

Photo: Umatilla welcomes First Face Trainings

CIRCLE-NARCH February 2024 Newsletter

Welcome to the *Center for Indigenous Research Collaboration Learning & Excellence* (CIRCLE) NARCH February 2024 newsletter! We have provided *xaʔtús* (pronounced hah-toos) training to communities within the Colville Confederated Tribes, Spokane Tribe of Indians, Kalispel Tribe, Nez Perce Tribe, Kootenai Tribe, and the Confederated Tribes of the Umatilla Indian Reservation since September 2023. We will be providing additional trainings within the Colville Confederated Tribes and Coeur d'Alene Tribes next month and additional trainings across these seven Tribes through the summer of 2024.

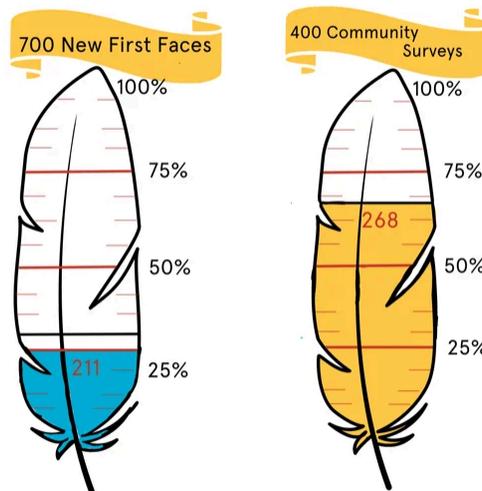
Here's what we've been up to lately:

- This month we enjoyed visiting the Colville Confederated Tribes. We provided First Face trainings in the Omak community on February 13th and the Keller community on February 14th.
- Donell Barlow, one of our our Training & Research Coordinators, attended a White Bison training this month. White Bison is a wellbriety training that

provides culturally based healing for Native American/Alaskan Native communities.



Photo: Clem Nicholas enjoying basket weaving at the Inchelium Community First Face training



Our Impact at a Glance

We proudly report that the Training and Research Coordinators (TRCs) have completed First Face trainings in the Spokane Tribe, Kalispel Tribe, Nez Perce Tribe, Colville Tribe, Confederated Tribes of the Umatilla, and Kootenai Tribe communities! We aim to have 700 participants in total as part of our current [NARCH grant](#).

So far, we've trained 211 new First Faces, with Coeur d'Alene Tribe and (additional) Colville Confederated Tribes trainings set for March. This spring and summer, we will return to all 7 Tribal communities to conduct a second round of trainings.

Our NARCH grant is also funding a multi-wave survey to assess the community-wide impact of First Face training. We aim to collect 400 community impact surveys in the first wave of data collection, and so far, we've collected 268!!

Upcoming Events

- We will continue providing First Face trainings for the Colville Confederated Tribe. We'll be in Nespelem on March 5th and 6th. To sign up for March 5th training, [click here](#). To sign up for the March 6th training, [click here](#).
 - We will be having our Coeur d'Alene Tribal training at the Coeur d'Alene Casino on March 12th and 13th. To sign up for the March 12th training, [click here](#). To sign up for the March 13th training, [click here](#).
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Meet The Team

This month we are pleased to have interviewed Sarah Nelson, PhD, a First Face team member.

Sarah says, "I am the Director of Research at the Division on Addiction at Cambridge Health Alliance, an Associate Professor at Harvard Medical School, and the Project Lead for the Research Core component of our current First Face project. I have been a member of the CIRCLE-NARCH team since our first days of collaboration more than a decade ago.

I grew up in the Pacific Northwest in Seattle, went to graduate school at the University of Oregon, and spend as much time as possible out on the Oregon coast, so this collaboration with the Healing Lodge has always felt something like coming home.

Being involved in the development of First Face, from hearing the Tribal communities' expressed desire for community mental health training, to being able to work with such a fantastic team and Working Group to build First Face from the ground up with culture woven deeply throughout the training, to finally seeing the actual implementation of this curriculum we have all worked so hard on, has been truly rewarding. Currently, I'm involved in conducting the evaluation of the First Face trainings.

As a researcher, I know that evaluating programs and interventions is crucial to improving them and to ensuring that they actually work for and help communities. I am grateful to all of the community members throughout the seven Tribes who are

participating in the evaluation to help make First Face even better. I hope that First Face can provide a toolbox that Tribal community members can use to strengthen and support their own and their communities' wellness and mental health.”

Prevention Corner

This month's Prevention Corner will focus on gambling disorder. Did you know that every year on the second Tuesday of March, organizations around the country hold events marking Gambling Disorder Screening Day? The Division on Addiction at Cambridge Health Alliance created this event because many people struggle with gambling in secret and don't seek help until they experience a financial or family crisis.

Screening holds the potential to identify people who could benefit from self-help resources, treatment, or other paths to recovery. Gambling disorder impacts both the individual and the family as a whole, and whole communities need to work together to combat stigma and encourage healing.

To learn more about gambling disorder, [click here](#). To learn more about Gambling Disorder Screening Day, including how to host your own event, [click here](#). To complete your own screening anonymously, [click here](#).



Culture Connections

Native people [invented](#) many games that are still popular today. Some of the games Native people played hundreds of years ago had an element of gambling. For example, Native people often [wagered](#) valuable things, like horses or food, on dice games, archery, or stick game.

[They also played games](#) to settle disputes that might have otherwise led to conflicts or as part of religious ceremonies. Today, commercial gambling [plays an important role](#) in Native communities that operate their own bingo halls, casinos, and other gaming venues. These venues provide many economic benefits [but also present](#) public health and social concerns, including problem gambling. Communities need to [work together](#) to lessen these negative impacts, such as by raising awareness, expanding treatment resources, and offering programs including voluntary self-exclusion. [This video](#) teaches about the historical and cultural context of stick game. Fun fact: Aaron Tomeo, uncle of Training and Research Coordinator Hannah Tomeo, is in this video!



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