



National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**Native Center for
Behavioral Health**



SAMHSA
Substance Abuse and Mental Health
Services Administration

Incorporating Indigenous Foods Plants and Food as Medicine Part 2

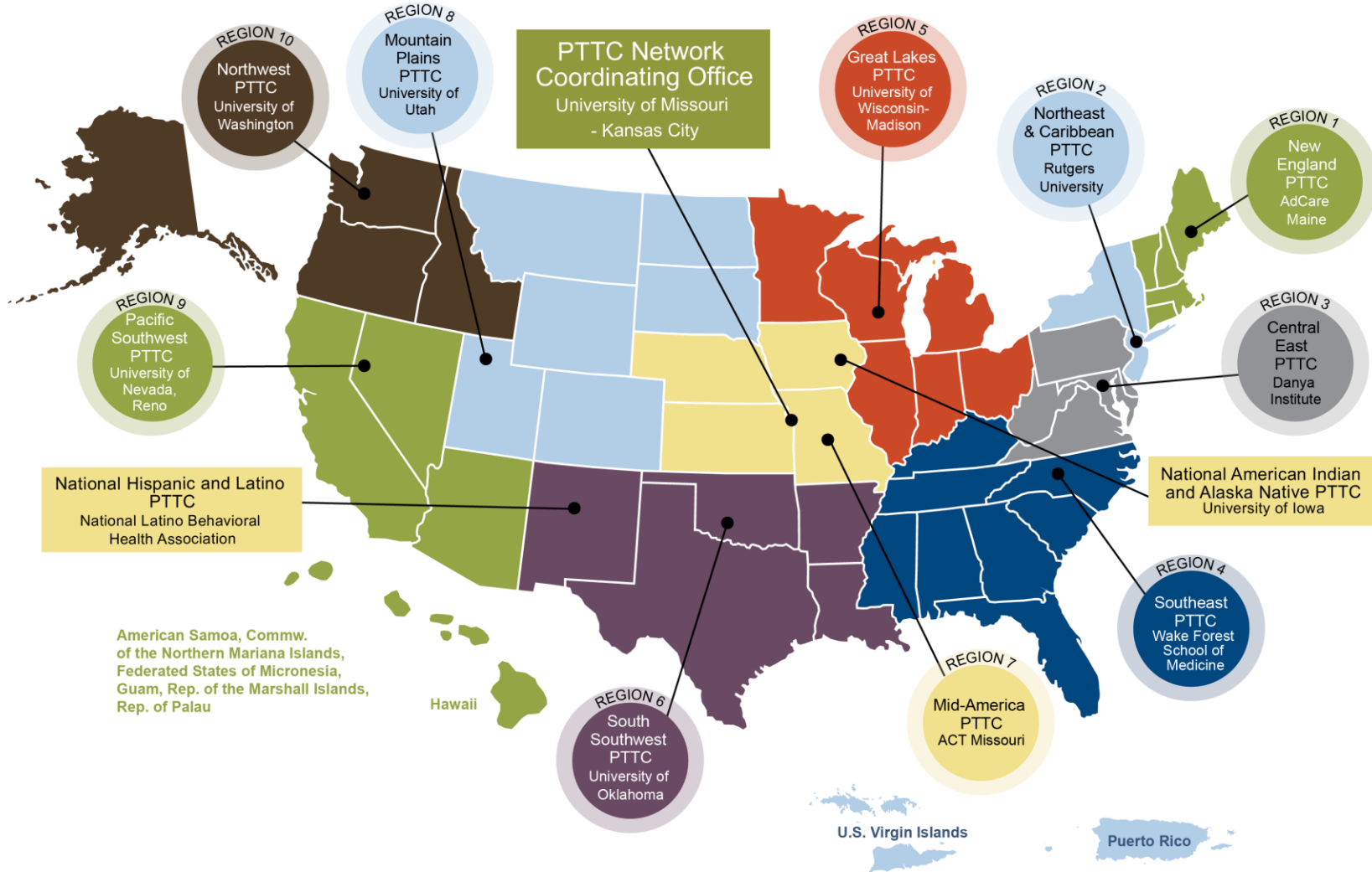
Paula M. Johnson



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American Indian & Alaska Native Prevention Webinar Series

This webinar is provided by the National American Indian & Alaska Native PTTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Webinar Follow-up

- CEUs are available upon request. We are currently waiving any fees for CEUs during quarantine.
 - This session has been approved for 1.0 CEU's by:
 - NAADAC: The National American Indian & Alaska Native MHTTC is a NAADAC (The Association for Addiction Professionals) certified educational provider, and this webinar has been pre-approved for 1.0 CEU.
 - Participants are responsible for submitting state specific requests under the guidelines of their individual state.
- Presentation handouts:
 - A handout of this slideshow presentation will also be available by download



Webinar Follow-up

Evaluation: SAMHSA's GPRA

This webinar is provided by the National American Indian & Alaska Native PTTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Participation in our evaluation lets SAMHSA know:

- How many people attended our webinar
- How satisfied you are with our webinar
- How useful our webinars are to you

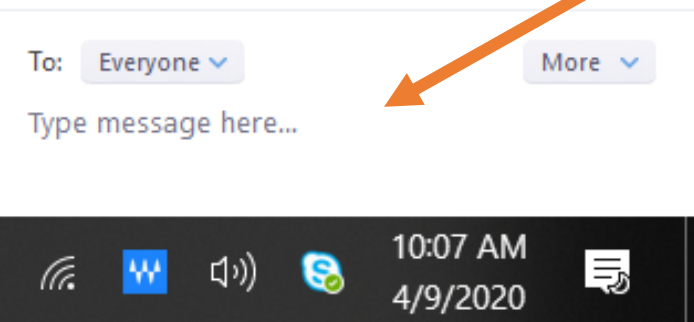
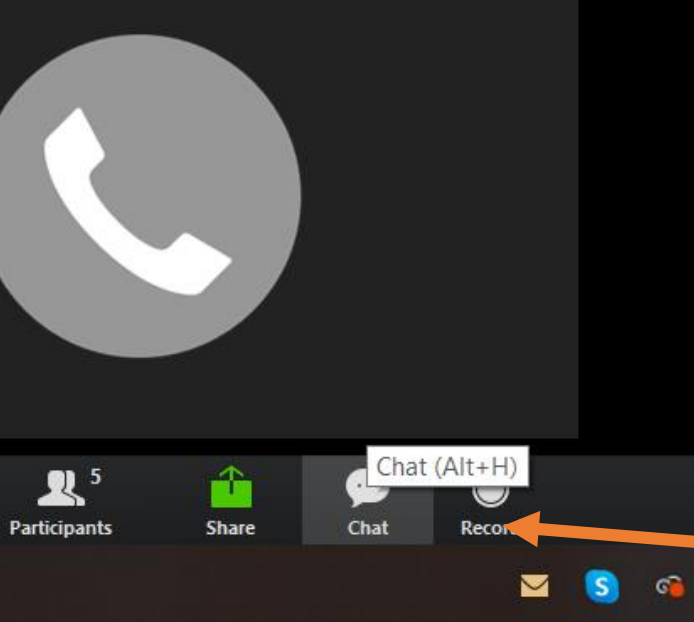
Immediately following this webinar, you will be redirected to a **customer satisfaction survey**. Please take a few minutes to give us your feedback on this webinar. You can skip any questions that you do not want to answer, and your participation in this survey is voluntary. Through the use of a coding system, your responses will be kept confidential and it will not be possible to link your responses to you.

We appreciate your response and look forward to hearing from you.

Zoom Overview

Participant overview:

- You will need to click on the “Chat” icon to open up the chat on the right side of the screen.
- To ask questions or share comments, please type them into the chat pod and hit “Enter.”



Today's Speaker

Paula M. Johnson, a Cree Iskwew who is from Samson Cree Nation from the Treaty 6 territory of Maskwacis Alberta Canada. Who now resides on the Meskwaki Settlement in Tama, Iowa.

“Traditional food is my passion. As a chef, I am influenced by traditional recipes, indigenous food sovereignty and utilizing indigenous grown food in the kitchen. Being a graduate of the Aboriginal Culinary arts program through Vancouver Community College, having access to our traditional foods in main stream society is one of my personal goals.

I am also a small business owner, who offers a line of essential oils that incorporates traditional medicine. I work with traditional medicines in my essential oil line, sweetgrass, sage and cedar. I harvest the medicines I work with from my home territory. There is so much beauty from the traditional landscape, so much that you can use in food in life.”





*Incorporating
Indigenous Foods In
Everyday lifestyle:
traditional foods and
plants as medicine*

Paula M. Johnson-Jefferson

The National American *Indian & Alaska Native
Prevention Technology Centre*

September 30th, 2020



Traditional Food Sovereignty

*Growing your own
food for self
sustainability*



Indigenous Food Sovereignty





*Traditional
Buffalo Hunt*









The background of the image shows several bundles of dried herbs, likely for essential oil extraction. The bundles are tied with red string and are arranged vertically. The herbs vary in color, from dark green to light green and greyish-green. The text is overlaid on the left side of the image.

*Traditional Medicine as
Essential Oils*



*The Beauty of Traditional
medicine*

The process begins upon harvest



**Working with dry
medicine is a
process 6 weeks it
currently takes to
produce an oil,
harvesting of sage,
sweetgrass, cedar
and wild mint**





Essential Oil Line

A Cree Askwew Design



Follow me on social media!

Facebook business page:
A Cree Woman Design by
Paula Johnson

Instagram: [A.cree.iskwew](https://www.instagram.com/A.cree.iskwew).



Thank you to The National
American Indian & Alaska
Native Prevention Technology
Center!

*For more information please
contact.*

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