



# **Native Food is Medicine: Providing Emotional/ Resilient Support for AI/AN Youth through the Healing Power of Food Session 4**

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

**July 28, 2022**

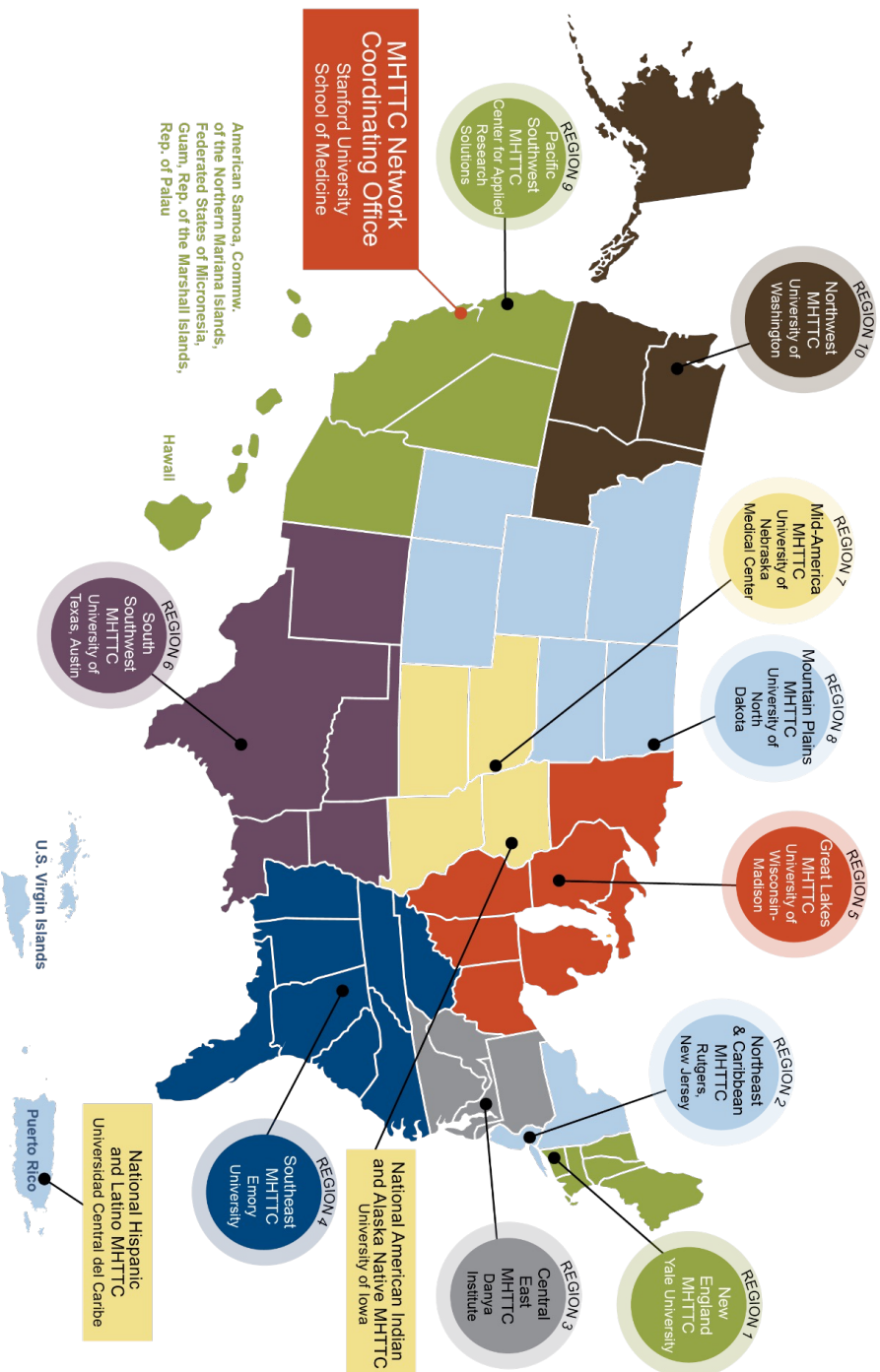
**2:00-3:30pm CST**



MHTTC

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

MHTTC Network



American Indian  
& Alaska Native  
Mental Health  
Technology  
Transfer Center  
K-12 School Mental Health  
Supplement Project

# **SAMHSA**

Substance Abuse and Mental Health  
Services Administration

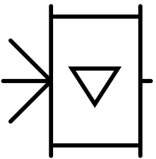
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

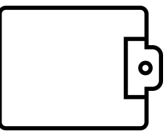


# Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

# Follow-up

---

- **Post-Event Survey Link:** <https://ttc-gpra.org/P?s=257345>



# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations  
Ttakimawaakwe, Keely Driscoll, Meskwaki and Winnebago Nations  
Keokuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki Nation

# Today's Session

Thank you for joining us as we share our cultural connection to food, apply a balanced way of eating, and incorporate Indigenous traditions into our lives with the healing power of food. We welcome Dr. Vanessa Quezada (Kickapoo/Chichimeca).

As participants you will become knowledgeable in providing emotional/resilient support for AI/AN youth. Our school communities will develop healthier eating habits for successful outcomes in and out of the classroom. Moreover, we will address prevention strategies for healthier living!



## Dr. Vanessa Quezada Kickapoo/ Chichimeca

She was born and raised in Yanaguana, (San Antonio, Texas).

She is a chaski (messenger/runner) who organized the 2016 Peace and Dignity spirit run 8,000 miles from Alaska to Panama connecting tribes of Abya Yala. She is a pharmacist and founding member of SanArte Healing and Cultura clinic (<https://www.sanartecommunity.com>).

Her work is at the intersections of native traditional healing, food sovereignty and renewable energy that build life-giving systems.

---



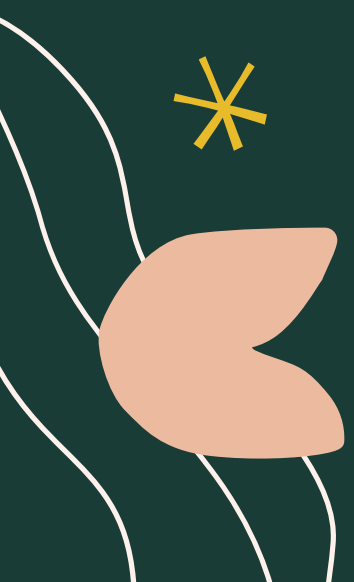
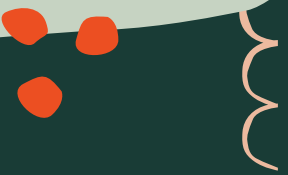




NATIVE FOOD IS MEDICINE:  
PROVIDING EMOTIONAL/ RESILIENT  
SUPPORT FOR AI/AN YOUTH  
THROUGH THE HEALING POWER OF  
FOOD

Vanessa Quezada, PharmD

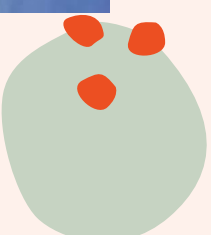
July 28, 2022





# Land Acknowledgement

## Yanaguana: Coahuilteco/Estok G'ina





Vanessa Quezada, PharmD  
Kickapoo, Chichimeca



# Overview



How did we get here?

Indigenous Food & Self Sovereignty

Generative Refusal

Access:

Ancestor's Gardens & Curriculum

Protein - Texas Tribal Buffalo Project

Return of the Salmon

Sharing stories



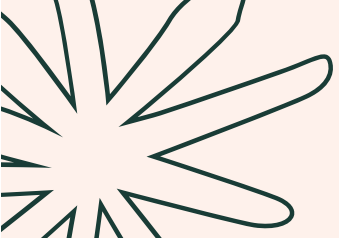
LIFE IS A CEREMONY



Your Body is Sacred,

Traditional Food is Medicine

Changing Concepts,  
Changing Minds





# CHILDREN & YOUTH CHALLENGES



## STRESS

family instability  
substance dependency  
extractive labor  
Overwhelm  
social media  
racism  
the state of the world

## MENTAL ILLNESS

Anxiety  
Depression  
Oppositional defiant disorder  
conduct disorder  
Attention-defecit/Hyperactivity disorder  
Post-traumatic Stress disorder  
substance abuse

## IN THE CLASSROOM

Externalized Stress  
=  
Acting out  
(outbursts, anger)  
Internalized stress  
=  
shutting down  
(lack of focus, apathy)



## How did we get here?

### Colonialism.

"erasing the societies that were already there - indigenous societies rely on for the sake of exercising their own collective self-determination over their cultures, economies, health, political order." Kyle Powys Whyte (Potawatami philosopher)

intentional destruction of food through acts of war, displacement of tribes, boarding schools, intentional reshaping of the landscape (dams, etc;), industrial contamination, climate change

"In 2008, nearly 25 percent of American Indian and Alaska Native (AI/AN) households were food insecure, versus 15 percent of all US Households.

AI/AN children have approximately twice the levels of food insecurity, obesity, and type 2 diabetes relative to the average for all US children of similar ages. "

Devon A. Mihesuah and Elizabeth Hoover (2019) "Indigenous Food Sovereignty in the United States: restoring cultural knowledge protecting environments and regaining health" University of Oklahoma Press pg. 6-7.



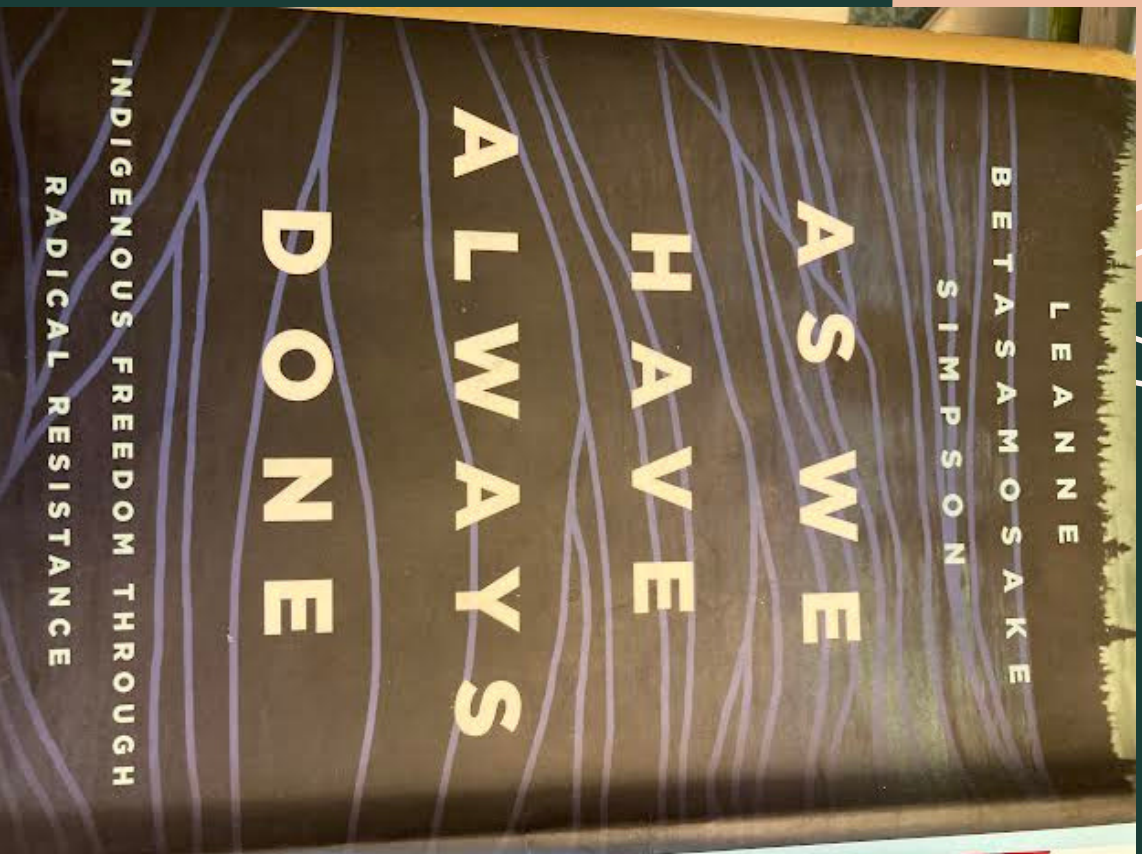
## "Generative Refusal"

### A Deer Story

As we have always done  
Leanne Betasamosake Simpson  
Michi Saagiig Nishnaabeg  
AlderVille First Nation







Small Groups:

What does this story mean to  
you?



Indigenous Food Sovereignty Summit 2016

## Teachings of Indigenous Food Sovereignty

Teachings of Indigenous food sovereignty were developed with the guidance of Elders, through participation in ceremony, observation and experience working with communities around food. These are the teachings- part of our knowledge system that can be used to help guide us along a path towards Indigenous food sovereignty. Four Arrows Regional Health Authority is pleased to share these teachings.

### *Spirit & Celebration*

The spirit in food provides nourishment for our whole being. Food is sacred. Gathering for feasts is how we respect our relationships to each other and to the land that provided for us. **Celebrations** are our way to say thank you for what we have been offered.

### *Language*

Language opens our spirits and our hearts. It connects us to our ancestors and to our territories and is in all of us, but we have to bring it out.

### *Women*

Women have a special relationship with the land, with our medicines and plant knowledge, and with our waters. We must return to honouring our women and respect the role of women in food communities.

### *Youth*

Youth play a vital role in Indigenous communities. Youth are our future and are also a connection to the past. Their gifts and energy must be respected for they are the start of change.

### *Elders*

Elders are our wisdom keepers and carriers of Indigenous knowledge. Elders provide the knowledge base and value system for pursuing a path towards Indigenous food sovereignty.

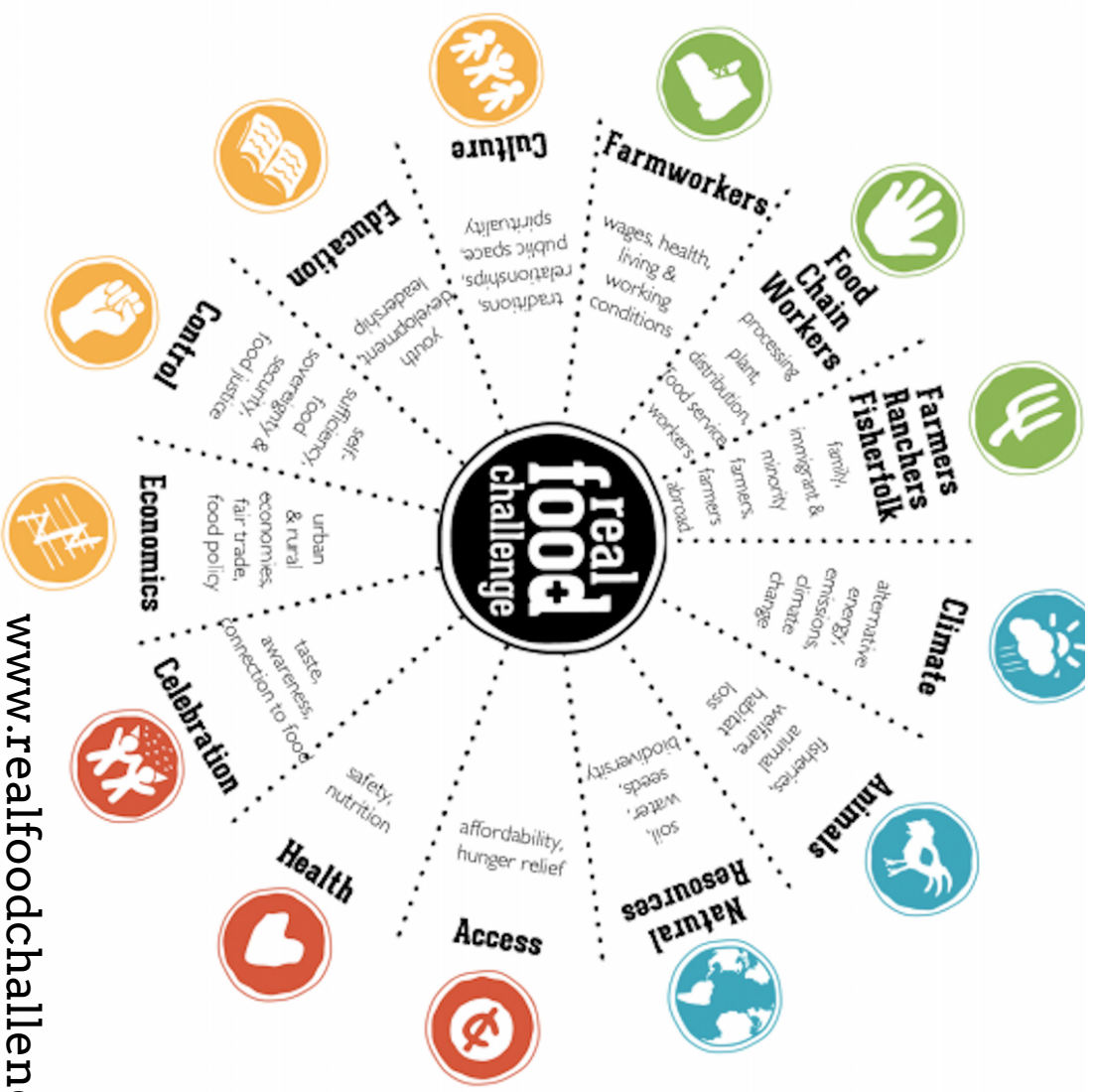
### *Land*

We must care for the **land** in the best way we can, for it is our gift, but it is also our responsibility. There is a need for us to work together on behalf of the land so that our children can experience clean air, water, soil, and food.



Indigenous Food Sovereignty "refers to a re-connection to land-based food and political systems" upholding "sacred responsibilities to nurture relationships to land, culture, spirituality and future generations"

Indigenous Food Sovereignty in the United States: Restoring Culture Knowledge protecting environments and regaining health by Devon A Mihesuah and Elizabeth Hoover



**Producers · Earth · Consumers · Communities**

[www.realfoodchallenge.org/what-real-food/](http://www.realfoodchallenge.org/what-real-food/)



# Self Sovereignty



Finding time for ourselves.

Relating to our food.

Taking a breath, intentional thoughts, prayers, focus.

Tracing food journeys - where food comes from, hands, elements

---

Make time to cook our food. Start small. One meal a week , a day

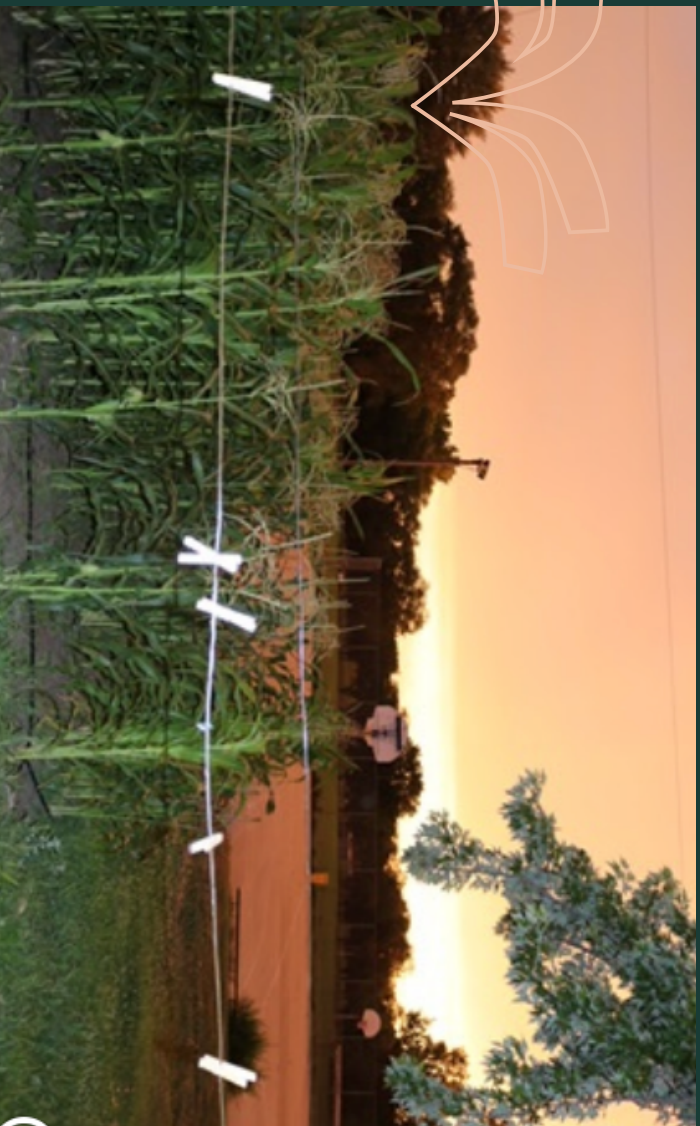
Meal prepping for the week. Rotating schedules with coworkers

How to support/activate elders in the community

Building access to our food...



# Access



## GARDENS AT SCHOOLS & HOMES

- Tribal Proposals for funding at schools/homes
- Organizational funding and partnerships
- Homes have different focuses

## TRIBAL/COMMUNITY ORGANIZATIONS

- Roles to grow community gardens
- Bison ranches - proposals
- restoring relations with hunters, fishers, gatherers



# Growing our Ancestors' Gardens



community gardens, divided by family parcels

singing, playing games and working

"kings' crib" cache for corn

build relations - abilities, ages

displacement container gardening & guerrilla gardening, wild harvesting



Resources:

Jane Kirkland's No Student Left Indoors, USDA's Start a School Garden: Here's How  
Eartheasy's How to Start a School Garden: Your Complete Guide



# Benefits of Gardening

physical fitness - showed decreased in Body Mass index

identity, spiritual health - life satisfaction, quality of life,  
sense of community 1

decreased anxiety, enhanced cognitive function & mood 2

"horticultural therapy" antidepressant *Mycobacterium  
vaccae* 3



1 Masashi Soga, Kevin Glaston, Yuichi Yamaura. (2017) Gardening is beneficial for health: a Meta analysis. *Preventative Medicine Reports* 5 (92-99).

2 Carly Wood, Jules Pretty, Murray Griffin. A case-control study of the health and well-being effects of allotment gardening. *Journal of Public Health* 38 (e336-344)

3 Christopher Lowry et al., (2007) Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior. *Neuroscience*.



# Grounding in our Sacredness: Connecting to our food through Storytelling



- Reverence & Respect
- Build relationships with our relatives
- Interactive food experiences: through  
Taste, Smell, See, Feel, Hear



# Curriculum Ideas

Precontact diets

How foods were brought to tribes (creation stories, cosmology)

How influences of social, economic, cultural, religious, environmental, and psychological factors affect tribe's attitudes toward food

Relationship between ethnicity, religion, culture and food choices

Challenges to achieving food sovereignty; Strategies for health recovery

"Recovering our Ancestor's Gardens: Indigenous Recipes and Guide to Diet and Fitness" Devon Mihesuah





# Native Farm to School

A Project of First Nations Development Institute



<https://www.firstnations.org/projects/native-farm-to-school/>



# Finding Educational and Funding Opportunities for Farm to School Programs

## TRADITIONAL KNOWLEDGE

### Considerations:

- ❖ Advocate for Change
- ❖ Evaluate Curriculum
- ❖ Create Resources
- ❖ Incorporate Traditional Ways of Learning
- ❖ Diversify Teaching Materials
- ❖ Rethink Learning Outcomes
- ❖ Embrace Language
- ❖ Communication & Messaging



<https://register.gotowebinar.com/recording/5342166772206188546>



Small Groups:

What traditional foods are available in your territory?

Do you have gardens in your territory?

What could help you have more?

Please share links/resources for others in chat.

## Texas Tribal Buffalo Project

The Texas Tribal Iyanee'/Buffalo Project is a non-profit committed to healing the generational trauma of Lipan Apache descendants and other native nations bordering traditional Lipan Apache ranges.

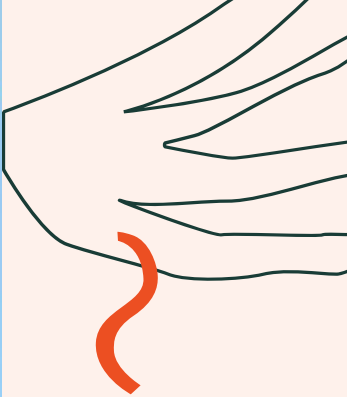
Diabetes

Protein and youth - ADD/ADHD

Food bank, EBT, meat processing places, detention centers

Butchering, hunting, fishing,

Relating to the land and each other





# Omega 3 fatty acids and youth

Omega 3 fatty acids protect brain from degeneration/stress

fatigue, depression, poor memory

salmon, trout, (sardines), mackerel, herring, halibut, perlane, chia seeds

ADD/ADHD 1,000 mg a day of EPA and DHA per 40 pounds of body

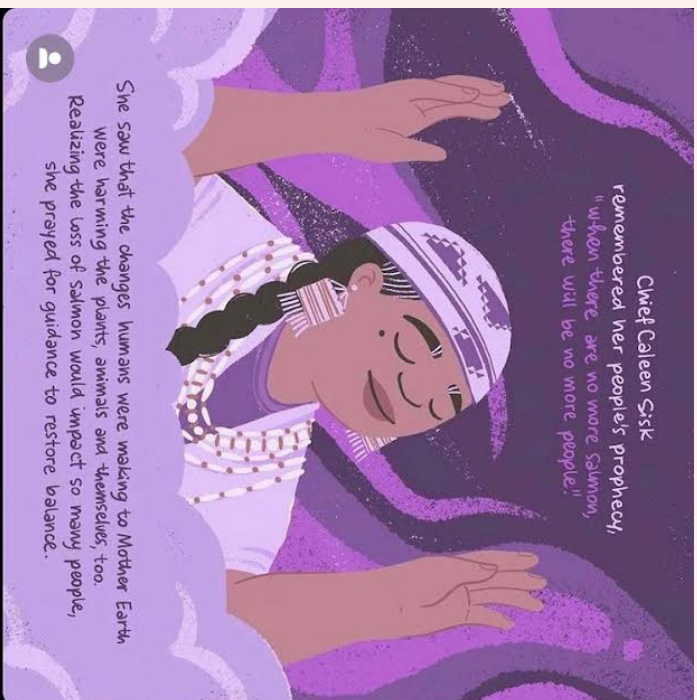
Boost Mood EPA omega 3s

Anxiety & Stress Omega-3 fatty acids EPA and DHA

Daniel Amen. (2020) The End of Mental Illness: How Neuroscience is transforming psychiatry and helping prevent or reverse mood and anxiety disorders, ADHD, addictions, PTSD, psychosis, personality disorders, an



# Return of the Salmon



Chief Caleen Sisk Winnemem Wintu

Run for Salmon prayer

Link to teacher's guide

4th grade <http://run4salmon.org/run4salmon-curriculum/>

High School PDF

<https://sacredland.org/wp-content/uploads/2017/09/SOSG-TeachersGuide-Winnemem-final2.pdf>





"We must take responsibility for our health and for the wellbeing of our children. In doing so, we pass on a legacy of self-respect and tribal strength for future generations."

- Devon A Mihesuah (Recovering our Ancestor's Gardens)

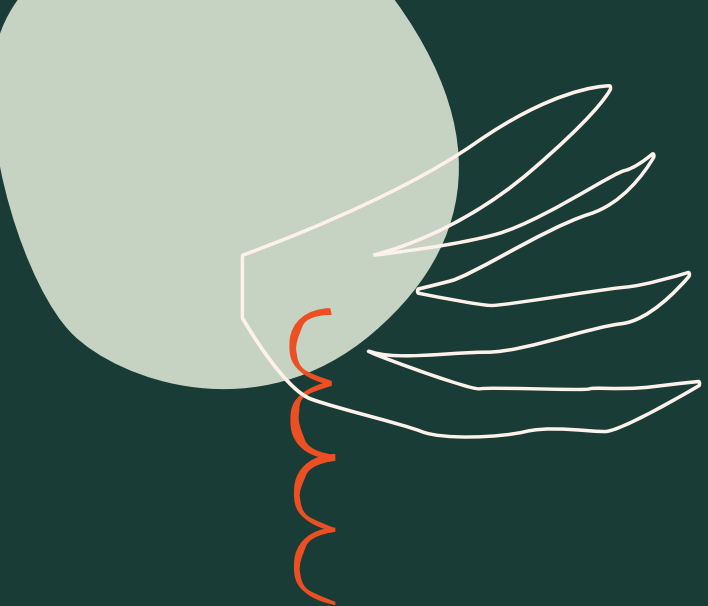
## CONTACT

EMAIL

[vquezad@gmail.com](mailto:vquezad@gmail.com)

WEBSITE

[www.sanartecommunity.com](http://www.sanartecommunity.com)





# Follow-up

---

- **Post-Event Survey Link:** <https://ttc-gpra.org/P?s=257345>





National American Indian and Alaska Native  
**MHTTC**

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

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

**Questions or  
Comments?  
Stories?**



# PTTC Program Coordinator

---

**Dr. Allison Baez**, Tap Pilam Coahuiltecan Nation. For over 25 years her focus has been on students' and their families' academic success. Dr. Baez shares her expertise that implements the best practices from a Native cultural lens intended to strengthen and empower individuals, families, and communities. Through collaborative efforts she applies culturally responsive approaches and methodologies to serve Indigenous populations. She received her PhD from the University of the Incarnate Word in San Antonio, TX.



**Teresa Brewington**  
Co-Director



**Bethany Walzcak**  
Graduate Research Assistant



**Dara Jefferson**  
Graduate Research Assistant



# About

## NAAIAN MHTTC K-12 & NAIAN PTTC

### K-12 School Mental Health

#### Contact Information:

##### Director

[anne-skinstad@uiowa.edu](mailto:anne-skinstad@uiowa.edu)

##### Co-Director

[teresa-brewington@uiowa.edu](mailto:teresa-brewington@uiowa.edu)

### PTTC Contact Information:

#### Program Coordinator

[c-allison-baez@uiowa.edu](mailto:c-allison-baez@uiowa.edu)

