

PREVENTION & RECOVERY

A Quarterly Newsletter for Indian Country

*"Today I send a voice for a people in despair...
It may be that little root of the sacred tree still lives.
Nourish it then, that it may leaf and bloom and fill
with singing birds."
—Black Elk, Oglala Sioux*

A MULTI-AGENCY ALCOHOL AND SUBSTANCE ABUSE PREVENTION COLLABORATION

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Tribal Justice Grant Opportunity

THE COORDINATED TRIBAL ASSISTANCE SOLICITATION IS OPEN!

The U.S. Department of Justice (DOJ) is pleased to announce that the Fiscal Year 2012 Coordinated Tribal Assistance Solicitation (CTAS) is now available at the Tribal Justice and Safety Web site (<http://www.justice.gov/tribal>). The CTAS



combines most of DOJ's available tribal government-specific competitive grant programs into one comprehensive grant solicitation to support improvements to public safety, victim services and crime prevention in American Indian and Alaska Native communities. Technical assistance and training opportunities are

also posted on the web site to assist with completing the application process.

More than \$101.4 million is available through the 2012 CTAS. Tribes are encouraged to use this funding to conduct comprehensive planning, enhance law enforcement, bolster justice systems, support tribal efforts to prevent and control juvenile delinquency, strengthen the juvenile justice system, prevent youth substance abuse, serve victims of domestic violence and sexual assault, and support other crime-fighting efforts. Read the solicitation at <http://www.justice.gov/tribal/ctas2012/ctas-solicitation.pdf> to learn all the specifics of this open program. The CTAS 2012 fact sheet at <http://www.justice.gov/tribal/ctas2012/ctas-factsheet.pdf> further describes the programs available.

The Tribal Justice and Safety web site includes step-by-step procedures on how to apply: <http://www.justice.gov/tribal/apply.html>.

This year, all applications should go through the Justice Department's Community Partnerships Grants Management System (CPGMS), <https://grants.ojp.usdoj.gov/gmsexternal/login.do>, a web site which houses samples of all documents necessary to apply to the solicitation. Here you can peruse and study the solicitation and all forms to be completed during the application process.

You can revise an application in CPGMS up to the application deadline: 9:00 PM ET on April 18, 2012. Please note that only one application per tribe, and only the final version of an application submitted in CPGMS, will be considered in the review process.

Umatilla Tribal Youth Athletes

"Umatilla Thriller"



Photo Courtesy of Rick Schimmel

Shoni and Jude Schimmel are enrolled members of the Umatilla Tribe and were raised on their reservation in Mission, OR. The sisters are both currently attending the University of Louisville on basketball scholarships.

Shoni is a nineteen-year-old sophomore; Jude an eighteen-year-old freshmen. The girls believe their success in the classroom and on the basketball court are the result of dedication, hard work and being proud of their Umatilla heritage.

They strongly believe that to be the best student-athletes, they must live a healthy lifestyle, which includes strengthening their minds, bodies and souls. Their choice to live a lifestyle free of alcohol and drugs is an important factor in their success. They both were graduates of DARE programs in elementary school, and those early messages have stayed with them into young-adulthood. Being active in sports since early childhood and raised with strong family values has contributed to their choices to be drug-and alcohol-free.

Shoni has been quoted as saying, "I am going to do my best to prove to Native Americans that they can leave home and be okay. My job is to play basketball, and I love doing it."

Shoni recently scored 19 points against the Georgetown Hoyas in a nail-biting game, 64-61 Louisville—what a thriller!

--Rick Schimmel & Gloria T. Mora

The newsletter was created in collaboration with the following partners: Administration for Native Americans - Administration on Aging - Bureau of Indian Affairs - Bureau of Indian Education - Indian Health Service - Office of Justice Programs - Office of Tribal Justice - Substance Abuse and Mental Health Services Administration - The White House Initiative on Native American Education

Universities

CONNECT, INFORM AND EMPOWER

Attorney General's Defending Childhood Task Force



Gila River Girl, Photo Courtesy of BIE FACE Program

Justice Department Public Hearing Looks at Preventing Children's Exposure to Violence in Rural and Tribal Communities

The Department of Justice's National Task Force on Children Exposed to Violence held a public hearing in Albuquerque, N.M., in February 2012 on the challenges rural and tribal communities face in preventing children's exposure to violence. The hearing, an integral part of U.S. Attorney General Eric Holder's Defending Childhood Initiative, is one of four public hearings held nationwide to gather information and testimony from experts, advocates, and communities on the extent and nature of childhood exposure to violence in the U.S.

"Our children are exposed to far more violence than we realize," said U.S. Attorney Kenneth J. Gonzales, who delivered opening remarks at the hearing. "The task force will enhance how we work together to serve our children in cities and towns, on reservations, and in rural areas throughout the nation."

In a recent survey of New Mexico youth by the Centers for Disease Control and Prevention (CDC), nearly 20 percent reported they were bullied on school property and almost 10 percent experienced dating violence. Nearly 16 percent seriously considered attempting suicide during the 12 months preceding the survey.

"Rural and tribal communities face unusual challenges, such as lack of resources or access to services, complicating efforts to reduce the impact of violence on children," said task force member Sarah Deer, a citizen of the Muscogee (Creek) Nation of Oklahoma and an assistant professor at William Mitchell School of Law in St. Paul, MN. "This hearing in Albuquerque will help the task force understand these unique challenges and guide us toward solutions."

Later this year, the task force will issue a final report to the Attorney General that will present policy recommendations and serve as a blueprint for preventing and reducing the negative effects of youth violence across the country. Additional information on the Defending Childhood Initiative, and the task force and its hearings, are available on the Defending Childhood web site: <http://www.justice.gov/defendingchildhood>.

Upcoming Events

National Congress of American Indians 2012 Executive Council Winter Session—March 6-8, 2012—L'Enfant Plaza Hotel, 480 L'Enfant Plaza, SW, Washington, DC. For more information, please visit: <http://www.ncai.org>.

American Indian Institute at the University of Oklahoma—Native Fitness Training/ Intro to Social Marketing—March 16 – 18, 2012—Rancho Bernardo Inn, San Diego, CA. This training is for tribal health administrators and directors who are interested in the field of social marketing. For more information, please visit: <http://aii.ou.edu/conferencetrainings/native-fitness-copy/>, <http://aii.ou.edu/conferencetrainings/social-marketing-copy/>.

American Indian Institute at the University of Oklahoma: Behavioral Health Diabetes Prevention Public Health & Wellness —11th Annual Native Women & Men's Wellness Conference— March 18-22, 2012—Rancho Bernardo Inn, San Diego, CA. For more information, please visit: <http://aii.ou.edu/conferencetrainings/native-women-mens-copy/>.

American Indian Higher Education Consortium 2012 Student Conference—March 24-27, 2012—Best Western Ramkota Hotel, 2111 N. LaCrosse St, Rapid City, SD. For more information, please visit: http://www.olc.edu/local_links/aihec/.

National Indian Child Welfare Association 30th Annual "Protecting Our Children" National American Indian Conference on Child Abuse and Neglect—Apr 22-25, 2012—Radisson Fort McDowell Resort, 10348 North Fort McDowell Road, Scottsdale, AZ. For more information, please visit: <http://www.nicwa.org/conference>.

Indian Health Service 2012 National Behavioral Health Conference — June 25-28, 2012—DoubleTree by Hilton Bloomington – Minneapolis, South 7800 Normandale Blvd, Bloomington, MN. For more information, please contact: bhconference@kauffmaninc.com, or [http://www.ihs.gov/AdminMngrResources/IHS_Calendar/index.cfm?module=Event Information&event_id=1295](http://www.ihs.gov/AdminMngrResources/IHS_Calendar/index.cfm?module=Event%20Information&event_id=1295).

A Story of Success/Nine Tribes of Oregon Videos

Every Native American child has heard a million cautionary tales about the perils of drug and alcohol abuse. As a child I wanted to succeed, I wanted to be the exception to the rule that sparked so many of these stories. It seems as if every family has a cousin, uncle, aunt or parent with an addiction. There are plenty of negative examples about why I shouldn't take drugs or drink, but they aren't the reasons I chose not to do so. Instead, I chose not to succumb to drinking or drug abuse because of the positive examples in my life.

Growing up there was no shortage of anti-drug and anti-drinking public service announcements reminding me to "Just say no." I remember an episode of *Saved by the Bell* where Zack Morris declined smoking marijuana at a party. All of that was just supplementary. My family was the main reason I said no. They were strict, but nurturing. I knew I had no business with drugs and alcohol. They knew I knew I had no business with drugs and alcohol. Twenty-five percent of the reason I stayed away from drugs and alcohol was the fear of what punishment I'd endure from my parents if they found out. Seventy-five percent was me realizing I had aspirations for a life beyond childhood where drugs and alcohol were not even a factor.

I got good grades in elementary school, junior high and high school. I graduated from college. After accomplishing all of those things, I've come to the conclusion that I'm not the exception to the rule. All of us as kids wanted the same things. Some of us just had more support. We had mothers, fathers, sisters and brothers to look up to and provide us with guidance. We had teachers who wanted us to succeed. Our schools strove for academic excellence and our communities took pride in our creative and intellectual endeavors.

What makes *Prevention & Recovery* such a great publication for tribal leaders and individuals such as myself is that it's not only a newsletter, but a resource and inspirational outlet to remind us that there are children, parents and teachers in communities surviving as models of success, and creating opportunities for Native people to succeed and move beyond cautionary examples about the problems of addiction. — Brian Bahe, Hopi, Navajo and Tohono O'Odham



Nine Tribes of Oregon Enforcement of Underage Drinking Laws (EUDL) Videos—A joint effort produced by tribal prevention coordinators across the state. The nine Tribes of Oregon pooled their EUDL resources together for one big film project. This effort has recently come to fruition and we are sharing it quite liberally. It showcases some Native approaches to prevention in a non-scripted, "organic" track.

- Warm Springs, Oregon (Part 1)
<http://www.youtube.com/watch?v=5lm5q8TMdmg>
- Swinomish, Washington (Part 2)
<http://www.youtube.com/watch?v=qyqUsVlomew>
- Mission, Oregon (Part 3)
<http://www.youtube.com/watch?v=yonp7jQ0c1s>

For more information, please contact:

Michael Martinez, CPS Warm Springs Community Counseling Center at (541) 553-3205, Warm Springs Prevention Building: (541) 553-0467, Cell Phone: (971) 678-0387, or Email: michael.martinez@wstribes.org.

Questions or comments? Please feel free to contact the Newsletter Committee Co-Chairs:

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We look forward to hearing from you!

Please click the sites below for valuable information:



Tokala Inajinyo / Let's Move! in Indian Country

What is the Tokala Inajinyo Suicide Prevention Mentoring Program?

The Tokala Inajinyo Suicide Prevention Mentoring Program is funded by the Indian Health Service Methamphetamine and Suicide Prevention Initiative and is located on the South Dakota Rosebud Sioux Reservation. The project's primary focus is to provide extensive training to 25 high school students to become peer mentors. This program is focused on the prevention of Suicide, Alcohol/Drug Abuse, Domestic Violence, Unhealthy Lifestyles, and negativity from living within a dysfunctional environment. This program proposes to provide preventative services in the form of physical activities, emotional relief, exposure to various cultural activities, spiritual activities, and basic health lifestyles to create awareness and pride in their heritage, a sense of self-worth as an individual, and the opportunity to therapeutically recover from unsettling issues in a safe environment. The program will train eight students from St. Francis Indian School, eight from White River High School, eight from Todd County High School, and one from Winner High School.



Photo courtesy of Tokala Inajinyo Program

FACTS: Mentors help improve a young person's self-esteem • Mentors provide support for students trying new behaviors • Youth who meet regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking (Public/Private Ventures study of Big Brothers Big Sisters) • About 40% of a teenager's waking hours are spent without companionship or supervision • Mentors provide teens with a valuable place to spend free time • Mentors teach young people how to relate well to all kinds of people and help them strengthen communication skills (<http://www.mentoring.org>). For more information email: tokala.inajinyo@gmail.com.

Celebrating the Two-Year Anniversary of Let's Move!

On February 9, 2012, the White House issued an article celebrating the second anniversary of *Let's Move!* and the significant progress that has been made to solve the problem of childhood obesity across Indian Country.



Today, nearly one in every three children in the U.S. is overweight or obese. An integral part of the *Let's Move!* initiative includes addressing the needs of populations where childhood obesity rates are particularly high, including American Indian and Alaska Native (AI/AN) communities, who experience obesity related diseases at disproportionately high rates, and who are twice as likely as the general population to be overweight.

In May 2011, first lady Michelle Obama launched *Let's Move! in Indian Country* (LMIC) bringing together federal agencies, local communities, nonprofits, corporate partners, and tribes to end the epidemic of childhood obesity in Indian Country within a generation by creating a healthy start on life for children; ensuring

families access to healthy, affordable, traditional foods; and increasing opportunities for physical activity.

LMIC has worked with many stakeholders in Indian Country to create a comprehensive toolkit to connect communities, schools and tribal leaders to resources, funding, training and programs that will help improve the health of the next generation. The LMIC interagency partners also have worked towards four specific goals, informed by the work of the Childhood Obesity Task Force and the feedback received through meetings with tribal leaders and organizations. These goals include:

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

Only through continued support and leadership with tribes and tribal communities can LMIC succeed in building a healthy future for Indian Country's children and youth.

Please email letsmoveinindiancountry@doi.gov or visit *Let's Move!* (<http://www.doi.gov/letsmove/indiancountry/index.cfm>) for more information.