



Photo: First Faces from the Kamiah training

## CIRCLE-NARCH May 2024 Newsletter

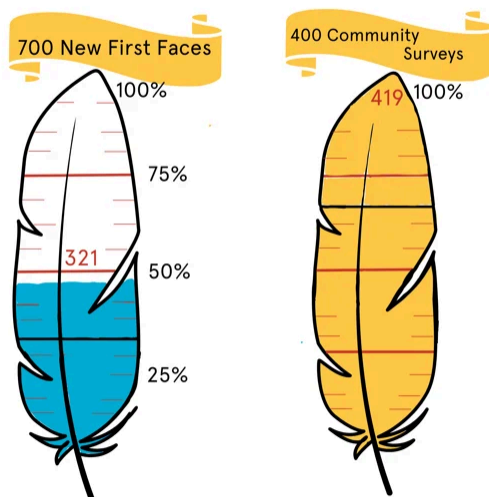
Welcome to the *Center for Indigenous Research Collaboration Learning & Excellence (CIRCLE) NARCH May 2024 newsletter!* CIRCLE-NARCH produces original research and evidence-based trainings. The *xa?tú's* (First Face) for Mental Health training prepares peers, teachers, coaches, and other community members 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 lately:

- This month, we provided First Face trainings for the Nez Perce Tribe. We were in Kamiah on May 9th and in Lapwai on May 14th and 15th.
- The Training and Research Coordinators attended and spoke at Kamiah's "Communities in Recovery Campout" on May 18th.
- At the end of this month, we will submit an annual progress report to the National Institutes of Health describing all the work we completed in the current grant year.
- During May, we started data collection on a new project designed to help HL7N youth residents avoid return to use after leaving our program.
- We are in the early stages of planning new grant applications to extend First Face for Mental Health. Stay tuned for our plans!



First Face Training & Research Coordinators at the Recovery Campout in Kamiah, ID.



## Our Impact at a Glance

We proudly report that we have provided an initial round of *xaʔtús* 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. We aim to have 700 participants in total as part of our current [NARCH grant](#). So far, we've trained 321 new First Faces in the Tribal communities and 75% of the Healing Lodge of the Seven Nations staff!

Our NARCH grant is also funding a multi-wave survey to assess the community-wide impact of First Face training. 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!

## Upcoming Events

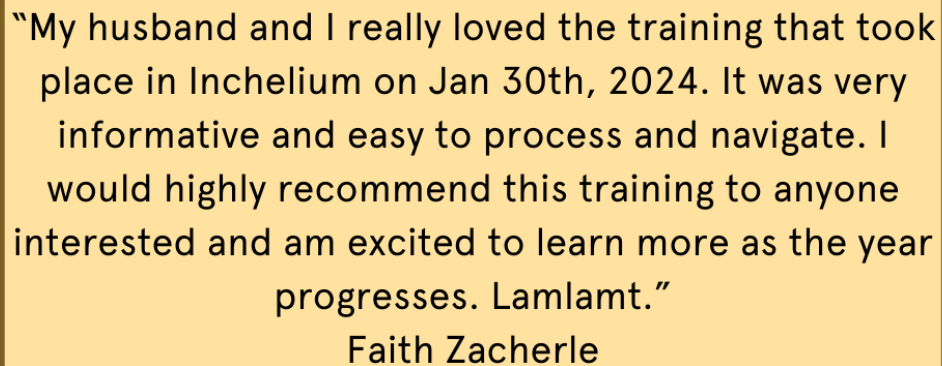
- Our next First Face for mental health community training will be with the Kootenai Tribe on June [4th](#), and with the Umatilla Tribe on July [16th](#) and [17th](#).

- In June, two members of our East Coast team, Drs. Debi LaPlante and Sarah Nelson from the Division on Addiction at Cambridge Health Alliance, will travel to the Healing Lodge for a series of meetings, including a meeting of our working group.

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## First Face Feedback

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



"My husband and I really loved the training that took place in Incheilium on Jan 30th, 2024. It was very informative and easy to process and navigate. I would highly recommend this training to anyone interested and am excited to learn more as the year progresses. Lamlamt."  
Faith Zacherle

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## Prevention Corner

Did you know that May is both Mental Health Awareness Month and Asian American/Pacific Islander (AAPI) Heritage Month? So this month, Prevention Corner will honor both by focusing on Mental Health in the AAPI community. Within the AAPI community comes a plethora of diverse cultures, each with its own traditions, history, and mental health challenges. [This article](#) explores how stereotypes, trauma, stigma, expectations, and religious intolerance impact mental health within AAPI communities specifically.



## Culture Connections

To celebrate the diversity of the Asian American/Pacific Islander community, [here is a video](#) from the digital creator Great Big Story highlighting AAPI Heritage Month celebrations from New York to Hawaii, from lion dancing to hula. We hope you enjoy this video as much as we did!



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

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