



Wounded Spirits, Ailing Hearts 3 Overview Written Video Transcript

Then I came home. After 18 months, came home. Got off in San Francisco and I didn't come home. I didn't come straight home. I just, [00:01.40.00] I just couldn't. There was something wrong, something missing.

I wanted to, you know, get in and find out what's going on but it was like he was keeping it to himself. You know, it was probably the war.

But when my son was born, [00:02.00.00] it made me look at reality. It made me look at I've got a child. I decided I'd better do something about myself.

(Sam Loudhawk) is Lakota, Indian, and American and he is a Vietnam combat veteran. He suffers from post-traumatic stress disorder, [00:02.20.00] or PTSD. Hello, my name is (Spiro) Manson. I direct the Division of American Indian and Alaska Native Programs in the Department of Psychiatry at the University of Colorado Health Sciences Center. With me is Peter Montgomery, a physician, Medical Director of the PTSD Residential Rehabilitation [00:02.40.00] Program at the Denver VA Medical Center, and a Vietnam theater veteran himself.

Thank you, (Spiro). It's a pleasure to join you today to discuss combat trauma and its treatment among Native American veterans. Our goal is to better equip veterans, family members and providers, Native [00:03.00.00] and non-Native alike, in their struggle with combat-related PTSD. Most of our material deals with the Vietnam experience among Native Americans but much of this is information relevant to combat veterans of all eras. And although we draw largely on the experience [00:03.20.00] of men it's important to recognize that women make up 14% of active duty forces and 5% of all veterans. So, gender-related issues also deserve attention, especially since PTSD may arise from non-combat related causes.

Some of the causes and manifestations [00:03.40.00] of PTSD among Native American veterans have a distinct character that is deeply rooted in culture. As you know, PTSD affects thoughts, feelings and behaviors that spring from a profound disturbance of one's personal and social worlds. Yet as familiar as the general public [00:04.00.00] has become with PTSD, American Indian and Alaska Native people and the providers who serve them remain relatively unaware of this debilitating illness. The cost is high in human and financial terms. The public has connected with some of these issues through the popular media. Movies like [00:04.20.00] *Coming Home*, *Born on the Fourth of July*, and now, *Saving Private Ryan* have made the experience of war accessible in highly dramatic ways. War and the role of the warrior is central to many [00:04.40.00] Native American cultures.



(Spiro), we know from oral history that being a warrior is a measure of one's self and place in the Native world. He or she defends family and community and thereby reaffirms core cultural values. In part, the warrior tradition helps [00:05.00.00] explain why American Indians and Alaskan Natives are overrepresented in the military. Today, approximately 10% of eligible adult males in the US are military veterans, compared to 20% to 30% of Native American males who have served in our armed forces.

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