



NACS NEWS

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December, 2024

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**CHANGE OF
ADDRESS?**

If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Send an email to:
gghosen@nacswny.org

Seasonal Affective Disorder (SAD)

From [SAMHSA](#), 4/24/23

Seasonal affective disorder, or SAD, is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression.

Causes

Seasonal Affective Disorder (SAD) is triggered by changes in seasons. This form of depression usually occurs during the fall and winter months when there is less sunlight, and the days get shorter. SAD usually lifts during the spring and summer months.

Symptoms

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy

- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

Testing for SAD

Talk to your health care provider or mental health specialist if you are concerned and think you may be suffering from SAD.

Get Help

SAD may be effectively treated with a specific type of light therapy for many. Antidepressant medicines and talk therapy may also be needed reduce SAD

symptoms, either alone or combined with light therapy. Additionally, vitamin D supplements may improve symptoms.

Learn [how to talk about mental health](#) to help you speak to a loved one who you may think is experiencing any mental health concerns.

Resources:

1. [Mental Health Treatment Works](#)
2. [Living Well with Major Depressive Disorder](#)
3. [National Institute of Mental Health: Seasonal Affective Disorder](#)
4. [National Institute of Mental Health: Psychotherapies](#)
5. [National Library of Medicine: Seasonal Affective Disorder](#)
6. [American Addiction Centers: Seasonal Affective Disorder](#)

National Impaired Driving Prevention Month

By [Editorial Staff](#), [American Addiction Centers](#), Updated October 25, 2024

December. As individuals, we look forward to getting together with friends and family to celebrate the holidays. It's also a time when prevention can play an especially important role. December is a deadly month for impaired driving.

Each year, thousands of Americans die in auto collisions caused by impaired driving, making it one the leading causes of preventable death on U.S. roadways.¹ The approaching holiday season is one of the most dangerous times to be on the road. National Impaired Driving Prevention Month, which is

observed in December, seeks to raise awareness for this issue and to make the road a safer place.

The National Highway Safety Traffic Administration (NHTSA) reported that in 2019 during the week between Christmas and New Year's Day, 210 lives were lost due to alcohol-impaired driving crashes. That's 210 people in one week who didn't make it home because either they or someone with whom they came in contact chose to use alcohol and then get behind the wheel. That same year, more than

[10,000 people died](#) from drunk driving crashes alone.

The Purpose of National Impaired Driving Prevention Month

National Impaired Driving Prevention Month invites everyone to promote responsible decision-making through evidence-based approaches.

This includes:

- Raising awareness about the dangers of impaired driving. In December 2022, 1,062 people died in alcohol-impaired-

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driving crashes.² However, impaired driving not only applies to alcohol but also the use of other substances such as marijuana, which some may mistakenly believe does not inhibit driving ability.

- Supporting people with substance use disorders in their recovery and ensuring access to treatment for people who need it.
- Encouraging people to have a plan to get home before they go out to a social event where they may become intoxicated.

What is Impaired Driving?

Impaired driving refers to driving a motor vehicle while under the influence of a substance that affects one's ability to do so, such as:

- Alcohol.
- Marijuana.
- Illicit drugs (e.g., heroin, methamphetamine, cocaine).
- Certain over-the-counter medications and prescription drugs.

Fatigue is also a potential cause of impairment when driving. Whether caused by substance use, overworking, or lack of sleep, driving while fatigued can have devastating consequences.

Reasons Why Impaired Driving is Dangerous

Impaired driving is incredibly risky, and different substances may affect someone's ability to drive in varying ways. The most common substance involved in traffic accidents is alcohol, followed by marijuana.³

Ways in which alcohol can negatively impact someone's driving performance include:⁴

- Reduced coordination.
- Diminished reaction time.
- Impaired vision.

- Sleepiness.

Driving with a blood alcohol concentration (BAC) of 0.08 or higher will result in a DUI or DWI in most states in the U.S.* How quickly this limit is reached depends on many different factors, including gender, weight, if the person has eaten, and more. However, research shows that even a single drink can affect someone's driving ability, even if they are not considered impaired under the law.⁵

Marijuana use also impairs coordination and reduces reaction time. In addition, it can also inhibit someone's ability to judge distances.⁶

**Utah imposes a BAC limit of 0.05 for drivers.*

Prevention Resources and Toolkits

Government agencies and other organizations provide ad campaign materials, research articles, and other documents that can be used to spread awareness, understand the challenges faced, and more. This includes:

- The National Highway Traffic Safety Administration's (NHTSA) Traffic Safety Marketing website, which provides posters, web and radio ads, and more.⁷
- The Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD), which works with the government and organizations to reduce and prevent underage drinking and its consequences. Their website provides research data and resources regarding awareness, prevention, treatment, and enforcement.⁸
- The Substance Abuse and

Mental Health Services Administration (SAMHSA) provides resources for speaking with kids about impaired driving.⁹

- The Centers for Disease Control and Prevention (CDC) provides a list of effective strategies used in preventing impaired driving and associated consequences.¹⁰

Parents and caregivers may face even more pressure during the holidays, as many young people are home from school on break and eager to gather with their peers in a social setting. Help your young people socialize safely by:

- Discussing the dangers of underage alcohol and substance use—especially when combined with driving—and set expectations for your child's behavior. SAMHSA's "[Talk. They Hear You.](#)" campaign, including its new [mobile app](#), helps parents and caregivers start these conversations.
- Sharing resources designed for youth that communicate the facts and consequences, like [Underage Drinking: Myths vs. Facts](#) and the [Tips for Teens](#) series.
- Setting curfews if youth go to a party and offering to drive them or pick them up. Even if your teen abstains from alcohol, he or she may have a hard time saying "no thanks" to a peer driver who is drinking.
- Coordinating with their friends' parents about driving plans, as well as maintaining substance-free environments at parties. (Most states have social host laws that prohibit hosts from serving alcohol to minors. Some parents may think it's a safe option if it's happening "under their roof"—but it's still breaking

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the law and dangerous.)

This holiday season, each of us has the power to prevent a tragedy and ensure that those we know and care about get to and from their celebrations. Speaking up about what is OK and what is not OK is a good first step—not just in relation to alcohol use but also other substances that can compromise our ability to make it home safely.

At the same time, we should be mindful that many in our communities could be experiencing the holiday blues. If you or someone you love needs mental health support and services, I encourage you to call [SAMHSA's National Helpline](#) at [1-800-662-HELP](#). If he or she is

in crisis, the [National Suicide Prevention Lifeline](#) offers free and confidential support: [1-800-273-TALK](#).

If we practice prevention to keep ourselves and our communities safe, the holidays can be full of the joy we expect them to be.

Sources:

1. Negussie Y, Geller A, Teutsch SM, editors. (2018 January 17). [Getting to Zero Alcohol-Impaired Driving Fatalities: A Comprehensive Approach to a Persistent Problem](#). Washington (DC): National Academies Press (US);
2. National Highway Traffic Safety Administration. (n.d.). [Winter driving](#).
3. National Institute on Drug Abuse. (2019, December 31). [Drugged](#)

[driving drugfacts](#).

4. National Highway Traffic Safety Administration. (n.d.). [Drunk driving](#).
5. National Highway Traffic Safety Administration. (n.d.). [Alcohol and driving](#).
6. Department of Cannabis Control California. (n.d.). [Responsible cannabis use](#).
7. National Highway Traffic Safety Administration. (n.d.). [Communication resources](#).
8. [Interagency Coordinating Committee on the Prevention of Underage Drinking](#). (n.d.).
9. Substance Abuse and Mental Health Services Administration. (n.d.). [Impaired driving: Talk with your kids](#).
10. Centers for Disease Control and Prevention. (2024, April 24). [Preventing impaired driving](#).

December Awareness Days

Submitted by Bonnie LaForme, IHAWP Facilitation Assistant

World Aids Day, December 1st

Join in

World AIDS Day is for everyone. Join a global community showing solidarity with people living with HIV today and remembering lives lost. There are so many ways you can get involved this World AIDS Day.



Wear the Red Ribbon

The iconic red ribbon is an enduring symbol of support for anyone who has been affected by HIV and AIDS. By purchasing a red ribbon from National AIDS Trust, you'll send a message of solidarity while helping us to reach our goal of ending new HIV transmissions by 2030.

Get tested

Getting tested is the only way to find out if you have HIV. If you are living with HIV, starting treatment early means you can live a full, healthy and productive life. Free and confidential HIV tests are available from NHS sexual health

clinics (also called GUM clinics), charity testing services, many GP surgeries, pharmacies or online for self-testing at home.

Tell others

This World AIDS Day, we're asking: How will you help end HIV stigma? Everyone has a role in challenging stigma and making the world a better place for people living with HIV.

International Day for People with Disability, December 3rd

Everything started in 1976, when the United Nations General Assembly made the decision that 1981 should be the International Year of Disabled Persons.

The 5 years between the making of that decision and the actual Year of Disabled Persons were spent contemplating the hardships of the disabled, how the opportunities of the disabled could be equalized, and how to

ensure the disabled take part fully in community life enjoying all of the rights and benefits non-disabled citizens have.

Another issue that was touched on was how world governments could go about preventing disabilities from touching people in the first place, so much of the talk was about the viruses and other illnesses that lead to various kinds of disability.

The decade between 1983 and 1992 was later proclaimed the United Nations Decade of Disabled Persons, and during that time, all of the concepts previously created became part of one long process that was implemented to improve the lives of disabled people worldwide.

International Human Rights Day, December 10th

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To recognize and celebrate the fundamental rights and freedoms that all humans are entitled to. (In 1948 with the memory of World War II still fresh, the United Nations crafted the Universal Declaration of Human Rights. The very first article states:

All human beings are born free and equal in dignity and right

International Human Solidarity Day, December 20th

The Sustainable Development Agen-

da is centered on people & planet, underpinned by human rights and supported by a global partnership determined to lift people out of poverty, hunger and disease. It will, thus, be built on a foundation of global cooperation and solidarity.

International Human Solidarity Day is:

- a day to celebrate our unity in diversity.
- a day to remind governments to respect their commitments to international agree-

ments.

- a day to raise public awareness of the importance of solidarity.
- a day to encourage debate on the ways to promote solidarity for the achievement of the Sustainable Development Goals including poverty eradication.
- a day of action to encourage new initiatives for poverty eradication.

New Year's Eve, December 31st
Be Safe!

Barbie Honors Maria Tallchief, America's First Prima Ballerina, with Inspiring Women Doll for Native American Heritage Month

By Kaili Berg, [Native News Online](#), November 15, 2024

(Mattel collaborated closely with Maria Tallchief's daughter, Dr. Elise Paschen, and the Osage Nation to ensure that the doll's likeness, outfit, and packaging authentically represent Tallchief. [photo/courtesy])



In honor of Native American Heritage Month, Barbie has introduced the Maria Tallchief Inspiring Women doll, paying homage to the journey of America's first prima ballerina, Maria Tallchief.

This collectible doll not only captures Maria Tallchief's elegance and artistry but also embodies her

lasting impact on ballet and Native American representation within the arts.

Born in Fairfax, Oklahoma, on the Osage Nation, Tallchief rose to international fame as the prima ballerina of the New York City Ballet. Her career began in her youth, prompting her family to relocate to Los Angeles to provide Tallchief and her sister with advanced ballet training.

By 17, Tallchief moved to New York City to become a professional dancer. Her insistence on honoring her heritage, even against industry pressure to change her name, remained central to her identity.

The Barbie doll wears a red dress, the outfit Tallchief herself wore in the iconic 1949 New York Ballet production of *The Firebird*.

Featuring intricate details like a bejeweled hairpiece, tulle tutu, and satin ballet slippers, the doll captures the spirit of Tallchief's ongoing legacy.

Mattel collaborated closely with Maria Tallchief's daughter, Dr. Elise Paschen, and the Osage Nation to ensure that the doll's likeness, outfit, and packaging authentically represent Tallchief.

"There is immense value in honoring your heritage while breaking down barriers through artistic self-expression—whether it is through dancing, writing, or another passion," Dr. Paschen said in a press release.

As part of the tribute, Barbie is donating to the Center for Native American Youth through the Barbie Dream Gap Project, an initiative supporting Native youth in their health and well-being.

Barbie will also be hosting a celebration on November 18 in Oklahoma in partnership with the Center for Native American Youth and the Osage Nation, featuring live performances and Osage-catered cuisine.

"Maria Tallchief's determination

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and connection to her Osage heritage showcase the limitless potential of young women everywhere,” Krista Berger, Senior Vice President of Barbie and Global Head of Dolls said. “Her unwavering commitment to Native American and female empowerment makes her story one Barbie is delighted to share.”

The Maria Tallchief doll will join a prestigious list of trailblazing women honored in the Barbie Inspiring Women Series. Since its debut in 2018, the series has celebrated historical figures, including Celia Cruz, Wilma Mankiller, Kristi Yamaguchi, and Maya Angelou, each role model whose courage and achievements have paved the way for future generations.

Through this unique doll, Barbie continues to shine a spotlight on historical figures who inspire young people to reach new heights.

Who is Maria Tallchief? (1925–2013)

By Arlisha R. Norwood, NWHM Fellow, 2017

In 1942, at the age of 17, Maria Tallchief moved to New York City to pursue her dreams of becoming a dancer. With luck, grit and determination she joined the famed Ballet Russe Monte Carlo as an apprentice and moved quickly through the ranks, dancing first in the *corps de ballet* and later performing leading roles. In George Balanchine’s New York City Ballet, Tallchief achieved her goal of becoming America’s prima ballerina, the first Native American artist to

achieve the rank.

Elizabeth Marie Tall Chief was born January 24, 1925, in Fairfax, Oklahoma. Her father was a member of the Osage Nation. Her mother, Ruth Porter, had grown up very poor and was never able to take dancing lessons. When Tallchief and her sister Marjorie showed interest in dancing their mother immediately placed them in lessons. Tallchief excelled at dance and music. During her teen years, the family moved to Los Angeles, California in hopes of securing advanced ballet training for their daughters and opportunities for them to dance professionally.

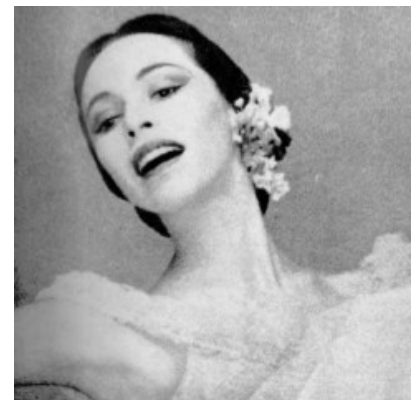
Upon graduating from high school, Tallchief moved to New York City to pursue ballet full time. She was selected as an apprentice with the Ballet Russe, the premier Russian ballet company in the United States. As her career began to take off, many tried to persuade Tallchief to change her last name so that dance companies would not discriminate against her. She refused and continued to perform as Maria Tallchief. In 1947, she became the first American to dance with the Paris Opera Ballet. After marrying choreographer George Balanchine, who created her signature Firebird role, she became prima ballerina of the New City Ballet. One of Tallchief’s best-known roles was the Sugar Plum Fairy which she originated in *The Nutcracker*. In 1960, Tallchief performed at the Bolshoi Theater in Moscow making her the first American to do so.

After retiring from dancing, Tallchief and her sister opened the Chicago City Ballet, a ballet

school and dance company. Never forgetting her Native American ancestry, she spoke out against injustices and discrimination. Tallchief not only broke barriers for Native Americans, she also became one of the only American dancers of her era recognized as a reigning prima ballerina and international superstar. Tallchief died on April 11, 2013.

Works Cited:

- Browne, Vee. *Maria Tallchief, Prima Ballerina*. Parsippany, NJ: Modern Curriculum Press
- Gourley, Catherine. *Who Is Maria Tallchief?* New York: Grosset & Dunlap, 2002.
- [“Maria Tallchief.” *Notable Biographies*, Accessed, 3 April 2017.](#)
- [New York Times Maria Tallchief Obituary](#)
- Photo (below): Dance Magazine, 1954



- Photo (below): [Encyclopedia Britannica.com](#)



Resource:

[National Women’s History Museum](#) (NWHM)

America's Field Trip

Submitted by Andrei Jacobs, MPA (Yup'ik & Inupiaq, he/him)
Director | Tribal Partnerships | America250.org

The Contest - What does America mean to you?

In 2026, the United States will mark our Semiquincentennial: the 250th anniversary of the signing of the Declaration of Independence. Today's young people are the leaders, innovators, and thinkers who will shape the next 250 years — and it's important their voices are heard as we commemorate this historic milestone.

America's Field Trip is a contest that invites students across the country in grades 3–12 to be part of America's 250th anniversary by sharing their perspectives on what America means to them — with the opportunity to earn an unforgettable field trip experience at some of the nation's most iconic historic and cultural landmarks. Students are asked to submit writing or original artwork in response to the contest's prompt: **"What does America mean to you?"**

Submissions will be accepted until Wednesday, April 16, 2025, at 5:00 p.m. ET.

[Submit Now](#)

NO PURCHASE NECESSARY. Contest ends 5:00 p.m. ET on 4/16/25. Open to U.S. students (3rd – 12th grade). See Official Rules for full details including how to enter, eligibility requirements, prize description/restrictions and judging procedure. Void where prohibited.

The Field Trips

Extraordinary Visits to Iconic National Landmarks

For the 2024-2025 America's Field Trip contest, 25 first-place awardees from each grade level category and a chaperone will receive airfare and lodging for a 3-day, 2-night trip to a select historical or cultural site where they will experience one of the following:

- Behind-the-scenes tour of the National Air and Space Museum's Steven F. Udvar-Hazy Center and sleepover at the Smithsonian Natural History Museum in Washington, DC
- Exclusive visits to two Washington, DC, institutions: a trip into the National Archives Vault on the National Mall and private tour of the Smithsonian's National Zoo
- Exclusive tour of Thomas Jefferson's Monticello in Charlottesville, Virginia, and visit to the Library of Congress in Washington, DC
- Storytelling, history, and commemoration under the stars at Mount Rushmore National Memorial
- Private tours of Patriots Point Naval & Maritime Museum, the International African American Museum, and the South Carolina Aquarium in Charleston, South Carolina
- Exclusive tours of the Alamo in San Antonio and the LBJ Presidential Library in Austin, Texas
- Backstage tour of the Rock & Roll Hall of Fame in Cleveland, Ohio
- Beyond the ropes tour of Independence National Historical Park in Philadelphia, Pennsylvania
- Guided visit to Angel Island Immigration Station and candlelight tour of Fort Point at the foot of the Golden Gate Bridge in San Francisco, California
- Private guided tour of Yellowstone National Park in Montana and Wyoming
- Ranger-led hikes and tours of the cliff dwellings of Mesa Verde National Park in Colorado
- Private tour of the Kennedy Space Center in Florida

Second-place awardees will receive a \$500 cash award. The teacher associated with the top scoring student submissions in each grade level category will receive a \$1,000 cash award.

[See full list of field trips](#)

CLUBHOUSE CORNER



DECEMBER EDITION

"The secret of our success is that we never, never give up"- Wilma Mankiller (Cherokee)



NACS Youth Clubhouses wish you and yours a very Happy Holiday season!



To join us for Clubhouse or event, please contact:
NACS Clubhouse (Erie County) Manager, El
716-449-6472
NACS Clubhouse (Niagara County) Hotline:
716-449-6405

UPCOMING ACTIVITIES!

ICE SKATING

ICE BUMPER CARS

HOLIDAY PARTY

MOVIE AT REGAL

STAY UPDATED ON OUR CLUBHOUSE EVENTS WITH SOCIAL MEDIA!





HOLIDAY PARTIES

Join us for holiday pictures, crafts, activities, food, and fun for the whole family!

ERIE COUNTY

SATURDAY, DECEMBER 7, 12-2PM

NACS BUFFALO OFFICE

1005 GRANT STREET, BUFFALO

NIAGARA COUNTY

SATURDAY, DECEMBER 14, 12-2PM

ZION EVANGELICAL LUTHERAN CHURCH

1010 MICHIGAN AVE, NIAGARA FALLS

RSVP Erie County - Star Wheeler,
swheeler@nacswny.org or (716) 874-2797 x309

RSVP Niagara County - Colleen Casali,
cacasali@nacswny.org or 716-548-1348

FUNDED BY: ERIE COUNTY DEPARTMENT OF SOCIAL SERVICES; NIAGARA COUNTY DEPARTMENT OF SOCIAL SERVICES; NIAGARA COUNTY OFFICE FOR THE AGING; OFFICE OF ADDICTION SERVICES AND SUPPORTS; ROSWELL PARK COMPREHENSIVE CANCER CENTER; NYS OFFICE OF CHILDREN AND FAMILY SERVICES; US DEPARTMENT OF LABOR-WIOA; NYSDOH/BCAH; NYSDOH/AI; CAI INSTITUTE; COMMUNITY FOUNDATION; NYS EDUCATION DEPARTMENT; ANA SEEDLINGS; ANA ROOTS; NATIONAL URBAN INDIAN FAMILY COALITION; UNITED WAY OF GREATER NIAGARA; INDIGENOUS JUSTICE CIRCLE AS WELL AS BUSINESSES, FOUNDATIONS AND CARING INDIVIDUALS.



**Indigenous Health and Wellbeing Promotion Program
Virtual Community Conversations**

Sakoknionkwas



Tom Porter

Elder

Mohawk Bear Clan

Author of “And Grandma said”

Monday, December 16, 2024

6:30 - 8:30 PM

ZOOM ID: 834 2155 7987

<https://us06web.zoom.us/j/83421557987>



FUNDED BY NYS DEPT.OF HEALTH/AIDS INSITIUTE.

Employment Opportunity



www.nacswny.org

Native American Community Services of Erie & Niagara Counties, Inc.

MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant St. Buffalo, NY 14207 • Phone: 716-874-4460 • Fax: 716-874-1874
 1522 Main St. Niagara Falls, NY 14305 • Phone: 716-299-0914 • Fax: 716-299-0903
 76 West Ave. Lockport, NY 14094 • Phone: 716-302-3035 • Fax: 716-302-3037
 100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD
 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Workforce Development Specialist

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$17.00-\$19.50 / hour

Office: 1005 Grant Street, Buffalo, NY 14207 – travel required

SUMMARY:

The Workforce Development Specialist assists in planning and implementing goals and objectives of the Workforce Development Component as well as ensuring quality of service provision to clients. Incumbent will be flexible to evening and weekend schedules as needed. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Conducts initial intake and comprehensive testing to determine client eligibility and needs.
- Develops an Individual Employment Plan (IEP) with client.
- Develops and provides workshops to clients in such areas of academic, life skills, and technical areas.
- Keeps abreast of current trends in the local job market.
- Establishes an effective support network and provides referrals for clients.
- Attends and participates in weekly component staff and other required meetings.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Develops an outreach action plan to successfully recruit and retain participants and employers in the program.
- Conducts outreach to academic entities, unions, coalitions, service providers, and other individuals/agencies to promote services, develop linkages, build network opportunities and advocate for issues in the Native American community.
- Develops and nurtures relationships with employers for on-the-job training agreements and work experience opportunities for clients.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree in human services or related field of study preferred, with three (3) years' experience in workforce development including supervision and program management.
- Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge of local area service providers.
- Effective problem solving, organization, time management, and communication skills.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- | | |
|-----------------------------------|-------------------------------|
| • Paid Time Off (PTO) | • Health & Dental Insurance |
| • Life Insurance | • Employee Assistance Program |
| • Flexible Spending Account (FSA) | • 403 (b) Retirement Plan |

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity



www.nacswny.org

Native American Community Services of Erie & Niagara Counties, Inc.

MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant St. Buffalo, NY 14207 • Phone: 716-874-4460 • Fax: 716-874-1874
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 100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD
 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Family Preservation & Strengthening Caseworker- Erie County

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$18.23-\$19.23 / hour

Office: 1005 Grant Street, Buffalo, NY 14207

SUMMARY:

The Family Preservation & Strengthening Caseworker works in conjunction with the Local County Department of Social Services (LCDSS/DSS) and is responsible for providing prevention services to families referred from DSS. Incumbent helps children remain safely in their homes and prevent placement outside of their home. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provide effective and efficient case management for assigned families.
- Make use of appropriate counseling, parent training, home management, support and advocacy services.
- Work collaboratively with referral sources, community service providers, and family members to meet goals.
- Produce accurate, thorough, and timely progress notes in CONNECTIONS.
- Ensure all court mandated or recommended services are applied and supported.
- Provide transportation for meetings, services, and appointments in a safe, reliable vehicle as necessary.
- Maintain strong communication with the family working toward stabilizing and strengthening the family unit, with regular face-to-face contact.
- Maintain confidentiality of sensitive information.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree in human services or related field of study required with experience in child welfare.
- Knowledge of the Indian Child Welfare Act (ICWA), Federal and State regulations, as well as mandated reporting requirements.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Effective problem solving, organization, time management, and communication skills.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements.
- Familiarity with and sensitivity toward local Native American communities.
- Must have a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Employee Assistance Program
- Flexible Spending Account (FSA)
- 403 (B) Retirement Plan
- Life Insurance
- Health and Dental Insurance

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity



www.nacswny.org

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100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD

960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Family Preservation & Strengthening Caseworker- Niagara County

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$18.23-\$19.23 / hour

Office: 76 West Ave., Lockport, NY 14094

SUMMARY:

The Family Preservation & Strengthening Caseworker works in conjunction with the Local County Department of Social Services (LCDSS/DSS) and is responsible for providing prevention services to families referred from DSS. Incumbent helps children remain safely in their homes and prevent placement outside of their home. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provide effective and efficient case management for assigned families.
- Make use of appropriate counseling, parent training, home management, support and advocacy services.
- Work collaboratively with referral sources, community service providers, and family members to meet goals.
- Produce accurate, thorough, and timely progress notes in CONNECTIONS.
- Ensure all court mandated or recommended services are applied and supported.
- Provide transportation for meetings, services, and appointments in a safe, reliable vehicle as necessary.
- Maintain strong communication with the family working toward stabilizing and strengthening the family unit, with regular face-to-face contact.
- Maintain confidentiality of sensitive information.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree in human services or related field of study required with experience in child welfare.
- Knowledge of the Indian Child Welfare Act (ICWA), Federal and State regulations, as well as mandated reporting requirements.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Effective problem solving, organization, time management, and communication skills.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements.
- Familiarity with and sensitivity toward local Native American communities.
- Must have a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Employee Assistance Program
- Flexible Spending Account (FSA)
- 403 (B) Retirement Plan
- Life Insurance
- Health and Dental Insurance

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity



www.nacswny.org

Native American Community Services of Erie & Niagara Counties, Inc.

MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant St. Buffalo, NY 14207 • Phone: 716-874-4460 • Fax: 716-874-1874
 1522 Main St. Niagara Falls, NY 14305 • Phone: 716-299-0914 • Fax: 716-299-0903
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 100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD
 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Erie County Clubhouse Youth Leader- 3 openings

Type: Part-time/ hourly/ non-exempt

Salary/Range: \$16.00-\$17.00 / hour

Office: 1005 Grant Street, Buffalo, NY 14207

SUMMARY:

The Clubhouse Youth Leaders assist the Clubhouse Manager in providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Clubhouses welcome self-identified Native American youth and young adults ages 12-17 years old. Leaders will provide transportation, supervision, and leadership. Recruitment through outreach, attending and participating in weekly staff meetings will also be required. Leaders must be available for non-traditional hours (evenings and weekends). The Clubhouses are open 25 hours per week. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Supervise, provide leadership, and be a positive role model for youth.
- Deliver workshops and activities in a confident and organized manner.
- Ensure youth programming utilizes a percentage of evidence-based prevention models.
- Provides safe transportation and/or supervision of youth to and from clubhouse activities.
- Recruit youth through local outreach efforts.
- Adhere to data collection and performance measurement requirements determined by SAMHSA and OASAS.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Ensure Clubhouse maintenance, cleanliness, and safety is maintained.
- Other duties as assigned.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's or associate degree in human services or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge and understanding of substance use, and experience with at-risk youth.
- Effective problem solving, organization, time management, and communication skills.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements.
- Familiarity with and sensitivity toward local Native American communities.
- Must have a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Employee Assistance Program
- Holiday Pay (if scheduled)

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity

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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Niagara County Clubhouse Youth Leader- 2 openings

Type: Part-time/ hourly/ non-exempt

Salary/Range: \$16.00-\$17.00 / hour

Office: 1522 Main Street, Niagara Falls, NY 14305

SUMMARY:

The Clubhouse Youth Leaders assist the Clubhouse Manager in providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Clubhouses welcome self-identified Native American youth and young adults ages 12-17 years old. Leaders will provide transportation, supervision, and leadership. Recruitment through outreach, attending and participating in weekly staff meetings will also be required. Leaders must be available for non-traditional hours (evenings and weekends). The Clubhouses are open 25 hours per week. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Supervise, provide leadership, and be a positive role model for youth.
- Deliver workshops and activities in a confident and organized manner.
- Ensure youth programming utilizes a percentage of evidence-based prevention models.
- Provide safe transportation and/or supervision of youth to and from clubhouse activities.
- Recruit youth through local outreach efforts.
- Adhere to data collection and performance measurement requirements determined by SAMHSA and OASAS.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Ensure Clubhouse maintenance, cleanliness, and safety is maintained.
- Other duties as assigned.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's or associate degree in human services or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge and understanding of substance use, and experience working with at-risk youth.
- Effective problem solving, organization, time management, and communication skills.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements.
- Familiarity with and sensitivity toward local Native American communities.
- Must have a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Employee Assistance Program
- Holiday Pay (if scheduled)

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Equal Opportunity Employer

Position: Niagara County Youth Clubhouse Site Manager

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$19.00-\$20.00 / hour

Office: 1522 Main St, Niagara Falls, NY 14305

SUMMARY:

Under the guidance of the Health & Wellness Director, the Youth Clubhouse Manager is responsible for assisting and leading in the performance of day-to-day duties in delivering and providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all Native American youth and young adults ages 12-17 years old. This position will lead in the oversight of activities, cultural programming, and supervise youth leaders. Incumbent must be available for non-traditional hours (evenings and weekends). The Clubhouses are open 25 hours per week. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Implement, plan, and lead program activities, field trips, and workshops in accordance with contractual obligations both virtually and in-person.
- Have knowledge and understanding of substance use and ensure youth programming utilizes a percentage of research and evidence-based and best practices prevention models.
- Serve as a facilitator and member of the Youth Advisory Council.
- Coordinates scheduling of the Clubhouse Youth Leaders.
- Organize, supervise, and provide safe transportation for youth clubhouse members.
- Ensure Clubhouse maintenance, cleanliness, and safety is maintained.
- Recruit participants for the clubhouse program through outreach events and materials.
- Maintain necessary documentation and ensures the timely completion of all necessary recordkeeping, including the utilization of database systems.
- Ensures the program remains compliant with all contractual obligations and requirements.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree from accredited institution with supervisory experience or relevant role.
- Experience working with at-risk youth, community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge and understanding of substance use.
- Effective problem solving, organization, time management, and communication skills.
- Computer skills: ability to use Microsoft Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Life Insurance
- Flexible Spending Account (FSA)
- Health & Dental Insurance
- Employee Assistance Program
- 403 (b) Retirement Plan

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960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Clubhouse Youth Advocate

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$19.00-\$20.00

Office: 1005 Grant Street, Buffalo, NY 14207 and 1522 Main St, Niagara Falls, NY 14305

SUMMARY:

Incumbent will assist the Healthy & Wellness Director and the Youth Clubhouse Managers in providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Youth Advocate will ensure to serve any Native American youth ages 12-17 years old in Erie & Niagara Counties, who are in recovery from or at-risk of developing a substance use disorder. Incumbent will be responsible for ensuring youth receive resources, needs, services, supports, and/or activities to ensure overall good health. Incumbent must be available for non-traditional hours (evenings and weekends). The Clubhouses are open 25 hours per week. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Recruit youth participants through outreach efforts at community events, local schools, etc.
- Meet with youth one-on-one and in group settings and develop individualized advocacy plans with youth.
- Establish and expand a network of referral resources and linkages to provide relevant, appropriate services and/or supports as identified by the youth.
- Have knowledge and understanding of substance use and ensure youth programming utilizes a percentage of research and evidence-based, and best practices prevention models.
- Assist both Erie & Niagara County Clubhouses by implementing programming through delivery of workshops, recreational, and cultural activities in accordance with contractual obligations both virtually and in person.
- Continually keep informed of new developments relevant to the provision of services to youth.
- Ensure Clubhouse maintenance, cleanliness, and safety is maintained.
- Recruit participants for the clubhouse program through outreach events and materials.
- Maintain necessary documentation and ensures the timely completion of all necessary recordkeeping, including the utilization of database systems.
- Ensures the program remains compliant with all contractual obligations and requirements.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree from accredited institution with supervisory experience or relevant role.
- Experience working with at-risk youth, community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge and understanding of substance use.
- Effective problem solving, organization, time management, and communication skills.
- Computer skills: ability to use Microsoft Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Life Insurance
- Flexible Spending Account (FSA)
- Health & Dental Insurance
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From NACS' Board & Staff

Have A Safe & Happy Holiday and a Prosperous & Healthy New Year!

Thanks for reading!

Please share this newsletter with family, friends, and coworkers. If you know of anyone who would like to receive the month NACS News by email, please have them send their first name, last name, and current email address to: gghosen@nacswny.org

You can also look for our newsletter on our website.

FUNDED BY: Erie County Department of Social Services; New York State Office of Children & Family Services; New York State Office of Alcoholism & Substance Abuse Services; Community Foundation for Greater Buffalo; National Urban Indian Family Coalition; Niagara County Department of Social Services, Niagara County Office of the Aging; United Way of Niagara, US Department of Labor; Administration for Native Americans (ANA); Indigenous Justice Circle; Jessie Smith Noyes Foundation; Erie County Department of Mental Health; NYS Research Foundation for Mental Health; NYS Medicaid Program 29-I; Western New York Foundation; New York State Department of Health/AIDS Institute, as well as businesses, foundations and caring individuals.

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PLEASE ACCEPT MY CONTRIBUTION OF: \$5 \$10 \$25 \$50 \$100 OTHER:

I'D LIKE TO VOLUNTEER MY TIME. I CAN...

Three horizontal lines for providing details about volunteering time.

PLEASE ADD ME TO YOUR MAILING LIST!

Form fields for NAME, PHONE NUMBER, EMAIL ADDRESS, STREET ADDRESS, and CITY/STATE/ZIP CODE.

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