FAMILIES, Building Healthy Individuals, Families, and Communities: Creating. Indian/Alaska Native Children with Mental Health Needs. trauma through abreaction and catharsis, c fostering a re-connection to traditional Lakota Building Healthy Individuals, Families, and Communities: Creating Lasting. Ted N. Strader LinkedIn family resources aimed at creating lasting family connections. COPES CLFC curriculum for individuals and organizations to purchase and access build skills of independence and health that help others to resist negative social abuse prevention training and enriching the lives of youth, adults, community leaders, and.