

Tribal – Grief Training – Creating Safe Spaces Suite to Heal

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Creating Safe Spaces to Heal

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Garret Lee Smith Grantees
August 4 – 7, 2026



SAMHSA
Substance Abuse and Mental Health
Services Administration

Disclaimer

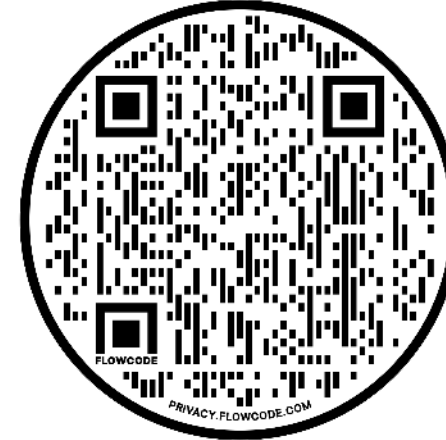
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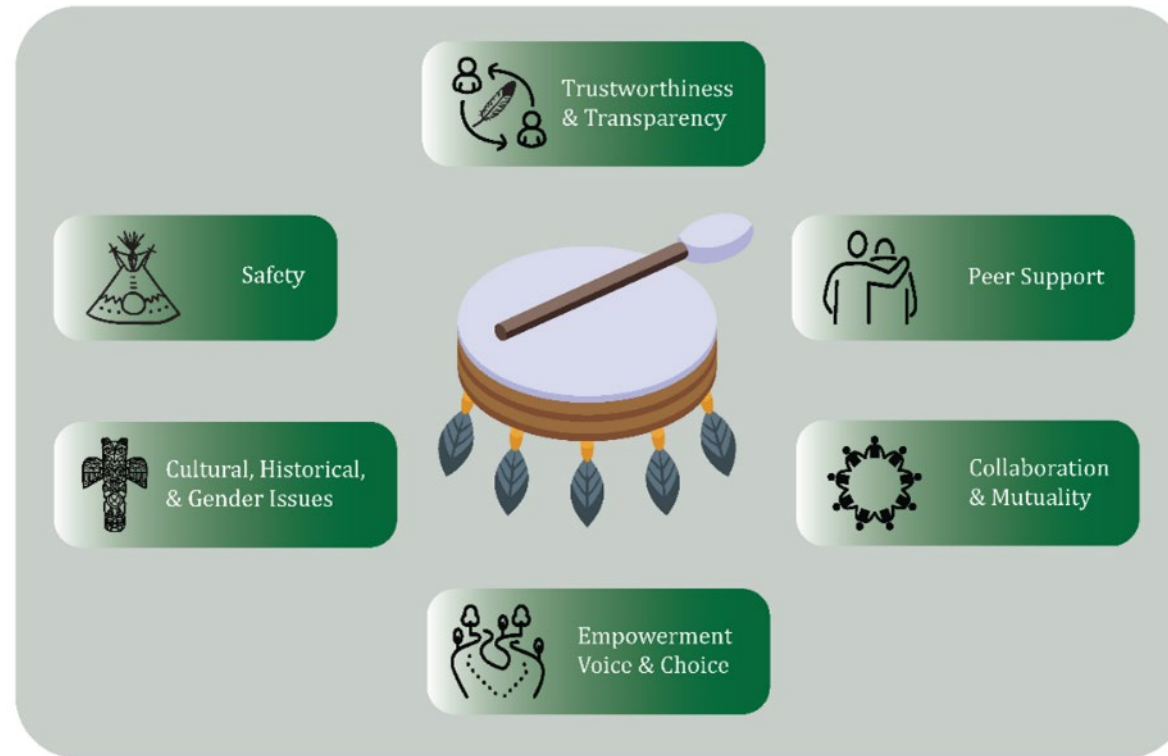
Creating Safe Spaces to Heal Goal

The goal of CSSTH is to empower providers and natural helpers serving Indigenous communities with the knowledge and skills to implement a community and culturally specific grief and loss response that weaves together traditional practices with Western research.

Creating Safe Spaces to Heal Units

Unit I	Unit II	Unit III	Unit IV
The Grief Experience	Grief and Healing	Transitions	The Path Forward
<i>Lessons from Traditional Practice</i>	<i>How Trauma Can Impact the Grief Journey</i>	<i>Honor Our Journey</i>	<i>Celebrating Our Strengths and Gifts</i>

Six Key Principles of Trauma Informed Approach





**Riinii Shipman, Walpole Island First Nation
Chippewa Band**

<https://youtu.be/2trYkwGaXjI>



Themes Identified in Focus Group

- Cultural wisdom shows that there is a process to grieving and healing that we have known for a long time
- Support, including follow-up, is key to healing
- Grief is a journey (there is a beginning, a middle, and an end to the grief process)
- Culturally, there are knowledge keepers who can help guide us on the grief journey
- Traditionally, ceremony includes physical activities, song, prayer, building and tending the fire, etc.

Make It Your Own

- What wisdom or themes did you hear in this video?
- What are similarities and differences from your tribal practices?
- If you are in a setting with multiple tribes or villages, you might show the video(s) and hold a discussion about what stood out for the participants.



Digital Story: Butterfly Woman

<https://youtu.be/eLx-qfINjWE>

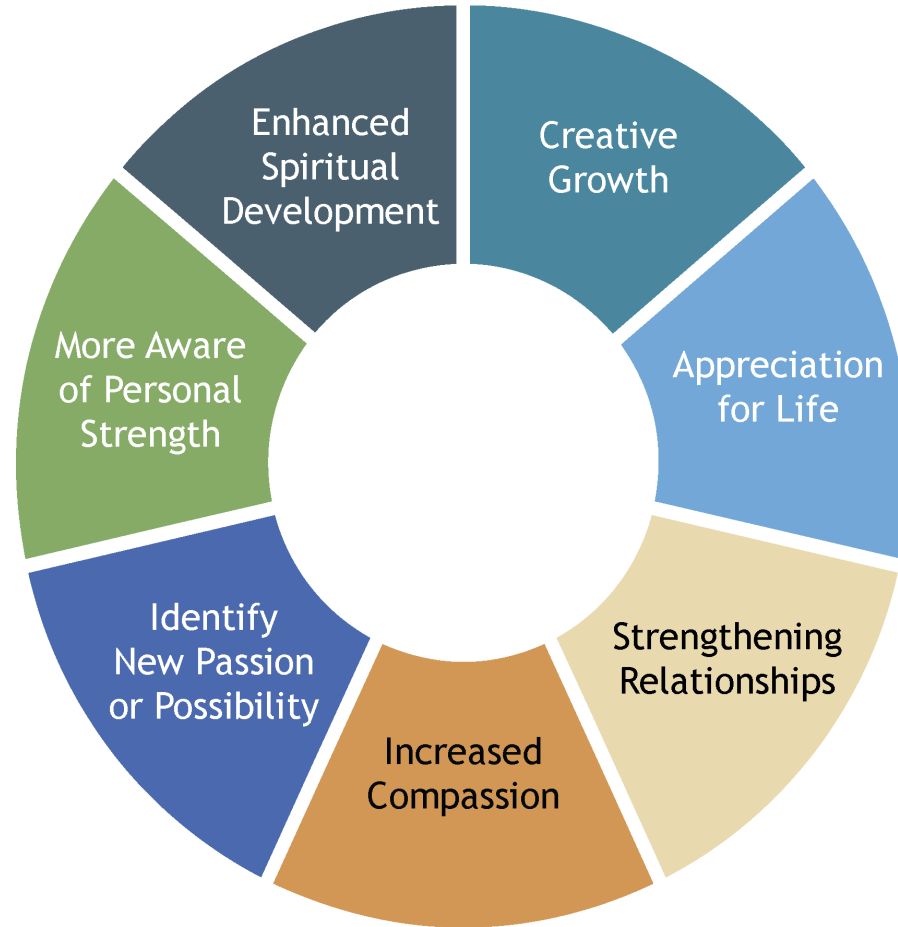
Processing Questions

- What image stands out for you in this story?
- How hard do you think it was for Butterfly Woman to get up and walk every day?
- Why do you think Creator allowed Butterfly Woman to walk for a full year?
- Does your tribe have grieving practices or seasons of grief they observe?
- What happens when we do not process our grief? What can it transform into?
- Have you ever gained something valuable by moving through the grief process? What was it?

Make It Your Own

- What type of groups do you work with in your organization?
- Do you have access to elders who could answer these questions? If so, how might you use their responses with the people you work with?
- Have you or would you be interested in facilitating a talking circle?
- If you were to facilitate a talking circle focused on grief who would be the participants?

Post-Traumatic Growth



Belmont Process





SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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