CULTURAL COMPETENCE AND MENTAL HEALTH; NORTHERN REGION SUMMIT

La Cultura Cura;
National Compadres Network
October 2-3, 2013

RE-CONOCIMIENTO
(ACKNOWLEDGMENTS)
CONOCIMIENTO

OBJECTIVES

• Provide history and context for the National Compadres Network, La Cultura Cura; basis for technical assistance and support
• Outline LCC principles, practices and evaluation
• Discuss Transformational Healing and it’s application in individual, family, community and institutions
THE NATIONAL COMPADRES NETWORK

1. Provides Indigenous based Technical Assistance and Consultation in support of health, education and other social service programs
2. Conducts Workshops and Presentations
3. Ongoing consultation on program development and implementation
4. Focus Areas;
   • Culturally Focused Organizational Capacity Building;
   • Culturally Competent Community Engagement;
   • Program Development; and Inclusion of Healing and Trauma Informed Culturally Based Practices; and
   • Culturally-Based Research and Evaluation

INDIGENOUS CULTURE; “PEOPLE OF THE LAND”

• Respect for the natural world;
• Respect for ancestors and their wisdom (Huehuetlatoli), “words of the ancestors”
• Social systems based in ceremony,
• Evolution through personal action (Macewalitsiti, “deserving”)
### THE SEVEN MORTAL SINS; ANOTHER WAY OF LOOKING AT VALUES

<table>
<thead>
<tr>
<th>Christian (European)</th>
<th>Maya (Popul Vu)</th>
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<tbody>
<tr>
<td>Pride</td>
<td>Excessive Pride</td>
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<tr>
<td>Greed</td>
<td>Ambition</td>
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<td>Envy</td>
<td>Envy</td>
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<td>Lust</td>
<td>Lying</td>
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<tr>
<td>Gluttony</td>
<td>Criminal activity</td>
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<tr>
<td>Sloth</td>
<td>Ingratitude</td>
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<tr>
<td>Wrath</td>
<td>Ignorance</td>
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### LA CULTURA CURA; CORE PRINCIPLES

- **Purpose** (*Proposito*) based on Individual, Family and Community dignity (*dignidad*);
- **Responsibility** based on Respect (*respeto*) for Family/Community Vision;
- **Interdependence** based on individual, family and community trust (*confianza*);
- **Development** or Cyclical learning based on love (*cariño*) for life;
- **Enthusiasm** or living life with a sense of spirit (*espiritu*)
LCC PROCESS; TRANSFORMATIONAL HEALING

TRANSFORMATIONAL HEALING

Acknowledgement
TRANSFORMATIONAL HEALING

Acknowledgement

Acceptance

Compassion
TRANSFORMATIONAL HEALING

- Acknowledgement
- Acceptance
- Compassion
- Commitment

LCC FORMAL CURRICULA

- La Cultura Cura Overview training
- La Cultura Cura Core Training
- Joven Noble
- Xinachtli
- Cara y Corazon
LCC SPECIALIZED PROGRAMS

- Circulos – Healing and Support Circles
- Padres con Cara y Corazón
- Raising Children with P.R.I.D.E.
- Hombres Noble Buscando Balance
- Mama’s Love- Mothers Raising Honorable Boys

LCC; ASSESSMENT AND DOCUMENTATION

- Relationships to that which gives us life: Spirituality
  - Prayer, meditation
  - Participation in ceremony
  - Service, volunteer
RELATIONSHIP TO THE PHYSICAL WORLD, SUN, AIR, WATER, EARTH

• How much do you exercise?
• Do you pay attention to the food you eat
• How much time do you spend outside?
• What do you do to be creative; to recreate; paint, draw, write, music?

RELATIONSHIPS TO OTHERS: OUR EMOTIONAL LIFE

• Ancestors; those that have provided direction,
• Compañeros; those with whom we share life,
• Descendants; those that will live out our decisions and actions
RELATIONSHIPS TO INSTITUTIONS; A PLACE IN THE CIRCLE

- Family
- Religion/Church
- School

Meaningful, Productive and Positive contribution to society (Purpose, Proposito)

Basic; institutions; if they work., one has pro-social participation

RELATIONSHIPS TO INSTITUTIONS; THOSE THAT HELP US FIND OUR WAY BACK

- Government
- Health System,
- Law Enforcement

Corrective Institutions, Medicine

How did he or she become disconnected and how can we guide them back, not “what is wrong with this person and how can we fix him or her.
"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

Gautama Siddharta, 563-483 B.C.