

“AUNTIES ARE A
GAME CHANGER”
HOW INDIGENOUS LOVE HEALS
HISTORICAL TRAUMA”

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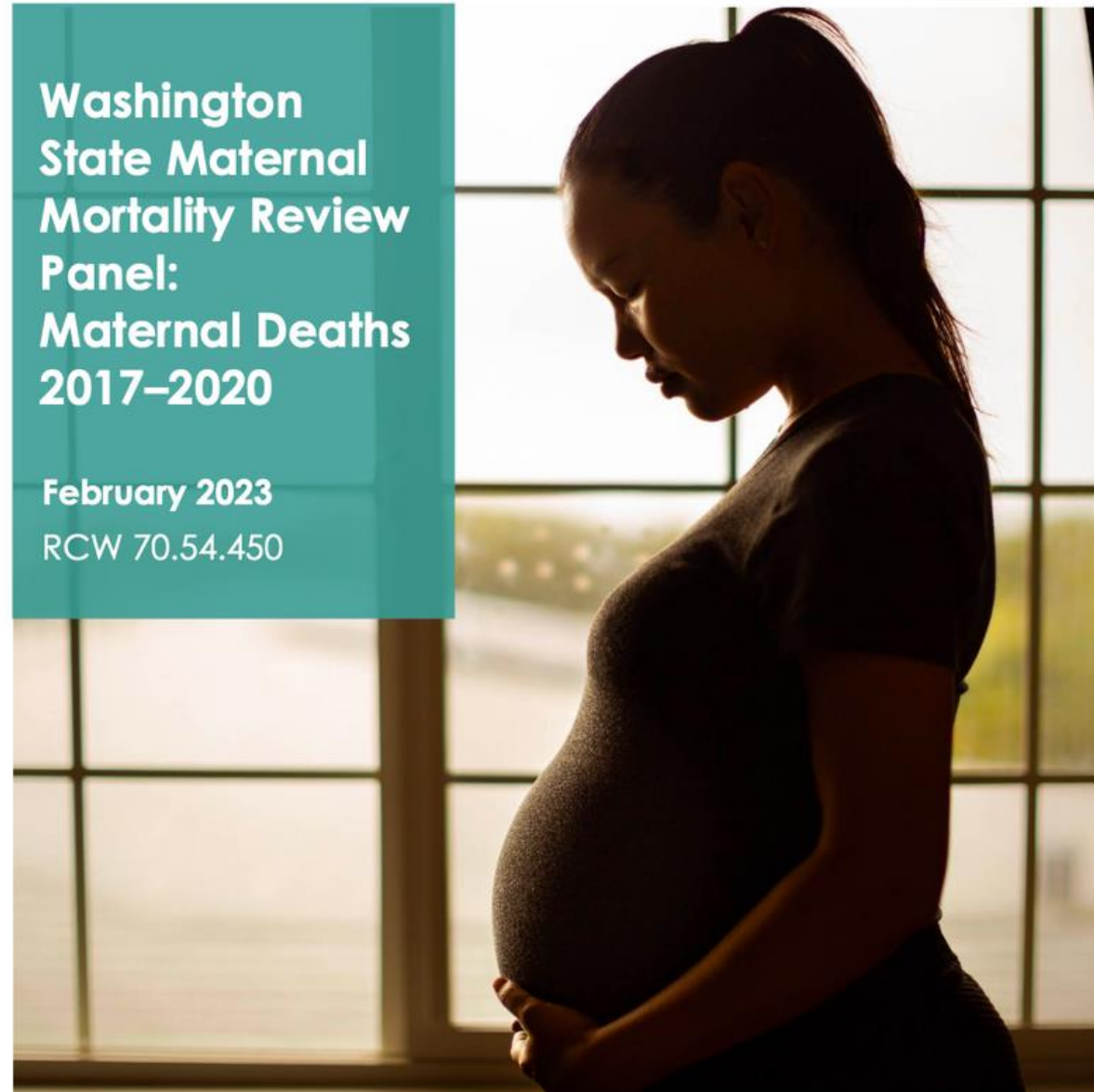
HATC Education Forum
May 2024

I M A G I N E T H I S . . .

Report to the Legislature

**Washington
State Maternal
Mortality Review
Panel:
Maternal Deaths
2017–2020**

February 2023
RCW 70.54.450

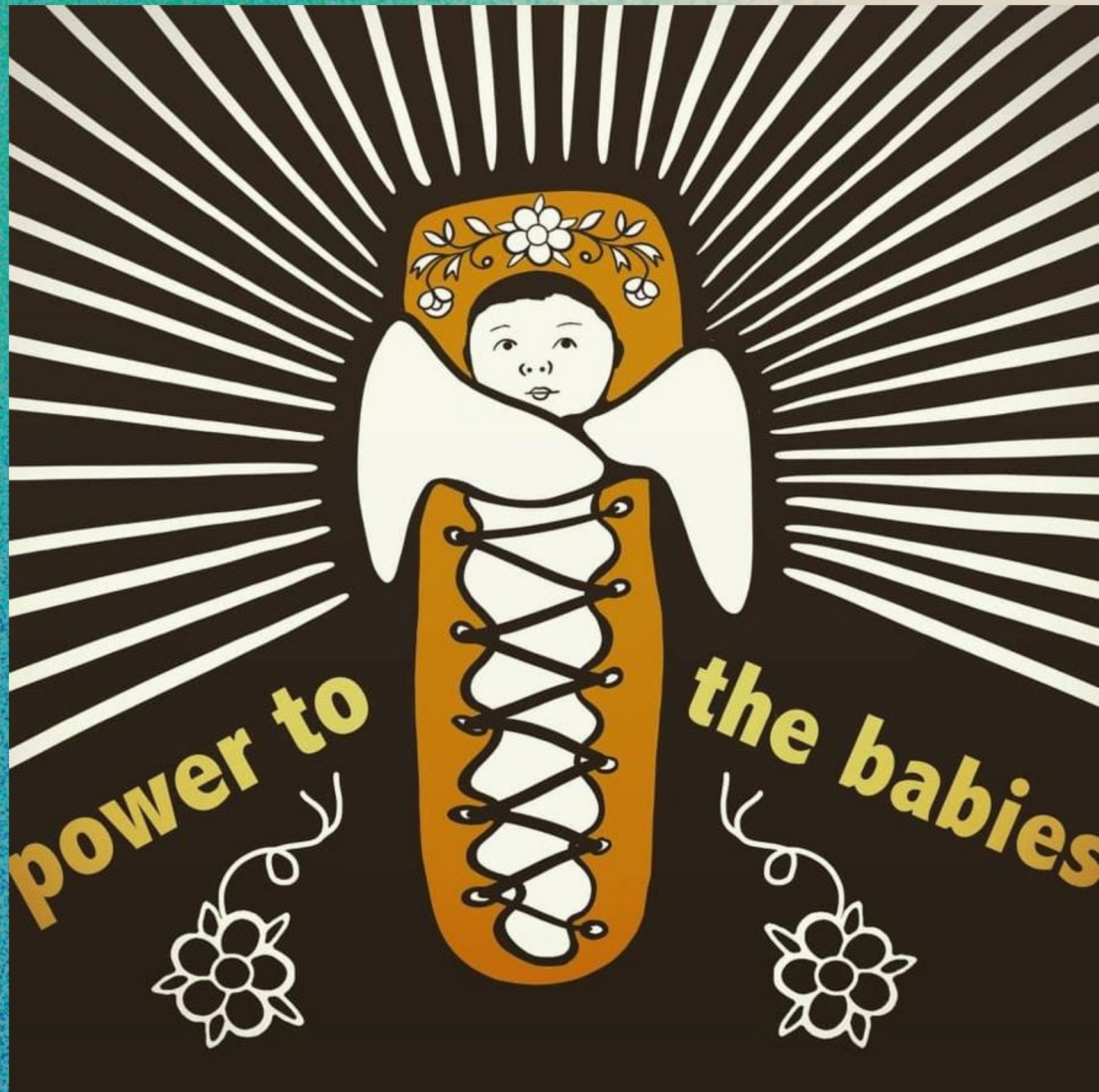


Prepared by the
**Prevention and Community
Health Division**



THE NEED

- The rate of pregnancy-associated death in non-Hispanic American Indian and Alaska Native people was 8.5 times greater than the corresponding rate for non-Hispanic white people.
- 1/3 of deaths occurred within 42 days after baby was born
- 80% of deaths were preventable



Our Babies

- Native babies die at 2-3X the rate as white babies
- Accidents and Sudden Unexplained Infant Death (SUID) are among the leading causes.
- Less than 10% of Native babies are exclusively breastfed at 6 months

MATERNAL AND INFANT MORBIDITY

- 1:5 mothers report experiencing mistreatment
- Nearly 30% report some form of discrimination
- Up to 45% of mothers experience birth trauma
- Nearly 20% experience PTSD related to their birth
- The bar is low- 90% of mothers are “satisfied” with the care they received



Hummingbird

INDIGENOUS FAMILY SERVICES

Mission

Healthy Indigenous babies born
into healthy Indigenous families,
supported by healthy Indigenous communities.

Our values we believe...



- Every parent is the perfect parent for their baby.
- Healthy mothers and babies are the foundation of a healthy community.
- Abundance and generosity are essential in Indigenous resiliency.
- Abundance and generosity are a community responsibility.
- In the validity of traditional knowledge.
- In centering Indigenous people in all our work.
- In the importance of providing culturally relevant care.

HOW WE SERVE:

Community designed programming

- Hummingbird Indigenous

Birth Keepers

- Hummingbird NEST

- Hummingbird Storytelling

- Pilimakua Parent

Connections (Home Visiting)



What is a doula?

a trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible.

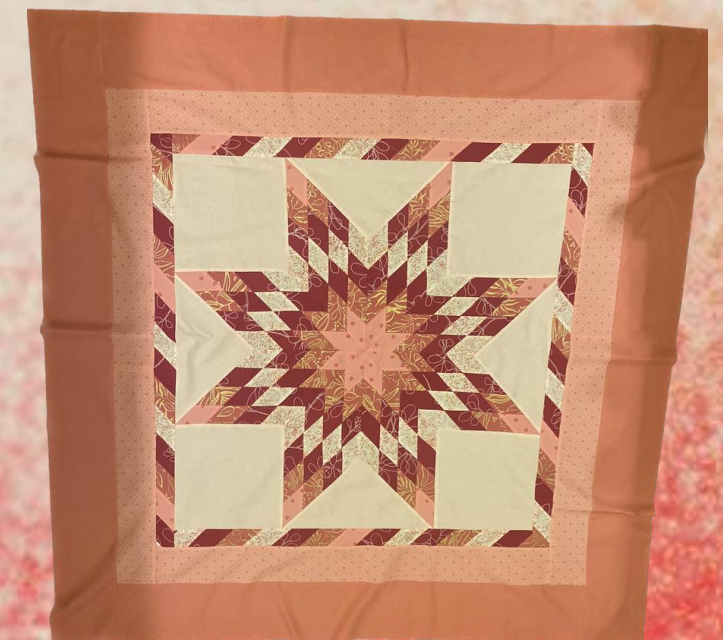
<https://www.dona.org/what-is-a-doula-2/>

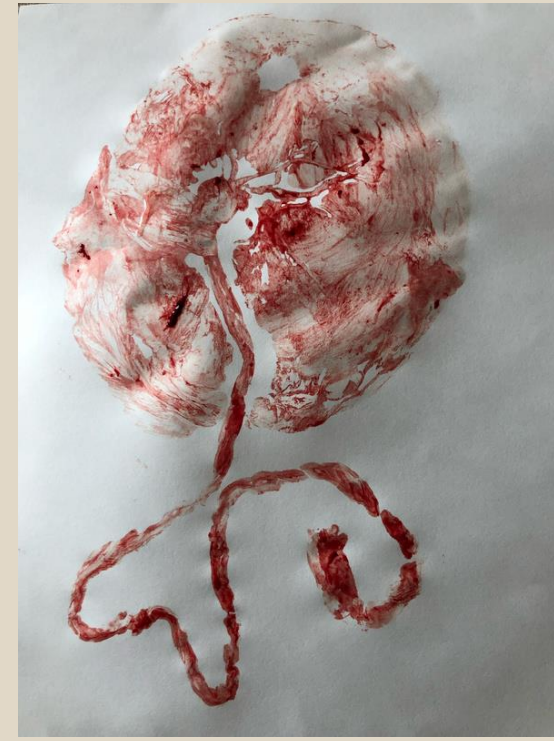
What is an Indigenous doula?

We provide physical, emotional, spiritual and mental support through the perinatal period, we are advocates, we are protectors and we are birth keepers- We are aunties/unties.

WHAT DO WE DO?







What families say: What did it feel like to have a Native doula/lactation consultant?

It was grounding and easy, it's like family coming over to hangout but are low key checking out if you're alright or not. Always ready to lend a hand and an ear when needed. It's like having extra sisters and aunties who have your back when you need it.

Supportive,
genuine, caring, and
deep.

I felt connected to my roots, i was happy to feel apart of unit/ community/ family.

Working with ***** was such a blessing to have in such a confusing and difficult decision. The teachings from her culture bring me comfort in my decision and hope for the future.

It feels so reassuring,
like a soul's
remembering.

***** helped me with healing my body after having my abortion and emotionally. I still reach out to her and probably would not be coping very well without her support.

OUR OUTCOMES

100% of our families were Native American/PI/Native Hawaiian Births

89% of babies were delivered vaginally (73%)

90% unmedicated (32%)

4% premature births (12%)

30% chose out of hospital births

100% breastfeeding initiation rate

100% of our families chose to work with us postpartum for a minimum of 3 months

with 5.5 months being average

*201 families served as of October 2023

Alaska
Native
Birthworkers
Community



MNÍ WIČHÓNI
HEALTH CIRCLE



Ttáwaxt




PILIMAKUA FAMILY CONNECTIONS PROGRAM

The Pilimakua Family Connections Program provides Indigenous-centered services to support the physical, social-emotional, cognitive, and cultural health of your child and the whole family. We are centered around pili, the ‘Ōlelo Hawai‘i word for connection, and makua, which is the Native Hawaiian/Kānaka Maoli tradition of parenting and caregiving as a whole generation. Our Pilimakua Family Connections Program strives to support Indigenous families in expanding our makua circles with their Home Visitor, our Hummingbird Indigenous Family Services organization, and our whole community.



Pilimakua Family Connections Program: Reciprocal Knowledge Sharing Themes



Culture and Language
Reclamation & Sustainability

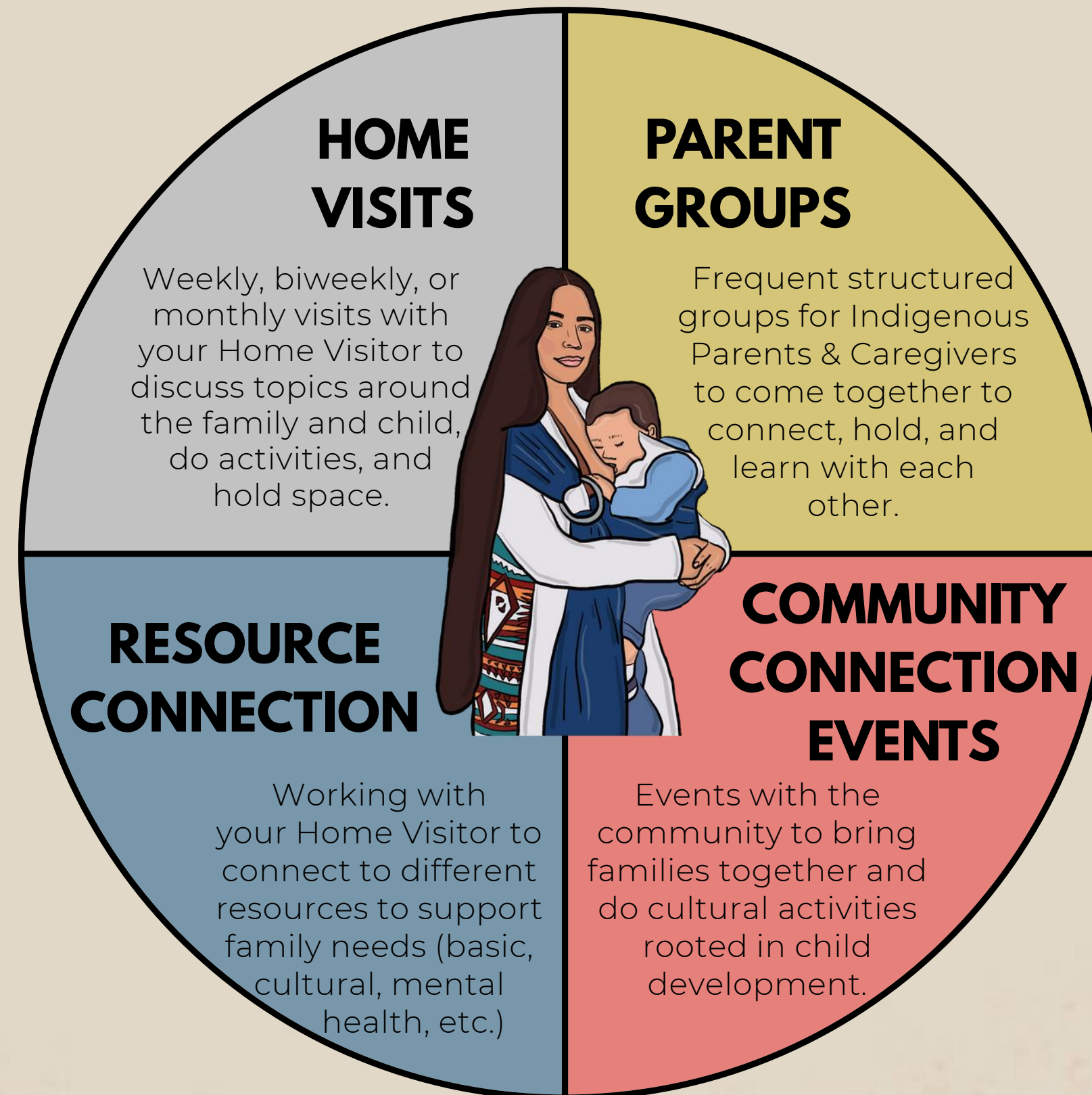


Caregiver Mindfulness
& Self-Compassion



Infant & Child Development

Pilimakua Family Connections Program: Our Four Components





THE NEST



We believe everyone deserves to have what they need to meet their basic needs, embrace all of who they are, and reach their full potential.

Honoring
Inter-
connection

Culture is a
Living Thing

Dynamic
Cultivation

**SACRED
BELONGING**

Security

Supporting
Relatives

Protection

Economic
Stability

Safety

THE NEST

- No Strings attached -
You are enough
- Through the first 1000
days
- \$1250/month



STORYTELLING AND EVALUATION:

We seek to offer storytelling as a way of healing internalized narratives and to re-create the stories of poverty and Indigeneity vis-à-vis colonization into stories that depict Indigenous pregnancy, parenting, and motherhood on their own terms. We tell these stories so they know they are enough, and that every parent is the perfect parent for their baby. Launching in January 2024



We are gaining our own Data & Evaluation Department to help tell the stories of our programs' work while also protecting our clients' data to the best of our abilities.

"Data are not a foreign concept in the Indigenous world. Indigenous peoples 'have always been data creators, data users, and data stewards. Data were and are embedded in Indigenous instructional practices and cultural principles.'" Stephanie Russo Carroll (Ahtna-Native Village of Kluti Kaah)

MEET OUR ARTIST IN RESIDENCE



SONDRASEGUNDO.COM
HAIDAROOT.COM

SONDRA SEGUNDO

2024 INDIGENOUS STORYTELLING ARTIST IN RESIDENCE

IN 2018, SHE WAS DISCOVERED BY TRIBAL BAND, KHU'ÉÉX' (KOO EEK) WHICH IS BASED IN SEATTLE AND SINGS IN THE TLINGIT AND HAIDA LANGUAGES. SHE WILL BE FEATURED ON THEIR UPCOMING 2 ALBUMS AND DOCUMENTARY FILM 'THE MAGIC OF NOISE' WITH KHU'ÉÉX'.

SONDRA ALSO PRODUCES MUSIC WITH HER HUSBAND AND HAS RELEASED 3 ALBUMS.

SONDRA WAS FORTUNATE TO APPRENTICE WITH BIRTH SPEAKER JANE KRISTOVICH DURING THE LAST 5 YEARS OF JANE'S LIFE. THIS LED SONDRA TO BECOME THE **FOUNDER, VISIONARY AND DIRECTOR OF HAIDA ROOTS**, A NON-PROFIT ORGANIZATION THAT CONNECTS **LOCAL HAIDA TO RESOURCES** AND OPENS OPPORTUNITIES FOR SHARING THEIR CULTURE AND LEARNING XAAD KIL

MEET OUR ARTIST IN RESIDENCE



SONDRA SEGUNDO

2024 INDIGENOUS STORYTELLING ARTIST IN RESIDENCE

SONDRA SEGUNDO-CUNNINGHAM IS A MULTI-FACETED ARTIST AND HAIDA LANGUAGE WARRIOR.

SHE COMES FROM A LONG, UNBROKEN LINE OF **YAHKW JÁANAAS** (HAIDA RAVEN CLAN MATRIARCHS). HER **GRANDPARENTS** WERE BOTH FLUENT IN THE ALASKAN HAIDA DIALECT. FROM A VERY YOUNG AGE, SONDRA GREW UP HEARING **TRADITIONAL HAIDA SONGS** AS WELL AS GOSPEL SONGS TRANSLATED TO **XAAD KIL** WITH HER ELDERS. THEY ALSO TAUGHT HER HOW TO SING HARMONIES.

NOW SHE IS PASSING ON THIS PRICELESS KNOWLEDGE TO THE NEXT GENERATIONS.

SONDRA IS A **CULTURAL EDUCATOR** AND A **PUBLISHED AUTHOR AND ILLUSTRATOR OF 3 HAIDA CHILDREN'S BOOKS.**



The Rise of Indigenous Doulas

A team of birth keepers in Washington is drawing on Indigenous knowledge and culturally competent care to help Native women reclaim birthing practices, parenting practices, and community. They're also saving lives.



BY JENNA KUNZE

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Wóphila unkéničiyapi

Thank you

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