



NACS NEWS

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gghosen@nacswny.org

January is Cervical Health Awareness Month

Submitted by George T. Ghosen, Editor

Cervical Health Awareness Month is marked every year in January to encourage women to be more attentive to their health. Cervical health is one aspect of health that many women neglect throughout their lives. By becoming more knowledgeable about this, women can detect any health issues at an early stage and get access to the best treatment.

Cervical Cancer Prevention Requires Both Quality Healthcare and Comfort in Talking about Sexual Health

Each year in the U.S. nearly 14,000 women are diagnosed with cervical cancer, and over 4,300 die as a result. The disease takes an even greater toll globally as most cervical cancers occur in low-income countries. In both the U.S. and abroad, cervical cancer is most often found in women living in poverty and who lack access to health care.

ASHA President Lynn Barclay says providing access to medical care is only part of the job, though. “It’s important that patients and providers both feel comfortable talking about sexual health, including cervical cancer prevention. These conversations are often rushed through or avoided altogether.”

Barclay says at its extreme, our lack of comfort with these topics even results in women avoiding gynecologic care due to a sense of shame. “There’s no single, simple solution to ending cervical cancer but it’s clear it involves more than just quality health care. When it comes to sexual and reproductive health, we should be comfortable in our own skin, and have the confidence to seek the care and sup-

port we need. I urge every woman to talk with her health care provider about all of the prevention tools we have at our disposal: Pap and HPV tests and cervical cancer vaccines. One place to start is with ASHA’s guide [Ten Questions to Ask Your Healthcare Provider about Sexual Health.](#)”

Ten Questions to Ask

The questions you may want to ask your healthcare provider can cover a wide range of topics, from changes in sex drive, dealing with sex during pregnancy, pain during sex, protecting your fertility, what form of contraception would be best, or other issues. There are few topics, however, that any sexually active person should be sure to discuss, including preventing sexually transmitted infections, getting tested, and more. The 10 questions below are a great place to start the conversation with your healthcare provider.

1. I want to make sure that I’m taking all of the right steps to protect myself from sexually transmitted infections. Where should I start?
2. How can I talk to my partner about [STIs](#)? Can you give me some advice?
3. I want to make sure that my partner and I [get tested](#) before we have sex. Where should I go? [How can I bring up the topic?](#)
4. Given what we’ve talked about in terms of my relationship history, should I be tested for STDs/STIs? Which ones?
5. How often should I be tested for STIs? Which ones?
6. Are there any vaccines I

should consider to protect myself from STIs? Are there vaccines that are recommended for me?

7. What are my options when it comes to birth control? How can I talk to my partner about birth control options?
8. I’ve been feeling differently about sex recently. Can we talk about what might be going on?
9. What screenings* are recommended for someone my age? (*such as cervical cancer screening, mammograms, prostate cancer screening, etc.)
10. I’m not always happy with the way my partner treats me. Can we chat about that?

Your provider needs to know some personal information about you so that she or he can help answer your questions and assess your risk and offer the correct advice. You may want to talk to your provider about the following:

- Your sexual history
- Your current sexual practices
- Your condom use
- Any symptoms you have
- If you could be pregnant

Cervical Health Awareness Month FAQs

What color is Cervical Health Awareness Month?

The color teal is used to represent Cervical Cancer Awareness month. Health care providers raise awareness about the causes of cervical cancer and ways to prevent it through early screening and vaccines.

What is good for cervical health?

Nuts like hazelnuts, almonds, peanuts, cashews, walnuts, and green leafy vegetables including broccoli and spinach are beneficial for cer-

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vical health. Foods that are rich in folate and vitamin A are also good for cervical health.

What is the leading cause of cervical cancer?

Prolonged infection with certain types of H.P.V.s is the main cause of cervical cancer.

To understand the HPV virus in women, consider the following key points:

1. HPV stands for human papillomavirus, a group of more than 200 related viruses.
2. It is the most common sexually transmitted infection (STI) worldwide.
3. Many HPV infections are asymptomatic and resolve without treatment.
4. Certain high-risk types of HPV can lead to cervical cancer and other genital cancers.
5. Regular Pap smears and HPV tests can help detect cervical changes early.
6. Vaccines are available to protect against the most common cancer-causing HPV types.
7. Safe sex practices, including condom use, can reduce the risk of HPV transmission.
8. Women should discuss HPV vaccination and screening options with their healthcare provider.
9. HPV can also cause other health issues, such as genital warts.
10. Awareness and education about HPV are crucial for prevention and early detection.

5 Important Facts About The Cervix

1. The literal meaning of cervix
The cervix is a Latin word that means 'neck of the womb.'
2. The H.P.V. vaccine
The H.P.V. vaccines cannot cure any existing disease.

3. H.P.V. rate in the U.S.
H.P.V. is the most common S.T.I. in the U.S.
4. The cervix is flexible
The shape and texture of the cervix change during pregnancy.
5. Smoking and cervical cancer
Women who smoke are more vulnerable to cervical cancer.

Why Cervical Health Awareness Month Is Important

A. It encourages women to take care of their cervical health

It creates awareness about and motivates women to take care of their cervical health. Women get more familiar with the benefits of lifestyle changes and the importance of those fruits and vegetables that are rich in folate and vitamin A to prevent cervical cancer.

B. It creates awareness about H.P.V.

This day is equally important for males and females. The Human Papillomavirus is an infection that can occur in both men and women. And this month is also used to create awareness about H.P.V. and its treatment. Since there is no cure for the H.P.V. virus, people are informed about the vaccines for H.P.V. and effective treatments to assuage the effect in carriers.

C. Cervix screenings are conducted for young girls

Females are encouraged to get a pap smear even if they are not experiencing any signs or symptoms of cervical cancer. Moreover, special programs are conducted for high school students to highlight the importance of H.P.V. vaccines. The entire purpose and procedure of a pap

smear are also explained in detail.

There's no single, simple solution to ending cervical cancer, but the disease is preventable with vaccination and appropriate screening.

Resources:

[National Today](#)

[ASHA/NCC Media Relations](#)

Cervical Health Awareness Month: Highlighting American Indian and Alaska Natives

Treaties and promises have come to characterize the relationship between American Indian and Alaska Native tribes (AI/AN), and the United States government. One of those promises: the provision of healthcare in perpetuity as compensation for ownership of their land.

The federal responsibility for American Indian healthcare was [codified](#) in the [Snyder Act of 1921](#) and the [Indian Health Care Improvement Act of 1976](#). Both provide legislative authority to the Indian Health Service (IHS)—a [federal agency](#) within the Department of Health and Human Services responsible for providing health services to AI/ANs. However, major barriers continue to affect the level of equitable care AI/ANs can access.

Although the agency's [vision](#) is centered around developing "healthy communities and quality health care systems through strong partnerships and culturally responsive practices," it does not provide specialty care. Before Tuba City Regional Health Care Corporation in Tuba City, Arizona,

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opened its doors in 2019, there was no [cancer clinic](#) on any AI/AN reservation in the US. Consequently, any member of the [574 federally recognized](#) AI/ANs tribes in the US would have to travel hundreds of miles to receive specialty care, including anti-cancer treatment. This care gap is one of the reasons why AI/ANs women are over [1.5 times](#) more likely to develop cervical cancer when compared with White women. It is also why recognizing January as Cervical Health Awareness Month remains important.

Eliminating Inequities

In the past, cervical cancer was a common cause of cancer-related death for women in the US. However, the rise of prevention and screening programs in the country reduced the death rate by more than [50%](#) since the mid-1970s. But a look at the global picture tells a different story.

According to the World Health Organization (WHO), cervical cancer is still the [4th most common](#) form of cancer among women worldwide. The disease is [commonly diagnosed](#) in women between the ages of 35 and 44, with the average age being 50. In 2018, 300,000 women lost their lives to cervical cancer and nearly [90% of those deaths](#) happened in countries with a lower gross domestic product. Similar socioeconomic disparities exist in the US as AI/AN women are 4 times more likely to die from cervical cancer than White women.

Time is the most valuable currency in cancer care, and the cervical cancer mortality rate among AI/AN women reflect this. AI/AN populations are often diagnosed with cancer at later stages of the dis-

ease, resulting in the [lowest survival rate](#) for almost all cancer types of any population in the US. Screening is particularly important in cervical cancer care as it has a [91% survival rate](#) if diagnosed at an early stage. In fact, the WHO wagers that screening [70% of women by age 35](#), and again at 45, is one part of a three-pronged approach to eliminate the disease within the next century. This goal is supported by [findings](#) from the American Cancer Society which revealed that cervical cancer rarely occurs in women who have been regularly screened before turning 65 years of age. Increasing the screenings rate of the AI/AN population begins by improving their access to care.

Improving Access to Care

The human papillomavirus (HPV) vaccine was [developed in 2006](#). Since then, rates of cervical cancer incidence have dropped significantly among vaccinated women. One [study](#) conducted from 2006 to 2017, revealed a 90% reduction in cervical cancer incidence in vaccinated women compared to unvaccinated women. AI/AN women [have the highest rates](#) of HPV-related cancer, which indicates they are vaccinated at a lower rate.

The evidence is compelling: improving access to screening and vaccination services would significantly improve the cervical health of AI/ANs women. Understanding this, the American Indian Cancer Foundation annually [hosts](#) #TurquoiseThursday — a national digital cervical cancer awareness campaign characterized by wearing turquoise clothing and jewelry. This year, it fell on January 18, but the mission to

improve the cervical health of AI/AN women should be a lasting endeavor, built on a new and better promise to intentionally deconstruct barriers to care through partnerships rooted in trust.

American Indian Cancer Foundation's (AICAF's)

#TurquoiseThursday campaign begins in January

Join the Fight: Unveiling AICAF's Upcoming #TurquoiseThursday Campaign

As we stand on the brink of a new year, AICAF's is excited to announce their upcoming [#TurquoiseThursday Campaign](#), a rallying call to unite, inspire, and make a meaningful impact in the fight against cervical cancer.

Campaign Kick-off: [January 1, 2024 – January 31, 2024]

Mark your calendars because **January is cervical cancer awareness month**. The campaign will span the entire month of January, and we invite each and every one of you to be an active participant in the events, activities, and initiatives that will unfold.

How You Can Get Involved:

- **Wear Turquoise:** Wear turquoise clothing and/or jewelry to raise awareness about cervical cancer screening and early detection in AI/AN communities. Invite friends, family, and coworkers at your organization or business to wear turquoise.
- **Share:** Share a picture of yourself wearing turquoise on social media and use the hashtag #TurquoiseThursday. Tell your friends and family about Turquoise Thursday.
- **Get Screened:** Women should start screening at 21 years.

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Take the [Turquoise Thursday Screening Pledge](#) to discuss cervical cancer screening options with your healthcare provider. Schedule your next Pap test or HPV test.

- **Learn:** Engage with us the entire month of January as we share culturally tailored [cervical cancer screening resources](#),

toolkits, and webinars. Stay informed about cervical cancer, screening, and early detection. Share our education and awareness materials with your relatives.

Stay Connected:

Follow **AICAF** on [Facebook](#) or [Instagram](#) for real-time updates, inspiring stories, and ways to get

involved. Use the hashtag #TurquoiseThursday to connect with others who are passionate about making a difference.

Resources:

[Association of Cancer Care Centers \(ACCC\)](#)

[Northern Arizona University](#)

Children Impacted by Parent's Cancer Month

Submitted by George T. Ghosen, Editor

Children Impacted by Parent's Cancer Month is observed annually in January. About one-third of cancer patients are diagnosed at an age when they are old enough to be parents. This relevant month was established by a social service organization called Camp Kesem to raise awareness about the children who become secondary sufferers as their lives, too, are disrupted by a parent's cancer. Such children often undergo a great deal of confusion and anxiety during their parents' treatment process.

History of Children Impacted by Parent's Cancer Month

The history of cancer dates back several millennia. Cancer occurs when cells in a certain area of the body start multiplying uncontrollably. One of the earliest pieces of evidence of cancer was found in the fossilized bone tumors discovered in Ancient Egyptian mummies, with corresponding recorded writings dating back to 3000 B.C. The word 'cancer' was introduced by Greek physician Hippocrates. He also used the terms like, 'carcinomas' and 'carcinomas' to refer to ulcer-forming and non-ulcer-forming tumors. The Roman physician, Celsius, later coined the word 'cancer,' which was derived from these terms. The word 'cancer' is a Latin word for crab.



By the turn of the 15th century, scientists had developed a deeper understanding of the human body and various diseases. During the 18th century, John Hunter, a Scottish surgeon who is also known as the 'father of scientific surgery,' suggested that surgery could cure certain cancers. The invention of anesthesia triggered the practice of regular surgery to remove cancers that were still limited and had not spread to other parts in the body. During the 19th century, a German physician, Rudolf Virchow, did significant work in the field of cellular pathology. His studies helped to understand cancer even better. He also developed the study of tissues extracted during surgery, which enabled pathologists to ascertain whether the cancer was entirely removed from the body.

Modern developments in the medical sciences, including the invention of the X-ray machine in 1896, have made several significant cancer treatments possible. Chemotherapy was based on the discovery that nitrogen mustard could work against many types of cancer.

A National Month of Awareness

Children Impacted By A Parent's Cancer Month (CIBPCM) was founded by [Kesem](#) in 2018 to raise awareness of the more than five million children, or one in 15, facing a parent or guardian's cancer in the United States. The month is observed annually in January.

Kesem aspires to create a world where every child who has or has lost a parent to cancer is never alone. We support children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community. We pay special attention to this community because while there are many avenues of support for people with cancer, their children do not often receive the same level of support to address their unique needs.

Research shows a cancer diagnosis has a significant impact on a household and highlights the need

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for a form of mental health support to help children cope with the drastic changes they face. Moreover, the American Academy of Child and Adolescent Psychology found that grieving children may show one or more of these signs:

- Loss of interest in daily activities
- Inability to sleep
- Loss of appetite
- Fear of being alone
- Acting much younger for an extended period
- Withdrawal from friendships
- Drop in school performance or refusal to attend school

We believe that when you help a child facing a parent's cancer, you make a difference for the whole family.

Families First Program Helps Children Cope with Parent's Cancer Diagnosis

By Megan Myers, Moffitt Cancer Center, December 17, 2024

Finding out a parent has cancer can be overwhelming for children. According to [Kesem](#), a partner of [Moffitt Cancer Center](#), 5 million children in the United States have a parent with cancer.

Moffitt created the Families First Program to provide resources for parents and their children to help them adjust to the changes that come with a cancer diagnosis. The program provides a monthly parenting support group for patients. Backpacks are also available for each child with resources inside including books, a therapeutic tool and other educational materials.

"Knowing about a parent's cancer diagnosis early can help children with their anxiety," said Katrina Miller, an outpatient hematology social worker and volunteer for Families

First. "If children are not told the truth, it can be very easy for them to create their own narratives."

Joel Santos Gonzalez was diagnosed with Hodgkin lymphoma in 2017. The teacher and father of three joined the program during the pandemic.

"That was the first time I had relapsed, and it was a much different landscape compared to the first time I was diagnosed," Santos Gonzalez said. "It's always a very vulnerable group, and we can talk about anything."

How to Observe Children Impacted by Parent's Cancer Month

1. Learn about cancer

To be able to empathize with and understand the trauma of children with one or both parents suffering from cancer, it is suggested that you learn more about this disease. This month is dedicated to gaining knowledge about cancer and its available treatment options.

2. Offer support

Do you know a child whose parent is suffering from cancer? You can step up and offer them your support.

3. Direct them to resources

Even if you are unable to provide support, you can direct these children and their parents toward resources to help them navigate such turbulent times. These resources can be counseling groups, support groups, and communities.

5 Important Facts About Cancer

1. Mortality

The top cause of death the world over is cancer, which claims almost 10 million lives every year.

2. Not always fatal

Cancer does not lead to death in every case, in fact, more than half of all cancers are preventable.

3. Economic disparity

Around 70% of cancer deaths occur in low-to-middle income countries.

4. The annual cost

The total economic cost of cancer is a whopping \$1.16 trillion.

5. Unique mutations

The genetic mutations in every person's cancer are unique.

Why Children Impacted by Parent's Cancer Month is Important

A. It encourages cancer awareness

Children Impacted by Parent's Cancer Month encourages cancer awareness. It makes people more receptive towards the plight of children who are affected.

B. It highlights the struggle of a specific group

Children of cancer patients often go through extremely traumatic experiences. Children Impacted by Parent's Cancer Month raises awareness about their lives and experience.

C. It sparks an important conversation

Children in such a situation can become vulnerable. This month initiates relevant conversations regarding what we, as a society, can do to support these children.

No child should have to face a parent's cancer alone.

Resources:

[National Today](#)

[Kesem.org](#)

[Moffitt Cancer Center](#)

While we tend to think of the world's most vulnerable living in less developed countries, the reality is that Human Trafficking and Sexual Exploitation take place in Western countries – including the United States

Submitted by Bonnie LaForme, IHAWP Facilitator

One of the populations most vulnerable to human trafficking in North America is Indigenous women. Here's why human trafficking in Native American communities is an especially concerning issue.

Statistics on human trafficking in Native American communities

Historically, comprehensive information on human trafficking in Native American communities has not been collected. Due to the scattered nature of these communities, it's difficult to gather accurate data.

In 2011, Minnesota Indian Women's Sexual Assault Coalition and Prostitution Research & Education funded the [Garden of Truth report](#), authored by Melissa Farley, Nicole Matthews, Sarah Deer, Guadalupe Lopez, Christine Stark, and Eileen Hudon. This report focused on the stories of Native women working in prostitution, many of them also survivors of trafficking. We will reference their work often, as it's foundational for understanding the complexities of this crime against Native women.

That study provided the information most law enforcement agencies and nonprofits rely on. The study focused on four sites in the continental United States and Canada, which revealed that [up to 40% of sex trafficking survivors were Native American or First Nations women](#).

Less than 10% of the overall population at each of those sites were Indigenous, showing how disproportionately human trafficking impacts Native Americans and First

Nations. There is also evidence to suggest that it similarly impacts [Alaskan Natives](#) and [Hawaiian Natives](#).



Why are Native American women more vulnerable to human trafficking?

[Native American and Indigenous communities are fractured](#)

Native Americans and Alaskan Natives make up approximately [2% of the total U.S. population](#), but many tribes became geographically and culturally fractured during the [colonization of North America](#). Across the country, Native people were forced off their lands in an attempt to assimilate them.

Recently, media attention has spotlighted the tragic 20th century practice in both the United States and Canada of separating Indigenous families from their children, who were sent to boarding schools specifically to be assimilated into white culture. This disrupted entire generations.

Women who come from families who were fractured by forced boarding school make up the majority of Native trafficking victims. The [Garden of Truth study](#) found this to be true of more than two thirds of the women they interviewed.

Often, boarding schools forbade children from using their native language or wearing their tribe's clothing. Cultural practices were erased from their lives. Contact with families was extremely limited. Because of this painful history, some Native communities have found themselves geographically scattered. They live disconnected from each other, their native language, and their culture. This disconnection combined with extreme poverty contributed to the creation of multi-faceted vulnerability.

Abuse and violence

Through the interviews with survivors in the [Garden of Truth](#) study, it was discovered that:

- **79%** of the women had been sexually abused as children, by an average of four perpetrators.
- **46%** of the women had been in foster care, with an average of five different foster homes.

Data from the [U.S. Department of Justice](#) identifies that at least 70% of the violence committed against Native women is perpetrated by non-Native individuals.

In 2010, the presidential office even made a comment: "When one in three Native American women will be raped in their lifetimes, that is an assault on our national conscience; it is an affront to our shared humanity; it is something that we cannot allow to continue" ([Administration of Barack Obama, 2010](#)).

[Four in five Native American women will experience violence](#) in some form in their lifetime. This tragic

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normalization of brutality contributes to the ongoing prevalence of [Native women going missing or being murdered](#). Often, due to the fact that tribal leaders have lacked jurisdiction to prosecute non-Natives, these cases never see justice.

This is a dynamic that traffickers use as an opportunity. The cycle of violence is perpetuated in the trafficking process, with [torture occurring at a disturbing rate](#) — even though most trafficking situations for Native women begin with someone posing as their boyfriend.



Sexual Exploitation

This history of disruption, discrimination, and violence toward Native women has a tremendous impact on their ability to operate as healthy individuals. Couple this widespread violence with poverty and a systematic disconnection from their cultural community, and many Native women find themselves in prostitution or sex trafficking as a result.

While the lines between [prostitution and sex trafficking](#) are complex and often blurry, of those in Minnesota interviewed in the Garden of Truth study, 39% of the Native women entered into prostitution before the age of 18, which by definition is classified as human trafficking.

Additionally, many of the women reported some form of fraud, threat, or manipulation in their

experiences in the sex industry — again, indicators of sex trafficking. Often, women who appear to be prostitutes by choice are controlled or need to give a portion or most of their earnings to a pimp.

A history of oppression

The factors listed above are ways in which Natives have suffered under a long history of oppression. Native women and children “are among the most economically, socially, and politically disenfranchised groups in the United States” according to Dr. Lisa M. Poupart, a professor of First Nations Studies ([The Familiar Face of Genocide: Internalized Oppression among American Indians](#)).

[Dr. Sandi Pierce](#), a sex trafficking researcher and Native scholar, says, “the selling of North America’s Indigenous women and children for sexual purposes has been an ongoing practice since the colonial era. There is evidence that early British surveyors and settlers viewed Native women’s sexual and reproductive freedom as proof of their ‘innate’ impurity, and that many assumed the right to kidnap, rape, and prostitute Native women and girls without consequence.”

[The Native Women’s Association of Canada expands on this, asserting](#), “Discussing exploitation and trafficking in relation to Indigenous women necessarily means understanding the historical and ongoing colonial sexualization of Indigenous women’s bodies. Since early colonization, Indigenous women have been positioned by Western ideology as inherently violable and less valuable than non-Indigenous, non-racialized bodies.”



The Effects of Sex Trafficking on Native Women

Trauma

The impact of sex trafficking and sexual exploitation among Native women is wide-reaching. The mental and emotional trauma these women suffer sends ripple effects throughout their families, their children, and their communities.

In the Garden of Truth study, 98% experienced homelessness, which can compound trauma. As a result, 65% had been diagnosed with a mental illness, including PTSD. **In fact, the rates of PTSD in this group of women were similar to that of combat veterans.**

In the absence of [trauma-informed care](#), those mental wounds can make it deeply difficult for survivors to engage in supportive relationships, rediscover a sense of autonomy and meaning, or hold down safe and stable employment.

Addiction

Drugs and alcohol also play a key role in the lives of Native women who find themselves caught in the sex industry. In the Garden of Truth study, they found that a majority of the women (61%) used drugs or alcohol because they needed to chemically numb themselves from the pain of working or being forced into the sex industry.

That leaves survivors dependent on drugs even long after they have left the sex industry, which creates

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challenges holding down stable employment and significant financial hardships. Substance abuse can also further [disrupt their relationships and family supports](#).

Health problems

Because of the inherent violence that the sex industry is rife with for Native American women, many of them are left with debilitating health problems. In a [2015 study on health impacts of trafficking in Native communities](#), researchers found that 84% of respondents had been physically assaulted at some point while being trafficked for sex. A staggering 72% suffered traumatic brain injuries.

Other potential health risks can include scarring, dental problems, neurological impairment, and sexually transmitted infections. Overall, 99% of the respondents had experienced at least one of these conditions. Most of these health problems last long after a survivor has left the exploitive situation, serving as a haunting reminder of their abuse.



What Native Women Need

Practical resources

More resources are necessary for Native women to continue finding healing and health, as individuals and as communities. Some vital forms of support include:

- Reconnection with Native traditions
- Homeless shelters
- Domestic abuse shelters
- Trauma-informed mental

health counseling and support

- Legal aid
- Equitable job programs
- Increased education and training for law enforcement
- Appropriate collaboration between tribal governments and the U.S. federal government to protect the vulnerable

These are all resources that would be significantly helpful to Native and Indigenous populations. [While some general resources do exist](#), there remains a gap where many Native women simply don't have access to what they need.

Awareness and understanding

The injustices and violence against Native American people have largely been overlooked and invisible in North America. One of the best ways to ally with them is simply to see them — in all the complexity of their oppression and resilience. Understanding their stories, their heritage and values, and the injustices that have made them vulnerable can better equip us to prevent and respond to trafficking.

One way this can be done is through further research, such as exploring the incredible online library of publications provided through the [National Indigenous Women's Resource Center](#). Another key action step is simply bearing witness to survivor's stories, such as [Eva's story at The Guardian](#).

This need was expressed best by one of the survivors quoted in Garden of Truth's study: "Women like myself need some-

one they feel they can trust without being judged by how they lived their life... We need someone to understand where we came from and how we lived and that half of us were raped, beat, and made to sell our bodies. We need people with hearts."

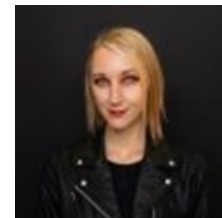
Learn More

Interested in learning more? Learn about [how human trafficking disproportionately affects ethnic minorities and indigenous persons](#).

If you are part of the Native American community and are in a situation of sexual violence or exploitation, you can contact the [Strong-hearts Native Helpline](#) by calling 1-844-762-8483. You can also [chat with them online](#).

You can also access tribe-specific sex trafficking resources at [tribal-trafficking.org](#).

For further support, visit the [Human Trafficking Hotline's referral directory](#).



Mary Nikkel, Author

Mary Nikkel is the Senior Content Manager for [The Exodus Road](#). In her role storytelling about anti-trafficking work as part of the Communications and Marketing team, she is passionate about advocating for survivor-centered and trauma-informed practices. Mary has been on staff with The Exodus Road since 2021.

Resource:

[The Exodus Road](#)

Indigenous Health and Wellbeing Promotion (IHAWP) Program – Our Healing Journeys Continue!

Submitted by Pete Hill, NACS Special Initiatives Director

Nyah-weh sge-noh! On behalf of our team of Madison Tighe, Rhonda Martin, and Bonnie LaForme, and myself, we wish everyone a safe and joyous New Year as we move into 2025! The Indigenous Health and Wellbeing Promotion (IHAWP) Program staff have been hard at work developing a sustained effort to promote a stronger, greater of wellness for the Indigenous communities. Beginning in September 2024, we have conducted a series of Virtual Community Conversations featuring a wide variety of speakers and topics, ranging from concerns about the STAMP Project next to the Tonawanda Seneca Territory (presented by Christine Abrams), Return of the White Buffalo Calf—Cultivating Wellbeing (presented by Hilary Weaver), and the Haudenosaunee Thanksgiving Address (presented by Jame Jacobs). We ended our 2024 series on December 16 with a wonderful presentation by Tom Porter!

We look forward to continuing our Virtual Community Conversations in January 2025, while we are also switching the dates of these sessions. Starting with Monday, January 13, 2025, we will move these sessions to the second and fourth Monday evenings of every month (except when the date falls on a holiday). Please watch for announcements coming soon for our 2025 schedule of our Virtual Community Conversations!

Additionally, the IHAWP Program held an “Every Child Matters” Orange Shirt Day event on September 30, 2024 at the Lockport High School, featuring a screening of the “Unseen Tears: The Impact of Resi-

dential Boarding Schools in Western New York,” followed by a panel discussion with Elliott Tallchief (who was featured in the Unseen Tears documentary) and Ruchatneet Printup (who conducted the majority of the interviews with people who were also featured in the film). This was followed by a Haudenosaunee Social Dance.

We also held a series of events in Rochester NY, featuring a “Witness to Injustice (Blanket) Exercise” and Social Dance on Saturday, October 12, a screening of the “RUMBLE: The Indians Who Rocked the World” on Sunday, October 13, and helped organize a health fair as part of the Indigenous Peoples Day event on Monday, October 14.

November was also a very busy month as we held two series of events focusing on healing and wellness. First, we welcomed Emmy Mitchell to Buffalo on November 6 – 9, 2024 who gave a beautiful, powerful presentation on healing, based on her “Awaken the Mind, Body, and Spirit – Discovering Ancient Healing Practices.” This also included a Social Dance. (Please see the picture of the people who attended Emmy’s talk on Saturday, November 9! It was a very powerful, beneficial event for our community.

Our last series of events in November featured Diane Hill and Jordan Miller, who facilitated some very powerful, interactive circles and discussions from November 21 – 24, 2024, in Seneca Falls, NY. We also held a social

dance as part of this series of events and were treated to a special performance of the Smoke Dance by singers and dancers for the Cattaraugus Territory of the Seneca Nation of Indians



The picture is from the last day of Emmy Mitchell’s presentation that concluded on Saturday, November 9 here in Buffalo.

Finally, we also sponsored the Native Made Market in Rochester on Saturday, November 30 and were able to conduct another Haudenosaunee Social Dance! So yes, we have been busy promoting health and wellbeing throughout the region!

The Indigenous Health and Wellbeing Promotion (IHAWP) Program will continue into 2025, and we are immensely grateful for our funding source, the New York State Department of Health / AIDS Institute, which allows us to provide these culturally based, powerful healing activities. As core feature of the IHAWP Program is to encourage more Native people to become active in their health care and consider being screened and/or tested for all areas of health, including HIV, Sexually Transmitted Infections, and Hepatitis C. These three health issues still impact Indigenous communities at high rates, and there are many new

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treatments that can help people stay health and vibrant if anyone is at risk of and/or infected by these health issues. (For example, Hepatitis C is curable!) As several health issues continue to impact Native people, the IHAWP Program will

continue to promote the importance of knowing one's status in all areas of health.

With the IHAWP Program, our collective, community journeys towards health and wellbeing, as well as our journeys of healing

from historical traumas (such as residential boarding schools) will continue! We invite you to join us in our journeys and please watch for new announcements coming soon in 2025!

Nyah-weh gowah!

Honoring Our Ancestors: Strengthening Kinship and Combating Ethnic Fraud

By Joely Proudfit, [Native News Online](#), November 13, 2024

Guest Opinion. How do we determine who is Native American? The mainstream media has over the years reported on this question relative to the false claims of [non-profit leaders](#), [for-profit entities](#), and [university professors](#). But the fraud persists and the answer to that existential question remains unanswered. That answer is vital not only to combatting the phenomenon of ethnic fraud—*i.e.* non-Indians claiming to be Native American—but accepting legitimate Native Americans who live in ethnic purgatory due to colonial Tribal enrollment and dislocation practices.

A critical conversation on how to resolve this question is long overdue. As we grapple with the very real issue of ethnic fraud—which Native people often call "Pretendianism"—we must be careful not to cast too wide a net, inadvertently ensnaring and harming legitimate Native Americans who have been barred from enrollment or disenrolled.

This complexity is particularly present in California. The U.S.'s failure to ratify California tribes' treaties in the 1850's, the termination of dozens of rancherias in the mid-20th century, and the ongoing struggles for federal acknowledgment and competition for economic prosperity have created a landscape where Tribal enrollment

alone does not capture the full scope of Native kinship. As a result, many Native Americans who descend from Californian Tribal peoples are left in a precarious position: deeply connected to their culture and communities yet lacking enrollment due to shifting Tribal policies and standards.

My own experience underscores the dangers of oversimplifying how we define who is Native American. My identity was publicly questioned by a very high profile Tribe. And my very existence became news headline fodder; my life story reduced to clickbait. Yet after the Tribe [withdrew the accusation](#), and after I repeatedly informed the publisher of this withdrawal, my requests to take down the article or, at the very least, correct it were ignored. Sadly, it is common in today's media environment for false narratives to spread like wildfire but the courage to make corrections dwindle to ash. As a result, lives are destroyed.

After authentically living my entire life as a Native American, and decades building an educational career based on my lived experience, I found myself wrapped up in a public scandal. The harm I, a Luiseño/ Payómkawichum and Tongva woman,

mother, and academic and my family endures, persists to this day. This painful experience shows how dangerous it is to let others dictate who is 'Native enough'—especially in an era of viral news and quick judgments.

I am a rare example of someone who has been *wrongly* accused of ethnic fraud. While Tribal enrollment is one way to establish genuine Native identity, it is not a foolproof method to prove or disprove a person's Native American heritage. Other valid forms of ancestral and historical documentation of one's family lines and ancestry include federal land and census records, as well as other kinds of legal documents. Native Americans are one of, if not the, most papered communities in the U.S. This means that, like others who live in Native American ethnic purgatory, I have numerous federal documents that acknowledge my and my family's heritage and belonging.

While oral teachings were once enough to establish one's Tribal belonging, times have changed. Things are much more complicated due to colonization. Therefore, I support the necessity of providing legitimate documentation when necessary to affirm an individual's claimed status.

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On the flipside, accusations of fraud without *any* proof or context can devastate the careers, relationships, and reputations of legitimate Native Americans. These claims leave lasting scars on those individuals and their families—and for generations if they are left unchecked.

When powerful figures weaponize identity...they reveal the same destructive pattern: using their platform to inflict harm.

So how do we combat, on one hand, the harmful exclusion of legitimate Native people from their tribes, while guarding against wrongful Native-claiming? Solving this problem requires a delicate balance. It's not binary.

We must honor the sovereign right of Tribes to determine their membership while also recognizing that Native relationality extends beyond Tribal enrollment. This is especially crucial as generations of Native youth face increasing difficulties meeting enrollment criteria, often due to the very federal policies designed to assimilate or terminate Tribal communities.

Some Tribes are already taking steps to address this challenge. The

Federated Indians of Graton Rancheria, for example, has established scholarship programs that support non-enrolled, documented California Indians—a model of inclusivity that acknowledges the broader Indigenous community while respecting Tribal sovereignty. Graton has also passed a Tribal constitutional moratorium on disenrollment.

But there is so much more education and work to be done.

My own experience is a reminder that dedication to one's communities offers no shield against the impact of public accusations—even those that are withdrawn. It challenges us to thoughtfully consider: How do we uphold accountability while preserving fairness and due process? Shall we stand idle while our own kin face exile, their place in our circle erased with a whisper? This complex dilemma invites us to pause, reflect deeply, and approach such sensitive issues with great care, always mindful of our sacred teachings on Indigenous kinship and belonging.

I speak as a living testament to survival—a proud California Indian woman whose ancestors

endured the genocide that nearly erased our people. Their indomitable spirit courses through my veins, a legacy of resilience in the face of unspeakable hardships. My very existence honors their fight and fulfills their deepest hopes. I am not just their descendant; I am the realization of their dreams, standing strong to ensure our story continues. In every step I take, every word I speak, I carry forward the sacred trust of my forebears, embodying their sacrifice and unwavering determination. Only by embracing the full spectrum of Native experiences can we hope to build a more inclusive and just future for all Indigenous peoples, honoring the relationships that define our communities while safeguarding against those who exploit our cultures for personal gain.

This is a dedication to our ancestors, our children, and those yet to come, honoring our commitment and potential to create a better future.

Joely Proudfit (Payómkawichum and Tongva) Professor and Department Chair of the American Indian Studies Department at CSU San Marcos and Director of the California Indian Culture and Sovereignty Center (CICSC) at CSUSM.

President Biden to Designate National Monument at Carlisle Indian Boarding School

By Neely Bardwell, [Native News Online](#), December 09, 2024

WASHINGTON — Today, December 9, at last White House Tribal Nations Summit of his presidency, President Joe Biden will announce a new monument to be built at Carlisle Federal Indian Boarding School. This will further acknowledge the trauma inflicted on thousands of Native children by

the federal government through the assimilationist policies of the boarding schools.

The Carlisle Federal Indian Boarding School National Monument will be located in Carlisle, Pennsylvania, at the campus of a former flagship facility for reedu-

cating tribal children, according to a White House fact sheet.

Today's naming of the monument fulfills another recommendation made in the [Federal Indian Boarding School Initiative Investigative Report, Volume II](#) released this

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past summer. This action builds on President Biden's historic Presidential apology at Gila River Indian Community and the leadership of Secretary of the Interior Deb Haaland to establish and lead research and listening sessions with Tribes and Native communities across the country as part of the Federal Indian Boarding School Initiative.

The new national monument will be built 24.5 acres of what is now the U.S. Army's Carlisle Barracks, one of the nation's oldest military

installations. The monument boundary encompasses the historic buildings and structures that made up the campus of the Carlisle School – including School Road Gateposts that were built by the labor of Native American children and youth at the school.

“The new national monument will tell the story of the oppression endured by thousands of Native children and their families at this site and the harmful legacy of the broader Indian

boarding school system that the federal government operated or supported across the country for more than 150 years,” states the fact sheet distributed by the Dept. of the Interior.

Biden is also set to meet with leaders from Indian Country at the White House and unveil a 10-year language revitalization plan designed to address the loss of tribal languages on Monday.

Levi Rickert contributed to this story from Washington, D.C.

Raising The Reservation Dogs

By Kate Nelson, [Romper](#), September 24, 2023

Talking to the real-life moms of the teens who star in the breakout *Native American* series.

[Reservation Dogs](#) quickly captivated audiences when it debuted in 2021, following four [Native American](#) teens as they navigate life on a fictional Indian reservation in Oklahoma. The trailblazing FX TV show from creators [Sterlin Harjo](#) and [Taika Waititi](#) blends honesty, humor, and heartbreak as told through the lens of an all-Indigenous team of writers, directors, and regular actors. Since then, the dark comedy has earned countless accolades, like a [Peabody Award](#) and a [Golden Globe nomination](#), while simultaneously shattering outdated, often ignorant assumptions about Native experiences.

At the heart of the show is a quartet of talented young Indigenous actors - [Devery Jacobs](#) (Mohawk), [D'Pharaoh Woon-A-Tai](#) (Oji-Cree/Guyanese), [Paulina Alexis](#) (Alexis Nakota Sioux), and [Lane Factor](#) (Muscogee Creek/ Caddo/ Seminole) - who we have quite literally watched grow up on screen.



From left: Paulina Alexis, Devery Jacobs, D'Pharaoh Woon-A-Tai, Lane Factor and Elva Guerra / Photo courtesy FX Networks

So too have their moms, who have been the ultimate cheerleaders for their children from the very first audition, through three seasons on the *Rez Dogs* set, to the bittersweet end of the series this fall. For Yvette Alexis, whose daughter, Paulina, plays [Willie Jack](#), and Kelly Factor, whose son, Lane, plays [Cheese](#), it's the closing of an immensely meaningful chapter.

Yvette recalls that Paulina, now 23, was already a natural actor during her childhood on Canada's [Alexis Nakota Sioux reserve](#), long before her big break starting in [Ghostbusters: Afterlife](#).

“That girl has been a handful and a half since she was born,” she says with a laugh. “She has always been totally comfortable in front of the camera. My husband does a lot of video production, and [when they were little] her brothers had a little band that she'd sing Guns N' Roses with. She would tell me, ‘Mom, I'm going to be on TV someday.’”

Kelly Factor's son, Lane, on the other hand, was reserved growing up in Mustang, Oklahoma, but still an entertainer. “When Lane was little, he was always acting out characters,” Kelly remembers of the now 18-year-old. “He made his own costume and would run around the house with his arms back pretending to be [Sonic the Hedgehog](#).”

In other words, both actors are remarkably similar to their *Rez Dogs* characters — Paulina, the outspoken tomboy, and Lane, the big-hearted introvert.

In other words, both actors are remarkably similar to their *Rez Dogs* characters — Paulina, the outspoken tomboy, and Lane, the big-

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hearted introvert.

Lane was just 14 when he auditioned for the series, his first acting gig. “I feel like Lane grew up with Cheese,” says Kelly. “I have shared him with the world as he has hit all these milestones, like getting taller and his voice changing. It just makes me unbelievably proud.”

Paulina also evolved alongside her character, Willie Jack, who has matured as she mourns the loss of her cousin to suicide — one of the many weighty subjects the series covers. “She has had to act out all these emotions related to these sensitive topics,” says Yvette. “In real life, Paulina lost family while filming the show. But she has gotten a lot of strength from the other actors, who really helped her deal with that.”

The four main actors are as tight knit as their characters. Kelly recalls that while filming Season 2, Lane lost his grandmother to COVID. Upon his return to set after her funeral, the team was slated to shoot the episode “[Mabel](#),” in which the community says goodbye to a dying elder. “That hit Lane really hard,” says Kelly. “He stepped outside to cry, and Paulina, D’Pharaoh, and Devery came running out to hug him and cry with him. Sterlin stopped production and came over to explain how they’re all family. It just shows how caring the cast and crew have been.”

Neither parent nor child could have anticipated the incredible impact the show would have, setting a new bar for authentic Native storytelling in all its unadulterated beauty. That includes skillfully showcasing issues that have long

plagued Indigenous communities due to a history of [colonialism](#) and oppression, including disconnection, displacement, and disproportionate rates of [addiction](#), [disease](#), [poverty](#), and [suicide](#).

“It’s just beautiful how Sterlin and the writers have told stories about everyday modern Native American life,” Kelly says. “The world can finally see the atrocities we have gone through, such as [boarding schools](#) and [forced assimilation](#). These are the realities of what happened — and not that long ago. We’re talking just a couple generations back.”

Yvette seconds that. “Our people have been through so much, and the next generation is here to tell that story. My family has always wondered where all the Natives were on TV. I’m really glad to see *Reservation Dogs* showing that we are still here and that we’ve been here all along.”

Of course, all that acclaim comes with its complications, especially for young Indigenous actors.

“As a mom, you’re always in protective mode,” says Yvette. Both moms have embraced the momager role, handling negotiations, contracts, and travel arrangements in the early days, but also striving to protect their kids from the more toxic aspects of the industry. “There’s still racism, stereotypes, and unfriendly people out there. And because Paulina is a young Native woman, I make sure she always has family around her and is aware of her surroundings. Here in Canada and in the United States, we have the [Missing and Murdered Indigenous Women crisis](#) going on, so it’s important to be

aware.”

Throughout the years, they have shared that parental role on the *Rez Dogs* set. “I was the only mom on set for Seasons 2 and 3, so I looked out for all four of them,” Kelly says. “Even though Devery was older, I would still check on her along with D’Pharaoh and Paulina, because I know Yvette would have done the same for me. That’s just part of mama bear mode — we watch out for each other. You see that in Native communities as well.”

They joke about a time when Yvette had trouble reaching her daughter while filming, so she checked in with Kelly. “I remember that time this past season when you texted me, ‘Hey, where’s Paulina? She’s not answering her phone,’ and I tracked her down,” Kelly says. “I told her, ‘You better call your mama right now. She has been trying to get ahold of you all morning and is getting worried because you haven’t responded.’ So, she picked up the phone and called you.”

“It’s burning like wildfire across the prairie right now. I hope that Native American youth watch this show and realize that anything is possible.”

During Season 3, other family members got in on the *Rez Dogs* action, too. For the 1970s flashback episode “[House Made of Bongs](#),” Lane’s sister, Shelby, plays a young [Mabel](#) and Paulina’s brother Nathan plays a teenage [Uncle Brownie](#) (regularly portrayed by acclaimed Cayuga actor [Gary Farmer](#)). Kelly even makes a brief appearance in the series finale.

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“Nathan is the comic of our family, alongside Paulina,” Yvette says. “During the first two seasons, Paulina would call him when she was running lines and get his opinion. Those two scrapped it out a lot, but they’re really close. When Uncle Brownie was first introduced on the show, Nathan was already imitating him, so I was so happy he got the part. He was just so into it.”

For Shelby, the cameo was the achievement of a longtime dream. “Shelby was always active in theater and was actually the reason Lane got into acting,” says Kelly, explaining that both of her kids auditioned for *Reservation Dogs*. “Shelby took an acting class, and I made Lane go too so that he wasn’t

at home playing video games.” Kelly recounts Shelby’s devastation when her brother got a part but she didn’t. “That was so hard, because you’re excited for one child but heartbroken for the other. But she didn’t give up, and we were beyond ecstatic when she got the role of young Mabel.”

Both moms beam with pride reflecting on their kids’ involvement in such a pivotal show, one that has not only opened the floodgates for authentic [Indigenous representation](#) but sparked an undeniable Native renaissance across pop culture. “We finally feel seen by the outside world, and there’s healing that comes with that,” Yvette says.

Kelly says they hear from Indige-

nous actors, models, and creators that the show has helped open doors. “It’s burning like wildfire across the prairie right now,” she says. “I hope that Native American youth watch this show and realize that anything is possible.”

*An Alaska Native Tlingit tribal member, **Kate Nelson** is an award-winning writer and editor living in Minneapolis. She is currently the editor-in-chief of [Artful Living](#), and has written for publications including ELLE, Esquire, Architectural Digest, Teen Vogue, Bustle, Thrillist, Saveur, Civil Eats, Andscape, and more.*

[Romper](#) is a site for the stories parents want to hear — and the advice they actually need.

[Read it all here.](#)

Celebration Of Life Month - January 2025

[National Today](#), January, 2025

It’s the beginning of a new year, and that makes it the perfect time to start appreciating the lives that we lead, and the blessings that come to us every day. Part of that recognition is appreciating the physical carriage that is our bodies, and preparing to celebrate the year ahead.

Celebration of Life Month has a history that dates back to the 1980s when it was part of a proclamation by US President Ronald Reagan as a way to honor human life in all of its stages. Originally attached to Sanctity of Human Life Day, this event has evolved over time. To remove some of the politicizing of the event, it has become an entire month that is all about celebrating life!

The time to celebrate the reason we are all here occurs during **Celebration Of Life Month**, which is

observed throughout January. This special holiday was created by [Food for Health International](#) to encourage us to step back from our usually busy lives and appreciate our existence.

Celebration of Life Month is the perfect opportunity for you to unwind from the holidays, take a few days to rest, and prepare yourself for the next journey around the sun.

History of Celebration Of Life Month

When was the last time you took a step back to appreciate the fact that you’re able to see a new day, or better yet, a new year entirely? If you can’t recall, you don’t need to beat yourself up about it because we are all guilty of that sometimes. Celebration Of Life Month, however, gives us the perfect opportunity to do better,

and be more grateful.

The holiday season often brings a wave of gratitude for most people, with the season being kicked off with Thanksgiving. We are grateful for family, friends, food, and even a good work year. We seem to be grateful for almost everything but forget to celebrate life itself.

This observance allows us to recuperate from the holiday festivities, take a break, honor our bodies, and prepare for the year ahead. A healthy life starts with a healthy body, and with the new year comes a lot of resolutions that we oftentimes can’t keep up with. This observance makes things easier by just letting us enjoy life, and do things all through the month that edifies the body, mind, and soul.

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Food for Health International is a company focused on the production and distribution of dry foods, whole foods, and portable solar technology for emergency situations. They produce quality products on time and at affordable prices. They created Celebration Of Life Month to encourage us to celebrate each day and cater to our bodies, which in turn caters to our souls.

Celebration Of Life Month occurs throughout January, giving us a grateful entry into the year, and setting the standard for prioritizing our bodies.

Celebration Of Life Month timeline **2000 B.C.:** New Year Should Be Celebrated

Mesopotamia creates the concept of celebrating the New Year.

153 B.C.: The First New Year Celebration

Rome becomes the first to celebrate the New Year.

1900s: New Year's Eve

New Year's Eve is first celebrated.

2004: Food For Health

Food For Health International is founded.

Celebration Of Life Month FAQs

How do I observe Celebration Of Life Month?

This is one of the easiest holidays to celebrate because all you need to do is whatever makes you happy! Relax, meditate, take walks, exercise, do whatever makes you feel alive.

What is the difference between Celebration Of Life Week and Celebration Of Life Month?

Both observances serve the same purpose, which is to encourage us to live and celebrate our lives to the fullest. However, Celebration Of Life Week occurs in the first week of January, and Celebration

Of Life Month was created by Food for Health International and is observed throughout the same month. The latter also focuses more on keeping our bodies in the best shape.

Does the Food for Health International store still exist?

Unfortunately, the Food for Health International store has been permanently closed.

How To Celebrate Celebration Of Life Month

1. Take some days to rest

Mental health is a key aspect of how we look at ourselves and the world at large. Take a few days to rest and reflect on the previous year as well as your plans for this year. Spend this time meditating or doing whatever is necessary to keep your mental health in a nice, stable space.

2. Engage in leisure activities

What do you like to do for fun? Maybe it's exercising, painting, or even dancing! Whatever it is, use this month to explore all the leisure activities that are important to you. The more time you spend doing them, the more relaxed and fulfilled you will feel.

3. Spend time with family

Family and friends are core parts of our lives, and there is honestly no celebration without your loved ones around. This month, prioritize these relationships by setting aside time to spend with them. Make sure you include activities all parties would enjoy.

5 Important Facts About Life

1. The universe has a color

Johns Hopkins University researchers discovered that

the combined color of the universe is kind of beige, and they named it 'cosmic latte.'

2. An aspirin might save your life

Taking an aspirin at the first sign of a heart attack can inhibit the blood from clotting.

3. Friends are life-savers

Research at Michigan State University proves that people with active social circles tend to live longer.

4. Your body is larger than the Earth

There are trillions of life forms and microbes on your body, which is more than the amount of life on Earth.

5. Rain has an actual smell

The smell you enjoy so much when it rains is called 'petrichor.'

Why We Love Celebration Of Life Month

A. It's an opportunity to celebrate

Who doesn't love a good reason to celebrate? Well, Celebration Of Life Month provides a great reason to do so! This observance allows us to celebrate the one thing that should be most important to us — **life**.

B. It puts things in perspective

The hustle and bustle of life cause us to forget about the things that matter. This celebration puts things into perspective as we remember that being alive is what matters the most.

C. It's a celebration of us

It's a celebration not only of life but of each one of us. Celebration Of Life Month encourages us to celebrate our existence and the bodies we live in every day.

[Additional Resource: Days of the Year](#)

CLUBHOUSE CORNER



2024 YEAR END 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!
See you in 2025!



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 IN 2025!

BANDITS GAME

ICE SKATING

ICE BUMPER CARS

BOWLING PARTY

MOVIE AT REGAL



STAY UPDATED ON OUR CLUBHOUSE EVENTS WITH SOCIAL MEDIA!



Happy New Year

Here are some highlights of NACS' Annual Christmas Parties that are held each year for our community members in Erie and Niagara counties. For each gathering, the staff members plan months in advance and work diligently to ensure that each party is the best it can be. Some of them are pictured here. I'd like to take this time to recognize their efforts and applaud their enthusiasm at this time of the year. And a Happy New Year to all our readers!



The Grinch (Arriana Smith), Santa Clause (Michael Martin)



The Grinch (El Tyner), Cadence Wallace, Adella Wallace, Bruce Wallace



The Grinch (El Tyner), Kai Maracle, Kelly Maracle



The Grinch (El Tyner) and Simone Alston



The Grinch (El Tyner), Norman Isaacs, Sr. Jocelynn Isaacs, Norman Isaacs, Jr.



The Grinch (Arriana Smith), Santa Clause (Michael Martin), Shaun Wilson



NACS Staff, Front Row (l to r): Mackenize Rusinek, Nina D'Amato, Santa Claus (Michael Martin), Dakota Jonathan, Star Wheeler
Middle Row (l to r): Arriana Smith, Daelynn Smith, Casey Bednarski, Justine Rose, Holley Boots, Rebecca Waterman, Colleen Casali, Chelsea Martin
Back Row (l to r): Kyle Bauer, Peter Jacobs, Madison Tighe



Front Row (l to r) Jojo Anderson, Gia Anderson (sitting on Santa's lap), Santa (Michael Martin)
Back Row (l to r) Owen Anderson, SaraAnne Anderson, Richard Anderson III, Richard Anderson II, Gillian Mangano, Karolina Anderson



Natives Professional Network



Thursday, January 30, 2025

Buffalo & Erie County Botanical Gardens

5:30PM - 7:30 PM

Network with your fellow Native professionals and get an exclusive look into the Buffalo & Erie County Botanical Gardens.



[**Register Here**](#)

Sponsored by:



Veterans Crisis Line

Signed into law in 2020, the National Suicide Hotline Designation Act authorized 988 as the new three-digit number for the National Suicide Prevention Lifeline. As part of the law, all telephone service providers in the U.S. had to activate the number no later than July 16, 2022.



If you're in crisis, call the new Veterans Crisis Line number:
Dial 988 then Press 1.

Veterans can use this new option by dialing 988 and pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the previous phone number—[1-800-273-8255](tel:1-800-273-8255) and [Press 1](tel:1-800-273-8255)—by text ([838255](tel:838255)), and through chat ([VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat)).

How It Works

The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.

When to Call

Veterans and service members in crisis aren't alone. If you're thinking about hurting yourself, having thoughts of suicide, or becoming self-destructive, we're ready to help.

Contact us immediately if you or the Veteran or service member in your life is showing signs of crisis, such as:

- Talking about feeling hopeless
- Experiencing anxiety or agitation
- Increasing risky behaviors or substance use

For all the information, visit: <https://www.veteranscrisisline.net/>

How to Apply for VA Health Care

Find out how to apply for VA health care benefits as a Veteran or service member.

You can apply online right now: [Apply for health care benefits](#)

How do I prepare before I start my application?

[Find out if you're eligible for VA health care benefits](#)

Gather the information listed here that you'll need to fill out an Application for Health Benefits (VA Form 10-10EZ)

You'll need this information:

- Social Security numbers for you, your spouse, and your qualified dependents.
- Your military discharge papers (DD214 or other separation documents), military service history information, and details about exposure to any toxins or other hazards.
- Insurance card information for all insurance companies that cover you, including any coverage provided through a spouse or significant other. This includes Medicare, private insurance, or insurance from your employer.
- Gross household income from the previous calendar year for you, your spouse, and your dependents. This includes income from a job and any other sources. Gross household income is your income before taxes and any other deductions.
- Your deductible expenses for the past year. These include certain health care and education costs.

Note: You don't have to tell us about your income and expenses when you apply. But if you're not eligible based on other factors, we'll need this information to decide on your application.

For all the information, visit: <https://www.va.gov/health-care/how-to-apply/>

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
 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: 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

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 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:

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- 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

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 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

Hours: 20 hours per week. Non-traditional (must be available for day, evening, and weekend hours)

Salary/Range: \$17.00- \$18.50 / 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 Clubhouse welcomes self-identified Native American youth and young adults ages 12-17 years old. Clubhouse programming includes recreation & pro-social, education, evidence-based / best practices, skill building, wellness, and cultural activities. 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 Clubhouse is 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.
- Maintain necessary documentation and ensure 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 Associates 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

Hours: 20 hours per week. Non-traditional (must be available for day, evening, and weekend hours)

Salary/Range: \$17.00 - \$18.50/ 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 Clubhouse welcomes self-identified Native American youth and young adults ages 12-17 years old. Clubhouse programming includes recreation & pro-social, education, evidence-based/ best practices, skill building, wellness, and cultural activities. 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 Clubhouse is 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.
- Maintain necessary documentation and ensure 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 Associates 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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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

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
- Employee Assistance Program
- 403 (b) Retirement Plan

For consideration send resume to: humanresources@nacswny.org

From NACS' Board & Staff:

Happy New Year!

Nya:wëh, 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.

I'd like to help NACS continue it's Tradition of Caring...

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

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

PLEASE ADD ME TO YOUR MAILING LIST!

NAME PHONE NUMBER EMAIL ADDRESS

STREET ADDRESS CITY/STATE/ZIP CODE

PLEASE DETACH AND RETURN TO:
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1005 GRANT STREET, BUFFALO, NEW YORK 14207