

Hunga me heshi, Stephanie degum diat... I am an enrolled Washoe Tribal Citizen of the Washoe Tribe of NV & CA, and work as a Licensed Clinical Social Worker, mental health therapist in Native communities. I am here to express my support of Senate Bill 391 - to stop the sundown siren. There is growing awareness around the long term effects of historical and intergenerational trauma. The sundown siren in Minden serves as a tool of colonization that continues to affect Washoe people today. We know that historical trauma across Native country includes the loss of land, culture, language, spiritual practices and general well-being. Manifestations of intergenerational trauma include mental health and physical health disparities far beyond any other ethnic or cultural group. Dr. Maria Yellow Horse Brave Heart outlines 4 major components of historical trauma intervention: 1) confronting historical trauma and embracing history, 2) understanding our trauma, 3) releasing our pain, and 4) transcending our trauma. It has been 106 years to the day since the enactment of Minden's Sundown ordinance and almost 115 years since that by Gardnerville. Relatives, we have so far to go, to start acknowledging the truth of history, this siren, and treatment of our Washoe people. Please, let's move SB-391 forward. Honor the Washoe, Stop the Siren.