

# GRANTEE PROGRAMS

## 1994-2002

### Healthy Nations Initiative

The Healthy Nations Initiative (HNI) was funded by the Robert Wood Johnson Foundation from 1994-2002. Under this six-year, two-stage competitive initiative, the Foundation made nearly \$13.5 million available to Native American tribes and community organizations serving Native people. In the first stage, two-year development/feasibility grants of up to \$150,000 each were awarded to as many as 15 tribes or community organizations. All grantees successfully completing the development/feasibility phase were eligible for four-year project implementation grants of up to \$1 million each. This list of HNI grantee programs details their accomplishments.

Centers for American Indian and Alaska Native Health  
University of Colorado Anschutz Medical Campus  
Aurora, Colorado

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# CENTRAL COUNCIL OF TLINGIT & HAIDA INDIAN TRIBES OF ALASKA

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## About the Program

### "Healthy Nations Circles of Support"

Circles of Support's mission is dedicated to the promotion of healthy living and reducing the impact of substance abuse through traditional Tlingit, Haida, and Tsimshian tribal values. It is the Central Council's hope that their unique culture and values will be the stronghold towards health and wellness. In addition to the funds contributed by the Robert Wood Johnson Foundation, the tribal community and collaborating agencies are invested for over \$200,000 in direct local support and in-kind contributions of funds, staff time, facility space, food and materials, thereby ensuring the program is financially viable and owned by the Tlingit, Haida and Tsimshian nations.

The Tlingit, Haida and Tsimshian Tribal membership totals 20,748. At this time 16,000 members reside in the Circles of Support target area. The target area, spread over 43,000 square miles is inhabited by 20 communities. The tribal membership comprises 24 percent of the total regional population and more than 50 percent of substance abuse treatment center clients. The strong family- based social structure require participation of all age groups in order to succeed.

The primary focus of Phase 2 Circles of Support is to build community-based initiatives for the prevention, intervention and treatment of substance abuse through practice and promotion of cultural traditions and values. The Phase 2 Circles of Support project uses a key strategy -- mobilizing the local and regional communities to promote the coordination of all identifiable resources to support individual, family and community wellness.

The project serves all 18 Central Council communities with two levels of service. Four Level 1 communities receive intensive program support services, including the hiring of a local Community Advisor. Fourteen Level 2 communities receive products, resources and technical assistance from Circles of Support. The project depends upon a Regional Circle and Local Circles to advise and conduct project activities.

The Regional Circle serves as the hub of regional program activity. The Circle sets program direction, monitors and evaluates program activities, develops a regional advocacy plan, and collaborates with other organizations to meet program goals. The membership involves representatives from Native institutions, agencies, and villages, including a Native elder and youth representative.

Local Circles are the hub of local community activity. Local Circles, supported by Community Advisors, are action forums, bringing together elders, artists, service providers, youth and recovering community members. The Local Circles develop and implement education, prevention, and recovery activities. Local Circles work to increase community participation in community based, healthy activities which reinforce positive family and community values.

## Host Community/Organization

The Central Council of Tlingit and Haida Indian Tribes of Alaska serves 20 communities spread over 43,000 square miles of Alaska's spectacularly beautiful Panhandle. Known to Alaskans as Southeast, the region lies along a 550-

mile strip of coastline and inland waterways, bordered by Canada on the north, south and east, with the Gulf of Alaska on the west.

The Central Council was named 50 years ago, but would now more accurately be called the Central Council of Tlingit, Haida and Tsimshian Tribes, since it serves Metlakatla, a Tsimshian community, as well as Tsimshian Indians in other villages. Tlingit, Haida, and Tsimshian are three different cultures; distant ancestors have lived in a marine environment for 3,000-5,000 years. Each group had a different language and many within-group dialects. Tlingit people traditionally lived furthest north, Haida people inhabited the Prince of Wales Island area and Tsimshian people lived furthest south.

Our cultures were economically strong, and established commercial trade along the southeast Alaska coastline and far inland. It has been said that probably no other hunting-gathering culture in the history of man had organized an economic, family, political and social system equal to that of the Tlingit, Haida and Tsimshian people. Kinship systems based on clan memberships, oratory skill, statesmanship and the healing arts were essential to these cultures.

Most value systems persist today, and form the structure for Healthy Nations Circles of Support.

The Healthy Nations Circles of Support program is located within the Office of the President. The decision to place the project at the highest level was made by the Substance Abuse Committee and the President for two primary reasons:

- i. It will lend the authority and weight of the President's office to the program in the eyes of the tribe as a whole; and
- ii. Success of a comprehensive substance abuse initiative requires the participation of all Central Council departments, which the Coordinator can access because of the location in the President's office.

## Accomplishments

### Strategy 1: Public Awareness Campaign

Our focus was to get the name and concepts behind Healthy Nations out to as many people as we could in as many different activities, collaborations, workshops and media as possible. We wanted to educate our Native population on substance abuse issues and give them opportunities to experience a healthier way of enjoying life. Of course, all the existing programs could not escape the conclusion: in spite of isolated attempts to address substance abuse it continued to be a major source of health, social and economic problems. It was believed that a united, community-based approach against substance abuse would move us toward change. Circles of Support could assist and marshal our forces and give our young people the training and strength they need to survive.

Healthy Nations selected the winning slogan entry "TOGETHER WE CAN" from a tribal member from Saxman, Alaska, February 1994. The slogan contest was offered to all 18-community school districts with positive response and entries. From this a logo design that depicts, "Together we can do what we cannot do alone". The winning design was selected July 31, 1994. Since then, six different t-shirts were purchased, one baseball cap, a button, pin, pen, pencil, ribbon and two backpacks creating community awareness. These helped promote various activities or projects within the 18 communities.

Throughout the program life the following organizational newsletters were utilized to publicize the Healthy Nations Program and activities on a quarterly basis. These were, but not limited to: CCHITA "HEALTHY CHOICES, HEALTHY LIFESTYLES", CCHITA Tribal News, SEALASKA Corporation, GOLDBELT Incorporated, Huna Totem Corporation, Southeast Alaska Regional Health Consortium (SEARHC) and Tlingit & Haida Regional Housing Authority Newsletter.

Native Leaders Meeting sponsored by Healthy Nations brought together 26 Native leaders throughout Southeast to attend this all-day meeting to focus and address substance abuse issues. Presentations from staff identified the problem through statistics, programs or projects. In conclusion, the majority of the leaders recognized Healthy Nations for their tremendous efforts in bringing key organizations and agencies together and the fact that we did establish trust within our communities to begin the necessary steps in working with our people. These Community Workshops were a collaborative effort between these community-service providers and was sponsored by Healthy Nations. The agenda included: “Partnering/Prevention,” FAS/FAE, Domestic Violence, Welfare Reform, Natives for Sobriety, Tobacco, Suicide Prevention, HIV & Risk Reduction Strategies, Substance Abuse, Teen Parenting, Community Strengths, and Action Planning. The Elder’s REACH Conference was a collaborative effort with Tribal Family & Youth Services, and Healthy Nations did a bulk mail-out to all Elders, gathered door prizes, and secured entertainment (The Drum Dancers) for the event. Substance abuse information handouts and program report was made available with Healthy Nations display.

OTHER MEDIA SOURCES: Juneau Empire, GCI Alaska Cable Network – TV, Capital City Weekly Newspaper, KINY “Capital Chat Show”, KJNO/KJUD Radio, Southeast Alaska “Native Talk Radio”, KTOO Radio, Regional annual meetings of Alaska Native Brotherhood & Sisterhood Convention, Central Council Annual Convention, Community School TV Channel, and local community newspapers. Word of mouth was also very successful within Native Country!

## Strategy 2: Community-Wide Prevention

We wanted to collaborate with the various organizations within the communities on substance abuse and related topics and choosing healthier lifestyles. All Healthy Nations activities focused primarily on youth and family.

Healthy Nations adopted “HELPING KIDS SUCCEED – ALASKAN STYLE”, a book written by and for Alaskans based on the Search Institute Development/Assets Framework. The book was purchased by the Association of Alaska School Boards and Healthy Nations assisted in providing training and distribution to the following communities: Juneau, Kake, Hoonah, Wrangell, Petersburg, Haines, Craig and Klawock.

In collaboration with the Natives for Sobriety, we introduced a new and creative three-week youth project titled “THE NATIVE VALUES PROJECT”, bringing 55 youth together ranging from 10 - 17 years of age. 24% of the youth were “at-risk” and referred through juvenile court. These individuals learned how to support each other and we received comments on how they took care of each other, how the older youth helped prepare the younger children at practices and/or get ready for performances – it was like they were a family. The curriculum consisted of classes where they were formally introduced to the Alaska Native Brotherhood (ANB) and the Alaska Native Sisterhood (ANS). Other classes or projects they learned was water safety skills, fishing from the beach shores, the exposure to the art of Native storytelling, they learned the difference between “potlatch” and “potluck”, they received valuable information on the subsistence issues in Alaska, they learned how to make regalia. Included in the curriculum was collaborating with public service providers for presentations to the youth on substance abuse and tobacco: TATU’s presentation was titled, “SMOKE FISH, NOT TOBACCO” and they listened to individuals who shared their struggle in overcoming alcohol. They learned who they were, where their family crest name and history came from and they were introduced to Tlingit singing and dancing. Their enthusiasm and eagerness to learn more about culture and tradition played a major part to the success of this project. Juneau Empire and Capital City Weekly newspapers featured a number of stories on the Native Values Project and the Drum Dancers!

Individual members of the group are continually asked to speak at community gatherings and the Tongass Community Counseling Center recognizes the group, as two of the youth served as a representative for their program. Most notable is the fact that all “at-risk” youth of the Native Values Project are in the Drum Dancers. The group sponsored monthly Family Nights with 90% parent/family participation, held “Talking Circles” as needed and assisted in community activities and projects. Within the first two-years the Drum Dancers have won awards: 1) Outstanding Youth Group, 2) Community Award (the group assists and promotes drug and alcohol free meetings,

projects, events and activities), and 3) Spirit of Youth (State of Alaska award. Two members of the group were flown to Anchorage to accept this award on television). During the summer 2000 Jeannie Green of “HEARTBEAT ALASKA” featured a short documentary on The Drum Dancers. The group has appeared on television three times: Alaska’s Superstation, KJUD – Spirit of Youth (twice), and KATH TV featuring Mendenhall Glacier performance. Healthy Nations continually supported the Drum Dancers by providing meeting space, assisting with the promotion of the group and monetary donations. They will begin fundraising efforts to attend extended invitations from Hawaii, New Mexico and Arizona tribal events.

**Youth Meetings:** Healthy Nations attempted a number of times to bring youth together for the purpose of them taking the initiative for projects and activities designed and geared for them. This was done at different locations (CCTHITA, Juneau T&H Community Council, in-schools). The youth voiced their concerns and opinions aloud. Two projects emerged from the meeting: Youth Stop Smoking Program and a door installed to the free clinic at the center.

**Stand for Children Day:** Healthy Nations sponsored this national event by inviting the communities to take a stand for children at the State Capitol Steps with recognized Native speakers, Lt. Governor Fran Ulmer, representatives from the Governor’s Cabinet for Children and two Native youth were featured as special speakers. The Healthy Nations Program received an award from Stand for Children Foundation.

**Santa’s Merry Christmas Workshop:** This annual event was sponsored by Healthy Nations and community organizations (ANB/ANS, Big Brothers/Big Sisters, Johnson O’Malley, Tribal Youth & Family Services, Goldbelt Incorporated, SEARHC Health Promotions, T/H Regional Housing Authority, DZ Culture Club, other Central Council departments). Substance abuse referral information was made available and as an incentive to pick these informational handouts up, an extra door prize ticket was given to the individuals. It is also an opportunity for service organizations to advertise or promote causes.

During 1999 and 2000 all Healthy Nation functions provided information on alcohol and drug abuse. Information was obtained from but not limited to: SEARHC Health Promotions, National Council on Alcoholism and Drug Dependency, Juneau Police Department DARE Program, SHANTI of Southeast to distribute to the conference/meeting participants.

- Youth Forum on Violence: Community-wide special meeting called by the Mayor of Juneau.
- Grief Counseling & Bereavement: This was a collaborative effort with a Medical Social Worker from Juneau Hospice Health Care. This special gathering addressed grief counseling and bereavement due to the tragic loss of two young children (a Headstart child was killed when crossing the street and another child in middle school hung herself in her home). This was an open CCTHITA meeting encouraged by President Thomas.
- Youth Commission Meeting: Gathering of service providers who work with youth. 24 –29 individuals took part in these evening meetings (7-9 PM) that were offered by the City and Borough of Juneau.
- Youth Empowerment Summit (Y.E.S): This was a collaborative effort with the City of Saxman. Healthy Nations promoted Y.E.S. and sent out all materials to the 18 communities within Southeast Alaska. Youth from Juneau, Hoonah, Angoon and Kake attended.
- Smokescream: Antismoking activity collaborated with TATU.

Healthy Nations former staff member Willard Jackson is portrayed in “CARVED FROM THE HEART” Video (30-minute documentary inspired by Native Tsimshian Carver Stan Marsden), a portrait of grief, healing and community. Healthy Nations produced a 5-minute journal video featuring T/H tribal members produced by Torr Bonney. This video was shown at RWJF Grantee Meeting, Healthy Nations meetings and activities.

### Strategy 3: Early Identification, Intervention and Referral

**CODE RED:** Middle School workshop focusing on substance abuse issues sponsored by Healthy Nations.

**Native Youth Rally Planning Meeting:** 28 public service providers attended this important meeting in support of our youth and for the purpose of planning this activity.

**“Building Healthy Lifestyles & Making Healthy Choices”:** Southeast Youth Retreat featuring inspirational speakers who did outstanding presentations. Healthy Nations, T&H Regional Housing Authority and the Johnson O’Malley Program sponsored this retreat. Two youth learned to make healthy choices: one completed substance abuse treatment and was hired as a student leader with the Southeast Alaska Guidance Association (SAGA). The other youth is actively involved with Native organizations such as the Alaska Native Brotherhood (ANB). He is now a young adult and recognized as a future leader for his community.

**Juneau Tlingit & Haida Youth Leadership Workshop:** Easter breakfast, Team Building and Leadership Games, sponsored by Healthy Nations and the Johnson O’Malley Program.

**Anger Management:** Ed Linsell, Prevention Specialist, Tongass Community Counseling provided training to the CCTHITA staff and interested family members on Anger Management. Many departments deal with clients that suffer from domestic violence or substance abuse.

**“Reality Check Journey”:** Youth Workshop sponsored by Healthy Nations. 29 middle and high school youth from Juneau, Kake, Wrangell, and Hoonah attended. Agenda included: Alcoholism & Youth, AIDS/HIV, Violence & Relationships, Circle Peacemaking Project, Youth Court, Helping Kids Succeed – Alaskan Style" and Tobacco Advocacy Training.

**“Get a Pulse on Reality”:** Youth Workshop sponsored by Healthy Nations in collaboration with the communities of Klawock and Craig. Agenda included: Elder Message/Blessing, Anger Management, AIDS/HIV, D.A.R.E. (Drug Abuse Resistance Education), Improv Troops, CCTHITA Video, Alcohol Education, Drug Intervention, Inhalant Abuse, Work Discussion, TATU, Youth Surveys, Sobriety Walk, Teen Dance, Parent Meeting, and Community Potluck.

## Strategy 4: Substance Abuse Treatment and Relapse Prevention

**Juneau Local Circle (Network of community partners):** We identify upcoming projects, events, new and existing recovery and after/care programs and/or address community issues offering solutions. Individuals are given the opportunity to introduce themselves and to help promote future meetings, workshops, events and activities.

**Mayor’s Task Force on Youth:** All programs in Juneau and Southeast Alaska that are affiliated with youth. This was developed and is similar to the Juneau Local Circle where agency representatives report past, present and future youth projects, address issues and offer solutions. Grant applications to funding agencies were presented as a collaborative effort. During FY 2000 a State of Alaska Grant was received for a preventative youth substance abuse program for Southeast Alaska.

**Juneau Tobacco Prevention Network:** (State of Alaska, Division of Public Health, Section of Community Health & Emergency Medical Services, Teens Against Tobacco Use, SEARHC Health Promotions, and supportive community partners).

**Healthy Nations Regional Circle Board:** Included 15 members: SEARHC, Seven Circles Coalition/Sitka, Sealaska Corporation, Huna Totem Corporation, CCHITA Delegate, CCTHITA Johnson O’Malley Program, CCTHITA Headstart, CCTHITA Tribal Youth & Family Services, Elder Representative, Youth Representative, T&H Regional Housing Authority, Family Services/Yakutat, Community Advisor/Kake, Community Advisor/Wrangell, and Community Advisor/Hoonah. These members received the following training and/or information: FAS/FAE, Juneau Recovery Hospital, SEARHC Programs, Gastineau Human Services, Community Schools Youth & Family Services, Tongass Community Counseling, Circle Peacemaking Project, HIV/AIDS, Lemon Creek Correctional Institution, A Medical Prospective from a SEARHC Doctor, State of Alaska Judicial Court System, National Council on Alcoholism & Drug



Dependence Affiliate Programs and Services, Natives For Sobriety, Culture & Traditional opportunities, Program Sustainability, Youth Issues and Family Well-being.

Healthy Nations published and distributed "CIRCLES OF SUPPORT" 1997 SOUTHEAST RESOURCE DIRECTORY to all 18 communities. This directory provided contacts, phone numbers and addresses for local alcohol and drug programs and agencies available in each of the 18 communities. Healthy Nations published and distributed an updated "HEALTHY NATIONS RESOURCE DIRECTORY", February 2000 to all 18 communities.

**Weekly Youth Group Meetings:** Attendance was sporadic ranging from 8 to 14 youth.

**Zach Gordon Youth Center "ASSETS" Meeting:** This meeting was attended by the Program Manager who decided to present "ASSETS" to the Regional Circle Board. It is a model that describes what we each can do to help kids succeed.

**Talking Circle Facilitator Class:** This class was sponsored by Healthy Nations. The beginning set the stage and provided understanding of the spirituality of this as Natives for Sobriety facilitated a Talking Circle for the participants. A handout explaining this was distributed and a discussion within the group was done.

**"Wellness & Spirituality":** Conference sponsored by Healthy Nations. Topics included: "Talking Circle, Sweat Lodge, Spirituality: Past, Present, Future, How Addictions Affect Us, Dealing With Stress, Spirit Voices, Introduction to Healing Touch, Spiritual House of Sobriety, Family & Personal Experience-Strength & Hope, Alanon & Alateen, Hoonah Spirit Camp, and the Drum Dancers.

We wanted to enrich our people with cultural awareness. Healthy Nations adopted "NATIVE VALUES" written by Dr. Walter Soboleff. The Hoonah Indian Association Domestic Violence Task Force adopted selected "NATIVE VALUES" for their "Code of Ethics." Dr. Walter Soboleff went further and developed the 31 Tlingit protocols that have been distributed to all participants at Healthy Nation activities. These "Protocols" provided insight to the very traditional respect shown to all people.

In 1993, the Recovery/Support systems "in place" and recognized by our community tribal members were not available, not accessible for a number of reasons, not utilized or even unknown to individuals seeking help. The high cost for aftercare treatment affected many families and it was easier to step right back into "drinking and/or drugging" than to follow through. Healthy Nations began to advertise and promote prevention via newsletters and the computer. Personal invitations were directed to prevention projects to formally introduce themselves to the community through Juneau Local Circle or to the Regional Circle Board. There were actually only three sources tribal members identified as drug and alcohol prevention: 1) private offices, 2) NCADD, and 3) Mt. Edgecumbe/SEARHC. More and more of our community groups have accepted and promoted the various "Talking Circles" and new support groups. The majority of the people Healthy Nations reached at the recent Sobriety Celebration 2000 were tribal members in recovery who stood up proudly to announce their success, their struggles and the continued need for these types of alternative activities for the community. One Elder stated that she is "proud of the work Healthy Nations has done through the years and the fact that the whole family was included." Judge Froehlich from the State of Alaska's Judicial Court System recognized Healthy Nation's past accomplishments and our work with the youth. He agreed to work with the youth committee for the Native Values Project and was the judge who referred the 24% "at-risk" youth to this project. Noteworthy is that Judge Froehlich is an avid fan of the Drum Dancers and rarely misses a performance. He also assisted with HNBC (Healthy Nations Basketball Competition) and attended Juneau Local Circle Meetings regularly. Never has a tribal agency had the opportunity to bring in someone in this position to be part of or take part in meetings or activities. Judge Froehlich has reported to the Mayor's Task Force on Youth a number of times his support and endorsement of the Healthy Nations projects.

**Native Presenter Training:** Healthy Nations sponsored event covering, "Why be a Native Presenter? Assess your Expertise, Recognize Your Skill Level, Where and How to do your Research, Identify your Message, How to Deliver your Message, Self-Evaluation." The purpose of this training was due to community interest from non-native



organizations, agencies, and businesses desiring a Native Presenter to address certain topics for meetings, trainings or activities.

**“Survival of Culture Through Leadership” Traditional Leaders & Youth Conference:** Healthy Nations assisted Sealaska Corporation with this two-day conference. 85 Elders and 45 youth participated from 21 communities in Alaska, Seattle and California. Healthy Nations staff assisted in the planning, organizing, coordinating and participating in this conference.

**Camp Counselor Training:** Healthy Nations has always been involved with the youth culture camps sponsored by Juneau Tlingit & Haida Community Council. Healthy Nations offered training for the camp counselors that included storytelling methods, art projects, planning, coordinating and scheduling, job responsibilities, health, and techniques in working with children.

**“Healing from the 4 Directions” Conference:** This conference was held in Anchorage and brought together individuals within the health field - either professionally certified or cultural practitioners. Special featured keynote speakers addressed conference participants each morning then each had an opportunity to select classes to attend throughout the day (faith healers, healing touch, mediation, herbs, new practices, general practices, medicine woman). The mission was to demonstrate the timeliness of the traditional prophecies.

**Culture Awareness Training:** This conference, sponsored by Healthy Nations, was approved for 15 hours of culture consideration certification or re-certification through NCADD. This was powerful with recognized Native leaders and educators. Topics covered: “Indigenous People and Transitions, Culture Values & Spirituality, Family Values, Tlingit Social Issues, Communication & Language, The Tlingit in Drama and Culturally Relevant Services.”

**ASAP (All Substance Abuse Providers) I & II:** These meetings were sponsored by Healthy Nations. The focus of both of these conferences was to encompass the majority of programs that deal with substance abuse. All agencies were invited to present their goals and objectives and services available. Agenda items included: Anger Ties, New Approaches 2000, National Council on Alcoholism & Drug Dependence Affiliate, Alaska Department of Corrections, personal testimonies from youth and adults, Natives Making a Difference, Youth Placement, and two panels (5 agency representatives from various programs) discussions – one panel that addressed youth issues.

**“Journey to Our Identity” Protocol Conference:** Healthy Nations sponsored this conference, the first of its kind with the focus on Native Protocol – an important facet within our culture. The speakers included Southeast Alaska Native leaders that had the knowledge, expertise and leadership to address topics that included Ceremonies and Protocol, Tribal Census Information, Clans, Making Amends/Peace, Family Values, Alaska Native Brotherhood and the Alaska Native Sisterhood, Eagle Youth Speaker, Raven Youth Speaker, Songs-Dance-Regalia, Oratory Potlatches, performances by the Raven’s Voice Theatre and the Drum Dancers.

# CHEROKEE NATION OF OKLAHOMA

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## About the Program

### Cherokee Nation of Oklahoma - Healthy Nations Program

In 1993, the Cherokee Nation was awarded a Healthy Nations Grant (Phase 1) to develop a comprehensive prevention and treatment plan for the community. During Phase 1, the Cherokee Nation piloted the project in one county (Adair County) in the fourteen county area known as the TJSA (Tribal Jurisdictional Statistical Area). The program enlisted community members and other tribal workers to assist in development of a public awareness campaign and community-wide prevention plan. A resource directory was developed by the Healthy Nation staff containing all available resources within the TJSA. A Healthy Nations 800 number was established to increase accessibility to referral and resource information.

Activities during Phase 1 included events such as Nativefest or cultural heritage days hosted by several school systems, smoking cessation courses, youth activities including a 25-mile relay run, Stilwellness program (wellness program for elementary school students), and training of various community members in prevention areas, just to name a few. Public awareness material such as posters, brochures, newsletters, and a video were produced in prevention areas utilizing community members as actors, writers and artists. The Healthy Nations logo for our program was developed by a Cherokee member of the Stilwell community. The program was staffed by two full time workers and two part-time workers during Phase 1. A Health Promotion & Disease Prevention Educator and Administrative Assistant worked as full time staff while the Health Promotion & Disease Prevention Coordinator served as Project Coordinator and an additional Health Promotion & Disease Prevention Educator worked part-time on the project. The plan for Phase 2 focuses on expanding efforts in the Adair county area to five surrounding counties. Emphasis is on four major areas listed below:

- GOAL 1: To implement a tribal wide public awareness campaign concerning substance abuse issues based on Phase I pilot.
- GOAL 2: To implement a tribal-wide community prevention program utilizing all available resources identified and assessed in Phase I.
- GOAL 3: To implement a tribal-wide early identification and assessment system into the current Cherokee Nation rural health center system.
- GOAL 4: To enhance current treatment options for substance abuse via staff training and use of community elders.

Staffing for Phase 2 includes the addition of two Health Promotion & Disease Prevention Educators as well as a Media/Marketing Specialist.

The Cherokee Nation is committed to primary prevention of any disease condition and is working diligently to implement programs and policies that promote this premise. Integration of the innovative strategies produced by Phase 1 of the Healthy Nations Project into existing structures is active throughout the Phase 2 process. Cherokee

Nation intends that progress in the area of prevention made possible through this funding will continue to work years after completion of the grant.

### Host Community/Organization

When the Cherokee people made the journey along the Trail of Tears more than 150 years ago, they settled in what is now northeastern Oklahoma. The land in that part of Oklahoma resembled their traditional homeland with its rolling hills, beautiful trees and abundant sources of clean water.

The Cherokee people brought with them a vibrant culture that included their native language, religion, beliefs and practices. They adapted themselves to the European culture for their immediate survival and that of future generations. This forward-looking and resilient nature has enabled the Cherokee people to survive, and to bring their culture into the twentieth century.

At this time, more than 65,000 Cherokee people reside in northeastern Oklahoma within the boundaries that were established over 150 years ago. These boundaries contain all or parts of fourteen counties of what is now the State of Oklahoma.

The fourteen counties of Cherokee Nation represent the highest density of Native Americans in the entire State of Oklahoma. For instance, in Adair County Native Americans comprise 43.78% of the total population. Native Americans comprise 33.42% of the total population in Cherokee County, and in Delaware County Native Americans comprise 25.28% of the total population. Like many Native Americans across the United States, the Cherokee people in Oklahoma predominantly reside in rural areas.

Due to the rural nature of the area, people have distinct feelings of isolation. Various types of services are not always provided to rural community members on a regular basis or individuals are not aware of the services that are available. In addition to the isolation there has been a diminishing of community strength and cohesiveness that existed in traditional communities of the past.

Native Americans are poorly prepared to address the problems they are experiencing. Of Native Americans who are 25 years of age and older, 24% in Adair County, 17% in Cherokee County and 23% in Delaware County have less than a 12th grade education.

In Adair, Cherokee and Delaware Counties the unemployment rates for Native Americans are in excess of 11.2%, which adds to the problem of isolation. While unemployment rates are relatively high, the percentage of Native Americans below poverty level is even more striking. In Adair, Cherokee, and Delaware Counties, the percentage of Native Americans living below the poverty level are 32.7%, 36.2% and 28.5% respectively. Particularly distressing is the fact that in those three counties, between 27.4% and 39.3% of the Native Americans below poverty level are five to 17 years of age. Single female head of household is the norm for one third of the Native American families in Oklahoma (U.S. Census, 1990).

Oklahoma statistics show that 37% of Native Americans are between the ages of 0-17 in contrast to only 25% of the White population. Since the young comprise over one third of Oklahoma's Native American population it is especially important to address with them the problem of substance abuse.

### Accomplishments

#### Strategy 1: Public Awareness Campaign

During the grant period three videos were produced utilizing community members as scriptwriters and actors. The two videos titled "Bell Community Pride" and "Native Cry for Native Pride" focus on substance abuse in Native

communities and healthy alternatives to substance abuse. The third video entitled "Summer Youth Fitness Camp" was the last video produced which promotes healthy lifestyle through team building, fitness, nutrition and cultural awareness. In the first two videos, the film production unit of University of Oklahoma was used to direct the making of the videos. The community devised a draft script and the production unit helped organize and shoot the footage. This proved to serve as an option for more community members to become involved as some assisted with the production and filming. Several of the students were also exposed to potential career options in the area of film production. We learned the production of the video was a valuable as the end product. These videos were disseminated to communities via schools, churches, and our rural Health Centers. The videos have also served as models for other communities interested in producing their own videos and the videos our project has yet to produce. Community reactions were positive, as many people were interested and excited to see familiar Native people in the videos.

In 1996 a community member developed the Healthy Nation logo currently in use. The logo incorporates the direction of the program and depicts the phrase "Strong Mind, Strong Body, Strong Heart". During the past four years five brochures and five posters were developed featuring community members and their families. A calendar was developed featuring fourth and fifth grade students' artwork. The students are part of a Healthy Nation program in the school that focuses on healthy alternatives to substance abuse and other dangerous behaviors. Thirteen students' work was selected for the calendar from a field of over 350 entries.

The materials were an integral component of the success of the project. Once our materials were distributed we began to see an increase in requests for programs in additional areas not already served. We believe this is due in part to utilizing community members as models and utilizing testimonials from such. The materials were also very culturally specific utilizing the Cherokee Syllabary and Cherokee symbolism. The materials served as an excellent tool to describe to other institutions, agencies, and possible funding sources, the work our program has done and continues to do.

A poster and brochure describing the School-Site Wellness and Great Body Shop Curriculum was produced. The brochure and poster utilize community members as models and both contain testimonials from community members involved in our programs. Another poster and brochure featuring the Cherokee Nation Healthy Nation Summer Youth Fitness Camp was developed featuring Cherokee Nation Tribal members.

Healthy Nation bulletin boards are displayed at WW Hastings Indian hospital, AMO Salina Community Health Center, and Redbird Smith Health Center. Healthy Nation created a series of displays for our program and many were featured at various community functions and conferences.

A television station from Tulsa, OK completed a short segment on the Healthy Nation School Site Wellness with aired during the evening news.

The video "Native Cry for Native Pride" was aired and featured on the Rogers State College television station and could be viewed by a large percentage of the Cherokee Nation Service Area.

Cherokee Nation Health Services initiated a marketing campaign concerning healthy behaviors. Healthy Nation assisted in coordination of the campaign with a local marketing firm. The firm developed a new logo for Cherokee Nation Health Services and tagline "Families United – Healthy Nation". The campaign includes billboards throughout the Cherokee Nation Service Area featuring Healthy Nation participants and community members as models for billboards. The billboards also featured a message in both English and Cherokee. Topics include diabetes, no smoking, Fetal Alcohol Syndrome, responsibility, exercise, communication, and drug-free lifestyle. Fourteen billboards were displayed beginning June 1999 throughout the Cherokee Nation Service Area. A brochure describing the Cherokee Nation Health Services was developed utilizing Healthy Nation participants as models.

## Strategy 2: Community-Wide Prevention

Community groups with the actual “coalition” name exist in two of our areas. Several groups of tribal members who worked together to improve their communities are not formally organized into a coalition. These groups work in much the same manner as the organized coalitions. The groups were organized or facilitated by Healthy Nation and included Adair County Healthy Nation Coalition, Cherokee County Coalition, Wings of AMO Salina, Community Clinic, Maryetta Wings, Jay Wings, Marble City Wings, and Kenwood Wings.

Groups who were not organized by Healthy Nation, but have been enhanced by Healthy Nation facilitation included Greasy Community Group, Gore High School, Flute Springs Dreamcatchers, Stilwell High School, Chewey Community Organization, Tahlequah High School, Proctor Community Organization, Peavine School, Rocky Ford Community Group, Watts School, Bell Community Action, Westville School System, Delaware County Cherokee Coalition, Salina Middle and High School, Cherokee Nation Headstart Parent Committee, Lyon’s Switch Community Group, Watts Indian Heritage Club and Community Group, and Locust Grove Middle and High.

Major accomplishments of the coalitions include:

- Assistance with the development and implementation of a substance abuse policy for a local school district.
- Recognized the need for an increased awareness of gangs and crime in our communities and initiated training for the community from the Bureau of Indian Affairs. The training, “Community Policing in Indian Country” was offered in three communities for community members, law enforcement, school administrators and teachers, and local civic leaders. From the training the Sheriff of one of our counties and community members have developed a task force to combat community problems.
- Adair County Healthy Nation Coalition members served as counselors for our Summer Youth Fitness Camp, North Carolina Youth Exchange, Wings Running and Fitness Camp, Healthy Nation 5K Run and the Bell Pow-wow.
- Community service projects such as community clean up of gang graffiti, food drive for needy families, and delivery of gift bags to 237 community Elders.
- Coalition members from an area school drafted and enacted a drug testing policy for students in all extracurricular activities. The group garnered support from local businesses for expenses related to the drug testing and referral. Students who test positive are referred to a counselor from an area substance abuse treatment center HN and the school have conducted events related to the policy and encouraged a dialogue with parents regarding substance abuse.
- In 1999, Adair County Coalition entered the Stilwell Christmas Parade with a walking entry of Healthy Nation program participants from individuals included Wings members, School-Site Wellness students, Indian Heritage Club members, coalition members and parents. The Coalition won 1st place with over 350 people joining the walk.

Healthy Nation worked with the established Indian Heritage Clubs and helped facilitate formation of more clubs over the past four years. Healthy Nation initiated some clubs and many had been established but were inactive prior to Healthy Nation involvement. Clubs in seventeen schools worked with Healthy Nation to promote the image of drug free Native communities.

The Healthy Nation program received requests from various communities to assist in developing clubs similar to those in the school systems during the grant period. In 1997, Healthy Nation began to offer funds to various groups to assist in developing community groups and completing various projects.

Although a large part of the funding came from other sources within Cherokee Nation, it was all distributed via the Healthy Nation name and via our office. Healthy Nation required community groups and Indian Heritage Clubs put funding and assistance requests in writing. The organization demonstrated how the proposed community project

would help meet the Healthy Nation goals and objectives. When the requests were received, the Healthy Nation staff reviewed and voted on the amount and type of assistance appropriate.

### Community Funding Project

Healthy Nation awards funds to schools and community organizations within the Tribe's jurisdiction. Awards must focus on the following goals:

- Improve public awareness of Substance Abuse in local communities.
- Develop and implement community-wide prevention programs in local communities.
- Improve early identification and assessment of substance abuse in local communities.
- Improve substance abuse treatment options and aftercare in local communities.

Healthy Nation funded proposals from community organizations and Indian Heritage Clubs to collaborate on projects. The following proposals were funded during 1997-1998: Peavine Panther Clan, Tahlequah P.S. Native Reflection, Rocky Mountain School, Grove Project Graduation, Bell Indian Heritage Club, Keys Middle School, Sequoyah Parent Association, Cherry Tree Community Services, Norwood School, Greasy Indian Heritage, Watts Indian Heritage Club, Greasy School 8th grade class, Nicut Residential Cooperative, Lost City School, Salina Middle School Indian in Action, and Cookson Hills Foster Grandparent Program.

The following are community-based funding projects the HN staff has reviewed and funded for 1999-2000. The majority of the projects were funded via Cherokee Nation Health Education with a few funded by Healthy Nation: Badger Lee Baptist Youth, Bell 4-H Club, Bell School Indian Heritage Club, Big Cabin Indian Heritage Club, Cherokee Heights Resident Organization, Cherokee Nation Tribal Youth Club, Chewey Community Organization, Cherry Tree Community Youth Services, D-Fy Westville School, Feathers of Many Colors, Gore Project Gore School, Greasy Community Fellowship, Greasy Elementary School, Greasy Park Association, Grove High Project Graduation, Gum Springs Elementary, Jay Public School Special Education, Jay Summer Track Project, Kenwood Public School, Keys School, Locust Grove Middle School, Lowery Volunteer Fire Dept., Lost City School, Marble City School, New Baptist Church Youth, Nicut Residential Corporation, NSU Native American Student Assoc., Peavine Public School Panther Clan, Pumpkin Hollow Community Assoc., Salina Elementary School, Salina Middle School Indians in Action, Skelly Public School, Stilwell High School Indian Heritage Club, Tahlequah High Drug Free Graduation, S.W.A.R.M. Westville School, Tom Buffington Height Resident Organization, Webbers Falls Public School Indian Education, Wickliffe Elementary, Tenkiller Adventure Program, Peavine Panther Basketball Camp, Locust Grove Public Schools NASA, and Grandview School.

The School Site Wellness Program targets elementary students at schools within the Tribe's jurisdictional service area. The School Site wellness program consists of two components, The Great Body Shop Curriculum and the School-Site Walking Program. The Great Body Shop Curriculum is a comprehensive health and substance abuse prevention curriculum for grades K-6. It is designed to promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills. Our staff teaches this curriculum to fourth graders in various schools and students each week. At the end of the school year a student-generated health fair is presented for the school, parents and community. Students create their own displays, speeches, brochures, and demonstrations to teach the community what they have learned about healthy choices throughout the year. There is a waiting list for additional schools requesting the program. The School-Site Walking Program consists of a staff member from Healthy Nation who walks or runs with the classes in an effort to emphasize physical fitness as a way of developing a healthy lifestyle.

The number and extent of the programs has grown tremendously over the grant period. More participating schools were added each year, as listed below.

- 1993-1994 - Stilwell Elementary wellness for 4th graders
- 1995-1996 – Stilwell Elementary 3rd and 4th grade, Vian Elementary

- 1995-1996 – Locust Grove, Marble City, Jay, Bell, Stilwell
- 1996-1997 - Maryetta, Keys, Lost City, Webbers Falls, Gans, Woodall, Kenwood, Peavine, Leach
- 1997-1998 - Cave Springs, Gum Springs, Norwood, Grandview, Spavinaw, Osage, Wickliffe
- 1998-1999 - Continues in all school excepts Leach
- 1999-2000 - Warner, Central, Belfonte

The Wings Running Club is an ongoing self-paced fitness program set up for people of all ages and all fitness levels. Weekly practice sessions are offered at many communities within the Cherokee Nation, and open to the entire public. Both running and walking accumulates miles which each member can earn incentive fitness gear when reaching set milestones. Optional monthly road races and fun-walks are made available for all Wings members to participate. Currently, there are 5 Wings clubs located throughout Cherokee Nation over 500 members. Wings Running Club was first established in April 1996 at Maryetta Elementary School and has been in the following communities: Jay Wings, Redbird Smith Health Center, Stilwell Wings, Salina, Cherokee Nation Employee Wings, Rocky Mtn. Wings, Marble City Wings, Woodall Wings, Kenwood Wings, Bell Wings, and Pryor Wings.

We are impacting entire families from grandparents to toddlers, persons with diabetes, people with cardiovascular diseases and serious runners who compete in road races. Some of our annual events are as Red Cross Relief Run 5K, Jingle Bell 5K Run, Run Long/Run Short 5K/ 20K, Keys Health Fair K – 5th grade, Health Fair at Warner School, Big Cabin Community Youth Benefit, Cherokee Holiday Run, Hospice Run, Cherokee Nation Housing Authority Employee Health Fair, Full Moon Classic Run, Strawberry Festival Run, Azalea Festival 5K Run, Indian Symposium 10K Run, Cultural Day at Central Public H.S., Huckleberry 5K Run, and the Cherokee Nation Employee Health Fair.

### Strategy 3: Early Identification, Intervention and Referral

In an effort to implement a tribal-wide early identification and assessment system into the current Cherokee Nation system, Healthy Nation staff received training in early identification and assessment of substance abuse in community settings by attending the Substance Abuse Prevention Conference in Tulsa as well as the National Association of Native American Children of Alcoholics in Tulsa. They also developed a resource directory for use within the Cherokee Nation programs. The directory will be on the Cherokee Nation Web page and hard copy distributed to each Cherokee Nation program. The directory is cross-referenced for easy access of information.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

Healthy Nation has coordinated a systematic approach to assessment and treatment of tobacco abuse by implementing a Smoking Cessation Tobacco Abuse Prevention Program. The purpose of the program is to reduce death and disability among Native Americans caused by tobacco abuse. The program provides assistance to those who wish to cease cigarette and smokeless tobacco use with a behavior modification program and supplemented by nicotine replacement therapy. This program has been in existence since 1992 and over 700 people have participated with a 30% recovery rate. Anyone over age 18 who is eligible for services at Cherokee Nation rural health centers or Indian Health Service facilities may participate. All participants must actively participate in an eight-week behavior modification course. These sessions were provided through the Muskogee Clinic, the WW Hastings Prenatal Smoking Cessation Education, the WW Hastings Smoking Cessation Program, and the Wilma P. Mankiller Clinic.

During the summer of 1998 twenty students with ten adults from Cherokee Nation/Healthy Nation traveled to North Carolina to visit the Healthy Cherokee in a cultural youth exchange. Everyone enjoyed the beauty of the land and the interesting historical sites. Our group felt a special kinship and a strong sense of returning to their roots. As we traveled throughout North Carolina there was two special moments that stand out. The first was when we traveled to the original spot where the Cherokee's came from. It was a mound and the story goes that 30 chiefs are buried there. We circled the mound and many in our group took off their shoes and touched the ground with their bare feet, the ground of their ancestors. It was a very moving experience. The second extraordinary moment came when we traveled to the Snowbird Community. The community treated us with an Indian Taco dinner and we felt like they



were welcoming us home. We were asked to bring soil from Oklahoma to participate in a mound building ceremony. No one knew what this ceremony was until we arrived. It is a ceremony that has been lost and that they were trying to bring back. A head singer prayed and sang as each of us threw dirt on the mound. We went around the mound seven times and it was interesting - red Oklahoma dirt mixed with North Carolina dirt. We were brought together in that moment, in the dirt within the circle. Two people, Eastern Cherokee and Oklahoma Cherokee ...yet...we are one people. It was a very solemn and moving experience, one that we are grateful for and one that we will never forget.

# CHEYENNE RIVER SIOUX TRIBE OF THE CHEYENNE RIVER RESERVATION

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## About the Program

Phase 1 of the Cheyenne River Sioux Tribe's Healthy Nations Program included one hundred Task Force and Working Group Meetings, thirty-six community meetings, and data collection from individuals and programs. Our data collection continues from youth and other community sources. Data indicates the need for constructive, educational, cultural activities to occupy reservation youth during the non-school hours; afterschool, weekends, and summer.

These activities are provided through four major components in the Phase 2 Healthy Nations Program. These components are titled: Wolakota Yukini Wicoti (Lakota Youth Camp), Adopt-A-Horse, Prevention & Aftercare Transition, and Takoja/Keepers of Wisdom Video Productions.

Two basic principles guide our Healthy Nations Program: access and responsibility. We address access by providing services within each of our identified communities. We address responsibility by offering and promoting activities that teach responsibility, positive peer group influence across the age span, and substance abuse free behaviors.

We provide educational and lifestyle activities for youth with an emphasis on belonging, culture, and substance abuse free interaction and behaviors. It is our hope that many of the alternative lifestyles will be presented by our own community members.

The Wolakota Yukini (to make live again, culture, tradition, and language) is the theme of this phase of the Healthy Nations Program and is designed to implement the traditional values of the Lakota people into the field of the youth service providers. The lack of motivation by the youth population in reference to the basic need to identify positive alternatives to substance abuse has encouraged our traditional elders to take an active role in controlling the destiny of our youth.

## Host Community/Organization

The Cheyenne River Sioux Reservation was established by the Act of March 2, 1889, which divided the Great Sioux Reservation into five smaller reservations. The Cheyenne River Reservation boundaries include roughly 2.8 million acres of rolling prairie lands (about the size of the State of Connecticut). B.I.A. labor force statistics indicate that there are roughly 12,000 Indians on the reservation.

In 1908, the reservation was opened to homesteading, and about half of the reservation land was sold to non-Indians. The reservation boundaries were not diminished, however, and as a result, of the 18 reservation communities, the Cities of Dupree (population 500 -- 50% Indian), Isabel (population 350 -- 20% Indian), and Timber Lake (population 700 -- 35% Indian) claim to be non-Indian communities because a majority of residents are non-Indian. The City of Eagle Butte is the largest city on the reservation with roughly 2,500 to 3,000 residents and is 80% Indian. Overall, the population of the Cheyenne River Sioux Tribe accepted the provisions of the Indian

Reorganization Act and adopted a tribal Constitution and by-laws in accordance therewith. The Tribal Council, made up of the Chairman, Secretary, Treasurer, and 15 Representatives, is the governing body of the Tribe and the Tribal Courts function as an independent judiciary. As described above, the Tribal Council has established an extensive administrative branch of government.

Eagle Butte is the center of tribal government, and although the tribe provides government services throughout the reservation, many federal and tribal services are available only in Eagle Butte. The reservation is made up of six representative districts, each has its own community building, and the district councils have an advisory role in tribal government. The Indian residents from outlying communities, such as Cherry Creek, Red Scaffold, White Horse, Black Foot, and Swift Bird often travel to Eagle Butte for federal and tribal services.

The reservation encompasses both Dewey and Ziebach Counties in South Dakota, and the Indian population is very poor. Ziebach County was ranked the third poorest county in America in the 1980 Census, and the seventh poorest county in the 1990 census. There is 60 to 85% unemployment, and the economy is largely an agrarian farm/ranch and service based. Therefore, welfare is an important source of income for many families of unemployed Indians, and the economy is quite active on the first day of the month when checks are issued. Later in the month, the economy slows as people struggle to survive on the meager income.

Although Dupree, Isabel and Timber Lake claim to be non-Indian, a few economic services are offered in the smaller, remote Indian communities, and tribal members from Red Scaffold, Cherry Creek, and Thunder Butte often patronize Dupree, while tribal members from White Horse patronize Timber Lake, and tribal members from Green Grass patronize Eagle Butte. Thus, alcohol sales in those cities have a significant impact on the Indian population. The border towns of Gettysburg, 10 miles east of the reservation (population 1,500), and Faith, 5 miles west (population 800), have a similar relationship with the reservation's Indian population.

## Accomplishments

### Strategy 1: Public Awareness Campaign

A Program Advisory Group was developed to assist the Healthy Nations Program in coordinating the Tribe's War on Alcohol Abuse. This was accomplished through monthly meetings and various activities held at the program headquarters in Eagle Butte, SD. Some of the issues addressed through this process included organizational structural discussions and actions, constitution and by-laws. This advisory group helped to plan these activities, which included the youthfest, honoring of youth, stipend for elderly and youth workers, staff evaluations and staff reports, receiving donations, adopt-a-horse, elections, budget revisions, scholarship selections, fundraising efforts and attendance at appropriate youth meetings.

The Seventh Generation Youth Council, a tribal youth organization, provided resources for a radio show broadcast from the KLND radio station in Little Eagle, SD, and additional shows were completed through remote broadcasts from Eagle Butte, SD. The topics discussed on the show included: sobriety issues, peer pressures, domestic violence, gangs, juvenile crime, drug alternatives, inhalant abuse, cultural values, traditional lifestyles, positive role modeling, tribal economics, school news, sports, media clubs, music, broadcast training, and tribal government. The KLND radio station is owned and operated by the Standing Rock Sioux Tribe.

### Strategy 2: Community-Wide Prevention

The Healthy Nations Program worked with various agencies to study existing and needed areas of prevention planning, and to create an inter-agency referral network to provide services to youth residing on the reservation. The primary target being the low-income housing projects, secondary target areas are the other tribal communities. Referrals were made to the following agencies: Four Bands Healing Center Counseling Program, Juvenile Detention

Center, Juvenile Courts, Juvenile Probation Office, Social Services, Emergency Shelter Homes for Boys and Girls, Cheyenne River Schools. Collaborations were made with the following: Cheyenne River Housing Authority-Drug Elimination Program, Sioux YMCA, Sitanka College, Sacred Heart Center, Single Mother's Program, Healthy Start, and Professional Consultation Services.

In an effort to provide substance-free activities for youth, the Healthy Nations Program worked in several outreach areas, including White Horse, Laplante, Timber Lake, Swiftbird, Blackfoot, Dupree, Isabel, Thunder Butte, Iron Lightning, Cherry Creek, Red Scaffold, Takini and Bridger, Eagle Butte, Green Grass, Sans Arc, Bear Creek. The activities provided were youth meetings, recreational games, movie nights, rap sessions, Lakota storytelling, culture nights, DJ dances, home visits, talking circles, volleyball, sweatlodge, nature walks, talent search, table games, art therapy, computer classes, grade incentives, health and wellness fairs, carnivals, pool league, tobacco awareness sessions, pizza parties, open gym, youth lock-ins, sleepovers, ecology sessions, wilderness survival training, weight lifting, music recitals, walking club, horseshoe league, fishing trips, cultural awareness sessions, youth play day, Lakota song and dance, White Bison Spiritual gathering, Red Road Counselor Training, and community service projects.

The Lakota Takosa/Keepers of Wisdom Video Production program was developed in order to collect and distribute essential materials to prevent the loss of the Lakota language and culture. These efforts included a youth camp, video training, creating resource list of tribal elders, storytime, Lakota language classes, a Christmas dinner, social dance exhibitions, Youthfest, Elder men's meetings, oral history interviews, cultural presentations and monthly sewing lessons in the Young Mother's Program. Bi-monthly cultural curriculum training to the Tiospaye Tops tribal school and the tribal Headstart Program was also developed and provided.

Additional activities provided in various communities include the Lakota language curriculum, elderly dinners, youth play day, summer youth food program, wrap-around training, elder's social, Adopt-a-Grandparent, cooking activities, computer training, Golden Oldies Social, dance regalia, star quilt project, health support groups, and nutritional seminars. These services were mainly provided at the Cultural Center in Eagle Butte, SD, Tiospaye Topa School in Laplante, SD, and the CRST Headstart programs at five different sites on the reservation. The Wings Camp was held in Eagle Butte, SD on June 28-30, 1999, and included fitness drills, indoor exercises and games, practice race competitions, fun run and community feed.

### Strategy 3: Early Identification, Intervention and Referral

The Wolakota Yukini Wicoti (To Make Live Again, Culture, Tradition and Language) Camps were developed to incorporate the ways of the Lakota culture into a moving camp designed for youth. The initial youth camp was held from June 20, 1996 to September 4, 1996 during which time the youth lived in traditional tipis and traveled on horseback. The second year, the youth resided in similar villages, but were separated by gender and the camps were held at one location for a period of two weeks per session. The third year involved a trail ride around the reservation covering over 350 miles in 14 days. The fourth year camp included 2 one-week sessions and was held in the sacred Black Hills of the Lakota people in western South Dakota at Bear Butte (Mato Paha).

The Young Lakota Artist project was created to provide monthly mentorship activities through art and host an art competition for youth. This was implemented by a series of primary art lessons, art classes, and 2 youth art competitions and artist receptions. The classes were presented at the program headquarters in Eagle Butte, SD. The Art Exhibit, Reception and Competition were held at the Super 8 Conference Room, Eagle Butte, SD. The Art Mentoring sessions were held at the Cultural Center in Eagle Butte (held in the Bear Creek community, SD). The following mediums were represented: pencil drawing, colored pencil drawings, charcoal, chalk pastels, oil pastels, watercolors, acrylic paints, and oil paints.

The Lakota Traditional Arts and Crafts project was implemented to coordinate the efforts of the 8 Outreach Communities in designing and completing social dance regalia. These activities were facilitated by the Cultural

Liaison and the Elderly Liaison in the outreach communities of Eagle Butte, Cherry Creek, Red Scaffold, White Horse, Dupree and Timber Lake, and included dance regalia, arts and crafts, leatherwork, beading, quillwork, rawhide art, bone jewelry, drum making, dream catchers and woodcarving.

To increase the number of students participating in leadership activities, the Healthy Nations Program helped many youth attend the annual Youth 2000 Leadership Conference, was held on March 28-30, 1999 in Pierre, SD, and the 8th Annual Youth Leadership Conference on August 21-24, 2000 in Eagle Butte, SD. The youth participated in workshops, demonstrations, general sessions, motivational speakers, recreational events, DJ Dance, Powwow, and Information booths. The conference is held every year and hosted by the Cheyenne River Housing Authority's Drug Elimination Program.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

In an effort to implement a horse program to provide basic riding skills and horse care to youth, the Adopt-A-Horse Program was created. The program was also designed to complement the Wolakota Yukini Wicoti project and to adopt 5 horses to youth. The activities completed were roping schools, riding lessons, Exceptional Education Riding Program, horse health care and grooming seminars, care and maintenance of riding tack, horse facility management, confirmation classes, adoption policies, horse showmanship classes, livestock judging, rodeo judging, leisure riding, horse training seminars, stable maintenance, trail riding, fencing, and an instructional video on horse trailing. The program also included participation in the Headstart Parade, Viet Nam Veterans Parade, Tribal Labor Day Fair Parade and Play Day.

An Aftercare Transition Plan was developed and implemented to address the issues of intervention and aftercare. These efforts were implemented through meetings of the Inter-agency Planning, Youth Rehabilitation Center Task Force, GONA Training, Red Road Counselor Training, Red Cross Training, Aftercare Meetings, Support Group Meetings, and Home Visits.

The Healthy Nations Program, in an effort to develop a holistic approach to providing structured recreation and alternative substance-free activities, coordinated many summer activities, to include swimming, basketball, a walking club, health fairs, and a fitness and diabetes prevention camp.

# CONFEDERATED SALISH & KOOTENAI OF THE FLATHEAD RESERVATION

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## About the Program

Through the writing of the Phase 2 proposal, from May, 1995, to January, 1996, much was learned about the need for a continuum of care and coordination of those services both within and without the Tribal structure. Our Phase 2 plan attempts to be inclusive of the need for communication and coordination of the continuum of care among County, State and Federal agencies and communication and coordination among the Tribal programs themselves. The principal components of Phase 2 are as follows:

- Implement a highly visible public awareness campaign annually on the Flathead Indian Reservation to raise awareness of the impact of tobacco, alcohol and illegal drugs across the continuum of care among the Salish & Kootenai people.
- Oversee the Netlink Clearinghouse project for all Flathead reservation and Lake County residents to ensure professional and community members have information about the levels of care offered to reduce the impact of tobacco, alcohol and illegal drugs.
- Sponsor quarterly discussion forums to facilitate discussion among tribal programs, service providers and community members about the issues and philosophies across the continuum of care.

## Host Community/Organization

The Flathead Indian Reservation was established for the Confederated Salish and Kootenai Indians in 1855. The Indian people enrolled in the reservation are called Flathead by most non-Indians but actually represent three bands of Salish, Pend d'Oreilles (or Kalispels) and Kootenai's - People of the Standing Arrow. The Tribal enrollment is approximately 6,550 with half of the membership residing on the reservation. There are numerous Indians on the reservation who are enrolled with other tribes. The total Indian population, as defined by the 1990 Census, is 5,130, with 2,476 being female. The total population for the Flathead Reservation is 21,259. The reservation was opened to settlement by non-Indians in 1910 by President Howard Taft. By the 1990's, the Indians had become a minority on their own reservation and nearly half of the land is now in non-Indian ownership. The communities, including school boards, city councils, city governments, and the majority of businesses are non-Indian controlled or owned. The reservation population is currently 26.4% Indian. This situation has led to generally poor Indian/White relationships in the 1980's and 90's. One result of these tensions is fewer affirmations of Indian people and Indian ways.

The reservation is a beautiful area of fertile plains surrounded by rugged tree covered slopes and high snow-capped peaks. Its exterior borders encompass 1,248,000 acres. The northern border is Flathead Lake, the largest freshwater lake west of the Mississippi River. It is 27 miles long and 26 miles wide, covering 188 square miles. The Blue Bay Healing Center is located on the east shore of the lake on the largest shoreline property owned by the Tribe. The median age of the Indian population on the reservation is 23.7. According to the 1990 Census there is a 17%

unemployment rate. The per capita income in 1989 was \$6,428 -- 38% of Native American population have income below poverty level.

There are two major communities near the reservation. The first is Missoula, Montana. Missoula is the largest community in western Montana. It is located approximately 20 miles from the reservation's southern border. Kalispell, Montana is the second largest community in the area and is located approximately 25 miles from the reservation's northern border.

## Accomplishments

### Strategy 1: Public Awareness Campaign

Throughout the time of the grant the Netlink Staff worked with 335 youth and community members developing public awareness campaigns, PSA's and skits that provided information to the community about substance abuse, it's effect, and prevention of addictions.

During the four implementation years the Netlink staff worked with a variety of Public Service Agencies, Culture Committees, and Schools in developing and implementing community wide prevention conferences. Approximately 1,500 community members and 210 youth participated in the five conferences that were delivered. These conferences contained specific youth tracks, which were the primary responsibility of the Healthy Nations Staff.

Over the four years the staff worked in the community and in schools delivering presentations about substance misuse; there were approximately 492 youth that were present at these presentations.

The staff worked with a wide variety of other agencies to plan and implement actual events in the community to provide youth with options to substance use these included; "Youth Enrichment" Seminars, dances, language camps, hunting camp, "Teen Day", "Lock In", Math and Science Camp, runs, basketball and baseball tournaments, Red Ribbon Week activities and parades.

Six newsletters were developed and distributed. These newsletters contained information about the original task force activities, clearinghouse information, discussion forum activity, training events, and youth media projects aimed at reducing the effects of substance abuse. One thousand five hundred newsletters were delivered and six hundred were mailed.

Throughout the remainder of the project rather than producing our own newsletter we researched what other Tribal organizations were producing newsletters and submitted article to those existing newsletter which included articles to the Tribal Employee Newsletter, the employee newsletter reaches 700 Tribal Employees. Monthly articles were submitted to the Tribal newspaper, the Tribal newspaper is distributed to 4,000 households. Three articles were submitted and ran in the Early Childhood Development Program Newsletter, which is distributed to two hundred families and day cares. One article was submitted and ran in the Tribal Housing Newsletter, which reaches seven hundred families.

Schools and community organizations developed a full educational presentation for students and community members based on articles we had submitted.

Throughout the grant period the staff provided technical assistance to many groups including the Boys and Girls club, Salish Elders Committee, Arlee Parade Committee, Child Abuse Prevention organizers, Tribal Domestic Abuse Program, and the Pilgrimage work group. This networking and assistance allowed us to work with 285 community members and agencies during the provision of technical assistance.

In the first year of the project the staff gathered information from 9th graders on the reservation about their beliefs regarding the use of tobacco. The results indicated that across the reservation 9th graders perceived approximately



70% of their peers used tobacco on a weekly basis. This survey led to the presentation of the “Tobacco Awareness Program” being delivered to 465 students throughout the remaining three years. Another focus for educational presentations was DUI’s, which were delivered to 57 youth. A presentation was delivered to 68 schoolteachers about how to communicate to children who are abusing substances. 100 families who were identified as “high risk” for child abuse were the beneficiaries of a Christmas dinner and educational presentation about how to communicate with youth about substance abuse issues. 14 couples participated in a Valentine’s dinner, which included a presentation about communication and how to celebrate without the use of substances. At a Tribal Youth Job fair 70 youth learned about how alcohol impairs abilities. Healthy Nations Staff worked with a large group of agencies to deliver the GONA (Gathering Of Native Americans) training for 72 community members.

During the four years the staff distributed 1400 suckers, 30,800 pamphlets, 1100 multiplication tables, 400 posters, 9 different ads, 380 tee shirts, 3 PSA’s, 1,017 water bottles, 100’s of pens, 168 basketballs, 435 crayons and color books, 95 Safety Net books, 95 BAC charts, 150 bookmarks, and 95 DUI place mats. Initially all of the items contained information about the clearinghouse. During the last two years we made a change to providing substance abuse prevention materials and messages.

### Strategy 2: Community-Wide Prevention

During the first two years five Task Force meetings were held with 76 individuals/agencies participating. In October of the second year, there was reorganization within the Tribal Health and Human Services Department, which led to the moving of the Netlink Project to the Tribal Mental Health and Addiction Treatment Program. Additionally, at this time, the department reorganization created in each Tribal community a Health Team. Finally, due to the decreasing participation in the task force the decision was made to eliminate the task force and work with Health Teams, Tribal Elder groups, and identified Tribal Service agencies.

These groups were worked with on a weekly basis for the purpose of educating, gathering information, and trying to build a team of community based people who would actively work to reduce substance abuse on the Flathead Reservation. These groups included Salish Elders, Diversion Team Project, Tribal Fish and Game, Tribal Police, Reservation Schools, Boys and Girls Club, Drug Elimination Project, Department of Human Resources, Tribal Juvenile Probation, Tribal Education, Kicking Horse Job Corps, Salish Kootenai College, Tribal Foster Care, Tribal Addiction Counselors, Tribal Cultural Leaders, Native Path to Wellness Project, Tribal Health Community Teams, Early Childhood Development program, Tribal Council, and Talent Search Program. All of this contact has included the development of media campaigns, presentation of specific substance abuse prevention information, planning and delivering educational events, and the promotion of healthy choices within the framework of Tribal values and beliefs.

### Strategy 3: Early Identification, Intervention and Referral

Throughout the project we have identified 9 unmet needs in the continuum of care. They included the need to develop a Tribal Specific Minor in Possession curriculum, transportation, child care, lack of a Tribal Code regarding minor use of tobacco, a Tribal Specific hunting and recreating course, resources for families in early recovery, and specific training to community and agencies about personal responsibility. Because of this identification we developed a MIP curriculum and implemented it during the third year, 123 youth participated in this course. We were successful in helping the Tribal Council adopt a resolution making it illegal for minors to possess or use tobacco. We hosted the two-day training on “The Corrective Thinking Process”. Twenty-eight community members and agency staff participated in the training. We developed and implemented the Tribal specific Hunters education course, in collaboration with Tribal Elders and the Tribal Fish and Game Department. Eighteen Tribal Adults and twenty Tribal Youth participated in this project. Throughout the project, time 28 families received support for aftercare activities.

The Community Liaison provided information and referral services to 754 individuals or agencies. This includes doing research for current information related to substance abuse, loaning materials and updating individuals/agencies about resources available to them.

During the first two years the Community Liaison updated the database on an ongoing, weekly basis. She accomplished this by contacting agencies in the database and requesting them to update their information and by reviewing all of the local papers and adding resources that are identified in the papers. Additionally, the Liaison would add a service to the database when notified by the groups of people/agencies she worked with that a new service existed. When we moved the database to the DHRD there were six hundred and eight services identified in the database. During the last two years we put less of a focus on the updating of the database and more of an emphasis on letting the service providers know we were available to provide them with resource materials.

Agencies and community members have requested Internet searches and disbursement of actual prevention materials and after care resources. Throughout the entire project, the Liaison provided information to 274 schools, Employees, elders and cultural leaders, children and families who are in treatment with the Addiction Treatment Program. 28 families received assistance in aftercare activities as a result of this being identified as an unmet need. Staff provided and then collaborated with Juvenile Probation to provide MIP course to 299 youth over two program years.

Staff worked with Boys and Girls Club twice to provide substance free dances and parties. The program provided the Corrective Thinking Process training to community and agencies; sixty individuals participated in the training.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

For the lifetime of the grant 22 discussion forums were held. In the final two years of the project, the forums were used as a way to explore what topics the community and other agency staff were most interested in. Often the forums were used as springboards for activities.

During the four years we provided substance abuse library material and videos to Tribal Probation and Parole, three reservation schools, community members at the Health Fair, readers of the Tribal News Paper, Employee News Letter, Housing Newsletter, Early Childhood Development Newsletter, Lake County Sheriff Office, Community members, Lake County Home Health, Kicking Horse Job Corps, Tribal Probation and Parole, Addiction Counselors, Tribal Health staff, Healthy Fair, and youth and staff from Second Circle Lodge.

# CONFEDERATED TRIBES OF THE COLVILLE RESERVATION

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## About the Program

Phase 1 of the Colville Tribes' Healthy Nations Program focused on gathering input and commitments from persons in all parts of the community and establishing collaborative action plans with other programs and projects that shared the same concerns as Healthy Nations. Phase 2 of this program takes input developed from community visioning sessions and engages community members to translate those visions into actions.

The overall purpose of this grant is to foster and encourage community-based development of healthy practices and lifestyles free from the abusive use of alcohol, tobacco, and other substances and to demonstrate to the community that they have a voice that can be translated into action. Trust building and healing have proven to be essential elements of this process. These elements have to be in place before awareness, prevention, and early identification efforts can find fertile ground in which to take root. Central to building this trust is a way of seeing that recognizes community as the continuous source of creativity, guidance, direction, and action in a movement toward healing. Healthy Nations does not direct this movement, but rather collaborates, encourages, nurtures, cultivates, and assists it.

The Colville Tribes' Healthy Nations Program seeks to fulfill the following objectives:

1. Continue and expand the public awareness campaign.
2. Continue and expand community-wide prevention efforts.
3. Develop and implement systems for early identification of substance abusing persons.
4. Expand available options for community based intervention in the treatment of substance abuse.
5. Heal the relationship between the people and their representatives (elected, appointed, and employed).

## Host Community

The Colville Confederated Tribes (CCT) is a federally recognized tribe established by Executive Order of President Grant on April 9, 1872, for the use and occupancy of the Methow, Okanogan, San Poil, Lake, Colville, Kalispel, Spokane, Couer D'Alene Tribes and others that the Department of the Interior chose to locate. More executive orders and many other changes have brought the Reservation to what it is today.

The 1.3 million acre (2,100 square miles) Colville Indian Reservation is located in the North Central section of Washington state. Total Tribal enrollment is 7,802 (CCT Enrollment); 58% of the membership lives on the Reservation. There are approximately 144 enrolled members of other Tribes residing on the Colville Indian Reservation.

The Reservation is bounded on the east and south by the Columbia River and on the west by the Okanogan River. The land area stretches approximately 70 miles from East to West and 35 miles from North to South. The Colville Indian Reservation has four districts: Omak, Nespelem, Keller, and Inchelium. The Nespelem District, the administrative heart of the Reservation, is approximately 110 miles from Spokane and 118 miles from Wentachee. Spokane is the major metropolitan area and trade center of eastern Washington. The elevation on the Reservation

ranges from 790 feet at the mouth of the Okanogan River to 6,774 at the summit of Moses Mountain. The land contains lakes, two major river valleys, commercial forests of which 80% are coniferous, rich farm lands, vast orchards, livestock ranges, recreational sites and numerous mineral resources. The diverse types of land and resources serve to offer substantial tourism and economic development opportunities. Wildlife is plentiful and conducive to traditional activities.

The Colville Indian Reservation is governed by a 14 member Colville Business Council elected by a majority of Tribal members. The Tribal government is one of the largest employers on the Reservation and provides a multitude of support services encouraging economic growth and development activities. The administrative department of the Colville Indian Reservation is overseen by an Executive Director and has four branches: Human Services, Management and Budget, Natural Resources, and Tribal Government. The Robert Wood Johnson Foundation's Healthy Nations Program (A Way of Life) is located in the Human Services branch of the Tribal Community Counseling Services Division. The Nespelem Agency Campus is 2 miles south of Nespelem and is the administrative/governmental seat for the CCT and is where the majority of all services for Tribal members are located.

## Accomplishments

### Strategy 1: Public Awareness Campaign

From the first radio public service announcement Healthy Nations (HN) started influencing attitudes. HN was the first tribal program to create public service announcements, using local information, and air them on local radio stations. HN presented information relevant to the Colville reservation, using local people, including youth, as the voices behind the messages, as a strategy to catch people's attention. Substance abuse is still acceptable with a segment of the community but they are a minority. Community members working proactively toward a healthier future is happening in small, yet noticeable ways. Alcohol and drug free powwows, family and youth stick game tournaments and karaoke dances are being organized in the community. Many activities target youth and families. There were many other activities that contributed to public awareness, including newspaper articles, newsletters, community presentations, a visual memorial project that involved placement of wooden staffs at roadside sites where people died in alcohol related accidents, t-shirts, posters and calendars, mural projects, ribbon campaigns, Alcohol Awareness Conference, Reservation Relay Run, partnerships with other programs, the HN Flag and Coyote Mascot, which are presented at community events to symbolize HN and the vision for a healthier future. Collaboration to sponsor an Alcohol Awareness Conference, for example, was not a required activity under the grant. HN was invited to be involved and we felt a responsibility to respond. Whenever, we had an opportunity to be involved in something that could influence the community in a positive way we accepted the invitation. By doing so we built a good reputation that also increased public awareness.

HN also contributed many articles to the tribal and local community newspapers and newsletters and completed several radio public services announcements. We were offered an opportunity to utilize a one-page advertising spot in a special magazine edition printed by the Omak Chronicle. The magazine came out four times a year and was distributed to some 19,000 households in Okanogan County. The ad page was paid for by Okanogan Bingo Casino. We incorporated the HN logo and the caption from the HN posters with photographs of HN sponsored community activities into the design of the ad page.

Other activities included Alcohol Awareness Week and Run, Peacemaker Circle, United Pow Wow, Parent Committee Meeting, Healthy Community Alliance; Winter Challenge Experience, UNITY Training, Family Night Out, Sports and Health Camp Meeting, Physical Fitness Day, Harlem Crowns, Community Activity Center (formerly the War Bonnet Tavern), Coyote Speaks, Pride Ride, Career Day, Community Youth Council, Project Red Talon Youth Leadership Conference, Wounded Warriors Gathering, Leader Summit on Youth Violence and Gang Activity, Girl's Club, and the Northwest Indian Youth Conference.

## Strategy 2: Community-Wide Prevention

The most successful HN prevention activities have been the PRIDE Ride and Native Youth Gathering (NYG). Both activities have grown and evolved. The PRIDE Ride has been solidly established in Omak and Inchelium. The 2000 Omak PRIDE Ride has been the most successful, so far, in terms of the activities schedule, target age group, camp size and number of volunteers. Collaboration with 4-H Challenge added rock climbing and canoeing to the horse program. All activities are designed to provide challenges for the youth in a supportive setting. As they face the challenges, with support from peers, they learn about their own strengths and limitations. Their self-esteem is raised and they develop or strengthen their self-confidence.

The Native Youth Group (NYG) started out as a three-day camp targeting high school youths. It blended cultural, educational and recreational activities to provide opportunities for learning and development. In the second year, the NYG was requested by the youth to become a weeklong camp. In 2000 NYG was expanded to include a camp for Middle School students. The NYG High School students would be the facilitators at the Middle School Camp. Another development has been the organizing of NYG overnights. The overnights are held bi-monthly, for each age group. They provide an opportunity for the young people to meet, between the annual camps, and include both structured and fun activities. Like the NYG camp we try to hold the overnights in a different community each time.

The Children's Gathering is also still held in the Inchelium community. The target age group is three to seven years old. The Children's Gathering provides an environment of cultural, recreational, family and age appropriate activities for very young children. The Inchelium Community has been organizing this activity since the third year on their own with minimal support from Healthy Nations.

There also has been development of prevention activities outside of HN. Examples include Camp Duke, Owhi Lake Kids Day, youth stickgame tournaments, alcohol and drug free family stickgames and community powwows, Family Night Out and the revival of the Youth Culture Camp at Twin Lakes. HN has participated in these activities that have been organized by other programs or community leaders.

HN established partnerships with some organizations that have been ongoing. Examples include WSU Cooperative Extension, Colville Tribal Health, Social Services and Colville Indian Housing Authority. Okanogan County Cooperative Extension and 4-H Program were supporters of the PRIDE Ride at the beginning and for the first few years. The Colville Tribes Extension and 4-H Challenge program became involved with the PRIDE Ride in the second year of Phase one. Both programs have maintained a consistent involvement. The partnership has grown to include other activities like Camp Duke, a three day sports and fitness camp, Owhi Lake Kids Day, Native Youth Gatherings, Family Night Out, 4-H Challenge training for HN staff, co-facilitation of 4-H Challenge activities for the CBC, CTEC and Tribal Administration, and a three-day Consensus Building workshop, incorporating 4-H Challenge activities, for the entire Colville Tribal Health staff. HN also sits on the advisory board for the Cooperative Extension Indian Reservation Program (CEIRP), a national program supporting Indian communities.

HN has worked closely with Tribal Health over the years to co-sponsor Alcohol Awareness Week and the Reservation Relay Run. Our greatest accomplishment was a three day Alcohol Awareness Conference in 1999. Conference planning expanded the collaboration to include Social Services, Tribal Alcohol, Children Family Services, Tribal Police and Early Childhood Education. Other tribal and non-tribal program representatives and CBC leaders participated as speakers and workshop presenters. The conference was well organized and well attended. An Early Childhood staff member even told us, that a parent had confided being motivated to quit drinking as a result of their experience at the conference.

We joined efforts with Social Services and Children and Family Services to bring Jane Middleton-Moz to the reservation to conduct community workshops on Native American Adult Children Of Alcoholics (NAACOA), Sexual Abuse workshops, domestic violence and generational trauma issues. Colville Indian Housing Authority (CIHA) has provided in-kind services for the PRIDE Ride and together with HN developed a successful proposal for a drug elimination grant. CIHA provides the staff to complete these activities.

### Strategy 3: Early Identification, Intervention and Referral

Community attitudes were influenced, especially in the Inchelium community. HN solicited input and participation from others and did secure a MOA with Colville Tribal Housing Authority to administer and provide staffing for drug elimination grant. HN did several presentations for tribal programs, including Tribal Alcohol staff and their Program Manager. We presented information about the visioning sessions, the HN vision statement and goals and objectives. We left information packets for review and asked specifically for written input about how their program could support HN efforts, however small.

HN provided a two-day training that focused on teaching specific techniques for using the ropes challenge course to work with substance abuse issues. The primary recruits for this training were counselors and staff from the Tribal Alcohol Program and local youth shelters.

HN/School Forums: HN has participated on a monthly basis with school in staffing of high risk students and organizing activities that deal with alcohol, drugs, tobacco and violence within the school. Healthy Nations has participated in Native American Day and works with individual classes on alcohol, drugs, tobacco, violence and the value of their educational endeavors.

Youth Violence & Gang Activity Proclamation: HN has been the primary support for the Youth Violence and Gang Activity proclamation dissemination of correspondences and receiving correspondences to mayors, county commissioners, superintendents, board directors and principals of schools districts on and/or adjacent to the Colville Reservation. PES/HN organized the signing of the proclamation for the Chairman of the Tribe.

Promoting Healthy Lifestyles: Within the Keller, Inchelium and Nespelem Community the HN set up an informational booth for the community to learn additional information on Healthy Nations. During the Sobriety/Healing Pow Wow eight (8) youth and eight (8) adults were honored for their promoting of healthy lifestyles within their community.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

HN created a sweatlodge resource list, which included individuals from all four-reservation communities, and provided this list to counselors at the Tribal Alcohol Program, County Alcohol Program and four Community Centers. The sweatlodge resource list utilized individuals, who were using sweats in their own recovery, and made them a resource for others interested in a more traditional approach to recovery from substance abuse.

HN promoted the visioning sessions document as the most current and valid input representing the concerns, values and desires of all segments of the tribal membership and other reservation residents. When the document was compiled full copies were distributed to all fourteen tribal council members. We made copies available to any tribal program that wanted one.

Another Healthy Nations pilot project that has grown and evolved over the years has been the Celebration of Sobriety Powwow. It has come to be referred to simply as the Sobriety Powwow since its inception on Thanksgiving weekend in 1994. Since its beginning, one of the highlights of the powwow has been the public recognition and acknowledgement of positive community role models. This is achieved in a respectful way that is appropriate within our own culture. A nomination form is sent to the entire community through the Tribal Tribune, which is mailed out to the entire tribal membership on a monthly basis. Through this approach the community determines who deserves recognition, and recognizing one another for their positive achievements as observed by the community. We have had several instances where children have nominated their father or mother because they have made a commitment to live sober or have returned to their cultural ways. We have had individuals that were nominated by several members of their family or peers in the community. We have even had spontaneous recognition of some tribal members by friends and family that did not nominate them for the recognition ceremony, but felt compelled to stand up and honor them for their courage to live a life of sobriety. Events like this are making a positive impression in the tribal communities and creating a model for community gatherings that are fun and do not involve using alcohol or drugs.

# CONFEDERATED TRIBES OF THE WARM SPRINGS RESERVATION

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## About the Program

The purpose of the Warm Springs Healthy Nations Program is to conduct a four-year, community wide, public awareness/community development process which will result in community-based substance use and abuse programs, the establishment of a comprehensive approach to prevention, intervention and treatment, and the integration of community and program services which will result in reductions in substance use and the improvement in the public health of the Warm Springs community.

Alcohol and drug abuse has been recognized as the major health and social problem in the community since 1982. The Tribal Council has continuously been committed to providing quality service to assist residents in managing this problem and improving the quality of their lives. It has been well documented that individuals, families and the community experience many adverse effects due to substance use and abuse including increased mortality, morbidity and health costs; significant disruption in family life; and multiple social problems.

The program focuses on three tasks during Phase: 1) to develop and expand the public awareness/community involvement process; 2) to develop and expand multifaceted, community-wide prevention programs involving youth, parents, adults and elders; and 3) to develop and expand a multifaceted social support system involving youth, parents, adults and elders who are recovering from substance abuse problems.

## Host Community/Organization

Reserved by treaty in 1855, the land base of the Confederated Tribes of Warm Springs encompasses 655,000 acres of forest and dry land between the Deschutes River and the Cascade Mountain range in Central Oregon. Originally the home of the Wasco and Warm Springs Tribes, it was not until 1882 that the Northern Paiutes came to the reservation and were invited to live there by the other two tribes. The 1938 Constitution and charter established the political confederacy between the three tribes and formed the sovereign government which today oversees management of tribal land and resources. Politically, the Constitution establishes a Tribal Council of 11 members and a non-voting Secretary/Treasurer.

The Chief of each tribe is appointed by their respective tribe to the Council, for their lifetime, to assure continuity on the Council. The other eight members are elected every three years. The Wasco and Warm Springs Tribes elect three members each and the Paiute's elect two members to the Council. The Secretary/Treasurer is appointed by the Council to carry out the business of the Council. Over time this position has evolved to include the management of Government activities and is referred to as the CEO - Secretary/Treasurer.

In 1957, the tribes received a cash payment of four million dollars from the Federal Government for the destruction of territorial fishing grounds along the Columbia River due to the construction of the Bonneville Power network of hydro-electric dams. At that time, the Council decided to invest the payment in developing the reservation. Today, that investment in hydro-electric power, forest products and tourism has provided an economic base which has contributed to the long term social and political stability of the tribes.



The 1855 Treaty also reserved certain hunting, fishing and gathering rights for tribes in their original homeland which ranged over one sixth of the land area in the present State of Oregon. With the growth of the non-Indian population and the political subdivision of the State into counties, the Confederated Tribes finds itself in the position that both the Treaty Territory and the reservation overlay many of these counties and presents a significant challenge in maintaining the Council's sovereignty. Today, the Treaty Territory and the reservation remain the home to both enrolled members of the tribes, other Native Americans and descendants who look to the Confederated Tribes to provide a sense of cultural and social identity.

Recognizing its obligation beyond the boundaries of the reservation, the Confederated Tribes has historically extended its service community to include persons residing on the reservation; all persons enrolled for service with the Warm Springs Indian Health Service Unit living within the boundaries of the Treaty Territory; and non-Indian employees of the Confederated Tribes, the Indian Health Service, and the Bureau of Indian Affairs.

Estimating the population of the community becomes difficult because of the overlapping geographical and social boundaries which define the community. According to the Warm Springs Indian Health Service Unit's active patient enrollment, there are 4,771 Native Americans, and their descendants, residing within the service unit catchment area, which includes the reservation and the Treaty Territory. The Confederated Tribes, through its health insurance program, reports another 409 non-Indians who are eligible for health, mental health and substance abuse treatment services paid for by the tribes and provided by tribal programs. It is estimated there are another 125 non-Indian employees and their families of the IHS and the BIA who can receive services from tribal programs. In addition to this total of 5305 persons in the community, there are a substantial number of transients from other Tribes and reservations who come to live in the community for extended periods of time and utilize the health and social services provided by the tribes.

## Accomplishments

### Strategy 1: Public Awareness Campaign

Public awareness was achieved by using multiple communication channels to the community, including regular community meetings, radio and print media and word of mouth. Youth and adult community members developed multiple radio spot messages, conducted radio interview and information programs with Tribal elders about substance use and broadcast these over the Tribal Radio station throughout the duration of the project. In addition, systematic print material covering healthy nations events as well as general educational information concerning substance use was used effectively to maintain community interest in the project. Complementing the print and radio awareness efforts the project staff conducted multiple community focus groups, needs assessment groups and community longhouse meetings in which community members ran the meeting and established the agenda in an effort to develop ownership in grant activities. These meetings were designed to identify risk and protective factors in the community, solicit ideas for interventions and develop and maintain community involvement in the grant activities.

Today the public awareness / community development model developed through the Healthy Nations grant continues to be utilized. Within the past 18 months the Tribal Council established a governmental priority to address youth development and building upon the history and success of the Healthy Nations project we have broadened the community development model, developed and included more small groups to address four primary areas effecting youth in the community. These are substance use and abuse, adolescent health issues including sexuality, diabetes, and HIV prevention, violence prevention that includes child abuse, juvenile crime and suicide prevention and an initiative designed to promote children and adolescents completing their education.

## Strategy 2: Community-Wide Prevention

The major thrust of the Warm Springs Healthy Nations Project was the initiation of a community development process that focused on building consensus among provider agencies, representative civic groups, long house and medicine societies. This model focused on the development of small community groups to not only design appropriate activities and services but to also conduct them in order to build a community network to carry out prevention, intervention and aftercare activities as well as raise community awareness about substance use and abuse. By investing program resources in the community, rather than developing government service programs, it was anticipated that the project would develop solid commitment from community members leading to social and behavioral change throughout the community.

A predominant theme in implementing this model for social change was to reinforce the development of culturally synchronic activities directed at youth. This was in response to one of the most significant risk factors in the community, the disintegration of Tribal socialization and cultural practices. When small community groups were formed and brought forward ideas for prevention, intervention and aftercare activities a requirement from the grant project was that they address youth and families and reflect some aspect of the traditional culture. This in turn led to the development of many successful prevention activities and events that were sustained throughout the project and are continuing today. Camp Sapsikwat is a culture camp occurring each summer. Utilizing both project funding, cash donations from community businesses, and volunteers this week- long camp targeted at youth and their families provided educational intervention regarding substance abuse mixed with cultural socialization activities, such as the preparation and care of native foods; and craft making activities such as bead working and drum making.

Over time this project expanded into a once a week evening activity occurring at the Simnasho longhouse during the winter. Other projects such as this included Salmon Camp, which brought volunteers and agencies together in an encampment to study and focus on the Pacific Salmon and its lifestyle and cultural meaning within both the Warm Springs culture as well as the Pacific Northwest. The Honor Elders day and Veterans Group Pow-wow where focused on strengthening the bonds between adults and children, promoting healthy lifestyle within the context of the project and honoring respects adults and elders in the community. Coupled with these were a variety of youth oriented socialization and recreation interventions that included sports clinics, summer recreation activities, Jamboree day, Little Miss Warm Springs pageants and a variety of family oriented activities throughout the year including a Halloween Carnival.

## Strategy 3: Early Identification, Intervention and Referral

The overall project strategy was designed to capitalize on the small group development and multiple community events in order to facilitate both intervention and aftercare services in the community. As a result of developing multiple community events we were also able to create a community network to identify and refer persons for treatment services and enhance our aftercare services by providing sober, socialization activities to incorporate into client's aftercare treatment. An example of these types of activities is the Men's Wellness gathering, which was designed as a cultural healing experience for young adults. Facilitated by traditional elders the gathering occurs for three days every year and focuses on a variety of topics including HIV prevention, substance abuse, and trauma resolution. Not only did this intervention help identify and refer persons for treatment, it also provided support for those clients who were in recovery from substance abuse and in need of developing a sober social support network in the community apart from the local treatment program.

## Strategy 4: Substance Abuse Treatment and Relapse Prevention

The Warm Springs Counseling Center provides all treatment related services for persons in the community, including contracting for residential treatment for youth and adults. Assigned counselors coordinated the residential referral as well as the person's referral to aftercare services provided by the Counseling Center. These generally include support group meeting, coordination with AA groups, and recreational or social activities. Incorporated into the

aftercare plan are referrals to the variety of cultural, social and recreational activities developed as part of the Healthy Nations initiative. By providing these opportunities in the community to participate and or volunteer it allows persons who are in the process of recovery the opportunity to develop an alternative lifestyle and receive positive reinforcement in the community setting for this substance free lifestyle. Currently the Council on Alcohol and Drugs is continuing to pursue the development of more social and cultural activities directed at maintaining and enhancing sobriety at the family-level. Current ideas under consideration are the development of a community sweathouse and the recruitment of elders to develop some aftercare support activities for both adults and youth.

Radio Program: This particular project has experienced both success and difficulty over the past three years, primarily as a function of the interest and guidance of the sponsoring agency. This past year was a mix of both and it was only within the past 5 months that they were able to recruit and develop one youth who has continued with the program in a successful way. She has acquired the basic skills of working in radio and has begun developing public service announcement and learning other media awareness techniques to assist with the Healthy Nations project. It is anticipated that she will be involved with this project throughout next year as well.

KWSO youth leadership program: The Council on Alcohol and Drugs reevaluated this project last year and at that time this activity was put on hold until such time as a more workable program of services could be developed with the radio station. At this time the Council has reestablished this project because the issues of providing guidance and accountability to the youth involved have been addressed by the sponsoring agency.

# EASTERN BAND OF CHEROKEE INDIANS OF NORTH CAROLINA

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## About the Program

The mission of Project Healthy Cherokee is to promote drug free, healthy communities through community mobilization and increasing awareness of cultural values.

Our goal is to decrease the number of risk factors affecting the young people of our communities while increasing the number of protective factors. We are achieving this goal by implementing the Communities That Care risk-focused program assessment model into Project Healthy Cherokee's existing programs and further linking them with projects which are culturally relevant to our population and its needs.

The first year of Project Healthy Cherokee began with three communities: Birdtown, Big Y, and Snowbird. We will implement programs into three additional communities the second year, and four more communities the third year. All programs have been designed to:

1. Provide public awareness, community prevention, early identification and options for treatment.
2. Be culturally relevant and convey cultural values.
3. Work in cooperation with the individual communities and their people as well as providers and professionals.
4. Address the risk and protective factors as identified in Communities that Care.
5. Improve the health and well being of our communities, especially our young people.
6. Bring about changes in attitude and involvement.
7. Focus on changing the future of our communities.
8. Teach self efficacy.

## Host Community/Organization

The Cherokee Indian Reservation is comprised of 56,573 acres of mountain land in five counties of Western North Carolina. Of this amount 158.8 acres have been acquired by the Federal Government for administrative and educational purposes. Of the remainder, approximately 47,915 acres are forest land and the balance is agricultural land or home and business sites.

The Qualla Boundary, which encircles the main area of the reservation (approximately 45,000 acres), is situated in the heart of the Smoky Mountains and borders the eastern edge of the Great Smoky Mountains National Park. The rest of the reservation is made up of small tracts from 50 to 4,000 acres which are scattered throughout the area. The topography of the reservation is extremely mountainous, rising from an elevation of 2,000 feet at agency headquarters to over 5,000 feet at Soco Bald, a difference of some 3,000 feet in a distance of 8 miles. Level and suitable land for farming is very limited and is confined to narrow strips along the main waterways.

At one time, the Cherokee people possessed lands extending over a territory of 53,000 square miles. These lands covered half of what we now know as Tennessee, Alabama, and Georgia, and some portions of Kentucky, South Carolina and North Carolina. However, in 1838, General Winifield Scott was ordered by Congress to move the

Cherokees further west, to what we now know as the Cherokee Nation of Oklahoma, under military escort. According to historical records, the Cherokee were considered the most law-abiding and peaceful residents of the entire mountain area. However, they were herded into stockades and held for weeks before being marched nearly a thousand miles to Oklahoma. Many Cherokees died on the way. This mass forced exodus reflects one of the most dismal pages in American history.

All of the present day Cherokees are descendants of one tribe. Those making the march of the Trail of Tears to Oklahoma are called Western Cherokees, and the few that were left behind, refused to go, or who went part way and then returned, are called the Eastern Band of Cherokee Indians.

An amendment to the Charter grants the Eastern Band of Cherokee Indians the responsibility for its own Tribal Government, which is modeled after the American Constitution. The Legislative body of the Tribal Government consists of a Tribal Council, which is an elected body of 12 representatives. These elected officials serve for two years. The Executive Department consists of an elected Principal Chief, an elected Vice-Chief and an Executive Advisor. The Executive Department is elected to four year terms. The Judicial Department consists of the Tribal CFR (Code of Federal Regulations) System.

## Accomplishments

### Strategy 1: Public Awareness Campaign

In order to meet their public awareness goals, Healthy Cherokee facilitated the following activities and services:

- Presentation of HC was delivered to Tribal Council.
- Developed slogan/theme for prevention efforts.
- Five-hundred brochures for Behavioral Health are being developed for distribution throughout the communities and at Health Fairs.
- Posters with a substance abuse and injury prevention theme were developed using our local youth and distributed throughout the community.
- T-shirts with prevention messages were purchased and distributed to the Healthy Cherokee Soccer Teams.
- Spas - being completed by Healthy Cherokee, CHS Flamekeepers, Cherokee Police Department. Announcements are being made in schools, communities, ball games, etc.
- Articles in One Feather - Prevention articles are being published weekly not only by Healthy Cherokee, but community clubs and youth groups are starting to publish them as well.
- Participated in Red Ribbon Week and 3D Month.
- Facilitated Great American Smokeout activities to encourage people to stop smoking for one day. People were given survival kits with gum, straws, mints, carrots, broccoli, toothpicks, etc. Prevention classes were also held at the Cherokee Elementary School to educate the youth on the risks and dangers of smoking. The students seemed to be very interested in the class and made several positive comments.
- Health/Wellness fairs - Heart Health Day at Tsali Care Center - the goal of this activity is to encourage physical fitness through our walking program.
- Women's Wellness Fair - to educate women on the importance of mammograms and breast health and to provide information and reminders to women on breast health. The fair was a success although an effort needs to be made in the future to increase attendance. There were a number of other health care providers present and all had valuable issues to address, and informative material available.
- Cherokee Indian Fair - Health & Safety Day - to bring together health professionals to teach the general public about Health & Safety. It also gives the public a chance to meet those who provide care for them. Free screenings were also provided.

- Children's Day at the Fair - to educate children about health and drug free lifestyles through games. We worked with Health Education and gave out Healthy Cherokee items as prizes.
- "Our Communities Care" Newsletter - Ongoing on quarterly basis.
- Elder's Pow Wow - Helps to recognize the elders for the contributions to the community, giving them a sense of self-worth. This is also a good time to sit and chat and learn from them.

## Strategy 2: Community-Wide Prevention

In order to meet their community-wide prevention goals, Healthy Cherokee facilitated the following activities and services:

- Community Prevention Task Force - Utilizing Community Clubs and Community Club Council. Many great ideas have come from these organizations.
- Wolfetown Community Revitalization Project - 9 adults and 2 youth came out to help put up a new sign and clean up the community club building.
- Wolfetown Youth Group - The kids planned a Christmas party and decorated the community building.
- BB Presentation for Indian Health Service Staff - Visually and aurally demonstrated the number of people killed by drugs, drinking and smoking.
- Painttown After School Makeovers - Held to heighten the self-esteem of these children. They enjoyed it so much they are asking for another.
- Painttown After School Program - difficult to find activities that keep kids busy and are also beneficial to physical fitness. Children played various games and worked on teamwork, sharing and taking turns.
- Cancer Walk in Conjunction with the Cherokee Women's Wellness Center - to walk to support the Cancer Support Group and to raise money and to help raise Cancer awareness.
- Wolfetown Halloween Party - We had a great turn out and incorporated safety and drug free messages. Also encouraged the kids to come to youth group and to be more active.
- Develop Community Action Plans - We are currently meeting with all communities to update plans completed in previous years.
- Community Soccer Clinic - To teach our youth the basics fundamentals of Soccer. The clinic was very successful. 50 youth participated and are eager to play on a team.
- Highway Safety Coalition Police, Fire, and EMS appreciation breakfast - To show our appreciation to our local emergency personnel.
- Painttown Scrapbook Class - to get the community members together to take an interest in activities taking place within their community. Scrapbooking is also a part of the Community Development Awards and if communities have good scrapbook they can win money. The class was a success and very beneficial.
- Birdtown Scrapbook Class - to encourage the community to document community history, activities, and events. Also to compete in the Community Development Scrapbooking Contest.
- G.E.T.O.U.T. Rally and Graffiti removal - To educate the community on the presence of gang activity. To involve the community in the removal of gang graffiti. The project did make the front page of the Cherokee One Feather.
- Step Aerobics Class: The Chemical Dependency Unit has started to combine fitness classes along with traditional treatment methods.
- Community Fitness Class - To encourage our people to exercise to feel good about themselves. The class was successful and beneficial.
- Caterpillar Walking Club - To involve our youth in fitness activities. To teach them activities they can do indoors and outdoors. This program is always successful and the youth enjoy doing it. They would like to start a walking club after school.

### Strategy 3: Early Identification, Intervention and Referral

In order to meet their early identification and intervention goals, Healthy Cherokee facilitated the following activities and services:

- Girl Power Summer Reading Club for 5th and 6th grade girls - To broaden the world around our girls through books. To occupy their spare time, encourage them to open up about their feelings. To improve communication skills, reading skills, and self-confidence. Local women who are considered role models read with the girls also. This has been very successful. The girls enjoy talking not only about the books they read, but also about things going on in their lives. They never miss a meeting.
- Girl Power II Summer Reading Club for ages 7-9 - To offer the girls a head start in reading. To increase the reading level of our girls. To encourage them to talk about their feelings. The club is very successful.
- F.A.S. Focus Group - To have a focus group to discuss Fetal Alcohol Syndrome and develop an educational video starring local people. The presenter thought the groups went very well and she collected a lot of information that will be helpful to her.
- Junaluska Leadership - To make the Junaluska Leadership Council better than it has been in previous years. The program has become very successful. Tribal Council has taken them "under their wing" and have taught them a lot and made them feel important and needed. Principals from each of the schools have become involved in writing Resolutions, meetings, and Junaluska Council Sessions. The Junaluska Leadership Council have been invited to participate in the Inauguration Ceremony.
- "One Way to Play" - To make "One Way to Play" a beneficial program. Improvements have been made to the program. We are purchasing drug prevention materials such as videos and are making the public aware of the program. A "One Way to Play" ceremony was held, where the athletes made a public promise to be drug free. The ceremony made the front page of the Cherokee One Feather.
- North Star Paintball Team - To offer a mentor program that the youth would participate in. The group mentoring program is working much better than one-on-one. The youth played every Sunday this summer. We are collaborating with the Drug Elimination Program. The participant's attitudes have changed for the better. They are calmer and less aggressive. The mentor talks to them about school, home, drugs, etc.
- North Star Golf Team - The golf team played paintball this summer and is waiting until fall to play golf.
- First Night - Held on December 31st. To provide a substance free environment that is fun and exciting. Several people told us that they would have been drinking if we had not offered this alternative.
- Youth Service Projects - Projects are ongoing in the communities with active participation from trash pick up to community beautification.
- Blue Eagles Bike Rodeo - To teach children bicycle safety, and to encourage children who are "afraid" or don't know or trust Police Officers to get to know them. The event was a success and we had a lot of community support and volunteers.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

In order to meet their treatment goals, Healthy Cherokee facilitated the following activities and services:

- Community Sweat Lodges - Available in communities, we are referring people.
- Smoking Cessation Classes - held in conjunction with the Great American Smokeout.
- Community Fitness Classes - The Chemical Dependency Unit offers fitness classes for their patients.
- "Communities That Care" Inservice
- Native American AA Convention



# FRIENDSHIP HOUSE ASSOCIATION OF AMERICAN INDIANS

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## About the Program

The Healthy Nations Circle of Strength Program is a multi-agency collaborative organization dedicated to promoting individual, family, and community healing and wellness. The program serves as a model of interagency collaboration by comprehensively addressing substance abuse issues in the Native American community while operating within a traditionally based Native framework (the Traditional Indian Medicine Model) of cooperative networking among various segments of the Native American community.

The Circle of Strength/Healthy Nations Traditional Indian Medicine Model consists of seven major program components: 1) COS Public Awareness Campaign, 2) COS Youth Prevention Program, 3) COS Aftercare Service Coordination, 4) COS Early Identification and Referral System, 5) COS Volunteer Corps, 6) COS Elders Advisory Council and 7) COS Project Caregivers Wellness Program. Each COS program component is deemed integral to the overall operation and maintenance of the project, with built-in mechanisms designed to promote community mobilization and agency capacity- building beyond the life of the program.

## Host Community/Organization

According to the 1990 Census figures, California has the second largest population of American Indians (242,000) of any state. The population is estimated to have increased approximately 20.3% statewide from the 1980 Census. Nationwide, American Indians are considered to be under-represented in the federal census by an estimated 5%. Some estimates of urban Indian undercounts are as high as 60% . A recent study of issues relating to the undercount of Bay Area Indians noted that Indian households were characterized by mobility between urban and rural/tribal areas, frequent moves within urban areas, fluidity in household composition, and non-standard housing.

California's American Indian population is rapidly growing, widely dispersed, and highly mobile. American Indians frequently move from rural areas to the major urban areas and then back, and also relocate from other states. About 70% of American Indians are concentrated in the state's major urban areas. Another consequence of this relocation, both within the nation and the state, is that the tribal composition of California's American Indian population is quite varied. Urban Indian families tend to live dispersed among other groups, rather than clustered together in homogeneous neighborhoods. Unlike other populations that share a racial and ethnic heritage, and who often live in identified neighborhoods, California's urban American Indian community is not located in any one part of a city. However, they are linked by a strong network of American Indian service organizations, providing medical and social services to both adults and children. For example, there are over 37,000 American Indians living within the Greater Bay Area.

Nationally, American Indians have one of the youngest populations comparatively. According to the 1980 census, 32% of the population was younger than 15 years and 5% was older than 65 years. In the 1990 Census, 22% of the population was younger than 18 years and 5% was older than 65 years. Accounting for the younger population characteristic of the Indian community may be the high Indian birth rate. The American Indian birth rate for 1982-84 of 28.8 per 1,000 was 86% higher than the U.S. All Races rate of 15.5 in 1983.

In general, the socioeconomic status of California Indians appears to be higher than that of Indians in the U.S. as a whole, but lower than that of the total population in California. Conditions in California are more favorable for Indians and for all races compared to the U.S. overall. Nevertheless, the social and economic profile of California Indians raises concerns about risk for alcohol and substance abuse associated with poverty and other demographic considerations. The 1980 Census indicates that American Indians differ substantially from U.S. residents overall. The Indian population is younger, with larger families that are more likely to be maintained by an adult female. The 1990 Census indicated that an average of 15% of Indian households are headed by a female. The estimates range from 10% to 20% in Marin and San Mateo counties, respectively.

Local studies have found that the San Francisco Bay Area American Indians are less likely to be educated and more likely to be unemployed. Median income is lower and Indian families have higher rates of poverty. A survey of Bay Area clinic users of the Native American Health Centers in San Francisco, Santa Clara, and Oakland showed that only 35% of the clinic population was employed full time. Over 45% were marginally employed or unemployed. In response to questions concerning sources of stress within the previous three months of survey, 72% included employment and 61% reported lack of money for necessities. Approximately 30% of the clinic users were on welfare. The high number of Indian families receiving state benefits is also indicative of the economic status of the community within this service area.

## Accomplishments

### Strategy 1: Public Awareness Campaign

The primary function of the public awareness campaign has been to impart the overall vision/mission of the Circle of Strength project to create a social movement promoting healing and wellness in the Native American community of the San Francisco Bay Area. The nature of the message has been designed and disseminated in a culturally sensitive approach, reflecting the multi-tribal make-up of the Native American community of the Bay Area. The Public Awareness Campaign component has been designed with four key questions in mind: whom the message is targeting, what the content of the message is, how the message is to be delivered, and where the message is to be delivered. The necessity of answering these questions was a prerequisite to formulating a comprehensive public awareness campaign focusing upon substance abuse issues in the Bay Area Native American community.

In regard to whom the message is targeting, it is not enough to simply state the Native American community of the greater San Francisco Bay Area. In developing the strategic plan for the project's public awareness campaign, it was necessary to ascertain who and what this community actually is, including: geographic distribution, where population concentrations are located, and various tribal representations, types of service organizations that tie the community together. A broad profile of educational levels, income distribution, and a history of the local Indian community are crucial. In analyzing the demographic profiles of the population distribution of Native Americans in the Bay Area (and in respect to the seven counties this project intends to serve), it is evident there are no concise parameters which define the urban American Indian community in terms of geographic concentration or specific tribal identification, as would be the case for reservation based populations. Since the Bay Area American Indian community is unevenly distributed throughout the seven counties that constitute the greater Bay Area, most of the project's community activities have revolved around existing service agencies concentrated in and around Oakland and San Francisco.

The message is promoting a social and cultural movement for the healing and wellness of the Native American community in the Bay Area. These core messages represent the fundamental program philosophy and approach in addressing substance abuse issues in the urban American Indian community. These messages have been systematically integrated into our Public Awareness Campaign, and into all of our program components and activities. The overall goal of the Public Awareness Campaign was to increase public consciousness regarding existing ATOD problems in the Native American community and to offer concrete, feasible solutions through other program

components such as the COS Youth Prevention Program, COS Treatment/Aftercare Service Coordination, the COS Community Volunteer Corps and the COS Elders Advisory Council.

**Public Service Announcements:** The Center for American Indian Research and Education produced a 14-minute video for the public awareness campaign. Local Indian leaders were filmed and the background took place at the AICRC sponsored Indian Education Conference in Sacramento. Many meetings and focus groups were held to capture the message to be used in the video. The film was distributed to Indian agencies, local agencies and community members. It is anticipated that sections of the film may be used for PSAs.

**COS Newsletter:** Another aspect of the public awareness campaign was to inform the community of the Healthy Nations Program. Identification of the appropriate message targeting adults for the public awareness campaign was accomplished through meetings of the Public Awareness Committee of the Circle of Strength program. Statements made by community members at the visioning meetings were used to formulate the ideas that went into the set of newsletter articles and brochures distributed to the community. Three newsletters were utilized, the Native American Health Center's newsletter that reaches over 100 employees and their families, the youth Empowerment Program's newsletter that targets American Indian youth and the United Indians Nation's newsletter, Yacha is a quarterly publication that has a mailing list of over 2,000 families in the Oakland/San Francisco Bay Area.

**Journal and Newspaper Articles:** In the spring 1994 issue of Yacha, the front-page article was called "Healthy Nations Project Begins" and it contained two articles on tobacco abuse and an invitation to the community meeting on substance abuse. The summer 1994 issue of Yacha reported the results of the Visioning Meeting and again emphasized the critical importance of community-focused solutions.

**Dissemination of Information at Indian Gatherings:** The Circle of Strength piloted the public awareness campaign by developing a Program Brochure that states the Healthy Nations vision, the history of substance abuse problems and what can be done to heal the wounds resulting from substance abuse in the Indian community. Six hundred brochures were printed and distributed throughout the seven counties, at American Indian agency offices, pow-wows, and at community events. Another 500 programs with a detailed description of the Circle of Strength vision, goals and objectives were disseminated at the San Francisco State University pow-wow.

**Teen Outreach / YEP Drama Group:** For the messages relating specifically to youth, the Circle of Strength staff worked with the Youth Empowerment Program under the Native American Health Center. The Native American Youth Needs Assessment was accomplished by two methods: 1) meetings with Circle of Strength staff and service providers to youth to identify the issues youth face and 2) focus groups and discussions with youth involved with the Youth Empowerment Program (YEP) and the American Indian Child Resource Center.

**Community Wide Campaign:** The United Indian Nations coordinated community-wide functions to build community strengths and enhance pro-social activities. This included over 20 community-based organizations to serve as forums for American Indian community members to voice their challenges, issues and concerns about living in the San Francisco/Oakland urban environment. Four community-visioning meetings were held over the life of the project with the themes of "Confronting Substance Abuse", "Empowering the Family", "Our Vision for Education" and "Promoting Healthy Communities". Community councils, including the health council, were formed as a result of these meetings to ensure an ongoing mechanism to address the substance abuse problems in the Indian community.

The COS Public Awareness Campaign continues to strengthen bonds with Native and non-Native individuals in the greater Bay Area, and is still creating a positive vision among the Native American community.

## Strategy 2: Community-Wide Prevention

The Circle of Strength Youth Prevention Program is a multi-faceted, culturally based coordinated system of service delivery of various prevention modalities, activities and approaches toward reducing substance abuse prevalence among Native American youth of the San Francisco Bay Area. The overall strategy of the COS Youth Prevention

Program is designed to reduce existing high-risk factors in the community that directly contribute to ATOD use by instilling various culturally-focused resiliency factors to be incorporated into the everyday lifestyle of American Indian youth.

The target populations of this project are high-risk Native American youth between the ages of 10-22, residing in the seven county service areas. The urban American Indian youth face many difficult problems struggling to survive in a psychosocial environment that is not fully supportive of their basic cultural, emotional and spiritual needs. High-risk factors related to substance abuse include poverty, dysfunctional family orientations, social and cultural alienation, urban violence, gang related activities, negative peer influences, and an absence of meaningful family/tribal activities. The COS Youth Prevention Program has clearly made a sufficient effort to ensure that our youth have healthy alternatives, positive role models, mentors, community involvement, self-identity, an understanding of cultural heritage, clean and sober recreation activities, educational information, a sense of belonging and an extended family.

Research in the ATOD prevention field among Native American children and adolescents has raised a number of significant issues regarding cultural competency, settings and methodologies employed. Over the years, the formulation of effective strategies and the development of theoretical frameworks for community-based models have been designed for replication in other communities. The direction among community based health promotion programs is oriented towards increasing program ownership by community organizations and grassroots leaders, visioning community health in addition to the health needs of individuals. ATOD prevention education modalities will integrate positive cultural norms while negating opportunities for initial early ATOD experimentation. Among the American Indian population, the earlier the age group is exposed to prevention education, the more effective such programs are in developing long term, internalized cultural resiliency factors.

**COS Prevention Committee:** The COS Prevention Coordinator is responsible for establishing the Prevention Committee consisting of all participating agencies. The Prevention Committee met on a quarterly basis in order to plan and implement prevention goals and objectives.

**Outreach Services:** COS worked with Intertribal Friendship House Youth Center, identifying various schools, community centers, and cultural events to conduct Outreach Presentations to recruit youth to participate in the IFH Youth Center's program activities.

**Youth Leadership Program:** COS Youth Prevention Program, in conjunction with Intertribal Friendship House Youth Center, developed and implemented a total of 48 Youth Leadership Meetings throughout the project life. Community leaders addressed issues such as leadership, community problems, substance abuse, and traditional Native values.

**Talking Circle Support Groups:** COS conducted weekly Talking Circle Support Groups at Intertribal Friendship House and Youth Empowerment Program, as well as for Native American youth (12-15 year olds) at the American Indian Public Charter School. The United Indian Nations provided a facilitator to conduct Support Groups for young adults in recovery.

**Youth Sports and Recreation Program:** COS worked with Intertribal Friendship House, AICRC, Youth Empowerment Program and YMCA to conduct a weekly sports and recreation program as well as developed a weekly physical fitness program. The weekly sports and recreation program for 3-4 year olds was such a success that a Tribal Athletic league was formed under the guidance of the Native American Health Center.

**School-Based Prevention Workshops:** With assistance from Title V and the Indian Education Program, COS identified significant American Indian student populations and provided 24 culturally relevant prevention education workshops on such topics as ATOD and mental health issues to various elementary and high schools in the seven county service area.

**School-Based Talking Circles:** CAIRE provided the initial development of Talking Circle curricula utilizing storytelling and traditional values as a means of early avoidance of ATOD. These weekly Talking Circles were conducted in conjunction with Hintil Kuu Ca.

**Parenting Education Classes:** COS coordinated and developed classes in collaboration with AICRC, CAIRE, Hintil Kuu Ca, Title V Programs and the Sacred Circle of Birth of the Native American Health Center. Six ATOD classes were provided per year to parents, targeting prenatal women.

**Parenting Conferences:** The Sacred Circle of Birth conducted annual 1-2 day long conferences for prenatal and postpartum women and traditional American Indian parenting values, incorporating ATOD education and prevention information materials. These collaborations were sponsored in collaboration with other agencies such as CAIRE and Native American Health Center Sacred Circle of Birth.

**Social Service Providers Training:** COS conducted a total of 4 workshops per year for case managers and social service providers on ATOD specific issues affecting Indian families, 2 training workshops at the American Indian Public Charter School in Oakland (60 est.), California and 2 workshops in the Martinez School District Contra Costa County (12 est.) per workshop.

**Coordination of Tobacco Cessation:** Worked with existing tobacco cessation and education programs in the Native American community. This on-going objective was implemented through the Tobacco Cessation Project at United Indian Nations, Inc. COS co-sponsored and facilitated tobacco education workshops for Native American youth (100 est.) at the youth Gathering, 8/98.

**Talking Circle Tobacco Lessons:** Development and implementation of tobacco specific curriculum for Talking Circle prevention activities. Solicited materials from local and national programs for curriculum development and implemented activities at the traditional youth gathering and the American Indian Public Charter School in Oakland California.

**Traditional Youth Gathering:** Conducted the annual Traditional Youth Gathering that drew families and youth from seven counties in the Bay Area. Financial assistance was received from the American Indian Health Center of Santa Oara Valley with donations received from various San Francisco Bay area businesses.

Based on the findings and the existing following of volunteers and community supporters, the COS project is and continues to be an overwhelming success.

### Strategy 3: Early Identification, Intervention and Referral

The goal of the Circle of Strength Treatment/Aftercare Services Program is to implement and design a comprehensive treatment and aftercare system of service delivery for the San Francisco Bay Area American Indian community. The necessity for multi-agency collaboration of service coordination is critical to address the under-met needs and existing gaps and barriers relative to treatment and aftercare services for community members seeking treatment and transitioning out of primary residential care facilities. The COS Traditional Indian Medicine Model in addressing treatment and aftercare service offers a continuum of care approach, ranging from outreach, prevention activities, early ATOD identification referrals, and the aftercare component which develops support groups, employment training and other transitional needs. Creating social networks assist clients in meeting both short term and long-range goals for the recovery process. The COS program assisted in agency networking and maintaining a referral system within the American Indian agencies in the Bay Area.

**New Years Wellness Celebration Pow-Wow:** Annual New Years Eve Wellness Celebration Powwow for the purpose of outreaching the greater Indian community and publicizing the project's goals and objectives. This event draws several hundred participants and is an excellent source for COS to promote the project and celebrate a healthy lifestyle of sobriety.

**Aftercare Re-entry Program:** Conducted activities with the four existing treatment centers, provided Aftercare Re-entry Program service coordination for 20 clients per year. On-going activities referrals were made on a regular basis by all COS and FHAAl staff. The Friendship House is still providing aftercare services at this date utilizing the recruited volunteers, "Native Wellness Helpers."

#### Strategy 4: Substance Abuse Treatment and Relapse Prevention

The Treatment/Aftercare component of implementing a service delivery system is still in existence. Those individuals are a clean and sober group that have been given the responsibility of being a part a critical decision making team in the Native American community. The true answer is the community. The COS project will move on and continue to provide the best services possible, regardless of funding or lack thereof. We are part a community of over 50,000 in seven (7) counties depending on the COS project Recovery and wellness will not end with time lines or lack of funding. We have gone too far to stop now.

**COS Treatment/Aftercare Committee:** This committee was created for the purpose of planning and coordinating the goals and objectives of the COS Treatment/Aftercare Services component of the project This objective has been implemented and is coordinated by COS traditional counselor and aftercare committee. This committee is comprised of Friendship House aftercare clients and alumni.

**Talking Circle Support Groups:** Established 2 on-going Talking Circle Support Groups during each project year, for a total of 6 for the three-year project life. The COS traditional counselor facilitated Talking Circle meetings at the Friendship House Association of American Indians Inc., of San Francisco, and at the American Indian Family Healing Center in Oakland.

**Native Wellness Helpers Program:** Recruitment and training of 3 community volunteers per year to be designated as "Native Wellness Helpers" and to support in the coordination of project activities. This is an on-going activity but problematic due to the transient population of residents at Friendship House Primary Residential Treatment Facility. Residents are there for a minimum of 90 days at a time with constant change taking place. Volunteers have been trained to help facilitate some of the project's needs.

**Young Adults Employment Training Program:** Provided weekly ATOD education/support classes where recovering American Indian young adults would receive employment/education training. This is an ongoing weekly activity at United Indian Nations, Inc. in Oakland.

**Family Addiction Awareness Conference:** Conducted annual Family Addiction Awareness Conference focusing on families in recovery. The focus of this objective is Families in Recovery.

**Native American 12-Step Groups:** Conducted weekly culturally specific 12-Step meetings throughout the Bay Area Indian community. This on-going objective took place weekly at United Indian Nations, Inc. and the Intertribal Friendship House in Oakland.

**Aftercare Family Support Groups:** Coordination of weekly Aftercare family support groups at the American Indian Family Healing Center for individuals and their families who are going through recovery.

# MINNEAPOLIS AMERICAN INDIAN CENTER

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## About the Program

In November, 1993, the Minneapolis American Indian Center was awarded a Phase 1 Planning Grant under the Robert Wood Johnson Foundation Healthy Nations Program Initiative. Central to the Phase 1 work plan was implementation of a comprehensive needs assessment and planning process leading to the Phase 2 implementation work plan.

The Phase 2 implementation work plan directly addresses the needs identified by the community, which for this program consists of approximately 25,000 American Indian residents of the seven county metropolitan area including Minneapolis and St. Paul, and the population of non-native service providers who work in some capacity with the native population. The Twin Cities Healthy Nations Program serves one of the largest, poorest, most highly concentrated urban Indian populations in the nation, a population which is growing rapidly and for whom the ravages of alcohol and other drug abuse are fatally apparent. In the community needs assessment, substance abuse was identified by the community as the most pressing need to address, and is seen as connecting with all other needs and problems.

Not surprisingly, a number of creative and energetic agencies currently serve the American Indian population of the Twin Cities metropolitan area. But given the size of and variation among the population, it is also not surprising that gaps exist in the service network, awareness of existing services is uneven in the population and between providers, and that in a time of diminishing attention to and funding of service programs, there is little coordination among programs because they are often in competition with each other for scarce resources. Based on preliminary data gathered from the Phase 1 needs assessment, the community has asked the

Healthy Nations Program to act as the agent of change in three areas:

1. Provide help for drug, alcohol and tobacco use, safe activities, and role models for youth.
2. Make our existing services more available to the community.
3. Help our community organizations work more closely together.

To respond to these needs, the Healthy Nations Program is focusing its activities in four areas during Phase 2:

- Developing a comprehensive public awareness campaign to prevent drug and alcohol abuse and create awareness of available intervention and aftercare services. The campaign uses Public Service Announcements on television, radio, billboards, brochures, posters, flyers, and a video. The public awareness campaign also offers support to the other elements of the project.
- Creating the Indian Youth Consortium and Healthy Nations Mentorship Project. The Indian Youth Consortium involves a broad coalition of youth-serving agencies and is involved with organizations and at the community level. The Consortium also examines closely current services for children and youth, defines service gaps and unmet needs, and finds ways to improve the continuum of care. The Healthy Nations Mentorship Project is developing and training a pool of mentors who will provide mentoring services for at-risk American Indian youth.



- Developing and implementing the American Indian Resource Help Line to increase awareness of, and access to, available services in order to promote more efficient use of the existing service web. The American Indian Resource Help Line is modeled after the United Way's 'First Call for Help,' but focuses on the drug, alcohol and tobacco service needs of Native Americans.

The Healthy Nations Program is developing a working collaboration with organizations that participated in the needs assessment survey and funding resources.

Please visit the [Minneapolis American Indian Center Web Site](#).

## Host Community/Organization

The Minneapolis-St. Paul metropolitan area encompasses seven counties and contains half of Minnesota's overall population. Similarly, about half of the American Indian population of the state lives in the metropolitan area. We are primarily Ojibway, Lakota and Dakota people, although we count among us dozens of tribal affiliations and cultural backgrounds. The American Indian communities contained within the seven-county metropolitan area constitute a uniquely large, dense, poor and young population of urban Indian people which is growing rapidly.

Our communities are unusual in that they are comprised of differing life arrangements, ranging from a dense urban core of off-reservation people in the near south side of Minneapolis, a quasi-suburban reservation population at Prairie Island. Economic patterns are shifting for some of our communities, as tribal entrepreneurship creates new wealth for segments of some communities, while the larger urban core grows poorer.

We comprise a population which is growing rapidly, and among our young people abuse of alcohol, tobacco, inhalants, and other drugs is likewise increasing, to the point of being epidemic. Various data sources allow us to describe this population to set a base line for understanding the alcohol and drug problems in our community and for appreciating the need for the work proposed and to be developed.

## Accomplishments

### Strategy 1: Public Awareness Campaign

The Healthy Nations program was able to provide a variety of programming to the community that was focused at reducing substance abuse. Through our program we were able to reach the population and increase awareness of issues that we face in the community including violence, tobacco addiction as well as maintaining physical health while participating in activities such as basketball, volleyball, rollerblading.

The Twin Cities Healthy Nations Program has been very successful at developing posters that promote awareness of the reduction of substance abuse and disseminating those posters to Native Americans in our community. Our efforts have been focused throughout the community with special emphasis in the schools, local agencies and health care facilities, which serve the Native population. The posters have increased awareness to the public as well as offered positive messages and images of Native people.

We have developed and distributed the brochure entitled "Substance Abuse". These brochures contain information on illegal substances and the effects of these chemicals have on individuals. The brochures also offer a variety of resources for seeking prevention, intervention, assessment and treatment services. The Chemical Abuse Brochure also gives the public information on the effects of drugs and alcohol and offers treatment and prevention resources.

Through our television show "Native News", we were able to produce and broadcast a number of public service announcements. We created three PSA's in the area of anti-smoking. These PSA's were created with the help of the

Ginew/Golden Eagle Program. We also televised three PSA's from St. Croix band of Ojibwe regarding alcohol use and also three PSA's from the White Mountain Apache Healthy Nations program.

## Strategy 2: Community-Wide Prevention

We have developed strong working relationships with a variety of programs and agencies. The partnerships that have developed over the years will continue with the ending of Robert Wood Johnson funding. We continue to work with agencies involved with the Indian Youth Consortium, Health and Wellness Council, Minneapolis Department of Health and Family Support, University of Minnesota Tobacco Endowment Populations-at-risk Native American Partners, All Nations American Indian Church, St. Paul and Minneapolis Indian Education Programs, two Rivers Art Gallery and New Voices Youth Newspaper. We have enjoyed the many projects that we have been involved with and believe we have been able to reach a large number of the population in the Native American Community. The Twin Cities Healthy Nations Program has offered families in the community the opportunity to participate in chemical free activities throughout the life of our program.

**“Healthy Nations, Healthy Options” Basketball:** We have coordinated and implemented a very successful basketball program. We would open the gymnasium to men from the American Indian community in order for them to have a safe, sober and fun place to come together and participate in a healthy activity. Healthy Options soon developed into city-wide league in collaboration with the City of Minneapolis's Department of Health and Family Support and the Ghetto Basketball League. This was a result of our community experiencing some tragedy in the loss of three young men as the result of gun violence. Each year we coordinated spring, summer and fall leagues, with 80 men participating in each league. Each team plays a total of 12 games per league and is concluded with a league tournament. This past year, we were part of a citywide league with 32 teams, 8 of which were from Healthy Nations.

**Volleyball League:** Our first volleyball league was in 1997 with the development of a 12-team league with men and women attending 14 weeks of volleyball each Sunday. This activity has become very popular for the community and offers a fun alternative for people in different levels of recovery and prevention.

**All Nations Elder and Youth Lodge:** They serve about 125 youth each year in Saturday activities as well as summer programming. Youth have had the opportunity to learn about cultural arts and crafts, music, young women's group as well as tutoring.

**Elaine M. Stately Peacemaker Center:** The Peacemaker Center offers open recreation on a daily basis Monday through Friday. The Center has also offered a variety of cultural activities including Drum groups, midewin (Mi-DAY-Win) (Ojibwe/Anishinabeg) ceremonies, Pipestone Sundance, Red Road New Years Sobriety Pow-Wow and a mural project. They also have offered summer youth employment through a Minnesota Zoo Garden Project.

**Minnesota American Indian AIDS Task Force:** The Ogichiidaag “Warrior” Peer Education program provides youth AIDS and HIV prevention to youth. The youth learn a prevention-based curriculum and they incorporate it into plays and perform them at schools, agencies and other youth organizations and activities.

**Na-way-ee Center School:** This Charter School provides Native American youth an opportunity to incorporate culture into their educational needs and curriculum. The after school program provides a variety of options to its youth. The Center School offers regalia making sessions, drum group, Chess Club as well as going on field trips.

**Ginew/Golden Eagle Program:** The program provides after school programming Monday through Friday with occasional weekends. This program works with youth 5-18 in a variety of activities, including sports and recreation, arts and crafts, tutoring, and an anti-smoking youth group. The program is theme based and the youth discuss and learn about substance prevention, peer pressure and setting goals.

**Little Earth Residents Association:** The Little Earth Residents Association provides after-school activities and tutoring Monday through Friday. Youth participate in basketball, baseball, softball and volleyball. Youth have also participated in Lacrosse, with the equipment purchased by the Healthy Nations Program.

**Heart of the Earth Charter School:** This charter school provides after-school cultural and recreational activities to youth grades k-12. The school offers tutoring to youth each day along with a snack. The School also offers sports and recreational programming.

**Migizi Communications Maiigun Family Education Center:** Migizi offers youth the opportunity to learn science and technology based activities. Youth who are involved with the computer intern program learn how to create and maintain web pages as well as offer technical assistance regarding computer hardware. Migizi also offers a family component that is valuable to families by learning the importance of health and nutrition.

**Native Wings:** This Rollerblading racing team competed at the Blaine Olympic Oval that has been developed with the help of Harvey Ghost, a United States Olympic trial speed skater. Six youth were involved with the original team and increased their competitiveness through the years. Many of the youth who participated were 12-13 years old and they were competing against men and women who were twice their age.

**Healthy Nations Native News:** This program airs on Minneapolis' Public Access Channel 33 at 7:30 p.m. on Sunday evenings. The programming focuses on issues concerning our Native American youth and the Native American community as a whole. In addition, the program provides insight on how to live and maintain a life free of alcohol, drugs, and gang activity. We trained youth in the areas of camera operation, editing, hosting and other aspects of television production. We partnered with Minnesota Transition School for this project.

**Other Prevention Activities:** The Twin Cities Healthy Nations Program also provided various activities aimed at substance abuse prevention. These activities included trips to Valleyfair Amusement Park, Bunker Hills Wave Pool, Lac Courte Orielles (LCO) Pow-Wow and Camping Trip, and Mille Lacs Pow-Wow and Camping Trip; Halloween Party and Haunted Cave, Holiday Parties and Feasts, Peace feasts, Family Day Carnivals, National Night Out (Little Earth), Dance Regalia classes (25 Families with 10 Families completing full outfits), Wilder Forest Retreat, Family Bingo Nights, St. Paul Indian Education Pow-Wows, and the Minneapolis Indian Education Pow-Wow.

### Strategy 3: Early Identification, Intervention and Referral

We distributed the Substance Abuse brochure addressing early identification and treatment. This brochure has a listing of various treatment options in addition listing a number of drugs and giving a brief description of the effects these chemicals have on an individual. We have distributed this brochure at health fairs, community events, local agencies, schools and youth serving agencies.

The Healthy Nations JUMP program is an intervention program for youth who need prevention or intervention services with the Juvenile justice system. This program also offers youth the appropriate referral services regarding chemical dependency issues. Our one-on-one case management along with collaboration with the Ginew Golden Eagle program offers youth a structured mentorship experience.

The Mentorship Program was originally envisioned to be a training program for local agencies that were interested in having a mentorship program. We developed a culturally appropriate training manual and offered trainings to those agencies that showed interest. Our vision changed and we became a service provider of matching youth in search of caring adults. Our program has grown over the years and we currently have 40 active mentors in the program. Our goal is to reach 50 by the end of 2001.

The Mentorship Program is one of the components of the original Healthy Nations Program that will continue after Robert Wood Johnson funding expires. We have done a good job at increasing funding for our program from outside funding sources including corporations such as Medtronics and Pillsbury.

## Strategy 4: Substance Abuse Treatment and Relapse Prevention

One of our biggest successes to date was the development and implementation of the Resource Help-line. This help-line incorporated a database created by United Way's "First Call for Help" with over 500 agencies listed. We were able to refine the directory by singling out agencies or services that give assistance to Native American community members. Community members had the opportunity to receive a direct referral to an agency and the Resource Specialist provided follow-up to make sure there was no barriers to receiving services. The Resource Help-line directory has given the American Indian community the information needed to seek resources that are needed in times of crisis.

The Indian Youth Consortium was created in 1996 with Healthy Nations serving as lead agency and the Minneapolis American Indian Center as Fiscal Agency. The Consortium became a leader in a new approach to youth programming in the American Indian Community of the Twin Cities area. In the past, agencies competed for youth participants and program funding. The tone in the community was very territorial. The Consortium offered a new paradigm of thinking that would bring agencies together and bridge services aimed at increasing youth participation and services to better serve the community. Each year the Consortium serves about 1000 individual youth through eight agencies.

# NORTHWEST NEW MEXICO FIGHTING BACK

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## About the Program

In 1990, Northwest New Mexico Fighting Back, Inc. (NWNMFB) was created as an independent non-profit corporation with a mission to reduce the demand for alcohol and other drugs in San Juan, McKinley and Cibola Counties, through community organizing and mobilization, public awareness and technical assistance. Through Community Organization and Mobilization, resources are provided to build and expand on the communities existing knowledge, skills and resources by working together to create and implement local solutions for alcohol and other drug problems within the community. Public Awareness is used to educate the public by raising awareness about alcohol and drug issues and highlighting the impact on the local community. Technical Assistance builds upon community organizing and public education by providing the answer to communities next logical question, "Now what?". NWNMFB helps communities provide that answer for themselves. The change the community desires is the change NWNMFB will assist in making. Technical assistance includes: training community participants in the progression of steps necessary to make change, facilitating forums and community meetings to discuss relevant issues, research on social indicators and current laws relative to a specific community concern and solution.

NWNMFB has completed a five-year funding cycle under the Robert Wood Johnson Foundation Fighting Back Initiative, a project devoted to reducing the demand for alcohol and other drugs. Over the past five years, NWNMFB has successfully engaged all Tribes, Municipalities, and Alcohol and Drug Service Providers in San Juan, McKinley and Cibola Counties in Northwest New Mexico in its efforts to reduce the demand for alcohol and other drugs. These Counties are home to the Zuni, Acoma, and Laguna Pueblos and the Navajo Nation; easily the largest concentration and localized population of Native Americans in the United States. Under the Fighting Back Initiative, Northwest New Mexico has engaged citizens in the communities to come together and create local strategies to reduce alcohol abuse. The results are a significant reduction in alcohol-related social indicators - a positive response from the community towards the intervention and prevention of alcohol and other drug abuse.

In July 1997, Northwest New Mexico was awarded a grant from the Robert Wood Johnson Foundation under the Healthy Nations Initiative. Under this three-year implementation grant, Northwest New Mexico will continue to expand its relationship with the Native American communities in the three-county region by focusing on the established goals of the Healthy Nations Initiative:

- Goal 1: To implement a public awareness campaign designed to generate broad-based tribal and community support for efforts to reduce the demand for tobacco, alcohol, and illegal drugs.
- Goal 2: To implement a multifaceted community-wide prevention effort targeted especially for children and adolescents that could include:
  - (a) prevention programs in the schools, as well as in the community
  - (b) development of recreation and cultural activities promoting self-esteem; and
  - (c) prevention training for teachers, health care workers, and others.
- Goal 3: To implement special programs to promote early identification and treatment of substance abuse among youth and other high-risk tribal members, such as pregnant women.

- Goal 4: To develop a range of accessible options for substance abuse treatment and relapse prevention, as well as outreach to families of people with substance abuse problems.

### Host Community/Organization

The Northwest New Mexico Fighting Back, Inc. (NWNMFB) is an independent, non-profit corporation which works to reduce the demand for alcohol and other drugs through community organization and mobilization, public awareness and technical assistance. Established in 1990 to implement the Robert Wood Johnson Foundation - Fighting Back Initiative in Northwest New Mexico, NWNMFB has worked with all Tribes, Municipalities, and Alcohol and Drug Service Providers to engage citizens within the communities to come together and create local strategies to reduce alcohol abuse. NWNMFB is governed by a Board of Directors, known as the Regional Council, with representatives from various community coalitions across the region. The Regional Council establishes priorities and policy during their monthly meetings and is supported by various committees. Four officers are elected by the Regional Council: President, Vice-President, Secretary, and Treasurer. The officers, in turn, comprise the Executive Committee, which provides direction for staff on immediate policy needs and serve as the communication link for the Executive Director to the body of the Regional Council.

The "community" represented by this proposal is the northwest corner of New Mexico, comprising San Juan, McKinley and Cibola Counties. The geographic makeup of the region is immense, covering 15,144 square miles, and are at least 100 miles end to end. This is an area larger than Massachusetts, Rhode Island and Connecticut combined. The population is about 190,000 people, or 11% of New Mexico's total population. There is a population density of between 4 and 14 persons per square mile, or a lot of empty space. 908 square miles of this 15,144 is private land, the rest is State, Federal, Indian Trust or Indian Allotment. A bulk of the population is located in the metropolitan areas in each of the three counties: Farmington has about 44,000 people in San Juan County, Gallup has about 19,000 people in McKinley County and Grants has about 11,000 in Cibola County. The region is populated by six linguistically and culturally diverse groups. There are four Native American Nations (Zuni, Laguna, Acoma and Navajo) as well as a large Anglo and Hispanic population. The ethnic background of the population is: Native American 49%, White 29%, Hispanic 15%, and the remaining 7% are of other ethnicity's. Additionally, there are 68,482 youth in Northwest New Mexico under the age of 18. Of those, 27.3% are Anglo, 16.6% are Hispanic, 57.1% are Native American, the remainder comprise all other categories. The Native American youth of the region make up 66% of the Native American Youth in New Mexico. In Cibola county alone there are seven different law enforcement entities with seven different jurisdictions. Unemployment in the non-reservation areas is between seven and nine percent with unemployment estimates as high as seventy-five percent on the reservations. Living conditions range from very middle class, two cars and white picket fence, to third world, no electricity, phone or indoor plumbing. 40.7% of all youth under 18 live in poverty in the region. This is not one or two isolated pockets of people. Of 18,000 family dwellings on the Navajo Nation within the three counties, 47% of them do not have complete indoor plumbing, 50% earn less than \$10,000.00 per year, and the per capita income is \$3,700.00. The region's economy is based on extractive industries, government, tourism, Native American crafts and retail trade. Mining of uranium, natural gas and petroleum have long been the cornerstone of the region's economy. With reduction in demand for uranium and petroleum the region has faced an economic disaster in the last fifteen years.

Northwest New Mexico also leads the United States in alcohol related problems. Current data indicates that the underage alcohol problem in Northwest New Mexico is far greater than is captured in school-wide surveys. Further statistics seem to indicate that the underage drinking problem in Northwest New Mexico reaches deep into the lives of Northwest New Mexico Youth. It is likely that alcohol use is the single greatest factor in almost all youth difficulties including the teenage death rate, suicide and homicide rates, the teenage pregnancy rate, and the school drop-out rate.

## Accomplishments

### Strategy 1: Public Awareness Campaign

Shiprock has led in the creation of local initiatives that will go beyond this funding period with grassroots leadership. The Joey Harry Memorial Run and the Red Ribbon Multi-cultural Relay Run are two community projects that involve hundreds of people and span a number of communities in the Shiprock area, plus more importantly, will continue beyond this grant period.

Shiprock has an annual community Northern Navajo Fair. For the fair's youth participants, the coalition has had people dressing in animal costumes to engage them in dialogue and give prevention material and information on the various coalition activities, like the runs and health fairs. Volunteers are also recruited at this time for the year's projects. The Shiprock coalition has successfully continued its work beyond the project period and has obtained support from a non-profit based out of Farmington for operational support. Also, NCI has retained the services of the Shiprock Coordinator as the Community Support Coordinator for NCI's clients in the Shiprock area. The coalition will be continuing these activities after the grant period.

Counselor's most noteworthy achievement during this grant was closure of three liquor establishments on the rural area of the community. Two were closed as the result of enforcement action that occurred from public complaints generated through community action, the third closed after community members made constant personal appeals to the new owner about the adverse effects of alcohol sales upon families in the area. The remaining bar in the area has been cited by state liquor control for sale practices, as well as by the state environmental health for illegal dumping, which resulted in a 30-day suspension. During the 30-day period there were no pedestrian fatalities on the highway. Currently three law enforcement agencies are conducting coordinated patrols around the area of the bar to discourage DWI and public intoxication.

Counselor chose to engage community people through Navajo cultural activities. In the Navajo culture there are winter games that include singing and competition, called Shoe Games, which have an abundance of traditional teaching and stories.

Counselor's Coordinator has been elected the Chapter (community) President. Local leaders and community advocates persuaded Mr. Sage to pursue a political office as direct result of his work in organizing opposition to local liquor establishments and projects to improve the community's quality of life. He takes office in January 2001 to continue advocating for the community's needs in an official capacity within tribal government. Mr. Sage was also hired by NCI as the Community Support Coordinator for the Counselor area; he is very active in post-grant activities with Fighting Back.

Crownpoint has been successful in establishing several provider networks for community prevention, youth prevention, health promotion, youth sports, and substance abuse services that includes domestic violence by mobilizing providers and consumers in the Crownpoint area. This provider-consumer coalition has begun to explore ways to limit the availability of alcohol in their rural region.

Crownpoint has developed an on-going inter-agency task force that will provide information related to healthy approaches and methods, the A-Team concept will continue functioning. Crownpoint's coalition continues to meet and advocate on behalf of that community. Recent initiatives include stronger coordination through the local domestic violence agency and participation in countywide coordination planning.

Acoma established the Community Action Team (CAT) as a forum for tribal providers to interact with each other and collaborate services. The CAT formed after community members advocated to tribal government the need to provide cooperation with community members and leaders. One important activity was a campaign to have Wal-mart (located in Grants, NM) limit access to alcohol by persons abusing the substance. Acoma's Community Action Team



(CAT) included a broad mix of providers and community people interested in creating a healthy nation for Acoma Pueblo. The CAT actively collaborated on a number of projects during the course of the year. Acoma Pueblo has folded the Healthy Nations concept into the Drug Elimination Program, from which the Community Action Team is supported and functioning. The former Acoma Coordinator has been hired by NCI to coordinate community support activities for NCI in McKinley County.

Laguna took community mobilization initiatives to the young people of the tribe by establishing the Community Action Team (CAT), which continues to function after the project site phased out. The CAT mobilized youth to become more involved in tribal efforts towards establishing the Boys and Girls Club, youth forums, and youth employment program management. The Laguna CAT also included a broad mix of providers and community people interested in creating a healthy nation for Laguna Pueblo. They actively collaborated on a number of projects during the course of the year, as described in many sections of this report. Laguna's Community Action Team has also provided the focus from which the Healthy Nations philosophy has been sustained in that community.

The Tohatchi community has effectively mobilized to develop community campaigns aimed at youth needs and concerns. Four private, non-profit groups have formed in this isolated community; Boys and Girls Club, the Police Athletic League, the Youth Center, and Little League, and all are still functioning a year after this project site ended its participation in the grant. Tohatchi has created three private, non-profits from which the Healthy Nations philosophy continues to be sustained; Tohatchi Boys and Girls Club, Tohatchi Youth Center, and the Tohatchi Police Athletic League.

Na'nizhoozhi Center's website featured this project in its pages and provided a link to the NPO website. The content was developed from this project's reports and organizational structure. This project was able to establish a strong presence on the web by becoming registered on Helping.org, which is an Internet group that provides links that are based on program emphasis and priorities.

## Strategy 2: Community-Wide Prevention

Shiprock initiated effective youth campaigns during the Northern Navajo Tribal Fair, the second largest Native American fall fair in the United States, during which a number of the collaborating agencies set up booths and displays for families and young people to visit and learn. High school aged youth were major participants in the community anti-substance abuse runs and rallies that occurred twice per year.

Counselor coalition's network included the local elementary school and the off-reservation high school, located 40 miles south of Counselor. As with all target sites, youth established strong involvement in the community rallies and relay runs that were developed along with the numerous workshops and community events. Crownpoint's special focus was development of the Strategic Alliance Against Substance Abuse (SAASA), a community coalition, to meet the needs of youth in the community. Local parades, workshops, Gathering of Native Americans (GONA), youth sports leagues, and community events were on-going and expected to continue beyond this grant period.

Acoma developed the Community Action Team as the primary mechanism to fulfill this task for this project. The CAT included youth from the community and coordinated implementation of youth activities like pow-wows, the Gathering of Native Americans, youth sports tournaments, roadblocks to disseminate information, sober school events, and community meetings. Laguna's Community Action Team established the Youth Council with the Pueblo Governor's Office to assist the pueblo in designing youth programs that are appropriate. Tohatchi hired summer workers with resources from NCI and Navajo youth employment funds to assist in program design and implementation of the local programs developed.

All project staff have been trained as GONA facilitators and are very experienced in GONA workshop design and implementation. Through the course of this project, the project staff assisted each other in conducting GONA workshops and trained other community people in the GONA process. Our purpose was to not be dependent upon

national or state GONA facilitators and we accomplished this task fully. Such that, in the last two years of this project, staff demonstrated GONA workshops in state conferences with excellent feedback.

- Shiprock conducted at least two GONA per year. At the onset of this project national trainers were brought in to facilitate the workshops, by year two local trainers and project staff were facilitating all the workshops.
- Counselor had one GONA per year and used project staff and trainers from NCI and other agencies.
- Crownpoint averaged two GONA's per year and largely had local facilitators conducting the workshops, project staff and local providers also contributed.
- Acoma averaged three GONA's per year and put a heavy emphasis on youth participation. One GONA included young people from Isleta Pueblo, which is located south of Albuquerque, NM.
- Laguna had one GONA per year during its project period and afterwards some community people were involved in the Acoma GONA's.
- Tohatchi had one GONA per year at that site and, like Acoma, the GONA team sought a lot of involvement from community youth.

Laguna had the opportunity to engage the Department of Justice's Weed and Seed facilitators to design a community specific approach to establishing dialogue in the Laguna community. The community's leaders and groups followed up on the dialogue through the Community Action Team (CAT) effort.

Shiprock's highlight has to be the signing of the intergovernmental agreement that creates the Navajo Nation-Farmington Substance Abuse Task Force. This historic agreement includes the Navajo Nation, San Juan County, the City of Farmington, and has a dozen private providers as co-signers also. Shiprock is the largest Navajo community in San Juan County and this project was very active in facilitating the agreement between the governments involved.

Counselor mobilized to change the availability of alcohol within the far eastern borders of the Navajo Nation and did this quite effectively. At the beginning of this project, there were four liquor retailers in the rural area. Today there is one. Two closed down as the result of alcohol sale violations and the third closed down voluntarily, after local community members appealed to the owners. The remaining liquor store is under constant community and law enforcement surveillance to ensure sales are not made to minors or intoxicated persons.

Crownpoint community mobilization efforts have resulted in creation of the Crownpoint Prevention Coalition, which has begun planning for a Boys and Girls Club and youth center. The coalition has participants from the Gallup area and has met with the Office of the Navajo Nation President for support and dialogue.

Acoma's Community Action Team (CAAT) mobilization approach has resulted in a large number of youth campaigns for seat belt use, impaired driving, alcohol-free community events, family violence, and youth participation in these projects.

Laguna also took the Community Action Team (CAT) concept and enhanced youth participation in government programs for youth: summer employment recruitment and hiring, participation in village decision-making, mentoring, and community service projects.

Tohatchi's mobilization work resulted in development of youth sports camps and organizations to implement youth activities, summer wilderness camps, and identification of resources from groups outside of Tohatchi for support of these programs.

### Strategy 3: Early Identification, Intervention and Referral

Shiprock's Coordinator specialized in technical assistance to that community group and this has been the model from which other communities are exploring interagency collaboration that includes community members. She will be doing a workshop at the upcoming Community Anti-Drug Coalitions of American (CADCA) Leadership Forum, in Washington, DC, to describe ways to minimize coalition conflict.

Counselor community groups eventually included groups from neighboring Navajo communities. This occurred as the result of the successful efforts of Sam Sage, Counselor Coordinator, who presented on his work in rural New Mexico at the 1999 CADCA Leadership Forum in Washington, DC.

Crownpoint's Lisa King also excelled in this area of the project and, as mentioned previously, her work is continuing through the Crownpoint Prevention Coalition after the end of this project in Crownpoint. The coalition has maintained its meeting schedule and the participants have expanded to include non-Crownpoint groups.

Acoma and Dennis Lorenzo, the Coordinator, accomplished this objective through the CAT and the strong support of the Drug Elimination Program. After this project finished its work, the CAT is leading in development of the board of directors for the Boys and Girls Club for Acoma. Board members will include behavioral health and law enforcement representatives, as well as non-provider persons.

Laguna, through the CAT, and the guidance of Bonnie Vallo, established the Weed and Seed Program that has been noted as a model by the Department of Justice for other Native American communities to begin development of this initiative.

Tohatchi, with the strong assistance of Levon Benally, has been provided the expertise to design and implement three non-profits in a very rural region. Within the borders of the Navajo Nation, this type of initiative and growth of private enterprise is unheard of and strongly needed. This community's work has strongly influenced the other project sites and Native American communities in New Mexico.

Shiprock compiled various community data from law enforcement, education, and health providers during this project period. Then during the community forums, that data was provided to participants for analysis and planning.

Counselor kept track of alcohol-related traffic incidents, family violence, and prevalence of alcoholism at community events as the way to document outcome. For example, during a three-month period, when there were NO alcohol sales in that area, there were no traffic fatalities that were alcohol-related, and the incidence of family disputes dropped as well. Law enforcement representatives were profoundly impacted by this outcome and became more involved in community efforts to limit the availability of alcohol in the Counselor area.

Crownpoint and Tohatchi Coordinators assisted in the documentation of outcomes for McKinley County within which both communities lie. The result of this collaboration is that this project provided three significant outcome reports for the county. In year one, this project collaborated with the State of New Mexico Epidemiology Division to conduct a household survey in substance abuse prevalence and needs assessment. We sponsored the resolutions for Navajo, Apache, and Zuni IRB approval to conduct the survey and obtained community approval from Churchrock, Crownpoint, Shiprock, and Counselor. The report is due out December 2000 for use by the Zuni, Navajo tribes and other agencies.

During year two, we sponsored the two-day "Gallup Remembers Forum" that had 150 participants, Zuni, Navajo, City of Gallup, McKinley County, and state leaders also participated. On day two of the forum, the participants developed a set of strategic plans for the county's communities and agencies to address. This led to the summit in year three.

During year three, in the last month of this project, we co-sponsored the Navajo Nation Behavioral Health Summit in Farmington, New Mexico. There were 480 registered participants from Arizona and New Mexico during the two-day forum, with the focus on development of strategic plans to be used in creation of a regional behavioral health authority by the Navajo Nation. Special emphasis was given to youth participation and a scholarship system was set up to accomplish this, as well as elders. Presenters included Dr. Phil May, Dr. Steven Kunitz, Bernie Ellis, Dr. Karen Saylor, Jayne Talk-Sanchez, and Dr. Eduardo Duran. They presented latest documentation and recommendations on prevention, treatment, and public policy. From this summit, a number of local initiatives have been created on the Navajo Nation. One of which is the inter-governmental task force for San Juan County, which includes northern

Navajo (Shiprock). Current plans are for regional level summits that include non-Navajo border town communities and there are on-going meetings with the Navajo Office of the President to implement the strategic plans developed at the forum. This forum is the highlight of our work during the project period and certainly would not have occurred without foundation support.

Laguna, through the support of the Department of Justice's Weed and Seed Program, had a forum during this the project period. From which evolved a process for the community leadership to begin coordination of data collection and reporting of that data to tribal leaders and community members. This project had published in year one the "Taking the Long View" report by Bernie Ellis, M.A., for dissemination and use by our partner agencies and governments. About 1,000 copies of that report have been provided to local, state, regional, and national groups for their use. The two tribes directly and indirectly effected by this project (Navajo and Zuni) had copies and presentations provided to the tribal councils and some of the lead provider agencies.

This project has taken the lead in providing to tribal leaders and communities the results of the Native American Prevention Summit of 1999, held in Albuquerque, which contained within it a number of recommendations, drafted by the 250 participants, for NM tribes to consider in their substance abuse prevention efforts. About 300 copies of this important report were distributed within 9 months.

About 300 copies of the report from the Gallup Remembers Forum in 1998 were also provided to tribal communities and leaders in the region. A task we have endeavored to accomplish was creation of joint efforts in our project area, because one government or agency clearly cannot address the breadth of substance abuse problems. We have maintained that inter-governmental collaboration is very important.

The partnership with Na'nizhoozhi Center was instrumental accomplishing our objectives. NCI's expertise in evaluation, reporting, and its networks with the treatment community across the region greatly enhanced our ability to strategize ways to improve the health and well being of residents in the target communities. We believe this most strongly evidenced by the most significant activity we led in, the Navajo Nation Behavioral Health Summit. Navajo leadership is moving towards creation of regional behavioral authority that includes other governments and enhances the private sector's activities towards reduction of substance abuse problems in the region. Our work in local communities has been intentionally towards influencing tribal service system design and resource utilization, because the problems associated with alcoholism do adversely affect ALL Navajos.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

This project led in completion of the NM Household survey in our area. Field interviewers who randomly selected visited homes to conduct the interviews conducted the household survey. This cooperative activity included the Navajo Nation, the State of New Mexico, McKinley and San Juan Counties, NCI, this project, and local community leaders.

The Navajo Nation-San Juan County Substance Abuse Task Force is an example of new cooperation between not only local providers but also governments. The task force is currently reviewing processes for incorporation into a private entity to assume regional behavioral health planning and implementation responsibilities for that County. This model has been identified as the approach to be used by the Navajo Nation to begin communications with other border town communities and counties that are within the Navajo Nation borders. Project staff were asked to support this Navajo endeavor by providing technical assistance to the governments involved in bringing to the table the various providers in the county.

In the target communities, this project was able to lead in creation of new governing bodies, the Community Action Teams (CAT), and various coalitions. In Counselor, the faith community coalition was instrumental in changing community norms that allowed for rampant alcohol sales by an inordinate number of retailers. The provider coalitions in Crownpoint and Shiprock have maintained momentum beyond the project period and at this writing are still meeting and developing plans for their communities.

During the NM Native American Prevention Summit this project was highlighted as a model prevention program for the other 22 NM tribes to consider replication of. We had a booth and conducted couple of workshops that highlighted the GONA workshops and coalition-building.

Counselor community is currently meeting with representatives from their neighboring border town, (Cuba, NM) to strategize ways to develop a detoxification program for residents of that remote region.

Crownpoint's coalition is currently planning for implementation of a Boys and Girls Club for the youth and families. The domestic violence agency in Crownpoint, Family Harmony, is looking to expand its services through the joint work of the coalition.

Acoma's Community Action Team has begun to explore access to its border towns, (Grants, NM) treatment services and to discuss ways to improve on the treatment continuum of care for county residents.

Laguna has continued making progress through its Weed and Seed designation by the department of Justice in 1998, a year after they ceased being a formal project site. The former Coordinator for Laguna, Ms. Bonnie Vallo, was asked by a Weed and Seed project in Albuquerque to assist in its development this year.

# NORTON SOUND HEALTH CORPORATION

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## About the Program

Norton Sound Health Corporation (NSHC), an Alaskan Native health organization serving the comprehensive health needs of twenty tribal entities in the remote Bering Strait region of Alaska, proposes to extend and broaden the activities of the Healthy Nations program funded through the Robert Wood Johnson Foundation.

NSHC proposes to build upon the successes of the two year development phase of the Healthy Nations program in which programs to increase public awareness of substance abuse, and stimulate the development of comprehensive prevention, early intervention, treatment, and after-care services have been piloted. NSHC is confident that the Healthy Nations program is prepared to move forward and implement the second phase of the project beginning in December 1995.

The overall philosophy of the Healthy Nations project can be expressed as follows: Building on the inherent strengths of our cultural values, the Healthy Nations Project shall empower our tribes to promote healthy children, families and communities.

Consistent with this philosophy, the Healthy Nations project proposes to:

- Implement a variety of culturally relevant public awareness campaigns designed to increase public awareness of the dangers of inhalant, tobacco, marijuana, cocaine, and alcohol use.
- Support a comprehensive set of activities for the region's youth designed to promote pride in cultural heritage and prevent substance abuse, including youth leadership training, peer counseling support and promotion, cultural education activities, outdoor adventure training, and substance abuse education.
- Support the efforts of parents, families and communities to provide positive environments for children and youth through the provision of parent education and training, and coordination of regional services to parents.
- Extend the range of accessible substance abuse prevention and treatment services to Bering Strait communities through training and support of teleconference AA and ALANON meetings, promotion and education of existing services, and interagency coordination of services.
- Promote early identification of substance abuse problems through a variety of educational activities for people of all ages.
- Document models of healthy living and successful health promotion activities that inspire and promote changes in behavior.
- Promote the capacity of the villages of the region to plan and implement activities that address the unique needs of their villages.

NSHC is confident that successful implementation of a variety of programs coordinated with the efforts of concerned people and agencies of the region will result in a significant stride toward the eradication of substance abuse in the region.

## Host Community/Organization

The Bering Strait Region of Northwest Alaska, the area served by this project, encompasses about 44,000 square miles. It includes the villages of Brevig Mission, Diomedes, Elim, Gambell, Golovin, Koyuk, St. Michael, Savoonga, Shaktoolik, Shishmaref, Stebbins, Teller, Unalakleet, Wales and White Mountain as well as the region's hub city of Nome. The Region extends from the Northern tip of the Seward Peninsula to the southern shores of Norton Sound. It also includes St. Lawrence Island and Little Diomedes Island, the latter being only about two miles from Russian soil and twenty-five miles from the Russian mainland.

Nome is the transportation, commercial and service hub of Northwest Alaska. Located about 500 miles from Anchorage, it is accessible to other urban areas of the state only by air (year round) and sea (summers only). Nome is famous as a turn of the century gold rush town and was once Alaska's largest city. Its image as a rowdy town is kept alive in the American consciousness by the songs of that era. The City played a strategic role in the air war against Germany in W.W.II. Today, Nome is most famous as the end of the 1,049 mile Iditarod Sled Dog Race held each year in March. During this time, the town takes on an air of an arctic Mardi Gras. Public drunkenness is quite common.

Gold mining is still a part of the Nome economy, although it has diminished in importance. Individuals still come north to stake their claim, but most mining is done by larger, industrial concerns. Today, government (federal, state and local) is the biggest employer in the region. A sizable number of other jobs is classified as service positions, but are directly dependent on government funding. The private economy revolves around the mostly seasonal industries of commercial fishing, construction, tourism, and, of course, gold mining. Alaska's reindeer industry is centered in the Nome area and is a source of seasonal income for the Native population.

Village economies are a hybrid of cash and subsistence. Many residents still live a traditional lifestyle; relying on the land and sea for most of their food. While subsistence is a centuries old way of living, modern adaptations have been made. Snowmobiles have replaced dogsleds, and firearms have replaced more primitive weapons. Part-time and seasonal employment helps to buy bullets, gasoline and other necessary provisions. Some residents obtain cash by selling traditional wares such as ivory carvings and baskets. Employment opportunities in the villages are limited.

Income statistics for the region contradict the common notion that Alaskans are well off financially. The state has a per capita income of \$17,601, the fourth highest in the nation; however, the Nome Census Area has a per capita income of only \$10,701. Most disturbing is that per capita income for the region's Native population averages only \$6,373. This number is far below those for non-metropolitan areas of Alabama, Mississippi and Louisiana, often thought to be the poorest in the country.

Low incomes are strained by the region's high cost of living. Nome prices are roughly double those of the Lower 48. For some of the more remote villages, the cost of living is triple that of the rest of the U.S. While it is true that subsistence helps to guarantee that families have food, many residents of the region simply cannot afford essential goods and services. Among these are electricity and water and sewer, basic necessities of a modern life. Living conditions in some villages rival those of third world countries.

The Bering Strait Region has a total population of 8,288 persons, of which 6,337 (76.5%) are Native (according to 1990 Census data). The relatively small population is spread out over a vast geographic distance. Most Natives in the region belong to one of three culturally and linguistically distinct groups of Eskimos who are indigenous to the region: Inupiat, Central Yupik and St. Lawrence Yupik.



## Accomplishments

### Strategy 1: Public Awareness Campaign

The Norton Sound Health Corporation Healthy Nations project conceived to help the people of Northwestern Alaska, a very large territory covering some 44,000 square miles accessible only by air transport and serving 20 Native Alaskan villages or campsites.

The first principle goal, creating a public awareness campaign, included significant outreach and creativity. Initially, this goal targeted only 2 villages. This effort soon demonstrated that with the region-wide resources; local cable channel, newspapers, two radio stations, a more comprehensive information dissemination scope was possible. After the first year, based on a Visioning Workshop, the goal was changed to include the whole region. Consonant with the culture in the region, many direct local projects were incorporated into this campaign. Visits to numerous villages where meetings and demonstrations were held to promote healthy lifestyle in particular anti-drinking and smoking seminars transpired. Using a video created the year before, "A Time To Quit", coordinated showings and discussions were held in at least five villages. These discussions targeted the youth, a group that exceeds the national average in problems with substances.

Over the years, Healthy Nations utilized the airways, newsprint and local cable channel to get pro-health messages out to the public. Public Service Announcements (PSA), like inhalant dangers in March of each year, Drug and alcohol awareness during October red ribbon weeks, ten reasons to stop smoking, drug related birth defect awareness, child abuse prevention, how to access treatment, and many other examples. The PSAs were broadcast regionally and multiple times during a period. It is estimated that they were heard by 1/2 of the population or 5,000 people.

Another source of public information was the use of the hospital based bulletin board. Prominently visible in the main hall of the only medical facility in the region, the messages were viewed by approximately 3000 per quarter. Topics covered were healthy traditional foods, exercise and health, talking with you physician about you drug use, domestic violence and prevention, parenting skill and general information on accessing treatment and support for recovery. These bulletin boards were maintained by Healthy Nations staff and rotated quarterly.

The hands-on conferences and multi-agency efforts targeted the Native Youth Leadership Organization, village leaders, service providers and Elders in the region. Conferences on "Cross Cultural Relations" "Grieving Loss of Culture" and Taking Back Our Communities" have been region-wide events sponsored by Healthy Nations. Numerous local and community workshops, meetings and conferences were held over the years addressing topics from bike safety to inhalant abuse. These conferences utilized local agencies, talent and youth in their preparation and delivery. Many of these events would not have occurred without the Healthy Nations project.

### Strategy 2: Community-Wide Prevention

The goal to stimulate a children and youth oriented prevention program was a consistent focus during the life of the grant. Initially, working closely with community resources, the Native Youth Leadership Organization, village youth groups and the school districts, the Healthy Nations project sponsored training and held workshops. Topics like drug abuse prevention, relationships, stay in school, safe sex, Native traditions, living in two cultures and self-esteem were provided. Youth camps, association with statewide conferences and programs, celebration of national events, and local positive competitions and events were attended by youth and youth leaders as sponsored by Healthy Nations. Trainings and workshops were organized to increase youth leaders, parents, and concerned volunteer's skills and knowledge. Trainings on identification of abuse, parenting skills and suicide prevention were held. Many of these projects were joint activities combining resources and expertise from State, local and Behavioral Health specialists. The interagency coalition provided a dialogue to address the youth and children of the region. Such events pulled together the local agencies and interested parties into a joint focus and purpose.

Another avenue for getting prevention information to the public was through the use of multimedia sources. Many newspaper articles, Public Service Announcements and public displayed bulletin board messages were used and previously documented to the NPO. This method had the potential to touch every household in the region. Especially effective were the hospital-based bulletin boards that reminded individuals of issues surrounding alcohol and healthy choices. Every month, hundreds of hospital patrons would be exposed to the message. These boards also helped to remind other providers of the integrated and intimate nature of substance use and broader medicine.

The third method incorporated was a large regional conference that spotlighted Indigenous ways for healing and a call for community and local leadership change to stop the death and destruction caused by alcohol. This conference, "Taking Back Our Communities" was held in Nome and was attended by representatives for every village. The community at large was privileged to attend powerful teaching/entertainment by American Indian leaders, First Nation speakers and a musical group focusing on sobriety.

The fourth method utilized was by creating and going live with a web page cataloguing all the prevention/intervention materials available at Behavioral Health Services. This link is accessible in every village across the Norton Sound intranet and is also hot linked with other resources sites. This has the possibility of impacting each village and all providers in the region. Such a resource library will enhance access and utilization of material for prevention and community efforts.

The Healthy Nations sponsored online resource library has dramatically provided greater public access to information and materials. The integration of the Healthy Nations within the great Behavioral Health Services has facilitated more prevention activities provided by the clinical and village based counseling staff. The public continues to get strong message about sobriety and healthy choice through inclusion of some Healthy Nations doctrine.

### Strategy 3: Early Identification, Intervention and Referral

Initially, the Healthy Nations project focused on coordination with the local substance abuse delivery system. Mostly training of local individuals and meeting dealing with the lack of services were completed. In the last three years of Healthy Nations being more institutional and integrated, the amount of services in each village has increased tremendously.

Some activities cross all the principle goals and specific objectives. Early in the grant, the Healthy Nations coordinator wrote and used a Native Parenting Guide. This very thoughtful and important document is currently being integrated into a region wide Alaska Youth Initiative/Development Disabilities program. A video created on stopping smoking and one on inhalant abuse is available in the resource library. The conferences previously talked about informed the community, the leadership and the clients about important issue attending the general well-being of the region. The trainings and sponsoring of youth and leaders to workshops continue to affect the region. While these individuals do not work directly for Behavioral Health Services or Healthy Nations, the information and skills are being utilized in other service agencies in the region. Finally, the basic philosophy of Healthy Nations permeated and informed a solid and impressive evolution to a model of services and prevention that is culturally responsive, meaningful and sustainable.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

Over the time of the grant, this goal was revised from seeking volunteerism in the communities to the integration of services with a para-professional Village-Based Counselor. In fact, the direct leadership of the grant was subsumed under the VBC director to help facilitate this integration. Because drug and alcohol problems coupled with the depression and mental health issues pervading the region were extensive, Healthy Nations wished to provide a local resource to help facilitate early help. This foundational philosophy was crucial in the subsequent growth of the Village Based Counseling program as part of the integrated Behavioral Health Services programs. Healthy Nations provided material, trainings and support for the structured and operations of the VBC program.

With the VBC program, routine itineration, support of local community readiness projects and access to a resource library is continuing to be addressed. Four villages currently have an AA-type group, most have VBC/ Healthy Nations sponsored youth and specialty groups. Great effort to coordinate and share resources in the villages has helped to decrease the isolation and lack of local capacity. Healthy Nations sponsored the Community Readiness Survey and program in three villages. While all villages took the survey, only these three actively pursued creating community change using this model. This aspect of development has informed many of the VBC events and tribal interactions.

# SEATTLE INDIAN HEALTH BOARD

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## About the Program

The Seattle Indian Health Board (SIHB) Healthy Nations Program has implemented a culturally-appropriate substance abuse program addressing public awareness, community-wide prevention, early intervention, treatment and after-care for American Indians and Alaska Natives living in the metropolitan King County region of western Washington state. The Phase 2 programs build directly on the experiences and knowledge acquired from the Phase 1 activities.

The focus of the programs is directed at American Indians and Alaska Natives living in the greater Seattle/King County region of Washington State. Throughout the various activities of this project, we hope to reach 80% of American Indians and Alaska Natives (approximately 14,300 individuals), as well as non-natives who share an interest and desire to participate in this endeavor.

The mission of the Healthy Nations project is to mobilize the Seattle/King County American Indian and Alaska Native community to implement strategies and organize resources to reduce the use of harmful drugs and alcohol within the community.

Within this mission, the specific goals are:

- Goal 1: Public Awareness Campaign - development and implementation of various organized and culturally-appropriate activities to increase awareness about substance abuse, its effects on individuals and the community, and ways to prevent the destructive effects of the use of harmful substances and alcohol.
- Goal 2: Community-Wide Prevention - incorporation and implementation of prevention activities into a wide range of community organizations and services.
- Goal 3: Early Identification and Treatment - development of skills in identifying and implementing strategies that reduce the harmful effects of substance and alcohol use among current users.
- Goal 4: Treatment Options - modification, or development and implementation of substance abuse and alcohol treatment models which recognize and reinforce social and cultural responsibilities toward reducing individual, family and community harm from substance and alcohol use.

This program sets into motion a series of activities designed to engage and involve various segments of the Indian community with a primary focus of reducing the harm associated with substance abuse and alcoholism. Initial activities are grounded in information acquired from the Phase 1 process. It should be noted, however, that current activities are based on current knowledge, and thus, subject to change as participation increases and activities are assessed for their efficacy. It should also be noted that, while abstinence is a desired outcome, this project attempts to reduce the harm associated with the use of drugs and alcohol addressing the full continuum of substance abuse within the community.

Please visit the [Seattle Indian Health Board Web Site](#)

## Host Community/Organization

Seattle and the surrounding urban communities comprise a major industrial center and seaport located on the inland waters of Puget Sound. Metropolitan Seattle is the largest urban area in the northwest, extending throughout several counties. It is the principal manufacturing base of the region, its populations center, its financial, freight, and transportation hub, and its largest international seaport - serving the fishing, timber, and agriculture industries of Alaska and other northwestern states as well as the rest of the United States. Almost half of Washington State's total industrial employment is within its boundaries.

Throughout the 1980's, great numbers and varieties of people have continued to relocate in and around Puget Sound, drawn by the expanding economic, social, and educational opportunities that the area offers. The total Puget Sound area population has increased by 20% since 1980, while the local Indian community has grown by approximately one-third. Indians in Washington state have been moving from reservations and outlying rural areas to the urbanized regions in steady numbers. Today, over 50% of Washington's total Native American population is 81,483 and lives within a 90-minute drive of Seattle and not on a reservation, making the area the largest single Indian community west of Tulsa and north of San Francisco, and the seventh largest in the United States. Members of this community represent well over 70 tribes and bands, including coastal tribes from Puget Sound, inland groups from the northwest and mountain states, Alaskan Native Villages, and dozens of tribes from Canada and the rest of the United States.

## Accomplishments

### Strategy 1: Public Awareness Campaign

The Healthy Nations Activity Coordinator implemented a late night Friday activity at the American Indian Heritage school. This activity was a Late Teen Night. Healthy Nations organized this activity to give youth another substance free activity to participate in.

The Healthy Nations program has been meeting with collaborating partners, such as American Indian Heritage School, Red Eagle Soaring, Pathfinders School, Seattle Indian Service Commission, Bellevue Culture Club, Huchoosedah Indian Education Program, Kent Indian Education Program, the Community Coordinating Council, and the Native American Chamber of Commerce for volunteer recruitment for activities of the Healthy Nations program. As needed, for each program activities, the Healthy Nations has been sending volunteers for support of activities. Currently over 30 volunteers have been recruited and they have helped facilitate various activities, including 4 dances per year at the American Indian Heritage School, a youth gathering for high school students from Seattle public schools, and a workshop designed to help them prepare for college and higher learning at the Huchoosedah Indian Education Project.

The Healthy Nations Program Assistant worked with Pam Perez of I WA SIL to solicit school supplies from various segments of the community. The supplies were given out on at the Seattle Aquarium Auditorium in conjunction with the Salmon Homecoming Powwow. Contributors included Four Winds Group & Youth, American Indian Women's Service League, Body-Mind-Spirit, US West's Voice of Many Feathers, and King County Community Organizing. Binders, paper, pens and pencils, pencil cases and other school supplies were given away to 172 school-aged children.

The Healthy Nations Youth Activity Specialist has been working with Indian Heritage School in the implementation of a pow-wow club for Native students in the Seattle King County area. Currently the culture teacher at Indian Heritage School has been assisting with this activity. The pow-wow club takes place every Wednesday from 2:45 to 5:00 PM.

The Healthy Nations program activities were listed in the quarterly Huchoosedah newsletter as well as the Native American Chamber of Commerce Newsletter. Flyers, brochures and posters for SpiritWalk were created and distributed to 700 community members. Over 50 social service agencies received SpiritWalk information packets as well as Healthy Nations Youth Activity Brochures.

For the Microsoft Pow-Wow, celebrating the graduation of the Microsoft Computer mentors, over 20,000 flyers were distributed to employees and community members. The Microsoft mentoring program had 3 articles including pictures listed in the Seattle area newspapers. They include the Seattle Times, Seattle PI, and the Microsoft employee newsletter.

Huchoosedah's newsletter continues to list Healthy Nations activities, with a circulation of 1500. Press releases are also funneled to the community at large through the quarterly "On Indian Land". Its circulation is 3,000. "Native Connection", official organ for the Northwest Regional American Indian Chamber of Commerce (NWRACC), carries news items for Healthy Nations with a distribution of 150 to members, elders and other Chambers and Government agencies. This particular newsletter is going to publish as a quarterly, and will be offering a full page for Healthy Nations news. SIHB's "The Pulse", for employees, also carries news items with Healthy Nations involvement. Pathfinder School's newsletter announces Healthy Nations and SpiritWalk news. Also, Washington State Indian Education Department listings for events; Healthy Nations Director asked to participate in presenting. This monthly bulletin goes to all public schools, and to all tribal agencies in Washington state; circulation, 1,000.

The Sixth Annual SpiritWalk kick-off was held in south Seattle at the Tukwilla Community Center on May 5th. One hundred and fifty walkers and volunteers from SpiritWalk 2000 attended, as well as new volunteers. Awards for participating in Healthy Nations activities were given out at the kick-off. Flyers, posters, sign-up sheets, and pictures from last year were presented for those attending. SpiritWalk started at 6:00 am for setup. Seattle Center program staff volunteered time to prepare stage, seating and dressing room placement. The route replicated last years routes which were a one mile or five mile walk depending on the walkers choices, teams of walkers included: GSA, Congressman McDermott's office EPA, SSI, DSHS, Muckleshoot Tribe, SIHB, Indian Heritage, Community Members, King County Council Members, TTC patients, Edmonds School District, Bainbridge Island School District, Skykomish School District, and the Bellevue Native American Culture Club. Over 250 people walked this year's SpiritWalk, and over 2,000 people watched the walk day performers.

## Strategy 2: Community-Wide Prevention

The Seattle Public schools announced that American Indian Heritage School would become a new Middle college program at North Seattle Community College. The focus for Heritage has been recruiting for this new middle college and informing the community of the changes. The youth activity specialist has been working with students at Heritage and Graduate students of the University of Washington for the focus groups input, which include flyers, and posters.

The Summer Options program was implemented in 1996 Summer, and the curriculum includes Job Shadowing, The Washington State Job-O, Arts and Crafts, the Career Inventory Curriculum, resume writing, drum making, field trips trips to Tillicum Village, University of Washington, Lake Washington Vocational School, the GSA to fix computers, and many scheduled speakers. Life skills were stressed throughout the four-week program.

Many field trips were arranged to both two and four-year colleges, as well as Vocational-Technical institutions.

- Evergreen (four-year) college for a tour of the campus, library, dorms and a special demonstration of the college's radio station, KAOS. Explanations were given of the facility, its technical amenities and how one could learn to produce a radio show.
- North Seattle (two-year) Community College: Instructors provided a short seminar on the many avenues of approach to education a student could utilize. This included an explanation of the "Running Start" program. A tour of the campus was given, then the youth were taken to the Computer Lab. Here, they were given a

special session on using the Internet to search for Career potentialities using the Washington State WOIS Career Information System; <http://www.wois.org/>. The resident Technology expert gave a talk about the importance of keeping current with the technology, and how it could enhance the quality of living. Afterwards, the groups were treated to a trip to the Woodland Park Zoo.

- Lake Washington Vocation Tech: a privately owned institution of learning that offers career training and placement for such careers as Computer Technology, Bakery and Culinary Skills, Automotive Mechanics, and Floral Design.

The youth Activities coordinator assisted in the planning of the Cultural component. Applications were mailed and faxed to all Seattle Public School counselors for applicants. Students were notified and the Schedule was set. Students received Bus Tickets only until the first pay day and SIHB supplied the use of a van for transportation to field trips. Pizza was served on each Friday and students were expected to provide their own lunch the rest of the week. Students were penalized for non-approved absences and three in a row was grounds for termination. All Students received a case management interview for social service needs and Healthy Nations staff provided referral assistance as needed. The Seattle Indian Service Commission is continuing this activity beyond RWJ funding and is seeking funding from the Microsoft Corporation for continuation funds.

The Red Eagle Soaring Theatre Training Intensive was implemented to assist youths who were interested in theater and who wanted to assist with the play *Story Circles*, a substance abuse prevention play. This activity included over 50 Native youths over the life of the program. Healthy Nations arranged for lunches, juice drinks and snacks, as well as a Pizza dinner for the evening of performance. Supplies, food, props, and transportation for youth were provided by both of the Activities Coordinators and the Program Assistant. Healthy Nations assisted with flyers, transportation of students, negotiations of rental space for the performance and, the coordination of the lunch pick-up and drop-off. The workshop included art training, scenery design, play writing, directing, theater skills, music performance, and head shot photography. The youths also learned exercises to increase confidence, projection of voice, how to take stage directions, create props and backdrops, Theatre etiquette and more. They also wrote, produced and performed the skits, dances and plays. The youngest members of the group performed the play "Slumber Party". Four girls, aged 4 to 11 made up the main cast, with Ms. Salvador playing the mother. A short skit performed by two young people had Gothic air to a Shakespearean Romeo and Juliet scene. Another play, set in a Beatnik Cafe, feature original poetry by several young people. An original play about stardom and dreams of stardom was performed. A large segment of the group performed a dance set in the very best "Hip-Hop" tradition. Stuart Grant, a working Native American actor provided a presentation on the "Words of Crazy Horse". It was well received by the youth. Mr. Grant also attended the Grand Finale on the 28th. The Youth Activities Coordinator was able to procure 31 tickets to the Sherman Alexi movie "Smoke Signals". The Youth and Adult Activities Coordinators went along as chaperones. The youth also attended Seattle Children's Theatre, behind the scenes, a Sherman Alexi reading and a play at the Annex Theatre. A few of the parents participated in the Annex Theatre play. Red Eagle Soaring has received over 8,000 dollars in grants to continue their activities beyond RWJ funding for the coming year 2002.

The Healthy Nations program has been assisting the Pathfinder Elementary School culture night each Thursday, with the Young Native Leaders of Seattle attending and assisting. Healthy Nations assists with transportation and art materials for this activity. Volunteers assist younger participants with arts and crafts (beading), sports, homework tutoring and socializing with younger Native Children. The Healthy Nations Adult Activity Coordinator has been transporting the Thunderbird Recovery patients to this activity. The Young Native Leaders of Seattle passed out 60 helmets for bike riding safety that had been donated by the Harborview Hospital. Children of the Pathfinders program were given a question about helmet safety and if they answered correctly they were then given a helmet and a Healthy Nations Safety Award. The Healthy Nations program also assisted with the Huchoosedah Holiday Dinner with the Director of Healthy Nations cooking salmon and the Activities Coordinator dressing up as Santa Claus and handing out gifts to Native children and their parents who attended.



Healthy Nations Program gave assistance to the Huchoosedah Indian Education's Youth Basketball Tournament. Over twenty (20) Native Youth Teams participated in the tournament. Healthy Nations awarded all participants with T-shirts and Certificates of Award. Mike Tulee, Director of Huchoosedah has asked Healthy Nations for assistance with the annual honoring of AIHS graduating high school Seniors. Pathfinders will be continuing this activity.

The Healthy Nations Program has been coordinating a mentoring program in partnership with the Microsoft Corporation. This program evolved out of the Summer Options Program. Healthy Nations provides transportation to youth who are not able to get to the Redmond Campus where Microsoft is located. The Microsoft employee coordinator and the Healthy Nations Director have been meeting to work out an attendance plan for students and mentors. However, one student will take part in a summer internship that was the direct result from his mentor involvement. The Microsoft Mentoring Program Graduation PowWow took place at the Microsoft Redmond Campus grounds. Healthy Nations handled the transportation and coordination of appointments for Mentors and Mentees. Healthy Nations also recruited Drummers and Dancers for the PowWow. Thirteen (13) youth graduated from this year's Mentoring Program. The Youth Activities Coordinator worked with Microsoft Mentors, making gifts for participants at the PowWow. Three (3) Craft classes were held on the Microsoft premises, producing leather pouches for Dancers and Drummers. The PowWow was held on May 1st. Over five hundred (500) people attended this year's PowWow. Healthy Nations also provided foodstuffs and transportation of Elders. The Healthy Nations Activity Coordinator has met with Seattle Police Officer, Linda Hill, to pursue mentor opportunities for youth who are interested in law enforcement as a career. Currently one youth in the Healthy Nations Program is interested in mentorship with Linda Hill.

The Huchoosedah Indian Education Program is sponsoring a Youth Basketball Tournament and the Healthy Nations Program will assist them with T-shirts and certificates for this activity. Twenty teams from the Puget Sound have already committed to attend. The Healthy Nations Program assists this activity with refreshments and transportation of youth and adult volunteers. Linda Hill, a Seattle Police Officer, held a gang training for Seattle Police Officers, and the Healthy Nations Program recruited 5 Native Youth to speak about their experiences with gangs and their involvement with the Healthy Nations Program, and how it has assisted their lives. Youth Basketball Night at Seattle High School Basketball, and Open Gym Night, continues at Chief Seattle High School.

The Healthy Nations Director met with the Principal of American Indian Heritage School for the coordination of a computer literacy class at the SIHB's new Computer Technology Center. The American Indian Heritage School will integrate this activity as a class with students receiving Seattle Public School credit. After each quarter a new batch of students will be selected. Currently attendance for this class has been in the 80 percentile, compared to 50 percent attendance for American Indian Heritage School classes. Student grades and project quality for other classes have also increased for those students attending. Healthy Nations, which assisted American Indian Heritage School with the development of a 25-station computer lab at the school, using donated equipment from the GSA and software from Microsoft continues. Students now attend computer classes twice a day every Monday through Friday and some Saturday classes. The Principal has been using volunteers from the University of Washington to instruct the classes. Youth Patients from the Thunderbird Treatment Center have been attending a once a week computer class on Wednesdays from 10:00 a.m. to 12:00 p.m. This class is year round. Adult patients from the Thunderbird Treatment Center have been participating in computer classes every Wednesday night from 5:00 p.m. until 6:30 p.m. SIHB is seeking funding to continue its computer training classes for 2002.

### Strategy 3: Early Identification, Intervention and Referral

The Young Native Leaders of Seattle have meetings once a week, every Thursday from 4:00 pm to 5:30 pm. They have set up rules for involvement in leadership activities such as community services, assisting younger Native children in homework and no use of alcohol and drugs, and violence. They continue to recruit new members from area Seattle Public Schools and plan to recruit next year for more youth to join this youth group. Four youths assisted

with the Hands of Creation Gallery Grand opening, in which they assisted with food preparation and clean-up. Healthy Nations assisted with transportation and coordination of this activity.

The Healthy Nations staff, along with the University of Washington staff, continue to hold focus groups with youth to develop and implement intervention strategies for High Risk Native Youth. This new project, which was funded by NIH, will continue for an additional three years after the Healthy Nations project has ended.

The Healthy Nations youth activity specialist continues to assist the American Indian Heritage School culture club with activities such as field trips and presentations to local schools in King County. The Culture Teacher has been working with the students to develop incentives for the youth who are participating in this activity. Currently 30 youth participate in this activity.

The Healthy Nations Director coordinated a meeting with the Principal of American Indian Heritage School and the Associate Director of the Seattle Indian Health Board resulting in the SIHB's youth outreach worker assisting students with social service needs and resources in the Seattle area. She will be at American Indian Heritage School three times a week. The SIHB's North End Outreach Specialist has been working with the Principal of AIHS to obtain a schedule of time-slots to speak with students of the school for risk-assessment and education purposes. >An office has been set up to accommodate this activity. The meetings also included plans for involving AIHS students in the Computer Technology Center and in job placements. The SIHB's youth outreach worker continues to assist students with social service needs and resources in the Seattle area. The Healthy Nations program along with the University of Washington's Addictive Behavior Research Center will be working with David Paul at American Indian Heritage School to assist teachers with intervention strategies for students there.

The Talking Circle continues and has grown to 16 to 23 participants. One extremely important discovery was made during this ongoing activity. Youth clients, from Thunderbird Treatment Center have continued even after graduation. Relapse from A/D issues has been high. This resulted in discussions with the Healthy Nations Director and the Administrator of Thunderbird for an alternative plan with youth who relapse. This has resulted in a two-week emergency re-admittance to Thunderbird to reassess and plan for additional recovery time for youth. This additional two-week treatment will incorporate relapse and harm reductions techniques as well as a more concentrated effort to assist with outside stresses, which impact their recovery. Two youth have been re-admitted to Thunderbird. Before the Talking Circle, it was difficult to evaluate the success of in-patient treatment with youth because of continuity of contact with ex-residents; however, because of participation in the Talking Circle, the tracking of youth with relapse issues has resulted in an on-going contact with graduates of treatment. The talking circles have become part of the treatment plan for Thunderbird youth residents.

The youth activity specialist has been recruiting traditional people to assist with Healthy Nations activities, using the American Indian Elders program. Healthy Nations has been requested to assist the American Indian Elders with crafts supplies and in return Healthy Nations has requested that youth be allowed to participate when needed in the Elders group. So far 1 elder has agreed to assist with Healthy Nations activities, Bill Bear. The youth activity specialist continues to take youth on field trips to meet Native cultural specialist for lessons in dancing and regalia design.

The New NIH project, which will focus on traditional AA and Harm Reduction Skills training, is recruiting community members, and agencies who want more information on Harm reduction. The NIH team is scheduled to present to the Youth Treatment Providers group, which is comprised of over 35 treatment providers around Washington State. Four graduate students from the University of Washington have assisted in this effort.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

The Healthy Nations Director has met with the Director of the Iwasil Youth Outpatient program to discuss better coordination of youth leaving In-patient Treatment. Current plans have included an additional outpatient treatment cycle to better assist youth with a rotating in-patient graduation rate.

The Native American Substance Abuse Coalition continues to meet. Healthy Nations assists with providing space in the Pearl Warren Building's large conference room. Meetings tend to have 15-30 participants, depending on each person's schedule. Healthy Nations continues to assist NWRAICC with meeting logistics and the publishing and distribution of their newsletter, "Native Connection". Ten (10) Board Members, including Healthy Nations Program Assistant as Secretary, meet monthly at the Healthy Nations offices. General Membership meetings are held on a quarterly basis, with 30-50 persons attending. Bank of America's Carolyn Crowson sponsors many of the projects and meetings for NWRAICC, supplying food and resources. Chamber members remain open to helping persons in recovery find jobs with the various member businesses. Kumugwi House has established an Apprenticeship Carver's Program. The two Activities Coordinators have been working with them to provide persons who would benefit from this training.

The Healthy Nations project is developing a community advisory group for the new NIH project. This will focus on youth aftercare, intervention, resources, prevention, and communication of the new project for members of the community and to assist with recruitment for new members.

The Traditional Health Liaison has been providing cultural arts and crafts classes at Thunderbird by SIHB. An elder spends time with the youth residents at Thunderbird Treatment Center and assists with cultural crafts and lunchtime every Friday.

The Hands of Creation Art Classes began with 7 Native people in recovery recruited to participate in this project. Healthy Nations has assisted with transportation for participants as well as coordination of this activity. The Adult Activity coordinator has been coordinating an Art and Crafts class for the Native homeless drop in Center, Chief Seattle Club. Currently 8 people have been attending. This includes recruiting 2 volunteers to assist with instructions and donation of supplies.

The Native Chamber of Commerce members have been recruited to provide community activities and job mentoring opportunities for adult residents. Activities include furniture making, Native artist class and a computer class assisted by the Healthy Nations Program. Currently, a volunteer from Native furniture making, two Native Computer trainers and Native artists have been selected for this program.

The Adult Activities coordinator has also been coordinating meetings with education and employment programs and recovery patients at the Thunderbird Treatment Center and the SIHB's Alcohol and Drug outpatient program. A weekly Computer Literacy project for recovery patients at SIHB's Technology Center has also been coordinated.

# UNITED INDIAN HEALTH SERVICES

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## About the Program

The Healthy Nations Program of United Indian Health Services, Inc. (UIHS) aims to reduce substance abuse among Native Americans residing in the UIHS service area of rural Northern California, including Humboldt and Del Norte counties, a geographic area of 4,576 square miles. UIHS medical records indicate that 70% of its clients, ages 11 to 17, have substance abuse problems. Three of the five health care priorities are directly related to substance abuse for the service population, according to community surveys.

UIHS has four major goals including the community awareness campaign, multifaceted prevention programs, early detection/early intervention programs and the development of accessible treatment options and follow-up services for youth and families. UIHS utilizes The Robert Wood Johnson Foundation funding as initial start-up resources to implement the comprehensive four-year plan. The following are the immediate goals for the UIHS Healthy Nations Program:

- Goal 1: To implement a comprehensive public awareness campaign that will generate broad-based support to reduce the demand for and the use of alcohol, tobacco and other drugs.
- Goal 2: To implement a community-wide multifaceted prevention plan to reduce the demand for the use of drugs, alcohol and tobacco, within the UIHS service area.
- Goal 3: To implement special programs to promote early identification and early-treatment intervention of substance abuse among youth, pregnant women and other high risk tribal community members.

## Host Community/Organization

The United Indian Health Services, Inc. (UIHS) Healthy Nations Program has defined its primary target populations and communities as all Native Americans residing in Northern California's Humboldt and Del Norte Counties -- a geographic area encompassing 4,576 square miles. The number of Native Americans in this area is estimated to be 10,000 individuals. Approximately 4,500 of these Native Americans currently live on eight different reservations in the two-county region and are descendants of four different tribes:

Reservation	Tribal Group(s)	Population
<b>Bear River Mattole Band of Wiyot Indians</b>	Wiyot	129
<b>Big Lagoon Rancheria</b>	Yurok, Tolowa	24
<b>Blue Lake Rancheria</b>	Wiyot, Yurok	28
<b>Elk Valley Rancheria</b>	Tolowa	260
<b>Resighini Rancheria</b>	Yurok	73
<b>Howonquet/Smith River Rancheria</b>	Tolowa	402
<b>Trinidad Rancheria</b>	Yurok, Tolowa, Miwok	123
<b>Yurok Reservation</b>	Yurok	3,433
<b>(8 Reservations)</b>	<b>(4 Tribes)</b>	<b>Total Pop: 4,472</b>

Humboldt County is located on California's Pacific Coast, approximately 285 miles north of San Francisco. The county is richly endowed with natural resources which support its primary industries of lumber, fisheries and tourism. The region is primarily mountainous, except for a plain surrounding Humboldt Bay where the area's largest urban centers of Eureka and Arcata are located. Outside of this flatland zone, the county's population is scattered among many small communities located along the river valleys which cut through the coastal mountain ranges.

Del Norte County is the northernmost coastal county of California. The 1,003 square mile county is bordered by Oregon to the north, Siskiyou County to the east, Humboldt County to the south and the Pacific Ocean to the west. Crescent City, the county seat, lies 370 miles north of San Francisco.

In addition to the Native Americans residing on reservations in the two-county area, the target population for the project includes all Native Americans and tribal organizations in neighboring counties who may wish to become involved in the project during the planning phase, and continue their efforts into the implementation phase.

## Accomplishments

### Strategy 1: Public Awareness Campaign

Through the use of modern technology UIHS' Healthy Nations Program's public awareness campaign utilized public service announcements on radio and TV to generate broad based support to reduce the demand for alcohol, tobacco and other drugs. The entire UIHS public awareness campaign and preventive strategies utilized the traditional healthy living practices and philosophies of the Northern California tribes (the Yurok, Hupa, Tolowa and Wyott people). The 6 PSA'S produced utilized local cultural information to reinforce and support cultural bonding.

The viewing population of more than 150,000 had the opportunity to see these PSA's. It is estimated that at least 10% of this population viewed at least one of our PSA's. Additional PSAS also included roadside signs with culturally based no use messages for thousands of viewers to see along Highway 101, a major Northern California Highway. The two sign set remain today on this major California Highway and will be maintained by the tribes.

UIHS' public awareness campaign also included youth produced and implemented theater productions with multiple productions in each of the 4-implementation years of Healthy Nations. These productions had cultural themes and decision-making scenarios which youth and community members have every day. Tobacco, alcohol, drugs, sex, violence and other health related topics were also covered.

Other public awareness activities included a youth created and produced newsletter titled "Voices of Tomorrow" which featured culturally competent articles directed at youth on current topics, decision making and tobacco, drug, and alcohol information. Two newsletters in each year of the program were produced and distributed to over 2,000 youth in the UIHS two county Northern California service area. An additional public awareness activity included youth directed coloring books. These coloring books, two per year, utilized healthy messages and cultural symbols and ceremonial depictions to send a no use message to the community. An inter-tribal approach was taken to include all of the Northern California Tribes within UIHS' service area in the project. The depictions were to bond youth with the strengths of their culture while the coloring books reinforced a no use message.

A Local Heroes Project was completed in the final year of UIHS' program utilizing local American Indian role models on posters with a healthy community message. These role models included ceremonial dance makers, community leaders, elders, athletes and important local figures that will be placed in classrooms and in other public locations for native children and families to see. The notion behind this activity is that there is a lack of American Indian cultural symbols and role models in the view of Indian children and families. This project will add some balance in this dilemma in order to give self-esteem, cultural pride, and a drug free health message to the community. It is estimated that 50,000 plus people will see these posters. Many of these program activities continue with UIHS and local tribes beyond Healthy Nations funding.

Tribal program staff, UIHS staff and community members have realized the potential for community change through the many positive community awareness activities implemented by our Healthy Nations program. Community awareness activities also included a monthly radio production, for two years, covering key information and events related to the UIHS Healthy Nations Program. Community presentations, workshops and other mailings also added to the awareness campaign. The listening area included all of Northern California and Southern Oregon.

## Strategy 2: Community-Wide Prevention

IHS' multi-faceted prevention activities to reduce the demand for and use of drugs, alcohol and tobacco included the following positive activities: the Teen Advisory Group (TAG), which involved local American Indian youth in healthy community activities. The 70 plus TAG group members involved over the past five years were involved in creating healthy community gatherings, youth positive alternative events, recreational events, tournaments, presentations, the youth newsletters, theater productions, elders gatherings, community trainings, and summer youth camps. (Over 2,000 other community members were involved in TAG sponsored activities).

Other components of the IHS multi-faceted prevention plan included multiple youth art contests and community events. These community events included at least 10 events over each of the last six years of the Healthy Nations Program. These events included an annual youth Summer Camp, Community GONAs (Gathering of Native Americans - Gatherings focused on the post-trauma and healing in the communities), sports tournaments, elder gatherings, traditional arts and craft classes, youth conferences focused on living in the modern world and retaining one's culture, and other community events and activities that give youth and community members alternatives to using while bonding to their Native Indian culture. These events and activities involved more than 3,000 community members over the life of the program and many of these activities will be continued by UIHS and local tribes beyond Healthy Nations funding.

Additional events and positive alternative activities included youth and adult basketball, baseball and volleyball tournaments, community dinners, traditional games of cards and sticks (which require healthy lifestyles), wellness conferences, health fairs, Family Fun Days, walks, after school programs and cultural workshops. An additional community event included the painting of roadside bridges with cultural significant designs. This activity reduced graffiti while bonding the community to a positive culturally competent activity. Many members of the community have learned the power and importance of healthy alternatives and there is a start of a new norm of healthy living in the targeted urns communities. The IHS program also joined many other local cultural health projects including a new College of the Redwoods motivation program, student American Indian clubs, a plan to reconstruct a traditional village at a public school site, elder's workshops, and an on-going training institute for public school teachers regarding American Indian issues. These programs and activities will continue beyond Healthy Nations funding.

Most of the IHS Healthy Nations staff is also involved in the cultural revival of ceremonies and healing that has been in progress for 30 years now in Northern California. The IHS Healthy Nations activities were greatly assisted by this cultural healing momentum. A revitalization of the traditional stick games was one example of the merging of these two healing processes. The traditional stick games require healthy living, a healthy attitude, and great physical training that have no room for illicit drug, alcohol or tobacco use. The Healthy Nations Program assisted in this revival of the games where youth and community participate together. The traditional stick games will continue beyond Healthy Nations funding.

Additionally, UIHS' program involved many other current health initiatives that have similar goals of the Healthy Nations program. These other programs and agencies included other UIHS agency health efforts, local tribal healing and community development, and other community based programs. This collaborative effort was developed through many community and agency committees that were started and joined over the past six years. The momentum and success of UIHS' Program was made possible through collaboration and co-mingling of resources with other UIHS programs, tribal and community efforts. These efforts will continue beyond Healthy Nations funding.

### Strategy 3: Early Identification, Intervention and Referral

UIHS' special programs to promote the early identification and early intervention of substance abuse among Native American youth, pregnant women and other high-risk tribal and community members within the Northern California region included the following: through collaborative efforts both formal and informal linkages were created and strengthened with other UIHS intervention resources, community agencies and other programs in California. Memorandums of Understanding (MOU's) supported these collaborative efforts. Early intervention with youth and other high-risk community members has increased due to training and increased awareness of problem indicators and helping resources with individuals, families and agencies. Early intervention has increase from school referrals, law enforcement, tribal programs, community agencies and families. The MODS that supported this collaboration were made with other Tribal programs, local county mental health departments, youth probation, Indian Child Welfare Programs, School Districts, and other key agencies. The referral agreements will continue beyond Healthy Nations funding.

UIHS is now assessing nearly all of its pregnant clients for stress and other high-risk behaviors. UIHS is interviewing at least 50% of these women for additional information related to the need for early intervention. An intensive home visiting program was secured three years ago for the most high-risk pregnant and parenting women. This program is long-term and has shown great promise toward reducing and preventing prenatal substance use by Native mothers. UIHS is doing better at tracking and detecting prenatal substance use and has formed an agency multidisciplinary (NA-AS) committee to continue to develop this critical area. Additional local and State funding is being sought to continue work in this critical area. Agency and community training has grown and the efforts will continue beyond Healthy Nations funding, through state, local and other grants, with the UIHS NA-As program.

Substance abuse training sessions, workshops and conferences occurred within schools, weekend and summer workshops, and in the training of existing UIHS and tribal program staff. Training topics included the history of substance use and American Indians, use indicators, helping resources, cultural strengths as the answer to recovery and sobriety, decision making, domestic violence, and the post-traumatic stress in Native Communities. The fact that Illicit drugs, alcohol and tobacco abuse was not a part of American Indian history, was reinforced throughout the work. This awareness assisted in the early intervention. Our youth conferences, summer camps, school and community presentations and annual Success In Both Worlds Youth Conference had general awareness training within them.

UIHS fully developed the resources of school based early intervention referrals at more than 20 different public schools for Native American youth. The UIHS program utilized and expanded its counseling department through this capacity building. Community based referral resources are better utilized. UIHS reformatted its peer support groups known as the POWER groups, for youth, with expansion and training in the program. Over 300 community members were referred for early intervention during the past 5 years. Much of the school-based services will continue beyond Healthy Nations funding.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

Numerous adults and family members were referred to related support services such as family counseling, drug and alcohol intervention counseling and other social services. An additional large number of youth were referred throughout the year. Eight schools continue to receive on-site UIHS counseling resources with coordination/advocacy assistance from UIHS staff.

UIHS' Counseling Department (Child and Family Services), the same department that housed the UIHS Healthy Nations Program, continued restructuring its adult residential substance abuse treatment program, which includes a 14-bed residential treatment program for adults. The program is now contracting with other American Indian residential treatment programs in California and has bolstered local outpatient helping resources with this restructuring effort. The Healthy Nations Program built confidence in the CFS Department and UIHS to take on a



restructuring project such as this. Our Healthy Nations Director also directed this adult treatment program. The restructuring is an example of building infrastructure and capacity building. It is believed that both inpatient and outpatient substance abuse services in our region will greatly improve from this restructuring effort. This effort will continue beyond the Healthy Nations funding.

A weekly Unity and Sobriety Group was started two years ago with assistance from Healthy Nations in the rural community of Weitchpec. More than 50 community members have benefited from these support meetings and healthy community events and traditional gatherings have increased due to the success of the Unity and Sobriety groups. Additional sobriety groups have started and use the Unity and Sobriety as a model. These groups will sustain beyond Healthy Nations funding.

Healthy Nations staff has successfully brokered counseling resources and social services to many rural communities and villages such as Pecwan, Klamath and Weitchpec. Helping Services have increased and maintained in these communities. Individual community members as well as tribal programs, staff and agencies have seen increased possibilities for prosperity, sobriety and wellness from the Healthy Nations Program efforts. Expectations have grown and the community norms have improved.

The UIHS program also successfully re-contracted an on-going \$50,000 agreement with Humboldt County Mental Health for counseling services and an on-going yearly \$75,000 contract with local Del Norte County Mental Health for counseling services. Two new counselors were hired with this new funding. These expanded capacity grants will continue yearly beyond Healthy Nations funding. Additionally, UIHS submitted and was successfully funded a proposal for \$25,000 to increase the domestic violence response of UIHS, a \$100,000 teen pregnancy prevention program and other funding options are awaiting award.

UIHS' Healthy Nations Outreach Workers, assisted directly by the UIHS CFS counseling department and the UIHS Healthy Nations Administration, conducted multiple activities to provide access to comprehensive referral, treatment, and follow-up services and advertised the availability of culturally appropriate inpatient and outpatient treatment programs for youth, families and other tribal members. The Outreach Workers were trained on how and where to refer along with multiple other UIHS staff and community members are now more aware of referral options and procedures.

UIHS also continued participation on the IHS Task Force for the State of California to develop Youth Residential Treatment Centers (YRTC's); two centers are now operational for American Indian youth, one in Central California, one in the central region and one in Southern California. These referral options and knowledge will continue beyond Healthy Nations funding.

# WHITE MOUNTAIN APACHE TRIBE OF THE FORT APACHE RESERVATION

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## About the Program

For the last two years, the White Mountain Apache Tribe has been preparing to wage its last war on a deadly perpetrator - alcohol and drugs. Its presence kills our people, soils our land, abuses our children, numbs our culture and violates our traditions. Not one of our 12,500 members has been spared.

The Robert Wood Johnson Foundation's support of a two-year Healthy Nations planning phase has allowed us to develop wisdom about this enemy and a community vision for victory by the next millennia. To beat this elusive foe, we must release all defenses and drop all false shields. In turn, we envision four stages of recovery unfolding to us in the form of awakening, strengthening and healing, coming together, and uniting as a Healthy Nation.

The strategy we have devised for attacking our chemical dependency is multifaceted. Many have already been set in motion as grassroots community members joined with representatives from Tribal health and human services, the IHS, the BIA, and schools to form community task forces, or cluster groups, to draft and pilot test specific battle plans. An inner planning circle was formed, including Healthy Nations staff and a community Advisory Board comprised of all cluster group leaders.

As we moved into Phase 2, to implement our plan, we see our effort expanding from circle to sphere, as programs branch into the community in four directions:

1. **Public Awareness:** We are launching a major Healthy Nations mass media campaign called N'dee Binadesh: The People's Vision. All reservation media outlets are being tapped -- KNNB Radio, The Fort Apache Scout newspaper, special events, and a new media resource: APACHE TV & Video Production. N'Dee Benadesh messages seek to 1) stimulate awareness and action against the major stressors that weaken our Apaches to substance-dependent lifestyles, 2) nurture a sense of Apache identity to shift negative community norms towards sober, healthy lifestyles, and 3) publicize all programs and resources in the Healthy Nations network.
2. **Prevention:** In the schools, we are gradually phasing in a Headstart through 12th grade culturally specific prevention curriculum. We will offer students peer counseling training; a parallel training program will be implemented for teachers. In the community, we are introducing an array of recreational alternatives for youth and families, including wilderness retreats, environmental restoration projects, and classes in fitness, video production, and Apache language, arts and culture.
3. **Early Identification:** We are designing and piloting a computerized Healthy Nations Health Information System linking all agencies with contact or input into substance-abuse related issues. Its purpose is to strengthen referrals and facilitate continuous case management over stages of early identification, treatment and aftercare. In addition, adventure-based counseling alternatives will be offered to youth identified as high-risk, combining counseling modalities with physical, social, cultural and spiritual activities.

4. Treatment: A centrally located Rainbow Center for treatment is being opened, designed to accommodate a new family-based approach to recovery. Increased numbers of outreach counselors and added programs will address the needs of the whole individual, his/her workplace and home environment. Parallel community-based treatment and aftercare options are being expanded, including support groups for women, strength groups for men, and New Directions Personal Development workshops taught by Apache guides in communities across the reservation.

In the year 2000, a Healthier White Mountain Apache Nation we shall be. We honor the Robert Wood Johnson Foundation in their devotion to our vision.

## Host Community/Organization

In earlier days, before white man dominated the culture, Apaches were intensely active people. Their nomadic life, hunting trips and traditional raiding parties demanded exceptional endurance, physical strength, exertion and cunning. Apache runners were legendary, and are remembered for their ability to run for over 13 hours, at a rate of more than 9 miles per hour, (Schwatka, 1974). With the acquisition of the Gadsen strip in 1853, the U.S. government took control of the lands of today's southern Arizona and New Mexico, although Apaches continued to defend their independence for decades. Struggle ended in the 1880's with the establishment of the Fort Apache reservation.

The ethnic breakdown of the population today is: 10,000 to 11,000 individuals are enrolled as tribal members. Membership is based on a constitutional requirement for an individual to meet the one-half (1/2) degree or more White Mountain Apache blood quantum to be enrolled. Approximately 2,500 are from other Indian tribes, primarily Navajo, and the remaining 600 residents are non-Indians employed by Indian Health Service or Bureau of Indian Affairs as health care providers, administrators, or teachers.

The population has been growing at a steady rate of almost three percent per year since 1980. Factors contributing to this increase include a significant decline in infant mortality due to health interventions introduced in the last decade, such as vaccination for the major childhood diseases and treatments for infant diarrhea that were causing pervasive death in the first year of life. In addition, the number of births per year recorded by the Whiteriver IHS Service Unit has increased approximately 61 percent over the last decade. Our current birth rate is roughly 2 1/2 times the U.S. average. Similar to the general U.S. population, the elderly population is living longer due to raised standards for sanitation and housing, better transportation and health care provision.

The White Mountain Apache Reservation is located in north central Arizona in portions of Navajo, Apache and Gila counties. It is 75 miles long and 45 miles wide, encompassing more than 1.6 million acres, with 25 fishing lakes, and at least 420 miles of river and streams.

The reservation has a wide range of topography and climate. The southwestern desert foothills with an elevation of 2,700 feet in the Salt River Canyon contrast sharply with the mountainous pine forests in the northeastern portions of the reservations, where elevations exceed 11,000 feet in the Mt. Baldy area. Whiteriver, the largest population center of the reservation and the seat of the Tribal Government, is located 35 miles southeast of Show Low, 95 miles northeast of Globe, and 190 miles northeast of Phoenix. At an elevation of 5,300 feet, Whiteriver enjoys a moderate four season climate.

The towns of Pinetop/Lakeside and Show Low are the nearest off-reservation communities from Whiteriver. Historically little social interaction existed between tribal members and off-reservation communities. Our members traveled up the hill to shop for clothing, dry goods, groceries and durable goods. Residents of Show Low and Pinetop are among the annual influx of tourists to the reservation who take advantage of the hunting, fishing, hiking or skiing area. BIA, IHS, Public School and Tribal employees who work on the reservation and live up the hill are bridging the gap between our community and theirs. Interestingly, alcohol and substance abuse support groups in both communities are serving to foster interaction. AA meetings in Show Low attract tribal members, while co-counseling

sessions at St. Francis Church in Whiteriver and culturally integrative AA meetings at the Rainbow Treatment Center have begun to attract outlying community members.

## Accomplishments

### Strategy 1: Public Awareness Campaign

The campaign entailed developing, producing and coordinating a mass media campaign via submission of articles, public service radio announcements, brochures, pamphlets, etc., on the harm caused by substance abuse for the entire reservation community.

Upon completion of Phase I, the media cluster group received a grant entitled “Healthy Nations, N'dee Benadesh: the People's Vision”, primarily focusing on a mass media campaign designed, developed and produced by community members. The grant allowed the program to increase its activities, hire additional staff and focus on development of mass media campaign. Some of the productions included local radio station public service announcements on spending time with your children. Billboard signs proved to be the most effective method of sending messages to community members. Additionally, televisions were displayed at prominent locations on the reservation including the grocery store, convenience store, post office and health clinics. At these locations, individuals watched videos written and produced by staff members who are Apaches. The first round of campaigns focused on parenting and spending time with your children. The second round of the campaign was on targeting the bootlegging and drug dealing on the reservation. The final round was on prevention of drug and alcohol abuse.

The cluster groups and staff members coordinated all mass media campaigns through the local radio station KNNB, which aired the anti-drug abuse public service announcements periodically throughout the year including new years eve, graduation night, prom night, holidays and tribal holidays as well as promotion of Healthy Nations events. Sobriety checkpoints in collaboration with the Whiteriver Police department and distribution of "don't drink and drive" flyers were handed out at the drive through window at the local liquor store located on the reservation. The youth cluster public service announcement that promotes a substance free lifestyle was aired throughout the year. The Shi'Kii' Apache Relatives Project distributed positive parenting educational material in the community. The tobacco prevention education project distributed educational material in the community. An educational booth was set up at the fair to target youth on anti-drug abuse messages, and over 30,000 people during the fair visited the booth. The Men's cluster designed and produced a brochure entitled “Apache Brotherhood” and used its content during presentations in the school and community.

Staff conducted the public awareness campaign through forty-four weekly adult shows and forty-four teen talk shows for a total of eighty-eight shows each year of the six years. Guest hosts of the show included the Rainbow Center, Healthy Nation's staff and cluster group members, the tobacco prevention education program, the Behavioral Health Center, Social Services and Tribal Health Authority programs. The talk shows provided an avenue to educate, bring awareness and update community members on all Healthy Nations events. Often times, the radio station did live remote broadcasts for events including the conferences and workshops. The Radio Talk show for youth and adults was a success due to reaching a wide variety of individuals. Adults talked about listening to the Youth talk show that featured local students and their own show. The open dialogue between the participants and guest created and nurtured the need to establish lines of communication with community people in the area of substance abuse awareness. The adult show provided numerous opportunities for local community members to express their concerns and views on a variety of topics.

Staff produced seventeen bi-monthly youth page in the Fort Apache Scout for three years, for a total of sixty pages. Each page typically contained information on substance abuse issues, self- esteem building and other positive pertinent information on Apache youth and their views on drugs and alcohol abuse on the reservation. Staff produced nine monthly newsletters to promote monthly themes. Each newsletter contained eight pages focusing

on the themes of Healthy Nations, wellness issues, upcoming events, activity reports and facts on substance abuse. The newsletter had a circulation of 1000 each month and was distributed to the outlying communities, tribal programs and local schools.

Healthy Nations logo was designed during phase I and used during the life of the program. The materials designed, coordinated and implemented for use with the public awareness campaign featured the logo. The materials were an integral component in success of the awareness campaign.

The Healthy Nations program was visible at many community functions including health fairs, youth events, tournaments and conferences. A display was designed that featured the logo, photos, and newspaper articles related to the program, and was set up at various community events. The staff participated in the Tribal Fair & Rodeo exhibit booth for six years, with visitors to the booth exceeding 50,000 each year. Drug free youth party for parents and youth was sponsored, as well as an elderly get together to honor elders in the community. An outdoor horseshoe tournament for men was also sponsored.

### Strategy 2: Community-Wide Prevention

The prevention aspect of the grant entailed a wide variety of projects and programs by staff and cluster groups targeting community members.

With assistance of community and cluster members, seven men's conferences were held in Whiteriver, ten women's conferences in Whiteriver and two in Cibecue, six youth conferences in Whiteriver, and four parenting conferences in Whiteriver. An average of 1000 participants attended each conference annually.

Staff and cluster groups provided substance abuse prevention education, by means of cluster members speaking to the audience, by showing videos on alcohol/drug abuse and other educational material, at the nine schools and seventeen outlying communities for a total of forty educational sessions. The target population was youth and young adults, and service providers.

The Men's Cluster Group actively conducted presentations to Elementary, Middle and High School students at local reservation schools on an annual basis, with over 150 presentations completed and over 6,000 students and community members.

Topics covered the importance of being substance-free, the importance of education, and being proud to be a drug free Apache. Presentations were given at Whiteriver Elementary, Cradleboard Elementary, Seven Mile Elementary, Whiteriver Middle school, East Fork High School, John F. Kennedy school and AHS. The men who participated were college graduates, fathers, single fathers, and tribal employees, among others.

The Natural Helpers Peer Counseling and training Retreat was conducted for a combination of middle school and high school age youth for a total of 150 youth and twenty adults, sponsors or volunteers. Upon completion of the training, students were able to provide one-on-one help in identifying assistance in the community and schools.

Twelve cluster groups provided monthly forums on substance abuse prevention and education for two hundred community members at community meetings or centers annually. Each cluster group was given the opportunity to address a topic specific to their group. For example, the men's group concentrated on pertinent issues such as the historical and contemporary role of the Apache men in the family, history of Apache Warriors, and the role of Apache adolescent males in the community, both historical and present. Eventually, the men's cluster group forums continued through the entire grant period due to its popularity in the community and demand by the schools.

The cluster groups provided community and school presentations, for one to two hours, two times a month, for nine months, to promote a drug-free lifestyle, each year. Annually, forty-three presentations were completed at various schools and events held in the community including Whiteriver middle school, Whiteriver elementary school, Cradleboard, and Whiteriver Skill Center's GED program with over 1500 individuals. Other presentations provided

focused on the importance of maintaining a drug-free environment by setting goals, and coming together as a community to work together to attain them.

The Parenting cluster group was identified as a potential grantee for a program in latter part of Phase 1. A submission of a grant entitled "Shi'kii' Apache Relatives" was awarded to the Parent Cluster. Staff was hired to oversee the development and growth of parenting classes on the reservation. Parent cluster groups conducted four ten-week parenting training sessions at six locations on the reservation for young parents, parents of adolescents, and court ordered parents. The Shi'kii' Apache Relatives Project through the Parent Cluster has managed the Nurturing Classes being held weekly in the communities of Whiteriver, Cibecue, and McNary, reaching individuals in high numbers. Additionally, ropes course sessions conducted for parenting classes involving intense hands-on training focusing on trust, communication, and cooperation, and how they apply to parenting skills. During the latter part of the grant period, the Social Services program of the Tribe agreed to manage and direct the program.

During the early part of the program, positive alternatives to drug and alcohol abuse was reviewed. One successful program was the overnight whitewater rafting for ten individuals ages twelve to thirty years of age. The groups went on field trips to the Salt River for white water rafting, spent the night along the river and continued their journey. At each trip, an elder and adults entertained and provided therapeutic sessions. Many of the youth were identified as high risk by local schools and behavioral health center.

The overnight campouts at the ropes course was integral part of reaching troubled youth. The campout included ropes course elements and initiatives, night games, campfire activities, and a hike to Blue Lake. Each session focused on healthy outdoor activities, teamwork, and abstinence from drugs and alcohol for close to two hundred participants.

A very popular and demanding program was an intensive ropes course for local schools and community members focusing on youth from ages nine to eighteen. An average of fifteen participants attended each session for a total of 10,000 participants during the life of the ropes course. Designed to provide opportunities for hands-on learning, overcome challenges and fears, learn teamwork and focus on inner strengths, the ropes course has been a valuable asset to the program.

During the winter months. due to requests for training for both school staff and students, an indoor ropes course presentation of alternatives to substance abuse was designed and implemented in the nine schools. These sessions included indoor therapeutic hands-on experiences and initiatives featuring the ropes course. The Ropes Course indoor activities concentrated on physical wellness, team building and giving the child a sense of accomplishments in certain games or elements. Approximately, two thousand community members participated in these indoor activities.

Environmental half day hikes were conducted with five hundred youth, both female and male, age ten to fourteen in each group, to discover and learn about native plants, the importance of maintaining a healthy ecosystem and a healthy lifestyle. The youth were selected based on personal interest by signing up or by referral systems at the schools or courts. The hikes proved to be beneficial for youth who otherwise would not have had an opportunity to explore the outdoors and participate in therapeutic sessions.

The Tribal Council, Whiteriver School District, 21st Century Afterschool Program, Johns Hopkins University, Tribal Health Authority and Healthy Nations sponsored the "Native Visions" sports camp which brought over 700 people, youth and parents, to Whiteriver. The educational program, both athletic and academic from professors and professional athletes, aimed at increasing a diverse experience and challenged youth in sports.

The Adventures team provided hundreds of sessions of outdoor training for thousands of tribal members, focusing on the facilitation of team-building activities in an outdoor setting and applying education in alcohol and drug prevention with all group sessions.

### Strategy 3: Early Identification, Intervention and Referral

The goal of intervention and early identification efforts included a wide variety of clientele from court ordered parents, juvenile offenders, service providers and adult members of the community.

Parent Trainers conducted ten weekly parenting education sessions per referral to twelve first time offenders. 348 parents participated during this project. The tribal court referred parents for neglect, child abuse or battery. The parenting education sessions focused on healthy family structure including cultural values in child-rearing and family unity.

Training was conducted with presentations on substance abuse and early identification for service providers and community members. The speakers targeted service providers that work directly with alcoholic clients or children affected by alcoholism or drug abuse. The presentations have been provided to the Whiteriver Police Department, Social Services, Health Authority Programs, Head Start, Hon Dab Casino, Museum, Tourism office, School District personnel, Alchesay High School, Northland Pioneer College, and the Rainbow Center with over six hundred participants.

Staff conducted early identification and intervention training, with the primary focus on various illegal drugs and its effect on body, mind, and spirit, and specifically targeting parents who gained knowledge on identifying early on the use and abuse of drugs. The drug paraphernalia as often used by youth and young adults provided insight to parents who were unaware. Parents and staff participated when the Healthy Nations made use of the DWEYE goggles at the session for Whiteriver Police Department. Topics included levels of intoxication, self-esteem problems related to substance abuse, labeling, sensitivity and follow up procedures when making referrals. The response from the officers was overwhelming. They informed our staff that they were able to understand why offenders behave the way they do and they were able to learn new ways in dealing with them. Upon completion of the Walk Against Drug dealers and bootleggers, the local school showed a reduction in juvenile and liquor violations. The Tribal Council and government have taken a strong stand against drug and alcohol abuse and supported prevention education in the community. The community were exposed to positive alternatives to drug and alcohol abuse in the community causing change of attitudes and behaviors.

Conducted training to one of the largest employers on the reservation to identify problems associated with substance users and to educate these employers about the referral process to the Rainbow Center or other treatment facilities. Two parent advisory committee meetings at Cradleboard Elementary and at Whiteriver Middle School benefited from the substance abuse awareness presentations held at each school. Another presentation was completed with Rainbow Center, Healthy Nations and Health Authority sponsoring the event, with 100 participants attending.

### Strategy 4: Substance Abuse Treatment and Relapse Prevention

The goal of treatment/aftercare included both inpatient and outpatient adults at Rainbow Center, referral to off reservation sites and field trips.

The Healthy Nations staff members provided support by allocating airtime during the Healthy Nations talk show twice monthly to recruit adults for treatment. The staff designed, developed and produced educational material for use by Rainbow Center staff. The talk shows supplemented the Whiteriver Rainbow Center's treatment and aftercare program by educating the community about substance abuse programs at Rainbow Treatment Center. Adolescent referrals for in-patient treatment to outside treatment centers each year proved to be a necessity for some who are at high risk. These programs will be sustained beyond the Healthy Nations funding.

Healthy Nations sponsored local church members to participate in weekly alcohol education classes in Whiteriver and Cibecue. Additionally, all Healthy Nations events or projects included staff members and in-patients of the



Rainbow Treatment Center as participants or coordinators, such as Healthy Relationship workshops, community conferences or field trips. Many individuals and families have benefited from these sessions.

Ropes course sessions were an integral part of the client recovery program at the Whiteriver Rainbow Center. At each session, there has been tremendous response from clients who are dependent on drugs or alcohol. These clients have had low self-esteem and little confidence, and by participating in the ropes course, they gain confidence and take pride in their accomplishments. Over five hundred individuals participated during this program.

Alternative activities such as beading, cradleboard making, burden basketmaking, bow and arrow making or other cultural arts, were provided for recovering men or women in conjunction with formal alcohol treatment outpatient program at the Rainbow Center.

All clients of the Whiteriver Rainbow Center participated in the annual field trips, which incorporated the cultural aspects including recognizing the significance of beads left on Mt. Baldy, the correct and proper ways of traversing upon sacred Apache sites, what materials are necessary in the making of Apache cultural items, the types of plants necessary for the making of burden baskets, and hands-on demonstrations about making these items. The Rainbow Center has incorporated this objective into their weekly alcohol education classes held in Whiteriver and Cibecue, as well as evening activities.

Healthy Nations sponsored field trips each year to sacred locations on the White Mountain Apache Reservation. Mt. Baldy, which is one of our sacred mountains on the reservation, was one of these trips. The sacred Salt Banks located in the Salt River Canyon and Pumpkin Lake field trip were significant events for individuals who visited these places for the first time in their lives.

Ongoing weekly AA Meetings are held at various locations on the White Mountain Apache Reservation in Whiteriver and Cibecue. Daily sessions are held at the Whiteriver Rainbow Center as well as three evening sessions that also included a Narcotics Anonymous group. Community members were invited to speak on their personal sobriety journey at these sessions.

All clients of the Rainbow Center participated in a majority of the events sponsored by Healthy Nations including field trips, conferences, workshops, cultural activities, health fairs, and youth alternative activities.

Many, many people have been touched by Healthy Nations in its entirety. The personal stories of hundreds and hundreds of people cannot be written. They have stories to tell about their personal experience: in the wilderness with the rafting trips; sharing stories at women's support groups and conferences; learning about drug and alcohol abuse at training sessions that enable them to do their work more effectively; how basketball is teaching them a new level of the game - both on and off the court; what a boost in confidence they have as a result of riding the zip line at the ropes course; walking against drug-dealers and bootleggers with young and old alike; speaking on the radio; hearing public service announcements on the radio in their native language; learning about their culture; words and feelings that cannot describe individuals who are empowered to make change in their life.

The commitment and dedication of funds, staff support, administrative support has gone above and beyond its expectations. Change is inevitable. How a community deals and reacts to change determines its outcome. We are once again faced with a high rate of suicide, and the same problems remain, but our community has grown, learned and fostered itself to bring on healthy change. We are optimistic about the future of our people. Because of the Robert Wood Johnson Foundation and the direction and guidance of the National Program Office, we are facing a promising and hopeful future.