



Nebraska Urban Indian Health Coalition

Rachael Brockway, from the Nebraska Urban Indian Health Coalition, spoke at the Treynor Optimist Club on June 7. They operate a drug or alcohol rehabilitation center with a primary focus on substance abuse treatment, and are based at 2240 Landon Court in Omaha, Nebraska.

Rachael said that the center focuses on drug, meth, and suicide prevention. They treat Native Americans and others. They operate on a Region 6 grant. They recently had a visit from Milton Creagh, a Native American motivational speaker. He also spoke at Lewis Central School.

The Nebraska Urban Indian Health Coalition also has programs on bullying, cutting, and teaches tribal crafts, languages, and cultures to help youth find motivation for learning.

Rachael recently had training in historical trauma, which is cumulative emotional and psychological wounding, exceeding over an individual lifespan and across generations, caused by significant group traumatic experiences. This can result from killing someone to simple things like loneliness. She said “everyone should learn about historical trauma” so they can move on in their life.

Rachael spent a year at the Fort Peak Reservation in North-East Montana. She left there because she wanted a better education for her children. She observed that Indian school systems are behind other schools. They need more Native American teachers. Most teachers spend a year or two there, so students never develop a relationship with their teachers. Only about 3% finish college and many do not finish High School. Where she was they had huge sports programs. Basketball was so big that the school buys everyone basketball shoes. However, attendance rules are rather lax, so you only have to attend the last period of the day to play basketball.

Rachael said that there are two basic groupings of Indians, Northern and Southern. Northern speak in a higher pitch and Southern in a lower pitch and slower.

Rachael was born into the Blackfoot tribe in Canada. She was adopted into a white family. Her original name was Yellow Old Woman.

Additional information about the Nebraska Urban Indian Health Coalition can be found at: <http://nuihc.com/>