



July 1, 2014

Dear CalMHSA partners:

Thank you for supporting the development of tool kits to advance cultural competence in our systems of care. In this tool kit focusing on Native Americans you will find:

A curriculum developed by Dr. Art Martinez from the Chumash tribe that explains historical trauma and its impact on the mental health of Native Americans. The curriculum details some of the history not commonly known that is crucial to know to have an effective practice that empowers Native communities to recover from this history and to restore wellness. The curriculum also details how the best practices for this recovery are embedded in the culture that up until 1978 was illegal for Native Americans to practice by federal and state law. In 1978 the American Indian Religious Freedom Act was passed so that Native Communities can again practice the culture that produced mentally sound communities and individuals. The curriculum also explains some phenomena that contribute to the disparities of Native Americans. For example, Dr. Martinez explained how during the Gold Rush time in CA, a strategy chosen by some Californian tribes to stay alive or to avoid enslavement was to hide in plain sight letting others think they were another ethnicity. The legacy continues today and is one of the contributors to the low census count of Native Americans.

A video of a two hour training conducted by Art Martinez summarizing the curriculum filmed and edited by Steven Benders from Native American Health Center (NAHC) media.

Two resource guides compiled by Kurt Schweigman from the Lakota tribe that (1) list Native agencies and contact people in various California counties to facilitate partnership with county mental health systems, Native agencies, associations and individuals, and (2) Publications Resource Guide with live links to articles available online.

A Literature Review

Fact Sheets

Resources in Suicide Prevention

I like to credit Lina Blanco also from NAHC Media for designing and NAHC documents within the tool kit.

I would like to acknowledge all who contributed to the development of the tool kit:

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Thank you, CalMHSA staff for being in partnership to develop this tool kit.

Sincerely,

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