Intellectual (Logical) Brain

Forward looking – future & solution focused



## Emotional Brain

Non-intellectual/non-logical – past focused

<https://youniquefoundation.org/an-interactive-infographic/trauma-brain-limbic-system/>



# Limbic Lounge

- Changes the way your brain and body work
- Impairs your judgment
- Rewires your brain to run on stress chemicals
- Causes inflammation

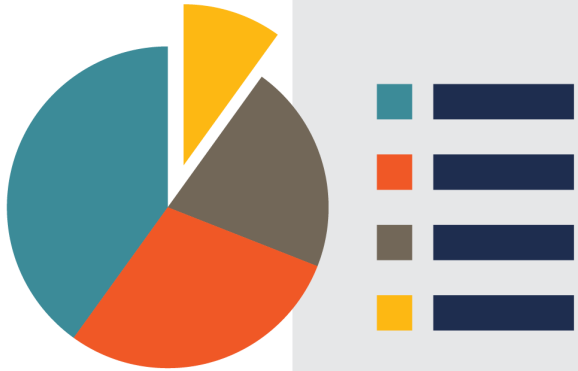


# Toxic Stress Faced by Native American Populations

- ✓ Systemic issues
- ✓ Daily Stressors
- ✓ Historical Stressor



# POLL



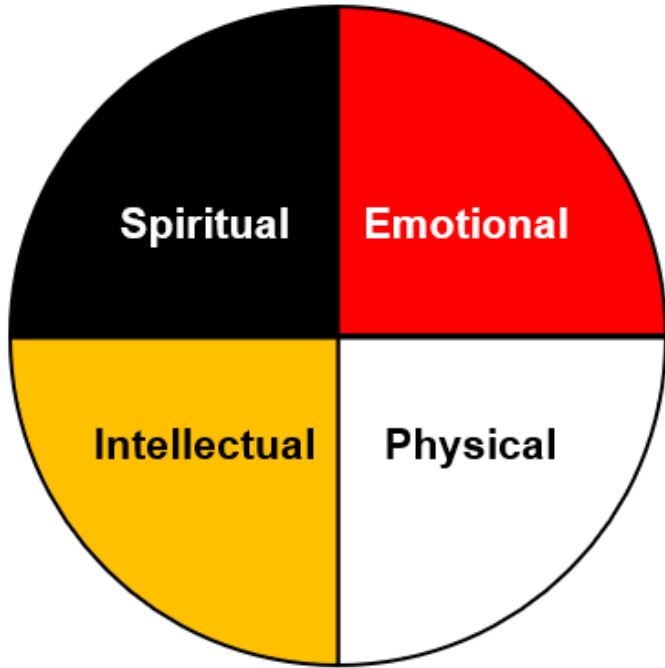
## How do you manage stress?

- Food... and not the healthy kind
- Drink... let's be honest
- Phone a friend
- Make a list
- All of the above!

A close-up, shallow depth-of-field photograph of a chessboard. In the foreground, a light-colored wooden king piece and a knight piece are in sharp focus. In the background, a dark-colored king piece is blurred. The chessboard has a checkered pattern of light and dark squares.

# Strategies

# Techniques for Stress Management



- Consider where I need balance in my mind, body, spirit or emotion
- How does being out of balance affect me and how I respond to others?
- What can I do to get back into balance?



# Community, Social Connection & Play

- Spend time together
- Rituals, prayer, meditation
- Reach out
- Reach out to someone
- Play, sing together
- Get outside
- Share food
- Share laughs





# Spiritual Connection

- Smudging to help meditate or pray on the matter
- Partake in ceremonies
- Study my cultural values

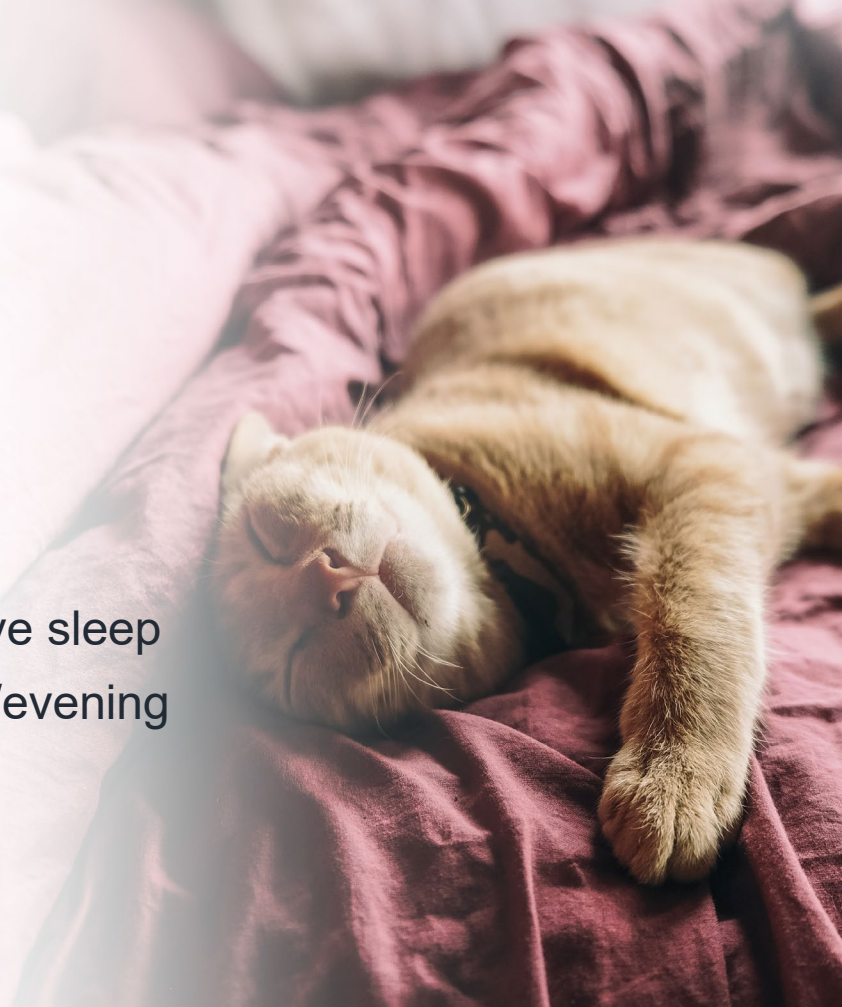
# Gratitude



- Write a thank-you note
- Write a letter of gratitude to yourself
- Keep a gratitude journal
- Count your blessings
- Express gratitude for the little things:  
“What can I be grateful for in this moment?”
- Pray

# Sleep

- Keep a consistent sleep schedule
- Get at least 7-9 hours of sleep
- Make your bedroom quiet and relaxing
- Limit screen time, bright lights
- Avoid eating and drinking before bed
- Regular exercise and clean diet will improve sleep
- Avoid consuming caffeine in the afternoon/evening
- Avoid consuming alcohol before bed





# Additional Strategies

- ✓ Pets
- ✓ Nutrition
- ✓ Exercise
- ✓ Mindfulness
- ✓ Physical Activity





# **Implications of a Stress-Resilient Tribal Community**

**Past • Present • Future**



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# Training & Technical Assistance

View upcoming and requestable trainings, upcoming program webinars, resources and more:

**[ncjtc.org/iasaptraining](https://ncjtc.org/iasaptraining)**

Visit our robust on demand library to view scheduled webinars, webinar recordings, self-paced online course opportunities:

**[ncjtc.org/ondemand](https://ncjtc.org/ondemand)**

# Upcoming Webinars

**November 18** | 1:00 PM CT

✓ *Strategies to Reduce Underage Substance Abuse in Tribal Communities*

**December 2** | 1:00 PM CT

✓ *Examining the Relationship between Adverse Childhood Experiences (ACEs) and Substance use among Tribal Populations*

**Visit [ncjtc.org/iasaptraining](https://ncjtc.org/iasaptraining) to register.**

# *Bureau of Justice Assistance's* Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center



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

# COSSAP Resources

**Tailored Assistance**—The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

**Funding Opportunities**—Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

**COSSAP Webinars**—All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

**Join the COSSAP community!** Send a note to [COSSAP@iir.com](mailto:COSSAP@iir.com) with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.

# REMINDER

To receive a certificate you must:

- 1. Attend the entire live webinar**
- 2. Complete the evaluation**

A **Certificate of Attendance** will be emailed to you within 2 weeks.

You must complete the evaluation to receive a certificate.



This presentation was produced with grant funding awarded under the Coordinated Tribal Assistance Solicitation Category 3: Responses to Alcohol and Substance Abuse and Comprehensive Opioid Abuse Training and Technical Assistance Programs provided by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

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