

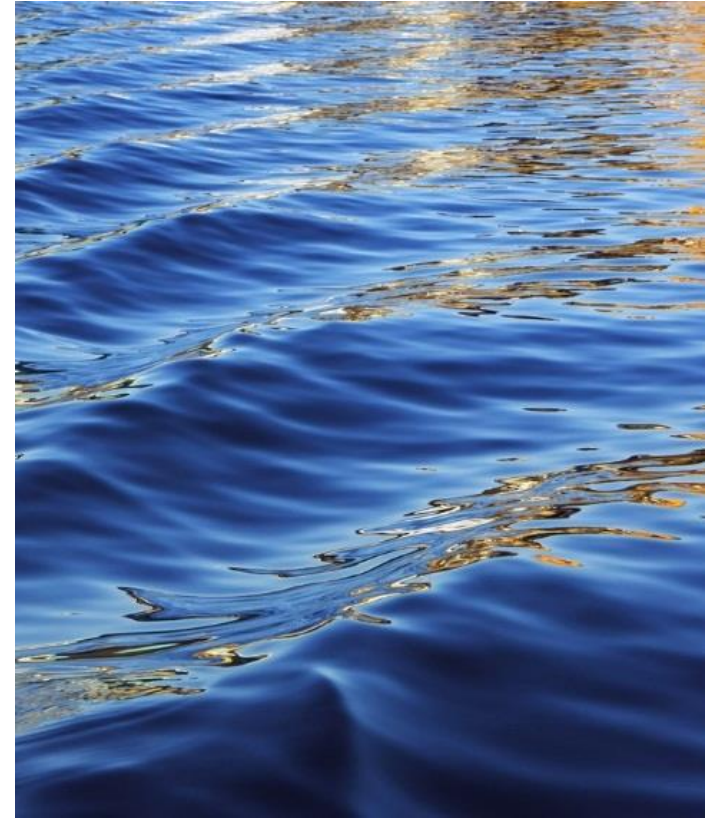


**TRIBAL CLIMATE
HEALTH PROJECT**



Adaptation Plans: Part 2

Tribal Climate and Health Adaptation Webinar #9



Guest Speaker



Dr. Douglas Walker

Chief Programs Director

Mercy Family Center

Since Last Webinar

Suggested Reading

- Tribal Climate Adaptation Menu

"This document is intended to empower tribal governments, federal and state agencies, nongovernmental organizations (NGOs), individual landowners and others to incorporate Anishinaabeg perspectives, specifically from the Great Lakes region, into a climate adaptation framework. We recognize the shortcomings of this document in our attempt to incorporate indigenous concepts, language, and cultural practices; a single document written in English can't fully capture what we intend to express. We hope that the perspectives given here offer users an additional lens with which to view the environment and facilitate a more culturally appropriate approach to working with tribal nations."

Outline of the Menu's Strategies and Approaches

Strategy 1: Consider cultural practices and seek spiritual guidance.

- 1.1. Consult cultural leaders, key community members, and elders.
- 1.2. Consider mindful practices of reciprocity.
- 1.3. Understand the human and landscape history of the community.
- 1.4. Hold respect for all of our relations, both tangible and intangible.
- 1.5. Maintain dynamic relationships in a changing landscape.

Strategy 2: Learn through careful and respectful observation (gikinawaabi).

- 2.1. Learn from beings and natural communities as they respond to changing conditions over time.

Strategy 3: Support tribal engagement in the environment.

- 3.1. Maintain and revitalize traditional relationships and uses.
- 3.2. Establish and support language revitalization programs.
- 3.3. Establish, maintain, and identify existing inventory and monitoring programs.
- 3.4. Establish and maintain cultural, environmental education, and youth programs.
- 3.5. Communicate opportunities for use of tribal and public lands.
- 3.6. Participate in local- and landscape-level management decisions with partner agencies.

Strategy 4: Sustain fundamental ecological and cultural functions.

- 4.1. Maintain or restore hydrology and soils.
- 4.2. Maintain or restore riparian areas.
- 4.3. Maintain or restore nibi (water) quality.
- 4.4. Support specific plants or plant communities with essential requirements.
- 4.5. Revitalize and maintain Anishinaabe/cultural use of ishkode (fire) as a stewardship tool.
- 4.6. Maintain and revitalize cultural approaches to harvesting and caretaking.

Strategy 5: Reduce the impact of biological and anthropogenic stressors.

- 5.1. Maintain or improve the ability of communities to balance the effects of manidoonsag (little spirits).
- 5.2. Maintain or improve the ability of communities to balance the effects of bakaan ingoji ga-ondaadag (non-local beings).
- 5.3. Manage herbivory to promote regeneration of impacted beings.
- 5.4. Reduce negative impacts from anthropogenic disturbances.
- 5.5. Monitor and reduce ambient air pollution.

Strategy 6: Reduce the risk and long-term impacts of disturbances.

- 6.1. Alter community structure or composition to reduce risk or severity of major disturbances.
- 6.2. Promptly revegetate sites after natural disturbance.
- 6.3. Care for cultural sites after a severe disturbance.
- 6.4. Plan harvesting, gathering, and collecting opportunities to reduce the risk and impacts of disturbances.



Chat Discussion:

Did you relate to this report? What strategies stood out?

Adaptation Planning

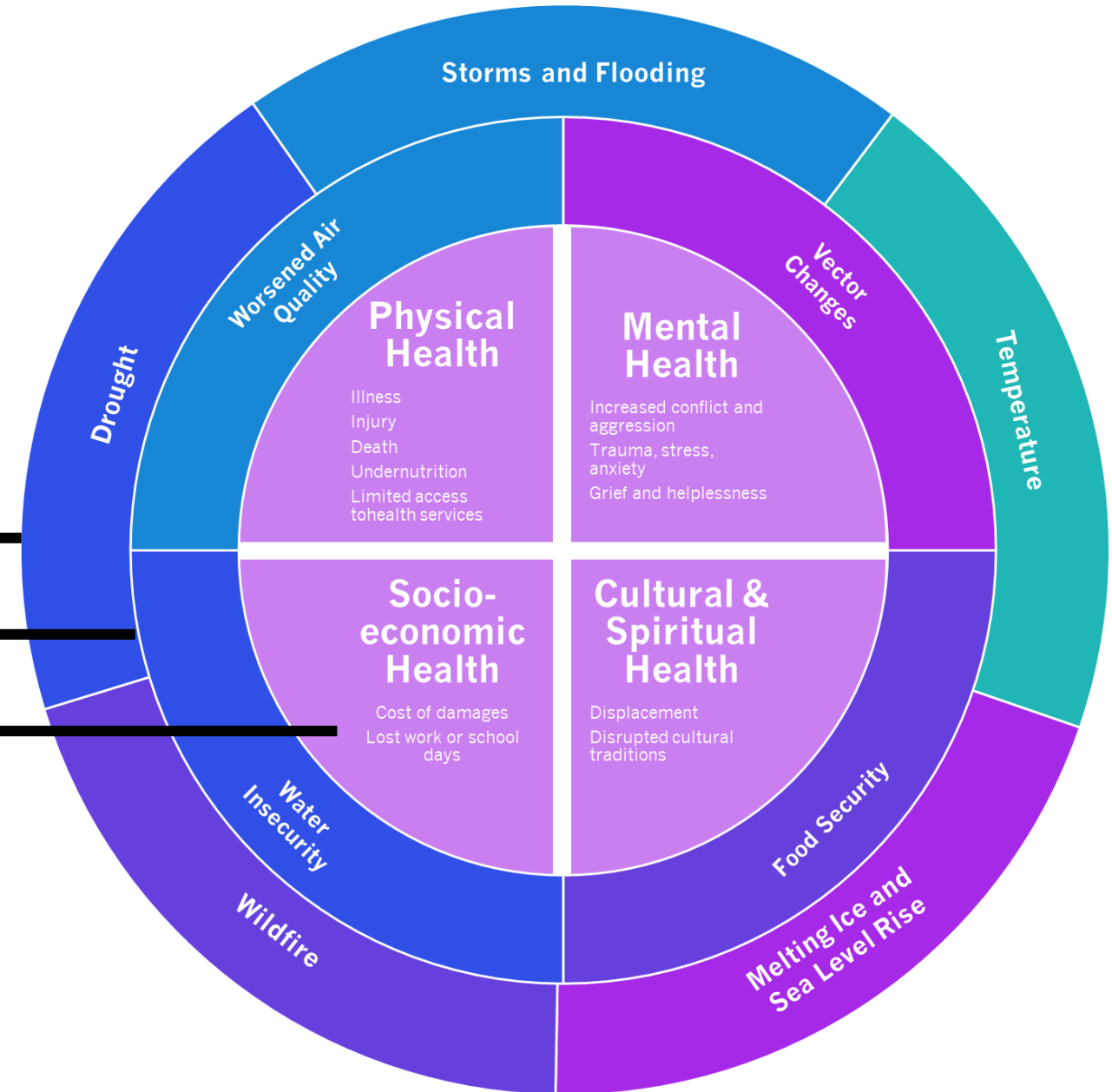
To recap, vulnerability assessments will help to identify and prioritize health and other adverse impacts of climate exposures

Exposures _____

Secondary Exposures _____

Health Impacts Summary _____

Poll



Reinforcing Resilience In A Changing Climate: Psycho-Social Adaptation Strategies For Tribal Communities



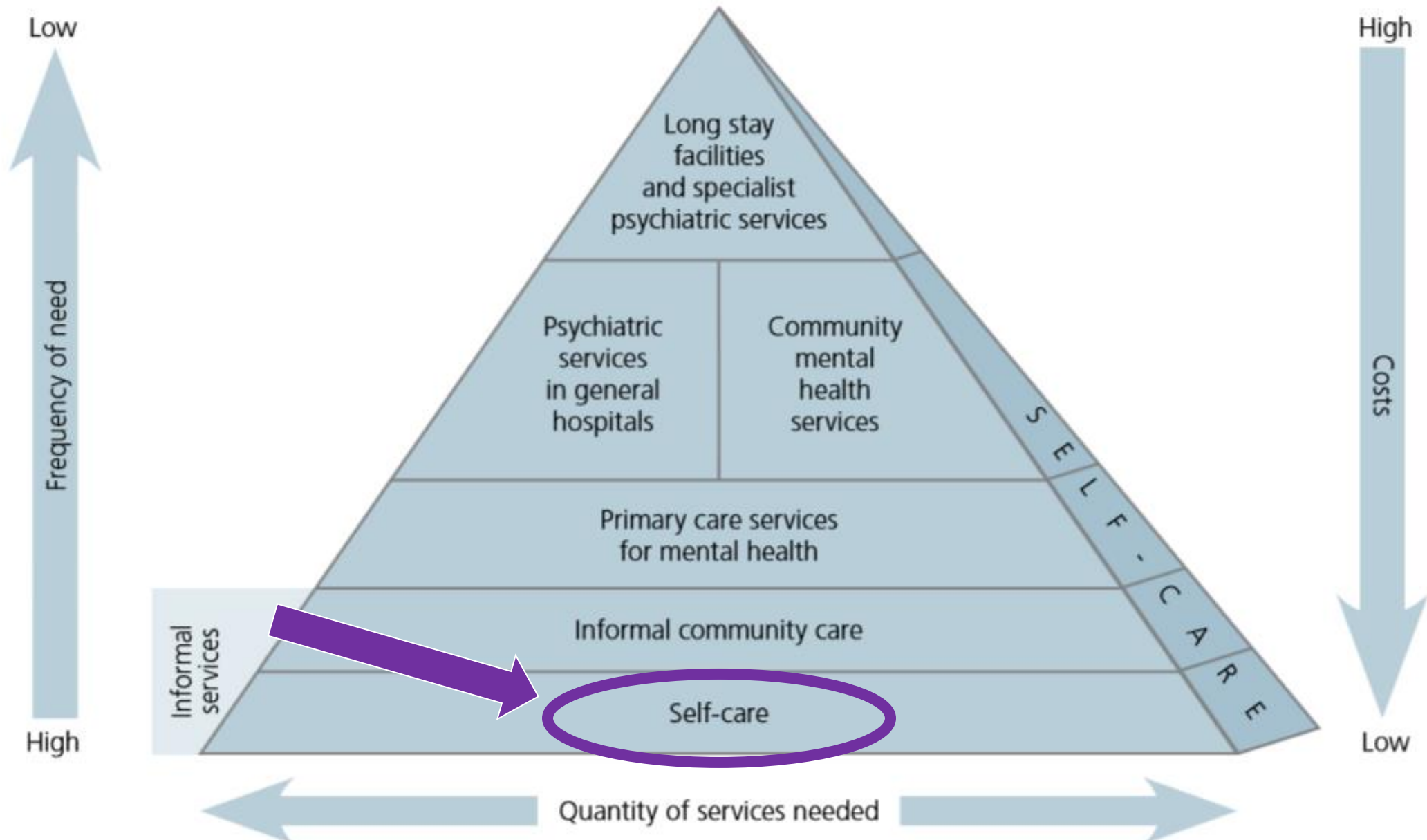
Douglas W Walker, PhD
Chief Programs Director
Mercy Family Center
New Orleans
USA



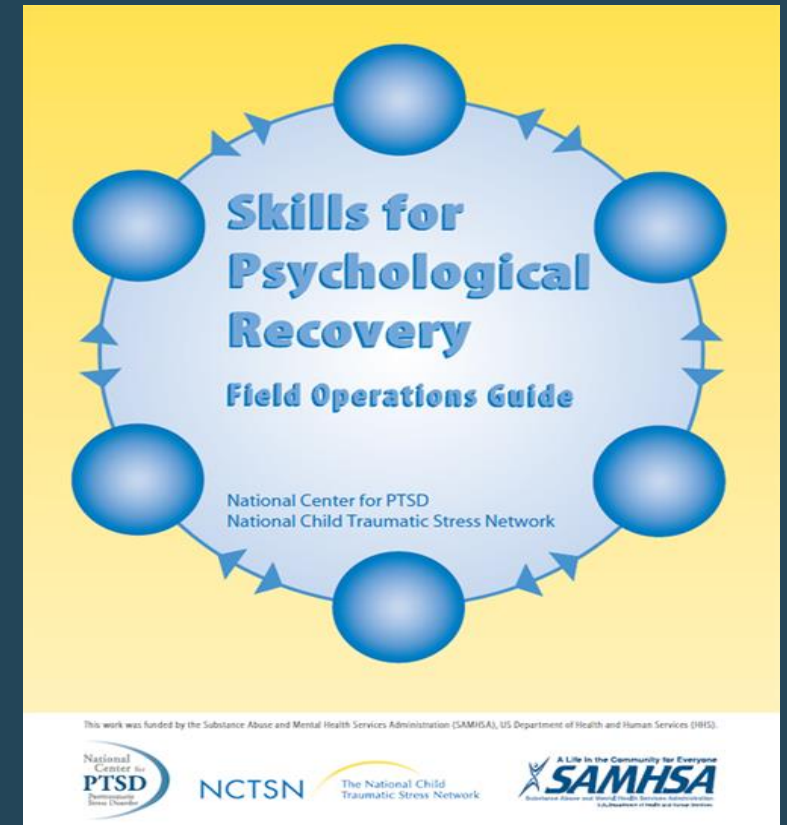
Five Empirically-Supported Intervention Principles After Disasters



Figure 2. The WHO Service Organization Pyramid for an Optimal Mix of Services for Mental Health (17)



Skills for Psychological Recovery Field Operations Guide



National Center for PTSD
National Child Traumatic Stress Network
SAMHSA

Mercy+

SPR Skills

- Problem Solving
- Promoting Positive Activities
- Managing Reactions
- Promote Helpful Thinking
- Rebuilding Health Social Connections

Building Problem Solving Skills

Increases self-mastery and enhances ability
to reduce current stresses and problems

Promoting Positive Activities

Reduces stresses, increases social interaction, reduces depression

Managing Reactions

Minimizes arousal and distress

Promote Helpful Thinking

Reduces negative thinking that gets in the way of recovery

Rebuilding Healthy Social Connections

Engages networks, activity levels, prevents depressive/withdrawal
reactions

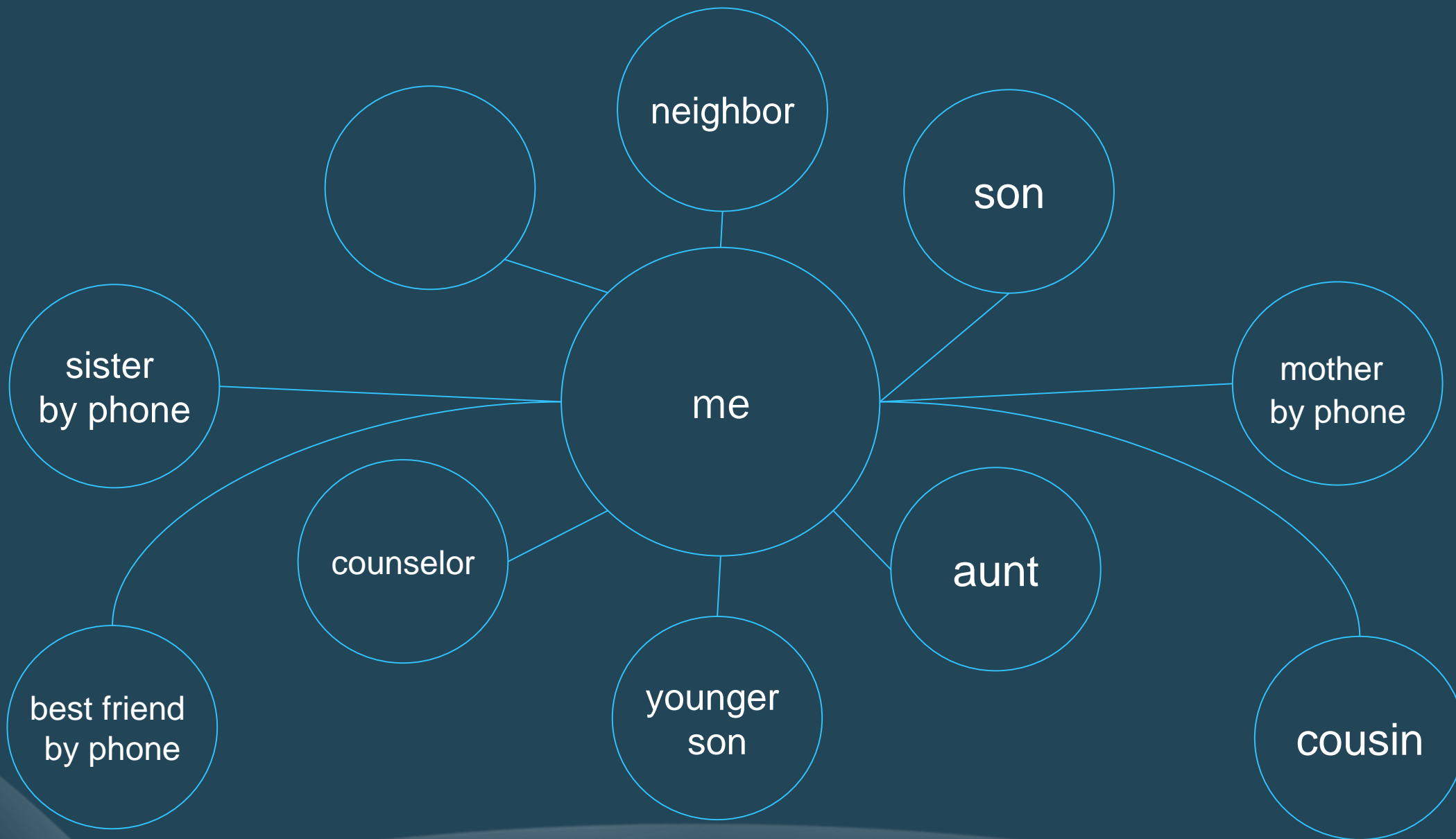
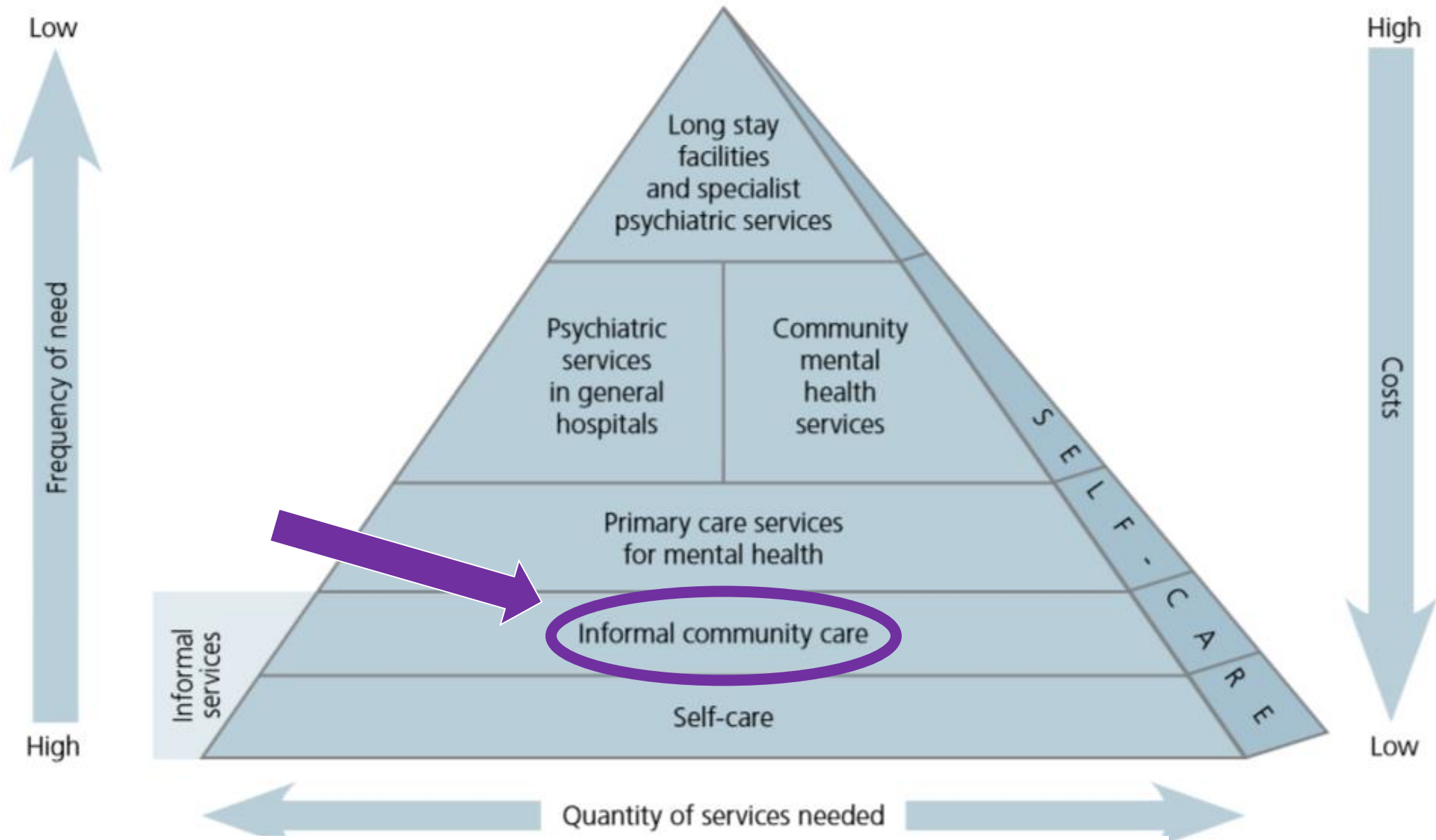


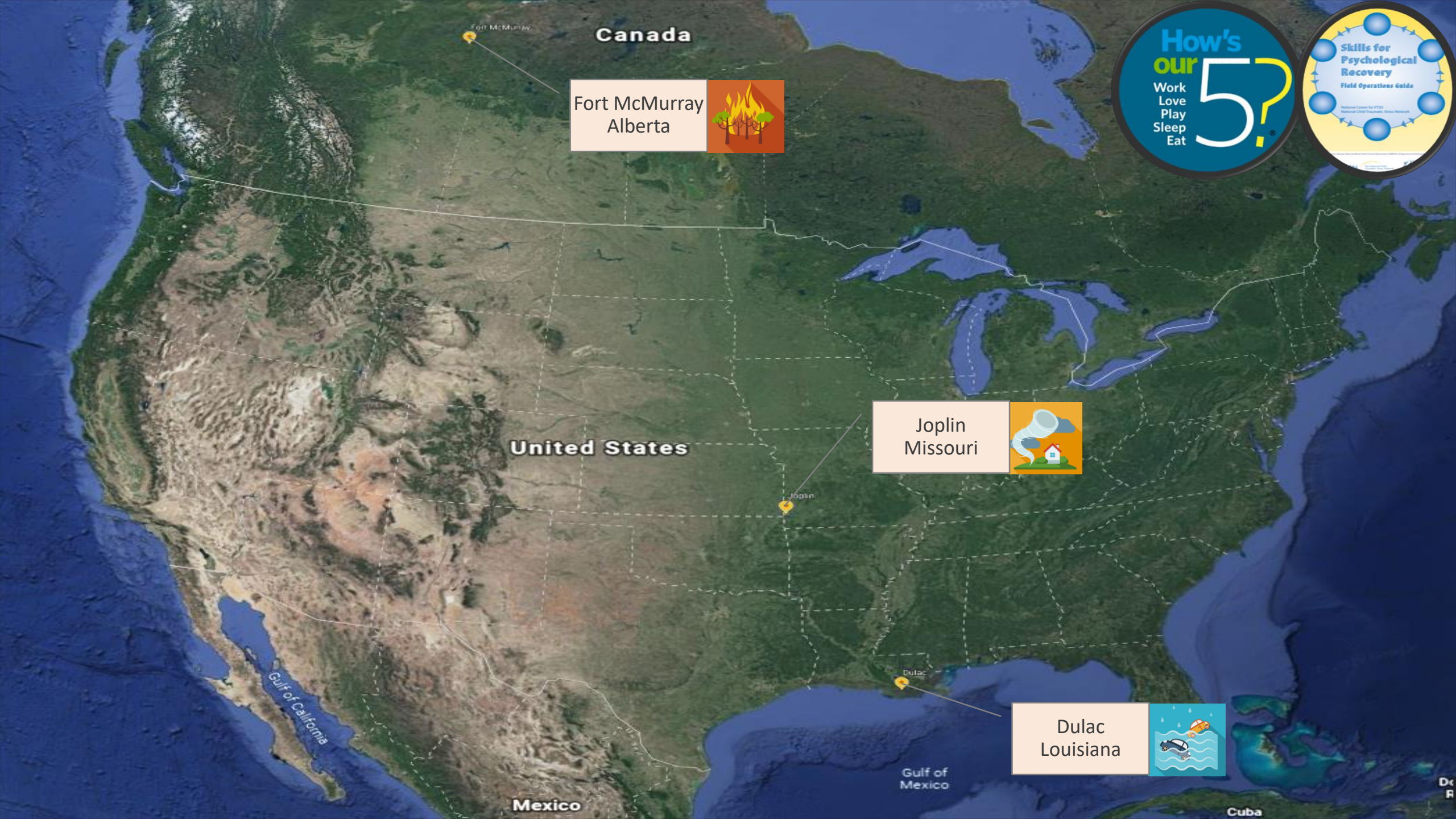
Figure 2. The WHO Service Organization Pyramid for an Optimal Mix of Services for Mental Health (17)



Get Beyond "I'm Fine."

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It's an easy and effective way to keep tabs on your mental wellness.

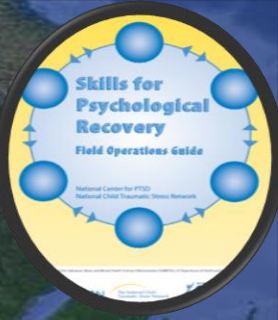
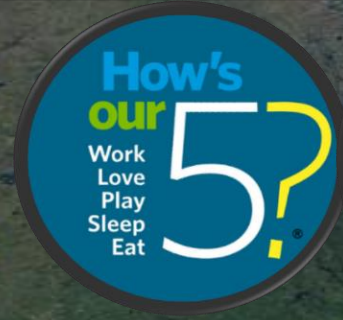




Fort McMurray

Canada

Fort McMurray
Alberta



United States

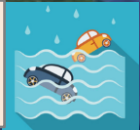
Joplin
Missouri



Joplin

Dulac

Dulac
Louisiana



Gulf of Mexico

Gulf of California

Mexico

Cuba

Get Beyond "I'm Fine."





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Mercy
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How's Your
50th
ANNIVERSARY
9th Annual
Celebrating 40th Anniversary

How's Your
50th
ANNIVERSARY

How's Your
5?
Work
Love
Play
Sleep
Eat
Facebook: @How'sYour5
Facebook: How'sYour5

UNITED HOUMA
NATION

Where Do We Put Our Focus?

Fellowship

Food

Facts (Information) Psycho-Education

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Psycho-social-spiritual Resilience Strategies

Steps

1. Determine Objectives and Scope
2. Compile “long list” of adaptation strategies
3. Evaluate and Prioritize “Short List” of Adaptation Strategies
4. Organize Selected Strategies into an Action Plan
5. Synthesize and Present Results

- Protecting and building mental, psychological, social and spiritual wellbeing as part of efforts to adapt to growing stressors and trauma associated with climate change
- Minimize need for formal mental health treatment
- “Most sure-fire way to reduce the human suffering that climate change will inevitably bring” - Bob Doppelt
- Promote sense of safety, calming, efficacy, hope, and connection
- Literature emerging from disaster response and recovery applied to climate change

Pala’s CRT project develops a framework for tribal communities

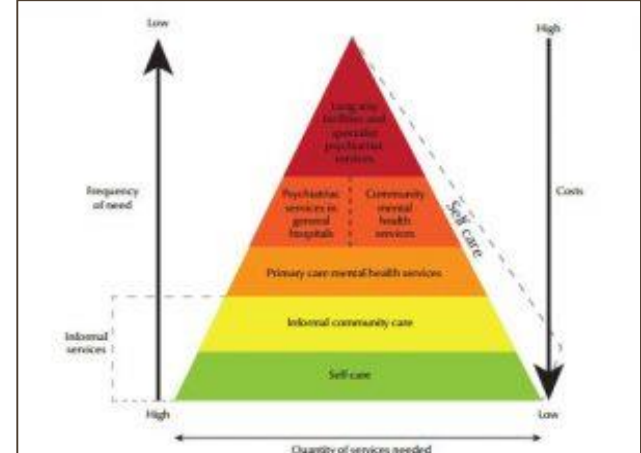
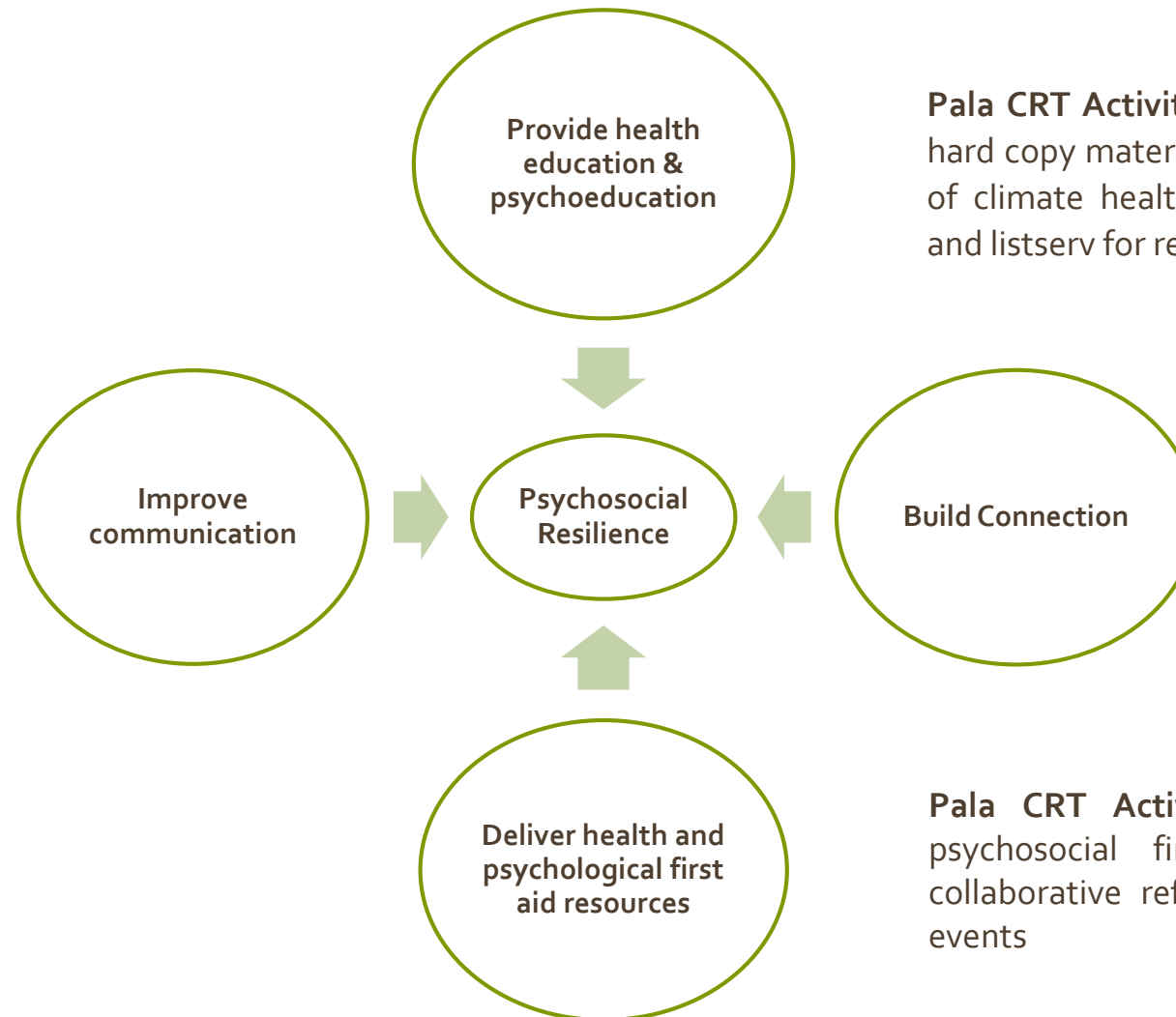


Figure 2 WHO Service Organization Pyramid for an Optimal Mix of Services for Mental Health (3)

Psycho-social-spiritual Resilience Strategies

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Pala CRT Activity: Develop and distribute digital and hard copy materials to increase community awareness of climate health threats, including a new webpage and listserv for related notifications

Pala CRT Activity: Formalize adaptation committee to build community wellbeing by working together on ongoing climate initiatives, including adaptation implementation and evaluation

Pala CRT Activity: Evaluate existing health and psychosocial first aid services and develop a collaborative referral system to respond to climate events

Culturally Traditional Health and Healing Strategies

Steps

1. Determine Objectives and Scope
2. **Compile “long list” of adaptation strategies**
3. Evaluate and Prioritize “Short List” of Adaptation Strategies
4. Organize Selected Strategies into an Action Plan
5. Synthesize and Present Results

Indigenous holistic health traditions embrace bio-psycho-social-spiritual nature of health:

- Native diets
- Talking circles
- Storytelling to teach positive behaviors
- Herbal remedies
- Ceremonies/prayer
- Practices that build harmonious relationship with natural environment
- Drumming
- Cultural arts
- Medicine wheel

Example: San Diego American Indian Health Center – Elder Circles

The Elders Circle meets weekly and is open to individuals of all ages who desire an opportunity to meet together in a small group to hear from, and honor, our Elders. We begin by gathering in the kitchen for coffee and snacks while we prepare a potluck brunch. After a blessing, we enjoy a meal together then gather into a healing circle to share stories, offer encouragement, and learn from the teachings of our ancestors. Activities vary from talking circles, drumming, movie viewing and discussion, art projects, and more.



Group Discussion:

How might you build upon your tribe’s traditions in your Adaptation Plans?

Health System Adaptation Strategies

Steps

1. Determine Objectives and Scope
2. Compile “long list” of adaptation strategies
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Public health agencies

- Oregon: Conduct regular monitoring of climate and health indicators, and monitoring the progress made on resilience strategies

Health care facilities

- [New Orleans \(LA\)](#) - Retrofit/strengthen critical facilities like hospitals and health care buildings
- Relocate emergency facilities
- Back up power systems
- Develop emergency surge procedure to ensure adequate capacity



Prepare Pala Exercise



Group brainstorm

1. Pick one health impact
2. Brainstorm health adaptation strategies into question section

Medium & High Risk Human Health Impacts

- Heat-related stress, illness, and death
- Traumatic injury or death from wildfire and storms and flooding
- Mental health and psychosocial consequences associated with stress and trauma
- Inability to access emergency or health services due to infrastructure and public service disruptions or failures (e.g. power, roads, communications, water treatment)
- Respiratory illness due to higher levels of ozone, particulate matter (including smoke and dust), and indoor mold infestations
- Decrease in fitness activity levels due to heat or unsafe outdoor conditions
- Interruptions of drinking water supply
- Infections due to contact with or ingestion of contaminated water
- Infections due to tick or mosquito borne illness
- Reduced access to affordable and nutritious food due to global crop changes
- Carbon monoxide poisoning due to power outages and use of generators

Adaptation Planning

Steps

1. Determine Objectives and Scope
2. Compile "long list" of adaptation strategies
- 3. Evaluate and Prioritize "Short List" of Adaptation Strategies**
4. Organize Selected Strategies into an Action Plan
5. Synthesize and Present Results

Step 3. Evaluate and prioritize "short list" of adaptation strategies

- Apply limited resources where most effective
- Rank by criteria: e.g. "Need" and "Feasibility"
 - TCHP's Exposures, Impacts, and Strategies Inventory (EISI) tool can help (DEMO)
- Involve stakeholders to improve viability
- Double check "short list" to ensure key vulnerabilities and adaptation goals have been sufficiently addressed



Adaptation Planning

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5. Synthesize and Present Results

Step 4. Organize selected strategies into an Action Plan

- Outlines how your community will roll out its implementation of selected strategies
 - Responsible departments
 - Timeframe
 - Status
 - Partners/resources (including funding opportunities)
- TCHP’s Exposures, Impacts, and Strategies Inventory (EISI) tool can help (DEMO)
- Also outlines rules governing how the plan will be evaluated and updated

What to Implement First?

- IPCC: basic health measures
- TCAG: Fewest barriers, highest chance of success and greatest resilience value
- Studies: Social capital and trauma coping skills

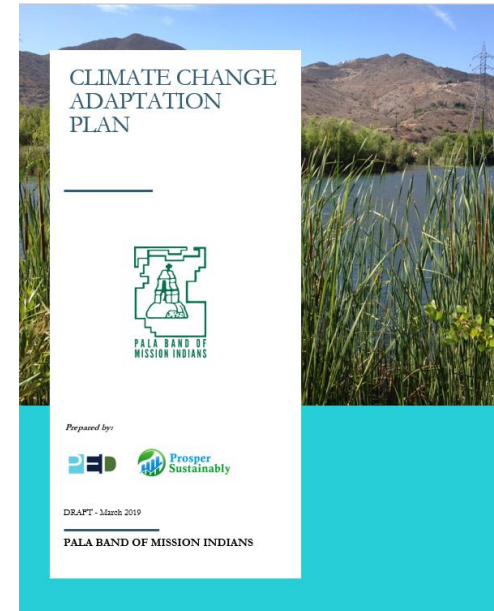
Adaptation Planning

Steps

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Step 5. Synthesize and present results in an Adaptation Plan

- Compile and organize results in a compelling way that addresses key adaptation goals
- Review draft with stakeholders
- Present to decision makers as full report, slides or video and seek direction and resources to implement plan and return with reports
- Seek direction and resources to pursue adaptation strategies and return with regular reports
- TCHP’s Adaptation Plan template can help (in progress)



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Adaptation Planning


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Step 5. Synthesize and present results in an Adaptation Plan

Example: Puyallup Tribe (WA)



A scenic landscape featuring a range of mountains in the background under a bright blue sky filled with fluffy white clouds. The foreground shows a dark, silhouetted hillside on the right. A semi-transparent blue box with a thin yellow border is centered horizontally, containing white text.

Individual Reflection: Please take a few minutes to complete Section 4 of “Your Work, Your Community” Form

Wrapping Up

Thank you for being part of our training community!

Suggested reading (complete before next webinar)

[Chemshúun Pe'ícháachugeli \(When our Hearts are Happy\): A Tribal Psychosocial Climate Resilience Framework \(Pala\)](#)

Next webinar:

December 17, 2019 (9AM PST / Noon EST)

Implementation/Evaluation, Closing (Module 5)

Questions?

Adaptation Planning – Key Resources

Guidance

- Oregon Climate Change Research Institute - [Tribal Climate Adaptation Guidebook](#) (Step 4 and 5)
- [US Climate Resiliency Toolkit](#) – Investigate Options
- [US Climate Resiliency Toolkit - Tribal National Disaster Risk Reduction](#)
- [BIA - U.S. Indigenous Peoples Resilience Actions](#)
- [IPCC – Chapter 11: Human Health: Impacts, Adaptation, and Co-benefits](#)
- State of [California - Adaptation Planning Guide](#)
- International Tribal Environmental Professionals - [Adaptation Planning Toolkit](#)
- EPA ARC-X - [Regional Guides for Adapting to Climate Change](#)
- EPA – [Community-Based Adaptation To A Changing Climate](#)
- University of Tulsa College of Law – [Climate Change and Tribal Water Rights: Removing Barriers to Adaptation Strategies](#)
- Journal of Nurse Practitioners – [Indigenous Native American Healing Traditions](#)
- The Resource Innovation Group - [Transformational Resilience](#)
- RAND- [Building Resilient Communities: An Online Training \(User's Guide and Audio Transcript\)](#)
- RAND- [Building Community Resilience to Disasters: A Way Forward to Enhance National Health Security](#)
- FEMA: Discussion Guide: [Social Capital in Disaster Mitigation and Recovery](#)

- WHO [XXX](#)

Tools and Templates

- TCHP - [Exposures, Impacts, Strategies Inventory \(EISI\) tool – Beta Version](#)
- TCHP - Pala Adaptation Plan Template (pending)
- TCHP – [Resources Clearinghouse](#)
- International Tribal Environmental Professionals – [Resolution Template](#)

Examples

Tribal Adaptation Plans

- [Climate Change in Kiana, Alaska: Strategies for Community Health](#)
- Confederated Salish and Kootenai Tribes: [Climate Change: Strategic Plan](#)
- Navajo Nation: [Considerations for Climate Change and Variability Adaptation on the Navajo Nation](#)
- Nez Perce Tribe: [Clearwater River Subbasin Climate Change Adaptation Plan](#)
- Oglala Lakota Nation: [Oyate Omniciyé | Oglala Lakota Plan](#)
- Puyallup Tribe of Indians: [Climate Change Impact Assessment and Adaptation Options](#)
 - [Puyallup Tribe's video](#)
- Red Lake Band of Chippewa Indians: [A Climate Adaptation Plan for the Red Lake Band of Chippewa Indian](#)

- Shinnecock Indian Nation: *Climate Change Adaptation Plan*
- St. Regis Mohawk Tribe: [Climate Change Adaptation Plan for the Akwesasne](#)
- Swinomish Tribe: [Swinomish Climate Change Initiative Climate Adaptation Action Plan](#)
- Village of Newtok: *Relocation Report: Newtok to Mertarvik*
- Yakama Nation: [Climate Adaptation Plan for the Territories of the Yakama Nation](#)
- Yurok Tribe: [Yurok Tribe and Climate Change: An Initial Prioritization Plan](#)
- [Pacific Northwest Tribal Climate Change Project's Climate Change Adaptation Strategies by Sector](#)
- [Climate Change Preparedness Plan for the North Olympic Peninsula](#)
- [Blackfeet Climate Change Adaptation Plan](#)
- [Shoshone-Bannock Tribes Climate Change Vulnerability Assessment and Adaptation Plan](#)