

Healing Pathways

Mental Health and Service Resources for the Greater Siouxland Area



Expanding horizons for healing

Current frameworks and systems of care often are misaligned with Native peoples' cultural understandings of health and wellbeing. For instance, the adverse childhood experiences (ACEs) pyramid and trauma-informed approaches, while useful in helping practitioners understand the effects of ACEs and trauma, emphasize deficits rather than strengths. In addition, such concepts focus on individual trauma without recognizing collective conditions and experiences of trauma; for Indigenous communities, historical/generational trauma too often is compounded by harmful narratives, structures, priorities, practices, and policies in the present.

Ultimately, healing is a lifetime process of expanding the ability to integrate pain and reclaiming sacred power. Reclamation can occur when shame surrounding experienced harms is released; self-perceptions relating to survival are reimagined; and strengths, skills, and sources of support are nurtured. This guide provides an overview of culturally informed approaches and resources available to assist Indigenous peoples in the greater Sioux City, Iowa, region on their healing journeys.

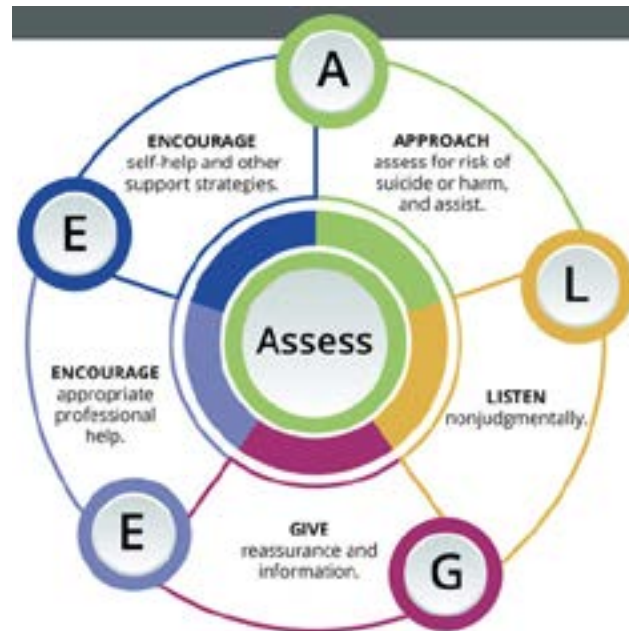
Evidence-Based Mental Health First Aid

The National Council for Mental Wellbeing has developed a curriculum to help lay people confidently provide initial support to adults and youth (aged 12–18) who may be experiencing a mental health problem or crisis. Grounded in observation and non-judgemental listening, mental health first aid provides care until professional support is received or the crisis resolves.

The Mental Health First Aid training introduces a 5-step action plan for how to help people in both crisis and non-crisis situations:

- A** - Approach, assess for risk of suicide or harm.
- L** - Listen nonjudgmentally.
- G** - Give reassurance and information.
- E** - Encourage appropriate professional help.
- E** - Encourage self-help and other support strategies.

Unlike other emergency action plans, the tasks that make up the ALGEE action plan DO NOT have to be done in sequence.



The ALGEE assessment model from the [National Council for Mental Wellbeing](http://www.nationalcouncilformentalwellbeing.org).



If the person you are supporting is thinking about harming themselves or others, or is acting erratically, call 911 immediately and tell the dispatcher that responders with specific training in mental health or crisis de-escalation are needed.

Text, hotline, and online resources (free and confidential)



Crisis Text Line
www.crisistextline.org
Text: NATIVE to 741 741
For 24/7 crisis support and resource sharing



Suicide and Crisis Lifeline
www.988lifeline.org/chat
Dial or Text: 988
For 24/7 suicide prevention support



National Drug Information Treatment & Referral Hotline
www.samhsa.gov/find-treatment
1-800-662-4357



StrongHearts Native Helpline
www.strongheartshelpline.org
Call, text, or chat
1-844-7NATIVE (762-8483)
For 24/7 culturally appropriate domestic and sexual violence support



THRIVE Caring Messages
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



We R Native
<https://www.wernative.org/ayr>

For health & wellness tips:
Text: NATIVE to 94449

For tips and resources to protect sexual health
Text: SEX to 94449

For inspiration and motivation to conquer personal wellness goals
Text: FITNESS to 94449



Paths (Re)membered
<https://www.pathsremembered.org/mental-health-services/>

For access to mental health services that affirm Two Spirit and Indigiqueer 2SLGBTQ+ persons aged 15 years+

For Parents and Caring Adults



Healthy Native Youth
www.healthynativeyouth.org

Text: EMPOWER to 94449

For conversation starters, tips, video demonstrations, and words of encouragement for talking with youth about sexual health:

Text: Mind4Health to 65664

For skill-building videos and links to talk with youth about mental health, share tips for modeling self-care, and connect youth to mental health resources

Indigenous Wellness Pyramid



The Indigenous Wellness Pyramid provides a scalable, positive pathway toward increased well-being in Indigenous communities, and it is the opposite side of the ACEs pyramid. The shift toward resiliency, positive pathways, health promotion, and protective factors is reflected in the seven areas of the model. (Rides At The Door & Shaw, 2023)

Catching the light

Art and culture offer ways to heal by meeting and navigating darkness with expressions of light.

Consider celebrating Native pride, creativity, and resilience through:

- Traditional crafts (weaving, beading, quillwork, etc.)
- Expressive and creative writing
- Storytelling
- Visual and digital art
- Music
- Dance, sports, and other physical exercises
- Nature-centered activities (fishing, hunting, community gardening, hiking, etc.)
- Traditional healing services and ceremonies



Tri-state Tribal Resources

Cheyenne River Sioux Tribe

- Child & Family Services: (605) 964-6460
- Education Services: (605) 964-7880

Crow Creek Sioux Tribe

- Education: (605) 852-2258
- Housing Authority: (605) 245-2250

Lower Brule Sioux Tribe

- Social Services: (605) 473-5561

Oglala Sioux Tribe

(605) 867-5821

Omaha Tribe of Nebraska

(402) 837-5391

Ponca Tribe of Nebraska

- Social Services: (402) 438-9222
- Education: (402) 371-8834
- Housing Authority: (402) 379-8224

Rosebud Sioux Tribe

- Social Services: (605) 856-4489
- Education Department: (605) 747-2833
- Housing: (605) 747-2236

Santee Sioux Tribe of Nebraska

- Housing: (402) 857-2656
- TANF: (402) 857-2380
- Dakota Youth Center: (402) 857-2393
- Higher Education: (402) 857-2434

Sisseton Wahpeton Tribe

- TANF: (605) 698-4400 EXT. 8329
- Housing Authority: (605) 698-3901
- Higher Education: (605) 742-0150

Winnebago Tribe

- Child & Family Services/Social Services: (402) 878-2379
- Education Department: (402) 878-2631 or 2634
- Housing Authority: (402) 878-2241
- Tribal Housing: (402) 878-2272

Yankton Sioux Tribe

- Social Services: (605) 384-3641
- Higher Education: (605) 384-3382
- Tribal Housing: (605) 384-3171

References

Ginwright, S.A. (2018). *The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement*.

Mental Health First Aid® USA ©2021. National Council for Behavioral Health d/b/a/ National Council for Mental Wellbeing. ISBN: 978-1-970171-00-6

Rides At The Door, M., & Shaw, S. (2023). *The Other Side of the ACEs Pyramid: A Healing Framework for Indigenous Communities*. *International Journal of Environmental Research and Public Health*, 20(5), 4108.

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Photos: Shutterstock unless otherwise noted

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