

You Already Carry Medicine

Culture, Connection, and
Indigenous Youth Leadership

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Who helped you become the person you are today?



An Elder?



A family member?



A teacher?



A coach?



A friend?

☀️ Share in the chat if you'd like. ☀️

My Journey

A path shaped by people, purpose, and community.



ROOTS

Missoula, MT &
Fort Berthold

Raised with strong
cultural values,
family, and community.



COMMUNITY HEALTH

Urban Indian Health

Saw health disparities
firsthand and learned
the power of service.



PUBLIC HEALTH LEADERSHIP

Health Officer &
Executive Director

Worked to strengthen systems,
support communities, and
advance equity.



RESEARCH & TEACHING

University of Montana

Found my way to research
and teaching to elevate
Indigenous voices.



WHY I'M HERE TODAY

Supporting
Indigenous Wellness

Committed to a future
where our people
thrive in wellness.



None of these accomplishments happened alone.



I walk this path because of the people who walked it with me.

What Behavioral Health Systems Often Miss

Healing is not only about what is wrong.
It is also about what connects us.



CLINICAL MODEL



Symptoms



Diagnosis



Treatment



INDIGENOUS WELLNESS



Relationships



Identity



Belonging



Purpose



Community

Healing Is More Than Healthcare



Culture Is Protective



CEREMONY



LANGUAGE



COMMUNITY GATHERING



TRADITIONAL FOODS

Culture is not
an add-on to wellness.

Culture is a
wellness system.



CULTURAL ACTIVITIES

The Opposite of Isolation Is Connection



How to Bring Culture Into Daily Life



BE INTENTIONAL



Start your day with a prayer, a mindful moment, or a cultural practice that grounds you.



SPEAK YOUR LANGUAGE



Use your language in daily conversations. Every word strengthens culture and identity.



PRACTICE TRADITIONS



Cook traditional foods, attend ceremonies, make regalia, or engage in cultural activities.



LEARN FROM KNOWLEDGE KEEPERS



Spend time with Elders and Knowledge Keepers. Their teachings guide us and keep our culture strong.



CREATE CULTURAL SPACES



Make space at home, school, and work for our culture to be seen, heard, and celebrated.



Small actions. Every day. Big impact.



There Is a Place for You in This Work

TRADITIONAL
HEALING



SOCIAL WORK



PEER
SUPPORT



Behavioral
Health &
Community
Wellness



RESEARCH



PUBLIC
HEALTH



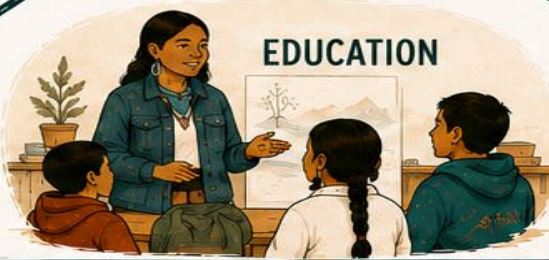
MEDICINE



COUNSELING



EDUCATION



POLICY



There is no single path to helping your people.

— Find the path that matches your gifts. —

ARISE: Achieving Resilience through Indigenous Spirituality and Empowerment

An Indigenous Research Methodology-guided implementation study for urban Indigenous substance use prevention

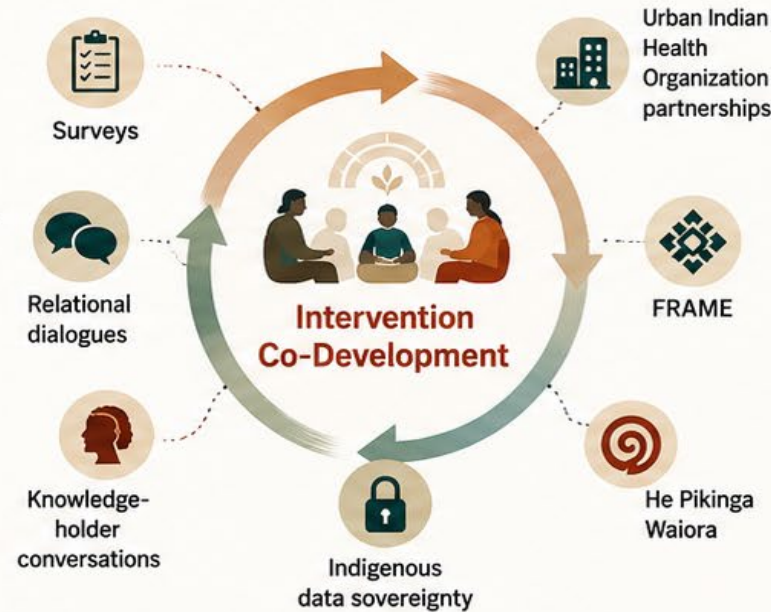


1 COMMUNITY & INDIGENOUS METHODOLOGIES

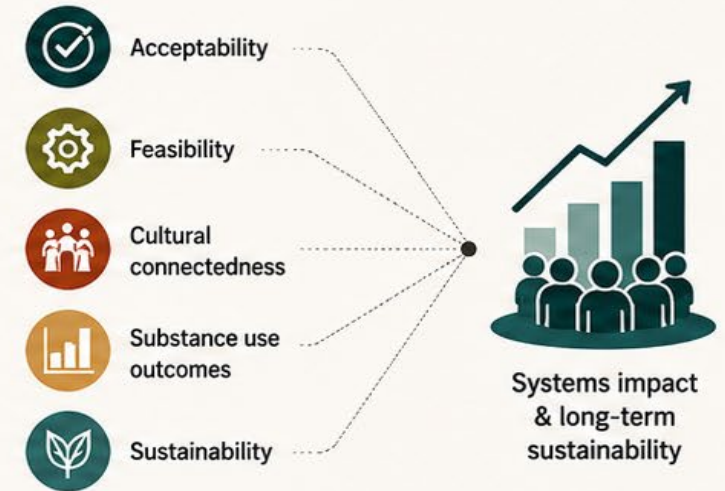


IRM guides the research process

2 CO-DEVELOPMENT & ADAPTATION



3 HYBRID TYPE 2 IMPLEMENTATION TRIAL



Western frameworks support evaluation and implementation

The intervention was not culturally tailored after the fact — it was co-created through Indigenous governance, relationships, and knowledge systems from the beginning.

Your Work Today Becomes Our Tomorrow



CARRY FORWARD OUR KNOWLEDGE

Honor our teachings and keep our ways strong for generations to come.



CARE FOR OUR COMMUNITIES

Build healthy, thriving communities where our people can grow and heal.



PLANT SEEDS OF CHANGE

The work you do today creates opportunities and possibilities for those who come after.



— ♦ The future is in our hands. ♦ —

*Keep showing up. Keep doing the work.
Our people. Our culture. Our tomorrow.*



INSPIRE FUTURE LEADERS

Your example lights the way and shows youth what's possible.



WEAVE A LEGACY OF WELL-BEING

Through every action, we weave a legacy of balance, resilience, and cultural strength.



CREATE A BETTER FUTURE TOGETHER

Our collective efforts today build a future rooted in dignity, hope, and belonging.

Together, We Heal. Together, We Rise.



OUR ROOTS

We are grounded in culture, community, and connection.



OUR STRENGTH

We lift each other up and create space to grow and thrive.



OUR PURPOSE

We walk in purpose to bring healing, balance, and hope.



OUR FUTURE

We imagine a future where our people are well and free.



OUR RESPONSIBILITY

We honor our ancestors by doing the work today, for generations to come.



YOUR PLACE

There is a place for you in this work. Your gifts are needed. Your voice matters. You belong.



The future of our people's wellness
begins with us.

Be part of the change.