

Brain Health

INDIGENIOUS HEALING

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Remember these words

Mountain	Orange	Chair	Hippocampus
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how do we heal what we do not see

The INVISIBLE RACE

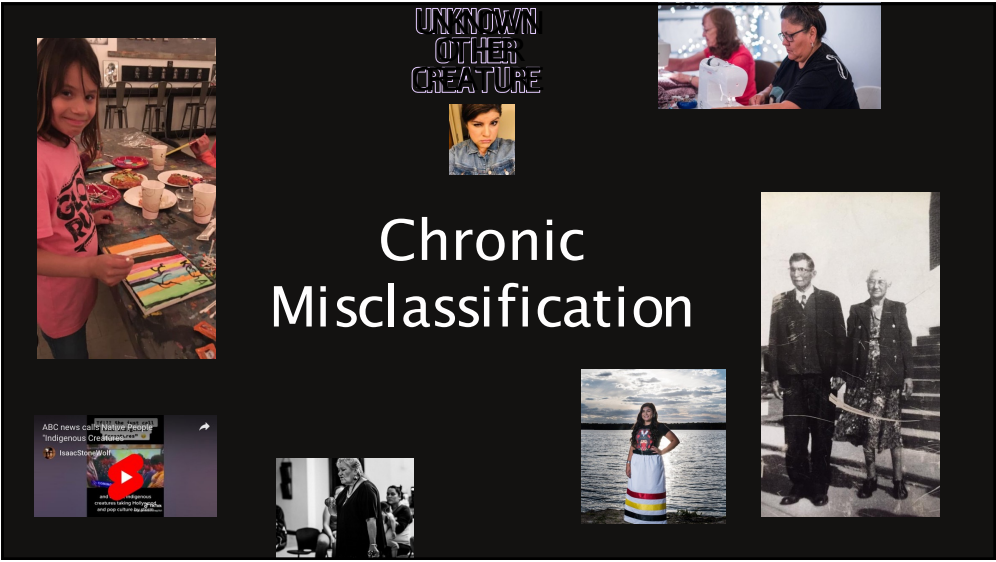
What's Important?



The INVISIBLE RACE

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In 2012, there were 266,000 AIAN elders 65 or older

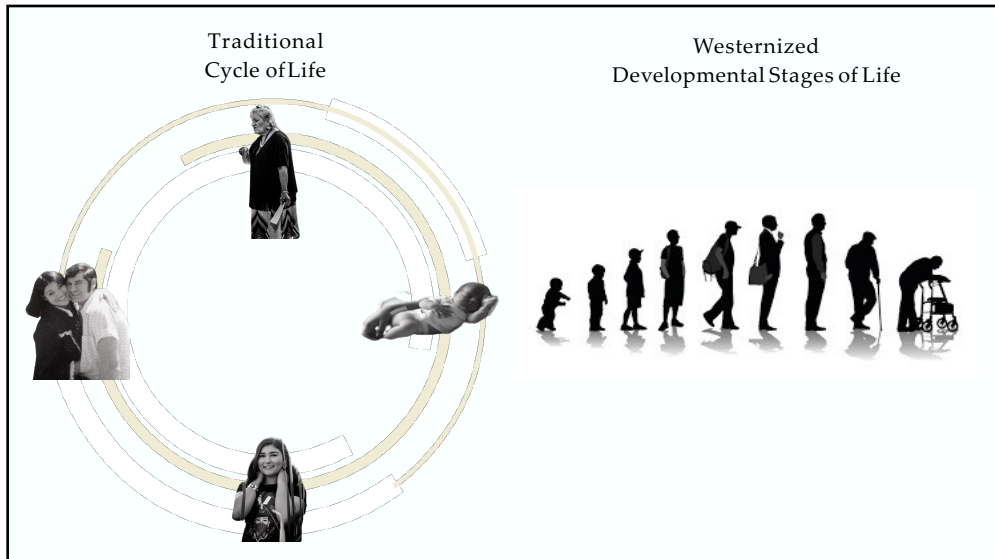
In 6 American Indians/Alaskan Natives is 45 or older are experiencing subjective cognitive decline.

cdc.gov/aging

Inequity.

That number is projected to almost triple by 2030

6



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Crude estimates
Native Dementia reaching
100,980 by 2050 for Indian Country—

Mild cognitive impairment (MCI) and dementia are broad terms that indicate that there is a decline in cognition greater than would be expected for that person's age, education, or development.

Dementia: any disease that causes a change in memory or thinking skills that is severe enough to impair a person's daily functioning (driving, shopping, balancing etc)

While some mild changes in cognition are considered a part of the normal aging process, dementia is not.

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Age-related decline

[thinking abilities peak around 30 and, subtly decline as we age]

www.brunch.com

slowness in thinking and difficulties sustaining attention, multitasking, holding information in mind and word-finding.

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Modifiable Risk Factors:

1. Type 2 diabetes
2. High blood pressure
3. Midlife obesity
4. Smoking
5. Depression
6. Little or no mental activity
7. Little or no physical exercise



<https://memory.ucsf.edu/symptoms/healthy-aging#~:text=We%20develop%20many%20thinking%20abilities,in%20mind%20and%20word%2Dfinding.>

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Changes in the Aging Brain



- Certain parts of the brain shrink, especially those important to learning and other complex mental activities.
- In certain brain regions, communication between neurons (nerve cells) may not be as effective.
- Blood flow in the brain may decrease.
- Inflammation, which occurs when the body responds to an injury or disease, may increase.

Link Name

Link Name

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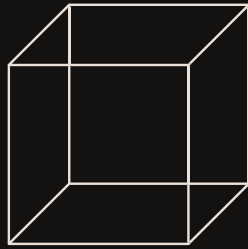
SAGE

Name each picture



12

Copy this picture



13

Lifestyle factors can also increase one's risk of inflammation and these include smoking, poor diet, lack of physical exercise, and inadequate sleep (Ford, 2002; McDade, Hawkey & Caccioppo, 2006) and psychological distress

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Cognistat

Language

Spatial Skills

Memory

Calculations

Reasoning

10 min: Cognitively intact clients
20-30 min: Cognitively impaired clients

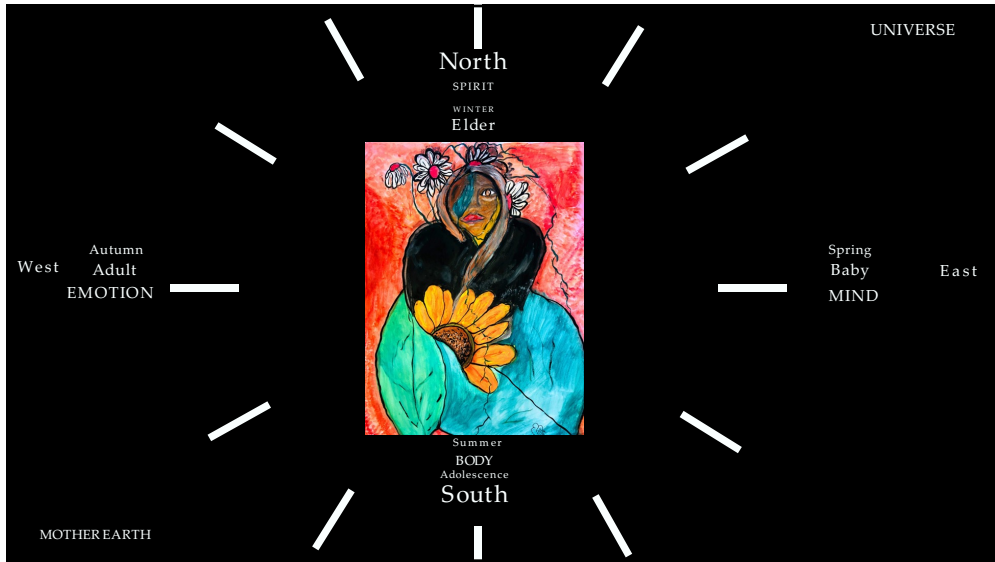
Offered at:

https://www.cognistat.com/sites/default/files/2018/08/20180820_cognistat_fullpublicpaper-1803-no-year_0.gif?itok=4A398wR9

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Remember those words from the beginning?

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MIIGWECH
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Farhang, M., Miranda-Castillo, C., Rubio, M., & Furtado, G. (2019). Impact of mind-body interventions in older adults with mild cognitive impairment: A systematic review. *International Psychogeriatrics*, 31(5), 643-666. doi:10.1017/S1041610218002302

Beaulieu-Bonneau, S., & Hudon, C. (2009). Sleep disturbances in older adults with mild cognitive impairment. *International Psychogeriatrics*, 21(4), 654-666. doi:10.1017/S1041610209009120