

LOVELOCK PAIUTE TRIBE

MAY 2023 NEWSLETTER

paiutetribelovelock.org

APRIL EVENTS OVERVIEW

Lovelock Paiute Tribe hosted an Easter egg hunt and BBQ on Friday, April 7, 2023. There was fun and prizes for raffle winners.



KEEP A LOOK OUT FOR OUR GRADUATION PARTY FLYER LATER THIS MONTH!!

CLASS OF 2023





Happy Mother's Day

- May 10 - Council meeting
- May 12 - Commods at Admin Building 8am - 11am
- May 14 - Mother's Day
- May 29 - Memorial Day
Admin offices closed
- May 31 - Last day of school



May 2023

April '23							June '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30		
30														

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5 LCPD P.A.L. EVENT SIGN UP AT ADMIN OFFICE	6
7	8	9	10 COUNCIL MEETING 5PM	11	12 COMMODO 8AM - 11 AM	13
14 	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29  ADMIN OFFICES CLOSED	30	31	1	2	3
4	5	PLEASE EMAIL ALL SUBMISSIONS TO info@lovelocktribe.com by the last Tuesday of every month.				

May 2023


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Yoga	3	4 Yoga	5 High School Track Meet Youth Sewing	6
7 4-H Livestock Show Trap Shoot	8	9 Yoga 4th grade Lovelock Cave Days with BLM and Coeur	10 4th grade Lovelock Cave Days	11 Yoga Third Grade Hobby Show Major Little League Championship Game 4th grade Lovelock Cave Days 4-H Livestock Show Reno	12 Regional Baseball & Softball Tournament In Lovelock Youth Sewing Speedway Races 4-H Livestock Show Reno	13 Regional Baseball & Softball Tournament In Lovelock Speedway Races 4-H Livestock Show Reno
14 Mother's Day 4-H Livestock Show In Reno	15	16 Yoga	17	18 Yoga Elementary Awards Day	19 Youth Sewing	20
21 Portuguese Festa Trap Shoot	22	23 Yoga	24 Lovelock Kindergarten Graduation High School Scholarship dinner	25 Yoga Elementary Flower Planting Day	26	27 Ranch Rodeo
28 Ranch Rodeo	29 Memorial Day Flag Ceremony at Courthouse	30 Yoga Elementary Track and Field Day	31 Students Fast Day of School			



May

2
0
2
3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5  Sewing 9:30-11:30 a.m. @ Community Center Extra Sew 1-3p.m.	6
7  Livestock Show and Sale-weigh in 6:30 show starts 8 a.m. 4-H Building	8	9	10	11	12  Sewing 9:30-11:30 a.m. @ Community Center Extra Sew 1-3p.m.	13
 NJLS May 11 th -14 th in Reno at the Wells Event Center 						
14  NJLS May 11 th -14 th	15	16	17  Cooking 3:30 p.m. @ Community Center <i>Demonstrations</i>	18	19	20
21 FFA's Award Banquet Thank You Card Assembly  5 p.m. Location TBD	22	23	24 Self Defense 6-7:30 p.m. @ 4-H Building	25	26  Sewing 9:30-11:30 a.m. @ Community Center Extra Sew 1-3p.m.  Arts & Crafts 5-6 p.m. @ 4-H Building	27
28 Ranch Hand Rodeo	29 <i>4-H raises the Nevada State Flag @ the Memorial Day Flag Ceremony- May 29th, at 9 a.m. @ Court House Park</i>	30	31	1 4-H Camp  Applications due to office 810 6 th St.- by 5 p.m.	2	3

LPT Social Services

Child Abuse Walk

April was Child Abuse Awareness month. In support of this LPT Social Services had a walk on April 13th and handed out shirts. Participants walked from the Admin building to Spark park and back.



NATIVE AMERICAN FAMILY NIGHT

LPT Social Services teamed up with Pershing County Multi tiered Support System for Behavioral and Mental Health (MTSS) and hosted Native Family night on April 19, 2023 in the tribal gym. The team was joined by middle school Principle Shea Murphy. The event brought parents and kids out to enjoy indian tacos and learn about mental and behavioral resources available to our families. Chairwoman George held activities for the kids with storytelling and a game.

" We're wanting the kids to be more comfortable reaching out for help or anything they might need. It helps if they know what resources are offered and seeing school staff at the colony might help the kids be more comfortable reaching out.

Morgan Reid
LPT Social Services



Here is some information about the team that visited on Family Night

MULTI-TIERED SYSTEM OF SUPPORT FOR BEHAVIORAL AND MENTAL HEALTH
MTSS Team "Core 4"

Shauna Bake
MTSS Coordinator
sbake@pcsdnv.com

Sarah Hannonen
Wholeness Coordinator
shannonen@pcsdnv.com

School Counselors:
Nancy Meissner (IES, LES, PCMS 6th Grade)

Matt Schottell (PCMS/PCHS Grades 7-12)



LOVELOCK



Give your child a

HEAD START

Inter-Tribal Council of Nevada, Inc.

Now Accepting Child Applications

for 2023-2024 School Year

Ages 3 to 5 years**

**Children must be 5 after September 30th, 2023



Free quality learning opportunities to promote school readiness!



Family support services including parent education!



Health and developmental screenings and assessments!



Disability and Mental Wellness support to families!

Children Services

- 📖 Nutritious Food
- 📖 Independence
- 📖 Engaging Activities
- 📖 Structured Schedule
- 📖 Social and Emotional Development
- 📖 Cognitive and Language Development
- 📖 Physical Development

Parent Services

- 📖 Parent Activities
- 📖 Parent Education
- 📖 Community Resources
- 📖 Various Assistance
- 📖 Male Involvement Activities
- 📖 Female Involvement Activities

APPLY NOW

E: Lovelockhs@itcn.org or itcnheadstart@itcn.org

P: (775) 273-7329 or (800) 757-3516

Accepting Income Eligible and Non-Income Eligible

LOOKING FOR A CAREER, AND NOT JUST A JOB?

Northern Nevada's Workforce Development Solution.

JOIN Inc. is committed to helping you find a job and start your career. We are a community benefit organization that provides qualified Nevadans with access to free educational and occupational training programs that lead to a successful career, leaving you debt-free!

WE OFFER



CONTACT US NOW

Find an office close to you:

- RENO
- CARSON CITY
- ELKO
- ELY
- FALLON
- FERNLEY
- WINNEMUCCA



Career Exploration



Career Guidance



Career Training



Tuition Assistance

The list of possible career training courses is endless, ranging from accounting to welding and everything in between. JOIN Inc. focuses on "in-demand" occupations in Nevada in industries such as Construction, Healthcare, Manufacturing & Logistics, Information Technology, Tourism, and Entertainment.

www.join.org



STATE OF NEVADA AGING AND DISABILITY SERVICES DIVISION



EMERGENCY FUNDING FOR RESPITE ASSISTANCE

What is it- A **onetime** emergency funding assistance for family and friend caregivers who have an unplanned, unavoidable absence and need care for their loved one but have difficulty paying for care.

How it works- A caregiver who is experiencing a Respite emergency is encouraged to apply by using the referral form or contact Yazmin.

1. Work with families in providing them information and referrals to resources in their own communities.
2. When possible, provide financial assistance to caregivers to get care for their loved ones from professional agencies to their own social network like friends/family/neighbors/etc. to provide the care.

Funds are contingent on availability and are distributed on a case-by-case basis.



To find out more, or to submit a referral please contact:

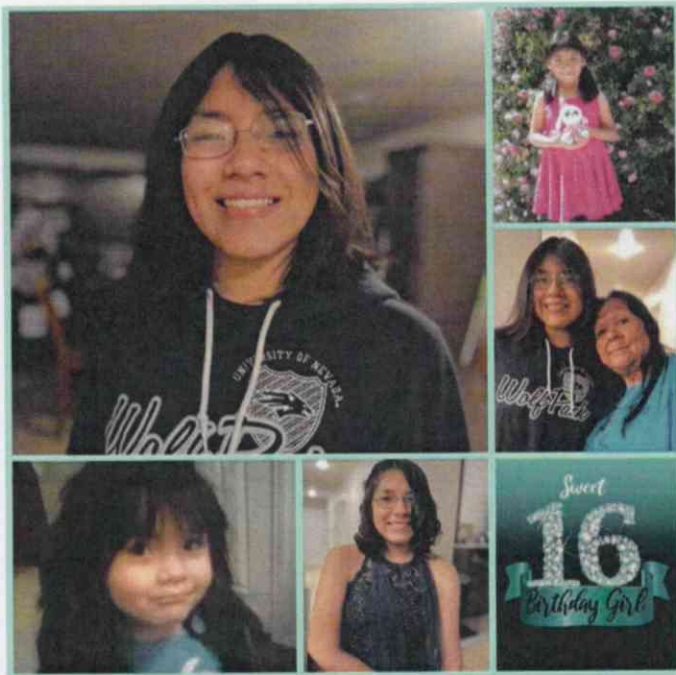
Yazmin Orozco

(775) 525-9406

Yorozco@adsd.nv.gov



This Emergency Respite Fund is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$44,973.03 with 100 percent funding by ACL/HHS. The content is those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Happy Sweet 16 Ivette Marie!

Thank you for being such an awesome daughter and granddaughter. You mean the world to us all. Hope you have a great day!

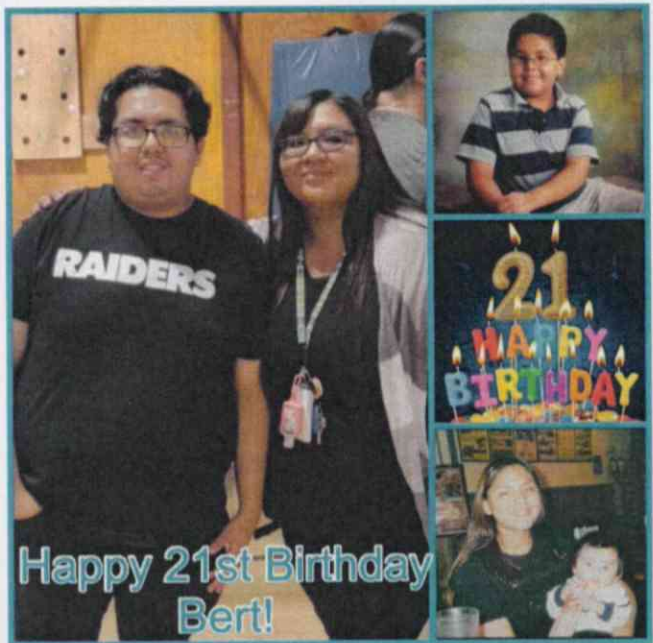
Love,

Mom, Jason, Grandma, Bert, Anna, Jaxson, and Enzo

Happy 21st Birthday Albert!
 You have come a long way and
 You make us all proud! Keep up
 the great work! Love You!

Love,

Mom, Jason, Grandma, Anna,
 Ivette, Jaxson, and Enzo.

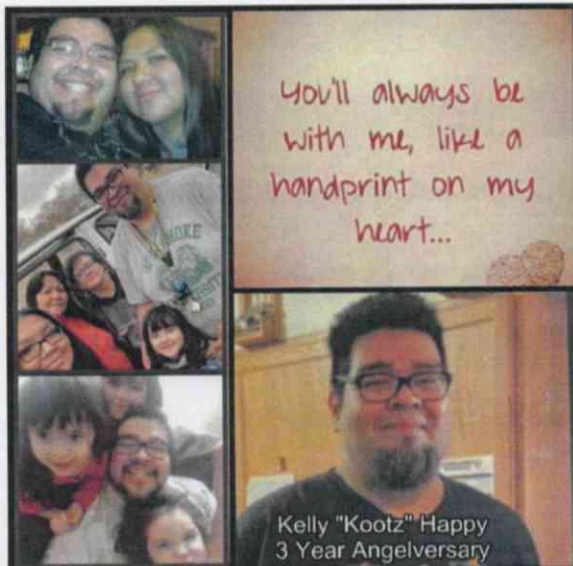


Happy 21st Birthday Bert!

3-year Angelversary for
 Kelly Happy. We love &
 miss you yesterday, today,
 tomorrow, and forever...

5/13/20 

The Family.






May 3rd - Happy 17th Birthday to
Sophia, you're beautiful in every way my
girl!!

May 12th - Happy 3rd Birthday baby girl!
Laughter, hugs and lotsa of love on your
birthday!!

Love Aunty & The Boys

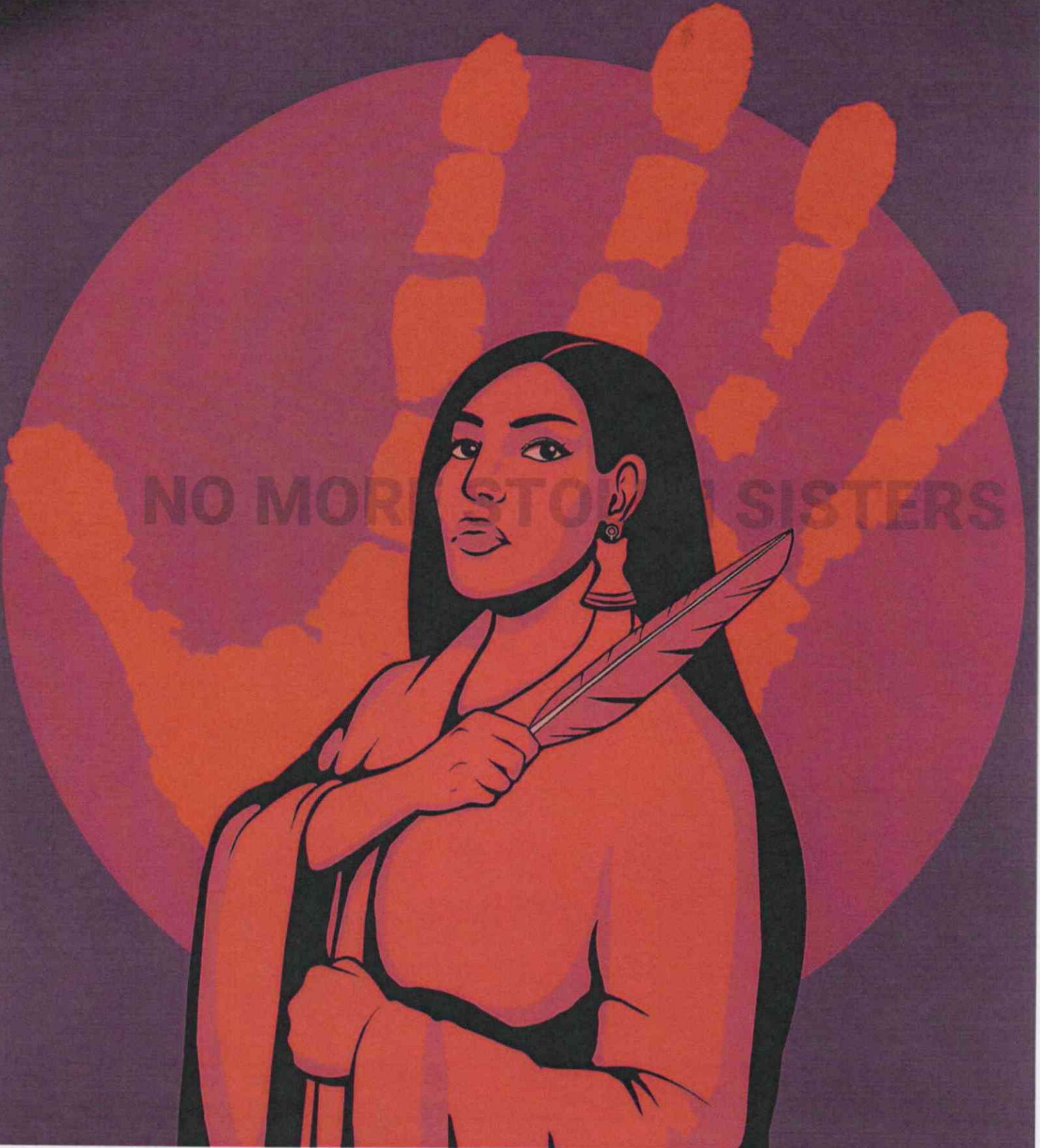


Happy
Birthday

LALA

WISHING YOU SUCCESS, HEALING AND HAPPINESS!

NO MORE STORIES SISTERS



The Pyramid Lake Paiute Tribe Proudly Invites You to the

"Te Nanumu Magodyuku"
"Bringing the People Home"

12th Annual
SACRED
Pow-Wow
VISIONS

July 7-9, 2023

Big Bend Ranch, Wadsworth, NV

Sponsored by the Pyramid Lake
Paiute Tribe, Pyramid Lake
Veterans & Warriors
Organization, Pyramid Lake
Tribal Health Clinic, and
Volunteers

Powwow Committee:
PO Box 897,
Wadsworth, NV 89442

Point of Contact:
Joyce McCauley (775) 815-7588
Anita Dunn (775) 771-2683

Vendors:
Angey Dunn (775) 412-8624
or angeyfaye@yahoo.com

• **DRUG FREE EVENT** | The Sacred Visions Powwow Committee and Sponsors are not responsible for short funded travelers, thefts, damages, or injuries. | **NO Weapons, firearms, or fireworks permitted.**

Host Drum

SAGE POINT SINGERS, Fort Hall, SD

Master of Ceremonies

JAMES PHOENIX, Pyramid Lake

Arena Director

MARTY MONTGOMERY, Washoe Tribe

GRAND ENTRY: Friday 7 PM

Saturday—12 PM & 7PM

Sunday—12 pm

SPECIAL EVENTS—SATURDAY

- ◆ Traditional Paiute Buckskin Contest
- ◆ Fun Run—8 AM
- ◆ Parade—10 AM
- ◆ Other activities—TBA

**Native Arts
& Crafts**

PUBLIC WELCOME

FREE Admission | FREE Camping

Father's Day PowWow

June 16-18, 2023 Free Admission
Master of Ceremonies: Jerry Bear, (Southern
Paiute/Goshute)

Arena Director: Art Martinez (Chumash)

Host Drum: Red Hoop

All Dancers and Drummers Welcome

Activities

Arts and Crafts

Food Vendors

Dry Camping

Stewart School Alumni

BBQ Dinner

Saturday 4:00 p.m.

Grand Entry Times

Friday, June 16: 6:30 p.m.

Saturday, June 17: Noon & 6:30 p.m.

Sunday, June 18: Noon



Photo by JTH MULTIMEDIA, used with permission.

5500 Snyder Ave. Carson City, NV
Host Hotel: The Federal Hotel (775) 883-0900
For information: 775-687-7605 snez@NIC.NV.gov

This event is alcohol & drug-free.

The Stewart Father's Day Powwow, the Nevada Indian Commission & the State of Nevada are not liable for accidents, injuries, or short-funded travelers.

MMIW SOLIDARITY WALK

National Day of Awareness

FRIDAY, MAY 5, 2023

10AM -12 PM

PYRAMID LAKE

March will begin @PLHS and end at the Museum



GATHERING:

- Prayer: Reynelda James
- Honor Song
- Film: Justice for Our Sisters and Earth Mother

Donations will be accepted for MMIW Families.
Hand drummers needed.

Bring your signs! Sign- Making Party at the Museum at 9am. Breakfast burritos will be available.



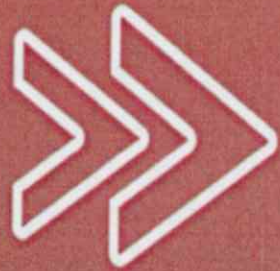
CRAFT, FOOD VENDORS AND
SOCIAL PROGRAMS WELCOME

Booths \$25 | Call Museum at 574-1088

NO MORE STOLEN RELATIVES



NO MORE STOLEN SISTERS

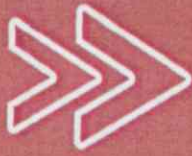


2023 NATIONAL WEEK OF ACTION FOR MMIW

MAY 1 - MAY 7, 2023



#MMIW #MMIWACTIONNOW #NOMORESTOLENSISTERS



2023 NATIONAL WEEK OF ACTION FOR MMIW

SCHEDULE OF EVENTS (MOUNTAIN TIME ZONE)

MONDAY, MAY 1, 2023

- Launch of the National Week of Action, Traditional Opening, **12 pm**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Mauli Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**
- Launch of STTARS MMIW Awareness Toolkit

TUESDAY, MAY 2, 2023

- Indian Law Resource Center, **11 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Mauli Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

WEDNESDAY, MAY 3, 2023

- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Alliance of Tribal Coalitions to End Violence, **1 pm**
- Mana Mauli Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

THURSDAY, MAY 4, 2023

- MMIW Spotlight, Hosted by Alaska Native Women's Resource Center, **11 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Mauli Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

FRIDAY, MAY 5, 2023

- Housing As A Mitigating Factor For MMIW, STTARS, **10:30 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Twitterstorm, **1pm**
- Mana Mauli Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

FRIDAY, MAY 5 - SUNDAY, MAY 7, 2023

- MMIWG/R Run/Walk, hosted by Rising Hearts



SAVE THE DATE

HONORING MMIW

BRINGING AWARENESS TO OUR STOLEN SISTERS

SATURDAY, MAY 20, 2023

10:00 AM - 1:30 PM

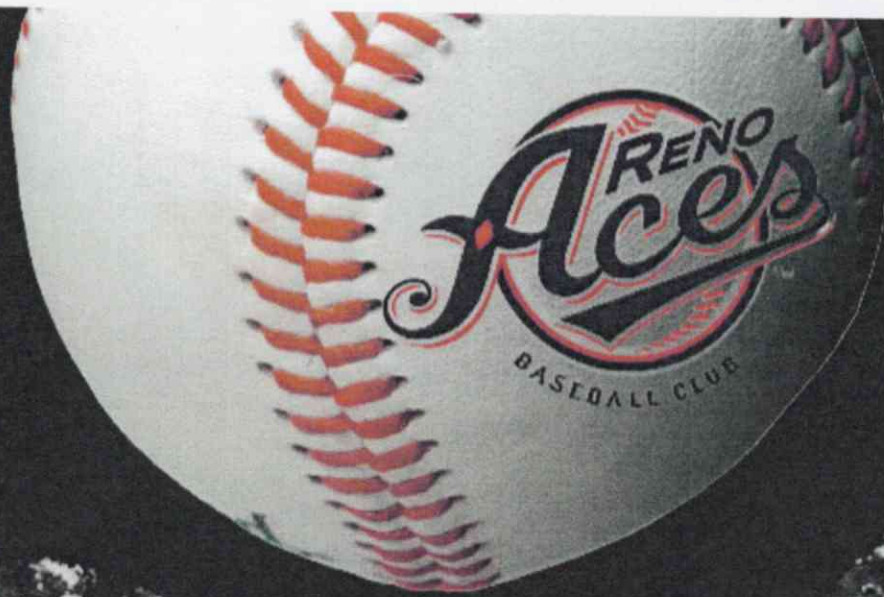
JOE CROWLEY STUDENT UNION BUILDING
4TH FLOOR

1664 N. VIRGINIA STREET, RENO, NV 89557



SINGERS
RED DRESS DANCERS
SPEAKERS

CONTACT KYLEE AT 775-385-8368



LCPD P.A.L. Presents:



RENO ACES BASEBALL GAME!

ACES VS ROUND ROCK EXPRESS

AGES 8-17

Call 775-422-2503 to R.S.V.P

Greater Nevada Field | 250 Evans Ave. Reno

05-05-2023 | 6:30 P.M

2023 CUI-UI SPAWING RUN

A controlled take permit by the U.S. Fish and Wildlife Service allows Cui-ui to be transferred to the Tribe through a 1987 Memorandum of Understanding.

A Tribal representative list has been provided the Marble Bluff fish facility to accept transferred Cui-ui under the permit.

If you are an enrolled Tribal member interested in receiving Cui-ui for yourself or your family.

Please contact Susie Albright at Water Resources Department (775)574-1050 ext. 23, Leave a message with your name and phone number.



Nevada Urban
Indians, Inc.

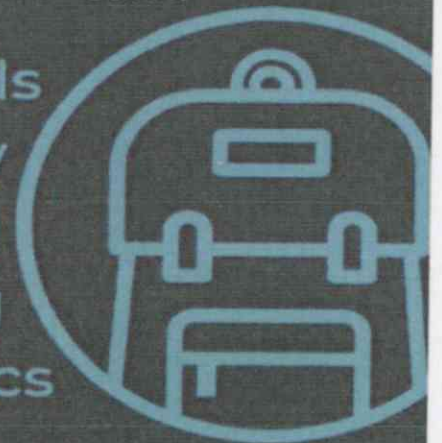


YOUTH BACKCOUNTRY CAMP

July 11-14

Join the experts on a four-day backpacking expedition to challenge yourself, connect with the natural world, and have fun with your peers! Free of cost and no experience or gear required for youth 12-17 years. You will learn:

wilderness skills
natural history
leadership
teambuilding
stewardship ethics



SCAN ME



Contact Steve Hedrick
shedrick@nvui.org
775-788-7600 ext. 107



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

4-H Central Summer Camp

Lake Tahoe is a unique and magnificent treasure. Its diverse forest, meadow and beach ecosystems provide an unparalleled opportunity for outdoor environmental education, recreation, inspiration and relaxation. Every camp offers great adventure, friendship, fun, and the opportunity to learn life skills.

Ages

Camp is open to youth ages 9-13.

Dates & Location

July 16-20, 2023 at the Nevada State 4-H Camp on Lake Tahoe.

Cost

Cost of camp is \$250 the registration fee includes a T-shirt, meals, lodging and all materials for camp (scholarships may be available, contact us for more information).



For camp registration forms contact Colby Burke at 810 6th Street or email her at colbyburke@unr.edu.

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

**CAMP REGISTRATION
FORMS DUE JUNE 1, 2023
TO 810 6TH STREET,
LOVELOCK, NV 89419**

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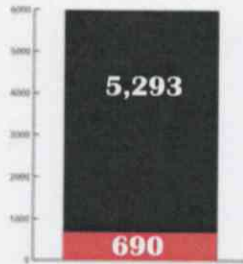
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Missing and Murdered Indigenous Women, Girls, and Relatives (MMIWGR)

The Crisis

"The crisis of missing and murdered Indigenous women is not new. It is more than an epidemic—instead is part of the spectrum of violence experienced by Native women. This crisis of MMIW has deep roots in colonization and genocide and can be attributed to the lack of legal protections as a result of the systematic erosion of tribal sovereignty stretching back more than 500 years." - National Indigenous Women's Resource Center



In 2020, there were 5,293 reports of missing American Indian and Alaska Native women and girls; only 690 cases were logged in the federal missing person database.¹

- Indigenous women are 2.5x as likely to experience violent crimes and 2x more likely to experience rape or sexual assault crimes.¹
- Homicide is the #3 leading cause of death for Indigenous women 10-24 years old and the #5 leading cause of death for Indigenous women 25-34 years old.¹
- 40% of victims of sex trafficking are identified as Indigenous women.¹
- Unlike other racial groups, violence against Indigenous women is more likely to be perpetuated by someone outside their racial group.²



In the Urban Indian Health Institute's 2016 study, more than 95% of the MMIWGR cases in the study were never covered by national or international media. In the same study, 31% of the media outlets who covered MMIWGR cases used violent language to describe the victims.³

1.5 million women



More than 4/5 Indigenous women have experienced violence in their lifetime.¹

We include "Relatives" to acknowledge that Indigenous men, children, elders, and Two Spirit individuals are also at a great risk of experiencing violence in their lifetimes.



The Movement

MMIWGR is a movement that works to raise awareness about this crisis, seeks to offer support to communities and families with missing and murdered individuals and address the underlying causes of this crisis.

There are several organizations and government bodies now working to address this crisis:

- The passing of the "Not Invisible Act of 2020" created the Missing and Murdered Unit of the Bureau of Indian Affairs (BIA). There are currently 15 BIA offices around the country with Missing and Murdered Units.
- May 5 was designated as the National Day of Awareness for Missing and Murdered Native Women and Girls in 2019.
- The National Indigenous Women's Resource Center, Native Hope, and Native Women's Wilderness are just a few organizations working to address the crisis by raising awareness, educating, and offering support.



A red hand covering the mouth is the symbol of this movement. "It stands for all the missing sisters whose voices are not heard. It stands for the silence of the media and law enforcement in the midst of this crisis. It stands for the oppression and subjugation of Native women who are now rising up to say #NoMoreStolenSisters." – Native Hope

Resources

- [National Indigenous Women's Resource Center](#)
- [Native Hope](#)
- [Native Women's Wilderness](#)
- [Bureau of Indian Affairs](#)
- [Coalition to Stop Violence Against Women \(NM\)](#)
- [Minnesota Indian Women's Sexual Assault Coalition](#)
- [Urban Indian Health Institute's "Missing and Murdered Indigenous Women & Girls" report](#)
- [National Criminal Justice Training Center's National Statistics on Missing and Murdered Native Women and Girls](#)
- ["Alaska Daily" ABC television series](#)
- ["The Roundhouse" novel by Louise Erdrich](#)
- ["Wind River" 2017 film](#)

¹National Criminal Justice Training Center's National Statistics on Missing and Murdered Native Women and Girls. ²National Institute of Justice "Violence Against American Indian and Alaska Native Women and Men" report. ³Urban Indian Health Institute's "Missing and Murdered Indigenous Women & Girls" report.

CANDLELIGHT
VIGIL FOR
MURDERED AND
MISSING WOMEN



VIGIL WRITTEN BY

DR. KELLY SHERMAN-CONROY
(OGLALA LAKOTA)

GUIDELINES FOR CANDLELIGHT PRAYER VIGIL

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind, even though countless years and miles may stand between us. It means that if we meet again, you will know me. It means that even after I die, you can still see my face and hear my voice and speak to me in your heart.

-Theologian Frederick Buechner

The prayer vigil is held to remember and honor the Indigenous women who have gone missing, been murdered, or suffered from violence. It is also an opportunity to raise awareness, provide support, and seek justice for these women and their families. These guidelines have been established to ensure the vigil is held with respect, dignity, and solemnity. Below are some suggested guidelines to follow:

Venue Selection: Choose an appropriate, safe, and respectful location. It should be a sacred space where attendees can come together without distraction or disturbance.

Participants: The prayer vigil is open to people of all ages, genders, and ethnicities who are committed to standing in solidarity with Indigenous women and communities.

Song/Hymns: Select appropriate songs or hymns that recognize and honor Indigenous women. Ensure that the music is culturally-sensitive and respectful.

Lighting Candles: Participants can light candles to honor and remember the missing and murdered indigenous women. The candles will also signify their commitment to seeking justice for these women and their families.

Prayers: Include prayers that recognize the strength and resilience of Indigenous women, seek justice for those who have been harmed, and prioritize healing for survivors. Participants can also bring their own prayers and offer them during the vigil.

End the gathering with a prayer that acknowledges the importance of community support and solidarity in seeking justice for murdered and missing indigenous women.

Respect: Participants will respect each other's space and individual beliefs. All activities will be done in a respectful and dignified manner, keeping in mind the seriousness of the situation.

Follow-Up: Participants should be encouraged to join or support local organizations that help to address the issue of missing and murdered Indigenous women. These organizations may provide resources, support, and advocacy for families of missing or murdered indigenous women. It is also vital to consider the sensitivity and emotions of attendees in this prayer vigil. Ensure that all participants honor and respect one another, avoid victim-blaming or trivializing the issue at hand and that everyone has an opportunity to grieve and honor the lives lost. These guidelines should be followed to create a safe, respectful, and meaningful prayer vigil to remember and honor the lives of murdered and missing Indigenous women.



MMIW CANDLELIGHT PRAYER VIGIL



Call to Prayer:

Leader: We gather today in remembrance of the countless murdered and missing Indigenous women whose lives have been taken or forever changed. We lift up their families who courageously seek answers, justice, and healing. Let us pray:

All: Gracious God, we come before you holding a broken heart for the injustice these families have faced.

Leader: Indigenous women are four times more likely to experience violence than non-Indigenous women. And yet, little has been done to address this issue.

All: We ask for forgiveness for the ways we have failed our sisters. We pray for a change of heart in our society, for an end to violence against Indigenous women, and for healing for those who have suffered.

Leader: Today, we remember that we are all children of God, and we are called to honor every life. These women are not statistics, they are daughters, sisters, mothers, and wives, and their absence has left a deep void in the hearts of their loved ones.

All: Loving God, we pray for the families of these women who have experienced unimaginable loss and pain. We ask that you comfort them in their grief and give them the courage to continue their pursuit of justice.

Leader: The lack of action by our governments, law enforcement, and society as a whole in addressing this issue is unacceptable.

All: Merciful God, may we as a society actively engage in dismantling colonial structures that perpetuate harm towards Indigenous peoples.

Leader: Let us not forget that every person has inherent dignity and worth and that violence against Indigenous women is an affront to that dignity.

All: May we continue to pray, advocate, and work towards a world where every person feels safe and valued. Amen.

Opening Prayer:

All: Our hearts are heavy as we come to you, God, seeking your mercy and grace for the Indigenous women and girls who have been taken from us too soon. Provide the families and communities with comfort and peace.

We pray for guidance and strength as we fight for justice on their behalf. We will not forget those who have lost their lives or the love that remains in their wake. Today, we honor their memory in prayer, grateful for the hope you provide in times of heartache and injustice. Hear us as we offer our prayers and plea for justice. Amen.

Time of Reflection and Remembrance (*Lighting of the Candles*)

The candles are to be large candles. Each candle will be lit while reading the following prompts:

Candle of Sorrow (*Light the Candle*)

In this moment of solemn reflection, we pay tribute to the countless Indigenous women who have been taken from us. We honor their memory with a flickering flame, a symbol of our unwavering commitment to keeping their spirit alive. As our hearts ache with the weight of their absence, we recognize that every tear shed is a testament to the love we carry for them.

As we gather in prayer, we offer our strength and support to the families and communities who continue to carry this devastating burden. We hold space for their grief, and pledge to work towards justice and healing for all our relations.

Candle of Remembrance (*Light the Candle*)

Let us take a moment to honor and cherish the lives of Indigenous women who have left their footprints in the hearts of their communities forever. With a flickering candle, we pay tribute to their existence and the precious memories of their laughter, kindness, and warmth that will always resonate with so many. As we remember them, we acknowledge the deep connection Indigenous people have with this land and the profound legacy of compassion, courage, and persistence they have gifted all of creation. May their spirit and resilience inspire generations to come.

Candle of Peace (*Light the Candle*)

As the flame flickers, we honor those who have suffered unimaginable loss and pain. In the midst of the ongoing brutalities faced by Indigenous women, we light this candle to symbolize the hope for peace. Our hearts ache for those who have been taken and for those who are left behind to mourn. We pray for comfort and healing, for rest and reflection. May the light of this candle gently illuminate the path towards peace, and may we all be touched by the peace that transcends all understanding. Together, we stand in solidarity, holding space for those who have been deeply impacted.

Candle of Hope (*Light the Candle*)

Let us ignite this flame, igniting hope for the days of recovery and renewal ahead. This candle serves as a beacon, shining bright with optimism and promise. In these times of adversity, those who have suffered loss may encounter unfamiliar paths; yet, we are steadfast beside them with an overflow of support and compassion.

As we bask in the glow of this candle's tremendous vitality, let hope prosper and flourish within each and every one of us. We yearn for comfort in times of hardship, revitalization of our spirits and peace within our souls, trust in the benevolence and steadfastness of God, and the hope of a brighter future for Indigenous communities.

Candle of Love (*Light the Candle*)

Together, we gather to honor and celebrate the power of love. As we light this candle, we are reminded of the warmth and comfort that love brings to those who are grieving. Love is a light that shines brightly and guides us through even the darkest of times. We give thanks for the opportunity to love deeply and for the precious memories that we carry in our hearts. Though our loved ones may be gone, their love and light will continue to shine through us. We pledge to live fully and love fiercely and to be a beacon of hope and kindness for our Indigenous siblings. Let us honor their loved ones by sharing our lights and spreading love wherever we go.

Candles of Remembrance

Everyone in attendance can light a candle in remembrance of Murdered and Missing Indigenous Women. Prior to the vigil, find the names of MMIW and have them available for people to write on LED candles or pre-write them on the candles before the vigil. Have people say the names as they light their candles and sing the hymn.

A time of silence will happen while candles are being prepared.

Hymn

We Shall Walk through the Valley arrangement by Undine Smith Moore (*Available on Augsburg Fortress*).

Closing Prayer

Leader: As a community, we come together tonight to recognize the pain and sorrow we feel for the Indigenous Women who have suffered from senseless violence and loss.

People: We take a moment to light a candle to honor their memory and the grief of their families and communities. Let this small light be a symbol of hope and healing.

Leader: By lighting these candles, we acknowledge the strength and power in remembering those we have lost. We also recognize the importance of using our own light to shine brightly in the world. People: We hold on to the words, "The light shines in the darkness, and the darkness shall not overcome it." Let us give thanks for their light and continue to spread love and compassion. AMEN

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Eating healthy
- Engaging in social contact (virtual or in person)
- Talking to a trusted friend or family member
- Getting adequate sleep on a regular schedule
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Difficulty concentrating
- Appetite changes that result in unwanted weight changes
- Loss of interest in things you usually find enjoyable
- Struggling to get out of bed in the morning because of mood
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health

www.nimh.nih.gov

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I'M SO STRESSED OUT!

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)

- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



National Institute
of Mental Health

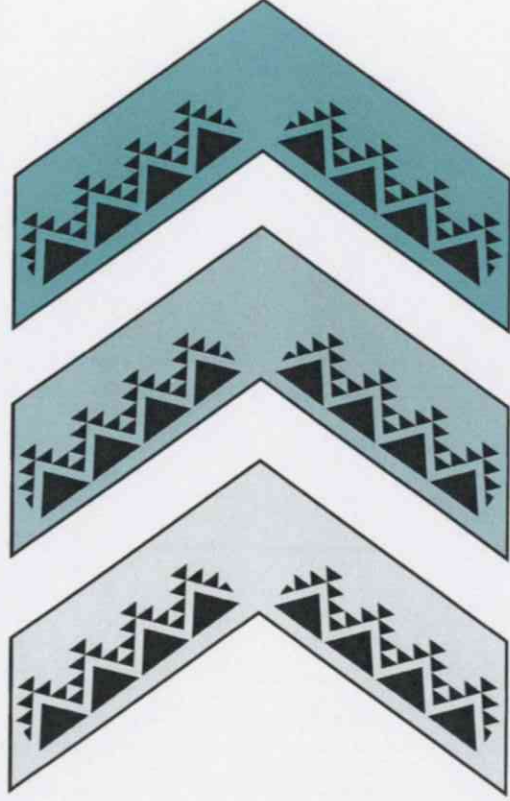
www.nimh.nih.gov

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Suicide Prevention, Intervention, & Postvention

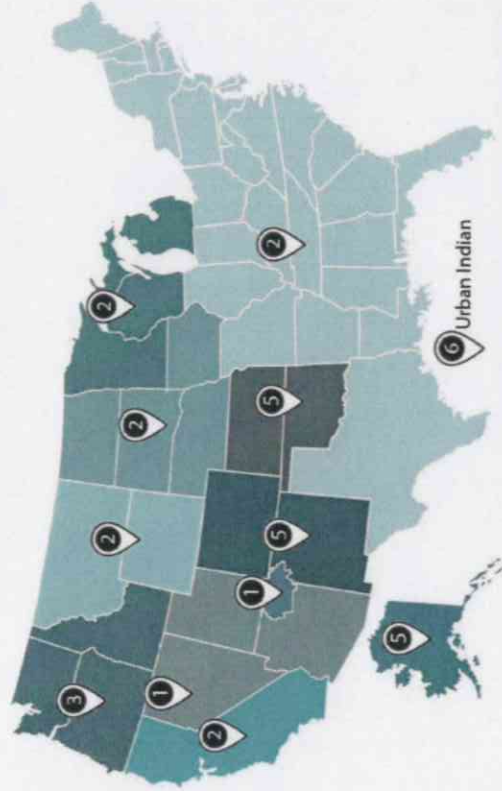


➤➤➤ The Suicide Prevention, Intervention, and Postvention (SPIP) program promotes the use and development of evidence-based and practice-based models with culturally appropriate treatment approaches to suicide prevention, intervention, and postvention among American Indian and Alaska Native (AI/AN) Tribal and Urban communities within a community-driven context.

➤➤➤ In May 2022, the IHS Division of Behavioral Health, Office of Clinical and Preventive Services awarded 36 Tribal, Tribal organization, and Urban Indian organization SPIP grants totaling \$13.7 million, over a 5-year period.

➤➤➤ The 36 SPIP grantees will focus on the prevention, intervention, and postvention of suicide ideation, suicide attempts, and suicides among AI/AN populations. The primary purpose of this program is to reduce the prevalence of suicide among AI/AN communities.

➤➤➤ Compared with the general U.S. population, AI/ANs are disproportionately affected by suicide; rates among this group consistently surpass those among all other racial and ethnic groups. Suicide rates among AI/ANs increased nearly 20% from 2015 (20.0 per 100,000) to 2020 (23.9 per 100,000). (Morbidity and Mortality Weekly Report, 2022)



Awarded Tribal, Tribal organization, and Urban Indian Organization SPIP Grants by IHS Area.



45,979

people died by suicide in the United States in 2020. That is 1 death every 11 minutes. (Center for Disease Control and Prevention 2020)

75%

of AI/AN suicides were among people ages 44 years and younger. (Morbidity and Mortality Weekly Report, 2022)

46.9%

The highest percentage of AI/AN suicides occurred among persons aged 25–44 years. (Morbidity and Mortality Weekly Report, 2022)

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.



Division of Behavioral Health
Office of Clinical and Preventative Services
Substance Abuse and Suicide Prevention Program
www.ihs.gov/sasp

Call 866.851.7324 (tel: +18668517324)

(mailto:hello@foundry.net)



(<https://discoverymood.com/blog/mental-health-statistics-in-native-americans-numbers-dont-lie/>)

□ Mental Health Statistics in Native Americans: Numbers Don't Lie

(<https://discoverymood.com/blog/mental-health-statistics-in-native-americans-numbers-dont-lie/>)

✍ Written by Guest Collaborators (<https://discoverymood.com/author/gc/>)

📌 Categorized Awareness Days & Events (https://discoverymood.com/category/blog/awareness_and_events/), Blogs (<https://discoverymood.com/category/blog/>)

Native Americans represent less than two percent of the US population but they make up eight percent of those who are homeless and according to mental health statistics in Native Americans, it is estimated that up to 70 percent of this population will suffer some sort of mental health disorder during their lifetimes. That's over 45,000 homeless Native Americans

👤 4 million more suffering from mental illness; people experiencing their own individual

- The incidence of postpartum depression symptoms in Native Americans was over 23%, which is significantly higher than even the most liberal estimates in other populations.
- Native American children and adolescents have the highest rates of lifetime major depressive episodes and highest self-reported depression rates than any other ethnic/racial group
- In 2014, approximately 9% of Native Americans ages 18 and older had co-occurring mental illness and substance use disorder in the past year—almost three times that of the general population

How can we break this cycle and provide better care to this community?

- Increase awareness of mental health and its connection to chronic diseases
- Conduct stigma awareness training with members of the community
- Educate providers about unique mental health issues in the American Indian population
- Advocate for policies that promote social justice, equity, and equality
- Create and provide comprehensive, affordable, health coverage for everyone
- Shift the focus of mental health care to prevention and early intervention
- Better integrate traditional healing and spiritual practices with modern biomedical health care
- Develop a more person-centered care philosophy and respect for the importance of family and community
- Health care providers treating American Indians should familiarize themselves with the belief system and traditional treatment for mental illness used in the community to better integrate care

"If we do not find a way to change this epidemic, we will have done what the bullets, the treaties, the boarding schools did not do. We will have succeeded in probably eliminating Indian culture in a meaningful way because there just won't be very many of us left who are healthy enough to pass it on."

SEARCH BLOG

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Native and Indigenous Communities and Mental Health



Mental Health America works nationally and locally to raise awareness about mental health and ensures that those at-risk for mental illnesses and related disorders receive proper, timely and effective treatment. MHA incorporates culturally competent strategies to ensure that it is effectively addressing the treatment and psychosocial needs of consumers and families with diverse values, beliefs, sexual orientations, and backgrounds that vary by race, ethnicity and/or language.

Demographics/Societal Issues

- Approximately 1.3 percent of the U.S. population, or roughly 4.2 million Americans, identify themselves as having Native American or Alaska Native heritage (<https://www.census.gov/quickfacts/table/US/PST120221>).
- There are 573 federally recognized Native tribes (<https://www.ihs.gov/newsroom/factsheets/disparities/>) and Native/indigenous people in America speak more than 200 indigenous languages (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>).
- Most Native/Indigenous people in American live in Mid-West or Western states. About two-thirds now live in urban, suburban, or

State of Mental Health in America (/issues/state-mental-health-america)

BIPOC MENTAL HEALTH

BIPOC Mental Health (/biopoc)
BIPOC Mental Health Month (/biopoc/mental-health-month)
El Mez de Salud Mental de BIPOC (<https://mhanationi>);

GENERAL INFORMATION

Infographic about BIPOC and LGBTQ+ Mental Health (/biopoc/infographic-lgbtq-mental-health)

Policy Issue: Health Care Disparities Among Black, Indigenous, and People of Color (/issues/healthcare-disparities-among-black-indigenous-and-people-of-color)
Racism and Mental Health (/racism-and-mental-health)
Racial Trauma (/racial-trauma)

BIPOC Communities And COVID-19 (/biopoc-communities-and-covid-19)
Caregiving in BIPOC Communities

rural non-reservation areas

(<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>); about one-third live on reservations.

- Compared to the total U.S. population (14.7 percent), nearly twice as many Native/Indigenous people in America live in poverty (26.6 percent). (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>). In 2013, Native/Indigenous people were nearly twice as likely (<https://www.epi.org/publication/high-unemployment-means-native-americans/>) as whites to be unemployed.

Cultural Factors

- Many Native/Indigenous tribes embrace a worldview that encompasses the notions of connectedness (with the past and with others), strong family bonds, adaptability, oneness with nature, wisdom of elders, meaningful traditions and strong spirit that may serve as protective factors (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>) when it comes to mental health.

Prevalence

- Native/Indigenous people in America report experiencing serious psychological distress 2.5 times more than the general population (<https://www.cdc.gov/nchs/data/hus/hus17.pdf>) over a month's time.
- Although overall suicide rates are similar to those of whites, there are significant differences among certain age groups. The suicide death rate for Native/Indigenous people in America between the ages of 15-19 is more than double that of non-Hispanic whites (<https://www.cdc.gov/injury/wisqars/index.html>).
- Native/Indigenous people in America start to use and abuse alcohol and other drugs (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>) at younger ages, and at higher rates, than all other ethnic groups.

Treatment Issues

- The concept of mental illness and beliefs about why and how it develops have many different meanings and interpretations among Native/Indigenous people. Physical complaints and psychological concerns are not distinguished, and Native/Indigenous people may express emotional distress in ways that are not consistent with standard diagnostic categories.
- Native/Indigenous people who meet the criteria for depression, anxiety, or substance abuse disorders are much more likely to seek help from a spiritual and/or traditional healer (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>) than from specialty or other medical sources.

(<https://mhanation.org/bipoc-communities>)

How Race

Matters: What We Can Learn

From Mental

Health America's

Screening In

2020

(<https://mhanation.org/health-data-2020>)

Community Care (/bipoc-mental-health/community-care)

Culturally-Based Practices (/bipoc-

mental-

health/culturally-

based-practices)

BLACK/AFRICAN AMERICAN COMMUNITIES

Overview of

Mental Health

Issues in Black and African

American

Communities

(/issues/black-

and-african-

american-

communities-

and-mental-

health)

Bipolar Disorder

and Black

Americans

(/bipolar-

disorder-and-

black-americans)

Black Pioneers in

Mental Health

(/black-pioneers-

mental-health)

Depression and

Black Americans

(/depression-

black-americans)

NATIVE AND INDIGENOUS COMMUNITIES

Overview of

Mental Health

Issues in Native

and Indigenous

Communities

(/issues/native-

and-indigenous-

communities-

and-mental-

health)

LATINX/HISPANIC COMMUNITIES

Overview of

Mental Health

Issues in

Latinx/Hispanic

- Due to high levels of poverty, many Native/Indigenous people in America face economic barriers that prevent them from receiving treatment (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>).
- Lack of awareness about mental health issues and services that are available and a lack of programs and providers that are sensitive to native and indigenous culture can prevent Native/indigenous people from receiving treatment (<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>).

Access/Insurance

- Access to mental health services is severely limited by the rural, isolated location of many Native/Indigenous communities. Additionally, access is limited because most clinics and hospitals of the Indian Health Service are located on reservations, yet the majority of Native/Indigenous people in America live outside of tribal areas (<https://www.minorityhealth.hhs.gov/omh/browse.aspx?MI=3&VIid=62>).
- Compared to non-Hispanic whites, nearly 3 times as many Native/Indigenous people had no health insurance – 5.9 percent compared to 14.9 percent. Approximately 43 percent of Native/Indigenous people in America rely on the Medicaid or public coverage (<https://www.minorityhealth.hhs.gov/omh/browse.aspx?MI=3&VIid=62>).

Mental Health Resources For Native And Indigenous Communities

- **Indigenous Story Studio** (<https://istorystudio.com/>): creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based)
 - Strength of the Sash (<https://istorystudio.com/graphicnovels/strength-of-the-sash-metis-suicide-prevention/>), and Tomorrow's Hope (<https://istorystudio.com/graphicnovels/tomorrows-hope-first-nation-suicide-prevention/>): suicide prevention
 - Making it Right (<https://istorystudio.com/graphicnovels/making-it-right-community-justice/>): community justice, policing
 - Just a Story (<https://istorystudio.com/graphicnovels/mental-health-just-a-story/>): mental health stigma
- **One Sky Center** (<http://www.oneskycenter.org/>): The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people
 - A Guide to Suicide Prevention (<http://www.oneskycenter.org/wp-content/uploads/2014/03/AGuideToSuicidePreventionDRAFT.pdf>)
 - Presentations and Publications (<http://www.oneskycenter.org/osc/presentationpublications/presentations/>): number of downloadable resources by topic (addiction treatment, adolescents, crisis care & disaster management, disparity of health services, mental health management, and more)

Communities
(/issues/latinxhispa
communities-
and-mental-
health)

Información Y
Materiales De
Salud Mental En
Español
communities-
(/latinxhispani-
communities-
informacion-y-
materiales-de-
salud-mental-en-
espanol)

ASIAN
AMERICAN/PACIFIC
ISLANDER
COMMUNITIES

Overview of
Mental Health
Issues in Asian
American/Pacific
Islander
Communities
(/issues/asian-
american-pacific-
islander-
communities-
and-mental-
health)

MULTIRACIAL
COMMUNITIES

Overview of
Mental Health
Issues in
Multiracial
Communities
(https://mhanationi
mental-health-
issues-
multiracial-
communities)

ARAB/MIDDLE
EASTERN/MUSLIM/SOUTH
ASIAN COMMUNITIES

Overview of
Mental Health
Issues in
Arab/Middle
Eastern/Muslim/Sou
Asian
Communities
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mental-health-
issues-
arabmiddle-
easternmuslimsout
asian-
communities)

- **WERNATIVE** (<https://www.wernative.org/>): a comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large
 - My Culture – Traditions ([https://www.wernative.org/my-culture/identity-native-pride/language](https://www.wernative.org/my-culture/traditions/history_identity))
 - My Life – My Mind – Building Mental Resilience (<https://www.wernative.org/my-mind/building-mental-resilience/feeling-good>), Mental Health Challenges (<https://www.wernative.org/my-mind/mental-health-challenges/mental-health-difficulties>), Getting Help (<https://www.wernative.org/my-mind/getting-help/getting-help>), and more (including specific MH issues)
 - My Relationships – Relationships & Dating (<https://www.wernative.org/my-relationships/relationships-dating/abuse-violence>), Sexual Health (<https://www.wernative.org/my-relationships/sexual-health/puberty>)
 - Ask Auntie (<https://www.wernative.org/ask-your-relatives>): similar to advice column – type in your question and it will pull up similar ones; if none answer what you’re asking, Auntie Amanda will write up an answer and notify you when it is posted
- **StrongHearts Native Helpline** (<https://www.strongheartshelpline.org/>): The StrongHearts Native Helpline (1-844-762-8483) is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

Partnerships And Resources

GLSEN's Website on Native and Indigenous LGBTQ Youth in U.S. Schools (<https://protect-us.mimecast.com/s/kCnSCM82V8S6gWYhk3miP2?domain=hrc.us18.list-manage.com>).

Two Spirit and LGBTQ Health (<http://www.npaihb.org/2sigbtq/>)

"Celebrating Our Magic" Toolkit from NPAIHB (<http://www.npaihb.org/2sigbtq/#print>)

Indian Health Services, U.S. Department of Health and Human Services (<https://www.ihs.gov/>)

National Center for American Indian and Alaska Native Mental Health Research (<http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/NCAIANMHR/Pages/ncai>)

Sign up to stay connected

Email Address*

Mental Health Disparities: American Indians and Alaska Natives

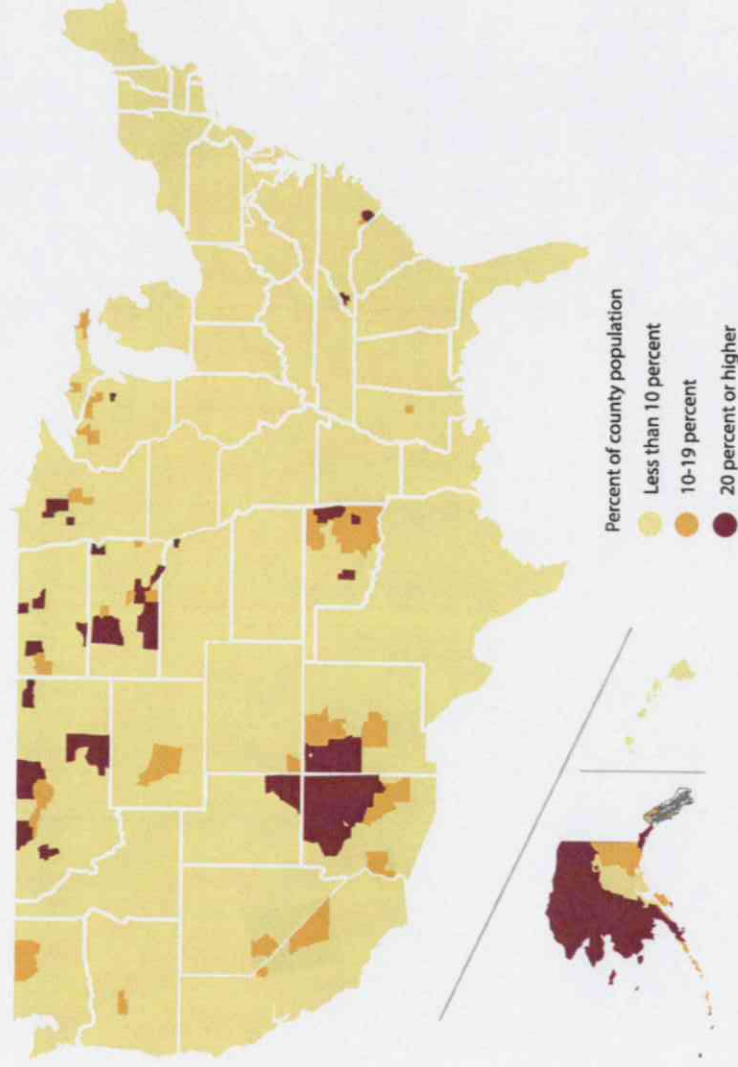


American Indian and Alaska Native Population

- Approximately 2% of the U.S. population - 6.6 million Americans - self identify as having American Indian/Alaska Native (AI/AN) heritage.¹
- About two-thirds live in urban, suburban, or rural non-reservation areas; about one-third live on reservations.¹
- As of 2017, there are currently 567 federally-recognized AI/AN tribes; they are culturally diverse and speak more than 200 languages.¹
- Newly born AI/ANs have a life expectancy that is

- 4.4 years less than the rest of the nation—73.7 years compared with 78.1 years, respectively).²
- AI/ANs have the highest poverty rate of any race/ethnic group, with 26.6 % living in poverty (The national poverty rate is 14.7%).¹
- Approximately 21% of single-race AI/ANs lack health insurance coverage in 2015 as compared with 9.4% of the general US population who lacked health insurance coverage.¹

Population Distribution of American Indians/Alaska Natives in the U.S.



Mental Health Status and Disparities

Research indicates that AI/AN populations have disproportionately higher rates of mental health problems than the rest of the US population.²

³ High rates of substance use disorders (SUDs), posttraumatic stress disorder (PTSD), suicide, and attachment disorders in many AI/AN communities have been directly linked to the intergenerational historical trauma forced upon them, such as forced removal off their land and government-operated boarding schools which separated AI/AN children from their parents, spiritual practices, and culture.⁴

- In 2014, approximately 21% of AI/ANs ages 18 and up reported past-year mental illness, compared with 17.9% for the general population.⁵

- AI/AN children and adolescents have the highest rates of lifetime major depressive episodes and highest self-reported depression rates than any other ethnic/racial group.

- In 2014, suicide was the second leading cause of death for AI/ANs between the ages 10 and 34. Suicide was the leading cause of death for AI/AN girls between ages of 10 and 14; in AI/AN females from ages 15 to 19, rates of completed suicides were almost 4 times higher than white females counterparts.⁶

- In 2014, approximately 9% of AI/ANs ages 18 and up had co-occurring mental illness and substance use disorder in the past year—almost three times that of the general population.⁵

- The overall rate of alcohol consumption among AI/AN (43.9%) is significantly lower than the national average (55.2%). However, there are differences by age and region and tribe, with some tribes having distinctly higher and lower rates.⁶

- National data shows a higher prevalence and earlier initiation of drug and alcohol use among AI/AN youth ages 17 and younger, compared with all other races/ethnicities.²

Mental Health Service Utilization

Mental health service utilization rates for AI/ANs are low, which is likely due to a combination of factors, including stigmatization of mental health, lack of culturally trained providers, and lack of available services.⁷

Cultural Health Practices of American Indians/Alaska Natives

Traditional healing systems are important in the treatment of AI/AN communities. These systems focus on balancing mind, body, and spirit via a connection with place and land.⁸ Some AI/AN populations believe that traditional-based healing practices have potential to help address mental health care needs within their communities.

Research shows that Indigenous men and women who meet criteria for depression/anxiety or substance use disorder are significantly more likely to seek help from traditional/spiritual healers than from other sources.^{9,10}

Protective Factors are concepts that are key to the “cultural context, identity, adaptability, and perseverance” of AI/ANs. Protective Factors includes holistic approaches to life, a desire to promote the well-being of the group, an enduring spirit, and respect for all ways of healing.^{11,12}

Strengths and protective factors common to AI/ANs include:

- A strong identification with culture
- Family
- Enduring spirit (stubborn, hard to accept change)
- Connection with the past
- Traditional health practices (e.g., ceremonies)
- Adaptability
- Wisdom of elders

Some key protective factors against suicide attempts among AI/AN youth include:¹³

- Discussion of problems with family or friends,
- Connectedness to family
- Emotional health

Barriers to Accessing Mental Health Services

Key barriers to accessing mental health treatment for AI/ANs include:

- Economic barriers (cost, lack of insurance)
- Lack of awareness about mental health and available services
- Stigma associated with mental illness
- Lack of culturally sensitive mental health services
- Mistrust of health care providers
- Lack of appropriate intervention strategies (including integration of mental health and primary health care services)

To learn about best practices for treating diverse populations and to get answers to your questions by leading psychiatrists, please visit APA's Cultural Competency webpage at <https://www.psychiatry.org/psychiatrists/cultural-competency>.

Resources

- The National Center for American Indian and Alaska Native Mental Health Research-<http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/NCAIANMHR/Pages/ncaianmhr.aspx>
- Native Voices: Native People's Concepts of Health and Illness-<https://www.nlm.nih.gov/nativevoices/index.html>
- The Office of Minority Health: American Indian/Alaska Native- <https://www.minorityhealth.hhs.gov/omh/browse.aspx?VI=3&VIid=62>
- Indian Health Service/Behavioral Health- <https://www.ihs.gov/communityhealth/behavioralhealth/>
- National Indian Health Board- <http://www.nihb.org/>
- Urban Indian Health Institute-<http://www.uihi.org/>
- One Sky Center American Indian/Alaska Native National Resource Center for Substance Abuse and Mental Health Services- <http://www.oneskycenter.org/>
- National Council on Urban Indian Health-<https://www.ncuih.org/index>
- Kaiser Family Foundation - Health and Health Care for American Indians and Alaska Natives <http://www.kff.org/infographic/health-and-health-care-for-american-indians-and-alaska-natives-aians/>
- SAMHSA American Indian/Alaska Native Culture Card-<https://store.samhsa.gov/shin/content/SMA08-4354/SMA08-4354.pdf>
- Facts for Features - American Indian and Alaska Native Heritage Month: November- <https://www.census.gov/newsroom/facts-for-features.html>

Footnotes

- ¹United States Census Bureau. Newsroom: Facts For Features <https://www.census.gov/newsroom/facts-for-features/2016/cb16-ff22.html>; United States Census Bureau; 2016 [cited 2017 July 2].
- ²Heart MY, Chase J, Elkins J, Altschul DB. Historical trauma among Indigenous Peoples of the Americas: concepts, research, and clinical considerations. *J Psychoactive Drugs*. 2011;43(4):282-90. doi: 10.1080/02791072.2011.628913. PubMed PMID: 22400458.
- ³Census Bureau. "U.S. Census Bureau. 2011-2015 American Community Survey 5-Year Estimates." 2015. https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_15_5YR_S1701&prodType=table
- ⁴Office of Minority Health. Mental Health and American Indians/Alaska Natives <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlId=39>. U.S. Department of Health and Human Services Office of Minority Health; 2017 [cited 2017 July 5].
- ⁵Whitesell NR, Beals J, Crow CB, Mitchell CM, Novins DK. Epidemiology and etiology of substance use among American Indians and Alaska Natives: risk, protection, and implications for prevention. *Am J Drug Alcohol Abuse*. 2012;38(5):376-82. doi: 10.3109/00952990.2012.694527. PubMed PMID: 22931069; PubMed Central PMCID: PMC34436971.
- ⁶Substance Abuse and Mental Health Services Administration, The TEDS Report: American Indian and Alaska Native Substance Abuse Treatment Admissions Are More Likely Than Other Admissions to Report Alcohol Abuse. Rockville, MD: 2014.
- ⁷Substance Abuse and Mental Health Services Administration, Tribal Technical Advisory Committee, Indian Health Services, National Indian Health Board. National Tribal Health Agenda. Rockville, MD: SAMHSA, 2016.
- ⁸Beals J, Novins DK, Whitesell NR, Spicer P, Mitchell CM, Manson SM. Prevalence of mental disorders and utilization of mental health services in two American Indian reservation populations: mental health disparities in a national context. *Am J Psychiatry*. 2005;162(9):1723-32. doi: 10.1176/appi.ajp.162.9.1723. PubMed PMID: 16135633.
- ⁹Dickerson DL. COMMUNITY Voices: Integrating Traditional Healing Services for Urban American Indians/Alaska Natives in Los Angeles County: Learning Collaborative Summary Report. Los Angeles, CA: Los Angeles County Department of Mental Health, 2012.
- ¹⁰Disparities UDCFRH. Conversations with Native Americans About Mental Health Needs and Community Strengths. Davis, CA: UC Davis Center for Reducing Health Disparities, 2009.
- ¹¹Beals J, Novins DK, Whitesell NR, Spicer P, Mitchell CM, Manson SM. Prevalence of mental disorders and utilization of mental health services in two American Indian reservation populations: mental health disparities in a national context. *Am J Psychiatry*. 2005;162(9):1723-32. doi: 10.1176/appi.ajp.162.9.1723. PubMed PMID: 16135633.
- ¹²Beals J, Novins DK, Spicer P, Whitesell NR, Mitchell CM, Manson SM, et al. Help seeking for substance use problems in two American Indian reservation populations. *Psychiatr Serv*. 2006;57(4):512-20. doi: 10.1176/ps.2006.57.4.512. PubMed PMID: 16603747.
- ¹³Barker B, Goodman A, DeBeck K. Reclaiming Indigenous identities: Culture as strength against suicide among Indigenous youth in Canada. *Can J Public Health*. 2017;108(2):e208-e10. Epub 2017/06/16. PubMed PMID: 28621659.

This resource was prepared by the Division of Diversity and Health Equity. It was updated by Mira Zein, M.D., M.P.H., and reviewed by Mary Roesel, M.D. and the Council on Minority Mental Health and Health Disparities.

Funding to Support Statewide, Regional or Tribal Pediatric Mental Health Tele-Consult Access Programs

WHAT IT DOES

The goal of the PMHCA program is to promote behavioral health integration into pediatric primary care.

Pediatric mental health care teams will provide **tele-consultation, training, technical assistance, and care coordination support** for pediatric primary care providers to diagnose, treat, and refer children with behavioral health conditions.

The program objectives are to **increase the number of:**

- providers using the program
- providers trained on child and adolescent behavioral disorders, including screening, diagnosis, and treatment
- provider trainings that incorporate equity and culturally and linguistically responsive care
- children and adolescents for whom a provider contacted the program for consultation and/or care coordination support services, **especially those living in rural and other underserved areas.**

WHO DOES IT SERVE

Despite significant need, there is not an adequate workforce to identify and treat children's behavioral concerns.

This program will serve as a resource for pediatric primary care providers, including, but not limited to, pediatricians, family physicians, nurse practitioners, and physician assistants.

AWARD INFORMATION

- Approximately \$22,200,000
- There are two types of awards available
 - 1) **Competing Continuation Awards** (Open to Currently Funded Entities in Final Project Year): Up to \$700,000 per award per year
 - 2) **New Awards** (Open to New Applicants): Up to \$500,000 per award per year
- Three-year period of performance (September 30, 2023-September 29, 2026)

WHO CAN APPLY

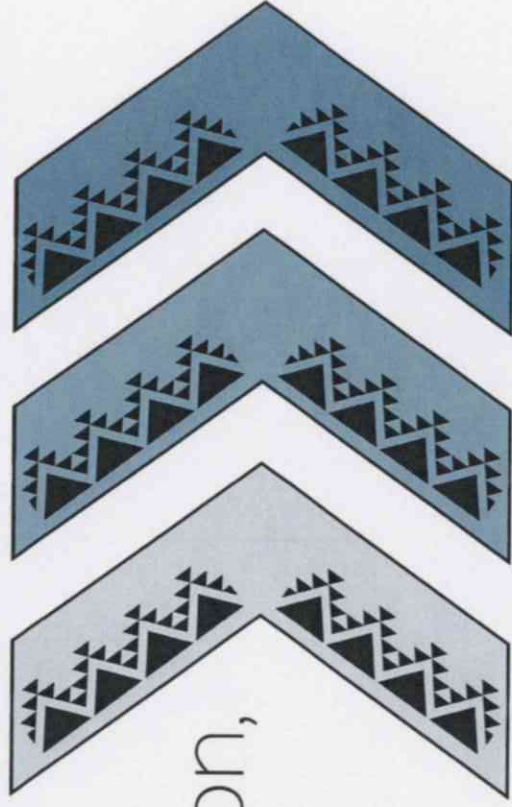
- **Competing Continuation Programs:** Entities that are currently funded under HRSA-18-122 and HRSA-19-096, are eligible to apply as competing continuation awards.
- **New Applicants:** States; political subdivisions of states, Tribes and tribal organizations not currently funded in FY 2021 or 2022.

NOTE: Tribes and tribal organizations in states with existing awards are eligible to apply for **new awards**

HOW TO APPLY

Visit https://www.grants.gov/web/grants/view_opportunity.html?oppId=340380

Applications are due by **June 12, 2023**. HRSA suggests you submit your application to Grants.gov at **least 3 calendar days before the deadline** to allow for any unforeseen circumstances. Additional questions? Contact MReddy@hrsa.gov or JSnyder1@hrsa.gov



Substance Abuse Prevention, Treatment, & Aftercare

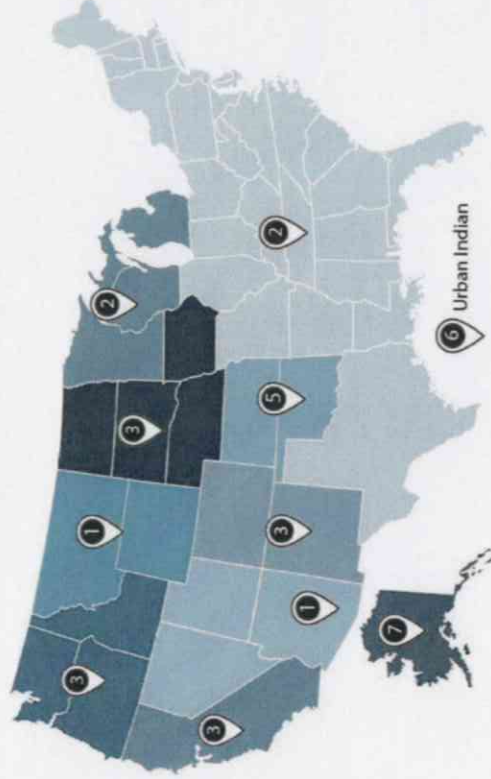
▶▶▶ The Substance Abuse Prevention, Treatment, and Aftercare (SAPTA) program continues to implement evidence-based and practice-based models with culturally appropriate approaches to prevention, treatment, and aftercare within Tribal and Urban communities.

▶▶▶ In May 2022, the IHS Division of Behavioral Health, Office of Clinical and Preventive Services awarded 36 Tribal, Tribal organization, and Urban Indian organization SAPTA grants totaling \$13.6 million, over a 5-year period.

▶▶▶ The [36 SAPTA grantees](#) will focus on substance abuse prevention, treatment, and aftercare. The primary purpose of this program is to reduce the prevalence of substance abuse and decrease the overall use of addicting and illicit substances among AI/AN populations.

▶▶▶ The rates of substance abuse among AI/ANs are generally much higher than those of the general U.S. population. Data indicates AI/ANs have the highest rates of alcohol, marijuana, cocaine, inhalant, and hallucinogen use disorders compared to other ethnic groups.

(Journal of Ethnicity in Substance Abuse, 2009)



Awarded Tribal, Tribal organization, and Urban Indian Organization SAPTA Grants by IHS Area.



300%

Drug addiction among AI/ANs is 300% higher than the national average.

(National Institute on Drug Abuse, 2014)

1 in 5

AI/AN young adults (aged 18-25 years) has a substance use disorder including 11% with illicit drugs and 10% with alcohol.

(SAMHSA, 2019)

13%

of AI/ANs need substance use treatment, but only 3.5% actually receive any treatment. Many AI/ANs have limited access to substance abuse services due to transportation issues, lack of health insurance, poverty, and a shortage of appropriate treatment options in their communities. (SAMHSA, 2019)

NATIONAL HELPLINE
SAMHSA 1-800-662-HELP (4357)



Division of Behavioral Health
Office of Clinical and Preventative Services
Substance Abuse and Suicide Prevention Program
www.ihs.gov/sasp

Tribal Court



Court Clerk

Office Hours

Monday - Friday

8:00 a.m. – 4:30 p.m.

Lunch: 1:00 p.m. – 1:30 p.m.

(hours subject to change)

Court Day Hours

8:00 a.m. to 4:30 p.m.

Lunch: 11:00 a.m. – 11:30 a.m.

Court hearings are typically held the first Wednesday of every month @ 2:00 p.m. (subject to change).

*** Please call to set up an appointment for fine payment, filing papers, etc.***

1- 775-273-7861 x24 or courtclerk@lovelocktribe.com

Cash or money orders for fines (please reference case number) can also be sent to Tribal Court, P.O Box 878, Lovelock, NV 89419

Tribal Court

*Court is held the first Wednesday of the month @ 2:00 p.m. (times and dates are subject to change, with short notice)

MAY 2023							SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
									1	2	3	4	5	6
									9 a.m.	•	•	•		
								8	9	10	11	12	13	
								14	15	16	17	18	19	20
								21	22	23	24	25	26	27
								28	29	30	31			

JULY 2023							SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
													1			
									4	•	•	•	5	6	7	8
								9	10	11	12	13	14	15		
								16	17	18	19	20	21	22		
								23	24	25	26	27	28	29		
								30	31							

JUNE 2023							SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
													1	2	3
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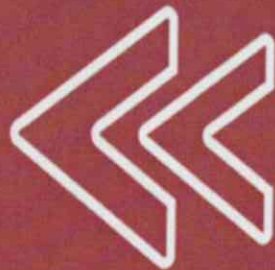
AUGUST 2023							SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
									1	2	•	•	•	4	5
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#MMIW #MMIWACTIONNOW #NOMORESTOLEN SISTERS



2023 NATIONAL WEEK OF ACTION FOR MMIW

MAY 1 - MAY 7, 2023





2023 NATIONAL WEEK OF ACTION FOR MMIW

SCHEDULE OF EVENTS (MOUNTAIN TIME ZONE)

MONDAY, MAY 1, 2023

- Launch of the National Week of Action, Traditional Opening, **12 pm**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Maui Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**
- Launch of STTARS MMIW Awareness Toolkit

THURSDAY, MAY 4, 2023

- MMIW Spotlight, Hosted by Alaska Native Women's Resource Center, **11 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Maui Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

TUESDAY, MAY 2, 2023

- Indian Law Resource Center, **11 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Mana Maui Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

FRIDAY, MAY 5, 2023

- Housing As A Mitigating Factor For MMIW, STTARS, **10:30 am**
- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Twitterstorm, **1pm**
- Mana Maui Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

WEDNESDAY, MAY 3, 2023

- Special Podcast by Family Advisor, NIWRC, **12:30 pm**
- Alliance of Tribal Coalitions to End Violence, **1 pm**
- Mana Maui Ola Nā Wāhine: The Strength of the Breath of Life/ Power of Healing Women, Hosted by Pouhana O Nā Wāhine, **2 pm**

FRIDAY, MAY 5 - SUNDAY, MAY 7, 2023

- MMIWG/R Run/Walk, hosted by Rising Hearts

Father's Day Powwow

June 16-18, 2023 Free Admission
Master of Ceremonies: Jerry Bear, (Southern
Paiute/Goshute)

Arena Director: Art Martinez (Chumash)

Host Drum: Red Hoop

All Dancers and Drummers Welcome

Activities
Grand Entry Times

Arts and Crafts

Friday, June 16: 6:30 p.m.

Food Vendors

Saturday, June 17: Noon & 6:30 p.m.

Dry Camping

Sunday, June 18: Noon

Stewart School Alumni

BBQ Dinner

Saturday 4:00 p.m.

**STEWART
INDIAN
SCHOOL**
CULTURAL CENTER & MUSEUM



Photo by JTM MULTIMEDIA, used with permission.

5500 Snyder Ave. Carson City, NV

Host Hotel: The Federal Hotel (775) 883-0900

For information: 775-687-7605 snez@NIC.NV.gov

This event is alcohol & drug-free.

The Stewart Father's Day Powwow, the Nevada Indian Commission & the State of Nevada are not liable for accidents, injuries, or short-funded travelers.

The Pyramid Lake Paiute Tribe Proudly Invites You to the

*"Te Nannu Magodyuku"
"Bringing the People Home"*

Host Drum

SAGE POINT SINGERS, Fort Hall, SD

Master of Ceremonies

JAMES PHOENIX, Pyramid Lake

Arena Director

MARTY MONTGOMERY, Washoe Tribe

GRAND ENTRY: Friday 7 PM

Saturday—12 PM & 7PM

Sunday—12 pm

SPECIAL EVENTS—SATURDAY

♦ Traditional Paiute Buckskin Contest

♦ Fun Run—8 AM

♦ Parade—10 AM

♦ Other activities—TBA

PUBLIC WELCOME

**Native Arts
& Crafts**

FREE Admission | FREE Camping

5TH ANNUAL POW-WOW VISIONS

July 7-9, 2023

Big Bend Ranch, Wadsworth, NV

Sponsored by the Pyramid Lake
Paiute Tribe, Pyramid Lake
Veterans & Warriors
Organization, Pyramid Lake
Tribal Health Clinic, and
Volunteers

Powwow Committee:
PO Box 897,
Wadsworth, NV 89442

Point of Contact:
Joyce McCauley (775) 815-7588
Anita Dunn (775) 771-2683

Vendors:
Angey Dunn (775) 412-8624
or angeyfaye@yahoo.com

• DRUG FREE EVENT | The Sacred Visions Powwow Committee and Sponsors are not responsible for short funded travelers, thefts, damages, or injuries. | NO Weapons, firearms, or fireworks permitted.

Nevada Urban
Indians, Inc.

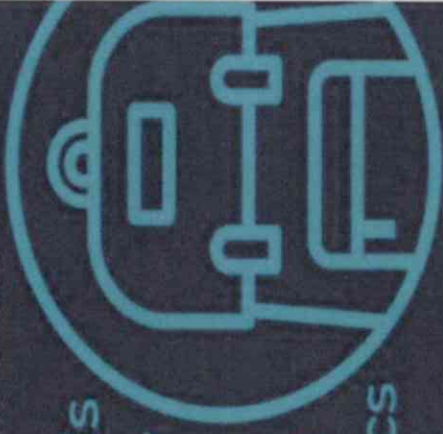


YOUTH BACKCOUNTRY CAMP

July 17-14

Join the experts on a four-day backpacking expedition to challenge yourself, connect with the natural world, and have fun with your peers! Free of cost and no experience or gear required for youth 12-17 years. You will learn:

wilderness skills
natural history
leadership
teambuilding
stewardship ethics



SCAN ME



Contact Steve Hedrick
shedrick@nvui.org
775-788-7600 ext. 107