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

[Diagram showing four sections: Spiritual, Emotional, Mental, Physical]
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).

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

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Wopila Tanka!