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Prevention & Recovery

***A Multi-Agency Alcohol and Substance Abuse
Prevention Collaboration***

*"To the Creator: Give us the strength, the courage, the
compassion, and the confidence to do the right thing."*

*--Pete Conway, Billings IHS Director
[At the Billings Child Protection Conference 4/20/10]*

A Quarterly Newsletter

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Empower

Family and Youth Services Bureau



Working with Tribes to Promote Well-being

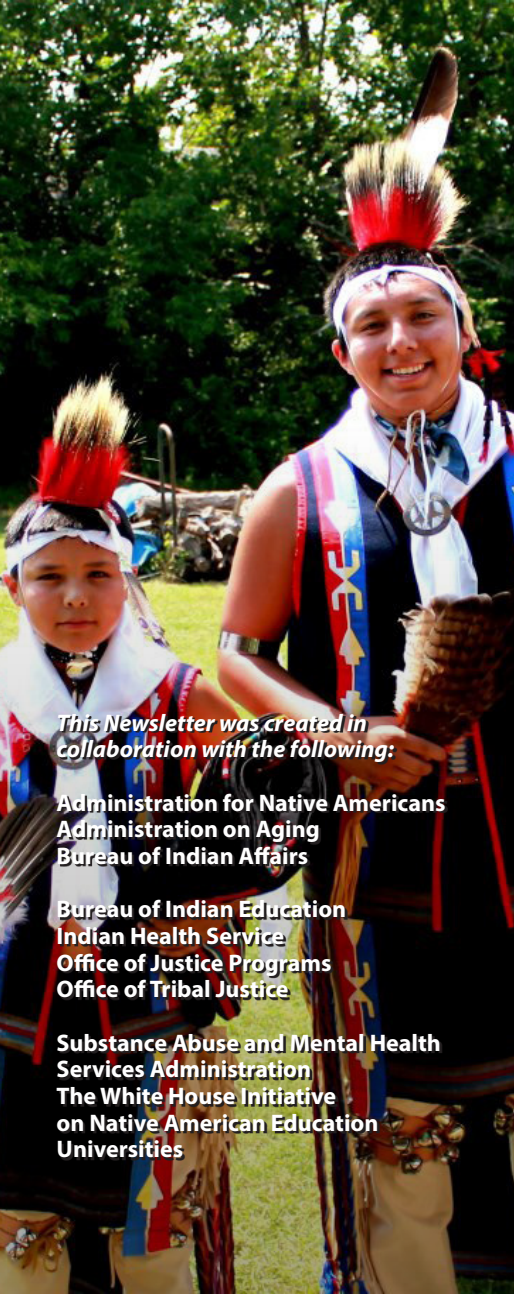
The Federal Family and Youth Services Bureau (FYSB), knows that tribes care deeply about the well-being of their young people and families. That's why the Bureau has been expanding its partnership with Tribal governments and Native community groups for more than 30 years to help them provide shelter, safety and support to vulnerable youth and families.

"In tribal areas around the nation, programs are using our grants every day to improve the social and emotional wellbeing of youth and families," says Debbie Powell, FYSB's acting Associate Commissioner. "All of those programs work to address the underlying substance abuse and mental health needs of the populations they serve."

Encouraging cultural pride and tradition

FYSB believes that programs best serve Native youth and families when they emphasize tradition and cultural pride, a philosophy found in many of the organizations it funds. At Ain Dah Yung, a Runaway and Homeless Youth Program grantee in Minnesota, Native prayers can be heard before meals and residents have opportunities to learn the Lakota and Ojibwe languages. The program also incorporates traditional drumming and Native songs, dressmaking, and beading. FYSB funds more than two dozen runaway and homeless youth grants in Indian Country. "FYSB programs are a unique asset to communities that support Native and other populations because they are dedicated to building collaborations that have the capacity to yield meaningful and measurable results which facilitate healing and recovery, and promote the social and emotional well-being of children, youth, and families who have experienced maltreatment, exposure to violence, and/or trauma," says Linda Reese-Smith, FYSB Senior Program Specialist and IASA member.

The Family Youth Services Bureau (FYSB) is part of HHS/ACF.



***This Newsletter was created in
collaboration with the following:***

***Administration for Native Americans
Administration on Aging
Bureau of Indian Affairs***

***Bureau of Indian Education
Indian Health Service
Office of Justice Programs
Office of Tribal Justice***

***Substance Abuse and Mental Health
Services Administration
The White House Initiative
on Native American Education
Universities***

Fostering communication between tribal advocates

More than 200 federally recognized American Indian and Alaska Native tribes and villages and tribal organizations also receive funding through the Family Violence Prevention and Services Program to help victims of family violence and their dependents stay safe and rebuild their lives. The Bureau harnesses the expertise of these grantees through peer mentoring for new domestic violence advocates, and in an online community where tribal advocates can share ideas, tools and resources.

Expanding knowledge about what works in tribal communities

Last year, FYSB also awarded funds to 16 tribes and tribal organizations across nine states to develop, implement and evaluate programs designed to prevent pregnancy and sexually transmitted infections among Native American teens. The lessons learned from those efforts can help to build a strong knowledge base about how to encourage tribal youth to postpone parenthood until they are ready.

"FYSB understands and honors the fact that tribes have unique ways of approaching community challenges, ways that are deeply rooted in cultural traditions," Deborah Yatsko (Choctaw), FYSB's Tribal Liaison said. "We look forward to building and expanding our partnerships with tribes and tribal organizations as they work to address the challenges that youth and families face." ■

For more information, <http://www.acf.hhs.gov/programs/fysb/>

FYSB GRANT PROGRAMS AT A GLANCE »

Runaway and Homeless Youth

- Basic Center Program – Funds emergency shelters for youth with unstable housing or who need a safe place to sleep. (Read the current funding announcement, due July 9.)
- Transitional Living and Maternity Group Home Program – Funds programs that support youth as they transition to independent living. (Read the current funding announcement, due July 10.)
- Street Outreach Program – Funds efforts to find and support unstably housed youth. (Read the current funding announcement.)

Family Violence Prevention and Services

- Tribal Grant Program – Enables Tribes to run or fund domestic violence shelters and services for victims and their families. (Read the past funding announcement.)

Adolescent Pregnancy Prevention

- Tribal PREP Program – Funds innovative pregnancy prevention programs for Native American youth. (Read the past funding announcement.)

For more information on FYSB grant programs, visit the Bureau's newly redesigned website, or call (301) 608-8098.

Fortifying the Circle



Changing the Future for Native Women and Girls

Contributed by: Danielle Gaines,
Reconnecting The Circle

Women are the anchors of society and the centers of their families. They are life-givers, nurturers, mediators, and teachers. Women are the keepers of knowledge and pass down traditions from one generation to the next.

What better way of strengthening Native communities than to protect and value the Native American woman? One major issue preventing the healthy resurgence of some Native communities is the violence perpetrated against female members. American Indian and Alaska Native women in the U.S. suffer the most, because of a systemic breakdown encompassing poverty, drug and alcohol abuse, loss of traditional society, and disconnection from family; not to mention ill-defined boundaries between state and tribal law enforcement jurisdictions. The abuse takes the form of domestic violence, dating violence, sexual assault, stalking, and murder...and human trafficking.

According to federal statistics, Native American women are more than 2.5 times more likely to be raped or sexually assaulted than other women in the US. Reports have come from Minnesota and South Dakota that Native American girls "have been trafficked into prostitution, pornography, and strip shows over state lines and internationally into Mexico."

Tribal leaders and community members must make the safety of Native women and girls a priority. *The Violence Against Women Federal and Tribal Prosecution Task Force is one example of both Native American and non-Native organizations partnering to end sexual assault and generate awareness about the trafficking of Native American women and girls.*

Continued on page 3

WAYS YOU CAN HELP

Are you or someone you know in need of help?

HOTLINES

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)

Rape, Abuse, and Incest National Network (RAINN)
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474
1-866-331-8453 (TTY)

National Center for Victims of Crime, Stalking Resource Center
1-800-394-2255
1-800-211-7996 (TTY)

Trafficking Hotline
1-888-3737-888

MORE INFORMATION

Tribal Justice & Safety
<http://www.justice.gov/tribal>

Violence Against Women Federal and Tribal Prosecution Task Force
Department of Justice: Office on Violence Against Women
<http://www.ovw.usdoj.gov/section904-taskforce.html>
<http://www.ovw.usdoj.gov/tribal.html>

Garden of Truth: The Prostitution and Trafficking of Native Women in Minnesota
<http://www.miwsac.org/images/stories/garden%20of%20truth%20final%20project%20web.pdf>

GET INVOLVED

Start By Believing When someone comes to you.....what will your reaction be?

Public awareness campaign focused on the public response to sexual assault
<http://www.startbybelieving.org/>

Polaris Project
Combating human trafficking and modern-day slavery
<http://www.polarisproject.org/>

The Voices and Faces Project
National documentary project created to give voice and face to survivors of sexual violence
<http://www.voicesandfaces.org/>

RAINN (Rape, Abuse & Incest National Network)
Anti-sexual assault organization working with local rape crisis centers across the U.S.
<http://www.rainn.org>

VDAY: A Global Movement to End Violence Against Women and Girls Worldwide
<http://www.vday.org>

Sexual Assault Training
(For more information, see form on page 6.)



Levina Wilkins

A Visit with Levina Wilkins—Yakama Nation Elder and Yakama Nation Language Program Manager

Contributed by Mattie Tomeo-Palmanteer (Colville/Yakama)

Mrs. Levina Wilkins, former teacher and counselor with the Mt. Adams School District is a fluent speaker of the Sahaptin traditional language, one of the many Yakama Nation dialects, whose tribal bands include the Wiinatchapum, Pshwanapam, Tytnapam, and X'washx'wypam. She also is the author of "Nine Virtues of the Yakama Nation: Incorporating Native Values into Education."

Mrs. Wilkins has taught many rural students impacted by gangs and economic hardships. However, teaching them their verbal history, Native language, and standard educational goals empowered them two-fold. She stated, "After learning their history and language, and curriculum, they passed the Washington Assessment of Student Learning (WASL) with flying colors."

Mrs. Wilkins imparts the knowledge that youth build resilience and gain power through cultural awareness. She focuses on teaching youth about the Nine Virtues of the Yakama Nation. She conveys to them that elders spoke of children as being precious and sacred, that children come into this world with a pure soul and without sin, and from their infancy, are taught the virtues of life. For the Yakama, there are more than nine virtues which help to guide one's life. However, students of the Mt. Adams School District and Mrs. Wilkins specifically chose these Nine Virtues of the Yakama Nation as their contribution to preserving their culture:

1. Be honest and truthful.
2. Extend from the heart compassion and show kindness and care.
3. Be cautious and careful of all things and others.
4. Have courage and heroic perseverance.
5. Take care of one's total being, have balance and harmony, integrity, honor and nobility.
6. Show respect and maintain harmony and cooperation with all people.
7. Demonstrate gratitude and humility.
8. Practice deep thought and feeling, meditation and mindfulness.
9. Help family growth and be of service to others, including elders, family members, friends, and community.



Levina Wilkins - Photo Courtesy of Lola J. Cozad

The Nine Virtues of the Yakama Nation, a spiritual instrument that may be accessed by youth and their families throughout the United States, were created to help youth and families honor their cultural ties. Many youth and their families may be inspired to learn their Indigenous language, which will preserve their culture and help to balance their cultural heritage with their educational pursuits; this means that the youth and their families will be well-rounded through a holistic approach.

For more information about Levina Wilkins and the Nine Virtues of the Yakama Nation, contact her at the Yakama Nation Main Agency Office (Language Department) 401 Fort Road, PO Box 151, Toppenish, WA 98948, (509) 865-5121.

Please visit: http://www.cwu.edu/~ectl/diversity/wastate/9_virtues_yakama_nation.pdf. ■

Cherokee Prevention Coalitions Take Part in SAMHSA's Inaugural National Prevention Week

In developing and promoting effective prevention programs, SAMHSA strives to provide opportunities for tribal communities to engage in prevention efforts and activities in manners appropriate for their needs and cultures. One such opportunity was SAMHSA's National Prevention Week, an exciting, new health observance that brought together communities, leaders, and coalitions over May 20 – 26, 2012, through local events focusing on the prevention of substance abuse and mental illness, and the promotion of mental, emotional, and behavioral (MEB) well-being. In alignment with its theme, "We are the ones. How are you taking action?," National Prevention Week focused attention on actions and steps that people can take to lead healthy lives and spur positive community change. Organizations and communities around the country rose to the occasion and hosted educational and awareness-building events around one or more of National Prevention Week's daily themes: the prevention of underage drinking; prescription drug abuse and illicit drug use, alcohol abuse, and suicide; and the promotion of MEB well-being.

Two participating organizations – Cherokee Nation Behavioral Health Prevention Services of Tahlequah, OK, and Cherokee Healing & Wellness Coalition of Whittier, NC – hosted events promoting the value of mental, emotional, and behavioral well-being among Cherokee tribal members. The Cherokee Nation hosted a "Rock the Block" event at the local courthouse, featuring live music, keynote speakers, personal testimonies, health fair booths, traditional story-telling, and an evening honor walk to remember those affected by substance abuse and its related consequences. The event, facilitated through collaboration with eight local coalitions, was a big success, with over 200 community members in attendance. The Cherokee Nation plans to make National Prevention Week an annual community celebration.



The Cherokee Healing & Wellness Coalition hosted a homecoming event for the "2012 Journey of Forgiveness and Healing," a week-long effort to retrace the northern route of the Trail of Tears from Oklahoma back to the original Cherokee homeland of North Carolina to address how historical events have affected generations of Cherokees, and to educate participants on ways to break a cycle of grief and trauma in their own lives, as well as those of their families and community members. The homecoming event during National Prevention Week featured a gathering of those from the Cherokee and non-tribal area communities at the sacred Cherokee birthplace, Kituwah Mound, to honor those who embarked upon that journey. Mary Herr, an active leader in the North Carolina Cherokee community, described the event as "an opportunity to share some of the Cherokee values and culture with others," and explained that as a result of the gathering, the "Coalition has reached a new level of acceptance and a renewed purpose to help the Cherokee and all traumatized people in any way possible." ■

Oso Vista Ranch Project

Oso Vista Ranch Project and Summer Camp

Founded in 2006, Oso Vista Ranch Project is a non-profit organization serving the Ramah Navajo and other Native communities. The Oso Vista Ranch Project's purpose is to provide culturally based substance abuse prevention, youth development, cultural identity and financial literacy programs for New Mexico Native American communities in New Mexico. The program runs year-round with summer camps that often include its Zuni neighbors.



Imagine youth leadership activities, such as ropes or challenge courses, facilitated by horses and Native American horse-inspired growth and healing facilitators. The result is dynamic. Horses are an integral part of Navajo creation stories, culture, history and lifestyle. They are also wise and patient teachers. Through their inclusion, staff has found strength-based benefits of challenge course learning. For example, communication, cooperation, problem-solving and speaking the truth, are accelerated. These benefits can lead to an increase in confidence, self-esteem and cultural pride resulting in resilience and an ability to resist tobacco, alcohol and drug use. ■

For more information about the Oso Vista Ranch Project and summer camps, please visit: <http://osovistaranchproject.org/> for more information.

The Administration for Native Americans (ANA)

The Administration for Native Americans (ANA) is an agency of the Administration for Children and Families in the U.S. Department of Health and Human Services that, through its discretionary grant programs, provides funds to Native American communities including federally recognized tribes, American Indian and Alaska Native organizations, Native Hawaiian organizations and Native populations throughout the Pacific Basin (including American Samoa, Guam, and the Commonwealth of the Northern Mariana Islands).



Authorized by the Native American Programs Act, the mission of ANA is to promote self-sufficiency and cultural preservation among the communities it serves, and does so primarily through three funding areas: Social and Economic Development Strategies, Native Languages, and Environmental Regulatory Enhancement. Although these program areas are distinct from each other, many of the projects that ANA grantees develop are often holistic and combine elements of each.

A recent example of using culture to address social needs is a recently completed project of the Grand Traverse Band (GTB) of Ottawa and Chippewa Indians, located in the northwest section of Michigan's Lower Peninsula. The tribe is composed of 3,982 members, 46 percent of whom live on the reservation or within the tribe's six-county service area.

High rates of diabetes, obesity, depression, drug abuse and addiction, and achievement gaps in children's reading and math scores are prevalent in the GTB community. Because the GTB believes poor socioeconomic conditions in the community are related to a lack of stable, committed relationships in families, they sought to provide healthy relationships training for tribal members.

The project's purpose was to increase family well-being by improving the relationship skills of adults and youth in the GTB community. The first two objectives were to train GTB behavioral health clinicians in the evidence-based relationship curriculum Practical Application of Intimate Relationship Skills (PAIRS) for youth and adult populations. The project incorporated Ottawa and Chippewa marriage practices into the non-culturally specific PAIRS curriculum, giving couples a traditional model of healthy relationships in which they could connect. In addition to PAIRS training, staff attended a training provided by the Native Wellness Institute on culturally appropriate relationship-building activities in Native communities.

In addition to providing sessions for adults, the GTB also taught lessons from the PAIRS curricula to youth, and provided them with interpersonal skills to improve their relationships. The clinicians held six 10-week sessions for 30 at-risk youth living in substance abuse foster homes. In addition to participating in classroom instruction, the youth took part in a ropes challenge course where they learned to rely on each other and participate in teamwork exercises. They also learned the Native tradition of smudging through an adaptation to the curriculum. As the Youth Coordinator explained, the boys would smoke the pipe, an older youth in the group would explain what was being done, and they would wash the smoke over their bodies. "We open each workshop with this...we burn sage to get rid of negativity, sweetgrass to bring in positivity."

At the conclusion of the ANA project, the GTB was able to secure an additional grant from the Substance and Mental Health Services Administration in HHS that included funding that will allow it to continue offering relationship training to youth and adults as a way to strengthen their families' ability to address the social issues within their community. If your community is interested in applying for ANA funds, please see the ANA website:

<http://www.acf.hhs.gov/programs/ana/> ■

2012 National Intertribal Youth Summit - Young Leaders Shaping Their Communities

The 2012 National Intertribal Youth Summit (NIYS) will be held in the Washington, D.C., area from July 28 to August 2, 2012. It is the fourth NIYS that the U.S. Department of Justice will host for American Indian and Alaska Native youth.

The 2012 NIYS will provide a leadership forum for tribal youth to gather in the nation's Capital to discuss critical issues that face the youth of Indian Country. Native youth will develop leadership skills and engage in interactive discussions with tribal elders, adult tribal leaders and mentors, U.S. government representatives, youth advocates, and field experts on cultural values and community-based solutions to these critical issues. The youth leadership event will also provide a unique opportunity to meet Congressional and governmental representatives, and learn more about U.S. History.



Events / Resources and Services

Upcoming Events

24th Annual Native Health Research Conference
July 16 - July 19
Seattle, WA

National Tribal Best Practices Conference
July 22 - July 26
Salt Lake City, UT

Tribal Consultation Summit
August 7 - August 8
Denver, CO

Services

Teen Smokers Support
<http://www.hhs.gov/news/healthbeat/2012/03/20120315a.html>

Suicide Prevention Tips
<http://www.theconnectprogram.org> | 1(800) 242 6264

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)

Rape, Abuse, and Incest National Network (RAINN)
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474 1-866-331-8453 (TTY)

Announcements

Educate

Ms. Hankie Ortiz has joined the ranks of the BIA as the Deputy Bureau Director of the Office of Indian Services with excellent background and experience. She currently oversees four divisions including the Divisions of Human Services, Self-Determination, Transportation, and Tribal Government.

Her federal career began with Indian Health Service's Office of the General Counsel in Rockville, MD, in 1997. She later became the Assistant Regional Attorney in the Office of the General Counsel, IHS Region IX in San Francisco, and provided legal advice to the Agency's Phoenix and the California areas. She transitioned from attorney to administrator when she became the Director of the Division of Regulatory Affairs then later the Deputy Director of the Office of Management Services at IHS headquarters. She has recently served as Director of the IHS Office of Tribal Self-Governance.

Ms. Ortiz is an enrolled member of the Kiowa Tribe of Oklahoma with Caddo and Comanche ancestry as well.

She is looking forward to joining TLOA's efforts in communication and partnership in many of the progressive and vital efforts which our agencies are committed to. This newsletter, PREVENTION & RECOVERY, is one of our collaborations and serves as a venue for all tribes, organizations, schools, and Indian Country to share important information in prevention and recovery.

You may contact Ms. Ortiz at **202-513-7600** or write her at **1849 C Street N.W., MS-4513-MIB, Washington, D. C. 20240**.



Ms. Hankie Ortiz

Grant Funding

Elevate



Grant funding may be used for such purposes as: (1) Governance projects to increase tribal and village governments' ability to exercise local control and decision-making over their resources; (2) Economic Development projects, which promote the long term mobilization and management of economic resources necessary to achieve a diversified economy; (3) Strengthening Families projects which incorporate culturally relevant strategies to strengthen families, foster child well-being, and promote responsible fatherhood to nourish and sustain healthy families, and (4) Social Development projects which invest in human and social capital to advance the needs of Native Americans while incorporating culturally appropriate activities to enhance tribal, Native community, and Alaska Native village goals.

<https://www.cfda.gov/index?s=program&mode=form&tab=step1&id=947c02c8cf12918896f38e0131e4d4f3>

**Send your
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Let's succeed in building a healthy future for Indian Country's children and youth by:

- Creating a Healthy Start on Life
- Creating Healthy Learning Communities
- Fostering Healthy, Comprehensive Food Systems Policies
- Increasing Opportunities for Physical Activity

Join Let's Move! in Indian Country and the President's Challenge

