

The Power of Storytelling

Date: July 15, 2021

Speaker: Christina Love, ANDVSA

11:00:36

>>> OKAY, HI, EVERYONE, AND

11:00:41 WELCOME.

MY NAME IS

11:00:46 ELLEN WITH THE FAMILY AND COURT JUDGES.

I WANT TO PROVIDE YOU

11:00:49 WITH A BRIEF OVERVIEW OF FEATURES IN ZOOM AND HOW

11:00:52 YOU CAN INTERACT WITH TODAY'S PRESENTERS AND WITH EACH OTHER.

CLOSED

11:00:56 CAPTIONING IN ENGLISH IS AVAILABLE FOR

11:00:59 TODAY'S PRESENTATION.

TO VIEW, CLICK ON THE CLOSED

11:01:02 CAPTIONING ICON LOCATED AT THE

11:01:05 BOTTOM OF YOUR SCREEN.

ONCE YOU CLICK THE

11:01:08 ICON, YOU CAN VIEW THE FULL TRANSCRIPT OR AS

11:01:12 SUBTITLES.

IF YOU NEED TO ADJUST THE SIZE OF YOUR CAPTIONS, YOU CAN

11:01:15 ACCESS THE SETTINGS BY CLICKING ON THE ARROW NEXT TO THE

11:01:19 START AND STOP VIDEO AND CHOOSE SETTINGS.

NAVIGATE

11:01:22 TO THE ACCESSIBILITY TAB WHERE YOU CAN ADJUST THE

11:01:25 FONT SIZE.

WE WILL BE UTILIZING THE INTERPRETATION

11:01:28 FEATURED TODAY IN ZOOM TO ACCESS INTERPRETATION,
11:01:31 CLICK THE INTERPRETATION ICON ON YOUR MENU BAR IN ZOOM.
IT

11:01:36 APPEARS AS A GLOBE.

ONCE YOU CLICK THIS, YOU WILL BE SHOWN A LIST

11:01:39 OF LANGUAGE CHANNELS TO LISTEN TO INTERPRETATION IN.

SELECT THE

11:01:43 LANGUAGE YOU WISH TO HEAR INTERPRETATION IN, AND YOU WILL

11:01:46 NOTICE THAT AT THE BOTTOM OF THE LANGUAGE INTERPRETATION

11:01:49 CHANNEL SELECTION, THERE IS AN OPTION TO MUTE

11:01:52 ORIGINAL SOUND.

SELECT THIS IF YOU DO NOT WISH TO HEAR THE

11:01:55 ORIGINAL AUDIO SOFTLY IN THE BACKGROUND.

>>> AND

11:02:00 FINALLY, IF YOU ARE EXPERIENCING ANY TECHNICAL ISSUES TODAY,
PLEASE LET

11:02:03 ME KNOW IN THE CHAT AND I WILL TROUBLESHOOT WITH YOU AS
QUICKLY

11:02:06 AS POSSIBLE.

THANK YOU AGAIN FOR JOINING US AND I'LL TURN IT OVER TO OUR
PRESENTERS TO

11:02:11 GET STARTED.

>> WELCOME, EVERYONE.

11:02:15 MY NAME IS SANDY ERIKSSON WITH THE INTERNATIONAL
ASSOCIATION

11:02:18 OF FORENSIC NURSES WHERE I SERVE AS THE GRANT

11:02:21 COORDINATOR ON THE ISAAC PROJECT.

AND I WILL TALK MORE ABOUT THAT

11:02:26 IN A MOMENT AND INTRODUCE YOU TO OUR SPEAKER.

I

11:02:29 WANT TO THANK ELLE FOR HOSTING THE TECH SUPPORT

11:02:32 AND WEBINAR AND TO THE INTERPRETERS WHO ARE GOING TO BE
TYPING AS FAST

11:02:35 AS THEY CAN.

THANK YOU.

AND ALSO, IF YOU HAVE QUESTIONS THAT

11:02:38 NEED INTERPRETATION, YOU MAY WRITE THEM IN SPANISH IN THE
CHAT AND WE'LL DO OUR BEST TO GET TO THEM.

11:02:44 ALSO HERE FROM IAFN IS THE ADMINISTRATIVE

11:02:48 ASSISTANT ON THE ISAAC PROJECT AND SHE'LL BE MONITORING THE

11:02:51 CHAT TODAY FOR QUESTIONS AND WILL ALSO BE FOLLOWING UP
WITH YOU AFTER THE WEBINAR.

11:02:57

>>> WE'D LIKE TO START OUR TIME TOGETHER

11:03:00 WITH GRATITUDE.

SO, PLEASE TAKE A QUICK MOMENT TO FIND THAT

11:03:03 CHAT BOX AND SHARE A WORD OF GRATITUDE WITH

11:03:06 EVERYONE.

I AM SURE WE CAN ALL THINK OF THINGS WE ARE

11:03:10 GRATEFUL FOR TODAY, LIKE HEALTHY RELATIONSHIPS

11:03:14 AND SUMMER.

SOME OF US ARE THANKFUL FOR THE WARM BREEZES

11:03:17 THAT ARE HAPPENING.

SOME ARE THANKFUL FOR THE COOL ONES.

AND I

11:03:20 REALLY APPRECIATE ALL OF YOU SHARING WITH EACH OTHER IN
THE CHAT.

11:03:25 THIS TRAINING IS BEING RECORDED AND WILL BE POSTED FOR

11:03:29 VIEWING LATER, SO PLEASE LET OTHERS KNOW ABOUT IT.

IF YOU'RE WATCHING THIS WEBINAR

11:03:33 TODAY WITH ONE SCREEN WITH OTHER PEOPLE, PLEASE SEND A LIST OF

11:03:36 ALL WHO ARE VIEWING AND ALSO MAKE SURE TO SHARE THE EVALUATION

11:03:39 LINK WITH THEM.

THAT REALLY HELPS TO INFORM US OF

11:03:42 TOPICS YOU MAY

11:03:45 BE INTERESTED IN FOR THE FUTURE.

11:03:50

>>> THE INTERNATIONAL ASSOCIATION OF FORENSIC NURSES

11:03:53 IS THE RECOGNIZED AUTHORITY ON FORENSIC NURSING AND OUR GOAL IS

11:03:56 TO PROMOTE UNIVERSAL ACCESS TO FORENSIC

11:04:00 NURSING CARE FOR PATIENTS IMPACTED BY VIOLENCE AND TRAUMA.

WE HAVE OVER

11:04:05 6500 MEMBERS WORLDWIDE IN 32 COUNTRIES.

THE

11:04:08 ISAAC PROJECT WHICH STANDS FOR INDIGENOUS SEXUAL ASSAULT

11:04:11 AND ABUSE CLEARINGHOUSE, OFFERS TECHNICAL ASSISTANCE,

11:04:14 TRAINING AND EDUCATION TO ANY PROVIDERS SERVING

11:04:17 SEXUAL ASSAULT SURVIVORS IN TRIBAL COMMUNITIES.

11:04:21

OUR WEBSITE, [ISAAC ONLINE.ORG](http://ISAAC.ONLINE.ORG), GIVES YOU

11:04:24 ACCESS TO INFORMATION AND RESOURCES ON SEXUAL ASSAULT, INCLUDING THE WEBINAR BEING PRESENTED TODAY.

11:04:27

11:04:31 THE THIRD THURSDAY WEBINAR SERIES IS SCHEDULED THROUGH THE END OF

11:04:35 2021 WITH OUR NEXT WEBINAR FOCUSING ON

11:04:39 TRADITIONAL HEALING OF TRAUMA.

PLEASE GO TO

11:04:42 ISAAC ONLINE.ORG AND CLICK ON THE

11:04:46 THIRD THURSDAY LINK AND REGISTER FOR ANY CHANGES

11:04:49 IN THE WEB NASSAR.

THIS SERIES IS BEING

11:04:52 OFFERED IN COLLABORATION WERE OUR PARTNERS.

11:04:56

ALASKA WOMEN ON SEXUAL ASSAULT AND ALASKA NATIVE WOMEN'S RESOURCE

11:05:05 CENTER.

TODAY'S WEBINAR IS MADE POSSIBLE BY FUNDING FROM THE OFFICE ON VIOLENCE

11:05:08 AGAINST WOMEN FOR WHICH WE ARE INCREDIBLY GRATEFUL.

THE

11:05:11 OPINIONS, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS EXPRESSED IN THIS

11:05:15 PRESENTATION ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY

11:05:19 REFLECT VIEWS THE DEPARTMENT OF JUSTICE, THE OFFICE ON

11:05:20 VIOLENCE AGAINST WOMEN OR THE INTERNATIONAL ASSOCIATION OF FORENSIC NURSES.

11:05:27

>>> AND NOW WE WOULD LIKE TO TAKE A MOMENT FOR LAND

11:05:30 ACKNOWLEDGMENT.

FOR ALL PEOPLE IN ALL COMMUNITIES,

11:05:34 LAND ACKNOWLEDGMENT IS A POWERFUL WAY OF SHOWING
RESPECT, APPRECIATION

11:05:37 AND HONOR TO THE INDIGENOUS PEOPLES OF THE LAND

11:05:40 ON WHICH WE LIVE AND WORK.

ACKNOWLEDGMENT IS A

11:05:44 SIMPLE WAY TO ERASE THE HISTORY OF

11:05:49 INDIGENOUS.

IF YOU DON'T ALREADY KNOW ABOUT THE LAND YOU'RE ON YOU CAN FIND
OUT ABOUT

11:05:52 FOLLOWING THE INSTRUCTIONS ON THE SCREEN.

AND KERRY, WOULD YOU PLEASE ALSO

11:05:55 PUT THE NUMBER IN THE CHAT FOR PEOPLE?

11:05:59 I HAVE LIVED MOST OF MY LIFE ON THE LAND IN

11:06:02 ANCHORAGE, ALASKA.

MY FATHER, WHO IS CHOCTAW FROM

11:06:05 COLORADO, CAME UP IN THE MILITARY AND MY MOTHER WHO IS

11:06:08 GERMAN/DUTCH FROM KANSAS, CAME UP BY HERSELF RIGHT OUT
OF HIGH SCHOOL

11:06:12 TO ALASKA.

MY PARENTS MET HERE

11:06:13 IN 1946 AND I HAVE ALWAYS BEEN VERY GRATEFUL TO THEM FOR
MAKING ALASKA OUR HOME.

11:06:21 NOW IT IS MY GREAT PLEASURE TO INTRODUCE OUR SPEAKER

11:06:25 TODAY.

CHRISTINA LOVE.

CHRISTINA IS A

11:06:28 ALASKA NATIVE WOMAN FROM

11:06:32 CHITNA.

SHE IS A CONSULTANT, RECOVERY COACH AND

11:06:35 CIVIL RIGHTS AND HUMAN ACTIVIST.

SHE IS

11:06:39 DEDICATE TODAY CENTERED CARE THROUGH HER

11:06:42 WORK WITH ALASKA NETWORK ON DOMESTIC VIOLENCE AND
SEXUAL

11:06:46 ASSAULT.

THANK YOU FOR BEING HERE, CHRISTINA.

>> I AM

11:06:50 VERY, VERY GRATEFUL TO BE HERE WITH ALL OF YOU.

I LOVE

11:06:53 THAT WE START OFF WITH GRATITUDE.

I THINK IT IS,

11:06:57 IT'S ONE OF THE MOST IMPORTANT AND POWERFUL

11:06:59 TOOLS THAT WE HAVE.

CAN YOU GUYS SEE, DO YOU GUYS SEE THE PICTURE OF THE MOUNTAIN?

11:07:06 OKAY.

LET ME MAKE SURE.

I'M JUST

11:07:09 GOING TO PLAY AROUND JUST A LITTLE BIT WITH

11:07:12 TECH TO MAKE SURE I HAVE EVERYTHING SET UP.

11:07:15

HERE WE GO.

MOVE YOU GUYS HERE.

11:07:19 SO, MY NAME IS CHRISTINA LOVE.

MY PRONOUNS ARE SHE AND

11:07:22 HER.

I WORK FOR THE ALASKA NETWORK ON DOMESTIC SEXUAL

11:07:25 ASSAULT AS A SPECIALIST ON

11:07:28 INTERSECTIONALITY WITH A PRIMARY FOCUS ON

11:07:31 TRAUMA, SUBSTANCE ABUSE AND

11:07:35 HEALTH.

I AM HERE FROM THE

11:07:39 CLINKET NATION.

IT IS ALSO KNOWN AS BEAUTIFUL

11:07:42 JUNEAU, ALASKA.

I AM INCREDIBLY GRATEFUL TO JOIN

11:07:45 YOU HERE TODAY.

I'M REALLY GRATEFUL FOR

11:07:47 EACH OF YOU AND THE COMMUNITIES THAT YOU WORK WITH AND
THE WORK THAT YOU ARE DOING.

11:07:54 I GET REALLY EXCITED THINKING ABOUT THE ENDLESS
POSSIBILITIES

11:07:57 FOR HEALING THAT'S WITHIN EACH OF US FOR OURSELVES,

11:08:00 FOR OUR FAMILIES, AND FOR THE

11:08:03 COMMUNITIES.

THE TRUTH OF

11:08:06 HEALING AND REALLY CENTERING HEALING IS WHAT WE'RE GOING

11:08:09 TO BUILD OUR FOUNDATION ON.

IT'S SOMETHING THAT I TALK

11:08:13 ABOUT A LOT AND IT'S REALLY THE HEART OF EVERYTHING

11:08:17 THAT WE DO.

TODAY I'M GOING TO TALK ABOUT THE SCIENCE OF

11:08:21 STORYTELLING, THE INDIGENOUS TRADITION OF STORYTELLING,

11:08:24 AND I'LL SHARE MY OWN STORY.

THIS IS THE

11:08:28 FIFTH SEGMENT OF OUR ONGOING SERIES, SO TODAY I HOPE I'M GOING

11:08:31 TO BE ABLE TO LEAVE SOME OF THE PREVIOUS TOPICS

11:08:34 THAT I HAVE BEEN VERY PRIVILEGED AND HONORED TO SHARE

11:08:37 WITH YOU, AND THIS INCLUDES THE IMPORTANCE AND UNDERSTANDING OF HOW OUR

11:08:41 HISTORY OF VIOLENCE HAS LAID THE GROUNDWORK FOR THE IN

11:08:44 JUSTICES THAT WE SEE TODAY.

YOU KNOW, THAT REALLY ANSWERS THOSE

11:08:47 BIG QUESTIONS ABOUT WHY DO ALASKA

11:08:51 NATIVE PEOPLE, AMERICAN INDIANS, WHY DO

11:08:54 INDIGENOUS PEOPLE IN THIS COUNTRY THAT WE LIVE IN EXPERIENCE

11:08:57 THE HIGHEST RATES OF VIOLENCE.

AND SO THAT, YOU

11:09:00 KNOW, THAT REALLY LOOKS AT THAT HISTORY

11:09:03 TO GIVE CONTEXT.

THERE ARE A LOT OF PARALLELS BETWEEN THE

11:09:08 STORY OF MY PEOPLE AND

11:09:11 MY OWN EXPERIENCE.

I'LL TALK ABOUT THE MULTIPLE LAYERS

11:09:14 OF TRAUMA THAT A SURVIVOR CAN EXPERIENCE, THE

11:09:17 INTERSECTION OF SUBSTANCE USE AND TRAUMA AND THE LIBERATION OF EDUCATION.

11:09:21

MOST IMPORTANTLY, THE

11:09:24 POWER OF COMMUNITY AND CONNECTION, THIS RELATIONSHIP.

I

11:09:28 ALSO HOPE THAT YOU WILL LEAVE WITH

11:09:31 A SENSE OF THE TRUTH, THAT ANY

11:09:34 PERSON CAN RECOVER NO MATTER WHAT.

AND THAT ALL

11:09:38 OF OUR EFFORTS AND

11:09:41 OUR TIME IS ABSOLUTELY WORTH IT.

THAT

11:09:44 PEOPLE ARE WORTHY OF ALL OF IT.

SO

11:09:47 I HOPE THAT, YOU KNOW, THROUGH STORYTELLING THAT YOU'LL

11:09:51 GET AN IDEA -- I'M VERY GRATEFUL THAT MY LIFE

11:09:54 HAS GONE TO THE DEPTHS THAT IT DID SO I CAN BE HERE WITH YOU
TODAY,

11:09:58 AND SO THAT THERE IS NO DOUBT ABOUT

11:10:01 OUR ABILITY TO

11:10:05 HEAL.

OUR BRAIN HEALS, OUR BODY HEALS, AND THE STORY CHANGES.

11:10:08

I LOVE, LOVE, LOVE STORYTELLING, YOU KNOW, EVEN

11:10:11 JUST LOOKING AT THIS PICTURE, THE MOUNTAINS TELL

11:10:15 A STORY.

THE WATER TELLS A STORY.

MY MOTHER

11:10:18 USED TO TELL ME THAT THE TREES KNOW A NAME FOR ME THAT I
CAN'T

11:10:21 REMEMBER, AND THAT THEY ARE

11:10:24 THE KEEPERS, AND THEY HOLD

11:10:28 THE STORIES

11:10:32 SINCE BEFORE TIME THAT PEOPLE KNEW.

11:10:38

>>> SO, THIS IS AN INDIGENOUS ACKNOWLEDGMENT OF LAND

11:10:41 AND IDENTITY AND THIS IS A REALLY IMPORTANT PART OF BOTH

11:10:44 STORYTELLING AND THE IMPORTANCE OF CENTERING HEALING.

SO WE

11:10:47 ACKNOWLEDGE THE LAND THAT EACH OF YOU LIVE ON, THAT WE

11:10:51 LEARN AND THAT WE THRIVE

11:10:54 ON ARE THE TRADITIONAL ANCESTRAL AND

11:10:57 HOME LANDS OF INDIGENOUS AND TRIBAL NATIONS.

WE ACKNOWLEDGE

11:11:00 THE GENOCIDE AND SYSTEMS OF OPPRESSION THAT HAVE

11:11:03 DISPOSED INDIGENOUS PEOPLES OF THEIR LANDS, AND WE

11:11:06 HONOR AND RESPECT THE DIVERSE BEAUTIFUL PEOPLE STILL

11:11:09 CONNECTED TO THIS LAND.

WE ACKNOWLEDGE THE PRESERVATION OF

11:11:12 OUR LANGUAGES, TRADITIONS, RITUALS

11:11:17 AND CULTURAL KNOWLEDGE AND JUST AS IMPORTANT THE
REIMAGINING OF

11:11:20 OUR LIVES THROUGH STORYTELLING.

11:11:23

WE ARE SO MUCH MORE THAN THE HARM THAT HAS BEEN DONE TO US.

11:11:26

WE ARE BRILLIANT, JOYFUL, STRONG, HILARIOUS,

11:11:30 KIND, GIVING, LOVING, AUTHENTIC,

11:11:33 AND THOUGHTFUL RELATIVES WHO ARE

11:11:36 SO MUCH MORE THAN THERE ARE WORDS.

EACH OF OUR

11:11:39 EXISTENCE IS IMPORTANT AND VALUABLE.

HEALING CENTERED

11:11:43 ENGAGEMENT IS THE RECOGNITION OF THE HARM THAT HAS HAPPENED TO

11:11:47 US AND THE TRUTH ABOUT WHO WE ARE.

11:11:50

I FEEL LIKE THIS IS MAYBE THE MOST IMPORTANT STORY OF

11:11:54 MY LIFETIME AND AN INCREDIBLE HONOR TO BE ABLE TO SHARE WITH YOU.

11:11:58 THE TRUTH ABOUT WHO WE ARE.

THE GOAL OF EVERYTHING

11:12:01 THAT WE DO IS PART OF HEALING CENTERED

11:12:05 ENGAGEMENT.

IF YOU THINK ABOUT IT THIS WAY, I

11:12:09 LOVE TO WORK WITH AN INDIGENOUS ARTIST TO MAKE

11:12:12 THIS VISION I HAVE COME ALIVE.

IF YOU THINK ABOUT A

11:12:15 FOREST, THE ROOT SYSTEM, I THINK IF YOU'VE BEEN WITH ME

11:12:19 ON SOME OF THE OTHER PRESENTATIONS, YOU'VE SEEN SOME OF THE GRAPHICS THAT

11:12:22 I'VE USED, BUT THERE'S THAT REALLY BEAUTIFUL GREEN

11:12:26 FOREST AND WHERE THE ROOTS ARE, ALL OF OUR VALUES ARE

11:12:29 THERE, OUR PRINCIPLES, OUR

11:12:32 VALUES.

AND WHEN WE HAVE -- WHEN THOSE ARE REALLY NOURISHED AND

11:12:35 WHEN THOSE -- WHEN WE SEE THOSE --

WHEN THEY

11:12:39 COME INTO FRUITION, OUR PRINCIPLES AND OUR VALUES, THEN

11:12:42 WHAT GROWS FROM THAT IS THIS INCREDIBLE FOREST.

11:12:45

SO IF YOU THINK ABOUT THAT, CULTURE IS THE

11:12:48 FOUNDATION THAT IT ALL IS BUILT ON, AND WHAT GROWS

11:12:52 FROM THAT IS THIS FOREST OF

11:12:55 HEALING-CENTERED ENGAGEMENT.

THAT INCLUDES SOCIAL JUSTICE.

THAT INCLUDES

11:12:58 SURVIVOR DEFINED.

THAT INCLUDES

11:13:01 EQUITY INCLUSION, DIVERSITY,

11:13:06 AND THAT INCLUDES TRAUMA INFORM.

THAT INCLUDES THAT JUMPING OFF

11:13:09 POINT.

WE WANT PEOPLE TO BE MINDFUL OF ALL THE THINGS,

11:13:12 ALL THE HARM WE HAVE SURVIVED, ALL THE WAYS THAT

11:13:15 SURVIVAL LOOKS LIKE FROM THAT HARM, RIGHT.

SUBSTANCE

11:13:18 ABUSE BEING ONE, MENTAL HEALTH IS

11:13:21 ANOTHER ONE.

AND THERE IS NO SHAME ABOUT THAT.

11:13:24

BUT TO MOVE BEYOND THAT, AGAIN, TO LOOK

11:13:28 AT ALL OF THE GIFTS AND

11:13:31 TALENTS THAT WE HAVE THAT, YOU KNOW, WE ARE AN ENTIRE
POPULATION THAT

11:13:34 WAS NEVER MEANT TO BE HERE.

GENOCIDE WAS

11:13:37 THE MISSION, BUT HERE WE
11:13:41 ARE, NOT ONLY -- NEVER DID ANYONE THINK IN THE 21st
11:13:44 CENTURY THERE WOULD BE THIS MANY OF US AND THAT OUR
11:13:48 LANGUAGE, WE WOULD STILL BE FIGHTING TO KEEP IT PRESERVED,
THAT'S ALL
11:13:51 PART OF IT, THINKING ABOUT THAT.
SO THIS WORK IS PART OF ASKING
11:13:55 SYSTEMS, RESOURCES AND PROGRAMS TO MEET PEOPLE
11:13:58 WHERE THEY ARE, RATHER THAN ASKING THEM TO TRY
11:14:01 TO FIT WHERE PROGRAMS ARE, WHICH IS WHERE WE SEE THE
BIGGEST GAP
11:14:04 OF WHY THINGS ARE NOT ACCESSIBLE TO
11:14:07 PEOPLE, WHY PROGRAMS AREN'T SUSTAINABLE.
WE HAVE A TON OF
11:14:10 STATISTICS ABOUT THAT WE LOOKED AT BEFORE.
SO THIS TRAIN SERGIO GARCIA DEDICATED
11:14:14 TO ALL
11:14:18 OF YOU THAT ARE HERE WITH US TODAY.
ALL OF YOU WHO WORK TIRELESSLY TO BRIDGE THE
11:14:22 GAP BETWEEN WHAT PEOPLE NEED AND WHAT PROGRAM SYSTEMS
AND ORGANIZATIONS ARE WILLING TO PROVIDE.
11:14:25
SO WE ARE SO INCREDIBLY GRATEFUL FOR THAT WORK
11:14:28 AND FOR YOUR HEART AND YOUR PASSION IN DOING IT.
THANK YOU, THANK YOU, THANK YOU.

11:14:35 I WORK HERE AT THE ALASKA NETWORK ON DOMESTIC VIOLENCE
AND
11:14:39 SEXUAL ASSAULT.
WE ARE DEDICATED TO TRUTH TELLING.

11:14:42

WE'RE A STATE COALITION THAT WORKS WITH 23 MEMBER PROGRAMS

11:14:45 ACROSS THE STATE OF ALASKA TO END VIOLENCE AND

11:14:49 OPPRESSION.

MY POSITION IS IN PARTNERSHIP WITH MANY COMMUNITIES AND

11:14:52 ORGANIZATIONS THAT WORK HARD TO STRENGTHEN SERVICES

11:14:55 FOR SURVIVORS THROUGH ORGANIZATIONAL COMMUNITY AND

11:14:59 INDIVIDUAL HEALING.

BUT REALLY EVERYTHING THAT I DO CAN BE SUMMED UP

11:15:03 IN ONE WORD, AND THAT'S RELATIONSHIP.

EVERYTHING THAT WE

11:15:06 DO IS IN RELATIONSHIP.

11:15:09

RELATIONSHIP WITH SOURCE, RELATIONSHIP TO SPIRIT, TO

11:15:12 OURSELVES, TO EACH OTHER, AND TO THE COMMUNITIES.

11:15:15

WE PROVIDE DIRECT LEGAL SERVICES THROUGH OUR PRO BONO

11:15:18 PROGRAM, WHICH I AM INCREDIBLY PROUD OF.

WE HAVE THE BEST

11:15:21 ATTORNEYS WITH THE BIGGEST, MOST BRILLIANT HEARTS AND

11:15:25 MINDS.

WE ALSO HAVE A POLICY AND PREVENTION PROGRAM, INCREDIBLE STAFF.

11:15:28 I WORK WITH OUR ADVOCACY INITIATIVE PROGRAM AS A

11:15:32 SENIOR SPECIALIST.

WHAT I TELL PEOPLE IS THAT

11:15:35 I AM AN ADVOCATE FOR ADVOCATES.

SO I DO A LOT OF WORK

11:15:38 WITH PEOPLE, PROFESSIONALS WHO THEMSELVES ARE
STRUGGLING WITH

11:15:42 MENTAL HEALTH AND SUBSTANCE USE.

AND WE

11:15:46 USE THAT INFORMATION, YOU KNOW, TO REALLY DO A LOT OF

11:15:49 ORGANIZATIONAL CHANGE AND TRANSFORMATION BECAUSE WE
RECOGNIZE

11:15:52 THAT EVERYTHING THAT

11:15:57 SURVIVORS NEED THROUGH ACCESSING THOSE

11:16:00 SERVICES, THE SERVICES THEMSELVES MEAN THE SAME THING.

WE CAN'T DO

11:16:03 SOMETHING THAT WE DON'T HAVE.

IF WE WANT OUR SERVICES TO BE

11:16:06 ACCESSIBLE, IF WE WANT THEM TO BE TRAUMA INFORMED, IF

11:16:09 WE WANT THEM TO BE

11:16:12 EQUITABLE, THEN IT HAS TO RADIATE OUT FROM THE CENTER.

THAT'S REALLY THROUGH

11:16:15 ORGANIZATIONAL HEALING AND TRANSFORMATION WORK.

SO, I'M

11:16:20 VERY, VERY PROUD OF THAT WORK.

AND WE HOPE TO HAVE A LOT

11:16:23 MORE ON MODEL POLICY FOR SUBSTANCE USE,

11:16:26 FOR PEOPLE -- FOR SURVIVORS IN THE WORKPLACE, FOR PEOPLE
OF

11:16:29 COLOR IN THE WORK PLACE, FOR PEOPLE WHO HAVE EXPERIENCES
OF

11:16:33 MENTAL HEALTH CONCERNS, OR MENTAL HEALTH ISSUES,

11:16:36 DEPENDING UPON THE LANGUAGE OR PEOPLE'S EXPERIENCE,
BECAUSE

11:16:40 WE KNOW THAT THROUGH PUNITIVE PRACTICES

11:16:43 THAT POLICIES THAT ARE OUTDATED HAVE KEPT

11:16:46 SURVIVORS OUT OF WORK FOR A LONG TIME.

PART OF THAT IS RECOGNIZING THAT THERE

11:16:49 ARE A LOT OF US.

IT'S NOT JUST THE PEOPLE PROVIDING SERVICES TO

11:16:52 WHO ARE STRUGGLING WITH SUBSTANCE USE, WHO ARE
STRUGGLING WITH MENTAL

11:16:55 HEALTH, WHO HAVE EXPERIENCED SEVERE DOMESTIC VIOLENCE
WITHIN THE

11:17:00 LAST SIX MONTHS, WITHIN THE LAST YEAR, AS WELL AS SEXUAL
ASSAULT.

AND THAT IS NOT

11:17:03 SOMETHING THAT THEY FEEL COMFORTABLE COMING TO THEIR

11:17:07 EMPLOYER FOR OR ASKING OR RECEIVING HELP.

11:17:11 AND THERE IS A LOT OF FEAR

11:17:15 WHAT IF PEOPLE KNEW THAT WAS HAPPENING TO THEM.

THE WORK REALLY STARTED

11:17:18 FROM SOME CONFERENCES AND PEOPLE COMING UP SAYING

11:17:22 IS THAT THEY HAD SUICIDAL

11:17:25 IDEATIONS, NURSES IN THE FIELD, DOCTORS IN THE FIELD,

11:17:28 SOCIAL WORKERS, OTHER ADVOCATES.

IT

11:17:32 DIDN'T CROSS THE BOARD.

IT SEEMED THAT -- AND THERE'S A LOT

11:17:35 OF REASON BEHIND THAT, BUT THAT'S NOT WHAT THIS IS ABOUT.

BUT JUST TO LET

11:17:38 YOU KNOW THAT IF THAT IS SOMETHING YOU ARE STRUGGLING
WITH, THEN YOU CAN ALWAYS

11:17:41 REACH OUT AND IT IS 100% CONFIDENTIAL.

MY JOB

11:17:45 IS ABOUT CONNECTING YOU TO THOSE RESOURCES AND THEN ALSO

11:17:49 USING THAT INFORMATION IN A LARGER CONTEXT TO

11:17:52 ENSURE THAT YOU, THAT ME, THAT OUR ORGANIZATIONS ARE PROVIDING FOR US WHAT WE NEED.

11:18:00

>>> THIS IS YOUR BRAIN ON

11:18:03 STORYTELLING.

SO, IT IS SO INCREDIBLY FASCINATING

11:18:07 TO KNOW THAT WE ARE UP TO 22 TIMES MORE LIKELY

11:18:11 TO REMEMBER FACTS AND FIGURES FROM

11:18:15 A STORY THAN OTHER RESOURCES.

WHEN

11:18:18 WE HEAR A WORD, HUNDREDS OF SIGNALS ACTIVATE

11:18:23 THE VISUAL, AUDITORY AND LANGUAGE PROCESSING

11:18:26 REGIONS OF OUR BRAIN

11:18:29 IN A MATTER OF MILLISECONDS.

THEY TAP INTO OUR

11:18:33 MEMORY, LONG-TERM MEMORY, AND EVEN OUR CONSCIOUS, WHICH IS

11:18:36 AMAZING, TO GIVE US MEANING.

CONSIDERING ALL THESE RESPONSES ARE

11:18:40 ELICITED BY ONE SINGLE WORD -- THIS IS WHAT YOUR

11:18:43 BRAIN, THIS IS HOW IT LIGHTS UP FROM

11:18:46 ONE WORD.

IT'S INCREDIBLE TO IMAGINE HOW

11:18:49 THE BRAIN LIGHTS UP WHEN YOU'RE PROCESSING AN

11:18:53 ENTIRE STORY, AND IT IS -- IT'S SO, SO

11:18:56 FASCINATING TO SEE, LIKE, THE DIFFERENT AREAS LIGHT

11:18:59 UP.

I THINK IT WAS -- I'M TRYING TO REMEMBER HOW LONG

11:19:02 AGO IT WAS, BUT WE DID -- WE LOOKED AT WHAT

11:19:06 THE BRAIN LOOKS LIKE WHEN IT IS COMFORTABLE, WHEN IT IS

11:19:09 SAFE, WHEN IT IS

11:19:13 RELAXED AND USING BOTH BRAIN

11:19:16 IMAGING AS WELL AS OTHER MODELS THAT INCLUDES THE
HIERARCHY OF

11:19:19 NEEDS.

SO THAT WHEN WE HAVE ALL OF OUR BASIC

11:19:22 NEEDS MET AND WE FEEL NOT ONLY PHYSICAL SAFETY,

11:19:25 WE HAVE TO LOOK AT ALL THE OTHER DIFFERENT THINGS THAT
PLAY

11:19:28 TO SAFETY.

FINANCIAL SECURITY IS A BIG

11:19:32 ONE, RIGHT.

AND WE KNOW THAT

11:19:36 SEXUAL ASSAULT AND TRAUMA SURVIVORS, THAT HAS LEFT US

11:19:39 WITH A FEELING OF BEING UNSAFE IN OUR OWN BODIES.

SO,

11:19:42 YOU KNOW, WHEN WE THINK ABOUT ALL THE DIFFERENT WAYS OF
SAFETY, BUT

11:19:45 WHEN WE ARE, THERE IS A CERTAIN PART OF OUR BRAIN THAT
LIGHTS UP

11:19:49 WHEN WE FEEL SAFE AND WHEN WE FEEL CONNECTED TO

11:19:53 PEOPLE, WHERE WE FEEL A CONNECTION TO COMMUNITY IN OTHER

11:19:56 PEOPLE.

SO WHAT STARTS TO HAPPEN WHEN WE HAVE THAT SAFETY AND WE HAVE

11:19:59 THOSE RELATIONSHIP, DIFFERENT AREAS OF THE BRAIN LIGHT UP.

AS

11:20:02 THEY ALL LIGHT UP, THE VERY TOP, THE

11:20:06 PINNACLE OF SELF-REVELATION HAPPENS.

THAT'S WHERE

11:20:09 WE HAVE THE ABILITY TO THINK ABOUT OUR LIVES AND TO THINK ABOUT HOW TO

11:20:12 DO THINGS DIFFERENTLY.

THIS IS WHERE WE

11:20:15 GET TO BE THE SCIENCE OF BEING INTENTIONAL ABOUT WHO WE ARE, WHAT

11:20:18 KIND OF MOTHER DO I WANT TO BE,

11:20:22 WHAT KIND OF FRIEND, WHAT KIND OF EMPLOYEE, WHAT KIND OF DAUGHTER, WHAT KIND OF

11:20:25 RELATIVE, AND WHAT KIND OF COMMUNITY MEMBER DO I WANT

11:20:28 TO BE.

AND SO STORYTELLING GIVES US THAT

11:20:30 ABILITY.

AND I LOVE THAT IT'S EVEN SUBCONSCIOUS.

11:20:33 THERE ARE THINGS HAPPENING IN MY BRAIN AND MY BODY THAT I'M NOT EVEN

11:20:37 AWARE OF.

THERE IS EXTENSIVE RESEARCH THAT ALIGNS WITH

11:20:40 INDIGENOUS PRACTICES OF STORYTELLING, THE POWER OF

11:20:44 STORYTELLING, AND ITS EFFECTS

11:20:47 ON ATTITUDES, BELIEFS, BEHAVIORS.

11:20:50

STORIES ARE NOT ONLY A PSYCHOLOGICAL RESPONSE,

11:20:53 BUT THEY INSPIRE BEHAVIORAL

11:20:56 CHANGES, WHICH I KNOW TO BE TRUE.

I'M GOING TO TELL

11:20:59 YOU ABOUT SOME OF THE STORIES -- I'M GOING TO SHARE WITH YOU SOME OF THE STORIES THAT

11:21:02 CHANGE THE WAY THAT I THOUGHT ABOUT MYSELF AND THE WAY THAT I THOUGHT ABOUT THE WORLD.

11:21:08

>>> SO, KNOWLEDGE THAT HAS BEEN

11:21:12 PASSED DOWN THROUGH GENERATIONS DOWN THE GENERATIONS IS THROUGH

11:21:15 ORAL STORYTELLING HERE.

IT'S A VERY, VERY COMMON

11:21:18 AND IMPORTANT INDIGENOUS PRACTICE.

SO

11:21:21 HERE IN SOUTHEAST ALASKA,

11:21:25 FOR EXAMPLE, THERE IS A STORY OF HOW RAVEN BROUGHT US THE

11:21:28 SUN, THE MOON AND THE STARS, AND HOW THE TIDE WOMAN AGREED TO

11:21:32 PROVIDE LOW TIDE SO WE MAY EAT THE

11:21:35 FOODS FOUND WHEN THE TIDE IS OUT.

AND OVER TIME MANY OF THESE ORAL

11:21:38 STORIES HAVE BEEN DESCRIBED AS LEGENDS AND

11:21:42 MYTHS, HOWEVER, THESE STORIES WERE MORE THAN JUST

11:21:45 MYTHS.

THE ELDERS MUST HAVE KNOWN THAT MAYBE YOUNG

11:21:48 CHILDREN COULDN'T HOLD ONTO EXCITING STORIES, BUT

11:21:51 MIGHT NOT -- THAT MIGHT NOT KEEP THEIR ATTENTION FOCUSED WHEN

11:21:55 LISTENING TO LONG MONOLOGUES.

SO STORIES WERE TOLD TO

11:21:58 CHILDREN TO TEACH LESSONS OF RESPECT, PLACE,
11:22:01 AS WELL AS HISTORY.

THERE ARE -- LIKE IF WE'RE

11:22:04 LOOKING AT CLIMATE CHANGE, THERE ARE A LOT OF STORIES
ABOUT WHAT THE

11:22:07 LAND, THE WATER, THE WIND AND THE STARS LOOKED

11:22:10 LIKE BEFORE, AND THOSE

11:22:14 STORIES HAVE DETAIL THAT CHANGES OVER TIME.

MIGRATION

11:22:17 HERDS AND SO WHAT WE'RE GOING TO BE

11:22:21 TALKING ABOUT TODAY IS THE IMPORTANCE OF THAT.

I COME

11:22:24 FROM TWO LONG LINES OF POWERFUL STORY TELLERS AND

11:22:27 WE BELIEVE THAT STORYTELLING IS ONE OF THE MOST

11:22:31 EFFECTIVE WAYS TO MERGE MEANING AND

11:22:34 EMOTIONS.

I LOVE THIS PICTURE.

THIS IS A

11:22:38 BEAUTIFUL PICTURE IN THE NATIVE COMMUNITIES OF

11:22:41 SOUTHWESTERN ALASKA.

IT'S COMMON PRACTICE TO SEE GROUPS

11:22:44 OF YOUNG GIRLS CROWDED AROUND

11:22:47 A CIRCLE IN THE MUD ENGAGING

11:22:50 IN THIS SORT OF GAME.

ONE WOULD BE TELLING THE

11:22:53 OTHER STORIES WHILE SIMULTANEOUSLY DRAWING

11:22:57 INTRICATE SYMBOLS

11:23:02 WITH KNIFE ON A FLATTENED CAM

11:23:06 VAS OF MUD.

WOMEN WOULD DRAW ON THE SNOW WITH IVORY BLADES AS WELL.

11:23:09 IT'S SEASONAL.

THE SYMBOLS WHICH CAN BE WIDELY

11:23:13 -- WHICH CAN VARY WIDELY FROM VILLAGE TO VILLAGE

11:23:16 ILLUSTRATING THE ACTION IN THE STORY.

STORY TELLERS PASS DOWN

11:23:19 TRADITIONS IN THEIR TRIBES.

THEY USE INFLECTION IN THEIR VOICES, HAND

11:23:23 GESTURES, MOVEMENT TO TELL STORIES, WHICH YOU'LL SEE QUITE

11:23:26 A BIT FROM ME.

WHEN

11:23:29 PERFORMING, WE WILL USUALLY WEAR TRADITIONAL CLOTHING AND OTHER

11:23:32 GARMENTS, AND WE'VE BEEN KNOWN TO USE CARVINGS AND RUGS AND

11:23:36 POTTERY TO REPRESENT WHERE WE'RE

11:23:40 FROM, OUR TRIBES.

WE DON'T CENSOR

11:23:43 THE STORIES.

CHILDREN HEAR THE EXACT SAME STORIES

11:23:46 THAT ELDERS AND GENERATIONS HAVE ALSO LISTENED

11:23:49 TO.

SHORTER STORIES ARE OFTEN TOLD BY ANYONE WHO HAS

11:23:52 MEMORIZED THE STORY, AND IT MAY BE TOLD AT ANY

11:23:55 TIME.

STORIES ARE RETOLD TO THE YOUTH TO PROMOTE PROPER

11:23:58 BEHAVIOR IN THE CULTURE.

STORY TELLERS LEARN THE

11:24:02 STORIES THROUGH REPEATED STORYTELLING.

TELLERS ARE ALLOWED TO

11:24:05 CHANGE TO ADD SHORT STORIES

11:24:09 AND SEEK INSTRUCTION FROM STORY TELLERS WHAT TO

11:24:12 CORRECT.

WHEN WE THINK OF THE MORE FOUNDATIONAL

11:24:17 STORIES, TRIBES ARE MORE STRICT WITH TRADITIONAL TALES WHICH USUALLY TOLD BY

11:24:20 OUR ELDERS.

STORY TELLERS LEARN REALLY

11:24:23 LONG COMPLICATED STORIES BY BEING AN APPRENTICE WITH

11:24:27 ELDERS.

THE TELLERS ARE REQUIRED TO

11:24:31 CITE THE STORIES ACCURATELY BEFORE DELIVERING THEM TO AN AUDIENCE.

BEFORE TELLING A

11:24:34 STORY, THE STORY TELLER BEGINS WITH A FORMATTED

11:24:37 INTRODUCTION, WHICH I WILL DO HERE IN A MOMENT.

THE INTRODUCTION INCLUDES

11:24:40 THE STORY TELLER'S ENGLISH AND

11:24:43 NATIVE NAMES, HOMETOWN, FAMILY BACKGROUND, AND HOW THEY LEARNED OF THE

11:24:47 STORY.

IF THE STORY DOESN'T BELONG TO THEM, THEY MUST

11:24:50 ALSO HONOR THE OWNER AND GIVE CREDIT TO THE SOURCE.

11:24:53 PART OF THE STORYTELLING IS THEIR INTERACTION BETWEEN THE STORY

11:24:57 TELLER AND YOU, THE AUDIENCE.

THE

11:25:01 AUDIENCE AND THE RESPONSE TO THE STORY INFLUENCES HOW THE

11:25:04 STORY IS TOLD.

THE TELLER READS THE AUDIENCE'S BODY LANGUAGE AND DETERMINES

11:25:08 HOW TO CONTINUE WITH THE STORY.

SO

11:25:11 DEPENDING ON THE RESPONSE, I MAY CHOOSE TO SPEED UP, TO SLOW

11:25:14 DOWN, OR TO FINISH EARLY.

BUT I'LL TALK ABOUT

11:25:18 HOW YOUR RESPONSE PLAYS A REALLY BIG PART OF THIS.

AND THE

11:25:21 DIFFERENCE BETWEEN BOTH ZOOM AND IN PERSON.

BUT

11:25:24 YOU ARE ENCOURAGED TO PARTICIPATE, YOU KNOW, TO WRITE IN THE CHAT

11:25:28 BOX.

TO WRITE WHAT YOU'RE FEELING, WHAT'S COMING UP FOR

11:25:31 YOU, BECAUSE THE MORE

11:25:35 THAT YOU CAN BE THERE WITH ME, THE MORE YOU CAN VISUALIZE, THE MORE THAT YOU CAN FEEL

11:25:38 WHAT I'M FEELING, THE MORE THAT IT WILL STAY

11:25:41 WITH YOU.

AND THE MORE WAYS THAT OUR BRAIN LIGHTS

11:25:45 UP AND ALL THOSE BEAUTIFUL WAYS WE TALKED ABOUT.

11:25:49 STORY TELLERS DON'T USUALLY TELL THE AUDIENCE THE MORAL POINT OF THE

11:25:52 STORY.

IT'S COMPLETELY UP TO EACH OF

11:25:55 YOU TO FIGURE OUT THAT ON YOUR OWN.

DURING THE TELLING, THE

11:25:58 AUDIENCE WILL GENERATE MENTAL IMAGES OF WHAT'S HAPPENING
AND THEY

11:26:02 CREATE DIFFERENT VERSIONS OF THE STORY.

BUT IN THE END,

11:26:06 AUDIENCE MEMBERS LEAVE THE PERFORMANCE WITH HIS OR HER
UNDERSTANDING -- OWN UNDERSTANDING OF THE STORY.

11:26:11 SO THAT'S WHAT WE ARE GOING TO DO TODAY.

BUT

11:26:14 BEFORE WE DIVE IN, I WANT TO DO A LITTLE BIT OF DREAMING WITH
EACH

11:26:18 OF YOU, AND THIS IS GROUNDING WORK.

BECAUSE

11:26:21 WE ACKNOWLEDGE, YOU KNOW, THE TOLL THAT THIS TAKES BOTH

11:26:25 ON MYSELF AS WELL AS ALL OF YOU,

11:26:28 THAT THESE STORIES

11:26:31 ARE HARD AND, YOU KNOW, AS YOU'RE

11:26:34 WORKING WITH CLIENTS, PARTICIPANTS, THE LANGUAGE YOU USE
AS

11:26:37 YOU'RE WORKING WITH COMMUNITY MEMBERS, AS YOU'RE
WORKING WITH

11:26:41 PEOPLE WHO HAVE EXPERIENCED TRAUMA, I FEEL LIKE IT'S ALWAYS
IMPORTANT TO CHECK

11:26:44 IN WITH YOUR HEART RESPONSE.

ARE YOU GRIEVING WITH

11:26:47 THEM?

ARE YOU ANGRY?

11:26:51

THOSE ARE -- THAT FULL RANGE OF EMOTIONS

11:26:54 WE HAVE WHEN WE COME IN CONTACT WITH

11:26:57 PAIN.

AND WHEN WE ARE OPEN AND WHEN WE ARE FEELING THAT, THAT IS A

11:27:00 HEALTHY RESPONSE AND THAT ACKNOWLEDGES BEING IN RIGHT
RELATIONSHIP

11:27:04 WITH PEOPLE AND IT IS RECIPROCAL.

IF WHAT YOU'RE

11:27:07 NOTICING YOU DON'T HAVE A HEART RESPONSE, THAT IS AN
IMPORTANT TIME

11:27:10 TO REALLY CHECK IN WITH SOMEBODY

11:27:14 AND ASK SOME REALLY IMPORTANT QUESTIONS, HOW LONG

11:27:17 HAVE YOU HAD THAT RESPONSE AND WHERE IT'S COMING FROM.

IT COULD BE SOME

11:27:20 UNLEARNING.

DEPENDING ON

11:27:23 YOUR INTRODUCTION INTO THE WORK, I'VE HEARD A LOT OF

11:27:26 PRACTICES WILL SAY, TO BUILD A BUBBLE

11:27:30 AROUND YOURSELF.

THAT IS NOT HEALTHY.

IT KIND OF

11:27:33 REMINDS ME -- AND I'M SORRY, I HAVE TO THINK OF A BETTER

11:27:36 ANALOGY.

IT REMINDS ME

11:27:39 OF THE MOVIE "CLICK."

HE DOESN'T WANT TO BE THERE FOR SOME THINGS.

11:27:42 IT'S ABOUT A MOVIE WITH A GUY WHO IS GIVEN A REMOTE -- I'M
TELLING

11:27:45 YOU ABOUT THIS MOVIE IN OUR WEBINAR.

BUT THE

11:27:48 ANALOGY IS, AND I THINK ABOUT

11:27:52 DISASSOCIATION, TOO.

HE WANTS TO SKIP THROUGH THE PARTS OF LIFE HE DOESN'T

11:27:55 WANT TO BE PRESENT FOR, BUT THEN HE LOSES THE ABILITY TO CONTROL THAT

11:27:58 AND MISSES OUT ON A LOT OF THINGS.

SO WHAT I MEAN

11:28:02 BY THAT IS THAT WE ARE WHO WE ARE WHEREVER WE ARE AND

11:28:05 THESE HABITS THAT WE MAKE, THEY GO WITH US.

SO WHEN

11:28:08 WE ARE, YOU KNOW, AS BEST PRACTICES FOR BEING

11:28:11 A HUMAN AND BEING WITH OTHER PEOPLE, YOU

11:28:14 WON'T BE ABLE TO BE THERE ALL THE TIME.

AND YOU WON'T GET TO

11:28:17 DECIDE THAT EITHER.

SOMETIMES YOUR BRAIN IS LIKE, OH,

11:28:20 SOMEBODY'S TALKING TO ME BUT I'M THINKING ABOUT WHAT I WANT TO HAVE

11:28:23 FOR DINNER OR ALL THE THINGS I NEED TO DO LATER.

BUT

11:28:27 WHEN WE'RE TALKING ABOUT TRAUMA WORK, BEING PRESENT, BEING

11:28:30 ENGAGED, KEEPING OUR HEART OPEN IS REALLY

11:28:33 IMPORTANT, AND THERE IS A TOLL THAT THAT TAKES.

SO THAT'S WHY SELF-CARE

11:28:36 IS SO INCREDIBLY IMPORTANT.

AND I'LL TELL YOU FROM THE OTHER

11:28:40 PERSPECTIVE.

I CAN TELL YOU FROM BOTH SIDES THAT I'VE BEEN HONEST WITH

11:28:43 PEOPLE TO SAY, I AM REALLY

11:28:46 STRUGGLING TO HEAR ALL OF THIS, OR I'M

11:28:49 HAVING A HARD TIME --

THERE'S A LOT HERE,

11:28:53 AND, YOU KNOW, ASKING FOR THOSE TIMES,

11:28:56 WHICH IS 100% OKAY.

11:29:00

I'LL TELL YOU THAT FROM A SURVIVOR'S PERSPECTIVE WE CAN

11:29:03 FEEL, WE ARE HYPERSENSITIVE THAT WHEN PEOPLE ARE NOT
PRESENT, WHEN

11:29:06 THEY'RE NOT AWARE, AND IT IS

11:29:09 SO HARMFUL TO TELL A STORY THAT BOUNCES OFF AND HAS
NOWHERE TO GO.

11:29:15 IT COMES RIGHT BACK.

AND

11:29:19 ACKNOWLEDGING THAT IF YOU ARE THERE AND SOMEONE HAS
DECIDED TO

11:29:23 SHARE THINGS WITH YOU, THAT IT IS SACRED.

THAT IS

11:29:27 INCREDIBLY SACRED THAT YOU HAVE

11:29:30 EARNED TRUST, OR YOU'VE BEEN ENTRUSTED.

MAYBE YOU DIDN'T

11:29:33 EARN IT AND IT WAS JUST GIVEN TO YOU.

BUT REALLY TO SEE THAT

11:29:36 AS A VERY SACRED THING, ESPECIALLY IF YOU

11:29:40 -- IF SOMEBODY IS TELLING YOU FOR THE FIRST

11:29:44 TIME.

THERE IS A LOT OF SCIENCE AND EVIDENCE ABOUT THE VERY FIRST TIME
SOMEBODY

11:29:47 SHARES SOMETHING AND OUR REACTION.

WE'LL WIND BACK TO

11:29:51 ONE OF OUR PREVIOUS PRESENTATIONS AND THAT WE
ACKNOWLEDGE WHAT'S

11:29:54 HAPPENING TO THEM, WE VALIDATE AND NORMALIZE ANY
RESPONSE ANYBODY IS

11:29:57 HAVING TO TRAUMA, TOTALLY NORMAL.

THE THING THAT ISN'T

11:30:00 NORMAL IS WHAT HAPPENED TO THEM.

SO, THIS

11:30:03 INVITATION IS FOR ALL OF YOU

11:30:07 TO THINK ABOUT WHAT DO YOU NEED TO BE

11:30:10 YOUR BEST SELF.

WHAT ARE THE WAYS YOU CAN TAKE CARE OF

11:30:13 YOURSELF.

I ACKNOWLEDGE THAT FOR SOME OF US HERE IN

11:30:16 ALASKA, IT'S STILL EARLY IN THE DAY AND WE HAVE A LOT OF DAY.

SO WHAT I'M

11:30:19 GOING TO TRY AND DO IS DO SOME GROUNDING BEFORE AND AFTER
WE GO

11:30:23 INTO STORYTELLING.

AND THE GROUNDING

11:30:26 THAT I WOULD LIKE TO DO IS

11:30:29 REALLY THINKING ABOUT THAT HEALING WORK.

SO,

11:30:33 WE ALL HAVE, EACH ONE OF US, EVERY SINGLE ONE OF US

11:30:36 HAS A STORY.

WE'RE ALL ON A

11:30:39 JOURNEY, AND THERE ARE OBSTACLES AND BARRIERS IN ALL

11:30:42 OF OUR LIVES, AND WE HAVE ALL EXPERIENCED PAIN AND

11:30:45 SUFFERING.

SO JUST TO BRING US TO THAT COMMON GROUND, YOU

11:30:48 KNOW, WHAT IT MEANS TO BE HUMAN.

11:30:51

>>> NOW WHAT I WANT FOR US TO DO IS CLOSE YOUR EYES IF YOU NEED

11:30:55 TO, BUT I WANT YOU TO THINK BEYOND ALL OF

11:30:58 THAT, BEYOND THE OBSTACLES.

MAYBE INDIVIDUALLY,

11:31:01 MAYBE AS A FAMILY OR AS AN ORGANIZATION OR AS A

11:31:04 COMMUNITY.

IF YOU WANT TO THINK EVEN BIGGER, MAYBE YOUR

11:31:08 ENTIRE NATION OR THE ENTIRE NATION,

11:31:11 INDIGENOUS NATION OR THE ENTIRE NATION OR

11:31:14 WORLD, IF YOU HAVE THAT CAPACITY.

BUT I'M GOING TO START WITH MYSELF

11:31:18 AND THEN I'M GOING TO RADIATE OUT.

I'M GOING TO CLOSE

11:31:22 MY EYES AND THE FIRST THING THAT I WANT US TO

11:31:26 THINK ABOUT IS WHAT DOES

11:31:29 IT FEEL LIKE WHEN WE ARE

11:31:33 OUR BEST SELVES?

FOR SOME OF US, IF YOU'RE NOT ABLE TO GET

11:31:36 THERE ON YOUR OWN, I WANT YOU TO THINK ABOUT

11:31:41 MAYBE THE PERSON WHO IN THEIR PRESENCE MAKES

11:31:44 YOU FEEL LIKE THE BEST VERSION OF YOURSELF.

FOR ME THAT IS MY

11:31:50 GRANDMOTHER.

I FEEL IN THIS SPACE, AND I CAN GET

11:31:53 THERE A LOT EASIER.

I REMEMBER THE WAY SHE WOULD MAKE ME

11:31:56 FEEL.

I FEEL SO BRILLIANT.

I FEEL

11:32:01 REALLY SAFE.

I FEEL LIKE I CAN DO ANYTHING.

ANYTHING I

11:32:04 TELL HER, SHE'S GOING TO BE EXCITED TO HEAR.

11:32:07

I FEEL CAPABLE

11:32:10 AND I FEEL STRONG.

11:32:14

AND I FEEL SO LOVED.

AND THIS

11:32:16 FEELING GIVES ME THE CONFIDENCE AND THE COURAGE TO GO OUT
IN THE WORLD AND DO ANYTHING I NEED TO DO.

11:32:26 I WANT YOU TO THINK ABOUT THAT.

AND IF YOU DON'T

11:32:30 HAVE THAT PERSON,

11:32:33 THEN YOU GET TO CREATE THAT.

THEN YOU GET TO BE THAT PERSON FOR OTHER

11:32:35 PEOPLE.

YOU GET TO IMAGINE WHAT THAT LOOKS LIKE.

11:32:42 OR I'M SURE MY GRANDMA WOULD SIT WITH YOU, TOO.

SHE HAD

11:32:46 A WAY OF MAKING EVERYBODY FEEL LIKE THIS IN HER PRESENCE.

11:32:51 WE'RE THINKING ABOUT THE BEST VERSION OF OURSELVES, WHERE

11:32:55 WE FEEL SO WHOLE AND FULL OF LIFE AND PASSION.

11:33:02 NEXT, ONCE YOU HAVE IT -- AND IF YOU DON'T, ACKNOWLEDGE THAT,

11:33:05 TOO.

THAT IS OKAY, YOU KNOW.

WHATEVER IS COMING UP FOR

11:33:11 YOU IS IMPORTANT TO PAY ATTENTION TO.

11:33:17 BUT IF YOU CAN, GO BEYOND, AND I WANT

11:33:20 YOU TO THINK ABOUT -- I WANT YOU TO DREAM ABOUT THE WORK
THAT YOU'RE DOING.

11:33:26 DREAM BEYOND THE OBSTACLES AND WHAT YOU SEE

11:33:30 FOR YOUR COMMUNITY.

YOU KNOW, MAYBE IT'S FOR THE PROGRAM YOU'RE WORKING

11:33:33 IN, BUT YOU GET TO, YOU GET TO CREATE ENDLESS

11:33:36 POSSIBILITIES.

MAYBE YOU'RE WORKING IN THE E.R.

AND YOU

11:33:39 GET TO TRANSFORM IT TO BE WHAT YOU HAVE ALWAYS

11:33:42 WANTED IT TO BE, YOU KNOW.

MAYBE IF YOU'RE WORKING IN

11:33:45 AN ORGANIZATION AND YOU'RE TRANSFORMING THAT TO BE WHAT
YOU NEED IT TO BE.

11:33:51 SO THAT YOU FEEL ACCEPTED, SO THAT YOU FEEL HEARD, SO THAT YOU FEEL SEEN AND VALIDATED.

11:34:00 BUT WITHIN THIS TIME, WE ALL GET

11:34:05 TO CREATE INFINITE POSSIBILITIES.

11:34:10 AND IN THIS SPACE THAT WE CAN COME TO

11:34:13 ANY TIME, WE ARE OUR

11:34:17 BEST

11:34:26 SELVES.

AND IF YOU WILL,

11:34:29 SHARE IN THE CHAT BOX WHAT'S COMING UP FOR

11:34:33 YOU.

THIS IS REALLY -- SO IN ADVOCACY WHAT I

11:34:36 CALL THIS IS CREATING THE PEACE THAT YOU

11:34:39 WANT TO BRING OTHER PEOPLE INTO BECAUSE A LOT OF US WORK IN

11:34:42 REALLY CHAOTIC ENVIRONMENTS SO IT'S ABOUT BRINGING

11:34:45 PEOPLE INTO THE PEACE.

THAT WILL BE MY CENTER, THAT I WILL CONTINUE TO

11:34:48 HOLD IN MY BODY, AND THAT I WILL CONTINUE TO THINK ABOUT.

SO

11:34:52 VISUALLY WHAT I THINK ABOUT -- I'M GOING TO SHOW YOU A PICTURE AND SHOW YOU WHERE

11:34:56 IT'S AT.

IT'S THIS BENCH ON TOP OF THE MOUNTAIN THAT I

11:34:59 BUILT WHEN I WAS YOUNGER.

MY

11:35:02 GRANDMOTHER NEVER CAME UP THERE WITH ME, BUT YOU'LL HEAR
11:35:05 IN THE STORY -- BUT IN THE STORY, IN THE VISION
11:35:09 THAT I'VE CREATED, SHE'S SITTING THERE NEXT TO ME AND THE
11:35:12 SUN IS SHINING AND I CAN FEEL IT ON MY
11:35:15 SHOULDERS AND I CAN FEEL IT ON MY FACE.
BUT I'M MOSTLY
11:35:18 AWARE OF HOW MY BODY FEELS WHEN I'M IN HER PRESENCE AND
THE KNOWLEDGE
11:35:21 THAT I CAN BRING THAT WITH ME ANYWHERE.
AND THAT'S WHERE
11:35:24 I WANT TO DO WORK FROM.
AND THAT'S WHERE I WANT TO LIVE
11:35:27 FROM.
THAT'S WHERE I WANT LOVE AND PASSION, YOU
11:35:31 KNOW, TO LEAD WITH THE REALITY THAT LIFE IS REALLY
11:35:34 HARD, AND THAT ISN'T ALWAYS POSSIBLE, BUT I CAN COME TO THAT
PLACE
11:35:38 ANY TIME.
AND THIS, THAT SELF CARE IS THE MOST IMPORTANT THING THAT
11:35:41 WE CAN DO FOR OUR COMMUNITY, ABSOLUTELY.
IT'S
11:35:46 A RADICAL SELF-INDULGENT ACT
11:35:49 OF SURVIVAL.
THINK ABOUT THAT, TOO.
I WANT TO BE IN THIS
11:35:52 WORK FOR A REALLY LONG TIME.
HOW CAN I DO
11:35:55 THAT?
SO, WHEN WE TALKED ABOUT STORYTELLING, MY NAME

11:35:58 IS CHRISTINA LOVE.

MY

11:36:02 FAMILY IS FROM THE VILLAGE HERE IN

11:36:05 ALASKA.

MY PARENTS ARE THE KELLYS AND THE

11:36:09 ABLAMAS.

IT'S LOCATED IN THE

11:36:12 BRISTOL BAY REGION.

I GREW UP

11:36:15 IN CHITINA, ALASKA, WHICH IS IN THE

11:36:19 INTERIOR ON THE OTNA LAND.

I LOVE THESE PICTURES THAT

11:36:23 GIVES YOU AN IDEA OF WHERE I GREW

11:36:27 UP.

IT IS A BOOM TOWN.

THERE IS A REALLY FASCINATING

11:36:32 STORY ABOUT REALLY COLONIALISM AND

11:36:35 HOW OUR VERY SMALL VILLAGE OF 100 PEOPLE WAS FLOODED

11:36:38 WITH 3,000 PEOPLE WHEN THE

11:36:42 RAILROAD CAME THROUGH.

AND THEN THEY FOUND OUT THAT THERE WASN'T

11:36:45 ANY MONEY, SO ALL THE WORKERS FOUND OUT THAT

11:36:48 SAME DAY THAT THE RAILROAD --

11:36:51 THAT THE LAST TRAIN WOULD BE LEAVING OUT OF TOWN AND
WOULDN'T BE COMING BACK.

11:36:54

SO FAMILIES WENT TO THEIR HOMES, THEY GRABBED WHAT THEY NEEDED --

11:36:56

A LOT OF FAMILIES DIDN'T HAVE THAT OPPORTUNITY.

11:36:59 BUT THERE WAS NO OTHER WAY.

AND THEY GOT ON THAT

11:37:03 LAST TRAIN AND THEY LEFT IT.

CHITINA

11:37:06 IS CALLED A GHOST TOWN AND A BOOM TOWN.

YOU SEE THAT

11:37:10 CHITINA HOTEL PICTURE.

THAT IS THE HOTEL THAT WE

11:37:13 USED TO PLAY HIDE AND GO SEEK IN AT MIDNIGHT,

11:37:16 BUT ON THE BACK OF A LOT OF THOSE BUILDINGS ARE PICTURES

11:37:21 OF GHOSTS BECAUSE THERE WAS -- IN THIS CABIN BEHIND MY

11:37:24 HOUSE WHEN WE FIRST DISCOVERED IT AND I HAD OPENED IT UP,

11:37:27 THERE WERE ALL OF THE FAMILIES' BELONGINGS.

11:37:30

THERE WAS STILL A BOWL ON THE TABLE, A NEWSPAPER

11:37:33 FROM 1902, A PAIR OF BOOTS, AND LEVIS THAT

11:37:36 WERE HANGING ON THE NAIL.

AND

11:37:39 PHOTO ALBUMS, EVERYTHING.

IT LOOKED LIKE PEOPLE HAD

11:37:43 LEFT FOR WORK OVER 100 YEARS AGO AND THEY JUST NEVER CAME

11:37:46 HOME.

AND SO THIS IS WHERE THE VILLAGE IS.

THERE'S ONLY

11:37:50 100 PEOPLE THAT STILL LIVE THERE TODAY.

IT'S AN INCREDIBLE

11:37:53 PLACE TO GROW UP.

WE DID

11:37:56 A LOT OF SUBSISTENCE.

WE BUILT OUR

11:37:59 OWN HOUSE.

WE DIDN'T HAVE RUNNING

11:38:03 WATER.

WE HAD TO HAUL WATER FROM THE CREEK.

I HAD TO LEARN TO

11:38:06 SAY CRICK FROM MY GRANDMOTHER.

PART OF THE SUBSISTENCE ON THE

11:38:10 LEFT-HAND SIDE, YOU CAN'T SEE THOSE VERY WELL.

11:38:13

THOSE ARE CALLED FISH WHEELS WE PLACED ON THE RIVER.

11:38:16 THAT'S THE COPPER RIVER THAT YOU'RE LOOKING AT THERE.

SUMMERS

11:38:19 ARE WHEN EVERYTHING

11:38:23 ABSOLUTELY COMES ALIVE.

SO I'M VERY, VERY GRATEFUL TO SHARE SOME OF

11:38:26 THESE WITH YOU.

>>> THIS IS A PICTURE OF MY CHILDHOOD

11:38:29 HOME BUILT IN CHITINA, ALASKA.

IT'S A

11:38:33 TRAILER WITH AN ADDITION BUILT ON IT.

GROWING UP,

11:38:36 I LOVED THIS BLUE ROOF THAT MADE THE HOME FEEL MORE

11:38:39 LIKE A REAL HOME.

THAT WAS REALLY SOMETHING THAT I

11:38:43 REALLY, REALLY STRUGGLED.

THE BACK OF THE HOUSE IS

11:38:46 UP AGAINST A STREAM THAT RAN YEAR ROUND, ALLOWING US

11:38:50 TO HAUL WATER FOR CLOTHING AND DISHES AND BATHING.

SOME OF YOU MIGHT KNOW WHAT A

11:38:54 RINGER MACHINE IS.

WE HAD ONE THAT WASN'T

11:38:57 ELECTRIC AND LATER WE GOT ONE THAT WAS ELECTRIC.

IF ANYBODY

11:39:00 KNOWS ANYTHING ABOUT RINGER MACHINES, THEY TAKE

11:39:03 YOUR FINGERS.

THIS IS THE PART OF GROWING UP.

I

11:39:06 REALLY LOVED THIS HOUSE BECAUSE I AM SO

11:39:10 INCREDIBLY PROUD OF WHERE AND HOW I GREW UP.

AND AS A

11:39:13 CHILD, I WAS INCREDIBLY ASHAMED THAT WE LIVED IN A TRAILER,

11:39:16 THAT WE WERE POOR.

I WAS ASHAMED WE LIVED IN THE

11:39:20 VILLAGE, THAT WE DIDN'T HAVE RUNNING WATER, AND

11:39:23 THAT WE HAD WOOD HEAT.

SO WHAT I WANT

11:39:26 TO START WITH, GIVING YOU THAT BACKGROUND IS

11:39:29 REALLY THE STORY BEFORE THE STORY, YOU KNOW.

THAT

11:39:32 REALLY TALKS ABOUT THE HISTORY OF ALASKA AND THE

11:39:36 HISTORY OF MY FAMILY LONG BEFORE I WAS EVEN

11:39:39 BORN.

SO, PRIOR TO THE 1970s HERE IN ALASKA,

11:39:42 IT WAS ILLEGAL TO HAVE A MENTAL HEALTH ISSUE.

AND ANYBODY

11:39:45 WHO DID HAVE A MENTAL HEALTH ISSUE WAS TAKEN FROM

11:39:48 THEIR HOMES BY TRAIN, BY DOG SLED,

11:39:52 AND THEY WERE BROUGHT TO MORNING SIDE HOSPITAL IN

11:39:55 OREGON.

AND THERE AT MORNING SIDE, THEY WERE NEVER

11:39:58 RETURNED.

THEY WERE PHYSICALLY ABUSED, SEXUALLY

11:40:01 ABUSED.

THERE WAS A HUGE GRAVESITE.

A LOT

11:40:04 OF THEM DIED IN REALLY HORRIFIC WAYS.

MY MOTHER WAS

11:40:08 BORN IN IKAGIK WITH DEVELOPMENTAL

11:40:11 DISABILITIES AND AUTISM, AND HER FAMILY HAD TO

11:40:14 MAKE THE REALLY, REALLY HARD CHOICE OF

11:40:17 PLACING HER IN THE CARE OF RUSSIAN ORTHODOX

11:40:20 NUNS.

IT WAS A BOARDING SCHOOL.

AND THIS WAS DIFFICULT.

11:40:23 IT WAS EITHER THAT OR THE GOVERNMENT WOULD TAKE HER TO
MORNING

11:40:26 SIDE HOSPITAL AND THEY WOULD NEVER SEE HER AGAIN, AND THAT
WAS

11:40:30 ESPECIALLY HARD BECAUSE BOTH HER MOTHER AND HER
MOTHER'S MOTHER

11:40:33 HAD BEEN IN BOARDING SCHOOLS, AND, YOU
11:40:36 KNOW, AT THAT TIME THAT MY MOTHER CAME IN, SHE
11:40:41 ENDED UP RUSSIAN -- THE ENTIRE CHURCH WAS IN RUSSIAN, THEY
READ
11:40:45 IN RUSSIAN, THE BIBLE WAS IN RUSSIAN, BUT THEY WEREN'T
SPEAKING OUR
11:40:48 NATIVE LANGUAGE.
THAT WAS SOMETHING
11:40:51 THAT -- FROM BY THE TIME MY GRANDMOTHER, WHEN SHE WENT IN,
THEY
11:40:55 WERE NOT ALLOWED TO SPEAK THE LANGUAGE.
AND IF THEY DID,
11:40:58 THEN THEY WERE BEAT.
AND THE STORIES THAT THEY WOULD
11:41:01 TELL, THAT HAS BEEN PASSED
11:41:04 DOWN ABOUT WHAT HAPPENED THERE, YOU KNOW, ONE
11:41:07 OF THE ELDERS TOLD THE STORY ABOUT HOW HER
11:41:12 BROTHER WORKED FOR -- I'M TRYING TO REMEMBER IF IT WAS
11:41:15 THE RED CROSS, WORKED FOR THE RED CROSS,
11:41:19 AND HAD DONE CLEAN UP.
11:41:22
BUT AT ONE TIME THEY HAD TO DIG A
11:41:25 GRAVE FOR 12 CHILDREN, BUT THEY HAD TO WAIT
11:41:28 TILL THE SUMMER, BUT THEY WERE LEFT OUT, THE
11:41:31 CHILDREN'S BODIES WERE LEFT OUT
11:41:35 IN BAGS AND ANIMALS AND THE WEATHER AND SO BY
11:41:38 THE TIME THEY BURIED THEM, THEY WERE JUST BONES.
11:41:41
BUT THIS IS SOMETHING THAT THE CHILDREN HAD TO DO FOR THE

11:41:44 OTHER CHILDREN WHO HAD PASSED, AND ALL KINDS OF REALLY,
11:41:47 REALLY HORRIFIC WAYS.

BUT

11:41:51 BOARDING SCHOOL, YOU KNOW, AND THE

11:41:54 WAY THAT THAT, YOU KNOW, EVEN

11:41:58 GOING FURTHER BACK PRIOR TO BOARDING SCHOOL,

11:42:01 WHEN ALASKA --

BEFORE WE WERE A TERRITORY AND WE

11:42:04 WERE IN THE POSSESSION

11:42:07 OF RUSSIA, MY VILLAGE IS ON THE WATER,

11:42:10 AND

11:42:13 A LOT OF THOSE ALEUTIAN VILLAGES

11:42:17 WERE

11:42:20 INVADED BY RUSSIA AND THEY DID ALL KINDS

11:42:23 OF HORRIFIC THINGS FOR SEAL

11:42:26 PELTS.

ONE OF THE THINGS, THE STORY THAT'S BEEN TOLD

11:42:29 IS THEY WOULD COME IN AND THEY

11:42:33 WOULD KILL THE MEN IN FRONT OF THE

11:42:36 ENTIRE FAMILY AS A TACTIC OF FEAR, YOU KNOW, TO

11:42:39 LET PEOPLE KNOW THAT YOU WILL DO THIS, OTHERWISE THIS IS
WHAT'S

11:42:42 GOING TO CONTINUE TO HAPPEN, OR THEY WOULD KILL CHILDREN
IN

11:42:45 FRONT OF EVERYBODY, YOU KNOW, THESE REALLY, REALLY

11:42:48 HORRIFIC WAYS.

A LOT OF THE MEN

11:42:52 WERE TAKEN AND

11:42:55 SOME OF THOSE COMMUNITIES STARVED WITHOUT THE PROVIDERS THERE.

WHEN YOU LOOK

11:42:58 AT SOME OF THOSE MATRIARCHAL

11:43:01 COMMUNITIES AND YOU THINK -- AND YOU LOOK AT THE

11:43:05 DIFFERENCE BETWEEN SOME OF THE DYNAMICS OF WESTERN FAMILIES

11:43:08 NOW AND THE DYNAMICS OF THE COMMUNITY THEN WHERE

11:43:12 CHILDREN AND ELDERS WERE IN THE CENTER OF THAT, AND

11:43:15 THEN ON THE OUTSIDE, YOU KNOW, WHERE MOTHERS AND

11:43:18 FATHERS AND AUNTIES AND UNCLES, THEY

11:43:21 REALLY

11:43:26 PROTECTED -- WOMEN WERE SACRED, AND ELDERS

11:43:29 WERE SACRED.

THEY NEEDED THE ENTIRE COMMUNITY TO SURVIVE.

11:43:32

YOU THINK ABOUT THE WEATHER HERE, ANY PART OF ALASKA, IT REQUIRES

11:43:36 AN ENTIRE COMMUNITY RESPONSE TO LIVE OFF THE LAND.

AND,

11:43:39 YOU KNOW, SOME OF MY -- NOW THAT I HAVE

11:43:42 CHILDREN, SOME OF MY FAVORITE STORIES ARE THE ONES

11:43:45 ABOUT RAISING CHILDREN AND WHAT THAT LOOKED LIKE, YOU KNOW.

11:43:48

THAT IS REALLY COMPLETELY CONTRARY TO THE

11:43:51 STORIES THAT I WAS TOLD.

SO, MY

11:43:55 MOTHER GREW UP IN IKAGIK

11:43:58 THERE WITH RUSSIAN ORTHODOX NUNS AND HAVING

11:44:02 AUTISM, I THINK --

THIS IS A REALLY BIG PART

11:44:05 OF WHO I AM AND SOME OF MY CORE BELIEFS.

I

11:44:08 REMEMBER, YOU KNOW, HER TELLING ME STORIES ABOUT WHAT IT

11:44:11 WAS LIKE TO GROW UP AND SHE SAID THAT KIDS MADE FUN OF

11:44:15 HER, AND THEY CALLED HER STUPID

11:44:18 AND SHE REMEMBERS RIDING HER BIKE HOME ONE TIME AND

11:44:21 SOMEBODY THREW A ROCK AT HER

11:44:25 HEAD AND THEN THEY WERE TELLING HER THAT SHE

11:44:28 DIDN'T DESERVE TO BE THERE, THAT SHE

11:44:31 WASN'T SMART AND SHE WAS CRYING AND SHE

11:44:34 SAID SHE JUST DIDN'T UNDERSTAND WHY PEOPLE WERE MEAN TO
HER

11:44:37 BECAUSE SHE WAS DIFFERENT.

AND I REMEMBER THINKING AS SHE TOLD ME

11:44:41 THAT STORY THAT I THOUGHT, I'M GOING TO GO FIND THAT GUY,

11:44:44 YOU KNOW.

AND I REALLY FELT

11:44:47 THIS SENSE OF CHAMPION FOR THE UNDER DOG, YOU

11:44:52 KNOW, IN THAT SENSE OF

11:44:55 IN JUSTICE.

THAT NEVER SHOULD HAVE HAPPENED TO

11:44:58 HER, EVER.

BUT THERE ARE A LOT OF OTHER STORIES

11:45:02 THAT INVOLVE -- THAT SHE SAW FROM

11:45:05 A VERY YOUNG AGE.

SHE SAID WHEN SHE WAS YOUNGER, SHE WENT OVER AND PLAYED AT ONE

11:45:08 OF HER FRIENDS' HOUSE AND HE WAS PLAYING WITH

11:45:11 A GUN AT THAT TIME AND IT SCARED HER AND SHE WENT HOME AND SHE

11:45:16 TOLD HER MOM.

AND NOW I CAN'T REMEMBER, I'LL HAVE TO ASK

11:45:19 HER, BUT HE ENDED UP COMMITTING

11:45:22 SUICIDE.

I CAN'T REMEMBER IF IT WAS THERE IN FRONT OF

11:45:26 HER OR WHAT HAD HAPPENED OR IF IT WAS IN FRONT OF OTHER PEOPLE, BUT THESE

11:45:29 WERE THINGS THAT SHE WOULD JUST CASUALLY SAY ABOUT GROWING

11:45:32 UP THERE AND HOW A LOT OF OUR

11:45:35 FAMILY DIED FROM ALCOHOLISM OR

11:45:39 ALCOHOL-RELATED DEATHS.

AN UNCLE WENT OUT AFTER HE HAD BEEN

11:45:43 DRINKING ON THE SNOWING MACHINE AND HE DIDN'T COME BACK.

AND HE FROZE

11:45:46 TO DEATH OUT THERE, OR THEY WERE OUT FISHING, BUT THEY WERE DRINKING

11:45:49 AND THEY FELL IN AND THEY WERE NEVER SEEN

11:45:53 AGAIN.

SO THERE WERE A LOT OF STORIES WHERE ALCOHOL WAS

11:45:56 INVOLVED THERE.

BUT

11:45:59 I DIDN'T UNDERSTAND WHY AND SO I LEARNED VERY YOUNG BY

11:46:02 GROWING UP THERE IN THE VILLAGE OF

11:46:05 CHITINA, I SAW A LOT OF OUR PEOPLE STRUGGLING WITH ALCOHOL.

AND

11:46:09 FROM A VERY EARLY AGE DECIDED THAT I NEEDED TO

11:46:12 SEPARATE MYSELF AS A PART OF SURVIVAL, YOU KNOW.

THERE

11:46:15 WAS SOME PART OF ME THAT THOUGHT -- AND THIS IS

11:46:20 REALLY IMPORTANT WHEN I THINK ABOUT THE THINGS THAT WERE
NOT TAUGHT, BUT

11:46:23 THAT WERE CAUGHT.

I ALSO LEARNED FROM A VERY YOUNG AGE THAT

11:46:26 IT WASN'T SAFE TO BE FEMALE, AND THAT I NEEDED TO

11:46:29 PROTECT MYSELF.

SO I WOULD SAY THINGS LIKE, YEAH, I'M A

11:46:32 GIRL, BUT I'M NOT LIKE OTHER GIRLS.

I'M A TOM BOY AND I

11:46:36 WOULD DRESS LIKE TOM BOYS AND

11:46:42 ACT LIKE TO HAVE TOM BOYS BECAUSE I LEARNED FROM

11:46:46 AN EARLY AGE I HAD MORE POWER --

THIS ISN'T SOMETHING THAT

11:46:49 PEOPLE WOULD SAY, BUT THAT, YOU KNOW,

11:46:53 IT'S PART OF THOSE STORIES THAT WE HEAR, RIGHT, THAT WOMEN
CAN'T DRIVE

11:46:56 AND AREN'T AS STRONG AND

11:46:59 SO WHEN YOU WANT TO -- I THOUGHT ABOUT,

11:47:02 WELL, WHO I WANTED TO BE DURING THAT

11:47:06 TIME.

AND I THINK ANOTHER PART OF THAT RESPONSE, TOO, WAS, YOU

11:47:09 KNOW, THAT I HAD LEARNED AT A VERY, VERY YOUNG AGE

11:47:12 THAT I WAS

11:47:16 NOT SAFE.

MY FATHER CAME TO THE VILLAGE AND WAS WORKING

11:47:19 IN THE CANNERY AND MET MY MOTHER THERE.

11:47:24

MY FATHER IS A CONVICTED

11:47:30 PEDOPHILE.

I WAS 12 YEARS OLD WHEN

11:47:34 MY SISTER WORE

11:47:37 A WIRE AND WAS ARRESTED

11:47:40 FOR HARMING HIS CHILDREN.

PEOPLE THOUGHT

11:47:44 HE WAS SAVING HER.

HE BROUGHT HER TO

11:47:47 FAIRBANKS WHERE HE WAS GROOMING ANOTHER WOMAN THAT HAD

11:47:50 DISABILITIES.

TOGETHER HE WENT ON TO HAVE 12 CHILDREN WITH THE

11:47:54 TWO OF THEM.

IT WAS THERE IN FAIRBANKS

11:47:58 THAT I WAS BORN, AND SOME OF MY VERY FIRST MEMORIES OF

11:48:01 BEING IN THIS WORLD ARE OF BEING

11:48:04 ABUSED.

AND I LOOK BACK, AND THAT WAS ALSO

11:48:07 MY FIRST MEMORIES OF DISASSOCIATION.

I

11:48:10 COMPLETELY DISCONNECTED FROM MY BODY AND FLOATED UP AND

11:48:13 WAS IN THE CORNER OF THE CEILING,

11:48:17 AND I DON'T KNOW HOW OLD I WAS.

I KNOW THAT I WAS

11:48:20 VERY, VERY

11:48:24 YOUNG AND I CAN TELL YOU THE KIND OF

11:48:28 SPACKLE THAT WAS ON THE CEILING.

GOING BACK

11:48:31 FURTHER, I THINK ABOUT WHAT WAS LIFE LIKE IN UTERO.

WHAT

11:48:34 WAS HAPPENING THERE.

MY MOM WAS HOMELESS AND WAS

11:48:37 STAYING -- WAS IN AND OUT OF THE LOCAL SHELTER THERE.

11:48:40

MY FATHER WAS TRYING TO

11:48:43 CONVINCED HER THAT HE COULD HAVE TWO WIVES AND WAS
GROOMING

11:48:48 THIS OTHER WOMAN WHO HAD A CHILD.

AT THAT TIME MY

11:48:52 MOTHER HAD TWO -- HER FIRST

11:48:55 CHILDREN WERE TWINS, TWO

11:48:59 GIRLS, AND HE HAD TAKEN THEM FROM

11:49:02 HER AT THAT TIME.

AND SO IT WAS HER AND I.

11:49:05

BUT THIS IS ANOTHER PART OF THE

11:49:08 STORY THAT I THINK IS INCREDIBLE.

I

11:49:12 WAS ONLY A FEW DAYS OLD.

MY PARENTS USED TO

11:49:15 GO INTO THE

11:49:18 KENTUCKY FRIED CHICKEN THERE IN FAIRBANKS,

11:49:21 ALASKA, AND THIS --

ENTERING THE STORY IS A WOMAN NAMED

11:49:25 BETTY McALLISTER.

11:49:28

MY GRANDMOTHER'S NAME IS

11:49:34 BETTY.

SHE GREW UP IN LITTLE ROCK, ARKANSAS.

SHE WAS BORN IN GRAVE POVERTY.

11:49:37

HER FATHER WAS A FIREFIGHTER WHO PASSED AWAY IN THE LINE OF

11:49:40 DUTY LEAVING HER MOTHER WITH EIGHT CHILDREN TO CARE FOR.

11:49:43

SO BETTY WOULD TELL ME STORIES ABOUT HOW THEY MADE THEIR CLOTHES
OUT

11:49:46 OF POTATO BAGS AND HOW THEY GREW EVERYTHING OUT OF THE

11:49:50 GARDEN AND SHE ALSO FELT THAT IT WAS VERY IMPORTANT THAT I
KNOW

11:49:53 ABOUT SEX.

NOBODY HAD TAUGHT HER ABOUT SEX, AND I'M

11:49:56 NOT SURE IF SHE WAS SEXUALLY ASSAULTED OR IF IT

11:49:59 WAS CONSENSUAL, BUT SHE GAVE BIRTH WHEN SHE WAS

11:50:02 14 YEARS OLD, AND THE FATHER OF THE CHILD DID NOT CLAIM THE

11:50:05 CHILD, AND SO IT WAS CONSIDERED ILLEGITIMATE.

AND

11:50:09 SHE WENT ON TO MARRY A MAN WHO STRUGGLED WITH ALCOHOL

11:50:12 AND WHO WAS INCREDIBLY

11:50:15 ABUSIVE.

AND SO ONE DAY SHE TOLD ME THAT SHE KNEW THAT

11:50:18 SHE HAD TO LEAVE TO PROTECT HER AND HER

11:50:21 CHILDREN.

SHE WAS EIGHT MONTHS PREGNANT AND SHE WENT TO FIND

11:50:24 HIM.

HE WAS AT THE BAR.

SHE SAT DOWN

11:50:27 ON THE BAR STOOL AND HE BACKHANDED HER OFF THE STOOL
WHILE

11:50:30 SHE WAS PREGNANT.

SHE REALLY THOUGHT SHE WAS GOING TO LOSE THE

11:50:34 BABY.

BUT SHE SAID THAT IT WAS AT THAT POINT THAT SHE KNEW IT WAS

11:50:37 NEVER GOING TO CHANGE AND THAT SHE NEEDED TO LEAVE.

11:50:40

SO SHE LEFT AND SHE HITCH

11:50:43 HIKED HER WAY ACROSS THE COUNTRY AND SHE ENDED

11:50:46 UP GETTING A RIDE WITH A TRUCK DRIVER UP TO

11:50:49 ALASKA.

AND AT THAT TIME, YOU

11:50:53 KNOW, THIS IS IN THE

11:50:57 1970s.

SHE REALLY THOUGHT THINGS WERE -- THIS WAS

11:51:00 THE PLACE TO GO.

THERE WAS A LOT OF NEW MONEY HERE IN

11:51:02 ALASKA.

A LOT OF PEOPLE WERE COMING UP TO ALASKA.

11:51:05 SHE GOT A JOB AT KENTUCKY FRIED CHICKEN AS

11:51:08 A WAITRESS.

THAT'S WHERE SHE FIRST MET MY MOTHER

11:51:11 AND FATHER.

MY MOTHER WOULD GO

11:51:15 IN THERE FOR COFFEE EVERY DAY BECAUSE IT WAS ONLY 25 CENTS.

SHE SAW THEM

11:51:18 COMING IN TOGETHER.

THEN SHE SAW MY MOTHER COMING IN

11:51:21 ALONE.

SHE MET ME RIGHT AFTER

11:51:24 I WAS FIRSTBORN.

SHE SAID THE FIRST TIME SHE

11:51:28 HELD ME SHE CRIED.

MY BODY WAS SO SMALL AND I WAS COVERED

11:51:31 FROM HEAD TO TOE IN A DIAPER RASH AND I HAD A STOMACH

11:51:34 INFECTION FROM MY MOTHER WAS FEEDING ME

11:51:38 ROTTEN MILK, AND THAT THERE WERE SIGNS OF PHYSICAL ABUSE.

AND

11:51:41 THEY HAD SUSPICIONS ABOUT SEXUAL

11:51:44 ABUSE AND THE OTHER CHILDREN AS WELL.

SO BETTY M

11:51:47 cALLISTER MADE THE CHOICE TO TAKE IN MY MOTHER AND HER

11:51:51 CHILDREN.

MY MOTHER WAS SHORTLY

11:51:54 AFTER GOT PREGNANT WITH ANOTHER CHILD, WHICH IS

11:51:58 ABSOLUTELY INCREDIBLE, WHICH IS REALLY, REALLY

11:52:01 INCREDIBLE STORY BECAUSE I THINK ABOUT BETTY M

11:52:04 cALLISTER WAS YOUNGER THAN I AM RIGHT NOW

11:52:08 WHEN SHE FLED DOMESTIC VIOLENCE, LEFT HER CHILDREN

11:52:11 AND HER HUSBAND AND EVERYTHING THAT SHE KNEW

11:52:15 BEHIND AND WAS LIVING IN A BRAND-NEW PLACE.

IF WE'RE

11:52:20 TALKING ABOUT KENTUCKY FRIED CHICKEN THEN AND

11:52:23 NOW, THAT HAS NEVER BEEN A LOT OF MONEY, NEVER.

WE'RE TALKING

11:52:26 ABOUT MINIMUM WAGE, REALLY STRUGGLING TO MAKE IT.

AND THEN MADE THE CHOICE

11:52:29 TO TAKE IN A FULL-GROWN ADULT AND HER

11:52:33 CHILDREN.

I THINK IT'S ONE OF THE MOST

11:52:39 INCREDIBLE STORIES, I AM SO HONORED THAT I KNOW FIRSTHAND
BECAUSE WHAT

11:52:42 THIS STORY TELLS ME IS THAT THERE IS GOOD

11:52:46 PEOPLE IN THE WORLD, THAT THEY USE -- THAT WE CAN

11:52:50 USE WHATEVER WE HAVE CLOSEBY AND IT MAKES AN INCREDIBLE

11:52:53 DIFFERENCE.

AN ABSOLUTE INCREDIBLE DIFFERENCE.

I WAS ABLE TO

11:52:57 STAY WITH MY MOTHER, YOU

11:53:00 KNOW, FROM BIRTH ON AND SHE TOOK CARE OF US

11:53:04 FOR 18 YEARS.

AFTER MY MOTHER'S CHILDREN

11:53:08 GRADUATED, THEY ENDED UP GOING THEIR OWN

11:53:13 WAYS.

MY MOTHER WANTED TO TAKE CARE OF

11:53:16 HERSELF.

IT IS A STORY THAT HAS CHANGED ME.

SHE IS A BIG PART -- WE'RE GOING TO

11:53:21 COME BACK TO HER AGAIN AND AGAIN.

SO, MY FATHER, THEY HAD SUSPICIONS ABOUT WHAT WAS

11:53:24 HAPPENING THERE, AND THEY WERE HELPING MY MOTHER GET

11:53:27 CUSTODY OF HER CHILDREN.

AND

11:53:32 MY FATHER ENDED UP TAKING MY OLDER

11:53:35 TWIN SISTERS AND FLEEING IN THE MIDDLE OF THE NIGHT.

LATER I

11:53:38 TALKED TO MY SISTERS ABOUT WHAT HAPPENED, AND THEY SAID THAT

11:53:40 THEY WEREN'T GIVEN VERY LONG TO PACK UP WHAT THEY NEED AND HAD THEY WERE JUST GONE.

11:53:46 AND I DIDN'T SEE THEM AGAIN FOR MANY, MANY

11:53:49 YEARS.

AND WHAT I LEARNED WAS THAT

11:53:52 THEY POPPED AROUND FROM STATE TO STATE, AND THAT HE CONTINUED

11:53:55 TO STAY WITH THE OTHER WOMAN THAT HE HAD

11:53:58 GROOMED AND HAD A LOT MORE CHILDREN.

AS THERE

11:54:02 WOULD BE ALLEGATIONS IN ONE STATE OF SEXUAL ABUSE, THEN THEY WOULD MOVE

11:54:07 TO ANOTHER STATE, AND A LOT OF HORRIFIC THINGS

11:54:10 HAPPENED TO THEM.

THEIR STORY IS NOT

11:54:14 MINE, BUT I DO THINK

11:54:18 A LOT ABOUT THAT THE

11:54:22 TWO LIVES THAT WE LED, AND THAT DIFFERENCE OF US BEING ABLE TO

11:54:25 GO WITH BETTY AND THEM STAYING WITH MY FATHER.

AND

11:54:29 FOR A LONG TIME I HAD A LOT OF SURVIVOR'S GUILT ABOUT IT.

THE

11:54:33 ABUSE THAT HAPPENED THERE AT THE TIME, I DIDN'T HAVE MEMORY OF FOR A VERY,

11:54:36 VERY LONG TIME.

I USED TO THINK THAT THEY TOOK ME IN RIGHT

11:54:39 AWAY, BUT I WAS ACTUALLY, FROM THE TIME THAT THEY MET ME,

11:54:43 I WAS ALMOST 3 YEARS OLD.

SO I LIVED WITH

11:54:46 MY MOM MOSTLY IN AND OUT OF THE SHELTER AND

11:54:49 HOMELESS, BUT THEY TOOK HER BECAUSE THEY KNEW THAT

11:54:52 IF --

THEY TOOK HER IN BECAUSE THEY KNEW

11:54:55 IF THEY DIDN'T SHE WOULD LOSE BOTH OF HER CHILDREN.

MY

11:54:59 MOM AND I HAD A BEAUTIFUL

11:55:02 CONVERSATION, NOT LAST YEAR, BUT THE YEAR BEFORE.

SHE STILL LIVES CLOSE

11:55:05 BY THE VILLAGE I GREW UP IN.

I WENT HOME

11:55:08 TO VISIT HER.

SHE SAID SHE WAS JUST SO GRATEFUL FOR

11:55:11 BETTY BECAUSE SHE BELIEVED THAT SHE DESERVED TO BE A MOM,
TOO.

IT WAS SO BEAUTIFUL.

11:55:24 LET ME THINK ABOUT WHERE I WAS.

RIGHT, SO MY

11:55:28 SISTERS WENT ON.

MY GRANDMOTHER

11:55:31 MARRIED A MAN WHO OWNED A GOLD MINE

11:55:34 THERE IN FAIRBANKS.

HE ENDED UP SELLING

11:55:37 IT AND THEY BOUGHT PROPERTY

11:55:40 AND MOVED TO CHITINA.

THEY WANTED TO

11:55:43 GIVE US A DIFFERENT LIFE.

THEY WANTED US

11:55:47 TO BE CLOSE TO OUR PEOPLE, YOU

11:55:50 KNOW, WHICH IS INTERESTING AND KIND.

11:55:54

IT'S NOT -- LIKE NOT KNOWING A LOT ABOUT ALASKA NATIVE

11:55:57 PEOPLE, TOTALLY DIFFERENT TRIBES, TOTALLY DIFFERENT
LANGUAGE,

11:56:00 TOTALLY DIFFERENT CULTURE.

AND WE

11:56:04 HAVE -- AND WE HAVE HUNDREDS OF TRIBES HERE AND LOTS AND
LOTS

11:56:07 OF DIFFERENT LANGUAGES, BUT -- SO WE MOVED TO

11:56:11 CHITINA AND BUILT A HOUSE THERE.

YEAH,

11:56:15 I DIDN'T HAVE ANY MEMORIES OF THAT ABUSE.

I DO HAVE

11:56:18 A LOT OF MEMORIES OF OTHER THINGS.

I THINK ABOUT

11:56:21 SERVICES THEN.

MY MOTHER TOLD ME, SO SHE HAD COME HOME FROM THE HOSPITAL

11:56:24 AND BROUGHT ME BACK TO THE SHELTER THERE, BUT THEY HAD A
30-DAY

11:56:27 POLICY.

SO SHE WAS ONLY ALLOWED TO STAY THERE 30 DAYS AND HAD

11:56:30 TO GO AND FIND SOMETHING ELSE, WHICH IS REALLY INTERESTING
BECAUSE

11:56:33 WHEN I CAME INTO THE WORK THAT MY MOM TOLD ME, I FOUND
THERE WERE A LOT OF

11:56:37 PROGRAMS THAT STILL HAD THAT SAME POLICY, WHICH IS SO
CRAZY TO ME.

11:56:41 WHICH IS REALLY, REALLY WILD AND FOR ANOTHER

11:56:44 SUBJECT.

SO, WE LIVED IN CHITINA

11:56:47 AND FOR A LONG TIME I HAD REALLY

11:56:52 SEPARATED OUT WHAT HAD HAPPENED.

I REALLY, REALLY

11:56:55 STRUGGLED.

AND IF YOU WERE TO ASK PEOPLE WHAT KIND OF CHILD I WAS LIKE, THEY

11:56:58 WOULD SAY THAT I WASN'T A VERY

11:57:01 AFFECTIONATE CHILD.

I DIDN'T LIKE TO BE TOUCHED AND I WOULD HAVE THESE

11:57:04 FITS OF RAGE THAT I DIDN'T UNDERSTAND FOR A REALLY

11:57:07 LONG TIME.

AND I FELT A LOT OF SHAME ABOUT IT.

SO THERE

11:57:10 WOULD BE -- NOW WHEN I LOOK BACK AND I UNDERSTAND THE
SCIENCE OF

11:57:14 WHAT WAS HAPPENING, IS THAT I WOULD HAVE MOMENTS

11:57:17 --

WHAT I KNOW NOW ARE EMOTIONAL RESPONSES THAT I DIDN'T
UNDERSTAND.

11:57:20

FIGHT, FLIGHT, FREEZE, AND FRIEND IS ANOTHER

11:57:24 ONE.

THESE ARE THAT WHEN YOUR BRAIN IS ACTIVATED,

11:57:27 WHEN YOU HAVE AN EMOTIONAL RESPONSE, YOU DON'T GET TO CHOOSE WHAT

11:57:30 RESPONSE THAT IS.

OFTENTIMES THE RESPONSE

11:57:33 WAS RAGE, FIGHT.

AND SO WHEN

11:57:37 PEOPLE WOULD TRY AND TOUCH ME OR HUG

11:57:40 ME, IT HURT, LIKE IT DIDN'T FEEL

11:57:43 GOOD.

AND THERE WERE

11:57:47 MOMENTS THAT -- I REMEMBER, I REMEMBER LIKE

11:57:50 HAVING THIS MOMENT -- SOMETIMES I WOULD COMPLETELY BLACK

11:57:54 OUT.

I DON'T REMEMBER WHAT HAD CAUSED IT, BUT I LOVED MY GRANDMOTHER AND

11:57:57 MY MOTHER AND I WOULD SAY THE WORST

11:58:00 THINGS TO THEM.

THEN I WOULD GO AND I WOULD THINK ABOUT -- AND I WOULD

11:58:03 FEEL SO BAD.

I DIDN'T KNOW WHY I WAS HAVING THIS RESPONSE.

11:58:06

BUT, YOU KNOW, I THINK BACK NOW, THE PEOPLE WHO

11:58:09 WERE SUPPOSED TO LOVE ME AND PROTECT ME ARE THE ONES

11:58:12 THAT HARMED ME.

SO THAT MEANT THAT PEOPLE WHO

11:58:16 LOVED ME OR ANY KIND OF THAT KIND OF

11:58:19 AFFECTION, BECAUSE THERE WAS THAT EARLY CHILDHOOD TRAUMA AND SAW

11:58:22 ABUSE, THAT THAT TAUGHT ME THAT THAT

11:58:25 WOULD BRING MORE HARM.

AND SO THAT WAS SOMETHING THAT WAS

11:58:29 REALLY, REALLY IMPORTANT TO LEARN.

I'LL TELL YOU ANOTHER THING

11:58:32 THAT WAS INCREDIBLY IMPORTANT FOR ME TO

11:58:35 LEARN, IS THAT WHEN YOU ARE IN TRAUMA, YOU CANNOT RETAIN

11:58:38 INFORMATION.

AND THIS WAS SO INCREDIBLY IMPORTANT FOR

11:58:41 ME BECAUSE I WISH I WOULD HAVE KNOWN THAT AS A CHILD

11:58:45 BECAUSE I SPENT -- KIDS WOULD SPEND HOWEVER MUCH TIME

11:58:48 ON THEIR HOMEWORK AND I ALWAYS FELT I HAD TO SPEND

11:58:51 HOURS AND HOURS MORE TO SPEND BECAUSE I COULD

11:58:55 READ THE SAME PARAGRAPH OVER AND OVER AND IT WOULDN'T

11:58:58 STICK.

I COULDN'T UNDERSTAND THAT.

WHAT WAS ALSO HAPPENING THERE

11:59:02 IS THAT THERE WAS, YOU KNOW, 100 PEOPLE IN THE VILLAGE.

11:59:04

OUR SCHOOL WAS AN HOUR AWAY IN KENNY LAKE.

11:59:08 EVERYBODY IN THE VILLAGE HAD THEIR OWN STORY OF PHYSICAL
VIOLENCE,

11:59:11 SEXUAL VIOLENCE.

MY FRIEND THAT I WOULD GO PLAY WITH

11:59:14 WAS BEING PHYSICALLY AND SEXUALLY ABUSED BY HER

11:59:17 UNCLE.

SHE THEN

11:59:21 ENACTED THAT ON ME.

I DIDN'T UNDERSTAND THAT

11:59:24 WAS WRONG FOR A REALLY LONG TIME.

AND THEN THERE

11:59:27 WERE OTHER PEOPLE THAT CAME IN.

THERE WAS A GUY WHO CAME IN

11:59:30 THAT WAS WORKING THERE FOR THE SUMMER WHO HAD ALSO

11:59:33 CAUSED HARM TO ME.

YOU KNOW, WHICH IS SOMETHING --

SOMETIMES I CAN

11:59:36 SAY THE ACTUAL WORD AND SOMETIMES I CAN'T.

WHEN

11:59:39 WE SAY THAT I WAS HARMED, THAT MEANS THAT I WAS SEXUALLY

11:59:42 ABUSED, WHICH IS AN IMPORTANT PART OF THE CULTURAL

11:59:46 DIFFERENCE, THAT SOME OF THE LANGUAGE THAT WE USE WHEN
WE'RE TALKING

11:59:49 ABOUT VIOLENCE, YOU KNOW.

SOMETIMES WE'LL SAY, HE

11:59:52 BOTHERED ME, OR THAT I WAS

11:59:56 HARMED.

AND THAT'S UNDERSTANDING THE TWO DIFFERENCES.

11:59:59 IT JUST DEPENDS ON WHERE

12:00:02 I AM.

AT THE TIME THAT'S THE KIND OF LANGUAGE I WOULD USE,

12:00:05 WHICH IS I THINK WHY -- LIKE I REMEMBER ANOTHER INSTANCE WAS
A BOY

12:00:09 THAT LIVED DOWN THE STREET

12:00:12 WHO HAD TRIED TO FORCE HIMSELF ON ME, WHICH IS

12:00:15 ANOTHER WAY.

AND

12:00:18 WHEN I CAME AND TALKED TO ADULTS, I
12:00:20 SAID HE HARMED ME.
THEY DIDN'T KNOW WHAT I WAS TALKING ABOUT.

12:00:23 I WAS TALKING ABOUT SOMETHING VERY SERIOUS AND
12:00:26 VERY DIFFERENT THAN WHAT -- I REMEMBER THEM ASKING, WHAT
DID

12:00:29 HE DO TO YOU?

12:00:33

I DIDN'T UNDERSTAND, YOU KNOW, WHAT WAS GOING

12:00:36 ON THERE.

BUT I'M THERE IN THE VILLAGE.

THEY HAVE A LOT OF ALCOHOL AND

12:00:40 A LOT OF VIOLENCE.

WHEN WE FIRST STARTED GOING

12:00:43 TO SCHOOL IN KENNY LAKE, EVERYBODY A THAT WAS THERE

12:00:46 AT THE OTHER SCHOOL, IT WAS PREDOMINANTLY --

12:00:49

IT'S A WHITE COMMUNITY, AND THE VILLAGE IS NOT.

12:00:52 SO EVERYBODY THAT RODE ON THE BUS AN HOUR TO SCHOOL AND
AN HOUR BACK EVERY

12:00:55 SINGLE DAY, THEY CALLED US ALL

12:00:59 CHITINA.

WE DIDN'T EVEN HAVE OUR OWN NAMES.

ANYBODY THAT CAME ON THE BUS

12:01:02 THEY CALLED US CHITINA, THE SCHOOL KIDS

12:01:05 DID.

I REMEMBER GETTING INTO A LOT OF FIGHTS BECAUSE THERE

12:01:09 IN THE COMMUNITY, AS YOU CAN TELL, MY SKIN ISN'T AS DARK.
IF YOU SAW

12:01:12 A PICTURE OF MY MOM, MY MOM HAS DARK

12:01:15 SKIN.

MY SKIN ISN'T AS DARK AS HERS.

SOMETIMES

12:01:18 I'M REFERRED TO, I DON'T WANT TO WHITEWASH THE WORD, PEOPLE
CALL

12:01:21 IT WHITE PASSING.

I DON'T WANT TO CENTER

12:01:25 WHITE IN IT.

I'LL JUST SAY THAT PEOPLE

12:01:28 DON'T RECOGNIZE ME TO BE ALASKA NATIVE.

AND SO

12:01:31 I WOULD GET INTO FIGHTS IN THE VILLAGE BECAUSE THEY WOULD
SAY,

12:01:34 WELL, YOU'RE NOT NATIVE AND THEY HAD DARKER SKIN.

I

12:01:37 WOULD GET IN FIGHTS IN THE COMMUNITY BECAUSE WE'RE ALL
FROM THE

12:01:40 VILLAGE.

AND HOW THEY TREATED OUR FRIENDS, SO

12:01:44 THERE IS ALWAYS THIS FEELING OF NEVER BELONGING AND
STRUGGLING IN SCHOOL, NOT

12:01:47 UNDERSTANDING HOW TRAUMA, YOU KNOW, IF YOU ARE IN TRAUMA,
YOU

12:01:50 CAN'T RETAIN INFORMATION.

THAT'S TOTALLY NORM A.M.

TOTALLY,

12:01:54 TOTALLY, TOTALLY NORMAL.

SO I HAVE THIS UNDERLYING

12:01:57 TRAUMA THAT'S HAPPENING AND THAT'S

12:02:00 MANIFESTING.

IT'S MENTAL HEALTH.

THAT'S HOW WE SURVIVE.

12:02:03

OUR BRAIN DECIDES HOW TO KEEP US

12:02:06 ALIVE, AND ALL THE DIFFERENT WAYS THAT HAPPENS.

12:02:09

DISASSOCIATION, NOT REMEMBERING MEMORIES OR THESE TRAUMA
RESPONSES,

12:02:13 YOU KNOW, THAT I COULDN'T

12:02:16 CONTROL.

AND REALLY RESENTING BEING ALASKA

12:02:20 NATIVE.

I JUST -- YOU KNOW, I FELT LIKE IT WAS SOMETHING THAT I

12:02:23 REALLY WANTED -- I DIDN'T WANT TO GROW UP AND BE LIKE MY

12:02:27 UNCLES AND MY AUNTS WHO WERE HOMELESS OR WHO WERE
STRUGGLING WITH THEIR OWN ADDICTION.

12:02:34 SO, MY FATHER

12:02:40 ENDED UPCOMING BACK INTO OUR LIVES.

HE

12:02:43 JOINED THE SCHOOL BOARD AND WAS PART OF THE VOLUNTEER

12:02:46 FIRE DEPARTMENT, VERY CHARISMATIC, FUNNY,

12:02:49 OUTGOING GUY.

AND MY FAMILY HAD A LOT

12:02:53 OF CONCERNS.

I DON'T REMEMBER HOW HE FOUND US, BUT HE BUILT THIS

12:02:56 HOUSE NOT VERY FAR FROM OUR HOUSE, AND I REALLY
12:02:59 WANTED TO KNOW WHO HE WAS AND I DIDN'T HAVE THOSE
12:03:00 MEMORIES.

THEY HAD SUSPICIONS, BUT THEY DIDN'T TELL ME THAT.

12:03:05 YOU KNOW, SO THEY DID THEIR BEST TO KEEP US
12:03:08 SAFE, BUT AT SOME POINT MY SISTERS AND I GOT
12:03:12 TOGETHER AND WE FOUND THAT HE WAS DOING THE SAME THING
12:03:15 TO ALL OF US, AND MY SISTER, MY OLDER
12:03:19 SISTER WAS THE ONLY ONE THAT HADN'T HAD A CONVERSATION
WITH

12:03:22 HIM ABOUT -- HADN'T CONFRONTED HIM ABOUT WHAT WAS
HAPPENING AND

12:03:25 KNEW IT WAS WRONG.

SHE DID THAT.

SHE WORE A WIRE AND, YOU

12:03:29 KNOW, IF I SAID SOMETHING I AM SO PASSIONATE ABOUT,

12:03:32 IT'S CHANGING THE WAY THAT WE ENGAGE IN

12:03:36 VICTIMS THROUGHOUT THE CRIMINAL JUSTICE

12:03:39 PROCESS.

IF I HAD KNOWN, YOU KNOW, THERE'S NO WAY WE

12:03:42 COULD HAVE KNOWN AND MY SISTERS EITHER.

BUT OUR FAMILY

12:03:45 DIDN'T BELIEVE US.

THE COMMUNITY DIDN'T BELIEVE

12:03:48 US.

IT CAME OUT ON THE FRONT PAGE, WHICH MADE

12:03:52 IT HARDER LATER ON AS AN ADOLESCENT.

12:03:55

WENT TO A PARTY, WAS DRINKING, WAS SEXUALLY ASSAULTED

12:03:58 THERE.

I THOUGHT, I CAN'T TELL ANYBODY.

THEY'RE NOT GOING

12:04:03 TO BELIEVE ME ABOUT WHAT HAPPENED.

SO IT WASN'T

12:04:06 UNTIL, YOU KNOW, THE TRIAL STARTED.

THERE WAS

12:04:10 AN OVERWHELMING AMOUNT OF EVIDENCE THAT THE COMMUNITY
DECIDED THEY DID BELIEVE HIM AND

12:04:13 THEY BURNED THE CHURCH, THE LOCAL CHURCH BURNED HIS

12:04:17 HOUSE DOWN.

SO ALL OF MY YOUNGER SISTERS ENDED UP GOING INTO

12:04:20 FOSTER CARE.

MY OLDER SISTERS, YOU KNOW,

12:04:25 ENDED UP GOING WITH -- THEY ESSENTIALLY ENDED UP

12:04:28 BEING HOMELESS AND LIVING WITH

12:04:32 DIFFERENT PEOPLE, YOU KNOW.

TO THIS

12:04:35 DAY, ALL 12 OF MY SIBLINGS ARE STILL STRUGGLING.

12:04:38

BUT THERE'S A COUPLE OF MOMENTS

12:04:41 HERE WHERE I REMEMBER, LIKE I REMEMBER GOING TO SCHOOL
AND

12:04:44 PEOPLE AT SCHOOL WERE TALKING ABOUT IT, BUT NOT IN A WAY
HOW ARE WE GOING

12:04:47 TO HELP.

I REMEMBER TEACHERS TALKING ABOUT IT, GOSSIPING

12:04:50 ABOUT IT.

I REMEMBER KIDS ASKING ME IF MY FATHER HAD
12:04:54 SEXUALLY ASSAULTED ME AND I WAS SO
12:04:58 EMBARRASSED AND UPSET.

I REMEMBER GOING INTO THE BATHROOM AND LOOKING AT THE
12:05:01 MIRROR AND TELLING MYSELF, LIKE, YOU CANNOT CRY IN FRONT OF
THEM.
THEY CANNOT SEE THIS.

12:05:06 AND I REMEMBER CLINCHING MY FIST.
I COULD FEEL

12:05:11 MY NAILS AND I SCANNED THE WHOLE BUS RIDE HOME, WAIT TILL
YOU

12:05:14 GET HOME, WAIT TILL YOU GET HOME.
I COULD FEEL LIKE IT

12:05:18 WAS ABOUT TO EXPLODE OUT OF ME, ALL OF THESE EMOTIONS
12:05:21 THAT WERE SO MUCH BIGGER THAN ME.

LIKE I BROUGHT UP

12:05:24 ALL THESE MEMORIES THAT I HAD FORGOTTEN

12:05:27 BEFORE AND I FELT SO MUCH SHAME AND I FELT GUILT

12:05:30 AND I FELT AFRAID AND I FELT

12:05:34 OVERWHELMED AND ANGRY AND I HAD NO

12:05:38 IDEA HOW I WAS GOING TO CARRY ON, YOU KNOW.

PRIOR TO MY DAD COMING

12:05:41 THERE, I REALLY THOUGHT IF I WORKED HARD ENOUGH, IF I JOINED
EVERY

12:05:46 ACADEMIC BASKETBALL, VOLLEYBALL, WRESTLING,

12:05:49 TRACK, ANYTHING AND

12:05:52 EVERYTHING, PEN

12:06:00 TATHELON, I WOULD HAVE A CHANCE TO MAKE A NAME.

DIDN'T MATTER WHERE I

12:06:03 CAME FROM, BUT THAT WAS PART OF THE BOOTSTRAP NARRATIVE
THAT I

12:06:06 REALLY BOUGHT INTO.

THAT IF YOU WORK HARD ENOUGH, THAT THE AMERICAN DREAM IS
POSSIBLE.

12:06:11 AND WAS REALLY IN

12:06:15 PURSUIT OF THE THINGS WE DIDN'T HAVE.

THIS SHATTERED EVERYTHING AND I HAD NO IDEA

12:06:18 HOW I WAS GOING TO OVERCOME THIS.

I REMEMBER I WENT HOME AND I

12:06:22 COLLAPSED ONTO THIS PILE OF CLOTHES

12:06:25 AND I HAD A REALLY INCREDIBLE SPIRITUAL ENCOUNTER

12:06:28 THAT JUST FILLED THE ENTIRE ROOM WITH SO MUCH LOVE.

12:06:32 MORE THAN I EVER FELT MY

12:06:35 ENTIRE LIFE.

AND IT TOLD ME TO

12:06:38 GO TO SLEEP, AND SO I DID.

I FELL ASLEEP THERE ON

12:06:41 THIS CLOTHES PILE.

WHEN I WOKE UP, I HAD A PLAN OF WHAT WAS GOING TO BE

12:06:45 DIFFERENT AND I WAS GOING TO APPLY EVERY APPLICATION, AND I

12:06:48 WAS GOING TO DO SOME TYPE OF YOUTH EXCHANGE AND

12:06:51 LEAVE.

THIS IS IMPORTANT BECAUSE IT

12:06:54 WAS THE BEGINNING OF UNDERSTANDING

12:06:58 DISASSOCIATIVE IDENTITY DISORDER.

MY EARLIEST RESPONSE

12:07:01 OF TRAUMA WAS DISASSOCIATION.

SEPARATED FROM MY BODY, AND

12:07:04 THAT CONTINUED TO REALLY HAPPEN, REALLY STRUGGLING WITH
THE CONCEPT OF

12:07:07 TIME AND UNDERSTANDING, FIVE MINUTES VERSUS

12:07:10 AN HOUR.

AND SO THE MOMENT

12:07:14 THAT I STEPPED OFF OF THE PLANE, GROWING UP

12:07:17 EVERYBODY CALLED

12:07:21 ME CHRISSY.

WHICH IS A CUTE STORY.

WHEN I CAME HOME FROM

12:07:24 SCHOOL, MY MOM SAID, HOW WAS IT?

THERE ARE

12:07:28 TWO OTHER CHRISTINAS IN THE CLASS SO THEY CALL ME CHRISSY.

I HAD TO

12:07:31 LEARN TO WRITE CHRISSY AND I CREATED IN MY

12:07:34 CHILD BRAIN I WAS IN PART OF THE WITNESS PROTECTION

12:07:37 PROGRAM, MY FAMILY REALLY WASN'T MY FAMILY,

12:07:41 I HAVE A NEW NAME.

THIS WILD IMAGINATION OF

12:07:44 RECREATING THINGS, THAT ONE DAY MY REAL FAMILY WAS GOING
TO

12:07:47 COME SAVE ME AND THINGS WOULD MAKE SENSE, WHICH IS WHY I

12:07:50 REALLY WANTED TO KNOW MY FATHER AND MY FATHER'S SIDE.

12:07:54

THERE HAS TO BE MORE.

BUT, SO THE MOMENT I

12:07:57 STEPPED OFF THE PLANE, WE DID A MONTH IN

12:08:00 WASHINGTON, D.C. AND THEN WENT OVER

12:08:03 TO GERMANY.

I APPLIED TO FRANCE AND TO ITALY, BUT

12:08:06 IT WAS GERMANY THAT I GOT THE SCHOLARSHIP FOR.

I REMEMBER COMING

12:08:09 TO MY FAMILY AND STAYED IT'S TOTALLY PAID FOR.

YOU DON'T HAVE TO PAY FOR ANYTHING.

12:08:14 SO I STEPPED OFF AND I SAID, HI, MY NAME IS CHRISTINA

12:08:18 AND I COME FROM A VERY NORMAL FAMILY, VERY BORING

12:08:21 AND I CHOSE ALL THE PARTS OF MYSELF THAT I WAS WILLING TO
TALK ABOUT AND NEVER

12:08:24 TALKED ABOUT ANYTHING ELSE.

I REMEMBER RIGHT BEFORE I

12:08:27 LEFT, MY BEST FRIEND HAD ASKED ME, SHE SAID, ARE YOU

12:08:30 OKAY?

AND I SAID, YEAH, WHAT ARE YOU TALKING ABOUT?

12:08:33 AND SHE WAS ALLUDING TO, SHE'S LIKE, WELL, THE TRIAL AND THE

12:08:37 NEWSPAPER AND EVERYBODY'S TALKING ABOUT IT.

AND I WAS ENRAGED.

12:08:40

I WAS LIKE, DON'T EVER BRING THAT UP TO

12:08:43 ME, NEVER.

I NEVER, EVER WANTED TO TALK ABOUT IT.

12:08:46 I JUST WANTED TO BURY IT.

AND I

12:08:50 DID.

I STUFFED DOWN ALL OF THOSE DIFFERENT PARTS OF MY

12:08:53 YOUNGER SELF THAT WAS VULNERABLE AND POWERLESS

12:08:56 AND UNABLE TO ARTICULATE WHAT WAS HAPPENING THAT WAS

12:09:00 OVERWHELMED, THAT WAS ANGRY, THAT

12:09:03 WAS MISUNDERSTOOD, YOU KNOW, ALL OF

12:09:06 THOSE DIFFERENT PARTS OF MYSELF.

I PICKED AND

12:09:09 CHOSE THE BEST PART AND THAT WAS IT.

I

12:09:12 CREATED THIS STORY LINE THAT WASN'T FALSE, BUT

12:09:16 WASN'T THE ENTIRE TRUTH.

AND

12:09:19 IT WAS THERE, YOU KNOW, IN

12:09:22 GERMANY THAT -- I MEAN T WAS A

12:09:26 HUGE CULTURE SHOCK.

MY

12:09:30 FIRST HOST FAMILY, I OWE THEM A GREAT IMMENSE.

THEY

12:09:33 TAUGHT ME SO MUCH.

THEY HAD NO IDEA.

12:09:36

AT ONE TIME THEY CAME HOME AND

12:09:40 I'M COVERED IN OLIVE OIL.

THAT'S NOTHING

12:09:44 COMPARED TO SOME OF THE OTHER STORIES, LIKE JUST -- YEAH,
REALLY,

12:09:47 REALLY HAVING A HARD TIME.

BUT IT WASN'T -- I

12:09:51 WAS FOCUSING ON OTHER THINGS.

IT WASN'T TRAUMA.

I DIDN'T HAVE TO TALK ABOUT IT,

12:09:54 NO QUESTIONS.

I REMEMBER SOMEBODY ASKING, HOW COME

12:09:57 YOU DON'T CALL HOME TO YOUR

12:10:01 FAMILY?

THEY WERE A REMINDER.

I HAD NO IDEA I WAS

12:10:04 GOING TO GO HOME.

ONE OF MY SISTERS TRIED TO COMMIT SUICIDE.

12:10:07 IT WAS THERE IN GERMANY SOMEBODY TOLD ME I WAS AN
ALCOHOLIC FOR THE FIRST

12:10:10 TIME.

I THOUGHT EVERYBODY DRINKS ALL THE TIME.

12:10:14 THEY WERE THE VERY FIRST PERSON TO SAY, YEAH, I THINK THAT
YOU HAVE A PROBLEM.

12:10:17 I WAS REALLY, REALLY YOUNG.

I MEAN, I HAD

12:10:20 MY FIRST CIGARETTE WHEN I WAS 7.

I STARTED REALLY

12:10:23 SMOKING BY THE AGE OF 9.

THAT

12:10:26 STORY SHOWED YOU, THE PICTURE.

THIS IS THE STORE

12:10:29 MY FAMILY RAN FOR YEARS, THE ONE ON THE BOTTOM RIGHT-HAND CORNER.

12:10:33

CIGARETTES, WE WOULD GET -- WE WOULD STEAL A WHOLE

12:10:36 CARTON OF CIGARETTES AND WE WOULD HAVE SMOKING PARTIES AT THE AGE OF

12:10:40 LIKE 8, 9 AND 10.

9 YEARS OLD WAS

12:10:43 MY FIRST BLACKOUT.

I WENT UP

12:10:46 TO MY FRIENDS, THE MAN THAT WAS SEXUALLY ABUSING HER HAD

12:10:49 PASSED OUT.

HE DRANK

12:10:54 PEPPERMINT SCHNOPPS.

HORRIBLE

12:10:58 ALCOHOL POISONING.

SO YOUNG.

I CONTINUED TO DRINK.

12:11:01

ALCOHOL, CIGARETTES, REALLY NICOTINE.

I COULDN'T

12:11:04 EVEN SMOKE A WHOLE ONE.

IT MADE ME LIGHT-HEADED AND

12:11:08 DIZZY.

BUT I REMEMBER THAT FEELING OF SOMETHING

12:11:11 ELSE OTHER THAN THIS WEIGHT AND THIS

12:11:14 PRESSURE THAT I HAD FELT MY ENTIRE LIFE,

12:11:19 THIS UNCOMFORTABLENESS IN MY OWN SKIN THAT I COULDN'T GET AWAY FROM.

THIS

12:11:22 IRRITABILITY AND UNCOMFORTABLENESS WITH LIFE I HAD MY ENTIRE

12:11:26 LIFE, AND WHEN I DRANK ALCOHOL, THEN I COULD

12:11:30 TAKE A FULL

12:11:34 DEEP BREATH.

ALL OF THAT OVER THINKING AND

12:11:37 FEAR AND OVERWHELMED JUST

12:11:40 DISAPPEARED.

AND THAT CONTINUED TO BE, YOU KNOW, SOMETHING

12:11:43 THAT -- I ENDED UPCOMING BACK FROM GERMANY

12:11:47 SMOKING TWO PACKS OF CIGARETTES A DAY, DRINKING ALMOST

12:11:50 EVERY SINGLE DAY.

I HAD TO DO MY LAST YEAR OF HIGH SCHOOL

12:11:54 AND I LEFT.

I

12:11:57 LEFT RIGHT AFTER GRADUATION CEREMONY.

I HAD EVERYTHING PACKED

12:12:00 AND WAS

12:12:04 GONE.

AND MOVED IN, WAS SO FOCUSED ON

12:12:07 MAKING MONEY, IT WAS DIFFERENT.

IT WASN'T LONG.

I HAD

12:12:10 SOME SUSTAINABILITY A LITTLE WHILE, BEAUTIFUL HOUSE AND CARS, BUT SO

12:12:13 EMPTY.

I WAS CHASING ALL THE WRONG THINGS.

I HAD NO IDEA WHO I

12:12:17 WAS.

I HAD NEVER CONFRONTED ANY OF MY TRAUMA AND

12:12:20 IT CAME OUT.

I THINK OF ANY OF THE

12:12:23 RELATIONSHIPS I HAD THEN, I DIDN'T KNOW HOW TO BE A GOOD FRIEND.

I DIDN'T KNOW HOW

12:12:26 TO BE A PARTNER.

I DIDN'T KNOW HOW TO BE A

12:12:30 DAUGHTER.

I REALLY FELT LIKE EVERYBODY ELSE HAD THIS

12:12:33 KEY TO LIFE AND I WAS JUST MISSING IT.

I JUST MISSED

12:12:35 IT.

I WORKED SO HARD BUT COULDN'T GET ANYWHERE.

12:12:39 AND, YOU KNOW, THERE WAS A LOT OF TRAUMATIC THINGS THAT HAPPENED THAT

12:12:43 LED TO THIS BREAKING POINT.

12:12:46

MY NEPHEW DIED TRAGICALLY AT THE AGE OF 6 AND HE

12:12:49 WAS GOING BACK AND FORTH BETWEEN MY HOUSE AND MY SISTER'S

12:12:52 HOUSE.

MY

12:12:56 FIANCEE DIED IN AN ACCIDENT, AND THEN

12:12:59 I WAS SO -- I WAS VULNERABLE.

I LOST MY JOB, WAS

12:13:02 IN A SEVERE DEPRESSION.

MY FRIENDS BROUGHT ME OUT TO DRINK

12:13:06 AND I COULDN'T STOP DRINKING.

AND I ENDED UP MEETING A MAN AND

12:13:09 GETTING INTO A VERY VIOLENT RELATIONSHIP, AND

12:13:12 THAT WAS MY FIRST EXPERIENCE WITH DOMESTIC

12:13:15 VIOLENCE.

AND I DIDN'T KNOW ANYTHING ABOUT IT.

HE INTRODUCED

12:13:21 ME TO DRUGS, AND THIS IS

12:13:25 A LITTLE BIT -- WANT TO GET TO THE

12:13:28 SERVICES AND TO THE HEALING.

I ALSO WANT YOU TO UNDERSTAND LIKE ALL OF THE

12:13:31 DIFFERENT THINGS THAT WERE HAPPENING.

12:13:34

SO MY EXPERIENCE THERE WAS --

LED TO REALLY UNDERSTANDING

12:13:37 NOW MENTAL HEALTH COERCION AND SUBSTANCE

12:13:41 ABUSE COERCION AND THE WAYS THAT PERPETRATORS CAN USE

12:13:44 SOMEONE'S MENTAL HEALTH AGAINST THEM, AND THE WAY THAT
THEY USE SUBSTANCES

12:13:47 AS A WAY TO

12:13:51 MANIPULATE, TO CONTROL AND IT'S TACTICS OF

12:13:54 ABUSE.

DURING THAT VERY VIOLENT

12:13:59 RELATIONSHIP THERE WERE SEVERAL TIMES THAT PEOPLE SAVED
MY LIFE.

12:14:02

I EVENTUALLY ENDED UP -- ME BEING HOMELESS FOR

12:14:05 ABOUT A DECADE BECAUSE OF THAT RELATIONSHIP.

I REMEMBER THE LAST

12:14:09 HOUSE THAT I LIVED IN BEFORE WE WERE

12:14:12 EVICTED -- AND WE WERE EVICTED BECAUSE WE LIVED

12:14:15 IN A DUPLEX AND THE OTHER SIDE HAD BEEN EMPTY A REALLY

12:14:19 LONG TIME.

I'M GOING TO SHARE THIS REALLY HAPPY

12:14:22 PART BEFORE I GO INTO THE OTHER PARTS OF HEALING.

12:14:25

IT'S A REALLY INCREDIBLE THING, AND THIS ACTUALLY JUST

12:14:28 RECENTLY HAPPENED.

SO ONE OF THE THINGS

12:14:31 THAT HE WOULD DO IN THESE

12:14:36 RAGES IS DESTROY ALL MY STUFF.

RIP UP MY

12:14:39 PICTURES, CUT UP MY CLOTHING IN THESE MOMENTS OF

12:14:43 RAGE.

SO HE HAD SENT ME TO THE HOSPITAL SEVERAL

12:14:46 TIMES, TRIED TO KILL ME SEVERAL TIMES.

HIS FATHER HAD COME AND

12:14:50 TAKEN THE GUNS.

I HAD TRIED TO GET AWAY,

12:14:53 BUT IT DIDN'T MATTER.

LAW ENFORCEMENT WAS INVOLVED AND I COULDN'T

12:14:56 ESCAPE.

HE WOULD ALWAYS FIND ME AND WOULDN'T

12:14:59 LET ME LEAVE.

AND THERE ARE

12:15:02 SO MANY OTHER PARTS ABOUT BEING

12:15:05 ADDICTED TO DRUGS.

IT REALLY ESCALATED.

IT WENT

12:15:09 FROM

12:15:13 ALCOHOL AND

12:15:17 ADEROL IN COLLEGE.

12:15:21

OPIATES, THEN HEROIN.

THIS REAL PROGRESSION OF USE.

12:15:24 SO ONE OF THE NIGHTS

12:15:27 HE HAD THROWN ME UP AGAINST THE WALL AND WAS STRANGLING ME.

12:15:30

BUT WE HAD NEIGHBORS THAT HAD JUST MOVED

12:15:33 IN.

THE NEIGHBOR HEARD WHAT WAS HAPPENING AND CAME OVER AND KICKED THE DOOR DOWN

12:15:36 AND SAVED MY LIFE.

I MEAN, I REALLY THOUGHT THAT

12:15:39 WAS ANOTHER TIME THAT HE WAS GOING TO KILL ME.

BUT

12:15:43 I KNEW THAT WHEN HE GOT OUT OF JAIL HE WAS GOING TO BE MAD SO I

12:15:46 ENDED UP COLLECTING SOME OF MY THINGS AND I HID THEM IN THE CRAWL

12:15:49 SPACE.

WE GOT EVICTED BECAUSE IT'S PART OF -- A LOT

12:15:53 OF PEOPLE SAY IF LAW ENFORCEMENT COMES, IT'S A

12:15:56 LOOPHOLE.

YOU CAN'T EVICT SOMEBODY FOR DOMESTIC VIOLENCE, BUT

12:15:59 YOU CAN EVICT THEM IF LAW

12:16:03 ENFORCEMENT SHOWS UP.

IT'S IMPORTANT TO PAY ATTENTION TO THE

12:16:08 LOOPHOLES AND CONSEQUENCE OF LAW WHEN IT COMES TO
SOMETHING LIKE THAT.

I GOT

12:16:11 A CALL A MONTH AGO A WOMAN MOVED INTO A HOUSE AND ASKED

12:16:14 ME IF I WAS CHRISTINA LOVE, THAT SHE HAD A BOX

12:16:17 OF MY THINGS.

I TOTALLY FORGOT ABOUT, FROM YEARS

12:16:21 AGO.

SO, SOMETIME IN THE NEXT MONTH

12:16:24 OR TWO I'LL FLY UP TO

12:16:27 ANCHORAGE TO THE HOUSE THAT I DID HEROIN IN FOR THE FIRST
TIME,

12:16:30 THE HOUSE HE HELD A GUN TO MY HEAD, STRANGLED

12:16:33 ME MULTIPLE TIMES.

AND I'LL GET

12:16:36 TO GET BACK -- SHE HAS MY GRADUATION CAP AND

12:16:39 PICTURES OF ME AS A

12:16:43 BABY, SO INCREDIBLE.

SHE TURNED THE HOUSE INTO

12:16:46 A ASSISTED LIVING HOME, SO FOR

12:16:50 PEOPLE -- INCREDIBLE PASSION FOR PEOPLE, YEAH, HAS

12:16:53 MADE A LIFE OUT OF WORKING WITH PEOPLE IN THAT

12:16:55 WAY.

IT'S BEAUTIFUL.

SO I'M REALLY, REALLY EXCITED.

12:16:58 WANTED TO SHARE THAT WITH YOU.

12:17:02 SO, AND SOME OF THE OTHER PARTS TO IT.

SO AT THIS TIME,

12:17:05 THIS IS SOME OF MY FIRST EXPERIENCES WITH LAW

12:17:09 ENFORCEMENT.

I WAS IN THAT HOUSE WHEN I GOT A

12:17:12 TRAFFIC TICKET.

LAW ENFORCEMENT CAME TO MY DOOR.

I

12:17:15 GOT PULLED OVER FOR NOT HAVING INSURANCE.

I WAS 18 YEARS

12:17:18 OLD.

THIS IS MY VERY FIRST ENCOUNTER WITH LAW

12:17:22 ENFORCEMENT AND I DIDN'T KNOW THAT THERE WAS A COURT

12:17:26 HEARING AND THAT IF BY NOT SHOWING UP THEY PUT

12:17:29 OUT A WARRANT FOR YOUR ARREST.

I WAS IN THE SHOWER, HEARD

12:17:32 BANGING ON THE DOOR.

I SAW IT WAS AN OFFICER.

I

12:17:35 SAID, I'M GOING TO GET DRESSED.

NO, I NEED TO PUT CLOTHES ON

12:17:38 BEFORE I TALK TO YOU.

THE OTHER OFFICER

12:17:42 SAW ME SAY HI AND LEAVE, KICKED MY DOOR DOWN AND TACKLED ME

12:17:46 NAKED.

I ENDED UP GETTING TASED AND BROUGHT

12:17:49 TO JAIL WITHOUT A BRA, WITHOUT SHOES, AND I HAD TO

12:17:52 GET DRESSED IN FRONT OF THEM IN A SHIRT,

12:17:55 SO I WAS TERRIFIED OF LAW ENFORCEMENT.

THAT WAS MY

12:17:59 FIRST ENCOUNTER.

DEFINITELY NOT

12:18:03 SOMEONE, WHEN THE COPS WERE CALLED, NOT SOMEBODY I WAS
CALLING.

THIS IS REALLY IMPORTANT BECAUSE LATER

12:18:06 ON AS I'M

12:18:10 EXPERIENCING SEXUAL ASSAULT, WHICH IS A

12:18:13 HUGE PART OF THAT

12:18:16 WORLD.

WHEN YOU ARE ON SUBSTANCES, WHEN YOU STRUGGLE WITH

12:18:20 SUBSTANCE USE AND YOU ARE IN YOUR ADDICTION, IT IS AN
INCREDIBLY

12:18:23 DANGEROUS WORLD, INCREDIBLY.

YOU KNOW, I MEAN,

12:18:26 I THINK ABOUT ALL OF THE PLACED -- WE WENT OVER THE SCIENCE

12:18:29 OF ADDICTION.

FOR PEOPLE WHO ARE STRUGGLING WITH ADDICTION, I

12:18:32 USED TO SAY, I'LL SAY AGAIN, IF I COULD HAVE TRADED OXYGEN
FOR DRUGS, I

12:18:36 WOULD HAVE.

AND NOW I UNDERSTAND AS THE DISEASE OF

12:18:39 ADDICTION IS A DISEASE, IT IS A DISORDER, IT IS A

12:18:42 PROGRESSIVE CHRONIC AND SOMETIMES FATAL DISEASE THAT AS
IT

12:18:45 PROGRESSED AND I WAS AT A PROGRESSED STAGE

12:18:49 FROM THE PREFRONTAL CORTEX, RATIONAL TO THE

12:18:53 BACK, YOUR SURVIVAL REP TILLIAN

12:18:56 PART OF YOUR BRAIN, IT HAPPENS SO FAST.

12:19:00

IT WAS SO LIBERATING FOR

12:19:03 ME, THAT I PUT MYSELF IN DANGER,

12:19:06 NOT UNDERSTANDING THAT I PUT DRUGS ABOVE EVERYTHING ELSE
AND

12:19:09 I DIDN'T UNDERSTAND WHY.

SO I WOULD END UP IN THESE REALLY

12:19:12 DANGEROUS PLACES WITH REALLY DANGEROUS PEOPLE AND, YOU

12:19:16 KNOW, AT THAT TIME I DIDN'T KNOW -- I DON'T KNOW HOW MANY
TIMES I HAD BEEN SEXUALLY

12:19:19 ASSAULTED.

AND SOME OF THOSE STORIES I'LL RECALL BECAUSE THEY ARE REALLY

12:19:22 IMPORTANT, BUT ONE OF THE TIMES MY PARTNER HAD HIT ME

12:19:26 IN THE FACE WITH A 2 BY 4, AND THEY HAD

12:19:29 WIRED MY JAW SHUT.

THEY BROUGHT ME TO THE LOCAL PROGRAM

12:19:32 AND THEY COULDN'T TAKE ME IN BECAUSE I WAS UNDER THE
INFLUENCE,

12:19:35 YOU KNOW.

OR AT TIMES WHERE LAW ENFORCEMENT SAID, SHE HAS

12:19:38 NO PLACE TO GO AND THEY'RE ADVOCATING FOR ME.

12:19:41

IF SHE MEETS CRITERIA, EVEN THOUGH I DIDN'T TRUST THEM

12:19:45 BECAUSE THE WEEK BEFORE THEY HAD ARRESTED ME FOR
WHATEVER,

12:19:48 THAT'S PART OF THE WORLD, TOO, WHEN YOU'RE ON DRUGS, BEING
IN AND

12:19:51 OUT OF JAIL.

SO WHEN I WAS IN

12:19:54 PROGRAMS, THEN I DIDN'T LAST VERY LONG BECAUSE OF THOSE EMOTIONAL

12:19:57 RESPONSES I HAD AS A CHILD.

THOSE WERE TEN TIMES

12:20:01 WORSE NOW.

THOSE FITS OF RAGE, IF SOMEBODY YELLED AT ME,

12:20:04 IF SOMEBODY GOT IN MY FACE AND I HAD THESE OTHER ADDITIONAL TRAUMA

12:20:07 RESPONSES FROM MY PARTNER, STILL TO THIS DAY,

12:20:10 I CAN'T STAND ANYBODY GETTING CLOSE TO MY FACE AT ALL.

AND

12:20:13 THAT IS BOTH BECAUSE OF THE DOMESTIC VIOLENCE, MY PARTNER GETTING IN

12:20:17 MY FACE AND ALSO SEXUAL ASSAULT WHERE MY FACE WAS COVERED.

12:20:20

I JUST CAN'T HAVE ANYTHING NEAR MY FACE OR

12:20:24 ANYBODY.

AND A LOT OF SELF-ADVOCACY IS

12:20:29 TALKING TO MY PARTNER, MY FRIENDS, PEOPLE I WORK

12:20:32 WITH.

THESE ARE THE THINGS THAT KEEP ME SAFE AND ADVOCATING FOR

12:20:36 MYSELF.

LET ME TRY AND GET THROUGH.

THERE'S A COUPLE THINGS I WANT TO

12:20:41 SHARE BEFORE WE GO INTO QUESTIONS.

>>> SO, DURING THIS TIME I AM IN AND

12:20:46 OUT OF THE HOSPITAL.

WHEN I AM IN THE HOSPITAL, I'VE BEEN THERE FOR MULTIPLE

12:20:49 SUICIDE ATTEMPTS.

THERE ARE A LOT OF MEDICAL ISSUES

12:20:52 RELATED WITH NOT SEEING A DOCTOR EVER.

JUST

12:20:57 GOING IN FOR EMERGENCY ISSUES.

SOMETIMES I WAS BROUGHT IN BECAUSE I HAD

12:21:01 DRUG-INDUCED SCHIZOPHRENIA FROM METH

12:21:05 AMPHETAMINE.

WHEN YOU TAKE METH ON DETOX,

12:21:08 YOU DON'T GO THROUGH WITHDRAWAL.

THAT'S HOW I ENDED

12:21:11 UP USING METHAMPHETAMINE WHICH BROUGHT ABOUT DRUG

12:21:15 INDUCED SCHIZOPHRENIA.

A LOT OF TIMES I WAS BROUGHT

12:21:18 IN BECAUSE OF ABSCESS, MY WHOLE BODY WAS COVERED IN

12:21:21 ABSCESS.

I WAS AN IV DRUG

12:21:24 USER.

MY ARMS WERE COMPLETELY COVERED.

I WAS

12:21:27 SHOOTING UP INTO MY NECK, ALL OVER MY BODY,

12:21:31 ANYPLACE YOU COULD THINK OF.

SO THEY WERE FAMILIAR WITH

12:21:34 ME.

SO WHEN I DID COME IN FOR SEXUAL ASSAULT, I WAS

12:21:37 TREATED COMPLETELY DIFFERENT.

YOU

12:21:40 KNOW, THEY -- ESPECIALLY THE TIMES THAT WE

12:21:43 WOULD TRY -- I KNEW WHO THE PERSON WAS, I WANTED TO FOLLOW

12:21:47 THROUGH WITH IT, BUT THEN I WOULD GO INTO DETOX, AND THE

12:21:50 WAY THAT PEOPLE LOOKED AT ME, THE WAY THAT THEY TREATED

12:21:53 ME, THE WAY THEY TALKED TO ME MADE ME FEEL LIKE

12:21:56 I WAS LESS THAN NOTHING.

12:21:59

THAT IS A WHOLE OTHER PART OF SYSTEMIC

12:22:03 ABUSE.

SO I'M GOING TO GO BACK TO MY GRANDMOTHER.

12:22:07

>>> SO, I HAD BEEN LIVING HOMELESS AT THE TIME AND MY FAMILY

12:22:10 GETS HOLD OF ME AND

12:22:13 GOSH, IT BROKE MY HEART.

MY AUNT AND I TALKED ABOUT IT NOT

12:22:16 THAT LONG AGO.

MY FAMILY HAD TO SIT DOWN

12:22:19 WITH MY GRANDMOTHER BETTY THAT TOOK ME IN.

THEY EXPLAINED

12:22:22 TO HER, YOU CANNOT GIVE HER ANY MORE MONEY.

BUT

12:22:26 SHE'S COLD AND SHE'S HOMELESS AND

12:22:29 HUNGRY.

THEY SAID, NO, SHE'S GOING TO

12:22:32 USE IT ON DRUGS.

12:22:35

IT'S NOT HELPING.

SO THEY WERE ABLE TO GET WORD

12:22:38 TO ME THAT MY GRANDMOTHER WAS

12:22:41 SICK.

SHE HAD A BIG TUMOR IN HER MOUTH.

SO THE

12:22:44 DEAL WAS THAT IF I CAME HOME TO DETOX

12:22:48 FOR THE LAST TIME, AT THAT POINT I HAD BEEN

12:22:51 IN MULTIPLE DIFFERENT FACILITIES.

I HAD TRIED TO GO TO

12:22:55 TREATMENT.

I HAD TRIED DETOX.

I HAD BEEN BLACK FROM

12:22:58 DETOX BECAUSE I BROUGHT DRUGS IN.

IT'S A WILD

12:23:01 THING TO THINK ABOUT.

WHY WOULD YOU BRING DRUGS INTO A DETOX?

12:23:04 BECAUSE OF A LOT OF DIFFERENT REASONS, YOU KNOW.

NOT HAVING FAITH.

12:23:07

WHAT IF I CAN'T DO IT, ALWAYS WANT TO HAVE THIS BACKUP

12:23:10 PLAN.

I MEAN, I HAD DETOX IN JAIL ON THE FLOOR

12:23:13 IN A STRAIGHT JACKET, YOU KNOW.

WHEN PEOPLE SAY, YOU NEED

12:23:16 TO FEEL THE PAIN, I FELT THE PAIN.

AS SOON AS I GOT OUT I

12:23:19 USED AGAIN.

THAT'S NOT WHAT IT WAS ABOUT.

12:23:23

BUT SO SHE SAID IF I CAME HOME AND I GOT MEDICAL CARE

12:23:26 SO WOULD SHE.

SHE WOULD GET

12:23:28 MEDICAL CARE, TOO.

SO I DID.

I CAME HOME.

12:23:31 MY FAMILY DIDN'T KNOW ANYTHING ABOUT ADDICTION.

THEY BROUGHT ME TO A DRY

12:23:35 CABIN IN FAIRBANKS AND I GOT REALLY SICK.

I THINK ABOUT

12:23:38 THIS.

IT WAS SO NORMAL.

THEY BROUGHT ME TO THE GROCERY STORE

12:23:41 AND THEY LET ME PICK OUT FOOD.

AND THAT WAS -- WHEN

12:23:44 YOU ARE IN YOUR ADDICTION, YOU'RE HOMELESS,

12:23:47 YOU DON'T GET TO PICK WHAT FOOD YOU EAT.

A LOT

12:23:50 OF SHELTER FOOD IS

12:23:54 MOLDY BREAD AND ROTTEN DAIRY.

IT DEPENDS WHAT KIND OF

12:23:58 SHELTER YOU'RE AT, OR SOMETIMES THEY'LL GIVE YOU BAGS OF FOOD.

BUT

12:24:01 IT'S NOT HIGH ON THE PRIORITY.

BUT I FELT SO NORMAL WALKING

12:24:04 WITH MY AUNT AND UNCLE.

I PICKED OUT THINGS

12:24:08 FROM MY CHILDHOOD LIKE PUDDING CUPS, FROZEN

12:24:13 BURRITOS, CEREAL.

I WAS FEELING VERY COMFORTABLE.

12:24:16

I ENDED UP GETTING SICK AND STARTED TO HAVE

12:24:20 SEIZURES.

THEY BROUGHT ME TO THE HOSPITAL AND WENT TO

12:24:23 GATEWAY.

I MET PAUL FINCH WHO IS A

12:24:26 PHYSICIAN'S ASSISTANT WHO HELPED ME DETOX FOR THE LAST
TIME.

12:24:29

HE SAID I WASN'T A BAD PERSON, THAT HE BELIEVED I HAD

12:24:33 EXPERIENCED A LOT OF TRAUMA, AND THAT

12:24:36 RECOVERY WAS POSSIBLE.

AND I DIDN'T -- I HAD NEVER HEARD THAT

12:24:39 BEFORE.

AND THEY DID, YOU KNOW, I EXPLAINED THE

12:24:43 TRAUMA.

THEY FILLED OUT EVERY

12:24:46 APPLICATION FOR ME, THEY DROVE ME TO ALL THE

12:24:49 APPOINTMENTS.

I NEVER WOULD HAVE BEEN ABLE TO DO THAT, NEVER.

12:24:52 I HAD TRIED IT MANY TIMES BEFORE.

AT THAT STAGE, IF SOMEBODY THAT

12:24:55 LEVEL OF ME GETTING CONSENT, YES, THIS IS WHAT I WANT TO

12:24:58 DO, NOT HAVING THE ABILITY, THEN THEY WERE

12:25:01 RIGHT THERE.

AND SO MY

12:25:06 GRANDMOTHER, I GOT OUT OF DETOX AND IT WAS THE

12:25:09 LAST CHRISTMAS THAT WE SPENT TOGETHER.

AND I REMEMBER

12:25:12 THAT SHE MADE MACARONI

12:25:16 AND CHEESE AND THE SIMPSONS

12:25:19 WERE ON.

I WAS ON THE COUCH.

IT WAS A HOME THEY BUILT AT

12:25:23 FAIRBANKS, WOOD STOVE, AND I JUST -- I NEVER THOUGHT THAT I
WOULD BE

12:25:27 BACK IN THE HOUSE THAT I WAS SO ASHAMED OF, RIGHT,

12:25:30 LIVING THAT WAY, DRY CABIN, AND I FELT

12:25:33 SO SAFE AND SO WARM AND I REMEMBER MY GRANDMOTHER
ASKING

12:25:36 ME, WHY I HAD STAYED AWAY FOR SO LONG.

AND I TOLD HER

12:25:39 I WAS REALLY ASHAMED, YOU KNOW.

I RECOGNIZED THE

12:25:43 SACRIFICES THAT SHE HAD MADE TO GIVE ME AND I FELT SO MUCH
GUILT

12:25:46 FOR

12:25:50 LIVING THIS WAY.

AND I REMEMBER SHE TOLD

12:25:53 ME THAT SHE

12:25:56 LOVED ME JUST AS MUCH AS WHEN I WAS A BABY

12:26:00 AS WHEN I WAS

12:26:03 IN THE HOUSES, AND THAT THERE WAS NEVER GOING TO BE
12:26:06 ANYTHING THAT I
12:26:09 COULD DO THAT WOULD CHANGE THAT.
THAT SHE WOULD ALWAYS LOVE ME NO MATTER WHAT.

12:26:17 AND, YOU KNOW, BETWEEN UNDERSTANDING THE SCIENCE OF
12:26:20 ADDICTION AND THEN HEARING THAT, THAT SHE
12:26:23 WAS ALWAYS THERE THROUGH ALL OF
12:26:27 THE TRAUMA, NOT COMPLETELY UNDERSTANDING
12:26:31 IT, BUT LOVING ME THROUGH IT, YOU KNOW, AND
12:26:34 BELIEVING IN ME AND CHAMPIONING
12:26:38 -- AND KNOWING -- I REMEMBER SHE SAID,
12:26:43 SHE SAID, OF COURSE I WORRY, BUT I NEVER REALLY WORRIED
12:26:46 BECAUSE I ALWAYS KNEW YOU WOULD MAKE IT OUT.

12:26:52 HOLDING HOPE FOR SOMEBODY UNTIL THEY CAN HOLD IT FOR
THEMSELVES.

SHE

12:26:55 ALWAYS CARRIED THIS BIGGER VISION OF WHAT MY LIFE COULD
LOOK LIKE, EVEN WHEN I COULDN'T SEE IT.

12:27:03 AND THAT REALLY BECAME -- WHEN I THINK BACK TO THE
BEGINNING WHEN
12:27:06 WE FIRST STARTED THIS AND I WAS THINKING ABOUT SITTING
12:27:10 THERE ON THE BENCH
12:27:13 WITH HER AND
12:27:16 HOW CONNECTION AND COMMUNITY GIVES
12:27:20 US THIS SENSE OF SECURITY SO THAT WE CAN GO OUT INTO THE
12:27:23 WORLD AND MAKE BRAVE CHOICES AND DO INCREDIBLE

12:27:26 THINGS.

WE JUST HAVE THIS CENTER AND THIS FOUNDATION TO COME BACK

12:27:29 TO.

AND THAT IS SOMETHING THAT REGARDLESS OF WHATEVER YOU'RE DOING
THAT WE CAN

12:27:32 GIVE TO ANY PERSON AT ANY TIME, YOU KNOW, THAT MAYBE WE

12:27:36 DON'T HAVE THE MEANS TO GIVE THEM

12:27:39 EVERYTHING, BUT WE CAN ALWAYS BE KIND,

12:27:43 AND WE CAN ALWAYS BELIEVE THAT SOMETHING GREATER

12:27:46 IS THERE FOR THEM EVEN WHEN THEY DON'T BELIEVE IT FOR
THEMSELVES.

12:27:52

>>> IT IS

12:27:55 11:27.

I USUALLY LIKE TO DO A LITTLE MORE

12:27:59 GROUNDING, BUT I FEEL LIKE I DIDN'T, PURPOSEFULLY

12:28:03 DIDN'T DIVE IN TOO DEEP INTO THE TRAUMA.

I

12:28:06 NEVER KNOW WHAT STORY I'M GOING TO TELL.

WE ARE COMING CLOSE TO TIME.

12:28:09

I WANT TO OPEN IT UP FOR PEOPLE WHO WANT TO ASK

12:28:12 QUESTIONS OR COMMENTS.

AND I THINK, ACTUALLY, WE'RE GOING TO OPEN

12:28:15 IT UP FOR OUR SPANISH INTERPRETERS, IF THERE IS ANYBODY THAT
WANTS

12:28:19 TO ASK A QUESTION FIRST, JUST TO HONOR OUR

12:28:22 INTERPRETER'S TIME.

I AM SO GRATEFUL TO BE

12:28:25 HERE WITH YOU TODAY.

I'M SO GRATEFUL THAT I GET TO THINK ABOUT WHERE LIFE

12:28:29 WAS THEN AND WHERE IT IS NOW, AND BE ABLE

12:28:33 TO DREAM ABOUT THE TYPES OF SERVICES THAT PEOPLE LIKE ME
AND

12:28:36 MY SISTERS NEED.

THANK YOU.

12:28:40

>> CHRISTINA, THANK YOU SO MUCH.

I THINK

12:28:44 JUST LISTENING TO YOU SPEAK, MULTIPLE

12:28:48 OCCASIONS NOW, THE GRACE AND DIGNITY AND JOY YOU HOLD
RIGHT

12:28:51 NOW JUST TOTALLY BELIES

12:28:53 THE LIFE YOU HAD EXPERIENCED.

IT'S AMAZING.

YOU ARE AMAZING.

12:28:58 APPRECIATE IT, AND I APPRECIATE EVERYONE FOR BEING HERE

12:29:01 TODAY AND JOINING US.

AND PLEASE DO FILL OUT

12:29:05 EVALUATION THAT KERRY WILL BE EMAILING

12:29:08 TO YOU AFTER.

AND REMEMBER, IF YOU HAVE SEVERAL PEOPLE WATCHING WITH YOU,

12:29:11 THAT WE WOULD LIKE TO KNOW WHO THEY ARE

12:29:14 ALSO, AND IF YOU WOULD SHARE THE LINK TO THE EVALUATION

12:29:17 WITH THEM.

AND PLEASE JUST SEND

12:29:21 THAT TO ISAAC AT FORENSIC

12:29:25 NURSES.ORG.

OUR NEXT WEBINAR IS GOING TO BE TALKING ABOUT TRADITIONAL HEALING
FROM

12:29:28 TRAUMA.

SO PLEASE JOIN US FOR THAT ON AUGUST 19t