

HIR Wellness Institute 2022 CAM™ & Red Sands Event Map



We are a **survivor & women led matriarchal organization** providing care to victims of crime and violence. Our ways are from many differing nations and our resilience is rooted in the health and wellbeing of our communities. We work to increase mental health accessibility and inclusivity for health justice through demonetizing the relationships between the mental health systems, and those seeking mental health services.

Our CAM™ & Red Sands Event

Community Activated Medicine™ (CAM™) is a theoretical orientation to community-based mental health coined & developed in 2015 by Lea S. Denny, a mom, wife, clinical therapist, survivor, and founder of the HIR Wellness Institute. Denny has dedicated her life's work to helping support the healing work, advocacy, and wellness of survivors of all ages. She has also developed many concepts to support the theory of CAM™, including the term **Persistent Toxic Systems and Environments™** (PTSE™) which seeks to identify the root causes of historical and intergenerational trauma, stress, pain, and loss felt in our communities.

The **Red Sand Project** is a creative activism artwork created by Molly Gochman that uses sidewalk interventions and earthwork installations. This project creates opportunities for people to question, connect, and take action against vulnerabilities that lead to human trafficking, exploitation, suicide, and murder.

Bridging **CAM™ + Red Sands** together was started in Milwaukee in 2017 by the HIR Wellness founding team, a small group of community partners, and volunteers. This call to action was to raise awareness, heal, and hold space for the grief work around the unmeasurable losses of our MMIWR.

A Call to Action: Community Helpers & Healers



Our CAM™ events are a space for our Helpers and Healers to gather and offer their skills, gifts, energy, and wisdoms for **community-based mental health warm-support**. If you identify as a mental health provider, social worker, counselor, advocate, or cultural/ spiritual advisor and are interested in offering social and emotional support for our relatives at

our event, please check-in at our registration booth and let our team know. You will be provided with a Helpers & Healers Pledge Card, a Community Activated Medicine™ Helper sticker, and invited to sign-up for our CAMSite™ Helpers & Healers (H&H) Provider's Network. Thank you from the HIR Wellness team for your support!

Wisconsin MMIW Taskforce

The MMIW Taskforce is charged with helping fight the abduction, homicide, violence and trafficking of Indigenous women in WI. The task force plans to focus on examining the factors that contribute to MMIW and the response from social service organizations, understanding the roles federal, state and tribal jurisdictions play, and improving and implementing robust data collection and reporting methods. **HIR Wellness Institute is an active member of the Wisconsin MMIW Task Force and has team members who sit on subcommittees.**



No research has been done on rates of such violence among American Indian and Alaska Native women **living in urban areas** even though approximately **71% of American Indian and Alaska Natives live in urban areas.**

Norris, T., Vines, P.L. & Hoeffel, E (2012). The American Indian and Alaska Native Population 2010. U.S. Census Bureau. Retrieved from <https://www.census.gov/history/pdf/c2010br-10.pdf>

Coming Together for Community Grieving & Healing



Grief is complex.

Grieving is not done over a few days, it takes continued space to cope with loss, heartache, confusion, shock, and disbelief. When grief impacts an entire family or community from MMIWR, suicide, homicide, overdose, or illness it is often coupled with other countless unmeasurable losses. This can become a collective and disenfranchised grief. Although this affects everyone differently it is felt as a people. The symptoms of grief and loss can feel like:

Intrusive thinking/ self-harm
Hopelessness/ loneliness
Difficulties caring for self
Irritable/ angry /rageful
Mixed and varied emotions
Numbness/ emptiness
Worry/ anxiety/ restlessness

Low mood/ depression
Unpredictable sadness
Lack of focus/ foggy headed
Heartache/ despair/ agony
Loss of motivation/ interest
Shame/ guilt
Disconnection/ displaced
Avoidance

It is normal to experience these sensations or symptoms after experiencing traumatic events, grief, and complex losses. If experiences persist, are destructive, or become unbearable, impact your sleep, relationships, or ability to be present, we encourage you to reach out to us or other professionals to assist with your healing process.

Contact Us

Please contact our
HIR Wellness Team
info@HIRWellness.org
(414) 763-5815
www.HIRWellness.org



CARES Warmline
(414) 748-2592

Mon-Fri from 9 AM to 8 PM. All calls returned within 1 business day