

Project Heal aims to expand resources to address gaps and improve access to culturally relevant trauma services for Native American children.

We offer trainings to communities, organizations, schools, or other groups to increase knowledge of trauma-informed care for Native American Youth. There is no cost, as this project is grant funded by the state of North Dakota.

We collaborate with the University of Oklahoma Health Sciences Center to offer Honoring Children Mending the Circle Training for mental health practitioners interested in providing trauma treatment to Native American Youth. *See HC-MC brochure for more information.*

Our project's values are from an Anishinaabe cultural perspective, living and working in alignment with the **7 grandfather teachings**, as they guide our team to fulfill our goals and objectives in a "good way" Minobimaadiziwin.

truth • courage
respect • honesty • love
wisdom • humility

WHO WE ARE

Project Heal is part of the Treatment Collaborative for Traumatized Youth (TCTY)



The mission of TCTY is to enhance the availability of evidence-based mental health treatments for traumatized individuals in North Dakota through implementing results-driven therapy and building a multidisciplinary collaborative network across the region.

Contact Us

Phone: 701.293.1335

Email: TCTY@SanfordHealth.org



Scan for more information about Project Heal

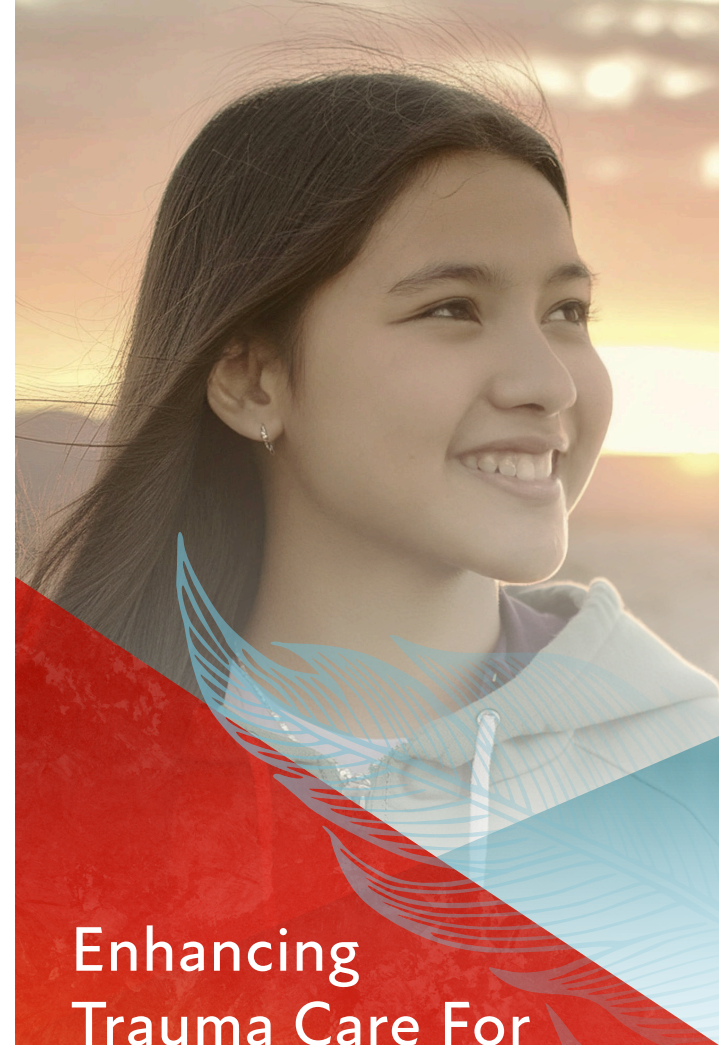


Project Heal is funded by the federal Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA), administered through the North Dakota Department of Health and Human Services – Behavioral Health Division.



PROJECT HEAL

Enhancing
Trauma Care For
Native American
Youth To Heal



project GOALS

- 1** Improve knowledge of trauma-informed care of Native American Youth in child-serving systems in our region through education on the incidence and consequences of trauma on Native American youth and communities.
- 2** Increase access to culturally-informed trauma-focused treatments to Native American youth in our region by training mental health clinicians in culturally – informed treatment applications.
- 3** Increase access to services by allocating time of trained providers to provide telehealth and in-person treatment to Native American youth at Sanford’s Traumatic Stress Treatment Center.

OFFERED TRAININGS

General Trauma Education

For service workers working with Native American Youth.

- What are the different types of trauma?
- How does trauma impact the brain?
- Historical trauma and impact on children
- Managing secondary traumatic stress and burnout working with traumatized youth
- Participate in experiential activities to promote cultural humility and understanding of historical trauma
- Trainings provided in person, virtual, or hybrid

Skills Training

For mental health practitioners.

Trainings cover material for a basic, intermediate, or advanced understanding of trauma.

- Learn verbal and social skills to help traumatized youth
- Teaching emotion regulation and distress tolerance skills
- Advanced clinical skills to help those with a history of trauma

project TRAINERS

Emily Sargent, PhD, LP
Project Director

- Ishpiming Nibiikongikwe “Sky Reflects on the Water Woman”
- Licensed Clinical Psychologist at Sanford Health and Research
- Member of White Earth Band of Minnesota Chippewa Tribe

Samantha Beauchman, PhD, LP
Project Trainer

- Licensed Clinical Psychologist at Sanford Health
- Specializes in rural integrated behavioral healthcare and culturally sensitive psychotherapy
- Member of the Turtle Mountain Band of Chippewa

Tori Williams, PhD, LP
Project Trainer

- Licensed Clinical Psychologist at Sanford Health and Research
- Specialized training in trauma and sports psychology
- Member of the Manitoba Metis Federation