



APRIL 22, 8:30 A.M.-3:00 P.M.

INDIGENOUS TRAUMA & RESILIENCE RESEARCH CENTER SYMPOSIUM

American Indians in North Dakota and throughout the region suffer from health disparities, relative to the non-Native population. Much of this is related to historical trauma, adverse childhood experiences, forced boarding school participation, social marginalization, and toxic stress.



INTRODUCTION, INDEX AND EVENT SCHEDULE

The goal of the Indigenous Trauma & Resilience Research Center (ITRRC) is to address the impact of historical and unresolved trauma on health inequities within the American Indian and Alaska Native population. The purpose of this symposium is to bring together nationally recognized experts in Indigenous trauma and resilience and highlight the research being accomplished at UND.

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Event Schedule

- 8:30 a.m. – 9:30 a.m. Indigenous Trauma and Resilience Research
Donald Warne M.D., M.P.H.
Oglala Lakota, Program Director for the Indigenous TRRC
- 9:30 a.m. – 10:30 a.m. Update from the NIH Tribal Health Research Office
David Wilson, Ph.D.
Navajo, Director of the National Institutes of Health’s Tribal Health Research Office
- 10:30 a.m. – 11:30 a.m. Research Considerations for Traditional Medicine and Practice-Based Research Networks
Allison Kelliher, M.D.
Koyukon Athabascan, Director of the American Indian Collaborative Research Network
- 11:30 a.m. – 12:00 p.m. Break

- 12:00 p.m. – 12:30 p.m. Stress and Health in American Indian Pregnancies
Andrew Williams, Ph.D., M.P.H.
Assistant Professor in the Public Health Program at
UND SMHS
- 12:30 p.m. – 1:00 p.m. Impact of American Indian Boarding Schools on Perceived
Stress, Allostatic Load, and Resilience
Ursula Running Bear, Ph.D., M.S.
Sicangu Lakota, Assistant Professor in the Public Health
Program at UND SMHS
- 1:00 p.m. – 1:30 p.m. The Health Effects of Traditional Indigenous Chokeberry
Nicole Redvers, N.D., M.P.H.
Deninu K'ue, Assistant Professor in the Departments of
Indigenous Health and Family & Community Medicine at
UND SMHS
- 1:30 p.m. – 2:00 p.m. Strong Heart Study Overview and Updates
Amanda Mae Fretts, Ph.D., M.P.H.
Mi'kmaq, Associate Professor in the Department of
Epidemiology, University of Washington School of
Public Health
- 2:00 p.m. – 3:00 p.m. Wrap up, Q&A, and Next Steps
Donald Warne M.D., M.P.H.
Oglala Lakota, Program Director for the Indigenous TRRC

This event is free; registration is required, click [here](#) to register.

Please take a moment to complete our [post-conference survey](#).

Contact [Kristina Beiswenger](#) for more information.

SPEAKERS

Amanda Mae Fretts, Ph.D., M.P.H.

Mi'kmaq, Assistant Professor, University of Washington School of Public Health,
Department of Epidemiology

Dr. Mandy Fretts is a cardiovascular epidemiologist with a focus on observational and interventional research aimed at improving cardio-metabolic health in underserved and rural communities. Her research interests include nutrition, physical activity, fatty acids, diabetes, and American Indian health. She is the principal investigator of the N.D. and S.D. field site for the Strong Heart Study, a large cohort study of cardiovascular disease and its risk factors in 12 rural American Indian communities in Ariz., Okla., N.D., and S.D., that has been on-going since 1988. She is also principal investigator of a community-based diet and cooking skills intervention (randomized trial) for American Indians with diabetes who reside on the Cheyenne River reservation. As an American Indian investigator (*Mi'kmaq*, Eel Ground First Nation), Dr. Fretts is committed to improve the cardio-metabolic health of American Indians, and to integrating observational and interventional research to mitigate obesity-related health disparities and improving health behaviors and health outcomes among American Indian people.

Allison Kelliher, M.D.

Koyukon Athabascan, PBRN Director, University of North Dakota School of Medicine & Health Sciences, Department of Research Affairs

Dr. Kelliher is a physician, scholar, educator, leader, and traditional healer. As a Family and Integrative Medicine doctor, she incorporates Alaska Native traditional healing and other modalities to provide the highest standard of care and further aim to empower Indigenous voices in research design to improve health outcomes. She has maintained an interest in translating science into practice throughout her career. As an enrolled member of the Koyukon Athabascan tribe, she understands the health disparities that influence American Indian and Alaska Native people. Her background in biomedical research reflects this and includes research and internships focusing on cerebrovascular and cardiovascular disease, squamous cell cancer, and aspects of addiction. She has a breadth of experience including full spectrum family medicine, curriculum development, and developing a practice-based research network. She now directs a Practice-Based Research Network at the University of North Dakota, where the American Indian Collaborative Research Network (AICoRN) is committed to incorporating Indigenous voices in developing and carrying out relevant research in a meaningful and appropriate manner in the states of N.D., S.D., Wyo., and Mont.

Donald Warne M.D., M.P.H.

Oglala Lakota, Program Director for the Indigenous Trauma & Resilience Research Center

Associate Dean of Diversity, Equity and Inclusion, Director of the Indians Into Medicine (INMED) and Public Health Programs, Professor of Family & Community Medicine, University of North Dakota School of Medicine and Health Sciences

Senior Policy Advisor, Great Plains Tribal Leader's Health Board, Rapid City, S.D.

Dr. Warne comes from a long line of traditional healers and medicine men. He received his M.D. from Stanford University School of Medicine and his M.P.H. from Harvard School of Public Health. His work experience includes: several years as a primary care physician with the Gila River Health Care Corporation in Ariz.; staff clinician with the National Institutes of Health; Indian Legal Program Faculty with the Sandra Day O'Connor College of Law at Arizona State University; Health Policy Research Director for Inter Tribal Council of Arizona; Executive Director of the Great Plains Tribal Chairmen's Health Board; and Chair of the Department of Public Health at North Dakota State University.

David R. Wilson, Ph.D.

Navajo, Director, National Institutes of Health (NIH), Tribal Health Research Office

Dr. Wilson was appointed as the first director of the Tribal Health Research Office (THRO) in January 2017. In this leadership role, he brings together representatives from the NIH Institutes, Centers, and Offices to leverage trans-NIH resources and build collaborations through the research portfolio to address tribal health concerns. He works to build a unified NIH presence with which to engage and ensure input from tribal leaders across the nation and aims to expand training opportunities for American Indian and Alaska Native communities. Dr. Wilson comes to the NIH Office of the Director from the U.S. Department of Health and Human Services Office of Minority Health, where he served as Public Health Advisor and American Indian/ Alaska Native Policy Lead.

Nicole Redvers, N.D., M.P.H.

Deninu K'ue, Assistant Professor, University of North Dakota School of Medicine & Health Sciences, Departments of Indigenous Health and Family & Community Medicine

Dr. Redvers has worked with various Indigenous patients and communities around the globe helping to bridge the gap between Indigenous traditional and modern medical systems. She is co-founder and chair of the Arctic Indigenous Wellness Foundation, based in the Canadian North, which was awarded the \$1 million-dollar 2017 Arctic Inspiration Prize for its work with vulnerable populations within land-based healing settings in the Northwest Territories. Dr. Redvers is currently an assistant professor in both the Department of Family & Community Medicine and the Department of Indigenous Health at the University of North Dakota where she has helped co-develop the first Indigenous Health Ph.D. degree program in North America. She has been actively involved at the international level promoting the inclusion of Indigenous perspectives in planetary health and education for sustainable health care. Dr. Redvers sits on the inaugural advisory board for the American Public Health Association's Center for Climate, Health and Equity Steering Committee, is senior fellow of Indigenous and Community Health with inVIVO Planetary Health, sits on the steering committee for the Planetary Health Alliance, and sits on the external advisory board for EcoHealth International. Her scholarly work engages a breadth of scholarly projects attempting to bridge gaps between Indigenous and Western ways of knowing as it pertains to individual, community, and planetary health. Dr. Redvers recently published the trade paperback, *The Science of the Sacred: Bridging Global Indigenous Medicine Systems and Modern Scientific Principles*.

Ursula Running Bear, Ph.D., M.S.

Sicangu Lakota, Assistant Professor, University of North Dakota School of Medicine & Health Sciences, Department of Public Health

Dr. Running Bear received her Ph.D. in clinical science from the University of Colorado and her master's degree in sociology from the University of Arizona.

Dr. Running Bear's early career focused on providing direct services to American Indians in Denver, Colo. She spent 17 years at the UC Anschutz Medical Campus, Centers for American Indian/Alaska Native (AI/AN) Health, where her work focused primarily on research and evaluation with AI/ANs across the nation on a variety of health-related topics. Dr. Running Bear's interests include AI/AN health disparities, substance use disorders, alcohol detoxification, and the impacts of boarding school attendance on health.

Andrew Williams, Ph.D., M.P.H.

Assistant Professor, University of North Dakota School of Medicine & Health Sciences, Department of Public Health

Dr. Williams received his Ph.D. in maternal and child health from the School of Public Health at the University of Maryland in 2017. He earned his M.P.H. in Community Health from New York University and recently completed a postdoctoral fellowship in the epidemiology branch of the Eunice Kennedy Shriver National Institute of Child Health and Human Development in Bethesda, Md. Dr. Williams was previously project coordinator at the North Dakota Fetal Alcohol Syndrome Center at the University of North Dakota School of Medicine & Health Sciences and is well-aware of the health challenges faced by regional communities.

