

**Honoring Children,
Mending the Circle**
is an evidence-based
therapy for
Native American
children, teens, and
their caregivers from
ages 3 to 18 who
have a history of
trauma.



what is trauma?

Trauma is a scary, dangerous, or violent event that threatens a person's safety. Some examples of traumatic events that families go through are:

- Historical trauma
- Intergenerational trauma
- Car accidents
- House fires
- Sudden death/loss of a loved one
- Homelessness
- Violence in the family
- Sexual abuse
- Physical abuse
- Emotional or psychological abuse
- Neglect
- Community violence
- Exposure to substance abuse
- Medical procedures

WHO WE ARE

Project Heal is part of the Treatment Collaborative for Traumatized Youth (TCTY).

Project Heal aims to expand resources to address gaps and improve access to culturally relevant trauma services for Native American children. Project Heal trains clinicians across the state in HC-MC and to incorporate Native American teachings. Clinicians at Sanford Traumatic Stress Treatment Center (TSTC) have been trained in HC-MC through Project Heal.

TSTC provides high quality, evidence-based care to children, adults, and families who have experienced trauma. Together we work to create balance in emotional, physical, relational, mental, and spiritual well-being in your personal and family life.



Contact TSTC For More Information

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Behavioral Health
HEALTH & HUMAN SERVICES

Project Heal is part of TCTY funded by the federal Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA), administered through the North Dakota Department of Health and Human Services – Behavioral Health Division.

Honoring Children, Mending the Circle (HC-MC)



reactions to TRAUMA

Trauma can affect everyone. How children and families react to scary events varies. Common reactions to trauma and changes in behavior include:

- Isolating from others
- Having a hard time feeling happy or enjoying things
- Feeling very sad, angry, or anxious
- Feeling numb or in shock
- Avoiding people or places that are reminders of the event
- Trying not to think or talk about the trauma
- Having nightmares or strong memories of the event
- Feeling like the event is happening again
- Difficulties with sleep
- More tantrums or behavior issues
- Hard time paying attention
- Feeling jumpy, irritable, frightened, or on-edge
- Having stomachaches, headaches or other pain

When animals are hurt in the wild, sometimes they need to find safety and support to heal. Animals may not know how to adapt to unexpected changes in their environment or life. Some animals haven't been able to adapt, so people have helped them. Once they've healed, they're ready to return to the wild, to the circle of life.

In the same way, sometimes we need help adapting to unexpected changes in our life. We have learned that to heal from trauma (to mend the circle) the path is easier when we lean on the strength and support of others – our family, tribal community, and other healers and helpers. With their guidance and support, we can heal and restart our path to the Circle.

Delores Bigfoot
HC-MC Training 2023



what to expect in HC-MC

We work together to restore balance and well-being through:

- Learning about trauma and reactions to trauma
- Developing coping skills
- Identifying feelings and learning to manage them
- Learning how to identify and replace unhelpful thoughts
- Helping caregivers understand trauma and support children
- Storytelling
- Promoting personal safety skills

HC-MC blends traditional Native American practices with Trauma-Focused Cognitive Behavioral Therapy to support healing and wellness.

**OVER 80% OF CHILDREN
SHOW SIGNIFICANT PTSD
SYMPTOM IMPROVEMENT
WITHIN 12-16 SESSIONS**

Saunders, Berliner, Hanson, 2004