



Welcome to the September 2023 CIRCLE NARCH newsletter!

Welcome to the *Center for Indigenous Research Collaboration Learning & Excellence* (CIRCLE) NARCH September 2023 newsletter!

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

- All summer, we've been busy recruiting community members for the First Face trainings. If you are interested in attending a training within your community, email info@firstface.org.
- On September 19th, we traveled to the Kalispel Tribe to provide our first First Face training!
- On September 21st, we traveled to the Spokane reservation to distribute surveys to community members. These surveys will help us measure the community-wide impact of First Face trainings.
- Our Research & Training Coordinators attended a White Bison training from October 10th-13th. White Bison is a wellbriety training that provides culturally based healing for Native American/Alaskan Native communities; they also have resources for non-native community members.



Lone Yellowjohn enjoying a basket weaving activity during our first First Face training, held at the Kalispel Tribe.

Upcoming Events

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.

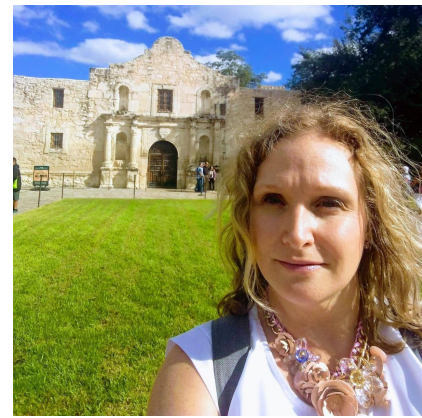
To sign up for updates about *xaʔtús* training in your area, click [here](#).

Upcoming trainings:

- We will conduct our Spokane Tribe First Face training on October 18th and October 26th.
- We will conduct our Kootenai Tribal First Face training on November 29th.

Meet the Team

This month, we're pleased to feature Melinda Bowman, EdD, an essential member of the CIRCLE-NARCH team. Melinda has worked in secondary and higher education for over 20 years. She began working at the Healing Lodge of the Seven Nations as the Program and Support Services Manager in 2019. Program and Support Services encompasses the non-clinical programming at the Lodge and includes the Culture, Expressive Arts, and Education programs. Recently, Melinda also took over as the Healing Lodge's CIRCLE Manager. She earned her doctoral degree in Administrator Leadership for Teaching and Learning focusing on motivation and high-stakes



testing among at-risk student populations. She serves as Treasurer of the Housing Corporation Board for the Epsilon Zeta chapter of Alpha Xi Delta and is a sustaining member of the Junior League of Spokane. When not at work, she keeps busy with her children's after-school activities and hobbies, including reading, quilting, and cooking. She says, "I am Melinda Bowman, mother of Quinn and Liesl. I descend from Sweden on my mother's side and Scotland/Wales on my father's side. My mother was Alice Enquist of St. Edward, Nebraska. My father is Thomas Barlass of Eau Claire, Wisconsin. My maternal grandmother was Frieda Sander Enquist of Newman Grove, Nebraska, and my maternal grandfather was Ted Enquist of Weitzel, Nebraska. My paternal grandmother was Thelma Hurd Chesmore Barlass of Janesville, Wisconsin; my paternal grandfather was John Barlass of Rock, Wisconsin. My maternal great-grandparents were Otelia Wilhelmina Johnson of Burlington, Iowa, and Per August Enquist of Södra Vi, Kalmar, Sweden; and Adina Leudtke Sander of Platte County, Nebraska, and Herman Sander of Diepholz, Hanover, Germany. My paternal great-grandparents were Myrtle Proctor Chesmore of Fulton, Wisconsin and Federick Chesmore of Wisconsin; and Helen Scott Barlass of La Prairie, Wisconsin and John Barlass of Emerald Grove, Wisconsin." Melinda has always valued her work with at-risk youth through being a principal, educator, and community volunteer. She believes, due to personal experiences, that mental health and substance misuse are areas that need more dedicated individuals, more money, and more acknowledgement in the community. As the Healing Lodge's CIRCLE manager, she is eager to bring First Face training to our Tribal partners and help reduce mental health and substance misuse stigma in those communities. She solidly believes in the vision and mission of CIRCLE.

Prevention Corner



Laughing can have great short-term impacts on one's physical health, including stimulating organs and soothing built-up tension. Not only does laughter have a physical effect but a mental one as well. Click [here](#) to read.

Laughter being good for your mental health is not a new concept for our indigenous communities. You may have heard your grandma and aunties call laughter "good medicine." In [this video](#), you will hear a Native American comedian talk about

laughter in Tribal communities.



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