



LA CULTURA CURA: Transformational Health and Healing

Jerry Tello, National Compadres Network

“Within the collective Dignity, Respect, Trust and Love of all people exists the wisdom, practices and resources for a healthy and harmonious wellbeing”

La Cultura Cura is a transformative health and healing philosophy that recognizes that within an individuals', families' and communities' authentic cultural values, traditions and indigenous practices exist the path to healthy development, restoration and life long well being.

This health and wellbeing framework focuses on building on the natural opportunity factors and on what is healthy within an individual, family, community or culture. This indigenous based life view promotes what is right, based on culturally grounded physical, emotional, mental and spiritual principles and practices.

This philosophy and process of transformational health and healing is illustrated in the following elements, as in the parts of a tree that root an individual, family and/or community. This interconnected movement is necessary to consider for integrated health, healing, growth, leadership development and individual, family and community P.R.I.D.E.

1. Purpose/Destino – Based on Individual, Family/Community Dignity (DIGNIDAD)

A basic premise of the individual, family/community - dignity acknowledges that within the ancestral wisdom of a people are the teachings and medicine necessary for growth and healing. It is understood that the teachings and healing elements inevitably come from the people themselves. Therefore, in order for true healing, or rebalancing to be sustained, although the initial incentive may come from an outside person (organization, funding source), the ongoing motivation for individual, family/community growth and rebalancing must come from within the circle of those who desire or need growth or change.

2. Responsibility – Based on Respect (Respeto) for Family/Community Vision

Individuals must have a vision that reflects the potential of their true self in reference to their family and community. If a person only has a negative view of himself and his culture then he has no avenue for growth, development or a healthy responsibility (ability to respond to life's struggles). A person's primary ethnicity is the root of that vision. It is necessary for the person to be guided to allow them to dream, reflect, and rediscover the life-enhancing values and gifts of his own indigenous culture. As part of this process it is necessary for him to know and understand his history in order to understand the process that created his present situation. By this process, and with the proper guidance, a boy, man, girl, or woman will be able to separate the pain and imbalance that they and their people are experiencing from the essence and strength of the positives aspects of their culture. As part of their indigenous heritage, all people have traditions and customs for clarifying and rediscovering this vision of growth. These



traditions and customs must be integrated and practiced in a balanced, consistent manner and guided by sanctioned elders that are committed to this process.

3. Interdependence – Based on Individual, Family/Community Trust (Confianza)

The strengthening of a community, and the families within it, directly, enhances the development and healing of its individuals. As individuals heal and grow, they reintegrate with the positive vision of the community. Families/communities, and the individuals within them, must develop interdependently. If one is missing, then disharmonious growth occurs, which leads to false hope and development. It is essential to know the difference between co-dependence, individualism, and indigenous cultural interdependence: (confianza). Through the redeveloped interconnectedness, (Transformational Healing and Development: Círculos) cycles of generational destruction and pain are interrupted and a commitment to generational healing and development is initiated, individual by individual, family by family, community by community.

4. Development – Circular Learning Based on Love (Carino) for Life

A love for life is the basis of a circular learning process. As times change, people must learn “new” ways (based on ancient teachings) to live in the world as individuals, families, and communities. There must be pride in one's ethnicity, respect for those of all roots and a process for balancing differences. The new ways must be both life-preserving and life-enhancing. In addition, organizations, institutions and dominant societal communities must also learn to live in new ways being willing to change their philosophy, policies and procedures based on the needs of the evolving community. Elders from the community must gather in communion (Círculo) to give blessing and offer guidance to connected efforts focused on the love and healing of the next seven generations.

5. Enthusiasm – Living Life with a Sense of Hope (Spirituality/Esperanza)

Living life with a sense of spirit (spirituality) allows an individual, family and community to approach life with an element of enthusiasm (ganas). Instilling or re-instilling that sense of hope (spirituality) in an individual, family and community allows one to deal with the difficult, and sometimes overwhelming, day-to-day pressures with a sense of “greater spirit.” As part of this development it is important for a community to engage in ongoing and consistent community affirming celebrations and events to acknowledge the emerging leaders and the positive efforts that are taking place in order that they may take root and grow.

The National Compadres Network (NCN) is a 501 c-3 non profit organization founded in 1988 that brings together culturally competent nationally recognized leaders in the fields of health, trauma, healing, education, fatherhood, rites of passage, family violence, teen pregnancy prevention, cultural competence, juvenile justice, social services, advocacy and evidence based research and evaluation.



NCN works in partnership with community leaders and decision makers to create strategic and sustainable systems of change and provides support in the areas of: transformational trauma and healing informed services; capacity building, training; technical assistance; collective impact building; research; leadership development; and resource and material development.

La Cultura Cura Transformational Health and Healing is under the guidance of Jerry Tello, NCN's Director of Training and Technical Assistance

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SERVICES:

I. Community and Organizational Capacity Building Overview:

NCN works with organizations, staff and program leaders and offers culturally competent training and technical assistance in the areas of:

- Culturally Focused Organizational Capacity Building;
- Culturally Competent Community Engagement;
- Program Development; and Inclusion of Healing and Trauma Informed Culturally Based Practices; and
- Culturally-Based Research and Evaluation

II. Policies and Services to Promote Systems Change Overview:

NCN works with community and system leaders to assess present policies and systems of care to determine necessary modification and development as it relates to addressing the needs of the community to include:

- (a) identifying existing policy gaps that prevent the development of effective culturally based youth, family and community programs;
- (b) Identifying policies and systems that are oppressive to the integrity of individuals, families and community and assisting in the elimination or modification of these policies; and
- (c) Developing positive culturally competent trauma and healing informed policies and programs that build on the cultural strengths of youth, families and community.

III. Culturally Based Training and Curricula Overview:

NCN has a strong history of successful community based program development and implementation, which has resulted in model programs that have received formal recognition in many communities across the nation. NCN has developed effective and industry recognized training, technical assistance and curriculum models that are currently in place nationwide.

La Cultura Cura Overview training

An overview training on the indigenous culturally based philosophy of Transformational Health and Healing, (3 hour training). Cost: 2,000.



La Cultura Cura Core Training

A core training on the indigenous culturally based philosophy, framework and process in moving from integrated trauma to Transformational Health and Healing, (1 day training). Cost: 5,000.

El Joven Noble – The Noble Youth Rites of Passage Character Development

El Joven Noble is a comprehensive indigenous based, youth leadership development program that supports and guides youth through their "rites of passage" process while focusing on the prevention of substance abuse, teen pregnancy, relationship violence, gang violence and school failure. There are two phases of training and curriculum, base-training (Hombres Jovenes con Palabra, 3 day training cost: 25,000.) and advanced-training that includes youth leadership development curriculum, (5 day training). Cost: 40,000.

Cara Y Corazón – Face and Heart Family Strengthening Program

Cara y Corazón is a culturally based family strengthening/community mobilization program that assists parents and other extended family to raise and teach their children with a positive bicultural base, (3 day training). Cost: 25,000.

Xinachtli – Female Rites of Passage Program

Xinachtli is an indigenous, culturally based female rites of passage program that provides a supportive process for young girls to develop a positive identity, life skills and support system, (3 day training). Cost: 25,000.

Circulos – Healing and Support Circles

A core aspect of La Cultura Cura is the development of circles of support, healing and leadership development, (2 day training). Cost: 10,000.

Padres con Cara y Corazón – Fathers with Face and Heart

Padres con Cara Y Corazón program focuses at guiding and supporting fathers to develop an active, positive, nurturing relationship with their children while assisting them to deal with the day to day struggles of fatherhood, (3 day training). Cost: 25,000.

Raising Children with P.R.I.D.E.: A Teen Fatherhood Program

Raising Children with PRIDE is comprehensive multi-culturally based young fatherhood program that assists new or expectant fathers to be positive influences in the lives of children and family while assisting them in dealing with the multitude of challenges they face, (3 day training). Cost: 25,000.

Hombres Noble Buscando Balance – Nobel Men Looking for Balance

El Hombre Noble Buscando Balance is a Domestic Violence intervention process with the goal of guiding men towards Family Harmony and their Healing from Family Violence. This comprehensive culturally based intervention program (co-authored by Dr. Ricardo Carrillo, Samuel Martinez and Rolando Reyna Goubeau) is focused at working with men who have relationship violence as an issue in their life, (5 day training). Cost: 40,000.



Mama's Love- Mothers Raising Honorable Boys

A curriculum focused at assisting mothers to develop a positive relationship with their sons and guide their sons to be honorable young men, (2 day training). Cost: 10,000.

Fire and Water

The Fire and Water curriculum is a segment of the overall Joven Noble rites of passage program that works with young people that have major issues of anger/violence (fire) and substance abuse (water), (2 day training). Cost: 10,000.

IV. Culturally Competent Resource Materials:

Bilingual/Bicultural Brochures on the following topics:

- Male Health
- Sexual Health
- Teen Pregnancy Prevention
- Preventing Male Cancers
- Detecting Diabetes
- Avoiding Alcoholism
- Substance Abuse
- Preventing HIV/AIDS
- Fatherhood Lessons

Latino Fatherhood Tools:

- Fatherhood Toolkit
- Fatherhood Posters:
 - A Noble Man
 - A True Macho
 - Native American Fatherhood