



## Welcome to the CIRCLE-NARCH October 2023 newsletter!

Welcome to the *Center for Indigenous Research Collaboration Learning & Excellence* (CIRCLE) NARCH October 2023 newsletter! *xaʔtús* (pronounced hah-toos) training will be coming to Colville Confederated Tribes, Spokane Tribe of Indians, Kalispel Tribe, Coeur d'Alene Tribe, Nez Perce Tribe, Kootenai Tribe, and the Confederated Tribes of the Umatilla Indian Reservation starting in the fall of 2023. *xaʔtús* (First Face) for Mental Health training prepares peers, teachers, coaches, and other community members to be the "First Face" supporting someone experiencing a mental health or substance use crisis or challenge.

### Here's what we've been up to this month:

- Our Training and Research Coordinators attended the White Bison training October 10th-13th. The topic was understanding the purpose of life.
- We hosted the First Face training on the Spokane Tribal reservation on October 18th and 26th.
- The Training and Research Coordinators recently spent a day recruiting for the First Face training and administering community surveys at a powwow in Lewiston, ID, serving the Nez Perce community. We had a successful day and met many interested community members!



Seen in Picture: Training and Research Coordinators tabling in the Nez Perce community.

## Upcoming Events

- We will provide three separate First Face trainings in the Nez Perce community. If you live or work on the Nez Perce reservation, sign up for one of these:
  - [November 7th, in Kamiah](#)
  - [November 15th in Lapwai](#)
  - [November 16th in Lapwai](#)
- Drs. Martina Whelshula and Debi LaPlante will give a presentation about First Face and other culturally appropriate interventions to the Washington Department of Children, Youth, and Families on November 1st.

To sign up for updates about the First Face training in your area, click [here](#).

## Meet the Team

way, incá isk<sup>w</sup>ist Martina x<sup>w</sup>ilsúla?x<sup>w</sup>, u† sq̄ilx<sup>w</sup>, isk<sup>w</sup>ist sknx<sup>w</sup>alqs. intəmx<sup>w</sup>úla?x<sup>w</sup> sn̄ayckst u† snca?íi?x. Hello, my name is Martina Whelshula, and my Indian name, given to me by my great-grandfather, is “Dress Touches the Ground.” My homelands are the Arrow Lakes Nation of Colville Confederated Tribes and Inchelium, WA.



Currently, I am a Principal Investigator for our CIRCLE NARCH grants. I have served in this role for the past ten years in collaboration with the Harvard Medical School faculty at the Division on Addiction, Cambridge Health Alliance, and the Healing Lodge staff. I share administrative oversight of the research grant projects with the other Principal Investigators.

When we first applied for the Native American Research Center for Health (NARCH) grant, I was serving as the Executive Director for the Healing Lodge. Our goal at the Healing Lodge was to work with the seven Tribal Nations in supporting youth in recovery from addiction. We believed that it takes a community to support our youth in their recovery, and we were in a good position to help. In the first NARCH grant, we worked with Tribal communities to learn what they perceived as their strengths and needs in developing cultures of recovery in Tribal communities for the youth. From those community work sessions, we learned what the Tribes felt they needed in supporting youth with trauma and addiction. Across the Tribes, the number one need identified was community-wide training on topics such as: intergenerational trauma, addiction, suicide, self-harm, post-traumatic stress disorder, and other topics of need.

So, the next two NARCH grants were dedicated to developing the community-wide training, and then to facilitate the training in all of the seven Nations of the Healing Lodge. My hope is to raise the collective knowledge, awareness, and skills of a whole community around mental health and healing. We hope to train anywhere from 700 – 800 community members across all seven Tribes. In this way, we hope that more knowledge and understanding about mental health will destigmatize the shame people feel when they struggle with mental health conditions and be more inclined to seek help. xa?tús (First Face) for Mental Health is created by Tribal communities, for Tribal communities, and I love being on the ride... it's an honor.

## Prevention Corner



October is Domestic Violence Awareness Month. We understand interpersonal violence may be hard to recognize, especially if it is from someone we love. This article guides in identifying partner violence. [Click here to read.](#)

Find out how a Navajo father and son walk to find healing and prevent domestic violence towards Native



women. This content may be triggering for some.  
[Click here to watch.](#)

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