



Cheyenne River Sioux Tribe

Crow Creek Sioux Tribe

Flandreau Santee Sioux Tribe

Lower Brule Sioux Tribe

Mandan, Hidatsa, & Arikara
Nation
(Three Affiliated Tribes)

Oglala Sioux Tribe

Omaha Tribe of Nebraska

Ponca Tribe of Nebraska

Rosebud Sioux Tribe

Sac & Fox Tribe of the
Mississippi in Iowa
(Meskwaki Nation)

Santee Sioux Tribe of
Nebraska

Sisseton-Wahpeton Oyate of
the Lake Traverse Reservation

Spirit Lake Tribe

Standing Rock Sioux Tribe

Trenton Indian Service Area

Turtle Mountain Band of
Chippewa Indians

Winnebago Tribe of Nebraska

Yankton Sioux Tribe

Culture is Healing

Cultural Healing Practices for Mental health wellness and healing

Teca Kici Okijupi
Connecting with our Youth (CWOY)

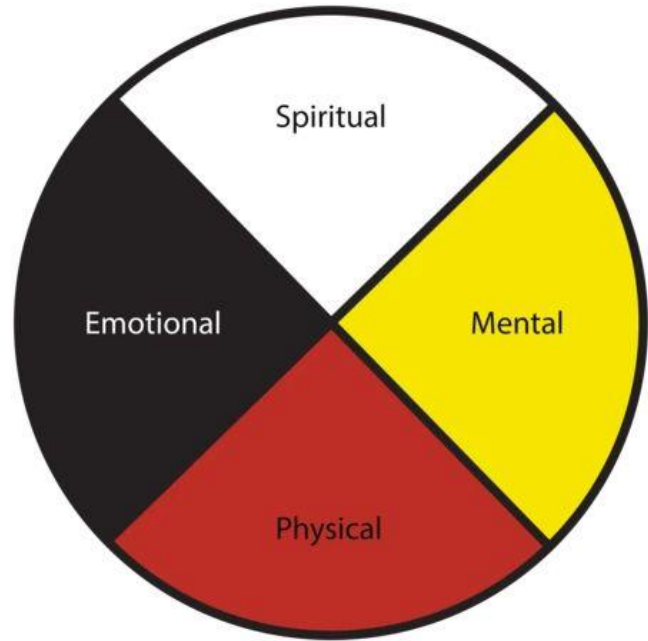
Hecel Oyate Kin Nipi Kte “So That the People May Live”



Understanding Cultural Trauma



Traditional Healing



How To Support

- Transportation
- Support & Encouragement
- Development of healing plan & goals
- Education of self-care, coping skills and wellness
- Development of a critical incident plan
- Cultural Connectedness (i.e. ceremony, church, inipi)
- Cultural education & activities
- Assistance navigating healthcare system
- Assistance scheduling appointments
- Assistance finding support groups & support systems



Cultural Values and Affirmations

Wocekiya-Prayer, utilizing prayer to connect and ground ourselves to the creator for mental health and well-being.

Waohola- Respect, utilizing respect for ourselves and others.

Waunsila- Compassion, utilizing compassion for ourselves as we learn to heal our mind, body, and soul.

Wowicake- Honesty, truth is being honest about yourself (well-being)
Healing through honesty

Wawokiye- Generosity, to have a heart for your overall well-being and others.

Wahwala- Humility, to have the humility to be modest.

Woksape- Wisdom, to use wisdom for yourself, and overall well-being.



Utilizing Cultural Grounding Techniques



Cultural Arts and Crafts



Cultural Activities



Contact Information

Phone: 605-721-0334

Email: cwoy@gptchb.org

725 N. Lacrosse St.

Rapid City, SD 57701

Program Manager: Kahomy Souksavath-Weston:

(605) 721-0328 or Cell Phone: (605) 858-3804



Wopila Tanka!

