



# Foster Care & Child Care

## PAIUTE INDIAN TRIBE OF UTAH

# Newsletter

Volume 1, Issue 2, September 2011



## October is National Domestic Violence Awareness Month

### ***Hello Everyone:***

We are dedicating this newsletter to **October's National Domestic Violence Month.**

According to the National Organization for Women, Native American women experience the highest rate of violence of any group in the United States. A report released by the Department of Justice, American Indians and Crime, found that **Native American women suffer violent**

**crime at a rate three and a half times greater than the national average.**

National researchers estimate that this number is actually much higher than has been captured by statistics; according to the Department of Justice over 70% of sexual assaults are never reported. Native American women also stand a high risk of losing their children in instances of physical and sexual abuse. The women often will stay with abusive husbands in order to keep their children.

This is an increasing concern in Indian Country, because the cycle of violence is continuing into

the next generations of Native American women and men and in turn affects our children's lives. The Seminole Tribune reported in June 1999, "Sexual assault and domestic violence are so widespread in Indian Country that spousal abuse is occurring in younger and younger couples and it is not uncommon for date rape or date physical abuse to occur among teenagers."

The Paiute Indian Tribe of Utah's Behavioral Care Department is working hard to bring awareness to the growing epidemic of violence against Native American women. This

issue is in honor of survivors of domestic violence.

Sincerely,

Savania Tsosie

*PITU ICWA/Foster Care Social Worker*

### Special Points of Interest:

**Next Foster Care and Child Care Cluster Group Meeting is CPR Training on September 21, 2011.**

**Look for PITU Domestic Violence events happening throughout October.**

## How Are Children Affected By Living in Violent Homes?

***By Lynn Blinn Pike, Ph.D., Human Development & Family Studies, MissouriFamilies.org***

The single strongest way to predict child abuse is to find out if there is domestic violence in a home.

According to the U.S. Department of Justice, the rate of child abuse is six to fifteen times higher in families where

there is adult domestic violence compared to families where there is no domestic violence. Anytime a parent is involved in domestic violence, the children in the home are affected in both obvious and subtle ways because they anticipate, see, hear, fear, and sense the violence. When a parent is abused, the children often:

- Feel guilty because they assume they caused it
- Feel guilty because they did not do enough to protect the abused parent
- Feel they were part of the family breakup

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## How Are Children Affected By Living in Violent Homes? (continued from page 1)

- Are abused along with the parent
- Are neglected while the abused parent deals with personal issues and trauma
- Have frequent illnesses, such as headaches, ulcers, and stomach problems
- Have more frequent emotional problems, such as poor self-concept, depression, and eating and sleep disorders

Research has shown that abused women are not necessarily more likely to come from abusive homes themselves. However, male abusers

**“Service providers, friends, community members, teachers, and relatives need to be diligent in watching for signs of emotional and physical abuse in children.”**

are at least ten times more likely to have seen their fathers beat their mothers while they were growing up compared to non-abusers.

Service providers, friends, community members, teachers, and relatives need

## Circle of Violence: Living With Trauma

*By Dr. Art Martinez, July 29, 2011*



I have been in the unusual position of treating childhood and family trauma over the last 30 years in our communities. In

seeing so much pain among our people, I have found that trauma response can be described as a

to be diligent in watching for signs of emotional and physical abuse in children. In addition to bruises, other signs of child abuse include (a) excessive shyness in girls and excessive aggression in boys, (b) drug use, (c) frequent illnesses, (d) anxiety, and (e) not being able to concentrate. Adults can do the following to lessen the effects of domestic violence on children:

- Teach and model non-violent methods of conflict resolution
- Include content about domestic violence in extra-curricular activities and school classes
- Understand the child abuse laws in their state, including mandatory reporting
- Be diligent about watching for signs of trauma and abuse

**Reach out to children and help them express their feelings in healthy and non-violent ways.**

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response to a life-altering wound to the soul or the spirit. This wound serves as a ripple in the waters of our experiences. As we know, the wound causes behaviors, experiences and thoughts which change our ability to interact with others. The ripple effects flood generations of our families as the experiences of the family are altered. Also, the ripple effects can grow with each additional

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## ANNOUNCEMENTS

### Free GED Classes

Free GED study classes covering writing, social science and math are happening now!

- PITU Tribal Building:  
**Mondays 4 PM**
- Kanosh Band Building:  
**Tuesdays 6 PM**
- Koosharem Band Building:  
**Wednesdays 4 PM**
- Shivwits Band Building:  
**Thursday 4 PM**

For more information contact Chris Doss, Behavioral Care Department, Paiute Indian Tribe of Utah, (435) 586-1112, ext. 502.

### ASSET Program

**Want to save for a home, small business or education?**

Utah Individual Development Account Network offers a matching savings account called an Individual Development Account (IDA) in which you can save for your education, small business or home. For every \$1 you save, UIDAN will match it with \$3.

You can save up to \$1,500 in your IDA and receive up to \$4,500 in match money, giving you a total of \$6,000 to invest in your goal.

If you are interested in participating in this program please contact the Paiute Indian Tribe of Utah, (435) 586-1112, ext. 301.

## Circle of Violence: Living With Trauma (continued from page 2)

stress experienced by the family or by the individual.

As a Native psychologist, I've been in the unique position of observing intergenerational post-traumatic stress in our families and communities. I have further seen the strength of spirit which exists amongst our people and our culture. This strength shines through in many of our elders and in our traditions of community that we live on a daily basis.

When trauma affects us, our families are forced to react to our wounds. In order to live with these wounds we develop extreme behaviors to protect ourselves—a heightened alertness to ward off thoughts and responses that hurt us. Initially, we revisit the traumatic events through triggers, flashbacks and wounds which keep the experience alive in our spirit.

As Native people we live in larger and more unified extended families and communities. The trauma of one becomes the trauma of all and the hurt of one becomes the hurt of all. These wounds and trauma responses resound within various levels of our family and community. The decay of our family way can be impacted by layers of wounding events that have happened within our history. Continuing assaults on our families, communities and culture serve as a triggers and symptoms of the traumatic responses.

Boarding schools and residential and the foster-care home programs were purposeful actions designed to deplete our cultural resources and our cultural futures: our children. Likewise, child abuse and neglect combines to put our families at risk for expression of continuing trauma.

In my experiences and in my prayers, I often come to the thought of what can we do to protect our future generations. Our elders speak of the strengths that I see within the people and the families that I treat or assist in their survivorship. As I witness these experiences of families and our continuing commitments to culture I see hope. There are many, many steps which have been taken by many

**“As Native people we live in larger and more unified extended families and communities. The trauma of one becomes the trauma of all and the hurt of one becomes the hurt of all.”**

communities. The empowerment of our communities with family wellness programs is vital. In our children's experience, the healing circle and protective circle of our most early experiences of ceremonial and traditional wellness may define familial rebirth.

We must also stop the violence that impacts our communities and our families; violence exterior to our communities as well as violence from within. Notably, we change that which puts us most at risk through clean and sober living as a foundation of community and our definition of leadership. We must also protect our culture, our communities and our lands from the abuse and the degradation that we all experience. Stopping the violence from within—be it domestic violence or child abuse—is vital in this effort. We must not forget the chipping away of our tribal rights and the ill-treatment of our people. This occurs not only through the outside dominant society,

but from within our own communities through something known as “identification with the aggressor.” **Our work must not only be on healing the wounds but must include attention to our experience of who we are as a people.**

So what do we do to change this experience and to put our families on a path of a strong future and a vibrant community? **In many of our communities, this work is already begun. We center ourselves culturally. We focus ourselves spiritually. We work together toward community wellness. We increase our safety by addressing the risks to our families and by nurturing the spirit of our families and communities. Clearly the time is now to act upon these issues as our communities and our children need our help. What is that help? Our help started with the prayers of our elders, that we must protect the legacy and the right of our future generations. So generally, if we are to survive in America, we must be concerned for how we are to act in that survival and how we will exist as a people rather than blaming the aggressors (wherever they might be) or ourselves for the violence that we've experienced on many levels. Our efforts are best spent in stopping the violence and building on the healthy strength and the healthy culture that was given to us in the beginning of time.**

Dr. Art Martinez, a member of the Chumash Tribe of California, works as a psychologist and clinical consultant for the Shingle Springs band of Miwok Indians. He is a nationally known expert in traumatic stress and trauma survivorship.

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**Our Children are Our Most  
Valuable Resource**



## September 2011 Cluster Group Meeting



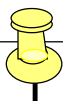
**CPR TRAINING**  
**SEPTEMBER 21, 2011**



The Behavioral Department has scheduled CPR/1<sup>st</sup> Aid certification/re-certification training for September 21, 2011 from 3:00 p.m. to 9:00 p.m. at the Cedar City Tribal Building. We will pay the \$5.00 charge for the certificate.

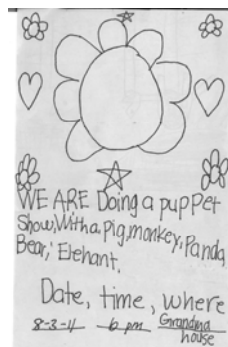
The Department will also provide a light supper, a \$20 Wal-Mart gift certificate and reimburse mileage for people traveling from Richfield, Kanosh, and St. George. Child care is also provided.

**RSVP is mandatory and is open to PITU Foster Parents and current PITU child care providers.**



### Child Care Activity: Puppet Show

This past summer PITU Child Care Provider, Lorraine Kee worked with her kids to put on a puppet show. The puppet show was presented to family and friends in early August. The show included the story of *The Three Billy Goats Gruff*, homemade sock puppets and hilarious knock-knock jokes. **The kids, Anaiya Jake, Keilin Jake, Lorena Jake, Hayden Kee, and Emaryce Kee did an amazing job!!!**



**With the assistance of the PITU Child Care Assistance Program, Lorraine Kee received her License for Family Child Care from the State of Utah in March 2011. Lorraine now has her own licensed child care service and has space for additional children.**

**If you would like assistance in becoming a licensed child care provider or want more information on the benefits of becoming licensed, please contact Vanessa Bird, PITU Child Care Coordinator at (435) 586-1112, ext. 300.**