Cultural Resiliency Webinar Series:
Addressing Mental Health Impacts due to Climate Change (Part 1)

Date: May 5, 2020
Time: 10am (Hawaii), 12pm (Alaska), 1pm (Pacific), 2pm (Mountain), 3pm (Central), 4pm (Eastern)

This webinar is an installment of the Topics in Climate Change Adaptation Planning webinar series hosted by the Institute for Tribal Environmental Professionals (ITEP) Tribes & Climate Change Program in collaboration with the Inter Tribal Council of Arizona (ITCA).

Background:
As many communities, individuals, and families are sheltering in place during this time of the COVID-19 crisis, we cannot ignore that climate change continues to impact us all. For some, climate change may cause stress and anxiety, affecting overall mental health. Tribal communities are especially vulnerable to mental health impacts due to extreme weather events as tribes rely on the land and water for subsistence, ceremonies, and cultural practices. (https://apha.org/). For tribes, cultural resilience may be useful in overcoming these challenges.

What is cultural resilience?
Cultural resilience considers how one’s cultural background (i.e. culture, cultural values, language, customs, practices) helps individuals and communities overcome adversity. For example, for tribal communities, cultural resilience may consist of prayer, access and use of medicinal plants, and language revitalization to maintain overall well-being.

Presenter:
ITEP is honored to have Dr. Tommy K. Begay join us for this webinar to discuss how maladaptive behaviors (such as substance abuse or violence) may arise from cultural-historical circumstances (such as colonialism and intergenerational trauma) that are coupled with psychosocial stress, and how cultural resiliency may be useful in addressing these behaviors.

- Dr. Tommy K. Begay, Clinical Assistant Professor, Department of Psychiatry, College of Medicine, University of Arizona

To register: Please click here register for the webinar. There is no cost to attend.

Please direct any questions to:
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