



COVID Success Stories: Mental Health for Everyone: Grief, Loss, and Seeing Clearly

May 5, 2022 | 1-2 p.m. EST



COMMUNITY OF LEARNING
COVID SUCCESS STORIES

1-2 p.m. EST

APRIL 27

COVID Challenges and Cutting
Edge Innovation

MAY 5

Mental Health for Everyone

MAY 10

The HR Challenge: Enforcement
of COVID-19 Vaccine Mandates,
Retention, and Recruitment



Learn more: ncuih.org/events



ABOUT



NATIONAL COUNCIL of URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.





HOUSEKEEPING

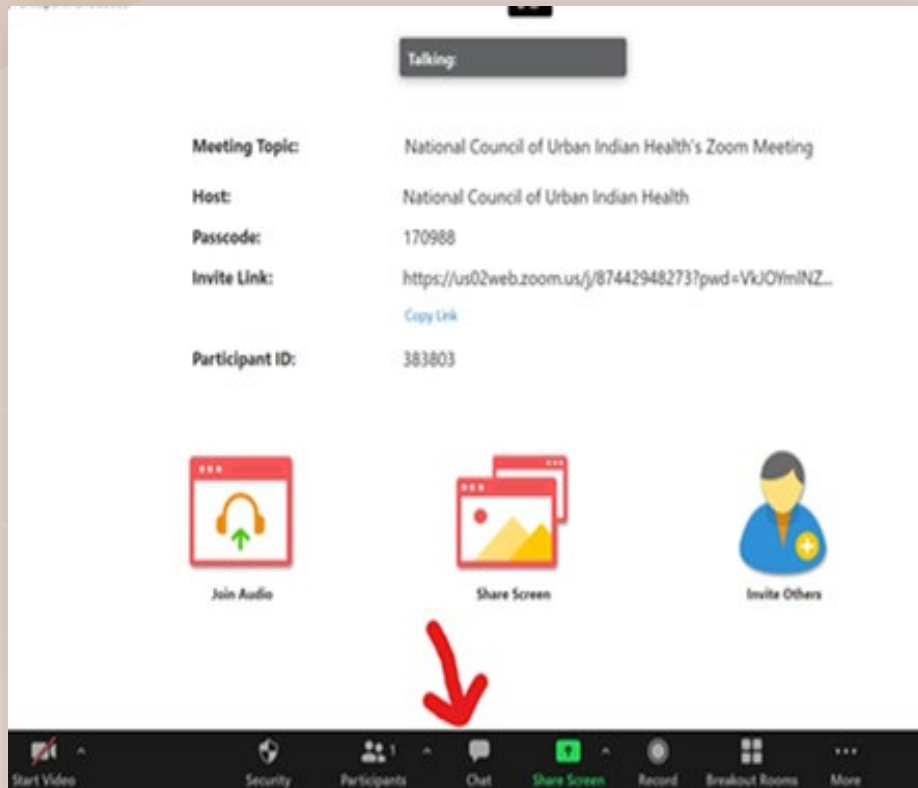
- This session is being recorded.
- All mics have been muted (unless otherwise directed)
- Questions can be typed into the chat box
- Slides will be sent out via email post session
- QR code for feedback survey



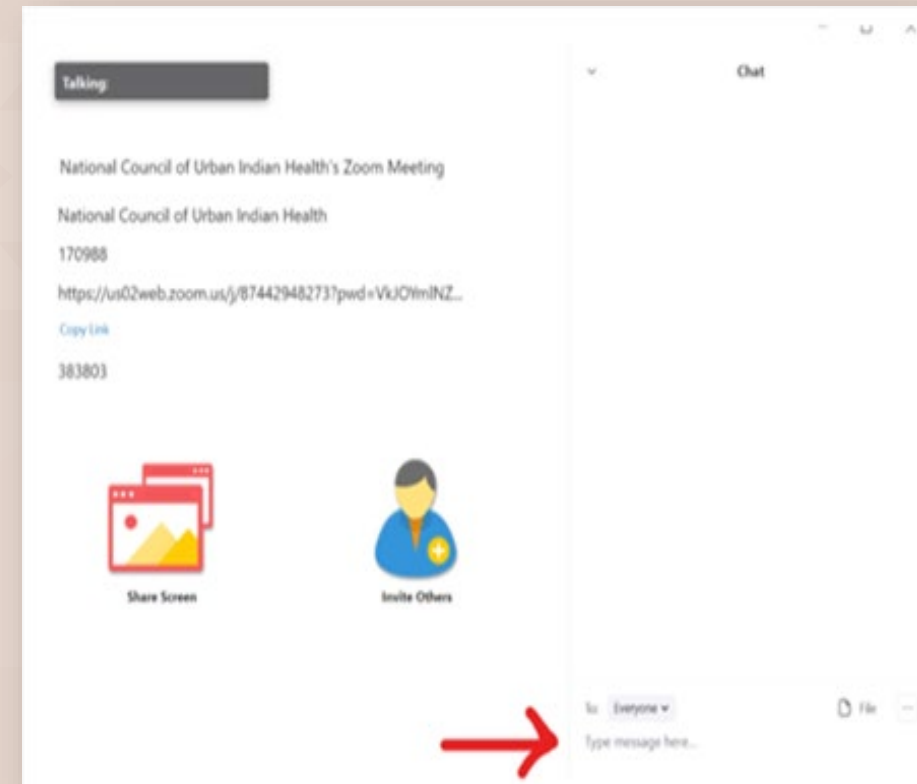


HOW TO ASK A QUESTION, COMMENT, & ANNOTATE

First, select “Chat” at the bottom of your ZOOM screen

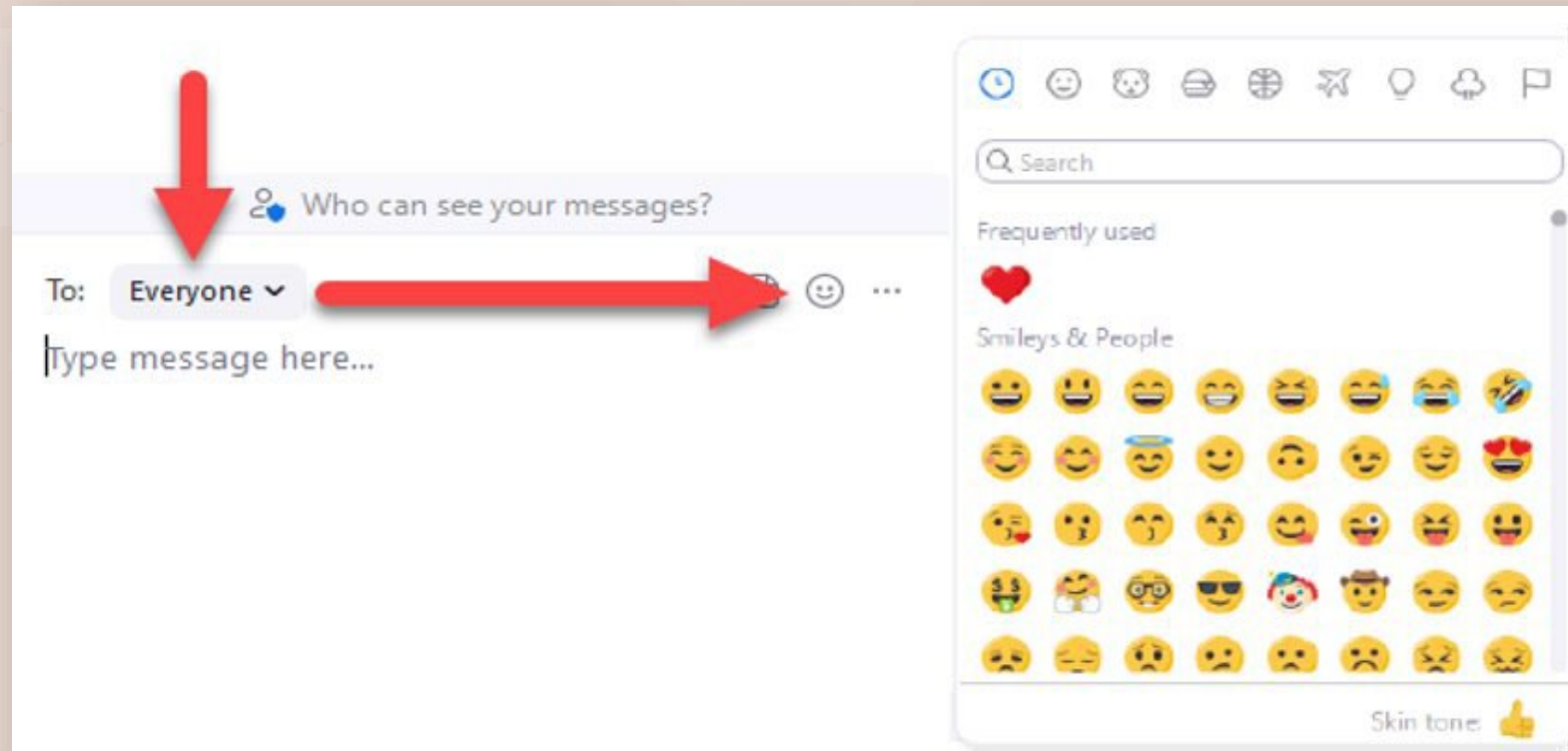
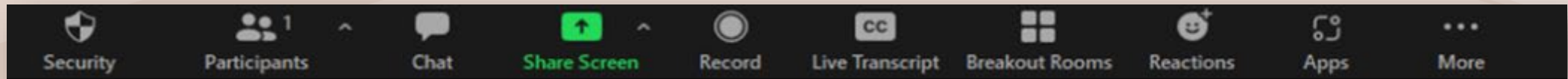


Then type your question or comment into the chat box that will appear on the right





Using Emojis





Agenda

Time	Speaker Name	Agenda Item
1:00 PM	Marc Clark	Opening Remarks/Housekeeping (Slides 1-3)
1:05 PM	Bonnie Duran	<ul style="list-style-type: none">• Presentation• “This Joy” Sung by Resistance Revival Chorus• Guided Activity
1:50 PM	Marc Clark	Resources Overview
1:55 PM	Marc Clark	Online survey link Closing Conclude Session





Exploring these questions

Connection past and current intergenerational trauma and mental health

Mindfulness: What is it?

How do we regain resilience, peace and wisdom?

Mindfulness and Lovingkindness Meditation.



Presenter


Bonnie Duran, DrPH, (Opelousas/Coushatta Descendent)



Dr. Duran is a Professor in the Schools of Social Work and Public Health at the University of Washington (UW), in Seattle. She has worked in public health and social care research, education and practice with Native Americans/Indigenous peoples for over 45 years. Dr. Duran is also a Buddhist Mindfulness practitioner and teacher. She teaches long and short retreats and advanced programs at the Insight Meditation Society (IMS) in Massachusetts, and Spirit Rock Meditation Center (SRMC) in California and is on the SRMC Guiding Teachers Council.

Video from presenter found [here](#)



RESOURCES OVERVIEW


WINDHORSE PUBLICATIONS 

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Satipatthāna Meditation Audio

Satipatthāna Meditation: A Practice Guide comes with these audio files – meditation instructions by Bhikkhu Analayo for each of the seven contemplations covered in the book.

Satipatthāna Meditation



"1. Anatomy"
Satipatthāna Meditation Practice Guide
BHIKKHU ANALAYO

00:00 00:00

"1. Anatomy"	21:18
"2. Elements"	28:57
"3. Death"	20:00
"4. Feeling"	24:26
"5. Mind"	22:21
"6. Hindrances"	21:53
"7. Awakening"	23:59

Having trouble streaming or downloading?

To **stream a track**: click on the title of the track you want to play. After a few moments the track should begin playing.


To **download a track**: right click on the title of the track and select the appropriate option from the drop-down menu. (The wording of these

Essential Clinical Social Work Series

Carol Tosone *Editor*

Shared Trauma, Shared Resilience During a Pandemic

Social Work in the Time of COVID-19

 Springer

MiCBT Institute

Multidimensional Mindfulness Inventory (MMI)

Arwen Dyer & Bruno Cayoun - 2012

Final items following expert peer review – to be further psychometrically analysed in 2013

NAME..... DATE...../...../20.....

Circle one number in the shaded column according to how much you agree with each statement below, using the following scale:

0 = Not at all or Never
1 = A little or Occasionally
2 = Moderately or Sometimes
3 = A lot or Most of the time
4 = Completely or Always

Try not to spend too much time on each item. There are no right or wrong answers.

Right speech	
1. When I speak, I remind myself not to exaggerate in a harmful way	0 1 2 3 4
2. I remember not to gossip or speak behind people's back	0 1 2 3 4
3. I take care to speak with people's well being in mind	0 1 2 3 4
4. I remember to speak with kind intentions	0 1 2 3 4
5. Before I say something, I think about the consequences of what I will say	0 1 2 3 4
Right action	
6. I keep in mind not to deliberately harm people, animals or plants	0 1 2 3 4
7. I remember to not take things that don't belong to me or that are not given to me	0 1 2 3 4
8. When I want something, I make sure I obtain it without deception or fraud	0 1 2 3 4
9. I restrain myself from engaging in intimate behaviour that may harm me, my partner or someone else	0 1 2 3 4
10. I abstain from taking any substance or medication to get intoxicated	0 1 2 3 4
Right livelihood	
11. I make sure that my occupation or everyday life does not intentionally harm me or anyone else	0 1 2 3 4
12. I do my best to only work in an industry that benefits others	0 1 2 3 4
13. I ensure that I only accept jobs that are ethically responsible	0 1 2 3 4
14. I ensure that my work is honest and ethical	0 1 2 3 4



Double Raffle

- To be considered for the raffle for awesome Democracy is Indigenous swag, you must **complete the post session survey** by scanning the QR code below or the link in the chat box. The end of the survey will have an area for you to enter your email address to be eligible for the drawing.
- By attending and completing all three COVID Success Stories session surveys you will be entered into a raffle for a free pass to our NCUIH 2022 Annual Conference May 24-25.





UPCOMING EVENTS

- May 10, 1 p.m. EST | COVID Success Stories: The HR Challenge: Enforcement of COVID-10 Vaccine Mandates, Retention, and Recruitment
- May 13, 1 p.m. EST | Peer-to-Peer Solutions Center: 4-in-1 Office Hours May Session
- May 24–25, 12–6 p.m. EST | No More Broken Promises: A Path to Health Equity in Indian Country





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