



# Lea S. Denny

## Chief Executive Officer & Clinical Director

*Decolonizing and demonetizing mental health through organizational leadership, structure, care, pedagogy, and practice*

### Established models.

These interdisciplinary models demonstrate how to understand and treat complex mental health conditions such as: CPTSD, intergenerational trauma, historical trauma  
Some of these healing informed models, teachings, tools, and vocabulary include:

#### Models

- Community Activated Medicine Framework™
- Mental Health Without Borders™
- Matriarchal holacracy leadership
- Decolonized organizational care

#### Therapeutic Tools

- HIR-MAPS™
- Circle of Care™
- Grief Surveys
- Story Mending
- GATE Inventory
- Racial Impact Acid Test
- CAM Workbooks™
- Relational Healing Passport™

#### Verbiage

- Persistent Toxic Systems and Environments™
- Community Activated Medicine™
- Intergenerational Healing Approach™
- Triple Attunement™

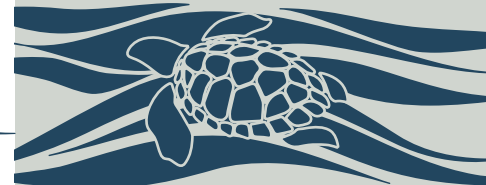
#### Programs

- CAMPsites™
- Healing Dojo Podcast
- N8V-T Podcast
- Gatherers of Tradition
- Radical Joy
- CAM™ MasterClass
- Elders Book Club
- Girls Leadership



### Life Philosophy

*“It shouldn’t cost you to heal.”*



### Mental Health Without Borders™ Model

This model is designed to bring mental health providers into the field where people are at. Utilizing digital platforms and pop-up hubs for outreach such as CAMPsites™. These “offices” support immediate community and relational care to provide mental health and advocacy triage for free. This is done by bringing licensed mental health and trained wellness providers, community healers, and advocates to shared collective spaces.

# 15+

Mental Health Without Borders™ Partners

# 75+

CAM™ Informed Professionals

# 100+

Community Activated Medicine Provider Sites™ (CAMPsites™)

### Trained in

- Psychotherapy
- National Certified Counselor
- Neurosequential Model
- Brainspotting
- HeartMath
- Mental Health First Aid

### Skill Highlights

- Creative Leadership
- Visual Thinking
- Public Speaking
- Idea Generating
- Communication
- Community Research
- Innovation
- Synthesis
- Teaching & Coaching

# 6+

Research Projects in Process of Publication

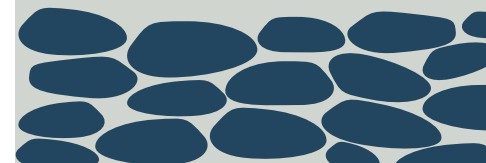
# 60+

National & International trainings designed and delivered since 2020

# 5

Million dollars co-raised in 6 Years

*Learn more about her work on [LeaS.Denny.com](http://LeaS.Denny.com)*



# Lea S. Denny

Founder | CEO | Clinical Director | VOCA Project Director

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## RESEARCH

Denny, L., Scheidegger, T., King, C., & Kaquatosh, R. (2016). Community-Based Participatory Research (CBPR) Wisconsin First Nations historical trauma: Mount Mary University, Milwaukee, WI (Master's Thesis)

Denny, L., Scheidegger, T., King, C., Hastings, J., & Powless, M. (2017). Growing Resilient Communities Together (GRCT) epidemiological study with American Indian/First Nations people. Mount Mary University IRB approval November 30, 2017 (In progress)

Denny, L.S., Hastings, J.E., Scheidegger, T.H., King, C.L., (2018). The Relationship of Cultural Orientation, Resiliency, and Coping Methods to intergenerational health outcomes in response to historical trauma, contemporary trauma and adverse childhood events in an FN population. (Working title).

Denny, L.S., & Hastings, J.E. (2018). Changes in self-esteem, resiliency, and knowledge of cultural practices in a preadolescent female AI/FN population as a function of participation in a 12-session intergenerational Daughters of Tradition program

Denny, L.S., & Hastings, J.E. (2018). Changes in helpful and unhelpful emotional self-regulation using medicine wheel teachings in both individual and group counseling.

## PUBLICATIONS

Denny, L.S., Scheidegger, T.H., King, C.L., & Hastings, J.E. (2018). Relationship of ACE scoring and Population Specific Questions to AI/FN Historical Trauma. Submitted for publication.

Denny, L. S., Hastings, J. E., Scheidegger, T. H., & King, C. L. (2018). Across-validation of Whitbeck's Historical Loss and Historical Loss Associated Symptoms scales. In preparation.

Denny, L.S., Scheidegger, T.H., King, C.L., Hastings, J.E. & Kaquatosh, R. E. (2018). Relationship of residency, cultural identification, to historical loss and Adverse Childhood Experiences. In preparation.

Denny, L.S., (March 21-22, 2019). Decolonizing Mental Health Practices. Keynote for the 2019 National Mental Health Conference. Winnipeg, Canada

Denny, L.S., Scheidegger, T.H., King, C.L., & Hastings, J.E. (2018). Historical Trauma in an AI/FN population: A Review. In preparation.

## AWARDS & ACCOLADES

White Bison, Inc., Caught Being Excellent Awards through the Wellbriety Movement  
"June Person of the Month" – 2018 | <https://bit.ly/41m6Raw>

## BOARDS & COUNSELS

Generation Red Road Indigenous Women's Council | <https://bit.ly/40hZz6b>

Interim HIR Wellness Institute Board President | <https://bit.ly/3okcg3g>

Wisconsin Missing and Murdered Indigenous Women Committee member, serving on the Data Subcommittee

Committee Member of the VAWA (Violence Against Women Act) STOP Implementation Planning Workgroup

## PRESS

Mt Mary Article in Mt. Mary Magazine Risen – June 19, 2017 | <https://bit.ly/3GXGcsn>

Kalihwisaks Oneida Newspaper – October 4, 2018, page 28 | <https://bit.ly/3A9vNWY>

Kalihwisaks Oneida Newspaper – May 16, 2019, page 12 | <https://bit.ly/41AU5Vp>

This is Milwaukee Project – November, 2020 | <https://bit.ly/41i2FIZ>

Social-Emotional Learning from a Culturally Responsive Lens – March 17, 2015 | <https://bit.ly/3A6WA64>

Conquering the Policy: Indian Boarding Schools [Personal interview] - November 4, 2013. Theodore Fontaine, Author of "Broken Circle". Marquette University, Milwaukee, WI.

The Charles E. Kubly Foundation Newsletter Summer 2020 | <https://bit.ly/41iVvUK>

Sherperd Express, Making Mental Health Care Accessible for Everyone – January 21, 2021 | <https://bit.ly/3omCqCq>

The Madison Times, Causey's Career Corner: She's Helping Residents Survive the Pandemic with Healing — and Hula | <https://bit.ly/40nS5yG>

MKE in Focus, Lea Denny's HIR Wellness Institute Works to Heal Intergenerational Trauma February 21, 2021 | <https://bit.ly/3mJMUvi>

Urban Milwaukee, Group Connects Girls to Indigenous Traditions, July 18, 2021 | <https://bit.ly/41yF5b7>

NNS Spotlight: 'Sisterhood is key': Daughters of Tradition offers a safe space for Indigenous girls, July 15, 2021 | <https://bit.ly/3KN4Z3t>

Wisconsin Public Radio, Milwaukee Organization Promotes Mental Health for Indigenous Wisconsinites, August 11, 2021 | <https://bit.ly/3A6TbEa>

## PRESENTATIONS: Past (International)

Denny, L.S., (November 23, 2023). Understanding Community Activated Medicine. MaryMound, Winnipeg Canada

Denny, L.S., (October 20, 2020). Healing Intergenerational Roots of Trauma: The Infinity Walk & Our Medicine. Embodiment Conference

Denny, L.S., (March 21-22, 2019). Decolonizing Mental Health Practices. Keynote for the 2019 National Mental Health Conference. Winnipeg, Canada

Denny, L.S., & Cohen, M., (June 12-15, 2018). The Relationship of Cultural Orientation, Resiliency, and Coping Methods to intergenerational health outcomes in response to historical trauma, contemporary trauma and adverse childhood events in an FN population. Presentation at the 3rd International Neurosequential Model of Therapeutics Symposium. Banff, British Columbia, Canada

Denny, L., Scheidegger, T., & King, C. (2017, June 14). Transgenerational Trauma Transmission: Decolonizing our research, minds, and schools for First Nations People of North America. Symposium presentation at the Pathways towards Reliance IV conference, Cape Town, South Africa

Denny, L. S. (2016, June 9). All Nations - One Tribe: Healing Historical Trauma Together for First Nations People. Research presented at 2nd International Neurosequential Model Symposium in Banff., Canada

## PRESENTATIONS: Past (State & Local)

*All created and presented by Lea S. Denny unless otherwise noted.*

Denny, L.S., (March 3, 23). International Leadership Visitor Program (South American Women Leaders). HIR Wellness Institute, Milwaukee, WI

Denny, L.S., (August 12, 22). International Leadership Visitor Program (Bedouin Community, Israel). HIR Wellness Institute, Milwaukee, WI

Denny, L.S., (July 12, 22). Trauma Informed Policy Consultation. Oneida Nation Health Department, WI

Denny, L.S., (June 28, 22). Trauma Informed Policy Consultation. Oneida Nation Health Department, WI

Denny, L.S., (June 23, 22). Trauma Informed Care. Oneida Nation, WI
Denny, L.S., (June 22, 22). Act 31. MPS First Nations Study, Milwaukee, WI
Denny, L.S., (June 16, 22). International Leadership Visitor Program (Regional Project for the Western Hemisphere). HIR Wellness Institute, Milwaukee, WI
Denny, L.S., (April,22, 22). An Introduction to the CAM Framework™ and a Healing Informed Approach. Hawai'i Catholic Charities
Denny, L.S., (April 20, 22). An Introduction to the CAM Framework™ and a Healing Informed Approach. Hawai'i Catholic Charities
Denny, L.S., (August 26, 21). An Introduction to Community Activated Medicine. 4C for Children
Denny, L.S., (February 25, 21). HIR Wellness Institute Frozen Film Festival "Seed.Pollinate.Bloom". Milwaukee, WI
Denny, L.S., (February 24, 21). Texas School of Social Workers 2021 Annual Conference
Denny, L.S., (February 18, 21). HIR Wellness Institute Frozen Film Festival "Dodging Bullets". Milwaukee, WI
Denny, L.S., (February 11, 21). HIR Wellness Institute Frozen Film Festival "Blood Memory". Milwaukee, WI
Denny, L.S., (February 4, 21). HIR Wellness Institute Frozen Film Festival "Gather". Milwaukee, WI
Denny, L.S., (February 19-20, 2020). Mental Health First Aid (MHFA) Training for UW-Madison. Milwaukee, WI
Denny, L.S., (January 28, 2020). Compassion Fatigue Training. Training for City Year. Milwaukee, WI
Denny, L.S., (December 3-4, 2020). Intergenerational Healing: Together We Thrive. Training for Oneida Nation Health Services. Oneida, WI
Denny, L.S., (August 23, 2019). Trauma-Informed Care for Trauma-Informed Healing: Action-Based Healing for Early Childhood and Across the Lifespan. Training for Oneida Nation Early Childhood Education Staff. Oneida, WI
Denny, L.S., (May 6-8). Presentation for the Share the Care Conference. Milwaukee, WI
Denny, L.S., (May 4, 2019). Every Brilliant Thing Act II Community Responder. Milwaukee Repertory Theater. Milwaukee, WI
Denny, L. S., (May 1-2, 2019). Trauma-Informed Healing Training for Oneida Nation. Oneida, WI

Denny, L.S., Rhoden, S., & Lucio, J. (April 11-12, 2019). Youth in Action: Community Activated Medicine. Presentation at the 2019 Toward One Wisconsin Overcoming Barriers to Inclusion Conference. Milwaukee, WI
Denny, L.S., (March 15, 2019). Trauma-Informed Healing. Presentation at the Social Justice & Evaluation Conference. Madison, WI
Denny, L.S., (March 7-10, 2019). Together We Heal. Presentation at the Wellbriety Pathway to Healing Gathering Conference. Portland, OR
Denny, L.S., (March 1, 2019). Missing and Murdered Indigenous Women. Soup for Substance. Marquette University, Milwaukee, WI
Denny, L.S., (September 28, 2018). Historical Trauma and the Role of Community Activated Medicine: The Path from Trauma-Informed Care to Trauma-Informed Healing. Presentation at Healing Trauma, Healthy Communities Conference. Marquette University. Milwaukee, WI
Denny, L.S., (May 29-June 1, 2018). Human Trafficking among Missing and Murdered Indigenous Women. Presentation at South Eastern Oneida Tribal Services (SEOTS) and a White Bison Victims of Homicide: Training and public health forum. Milwaukee, WI
Denny, L.S., (May 3-4, 2018). Trauma Informed Care (TIC) for Trauma Informed Healing. Presentation for the DSPN Conference for the University of Wisconsin-Green Bay Division of Continuing Education and Community Engagement. Wisconsin Dells, WI
Denny, L.S., (March 15-16, 2018). Mental Health First Aid (MHFA) Training for South Eastern Oneida Tribal Services (SEOTS), Milwaukee, WI
Denny, L.S., & Scheidegger, T.H., (March 7-9, 2018). Growing Resilient Communities Together: Engaging in Community-Based Participatory Research with Practice-Based Evidence for Indigenous People, Wisconsin Dells, WI
Denny, L.S., (February 22-23, 2018). Mental Health First Aid (MHFA) Training. Training for United Voices of Milwaukee, Milwaukee, WI
Denny, L.S. (2018, Feb. 9). Caregiver Capacity. Workshop presentation at the American Association of Intellectual & Developmental Disabilities (AAIDD). Wisconsin Dells, WI
Denny, L.S. (2017, Nov. 29). Missing & Murdered Indigenous Women: The Importance of Collective & Cultural Memory. Soup for Substances. Marquette University, Milwaukee, WI
Denny, L.S. (2017, Nov. 26) Transgenerational Trauma Transmission and mental health recommendations. Bread of Healing, LLC. Milwaukee, WI
Denny, L.S. (2017, Nov. 15) Transgenerational Trauma. Guest Lecturer for Master's level education course. Mount Mary University, Milwaukee, WI
Denny, L.S. (2017, Oct.). The Neurosequential Model of Therapeutics (NMT). Guest Lecturer for clinical mental health counseling graduate course. Mount Mary University, Milwaukee, WI

Denny, L.S. (2017, Aug. 11). Fostering the Trauma Informed Classroom: Understanding trauma and the brain and best strategies and interventions for responsive classrooms. Wisconsin Religious & Independent Schools Conference (WCRIS), Wisconsin Dells, WI
Denny, L.S. (2017, June 27 & 28). Workshop: Protecting our families: Raising awareness on modern day slavery, Human Trafficking for children & youth. Southeastern Oneida Tribal Services (SEOTS), Milwaukee, WI
Denny, L.S. (2017, Feb. 17). Cultivating Compassionate and Culturally Responsive Circles of Care. Workshop presentation at the American Association of Intellectual & Developmental Disabilities (AAIDD). Wisconsin Dells, WI
Denny, L.S. (2017, Feb. 11). Equity for empowering young girls, youth, and women. Presentation for the event "Programs for Empowering women and girls". United Nations Association of Greater Milwaukee, Milwaukee, WI
Denny, L.S., (2016, April 29). A call to action: The impact of Heroin in our communities and pathways to treatment through a trauma-informed lens. Poster Presentation at the Counseling Department Annual Spring Intensive Workshop, titled Implementing Trauma-Informed Care Across Settings and in Non-traditional Modalities, Mount Mary University, Milwaukee, WI
Denny, L. S., & Scheidegger, T. H. (2016, February 4). Understanding Historical Trauma and Pathways to Post Historic Trauma Growth. Lecture presented at UW-Oshkosh/UW-Lacrosse Adolescent Health Symposium in Madison, WI
Denny, L. S. (2015, October 22). Historical Trauma: Impact on Native youth and communities. Lecture presented at Native American Boys and Men of Color Initiative in South Eastern Oneida Services, Milwaukee, Wisconsin. Non-Profit Center of Milwaukee, WI -White House Initiative
Denny, L. S. (2015, October 21). All Nations - One Tribe: Healing Historical Trauma Together for First Nations People. Guest lecturer presented at Multicultural Undergraduate Nursing class in Mount Mary University, Milwaukee, WI
Denny, L.S. (2015, April 22). Career Intervention for Veterans with Disabilities. Poster session at the Student Practice and Research Conference (SPARC), Milwaukee, WI
Denny, L. S. (2015, March 25). Historical Trauma for First Nations people. Guest lecturer at Multicultural Undergraduate Class at Mount Mary University, Milwaukee, WI
Denny, L. S. (2014, October 14). Historical Trauma: First Nations People. Guest lecturer at Multicultural Undergraduate social worker class at Mount Mary University in Milwaukee, WI
Denny, L.S., & Olson, E. (2014, August 21). Presented at Strategies for Compassionate Classrooms in Trauma Sensitive Schools intensive workshop, North Western Catholic Schools, Milwaukee, WI
Denny, L.S. (2014, April 9). Culturally Competent Counseling and Assessment. Presented at the Social Sciences and Related Disciplines 34th Annual Conference, Mount Mary University, Milwaukee, WI



Denny, L., Kaquatosh, R., Poupart, L., & Schram, J. (2013, October 25). Tribal Truths from our perspective in the classroom and making systemic change. Speech presented faculty training in Alverno College, Milwaukee, WI

## WORK EXPERIENCE

<p><b>Founder   CEO   Clinical Director   VOCA Project Director—HIR Wellness Institute</b> Provide direct counseling and indirect &amp; community-based programming and trainings.</p>	<p><b>October 2016— Present</b></p>
<p><b>Senior Transition Specialist &amp; Consultant, Milwaukee Area Technical College</b> Provide consultation to program development, evaluation, and research.</p>	<p><b>Jan. 2018- 2020</b></p>
<p><b>Adjunct Instructor - Mount Mary University</b> “Living in a Multicultural Society” for undergraduate students in Education (Spring course).</p>	<p><b>January 2017- May 2018</b></p>
<p><b>Academic Advisor - First Nation Studies, Milwaukee Public Schools</b> Supported academic needs for ages K4-12th. Including recruitment for programming.</p>	<p><b>January 2013- January 2017</b></p>
<p><b>Special Education Assistant, Downtown Montessori Academy</b> Provided special education support, proctored assessments, supported 504 &amp; IEP's.</p>	<p><b>June 2010- January 2013</b></p>
<p><b>Stay-at-home mom - Family</b> Stayed home with my son and worked as an assistant and nanny, very part-time.</p>	<p><b>May 2007- May 2010</b></p>
<p><b>In-Home Second Therapist - Insight Counseling Services, LLC.</b> Worked with CHIP and T-19 foster care and at-risk youth providing in-home counseling.</p>	<p><b>May 2006- May 2007</b></p>
<p><b>Behavioral Health Technician - Aurora Psychiatric Hospital</b> Certified Nursing Assistant for residential, acute, and day-treatment for child &amp; adolescents.</p>	<p><b>December 2000- December 2005</b></p>

## EDUCATION

<b>Mount Mary University — Master of Science - Clinical Mental Health Counseling Program, CACREP accredited.</b> Completed Trauma I & II certifications, Addiction I & II. Career counseling, Psychopharmacology, Research methods	<b>January 2014 - December 2017</b>
<b>University of Wisconsin - Milwaukee — Bachelor of Science</b> Major- Psychology, emphasis in philosophy.	<b>September 2002- December 2006</b>

## SCHOLARSHIPS

Full tuition awarded by SAMHSA, Mental Health First Aid (MHFA) Instructor	<b>October 2017</b>
Inaugural recipient Ana Grace Scholarship awarded by the Child Trauma Academy for Neurosequential Model of Therapeutics Training and certification	<b>August 2016</b>
Succeeds Scholars program award from the Health Resources and Services Administration (HRSA)	<b>September 2016</b>

## CONTINUED EDUCATION & TRAINING (HIGHLIGHTS)

Arbinger Institute certificate for Developing and Implementing an Outward Mindset (Third renewal)	<b>March 2023</b>
USA Department of Health and Human Services, Office for Human Research Protections, human research subject training	<b>November 2022</b>
Neurosequential Model of Therapeutics Level II (Trainer) Certified	<b>May 2020</b>
Neurosequential Model of Therapeutics Level I (Provider) Certified	<b>May 2018</b>
Trauma II certification	<b>December 2016</b>
Historical Trauma meets Trauma Sensitive Schools (K4-12th grades)	<b>March 2016</b>
Common Elements of Trauma Informed Treatment: Comparing Evidence Based Models	<b>September 2015</b>
Independent self-study: The Body Keeps the Score with Bessel van der Kolk, MD.	<b>August 2015</b>
Trauma Informed Care with Special Populations Certificate	<b>May 2015</b>
American Red Cross: Disaster Response Training	<b>November 2013</b>
Wisconsin Indian Education Association (WIEA) conference	<b>April 2014</b>

ACT 31 Training: Tribal sovereignty, laws, rights, and classroom cultural competency.	<b>June 2013</b>
Wisconsin Counseling Association (WCA) Fall Summit Certificate of Completion	<b>October 2013</b>
Special Needs Adoption Certificate	<b>July 2013</b>
Foster Home License-Certification Level 2: Oneida Tribal foster/adoptive home	<b>July 2013</b>
Midwest Conference on Child Sexual Abuse-28th Annual	<b>June 2012</b>
Wisconsin Department of Public Instruction License: Special Education Program Aide	<b>August 2011</b>
Certified Nursing Assistant (CNA; State certified)	<b>June 2003</b>
Early Childhood II Certificate (MATC)	<b>June 1999</b>
Early Childhood I Certificate (MATC)	<b>December 1998</b>

## **PROFESSIONAL DEVELOPMENT (HIGHLIGHTS)**

The Epidemic and the game Human Trafficking workshop by Convergence Resource Center. Italian Community Center, Milwaukee, WI	<b>August 2017</b>
Hosted. Restoration of the Spirit: Tribal Best Practice Model to Reduce Stigma and Promote Mental Health	<b>October 2015</b>
Participated at The Whitehouse Initiative on American Indian and Alaskan Natives: Student Voices Session Washington, D.C. with Secretary of Education, Arne Duncan Assistant	<b>January 2015</b>
Secretary of the Office of Civil Rights, Catherine Lhamon, Executive Director of Indian Affairs, William Mandoza, Chief of Education for American Indian Education, Ron Lessard Whitehouse Initiative on American Indian and Alaskan Natives: Mascots, bullying, and discipline. Indian Community School, Franklin, WI	<b>October 2014</b>
Wisconsin Counseling Association Fall Summit	<b>November 2013</b>

## **MEMBERSHIPS**

United Nations National Association (UNNA) member, Milwaukee Chapter, WI	<b>2017-Preset</b>
Milwaukee Affiliate for Social Living (Adlerian Group) Milwaukee, WI	<b>2014-Present</b>
Wisconsin Counseling Association (WCA)	<b>2013-Present</b>
American Counseling Association (ACA)	<b>2015-Present</b>
Psi Chi, National Honor Society; Mount Mary University	<b>2000-Present</b>