



Historical Trauma Definition and Resources

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November 2020

What is Historical Trauma (HT)?

Historical Trauma (HT) is “the cumulative emotional and psychological wounding over one's lifetime and from generation to generation following loss of lives, land and vital aspects of culture” (Brave Heart & DeBruyn, 1998). In short, HT results from the practices of colonization, these include genocide, sickness, poverty, loss of sovereignty, and boarding schools. These instances of trauma result in a variety of psychological/emotional features that can cause significant harm to mental health and wellbeing. These features are defined as the Historical Trauma Response and can be experienced by the individual, family, and community across generations.

Historical Trauma Response symptoms:

- **Survivor guilt**—feelings of self-guilt and shame for surviving. Not limited to those directly exposed to trauma
- **Depression**—can be clinical or merely sustained feelings of grief or sadness
- **Psychic numbing**—feelings of indifference toward suffering and unable to access/feel emotion
- **Fixation to trauma**—preoccupation with thinking about trauma and death
- **Somatic (physical) symptoms**—Feelings of tightness in the chest/throat, generalized pain
- **Low self-esteem**
- **Victim Identity**—feelings of inadequacy, loss of hope for future, feels that they are alone in their experiences, complains about how hard life is
- **Anger**
- **Self-destructive behavior including substance abuse**
- **Suicidal ideation**
- **Hypervigilance**—sensitivity to surroundings, feelings of anxiety/alertness
 - Intense fear
- **Dissociation**—feeling disconnected from your own body, memory loss, feeling lost in the world
- **Compensatory fantasies**—fantasies about what life “would be like” that inhibit one from processing harmful emotions
- **Poor affect (emotion) tolerance**—increased emotional reactivity
- **Death identity** – fantasies of reunification with the deceased
- **Dreams of massacres, historical trauma content**—do not need to have been present at a trauma for this to occur
- **Loyalty to ancestral suffering & the deceased**
- **Internalization of ancestral suffering**—best described as “blood memory” whereby we feel the emotions of our ancestors when facing adverse or emotional situations
- **Vitality in own life seen as a betrayal to ancestors who suffered so much**

What do I do if I am feeling one (or more) of these symptoms above?

If you are reading this, that means you are probably already in our processing/reflection room. We have created this room to be a safe space for everyone, specifically those who are experiencing an emotional response to their visit. Having an emotional response after viewing the museum, video, or being on this land is completely normal and acceptable. It is okay to have these feelings.

We encourage you to use this space to reflect upon what you are feeling. We have provided a notebook if you wish to write down your thoughts, feelings, or reflections. Additionally, we have also provided **white sage, cedar, and tobacco, to burn**** if you wish to hold a ceremony or sacred space for yourself/your family here or in the garden.

On the following page you will find a list of resources for *emotional support* in the area, including brief information about insurances and access to care. An additional resource book can be found in the research center along with other healthcare and social services available in the area. If you are not from the local region but would like some suggestions for support in your area, please see the front desk so they can connect you with a staff member who can help.

This binder also contains a selection of articles and excerpts on the topic of Historical Trauma if you wish to further educate yourself on the topic. Copies of any content in this binder can be made.

****Please use caution and care when using fire**

| Name | City | Address | Contact Information | Services Provided | Insurance Information |
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| Battle Mountain Rural Counseling & Supportive Services | Battle Mountain | 10 East 6th St. Battle Mountain, NV. 89820 | (775) 635-5753 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Nevada Urban Indians | Carson City | 236 E Winnie Ln Carson City, NV 89706 | (775) 354-6855 | Nevada Urban Indians currently staffs a licensed clinical social worker and offers the following mental health services to adults, elderly, adolescents and children for the treatment of: Anxiety, Depression, Grief, Relationship Programs, Co-Occurring Disorders, Emotional Problems, Post Traumatic Stress Disorder, Sexual Trauma, Aggression, Self-Harming Behavior, Stress Related Issues, Conflict Resolution | Nevada Urban Indians offers assistance in obtaining health insurance, whether its Medicaid, Medicare or a Qualified Health Provider. Nevada Urban Indians is the only Medical Clinic and Social Service provider in Reno, Sparks, Carson City and all outlying areas that includes all those whose incomes exceed 200% of the Federal Poverty Level |
| Carson Rural Counseling & Supportive Services | Carson City | 1665 Old Hot Springs Rd., Ste 150, Carson City, NV. 89706 | (775) 687-0870 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |

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| Dayton Rural Counseling & Supportive Services | Dayton | 5 Pinecone Dr., Dayton, NV. 89403 | (775) 461-3769 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Elko Rural Counseling & Supportive Services | Elko | 1825 Pinion Road, Ste A Elko, NV. 89801 | (775) 738-8021 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Ely Rural Counseling & Supportive Services | Ely | 1675 Avenue F, Ely, NV, 89301 | (775) 289-1671 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Fallon Tribal Health Center | Fallon | 1001 Rio Vista Dr, Fallon, NV 89406 | (775) 423-3634 | Mental Health Services are available and include individual, family, couples and group therapy. In addition, mental health services provide psychological and psychiatric evaluations, medication management, and consult with other clinic divisions to provide coordinated care. | No premiums or deductibles for Native Americans or Alaska Natives enrolled in a federally recognized tribe. Staff are available any time to assist you in applying for a health plan. |
| Fallon Counseling & Supportive Services | Fallon | 141 Keddie St., Fallon, Nevada 89406 | (775) 423-7141 | Individual, group, and family therapies | Medicaid/Private Insurance |

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| New Frontier | Fallon | 1490 Grimes St., Fallon, Nevada 89406 | (775) 423-1412 | Screening/Assessment/Case Planning, referred appropriately in house with Substance Abuse as the primary treatment model; mental health (co-occurring disorders) screening completed and referred appropriately. Inpatient services for 18+; Outpatient services for 17 and younger | I.H.S.; Private Insurance; and Medicaid |
| Fernley Rural Counseling & Supportive Services | Fernley | 415 Highway 95A, Building I, Fernley, NV. 89408 | (775) 575-7744 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Douglas Rural Counseling & Supportive Services | Gardnerville | 1528 Highway 395, Ste 100, Gardnerville, NV. 89410 | (775) 782-3671 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Hawthorne Rural Counseling & Supportive Services | Hawthorne | 1000 C Street, Hawthorne, NV 89415 | (775) 945-3387 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |

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| Las Vegas Paiute Tribe Health Services | Las Vegas | 1257 Paiute Cir, Las Vegas, NV 89106 | (702) 382-0784 | Provides behavioral health support services that include assisting individuals with behavioral/mental illness. Our Services include the following: Family Counseling, Individual, Couples, Group, Substance Abuse Counseling, Psychiatry | Payment accepted for these services include cash or self payment and medicaid, medicare, state financed health insurance plan other than medicaid and private health insurance. Payment assistance is also available. |
| Charleston-Outpatient Counseling Services | Las Vegas | 6161 West Charleston Boulevard, Las Vegas, NV 89146 | (702) 486-6000 | Group and individual therapy sessions, depending on the needs of the client, teaches individuals how to manage their impulses and emotions. | Call for info. |
| Southern Nevada Adult Mental Health Services/ Laughlin Behavioral Health Center | Laughlin | 3650 South Pointe Circle STE 208, Laughlin, NV 89029 | (702) 298-5313 | Provides a comprehensive range of mental health treatment, consultation, education and referral services including diagnostic and therapeutic services. Outpatient services including general counseling, adult and child psychiatry, behavioral health screening, medication clinic, and case management. | No one is refused service based on inability to pay. |
| Lovelock Rural Counseling & Supportive Services | Lovelock | 775 Cornell Ave., Ste. A-1, Lovelock, NV. 89419 | (775) 273-1036 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Mesquite Behavioral Health Center | Mesquite | 61 N Willow St Ste 4, Mesquite NV, 89027 | (702) 346-4696 | Provides a comprehensive range of mental health treatment, consultation, education and referral services including diagnostic and therapeutic services. Outpatient services including general counseling, adult and child psychiatry, behavioral drop-in center, support groups, behavioral health screening, medication clinic, and case management. | No one is refused service based on inability to pay. |

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| Pahrump Rural Counseling & Supportive Services | Pahrump | 240 South Humahuaca, Pahrump, NV. 89048 | (775) 751-7406 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Panaca Rural Counseling & Supportive Services | Panaca | 1005 Main St. Panaca, NV. 89402 | (775) 635-5753 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Reno Sparks Tribal Health Center | Reno | 1715 Kuenzli St, Reno, NV 89502 | Veronica Gephart (775) 329-5162, ext. 1969 Connie Wyatt (775) 329-5162, ext. 2014 | Behavioral Health Services are available and include individual, family, couples and group therapy. In addition, mental health services provide psychological and psychiatric evaluations, medication management, and consult with other clinic divisions to provide coordinated care. | Assistance available for enrollment in Medicaid, Nevada Check Up, Medicare, etc. |
| C & C Health Care Services | Reno | 1281 Terminal Way #110, Reno, NV 89502 | Cindy Jones (775) 682-0020 | Access to primary care, behavioral health, addiction, disease management, prevention and educational services with special attention to Native populations | Takes ALL insurances with sliding pay scale |

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| Nevada Urban Indians | Reno | 6512 S McCarran Blvd STE: A, Reno, NV 89509 | (775) 788-7600 | Nevada Urban Indians currently staffs a licensed clinical social worker and offers the following mental health services to adults, elderly, adolescents and children for the treatment of: Anxiety, Depression, Grief, Relationship Programs, Co-Occurring Disorders, Emotional Problems, Post Traumatic Stress Disorder, Sexual Trauma, Aggression, Self-Harming Behavior, Stress Related Issues, Conflict Resolution | Nevada Urban Indians offers assistance in obtaining health insurance, whether its Medicaid, Medicare or a Qualified Health Provider. Nevada Urban Indians is the only Medical Clinic and Social Service provider in Reno, Sparks, Carson City and all outlying areas that includes all those whose incomes exceed 200% of the Federal Poverty Level |
| Walker River Paiute Tribe Health Clinic | Schurz | 1022 Hospital Road, Schurz, Nevada 89427 | Ken Richardson, Health Clinic Director (775) 773-2005 | Offers behavioral health and substance abuse counseling. Can provide referrals to nearby mental healthcare options as well. | Call for info. |
| Silver Springs Rural Counseling & Supportive Services | Silver Springs | 3595 Highway 50 West, Ste. 3, Silver Springs, NV. 89429 | (775) 577-0319 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Pacific Behavioral Health | Sparks | 860 Tyler Way, Sparks, Nevada 89431 | (775) 287-8270 | Provides clinical services and assessments, psychosocial rehabilitation skills for all ages, Day Treatment for Adults, Intensive Outpatient for Adults, and Transitional Aged youth services for community reintegration. | Call for info. |
| Northern Nevada Adult Mental Health Services | Sparks | 480 Galletti Way, Sparks, NV 89431 | (775) 688-2001 | Northern Nevada Adult Mental Health Services (NNAMHS) provides comprehensive care primarily to individuals with serious behavioral health disorders. NNAMHS provides inpatient and outpatient services to adults and their families. | Services are provided on a sliding fee scale, and all clinics accept private insurance, Medicaid, and Medicare. Services are not denied if an individual does not have an ability to pay. |

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| Tonopah Rural Counseling & Supportive Services | Tonopah | 1 Frankie Street, Tonopah, NV. 89049 | (775) 482-6742 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Winnemucca Rural Counseling & Supportive Services | Winnemucca | 475 W. Haskell St., Winnemucca, NV. 89445 | (775) 623-6580 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |
| Yerington Rural Counseling & Supportive Services | Yerington | 215 W. Bridge St., Ste. 5, Yerington, NV. 89447 | (775) 463-3191 | Services include: Case Management, Rehabilitative Mental Health (RMH) services, Peer Support services, Residential Support, Counseling, Medication Clinic, Mobile Crisis Response Team, Mental Health Court Forensic Assessment and Triage Team (FASTT), Mobile Outreach Safety Team (MOST), Juvenile Justice Assessment and Screening Triage Team (JJASTT). | Medicaid and Medicare/ Reduced cost care |