



## Welcome to the CIRCLE-NARCH December 2023 Newsletter!

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

We are bringing *xaʔtús* (pronounced hah-toos) training to the 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 in 2023 and 2024. *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 (TRCs) traveled to the Kootenai Tribal community to provide First Face training.
- We created social media accounts to promote our trainings and stay in touch with Tribal community members. Look for us on Instagram and Facebook! @firstfaceformentalhealth
- As a part of our capacity-building work, the TRCs are completing a mentored research project with residents of the Healing Lodge. Together with Dr. Tim Edson of Cambridge Health Alliance, they have submitted the protocol for this study to the Portland-area Institutional Review Board, which will ensure all human subjects' safety measures are followed.

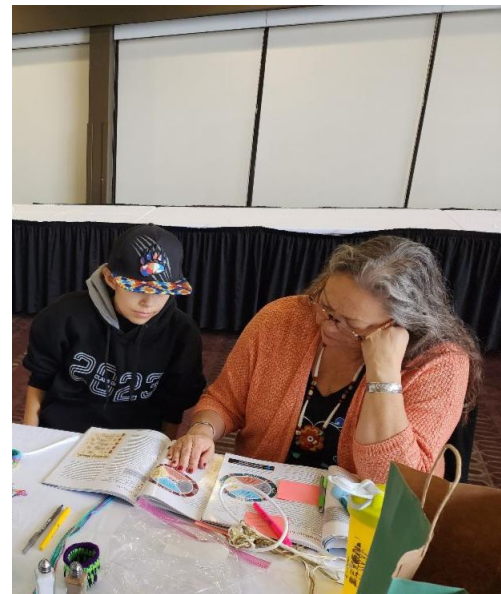


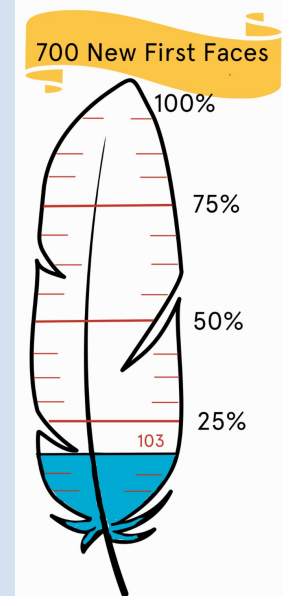
Photo: First Face trainee working through the training manual with her Granddaughter during an activity.

## Our Impact at a Glance

We proudly report that the TRCs have completed First Face trainings in the Spokane, Kalispel, Nez Perce, and Kootenai communities! We aim to train 700 individuals across these seven Tribes in 2023 and 2024 as a part of our current grant activities. So far, we've trained 103, with Coeur d'Alene, Umatilla, and Colville trainings set for January and February 2024. Starting in March 2024, we will return to all seven 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 178!



## Upcoming Events

- TRCs Jennifer Folayan and Raisa Jones will be facilitating their first mock training on January 5. All four TRCs will be prepared to provide First Face training this spring!
- The Confederated Tribes of the Umatilla Indian Reservation and Coeur d'Alene Tribe have signed their data-sharing agreements, which specify how the evaluation data will be shared between the Tribe and our research team. As a result, our team can now begin recruiting for First Face training in these communities.
- To request more information about our trainings or request training in your community, please fill out [this form](#).

## Meet the Team

This month, we proudly introduce Penny Spencer, one of our Spokane Tribe working group members. Penny is the Director of the Spokane Tribal Network, a non-profit in the Wellpinit High School that focuses on Tribal sovereignty, Indigenous Birth Justice advocacy, and strengthening families locally. You can learn more about the Spokane Tribal Network by clicking [here](#)

Penny is passionate about First Face for Mental Health as she has witnessed suicide firsthand through the loss of immediate and extended relatives on the reservation. She believes that the work we're doing to integrate culture into the training will equip the Tribal communities with more resources to help their loved ones suffering from depression and suicidal ideation.



## Prevention Corner

For many, the winter holidays represent an opportunity to spend time with family, create memories and celebrate connections. For



others, this time of year can trigger sad feelings due to financial hardships, estranged family relationships, and personal grief. Click [here](#) to learn more about mindful strategies to support your mental health this holiday season. For those who are struggling, we hope these holidays land gently.



Life on the Pine Ridge Reservation, South Dakota, poses many hardships: an unemployment rate of 80 percent, school dropout rates of 70 percent, and an average yearly income of \$8,000. Additional challenges for teenage girls are running the risk of pregnancy and the responsibility of caring for younger siblings. In response to these barriers, IMAGEN (Indigenous Adolescent Girls Empowerment Network) offers young girls the opportunity to be mentored by older peers and young women. During these weekly meetings, they will practice cultural activities and learn

skills such as applying for college and scholarships. The program empowers the next generation of young women who are often overlooked to pursue their dreams and access the resources to make that happen. To watch the full video, click [here](#). For more information, click [here](#) for their website.

Healing Lodge of the Seven Nations | 5600 E Eighth Ave, Spokane, WA 99212

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