



Welcome to the CIRCLE-NARCH November 2023 Newsletter!

Welcome to the *Center for Indigenous Research Collaboration Learning & Excellence* (CIRCLE) NARCH November 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 traveled to the Kamiah and Lapwai Tribal communities to provide First Face training.
- Jennifer Folayan, one of our Training and Research Coordinators, attended the Red Road to Wellbriety Celebration in Spokane on November 18th. Don Coyhis, founder of the Wellbriety movement, spoke at this event.
- Drs. Martina Whelshula and Debi LaPlante gave a presentation about First Face and other culturally appropriate interventions to the Washington Department of Children, Youth, and Families.



Photo: First Face trainees participating in a basket weaving activity during our recent Lapwai training.

Upcoming Events

- We will provide a First Face training in the Kootenai community on November 29th.
- To sign up for the Spring 2024 Kootenai training or another training in your area, please click [here](#).
- To request more information about our trainings or request a training in your community, please fill out [this form](#).

Meet the Team

This month, we are proud to introduce a new member of the CIRCLE-NARCH team, Michelle

Zuckerman, Ed.D. Dr. Zuckerman is the Director of Programming and Support Services at the Healing Lodge of Seven Nations and in that role she supports the work of our Training and Research Coordinators. Dr. Zuckerman is a “third culture kid.” She says, “My parents are from two different Jewish Cultures: 50% Ashkenazi (German & Russian) and 50% Sephardic (Spain & Morocco). English was not my first language. I grew up listening to Arabic, Hebrew, Yiddish, German, and French in a single sentence. I struggled in school because I was trying to process English along with the languages I grew up speaking and listening to. Unfortunately, program options such as ESL did not exist; therefore, I learned how to speak English watching Sesame Street. I spent my childhood and summers with extended family in Tel Aviv, Israel. I have lived in Sao Paulo, Brazil; Paris, France; Nuremberg, Germany; Xi'an, China; and Boston, Massachusetts.”



Dr. Zuckerman was originally in engineering but wanted to pursue something that she felt would be more challenging. She says, “For more than 30 years, I have been working to create a new consciousness and a new collective leadership capacity to meet challenges in a more conscious, intentional, and strategic way. I believe the development of such capacities will allow us to create a future of greater possibilities.”

Dr. Zuckerman hopes to support the development of world-class training using indigenous pedagogy to increase the number of strong, healthy indigenous communities empowered to support one another's overall wellness, connection, and balance of mind, heart and spirit.

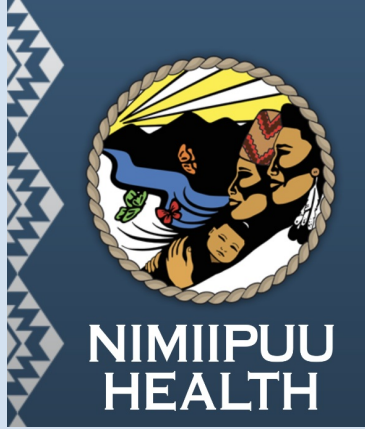
Prevention Corner



November is Diabetes Awareness Month. Healthy eating is important for people who are managing diabetes or trying to avoid becoming diabetic. The National Institute of Diabetes and Digestive and Kidney Diseases offers [lots of helpful tips](#) for eating healthy and getting plenty of physical activity. And [here's a collection](#) of delicious and healthy recipes!

Did you know that the Indian Health Service (IHS) has a program specifically tailored to Native communities? This program is called the [Special Diabetes Program for Indians](#). It was created to reduce the rate of diabetes in Native people. Every year the program provides money to IHS, Tribal, and Urban Indian health programs to prevent and treat diabetes. For example, the Nez Perce Tribe Nimiipuu Health Department runs several diabetes prevention and treatment programs, which you can learn more about

[here.](#)



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