



FamilyWise

FamilyWise uses scientific research to help families understand and then recover from trauma.

The goal of the Tribal NEAR Science and Community Wisdom Project is to increase shared understanding and awareness of NEAR science and build self-healing communities. NEAR science studies how people respond to trauma and how they can become more resilient (more able to “bounce back” after bad experiences). NEAR science stands for:

- **Neuroscience** – the study of how the brain and nervous system adapt based on our lived experience.
- **Epigenetics** – how life experiences, including those of our ancestors, impact a person’s genes. Epigenetics shows that the body is always adapting.
- **Adverse Childhood Experiences** – The Adverse Childhood Experiences study showed the effects of childhood trauma on a person’s biology and behavior. This can include long-term health problems and other difficulties.
- **Resilience** – Resilience is the idea that a person can heal grow after difficult life events. Individuals, families, and communities can learn to become more resilient, breaking cycles of trauma and creating new ways forward.



The Tribal NEAR Science and Community Wisdom Project is a collaboration between several tribal nations in Minnesota, FamilyWise Services (home of Prevent Child Abuse MN), University of Minnesota – Extension, and The Center for Prevention at Blue Cross® and Blue Shield® of Minnesota. The project focuses on empowering parents to lead healthy lives, uplift community and cultural wisdom to address hardships and reduce incidents of child abuse, neglect, and out-of-home placement (foster care).

Remembering Resilience Podcast

Remembering Resilience is a podcast that explores how we can use Indigenous wisdom, science, and cultural practices to begin healing ourselves and communities from trauma.



This series highlights Indigenous resilience through and beyond trauma. Episodes explore how Indigenous community members are utilizing cultural practices, science, and our history to shape a future for the next generation that is defined not by what we have suffered, but what we have overcome.

Advocacy

The Tribal NEAR Science and Community Wisdom Project advocates for policy change to support the needs of Indigenous communities, families, and children.

Workshops

FamilyWise staff members host workshops on the topics of self-healing, historical trauma, NEAR science, and parent engagement.

To learn more visit:

