**Community Wellness Coalition**

**May 21, 2012**

**Humboldt Area Foundation**

Welcome and Prayer

Andre lead the introductions - each person was asked to share what they would like to get from being a part of this group and what they had to offer:

Cheryl Seidner – Would like to learn from others and wants to listen to what others have to say.

Glenna Starritt – Involved with food policy council, garden projects.

Monique Sonoquie – Indigenous Youth Foundation – would like to network and collaborate with others in the group. Just had the Maori Healers attend the Native Family Health Days on May 15th in Hoopa.

Beri Tally – Works with the Karuk Youth Council who are working to build a healthy community. The youth are fund raising to go to Washington D.C. as they have been invited, from May 31st to June 2nd, to visit the White House and attend a function related to Michelle Obama’s “[*Let’s Move! In Indian Country*](http://www.doi.gov/letsmove/indiancountry/index.cfm)” program; in part because an article by Maymi Preston-Donahue about one of our activities, a 12-mile run from Independence to Happy Camp with Karuk Tribal Council member Crispen McAllister, was recently recognized by the Obama Native News Contest. <http://www.tworiverstribune.com/2012/04/karuk-charity-run-inspires-youth/> Maymi also nominated Crispen as a White House [Let’s Move! “Champion of Change](http://www.whitehouse.gov/champions/let%27s-move%21)”.

Liz Lewis – UIHS: Works on Tobacco and Women’s Breast Health issues – wants to hear others ideas, collaborate, improve services and get motivated.

Angela Barnoskie - Works at UIHS in suicide prevention – would like to do presentations and is working on suicide prevention teaching youth coping skills.

Jessica VanArsdale – Data collection for the California Endowment 10 year Building Community Project. They are tasked with developing community indicators for the Native Boys and Men of Color project.

Norma McAdams – Grant writer for the Hoopa and work with the Native Women’s Health and Wellness Alliance. Just had the 9th annual Women’s Wellness Gathering on May 18th & 19th in Hoopa. Wants to work collaboratively to help our people heal. Sees substance abuse is a major issue.

Diane Holliday –Wants to learn from others and is a good listener. And on a humorous note she heard we would be serving lunch!

Kathy Dowd – On the Tribal Council and secretary of Resighini Rancheria. Interested in the boys and Men of Color project – would like to get the young boys involved to learn more from the men.

Keshan Dowd – Director of social service – wants to learn more about the larger community to take back to the tribe.

Lou Moerner. NCIDC Community Wellness Director – Get direction from the group on what they are working on and what is important as it will influence where to take the wellness department in the next 5 years.

Denise Padgette– Smith River Tribal Council and NCIDC Council. Areas of interest/concern: social services and the Alcohol & Drug problem in the community. Here to get new ideas.

Geneva Shaw – asst. Director for Yurok social services – looking for ways to expand and collaborate work together to provide education and outreach.

Paula (Pimm) Allen - UIHS Traditional Resources Program – current project is CDC Food is Good Medicine. Pimm is also on the Humboldt Area Foundation Board. Pimm expressed her support of culturally appropriate programs.

Holly Hensher – UC Davis outreach to Tribes food security and youth develop and community wellness. Introduction to people in her new roll. Collaboration.

Valerie Reed – UIHS traditional Resources – Support, networking and collaboration.

Andre Cramblit– (Karuk) Is the Operations Director for NCIDC. Would like to combine what Cheryl and Pimm said about seven generations. Wants to focus on a continuum of culture healing so that it becomes part of all services offered to youth through elders.

Danielle Carmesin– Klamath River Early College of the Redwoods (KRECR). Transforming the community through education. Wants collaboration with the community and to leave with one person to do a presentation. Also wants to develop long-term relationships with other service providers.

Karen Skoglund – McKinleyville “Success in Both Worlds” conference, a biannual four-county gathering of more than 300 American Indian high school students with the goal of encouraging the pursuit of higher education. Wants to network with other groups. Know what resources are available to direct others to those resources. Learn more about what is going on in the community.

Konni Readen – Executive Assistant - NCIDC. Here to listen and learn about what is going on in the community.

Clarence Hostler – Caseworker substance abuse services of the Karuk Tribe– very few services in eastern Humboldt County. Core group of men come together to support each other. Challenge day at Hoopa – learn from the students what the community needs. Ceremonial places are being threaten by the marijuana grows. County has not taken a position on the encroachment. Goal is to encourage everyone to be at the next county supervisors meeting. We don’t approve of medical marijuana grows in our community. Need the coalition to stand up to the marijuana growers at the supervisors meeting. The Indian voice needs to be heard.

Vincent Feliz- faculty member at HSU has a background in Alcohol & Drug abuse. Interested in the Native Boys and Men of Color. Here to build relationships. Meeting people here – continuing our work. Marijuana is not a Native tradition.

Robert Kinney Works for the Yurok tribe social service department as an Elder’s Advocate. The Yurok Social Services Department is committed to providing culturally appropriate, quality services. The Department administers a broad variety of services including: [General Assistance](http://www.yuroktribe.org/departments/socialservices/socialservicesgap.htm), [Yurok Food Distribution](http://www.yuroktribe.org/departments/socialservices/socialservicesfdp.htm), [Indian Child Welfare Program](http://www.yuroktribe.org/departments/socialservices/socialservicesicwa.htm), [Low Income Home Energy Assistance Program](http://www.yuroktribe.org/departments/socialservices/socialserviceliheap.htm), [Yurok Youth](http://www.yuroktribe.org/departments/socialservices/socialservicestanf.htm), [Social Work](http://www.yuroktribe.org/departments/socialservices/socialservicessw.htm), Emergency Assistance, [Temporary Assistance for Needy Families](http://www.yuroktribe.org/departments/socialservices/socialservicestanf1.htm) and the new [Yurok Domestic Violence/Sexual Assault Project](http://www.yuroktribe.org/departments/socialservices/socialservicesydvsap.htm).   Our mission is to help tribal members and families achieve independence, self-sufficiency and healthy, productive communities.

Bari Talley – Youth council has been invited to the White House. Want to meet Mrs. Obama and learn about her Let’s Move Program. Getting an award for Change Champion. Need $2,000 for ground transportation. There will be 8 youth and 2 adults. Leaving May 31st.

Angela Barnoskie - Suicide Prevention training for 12 – 18 year olds on July 10th - 13th. The 10th is designed for facilitators only the rest of the time is for youth where they will learn coping skills.

Norma McAdams –Have a Community policing volunteers project, which is based on honor and respect. They work with the Tribal Police. They have used training from traditional models but are trying to create a model for officer training (Federal level) to make it more appropriate for rural areas. Trying to get youth involved. Working with other Tribes to learn more and also working with an Anti-drug coalition. Would like to see the Boys and Girls club or Big Brothers and Big Sisters to work with Hoopa youth. Is checking on a National Native Big Brothers and Big Sisters program for assistance.

Monique Sonoquie– Basket weavers gathering raising $1,000. The Maoris want to come back and provide training. – Trying to raise $5,000 to bring them back.

Pimm Allen- Summer Youth Camp will be in July. Need youth 15 to 19 years old as peer counselors and adult counselors too. Let your Tribal Reps know it is important to have the camps. There is some risk that the camp will not happen this year. The UIHS May-Gay-Tolh-Kwe Summer Youth camp provides a safe and positive camping experience for American Indian community youth ages 9-12 who are registered with UIHS.  Campers will be introduced to local cultural traditions and have the opportunity to participate in many activities that promote and encourage healthy lifestyle choices.

Cultural activities will include necklace making, storytelling, and traditional games.  Presentations & activities on health & wellness related topics such as diabetes prevention, self-esteem building, nutrition, recycling and environmental education. Campers will also participate in daily hikes, nature walks, games and various sports activities.

Vincent Feliz & Cheryl Seidner– attended Signs of Safety for child in foster care. Should we bring this to Indian Country? International model on how we engage families – around the foster system. County is looking at changing the system. “Circles of Sharing”. In-depth exploration. Does not come from a place of fear – engaging the family and change the system from scaring families to engaging them.

Geneva Shaw – Local ICWA conference sponsored by Yurok tribe and CA legal services and others. On June 19 through the 21st. Registration on Yurok website: http://www.yuroktribe.org/departments/socialservices/icwaconference.htm. Learn about Indian Child welfare.

Youth council – provides a domestic violence and prevention program. The youth learn leadership skills, sex education and alcohol & drug information, healthy relationships and boundaries and they are trained to give presentations. The youth are called Peer-to-Peer educators.

Andre Cramblit & Geneva Shaw – TANF Domestic Violence conference is in its 5th year. Looking to expand to add more tracks. This year the focus is on cultural sensitivity, wellness and domestic violence – they want to add a Youth piece but were still uncertain how to make this happen logistically

Karen – Success in Both Worlds – looking for sponsors. Youth will decide what the theme will be. The Conference takes place at McKinleyville High in April of 2013.

Danielle – Student showcases – June 5th at Klamath. Other activities and events: Community Agencies work with Students, Community Garden in the Glen, Photo voice Project with UIHS, Darkness to Light “Sexual Abuse Training” How Do You Recognize Sexual Abuse.

**Resources Available:**

NCIDC Council has a small fund of money that anyone can apply for. See Konni Readen 445-8451 or Konni@ncidc.org.

Showed the tobacco video during lunch.

**Round table sharing:**

**Traditional Foods**

Need for inclusion instead of exclusion. Programs are often limited by who can be served. Ceremonial activities are inclusive as opposed to the limitation that we are under when funding sources dictate what we can do. Language can break down some of the barriers that are experienced between different Tribes – especially during ceremony. Invite people from other Tribes. Talking to youth about the various gatherings practices. The group sees the need to make a commitment to work together (beyond Tribal lines) on traditional food issues.

**Substance abuse**

Discussed how substance abuse is not traditional. Wellness gatherings. Discussed the use of Traditional herbs for disease. We have a lot of freedom without responsibility and they would like to see more responsibility. You cannot eat marijuana and the land could be used for food instead of growing. Encouraged working with elected officials invite them to come and experience what the people that live near the growing fields experience every fall. The social acceptance of marijuana as an industry is negatively impacting Indian Communities. Have to be able to replace the economic loss from not growing marijuana. Focus on education and awareness. Working with the clinics on harm reduction around the 215 and pain medicine combination. Uncheck mental health issues that lead to self-medication are also an issue. Need to take the responsibility to use natural and traditional medicines instead of western medicine.

**Education**

Celebrate the TAG program and how they get kids to do things on the weekend. Appreciate UIHS’s ability to pull youth together. How they can share resources. Working collaboratively within Tribes and programs.

* TAG is a successful program that gets youth involved in the community.
* Orleans has good community involvement and the tribe needs more from Happy Camp and Yreka.
* Yurok Tribe is hiring for a Suicide Prevention Educator that will work in the smaller communities.
* KRECR is looking for a Yurok Language class at their new Crescent City site.
* Yurok Tribe has funding for a Boys and Girls Club
* Adopt a Grandparent is an inexpensive resource to get more Elders involved.
* The Del Norte Indian Education center can assist with after school language, cultural and academic programs.
* UIHS summer camp will focus on suicide prevention and developing coping skills.
* NCIDC is looking to expand their services during this next application cycle to include portions of Siskiyou county and possible Orleans.
* KRECR is opening a new site (in a brand new building) that is under utilized so they are looking to partner with other programs.
* Bari wants additional information on the P-16 Council.
* To support increased physical activity programs can look into “Let’s Move in Indian Country”:(<http://www.doi.gov/letsmove/indiancountry/>)
* More support is needed for technology including training for staff and students.

The group filled out forms for the Boys and Men of Color and the CSBG project – making recommendations of youth in the community for jobs and for potential participants for the survey and focus groups.

The group decided they would like to meet every two months and they opted for the long meetings (3.5 hours). Smith River offered space at the Rancheria and the group would like to have a meeting at Smith River and one in Hoopa or the eastern area.

Meeting adjourned.