

# NATIVE

COMMUNITIES OF CARE





**Native Communities of Care brings together California's American Indian & Alaska Native Wellness Movement.**

- We are Tribes and American Indian organizations working together to support behavioral health and wellness for mind, body, and spirit.
- We are Native Americans refusing to stay silent while untreated mental illness takes an unnecessary toll on our families and communities.
- Native Communities of Care is for everyone because mental wellness is for all of us.
- Together, we are creating Native Communities of Care across California.

We recognize the diversity of Native people here in California, and with your help, will be able to ensure our message of wellness and stigma and discrimination reduction will be accessible to everyone.

This toolkit includes:

- To Speak:
  - Youth Messaging
  - Provider Messaging
  - General Native Public Messaging
- To Show:
  - Video Resources
- To Share:
  - Resource Order Forms
- To Learn:
  - Event Planning Guide
  - Website links for additional information

If you have any questions about this toolkit, please email us: [info@EachMindMatters.org](mailto:info@EachMindMatters.org)

**Funded by counties through the voter-approved Mental Health Services Act (Prop.63)**



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## Native Youth



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### Seeking Mental Wellness

- o Everyone is on a path to mental wellness. We all want to be well. But, life is filled with ups and downs, so sometimes we need help to stay on our path.
- o Remember, you're part of a community that cares, and you can seek help for your mental, emotional and spiritual health and wellness, along with your physical health.
- o We all cope with issues differently, but we all have issues. You're not defined by a feeling or diagnosis.

### Native American Youth

- o As a youth, you're important to our society, you are our next generation. Your health and wellness are vital, not just for this generation, but for the generations behind you and the generations to come.
- o The fact is that we need to pay closer attention to our mental, emotional and spiritual health; the historical trauma Native communities have experienced has a profound impact on the path to mental wellness.
- o Fear of judgment, isolation and discrimination throw many Native Americans off their path to wellness, preventing them from getting the help they need and the support they deserve.
- o Staying on the path to wellness is essential to achieving their life goals and aspirations.

**EACH MIND MATTERS**

California's Mental Health Movement



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# For Providers Serving Native Communities



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- Native Communities of Care is for everyone because mental wellness is for all of us.
- Prevention and early intervention save lives and dollars by delivering help before a crisis when it's most effective and less costly.
- Together, we are creating Native Communities of Care across California.

## Integrative Cultural Services

- Behavioral health disparities are inherently tied to the historical and current sociopolitical experiences of Native people and have a profound impact on their mental wellness.
- Fear of judgment, isolation and discrimination throw many Native Americans off their path to mental wellness, preventing them from getting the help they need and the support they deserve.

- The current system of care is not equipped with the tools and resources to meet the needs of the Native community.
- For mental health services to be effective in the Native community, they must include culturally appropriate services.
- Cultural and spiritual practices vary by tribe and community. Be mindful when asking about a person's cultural practices and know that not every Native American follows those practices.

## Native Communities in California

- California has the most diverse Native population in the country. There are more than 100 federally recognized tribes in California and several more are petitioning.
- Over half of the Native American population resides in urban areas across California, in part due to past relocation policies that displaced tribal members from across the country.

<sup>1</sup>Surgeon General, HHS. (2001) Mental Health: Culture, Race, and Ethnicity, A Supplement to Mental Health: a Report of the Surgeon General. [www.surgeongeneral.gov/library/mental-health/cre](http://www.surgeongeneral.gov/library/mental-health/cre)





# Native Communities of Care



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## Our Community, Our People

- Native American tribes and organizations are communities that care.
- One in four American adults lives with a diagnosable mental illness in a given year. The National Indian Health Board recognizes behavioral health as a top 3 AI/AN healthy priority.
- Native Americans have come together in the past to overcome trauma and are uniting again to ensure each Native person is on a path to wellness.

- Fear of judgment, isolation and discrimination throw many Native Americans off their path to wellness, preventing them from getting the help they need and the support they deserve.
- All people deserve wellness and health.

## Native Communities of Care is restoring the path to wellness.

- We are taking unprecedented steps, which are community-specific and culturally appropriate, to break through barriers of mental health stigma and discrimination for Native Americans.
- These local programs and grassroots efforts are conceived, designed and implemented at the local level to reach California tribes and American Indian communities with targeted solutions.
- Native American communities are a priority, because every person, family and community can benefit from improved mental wellness.

<sup>1</sup>Source: AI/AN Behavioral Health Issues and Efforts: A Briefing Book, Indian Health Service, pg.17



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## Each Mind Matters: Stories of Hope, Resilience and Recovery

The California Mental Health Services Authority (CalMHSA) is excited to present *Each Mind Matters: Stories of Hope, Resilience and Recovery* containing 38 short videos that share the stories of Californians across the state whose lives have been affected by mental illness. This project is one way that counties, through their support of CalMHSA, are working to reduce stigma and discrimination associated with mental illness in California.

These videos are meant to supplement the documentary, *A New State of Mind: Ending the Stigma of Mental Illness*, that first aired on Public Broadcasting Service (PBS) stations statewide in May of 2013 and is available for viewing at [EachMindMatters.org](http://EachMindMatters.org). This hour-long documentary showcases over 30 individuals with unique views on the mental health challenges in California. These videos, however, are unable to fully capture the diversity of California, so we thought it crucial to develop short videos to highlight the different perspectives in California. CalMHSA created a variety of short stories that represent a wide cross-section of California residents and share the previously untold stories of our friends and neighbors on their road to recovery.

We hope that you will utilize this as a resource to educate and increase awareness about the stigma and discrimination of mental illness in your community.

### *Native American Stories Include:*

- *Art Martinez, El Dorado County*
- *Belinda Brown, Modoc County*
- *David Martinez, Shasta County*
- *Janet King, Alameda County*

These videos can be found on the Great Minds Gallery at [www.EachMindMatters.org/great-minds-gallery](http://www.EachMindMatters.org/great-minds-gallery)

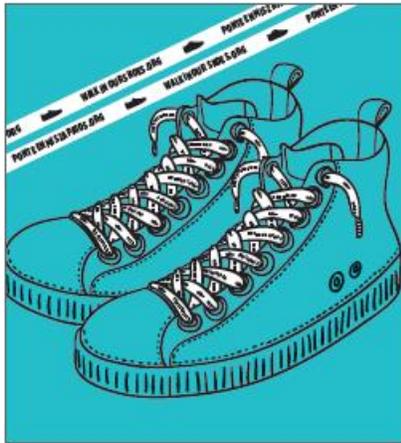
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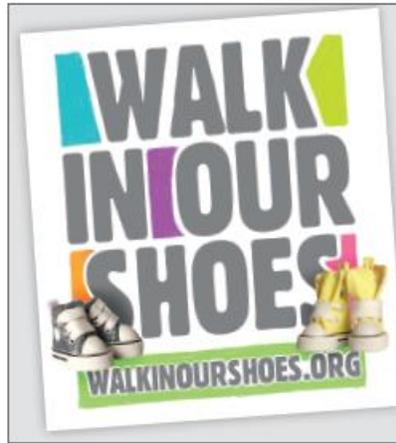
# WALK IN OUR SHOES

Walk In Our Shoes is an early intervention campaign with 4<sup>th</sup> – 8<sup>th</sup> graders (9-to-13 year olds) to educate them about mental health and wellness. The award-winning interactive website hosts true stories of young adults who have experienced hope, recovery and resilience in the face of mental health challenges. The educational resources below remind kids to think about what it might be like to walk in someone else's shoes and drives them to the website to learn more about mental health challenges.

## EDUCATIONAL RESOURCES ORDER FORM



SHOELACES



STICKERS



BUTTONS

### TO ORDER:

If you would like to order any of these items or want more information about Walk In Our Shoes, please contact us: [info@EachMindMatters.org](mailto:info@EachMindMatters.org)



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# Event Planning Guide

*Includes:*

- + Project Checklist
- + Planning Timeline
- + Agenda Template



## Project Checklist

Use this form as you begin planning your event. The full list may not be necessary for your particular event; but it's a good reference for events large and small!

### Event Overview

- Public Event (at community center, theater, local college, etc. and **open to the public**)
- Community Event (at community center, theater, local college, etc. and **invite-only**)
- Other: \_\_\_\_\_

Proposed date/time: \_\_\_\_\_

Who is the audience? \_\_\_\_\_

- o *Examples: Providers? Students? Community?*

Number of guests (approx): \_\_\_\_\_

Collaborating partners: \_\_\_\_\_

Primary goal: \_\_\_\_\_

Secondary goal(s): \_\_\_\_\_

- o *Examples: Inform and educate? Break down barriers? Start a conversation? Desired outcomes?*

Description: \_\_\_\_\_

- o *Examples: Formal/informal? Panel discussion? Individual speakers sharing their stories?*

### Venue

Type of venue needed:  Community Center;  Theater;  College;  Other: \_\_\_\_\_

Will food be served:  Yes  No If yes, what kind/how will it be provided?:

Catered;  Staff Provided;  Potluck;  Other: \_\_\_\_\_

Assets needed:  Chairs (#: \_\_\_\_\_);  Tables (#: \_\_\_\_\_; Type: \_\_\_\_\_);  Trash cans (# \_\_\_\_\_);

A/V: \_\_\_\_\_;  Signs (directional, branding, etc): \_\_\_\_\_

Other: \_\_\_\_\_

Venue Contact Info: \_\_\_\_\_

### Guests

How will guests be identified and invited?: \_\_\_\_\_

How will check-in be handled (if at all)?: \_\_\_\_\_

Will there be any VIP attendees? Presenters? If so, special considerations: \_\_\_\_\_

- o *Examples: PowerPoint and projector? Reserved parking?*

### Roles & Responsibilities

Who leads the planning of the event? \_\_\_\_\_

Who prepares guest list/tracks RSVPs?: \_\_\_\_\_

## 8-Week Event Planning Timeline

Use this timeline as a guide when planning a screening event.

Action Item	Deadline	Notes	Status
<b>EVENT PLANNING CHECKLIST</b>			
Think through and complete the Event Planning Checklist (in Toolkit)	Week 1		
Build your invite list	Week 2		
Consider potential venues and visit them to evaluate which is best	Week 2		
<b>PRINTED MATERIALS</b>			
Review all Toolkit materials	Weeks 2-6		
Work with RS&E to determine what customized materials might be needed	Weeks 2-6		
<b>TECHNICAL CONSIDERATIONS</b>			
Choose a venue, choose a date and sign a contract	Week 3		
Book a caterer, if required	Week 3		
Consider technology needs; work out needs with onsite contact	Week 3		
Invite VIPs and guest speakers, as applicable	Week 3		
Work through any permitting or rental needs	Weeks 3-5		
<b>INVITATIONS</b>			
Invite your guests (formal invitations, emails, flyers, word of mouth, etc.)	Week 5		
Track RSVPs	Week 5		
Provide relevant messages to speakers	Week 5		
<b>FINAL TOUCHES</b>			
Finalize and re-confirm details with venue	Week 7/8		
Remind your guests of the upcoming event	Week 7/8		
Track RSVPs and let venue/caterer know final count (if required)	Week 8		
If desired, re-review materials	Week 8		

### Event Agenda Template

*This is one possible agenda for an event. Your event may not feature a panel, or may have one speaker sharing their story or include an activity. The format is up to you, but this template should help you plan it out.*

**Event Name**

**Date**

**Time**

Activity	Who	Timing
Doors open	All	5:30 – 6 p.m.
Welcome remarks	Host	6 – 6:05 p.m.
Activity	All	6:05 – 7:00 p.m.
Intro special guests (if applicable)	Host/VIPs	7:01 – 7:10 p.m.
Panel discussion	Host/VIPs	7:10 – 7:30 p.m.
Q&A with audience	All	7:30 – 7:57 p.m.
Closing remarks & thanks	Host	7:58 – 8 p.m.

### Additional Ideas:

- Host a reception with refreshments before or after
- Collect contact information to facilitate future follow-up or discussion
- Provide hand-outs with further information and details about any organizations represented by your partners and guests
- Leave audiences with a call to take action – what do you want them to do now?



#### Additional Resources:

- **Native Vision-** A Focus on Improving Behavioral Health Wellness for California Native Americans
  - [http://nativehealth.org/sites/dev.nh.edeloa.net/files/native\\_vision\\_report\\_compressed.pdf](http://nativehealth.org/sites/dev.nh.edeloa.net/files/native_vision_report_compressed.pdf)
- **Culture and Community-** Suicide Prevention Resources for Native Americans in California
  - <http://calmhsa.org/wp-content/uploads/2014/04/Native-American-Suicide-Prevention-Resources.pdf>
- **Culture Card-** A Guide to Build Cultural Awareness
  - <http://store.samhsa.gov/shin/content/SMA08-4354/SMA08-4354.pdf>
- **Each Mind Matters-** California's Mental Health Movement
  - [www.eachmindmatters.org](http://www.eachmindmatters.org)

#### 2014 Native Communities of Care Grantees:

These organizations utilized Native Communities of Care messaging and other stigma and discrimination reduction tools to serve Native communities throughout the state.

Funding a diverse range of projects was very important to the grant selection committee, and this intention is reflected in the grant pool, which represents 21 counties from both urban and reservation areas.

- The American Indian Counseling Center and Red Circle Project (Los Angeles)
- California Consortium for Urban Indian Health (Alameda)
- California Indian Museum and Cultural Center (Sonoma, Lake, Mendocino)
- Fresno American Indian Health Project (Fresno)
- Friendship House Association of American Indians, Inc. (San Francisco)
- Kern County Department of Mental Health (Kern)
- Nor Rel Muk Wintu Nation (Trinity)
- Pinoleville Native American Head Start (Mendocino)
- Round Valley Indian Health Center (Mendocino)
- Southern California Indian Center, Inc. (Los Angeles, Orange, Riverside)
- Tuolumne Band of Me-Wuk Indians (Tuolumne)
- United American Indian Involvement (Los Angeles)
- Viejas Band of Kumeyaay (San Diego)
- Wintu Tribe of Northern California (Shasta)

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This program is funded by counties through the voter-approved Mental Health Services Act (Prop. 63). It is one of several Prevention and Early Intervention Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families and communities. CalMHSA encourages the use of materials contained herein, as they are explained in our licensing agreements. To view the agreements, please visit: [calmhsa.org](http://calmhsa.org)



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