

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
American Indian/Alaska Native (AI/AN) Underserved Cultural Communities (UsCC) subcommittee

ROOTED IN RESILIENCE



Cultivating Positivity in Native Families

2025 Summary Report Presented by So'oh-Shinálí Sister Project



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Project Goals Completed

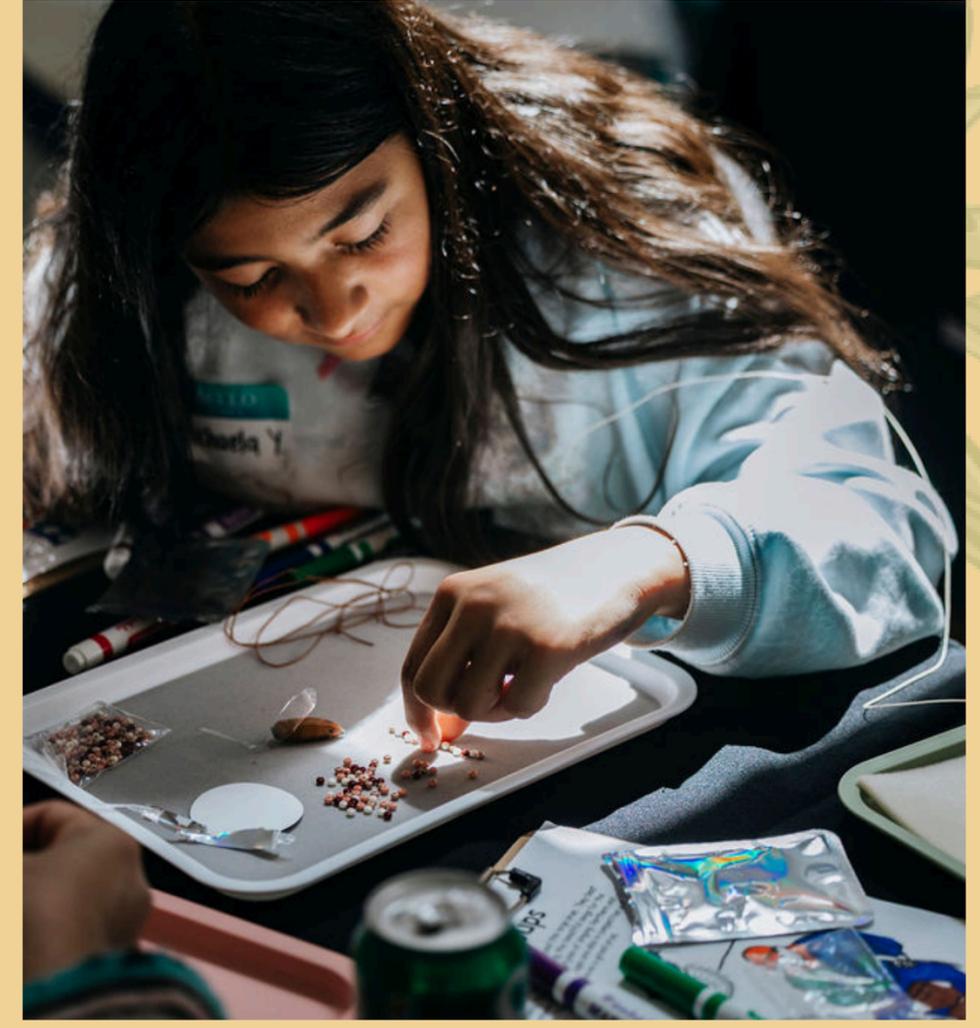
The goals of Rooted in Resilience: Cultivating Positivity in Native Families included:

- Supporting Native families to foster positive interactions within their households through intentional communication and culturally grounded practices.
- Reduce mental health stigma and promote mental health resources and services.
- Strengthen the capacity of the public mental health system within Los Angeles County.



Programmatic Overview

Gathering One | Understanding the Past: Multigenerational Trauma and Its Impact



Programmatic Overview

Gathering Two | Addressing the Present: Mental Health and Psychoeducation

**Importance and examples of
Positive Coping Skills
&
Positive Communication with
Family & Friends**

*Recap from Questionnaire:
What brings your family joy?*

Protective
Factors



Programmatic Overview

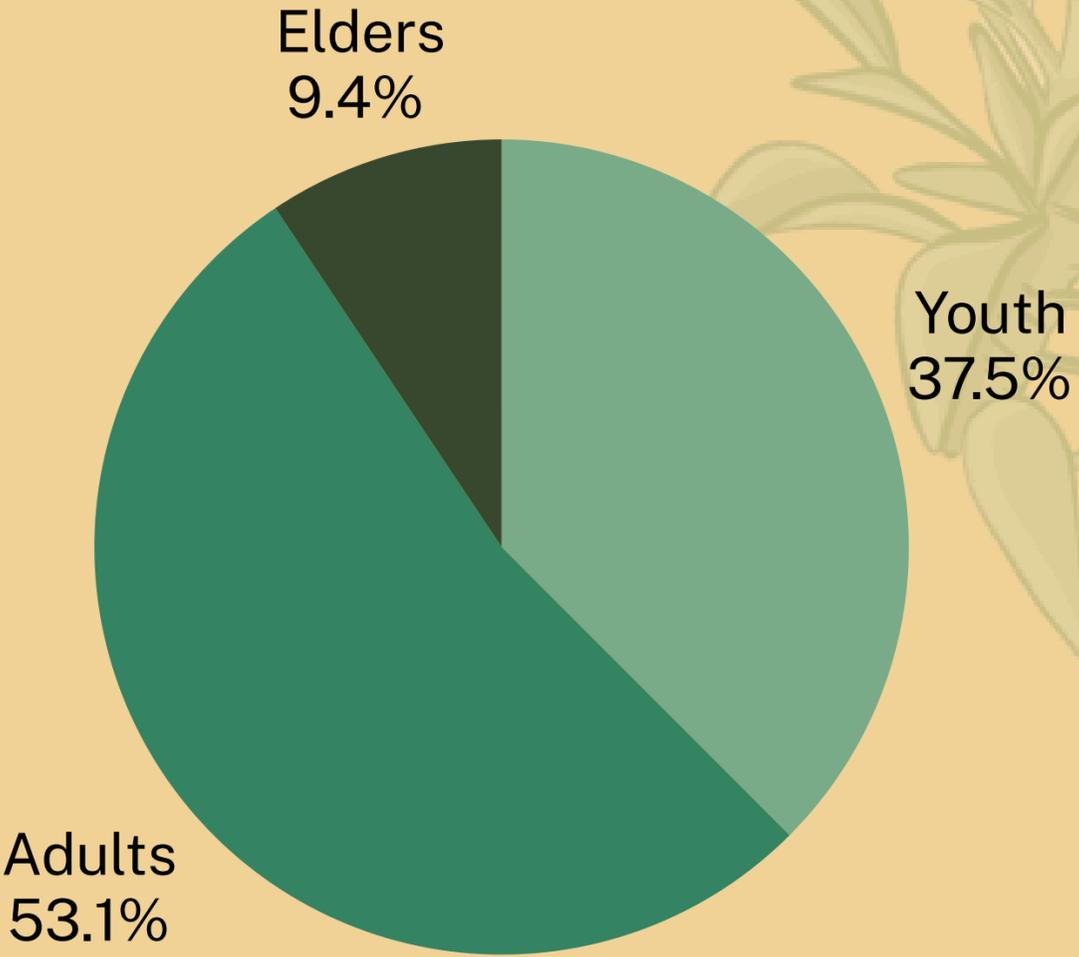
Gathering Three | Building the Future: Cultivating Positivity and Resilience



Project Results & Outcome

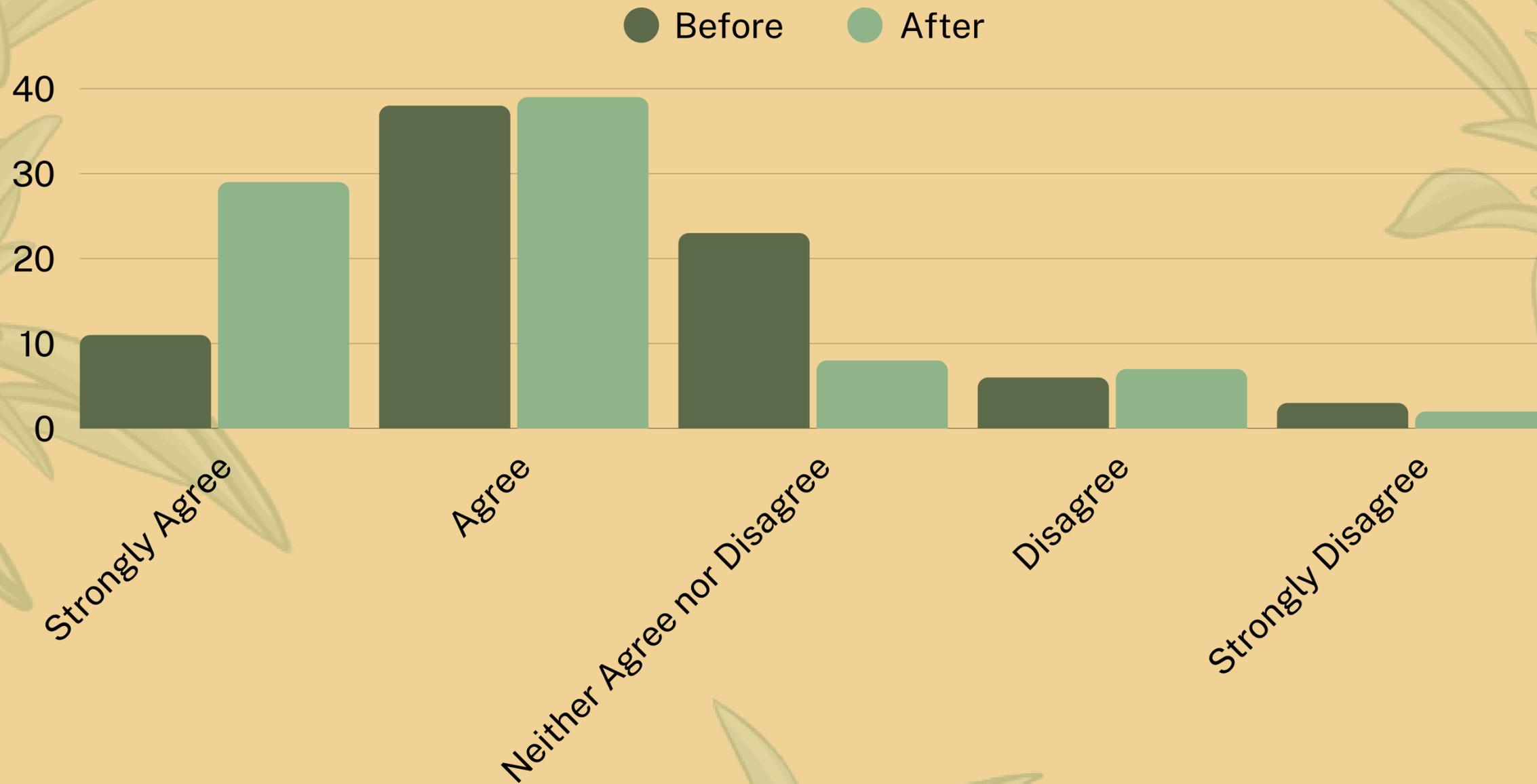
Rooted in Resilience had a total of **125 attendees** across three gatherings. A total of **55 unique participants** with **23 tribal affiliations** represented.

Many families joined, with two or even three generations represented, creating a dynamic and a culturally grounded environment for shared learning and healing.



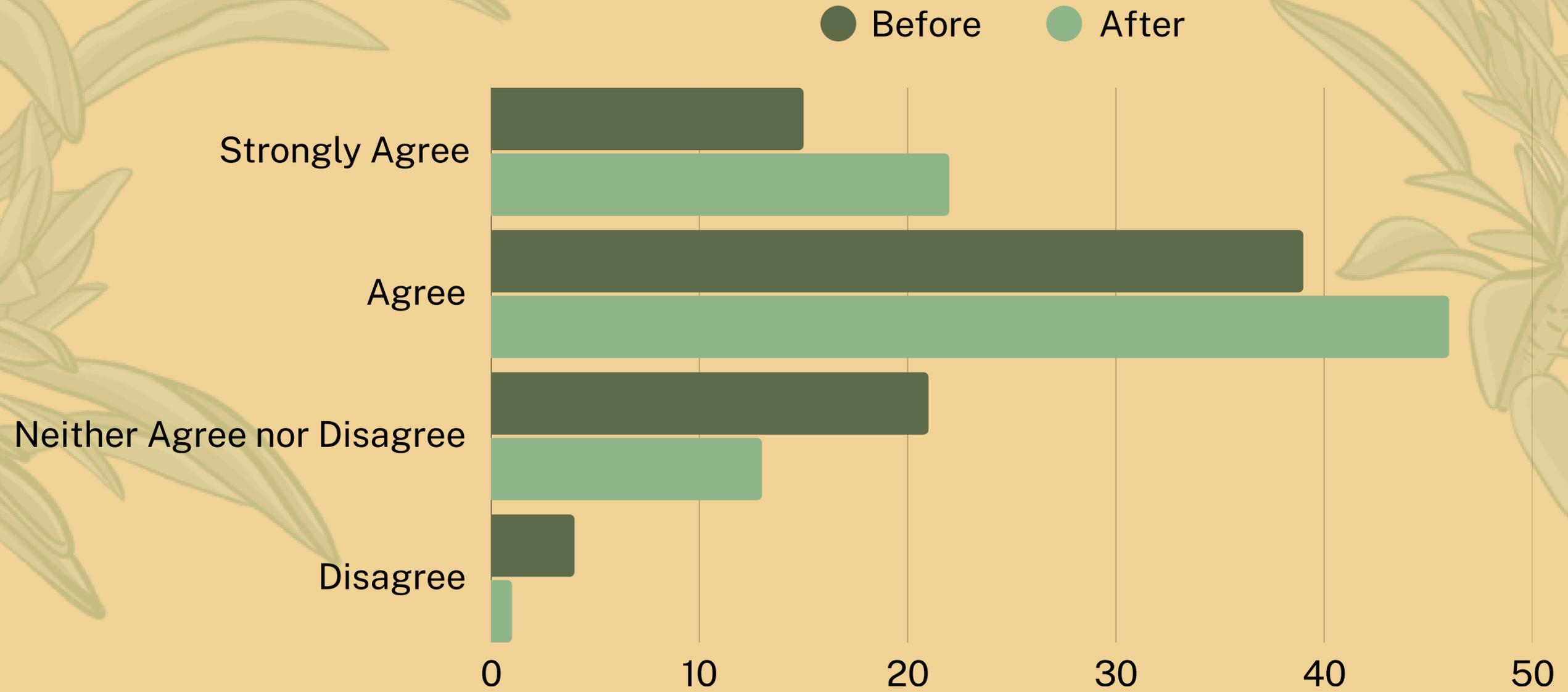
Retrospective Survey Findings

Question 1: I feel comfortable discussing my mental health openly with friends, family, and other members of my community.



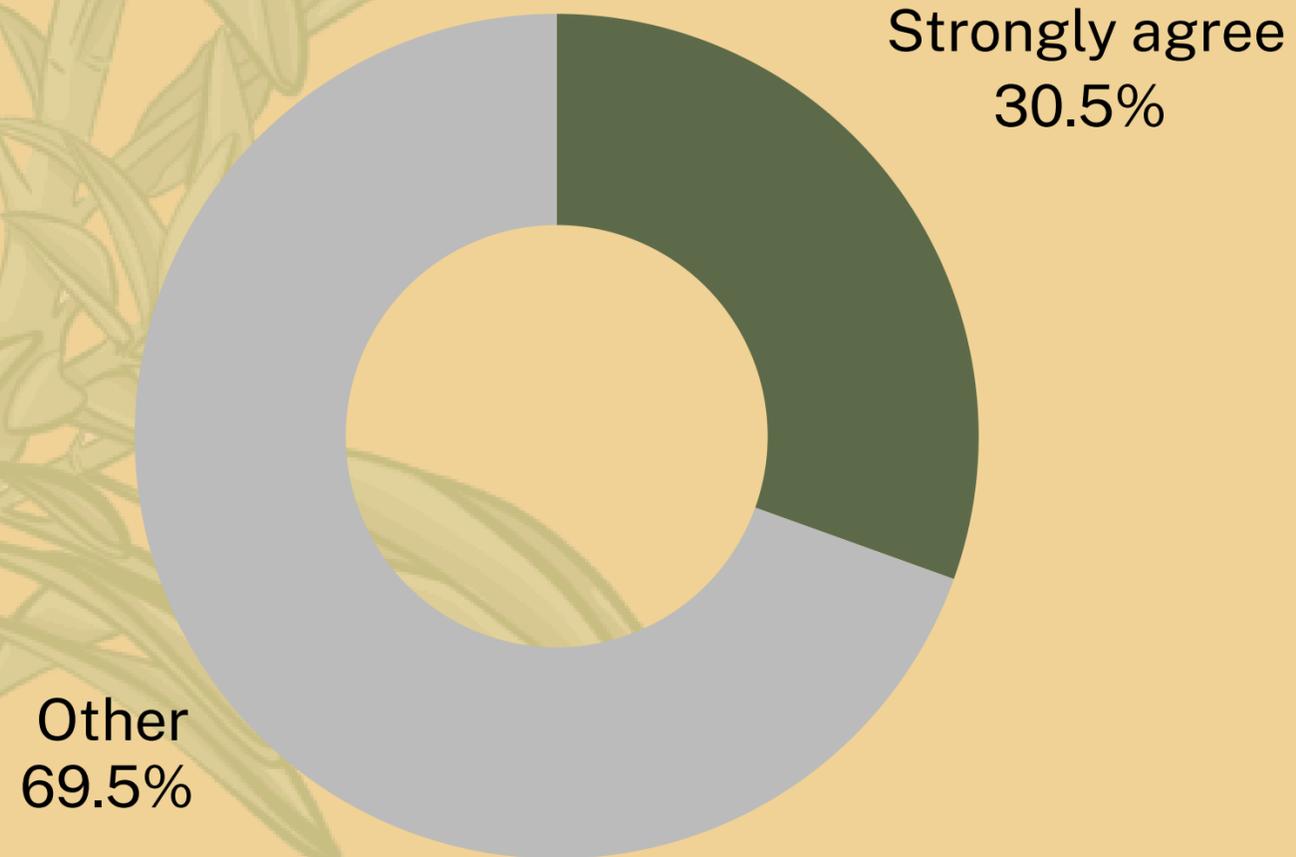
Retrospective Survey Findings

Question 2: I know how to recognize signs and symptoms of poor mental health.

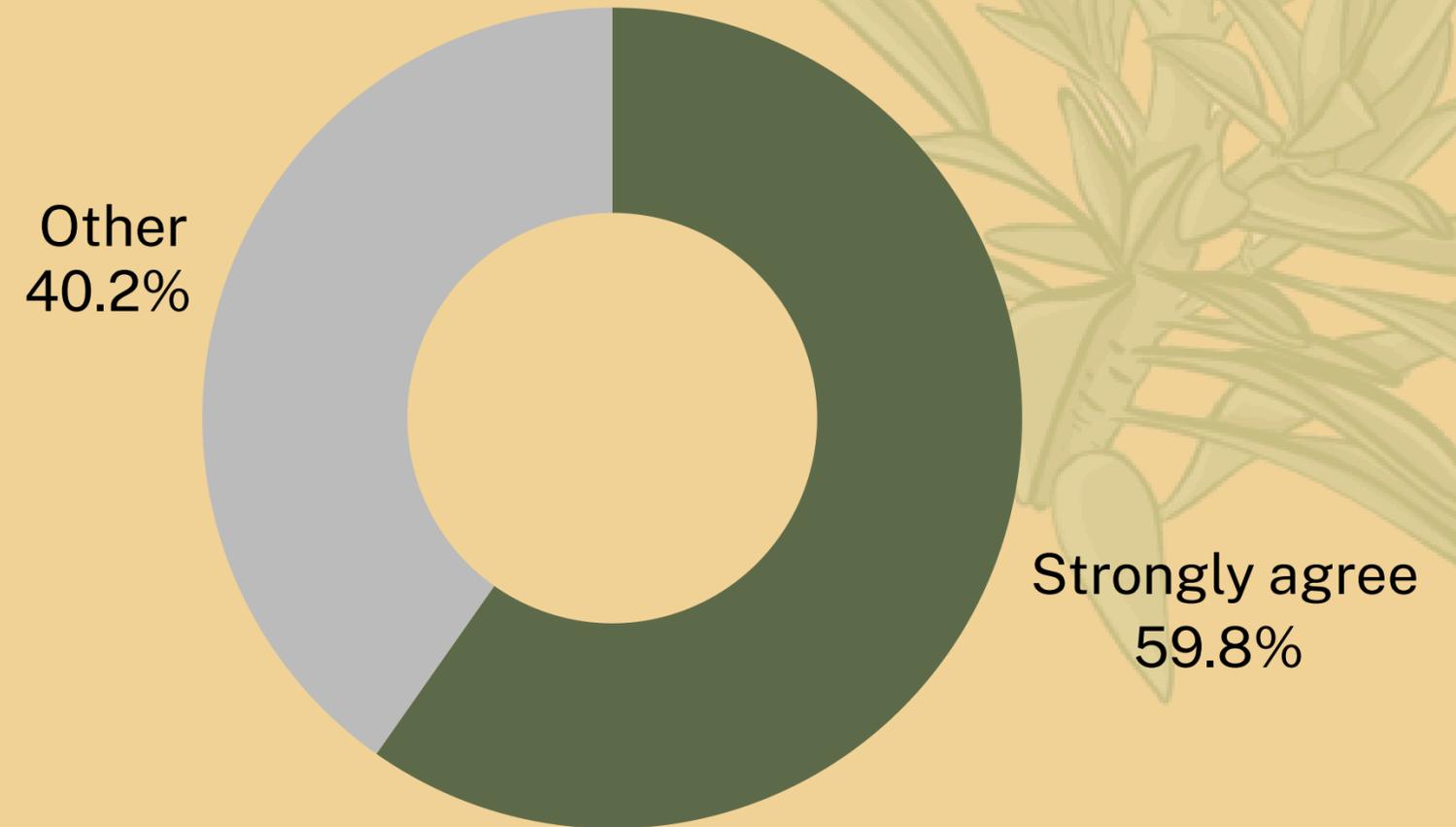


Retrospective Survey Findings

Question 3: I know how my language and day-to-day interactions can impact mental health and wellness.



Before Participating



After Participating

Cohort Video Campaign

Scan here to watch the video created during ***Rooted in Resilience: Understanding the Past | History of Multigenerational Trauma***



Scan here to watch the video created during ***Rooted in Resilience: Building the Future | Cultivating Positivity and Resilience***



Cohort Video Campaign Engagement

The two short-form impact videos, created in collaboration with participating families, were disseminated and advertised across Facebook and Instagram to amplify community voices and share key insights from the cohort series. These videos served as both a reflection tool and a resource for broader community education and engagement.

Metrics	Video 1	Video 2
DMH AI/AN UsCC Link Clicks	619	786
Total Accounts Reached	18,591	19,900
Total Video Impressions	27,879	25,741

Reflections and Recommendations for DMH

- **Continue Supporting Culturally Grounded AI/AN Programs**
 - Sustained funding and resources should prioritize work that centers Native knowledge systems, honors community-defined needs, and incorporates holistic wellness frameworks.
- **Expand Intergenerational and Family-Based Models**
 - Programs that intentionally engage youth, adults, and elders demonstrate deeper participant engagement and more profound healing outcomes.
- **Incorporate Technology Access as Standard Practice**
 - Providing devices like Chromebooks and offering technical support effectively removes key barriers to participation, especially for ongoing mental health resources that are offered virtually.
- **Enhance Data Collection and Impact Sharing**
 - Utilizing an Indigenous data framework to uplift and share the program successes widely within and beyond the AI/AN community strengthens advocacy efforts and builds awareness of effective culturally informed mental health practices and resources.

Community Feedback



“Thank you for providing these workshops to bring families together to help build strong connections within our families. Bring awareness to mental health.”

“Thank you for making the event safe, friendly, inclusive, and fun. Thank you!”

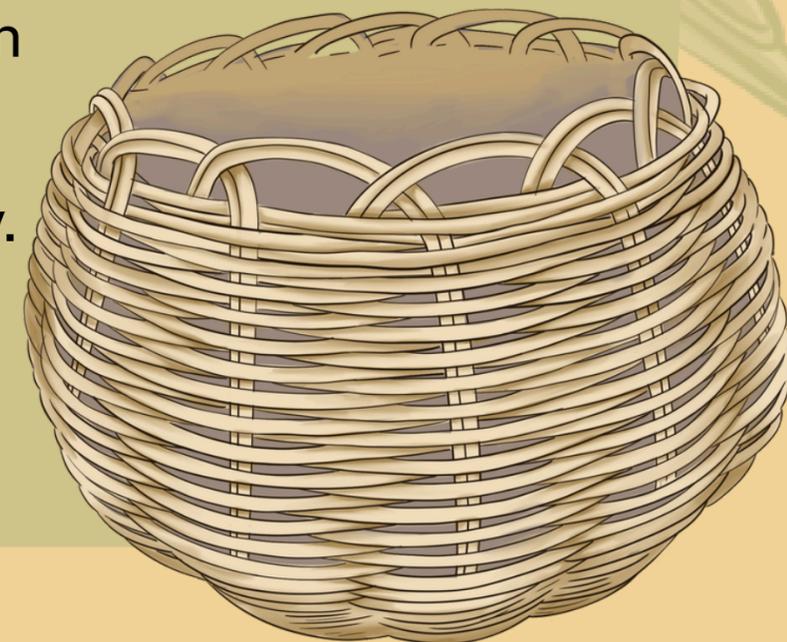
“Please have another family cohort where elders and the next generation can continue to learn together and break down generational trauma.”

“I appreciate this kind of cohort for my family. It has reminded me to self-care, take it easy, and communicate with the community on issues of generational trauma and healing that have affected our native communities. And how can we start to heal future generations.”

“Thank you for this workshop, it was much needed and will help our family participate in more healthy practices.”

“I really enjoyed the intergenerational healing this cohort allowed for me and my family. As a youth, I often find mental health offerings for Native youth but not for Native families to heal alongside each other.”

“Thank you for this positive workshop. It means a lot to me.”



An illustration of two hands holding a string of beads. The hands are brown-skinned and are positioned at the top left of the image. The string is orange and has several small, colorful beads (blue, green, purple) attached to it. The background is a light yellow with faint green leaf patterns.

Thank you!

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