



CIRCLE-NARCH April 2025 Newsletter

Welcome to the Center for Indigenous Research Collaboration Learning & Excellence (CIRCLE) NARCH April 2025 newsletter! CIRCLE-NARCH is a partnership between the Healing Lodge of the Seven Nations and the Division on Addiction at Cambridge Health Alliance. Our flagship training, *xa?tu's* (First Face) for Mental Health, prepares peers, teachers, coaches, and other Tribal community members to be the “First Face” supporting someone experiencing a mental health or substance use crisis or challenge.

Here's what we have been up to this month!

- On April 4th, the Healing Lodge hosted **HL7NGotTalent**. Attendees got to celebrate the talents of residents and staff members, including Donell Barlow, one of our Training & Research Coordinators (TRC).



TRC Donell Barlow shared spoken word poetry, with Healing Lodge Expressive Arts instructors Terrel Lay and Raleigh Brown running the show.

- On April 14th, the Training & Research Coordinators facilitated a quarterly First Face for Mental Health Training to the Healing Lodge Staff. Ten new Healing Lodge staff were trained to be First Faces.
- On April 16th, we hosted a virtual Working Group meeting updating our Working Group members on our progress and upcoming funding applications. This included a presentation about our evaluation of First Face training among Healing Lodge staff.

Our Impact at a Glance



The TRCs finished their final community survey collections on March 25th on the Colville Confederated Tribe of Indians reservation in Omak, Washington. We have collected a total of 510 community surveys this round, exceeding our goal of 400! TRCs will still be working with your communities to collect follow-up surveys from First Face trainees and share information about the training through the Working Group and in academic papers.

Upcoming Events

- On May 16, the First Face team will facilitate breakout sessions with the Spokane Tribal community as a part of their efforts to raise awareness of mental health issues and how to help community members experiencing

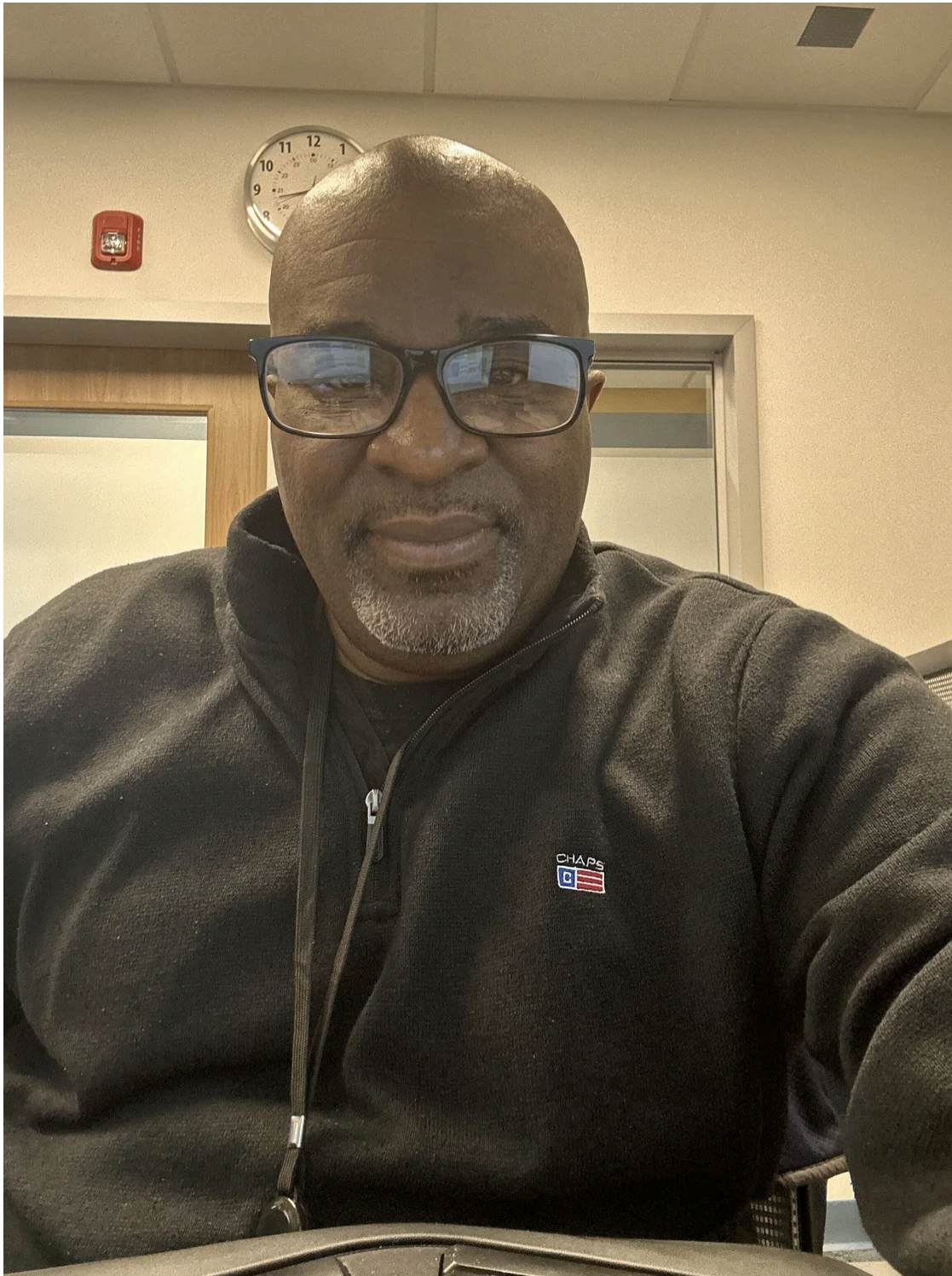
mental health crises using the Healing Hands. See if you can identify the steps in the Healing Hands below! (Answers are at the bottom of this newsletter.)

The Healing Hands



Meet the Team

This month we are introducing Derrick Singleton who works in the Family Health and Wellness Clinic providing mental health services to the Healing Lodge residents. His positive attitude is contagious, and he always has a smile on his face.



My favorite quote is, “I Practice What I Preach!” I like that quote because I teach Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Anger Reducer Therapy (ART). I implemented these treatment modalities in my life so that I could understand the treatment skills and give examples of how the skills work in youth and adults' lives.

Derrick was born and raised in Shelby, North Carolina. When he graduated with a Criminal Justice Degree from Eastern Washington State University in 2004, Derrick wanted to be a Washington State Trooper. He moved to Olympia and applied for the WA State Trooper Academy. After learning that it would be several months before another class started, he decided to become a security guard at a juvenile

detention center. A supervisor noticed how Derrick talked to the kids when they were having any types of issues and crises and thought he would make a good residential counselor. Soon enough, Derrick moved on to that position, working at another juvenile detention center. He worked with youth dealing with mental health, substance misuse, sexual offense, or criminal justice issues. From that day forward, Derrick never looked back.

Derrick moved to the Spokane area to be with his daughter and found employment at the Healing Lodge of the Seven Nations. He began working at the HL7N as a Skills Coach. This was his first chance working with youth in a therapeutic rather than correctional setting. Here at the Lodge, he shares his previous experiences at the juvenile detention facilities with residents. Derrick shares with them that in a juvenile detention center, they would not have the freedom that they have in a treatment facility and that their lives would have a completely different outlook because a juvenile detention facility is basically a juvenile prison. He tries to instill the opportunity that the residents have to restore their lives in a positive direction.

If Derrick had a pearl of advice he would like to share with adolescents, he would tell them, *"When you're around 18, your family and people in your community might see you still young and treat you like a teenager. However, society sees you as an adult and will treat you like an adult. Sometimes, society will not show empathy and sympathy toward you, either."*

Prevention Corner



TOGETHER WE ACT, UNITED WE CHANGE

SEXUAL ASSAULT AWARENESS MONTH 2025

April is Sexual Assault Awareness Month. The first Sexual Assault Awareness Month campaign was begun in 2001 by the National Sexual Violence Resource Center (NSVRC) providing research and tools to end sexual violence and other forms of oppression; however, activism to bring awareness to sexual assault began as early as 1940 and gained momentum during the Civil Rights era at the same time that people began to advocate for broader social change. The first rape crisis center originated in San Francisco in 1971, and the Violence Against Women Act (VAWA)

became law in 1995. VAWA has been amended several times, most recently, in 2013 to address the responsibility of Tribes and governmental agencies to protect Native American and Alaskan Native women.

You can learn more about what is sexual assault, harm and violence [here](#), and you can learn more about Tribal amendments under VAWA [here](#).

Disproportionate Impacts

The [Centers for Disease Control](#) considers sexual violence to be a significant problem in the United States, having deep impacts on survivors' long-term health and work productivity among other aspects of their lives. This results in an estimated cost of [\\$122,461](#) per survivor over their lifetimes.

Native American and Alaskan Native communities face disproportionately higher rates of violence than other demographic populations, with a reported four out of five women, or 84%, experiencing violence in their lifetimes. Approximately 42% of Native men also report forms of sexual harassment and assault in their lifetimes. You can view statistics reported by the NSVRC [here](#).

More than half of all survivors know the person who assaulted them, and most assaults are not reported, investigated or prosecuted. You can view in-depth statistics [here](#).

Part of raising awareness about sexual assault is removing the stigma that comes with being a survivor, such as victim blaming and the shame that is often associated with being assaulted. It is also important to emphasize that healing does happen and looks different for every survivor.

"If you are a victim of sexual assault, it's not your fault; get help, and make sure it's the right help for your trauma." - Derrick Singleton

Resources for Our Community

[StrongHearts Native Helpline | Home](#)

[Preventing Sexual Violence | Sexual Violence Prevention | CDC](#)

Culture Connections



Earth day was begun in 1970 by Senator Gaylord Nelson who recruited Denis Hayes, at the time an activist who organized college campus teach-ins. Together, they chose April 22nd, a day between spring break and final exams to reach a broader population of young people. They successfully inspired 20 million Americans to demonstrate against the impacts of industrial development, recognizing the seriousness of health impacts to the environment, humans and all lifeforms on Earth. In response to this environmental activism, the Environmental Protection Agency was established, and several laws and acts were passed by 1972 that are in place to this date, with more protections put in place over time to save our earth, protect endangered species, and protect our air and our water, to name a few. Earth Day became a global event in 1990 with over 200 million people participating in over 141 countries. More recently in 2020 on the 50th anniversary of Earth Day, over one billion people participated in Earth Day activities and one hundred million participated online (Earthday.org, 2025)!

You can learn more about Earth Day [here](#) and download the 2025 poster or sign the global plastics treaty below.

"Earth Day is during spring, and it is time to do some spring cleaning for the Earth by picking up trash and throwing it in the right bins." - Derrick Singleton

You can download an Earth Day 2025 poster [here](#), and you can show your support for a Global Plastics Treaty [here](#).

*Healing Hands: Safety First (thumb), Listen Openly (pointer finger), Guide to Help (middle finger), Influence with Compassion (ring finger), Provide Hope (pinky).



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The Healing Lodge of the Seven Nations, 5600 E 8th Ave, Spokane Valley, WA 99212, United States,
509-795-8344

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