



Photo: First Faces from the Spokane training

CIRCLE-NARCH April 2024 Newsletter

Welcome to the Center for Indigenous Research Collaboration Learning & Excellence (CIRCLE) NARCH April 2024 newsletter! We have provided an initial round of xaʔtús (pronounced hah-toos) training at 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 and recently launched a second round of trainings at all seven Tribal communities. 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.

Opportunity

We are hiring! The NARCH team is looking to hire another Native American Training and Research Coordinator. The minimum qualifications are AA/BA in a related field or 5-7 years experience working in the mental health field and/or Native American culture. To find out more information or apply for this position click [here](#).

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

- This month, the Training & Research Coordinators began training the Healing Lodge staff on how to be a First Face. So far, we have trained 51 staff members. Our goal is to train all current staff members and eventually make First Face training part of regular onboarding activities.
- We began the second round of trainings in our 7 Nations communities, visiting Usk in March for the Kalispel Tribe and Wellpinit in April for the Spokane Tribe of Indians.
- Two East Coast members of the CIRCLE-NARCH team, Drs. Heather Gray and Tim Edson of the Division on Addiction at Cambridge Health Alliance, visited the Healing Lodge in April. They were on hand to participate in the first ever First Face staff training.

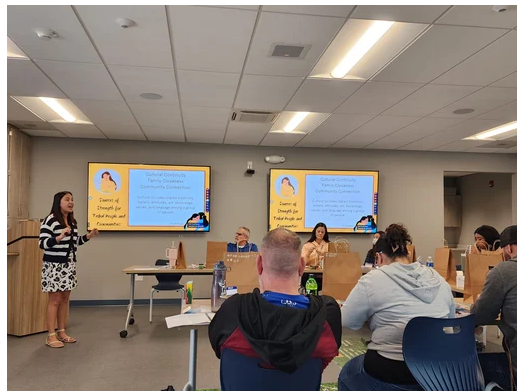
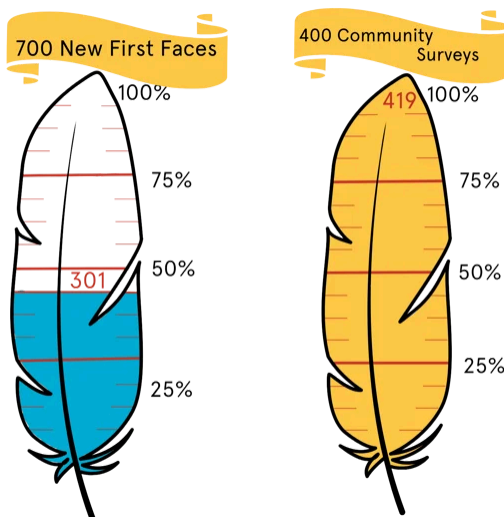


Photo: Healing Lodge staff participating in the First Face for Mental Health training.



Photo: First Face training participant weaving a basket at the Spokane Tribe of Indians training in Wellpinit.



Our Impact at a Glance

We proudly report that the Training & Research Coordinators have completed First Face trainings in all seven of our partner Tribes! We aim to train 700 Tribal community members and have them help us evaluate the training as part of our current NARCH grant. So far, we've trained 301 new First Faces in the Tribal communities!

Our [NARCH grant](#) is also funding a multi-wave survey to assess the community-wide impact of First Face training in Tribal communities. We aimed to collect 400 community impact surveys in the first wave of data collection, and so far, we've collected 419, exceeding our initial goal!! We thank all participants for sharing their time and insights with us.

Upcoming Events

- Next month, we will be providing First Face trainings for the Nez Perce Tribe. We'll be in Kamiah on May 9th, and we'll be in Lapwai on May 14th and 15th. To sign up for the May 9th training, click [here](#). To sign up for the May 14th training, click [here](#). To sign up for the May 15th training, click [here](#).
- In May, the CIRCLE-NARCH team will be preparing an annual progress report to the National Institutes of Health describing all the work we completed in the current grant year.

First Face Feedback

Here is what a new First Face has to say about their training!

"First Face training was a healing experience that instilled confidence with their tools and information they demonstrated. They made sure each activity that we were safe and harnessed a gentle, open, and guided "training" that taught the importance of what trauma, addiction, depression/anxiety, etc. do to our communities and what we can do to be a helping hand-First Face– to help uplift our community and provide hope. I'd be happy to host First Face again in our community with more community members next time. Their training was remarkably meaningful as it is specifically designed for and with Tribal Communities."

-Amethyst Aitken-

Prevention Corner

This month's Prevention Corner will be focusing on [Autism Acceptance Month](#). Did you know that the way autism can present in a person spans a whole continuum? Not everyone with autism displays the same signs all of the time, and it can even present differently between women and men who experience autism. In many cases, people who have autism live a quality of life that is equitable to a person who is considered to be neurotypical, as long as they have the tools that they need to function in a way that is best for them. The understanding of autism has changed over time, as more research is done, and more diverse groups of people are included in the research studies.

Greater awareness has led to many more people being diagnosed with autism in recent years, with many being diagnosed later in life due to a better understanding of the autism experience. There are people on the spectrum of autism who are nonverbal and require more support with everyday activities. While there is still some stigma associated with many forms of neurodivergence, the conversation about this condition has become more normalized. To learn more about what autism is, [visit AutismSpeaks.org!](https://www.autismspeaks.org/)

Culture Connections

For many decades, clinical research and medical understanding were not very inclusive. Most research studies focused on white male research subjects, even

neglecting to take into account biological and neurological differences between men and women. In order to diversify medical research to lead to better care for all, the U.S. Department of Health and Human Services' (HHS) Office of Minority Health launched [National Minority Health Month](#) in 2001. To learn more about health inequities within the Native American community and potential solutions, you can watch [this video](#) from the University of Washington School of Public Health.



Follow us on our [Facebook](#) and [Instagram](#) pages for even more updates!

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