



HIR Wellness Institute

Community Activated Medicine™

About Us

Who we are:

We are a survivor and women led matriarchal organization providing the next generation of care to victims of crime and violence. We seek to learn from our ancestors' teachings and the ways of governance that worked for the global majority centuries prior to colonization, we invite our Indigenous roles into colonial spaces. Our ways are from many differing nations and our resilience has always rooted in the health and wellbeing of our communities while we thrive through social & value-based economies.

Our mission:

To increase mental health accessibility and inclusivity for health justice through demonetizing the relationships between the mental health systems, and those seeking mental health services within Indigenous and historically under-invested and therefore chronically underserved communities.

How we do this:

We liberate the practice, pedagogy, service delivery, and training of mental health by stewarding matriarchal shared-leadership of the Community Activated Medicine (CAM™) Framework™ and Intergenerational Healing Approach™.



What is CAM™?

Community Activated Medicine™, abbreviated to “CAM™”, was coined and developed by our HIR Wellness Institute CEO, Founder, and Clinical Director Lea S. Denny. It was started to support collective grieving for collective healing. Within the communities that Denny walked in she saw historical trauma manifested in generations of disenfranchised and complex grief. Using practice-based medicine she saw immediate results with gathering community members together to create a space where we can collectively grieve. Informed by cultural and ancestral knowledge she created connections with land, people, stories, and food as a way of healing.

CAM™ is where cultural healing ways, community activism, transformative justice, radical healing and liberation intersect to create action-oriented wellness; it is where the people are the medicine. This approach has two parts, to inform the community and providers and to activate their action on how to be part of the process in addressing the healing needs for communities and creating change for the generations of our past, present, and future.

CAM™ is both a noun and verb; it is a process for mending social fabric through healing connections and the process of activating these community-informed spaces. It is where we protect and share our sacred healing traditions in collaboration with inclusive mental health ways to support the healing of the one’s mind, body, heart, and spirit for the community, and the greater global plane. A CAM™ informed practice is a framework that focuses on healing historical trauma/loss as transgenerational trauma/loss through utilizing an Intergenerational Healing Approach™ and embodying a decolonizing mental health and wellness practice.

CAMPsite™

Community Activated Medicine Provider Sites™ are part of the HIR Wellness Institute Mental Health Without Borders™ programs developed by Lea S. Denny. These are mental health pop-up spaces to support immediate community and relational care. This is done by bringing licensed mental health and trained wellness providers, community healers, and advocates to shared collective spaces. This is part of our commitment to create free access to mental health professionals and advocacy support. Learn more about how we bring Community Activated Medicine™ to our communities and spaces using CAMPsites™ in our video below.



Community Activated Medicine™

A Clinical Theoretical Approach

With Community Activated Medicine™ (CAM™), CAM™ Providers understand that the relative's presenting symptoms, functioning, and concerns are interconnected and interdependent on their relational and environmental health. When working with a CAM™ provider, a holistic and interdisciplinary approach is utilized. This is done by practice based generating evidence through biological, sensory, psychological, social, cultural, and spiritually informed assessments and evaluations to measure needs and identify interventions.

To apply CAM™ techniques, a counselor works with relatives to understand self-attunement, relational attunement, environmental attunement, and community belonging. The relative's will be taught Healing Intergenerational Roots – Meaningful Attunement Processing Skills™ (HIR-MAPS™), identifying intergenerational ancestral strengths, building/ bridging a Circle of Care™, and nurturing a circle of Children's Fire Guardians.

When working with a CAM™ provider the outcomes that can be supported include: understanding of their presenting concerns/ symptoms, better relationships with self, improved over-all functioning, stronger sense of reciprocity, increased sense of belonging, a practice of responsibility, a connection with ancestral wisdoms, and increased comfort with vulnerability.



Resources

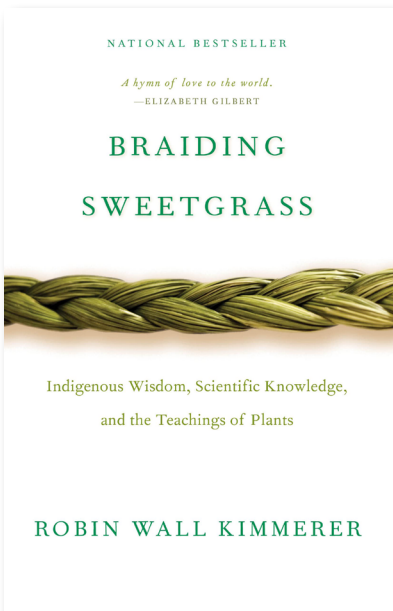
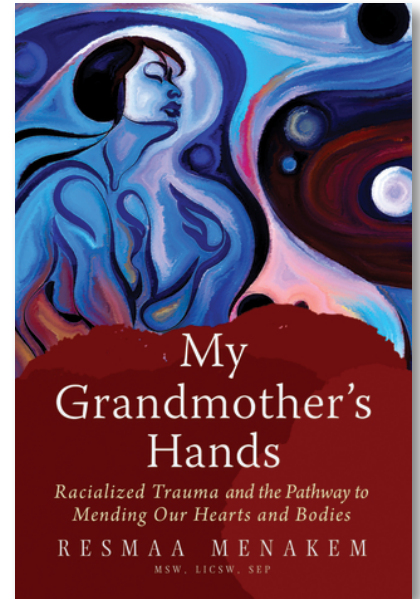
These resources below are to aid in continued learning about trauma.

“Trauma in a person,
decontextualized over time,
looks like personality.

Trauma in a family,
decontextualized over time,
looks like family traits.

Trauma in a people,
decontextualized over time,
looks like culture.”

- Resmaa Menakem



“We need acts of restoration, not only for polluted waters and degraded lands, but also for our relationship to the world. We need to restore honor to the way we live, so that when we walk through the world we don't have to avert our eyes with shame, so that we can hold our heads up high and receive the respectful acknowledgment of the rest of the earth's beings.”

- Robin Wall Kimmerer

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

“So I'm not crazy?”

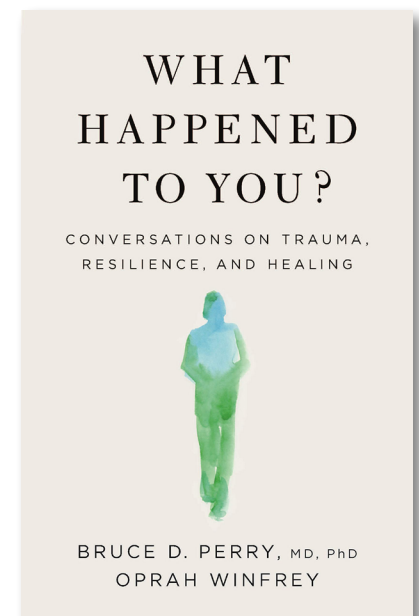
“No. Your brain is doing exactly what you would expect it to do considering what you lived through.”

- Oprah Winfrey & Bruce D. Perry, MD, PhD

What Happened to You?

Conversations on Trauma, Resilience, and Healing

An amazing book to help begin to understand the intersections of neurobiology and trauma.



Definitions

CAMPsite™

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CAM™

Community Activated Medicine™ means the people are the medicine and is a process of informing to activate and increase access to the healing within and around us. (Lea S. Denny, 2016)

Endogenous Depression

Occurs without the presence of stress or trauma. In other words, it has no apparent outside cause. Instead, it may be primarily caused by genetic and biological factors. This is why endogenous depression might also be referred to as “biologically based” depression.

Exogenous Depression

Exogenous (or reactive) depression is triggered by an outside stressor such as the loss of a loved one, getting divorced, or losing your job. 2 People who experience or witness a traumatic event may develop depression as a direct result of that exposure.

Grief Types

Anticipatory grief: Constant worry about what’s next

Chronic grief: When extremely intense reactions to loss do not subside.

Collective grief: Events that impact the community

Complicated grief: Prolonged, more intense, and difficult to process grief.

Cumulative grief: Experiences of loss over periods of time

Delayed grief: Incredibly intense feelings of sorrow and longing that occur or start long after a loss.

Disenfranchised grief: Cannot be socially recognized, openly acknowledged, or publicly mourned.

Prolonged grief: Lasting a long time, sometimes six months or more.

Traumatic grief: Trying to process grief while also processing an additional or adjacent trauma.

Historical Intergenerational Trauma

An event or series of events perpetrated against a group of people and their environment, namely people who share a specific group identify with genocidal or ethnocidal intent to systematically eradicate them as a people or eradicate their way of life. (Dr. Karina Walters, 2012)

Historical Trauma Unresolved Grief

Accompanies Historical Trauma and can be associated with Historical Trauma Responses. These are a constellation of features in reaction to massive group trauma. This response is observed among Lakota and other Native populations, African American Slaves and their descendants, Jewish Holocaust survivors and descendants, Japanese American internment camp survivors and descendants. (Dr. Maria Yellow Horse Brave Heart, 1998)

Intergenerational Healing Approach™

This radical-accessibility practice centers healing for inclusive collective and complex grief experienced and/or inherited from historical and intergenerational trauma, often manifested as transgenerational trauma. This is done through a process of integrating ancestral and cultural wisdoms, decolonizing practices, practicing radical grieving, and whole-health justice. This includes past, present, and future generations represented within the healing process, where reciprocity and responsibility for community healing is in perpetuity. (Lea S. Denny, 2016)

Definitions Continued

Medicine Kit™

A holistic practice that the HIR Wellness Institute has integrated into our Intergenerational Healing Approach™. This is rooted in a bio, psycho, social, relational, cultural, spiritual, and environmental approach. It is a personalized tool kit you build as a way to serve your wellness needs. (Lea S. Denny, 2016)

PTSE™

Persistent Toxic Systems and Environments™, a term coined by Lea S. Denny CEO & Founder of the HIR Wellness Institute. These are everyday environmental traumatic or stressful events that negatively impact ones mental, emotional, spiritual, and physical health outcomes. This is repeated and regular exposure to toxic surroundings and systems that are felt, seen, heard, and interpreted by the individual as inescapable barriers or hardships. (Lea S. Denny, 2016)

Transgenerational Transmission of Trauma

Renders some children of survivors vulnerable to stress while others become more resilient. Both seem to remember what their parents and grandparents might have forgotten. Transgenerational Transmission of Trauma was previously assumed to be caused primarily by environmental factors, such as the parents' child-rearing behavior. New research suggests that it may be also inherited through epigenetic mechanisms which become a kind of biological cell memory. (Braga, L. L., et al, 2012)

Triple Attunement™

The responsive awareness, connection, and relationships that we cultivate for ourselves, others, and the environment around you. Building deeper connections to spaces by recognizing your own responsibility and reciprocity to the physical, spiritual, communal, and energetical portions of a space. This includes honoring animate and inanimate beings that inform your senses, neurobiology, and relational health. (Lea S. Denny, 2016)



Raising the Frequency of Change



An episode is waiting for you now!



For more information or to contact the HIR Wellness Institute please reach out to

Jamie Kellicut

Community Engagement and Indigenous Affairs Director

Email: JKellicut@HIRWellness.org

Phone: (414) 763-5815

Website: HIRWellness.org

