



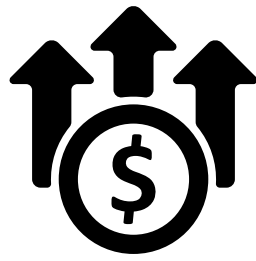
PHRC NEWSLETTER

SPRING/SUMMER 2025

Front Page News

The Pala Housing Resource Center (PHRC) is dedicated to supporting Pala residents with housing repairs through grant-funded assistance. However, the availability of these grants is not always guaranteed, and funding has been depleted more quickly than in the past. This highlights the importance of homeowners taking preventative measures to manage their housing needs independently. Establishing an emergency fund is a prudent step towards handling unexpected expenses, which reduces the dependence on limited external aid. Furthermore, self-conducted regular home inspections and maintenance are crucial in preventing minor problems from becoming major, costly repairs. These proactive measures not only ensure the safety and longevity of your home but also promote financial stability and peace of mind. By preparing in advance, homeowners can help ensure that community resources are directed towards those in greatest need, such as elders and those with disabilities, thereby enhancing communal well-being and sustainability.

PHRC understands emergencies arise and help is needed. We are here to assist within our means but must adhere to regulatory requirements of grant agencies. This year, PHRC will need to limit assistance and help those who have not requested assistance in the past. We cannot fund regular maintenance issues unless there is a project specific program in place at the time. If you have emergency repairs that are not subject to an insurance claim, you may be eligible for a loan through the Tribe dependent on PBMI's eligibility guidelines and requirements. Please keep in mind that PHRC nor PBMI is responsible for upkeep on the homes. Also, it is critical that repairs are completed so they do not cause significant damage.



PHRC has not received received our annual IHBG grant funds from HUD.

As of now, we do not know when the funding will be released.

The only 2 programs we have available at this time is through Home Safe for seniors and dependent adults with disabilities and Bringing Families Home through Pala Social Services.

Starting 2025, PHRC will no longer fund applicants who have received repeated assistance. All requests will be screened through an intake process to evaluate assistance that was provided in the past. If emergency assistance is needed, PHRC may assist and withhold the cost of repairs from your per-capita.



Homeowners - Do not attempt to do major repairs or renovations to your home if you are not a licensed contractor. Faulty work will not be covered by PTHD or the insurance company!

Suggestions on Housing Emergency Repair Funds

- Most experts recommend saving 1-3% of your home's value for emergency repairs.
- Consider your home's age:
- Older homes might require more frequent repairs, so you may need to save a higher percentage.
- Separate fund:
- Keep this money in a readily accessible savings account, not invested in the stock market.
- Start small:
- Even if you can only save a small amount initially, it's important to begin building an emergency repair fund.

Inside this Edition

- News, Updates and Outcomes
- Seniors/Elders
- Cooking Class
- Youth News and Updates

- Behavior Health/Bridge Housing
- SDGE Information and Alerts
- AMERIND Insurance
- Disaster Preparedness
- Pala Social Services

(760)891-3529

www.palahrc.com

@Palahousingresourcecenter

35990 Pala Temecula Rd, Pala, CA 92059

NEWS AND UPDATES

NAHASDA GRANT FUNDING

NAHASDA (Native American Housing and Self Determination Act) is the primary grant that our department has been operating on since housing was established in 1998. The grant is to administer our department. We also operate a Model Program approved by HUD to offer training and technical assistance to Tribes throughout the country that have also operate with NAHASDA funding. This year, we will be offering more training virtually and in-person. "Natives Helping Natives" has been trademarked. We will be working a lot with NCIHA (Northern Circle Indian Housing Authority) from Northern California and Native Learning Center out in Florida.

Our annual allocation is based on a formula through HUD. PHRC earmarks a portion of funds that can be utilized to assist tribal members on the Pala Indian Reservation that are at or below 80% area median income. To qualify, you must meet income criteria and **have insurance on your home**. An application is required. Assistance is not always available and not intended for repeated use or performing maintenance on homes. PHRC has not received our annual funding. Funding has been delayed at the Federal level.

Grant Programs and Progress

MMIP AWARENESS

This grant will focus on awareness, prevention and response to the Missing and Murdered Indigenous People. PHRC will work closely with the Executive Committee, Pala Tribal Law Enforcement, Pala Fire Department, Pala Social Services and other respective departments and agencies. We are proud to announce that this grant helped cover the costs for PTLE's new data system, EFORCE. The Tribe will be able to use data and statistics for reporting purposes for related crimes.

TNAP PROGRAM


Pala Housing Resource Center has rolled out the TNAP program by providing food cards to Tribal Members residing on the Pala Indian Reservation. Thank you to Eric Varela, Samantha Scott and others who organized the distribution of the cards. TNAP is a grant funded by the California Department of Social Services to promote food sovereignty and healthy eating.

Those of you who signed up for the cards, we hope you made healthy food choices.

TRIBAL HHAP

Tribal Housing and Homelessness and Assistance Program is a grant funded by the State. This is our 3rd award and we have been able to assist tribal families with emergency needs. This grant also funds our Pala Youth Empowerment Program as a requirement of the grant.

Funding has not been received yet, however we anticipate March or April 2025. Families that have not been assisted will have priority. Grant funds are limited.



Grants bring great resources to the community. However, Grants are very competitive and we are extremely grateful for the awards received and services we are able to provide. Grants are not always guaranteed so it is important to plan ahead for your housing needs. Grants also come with specific guidelines and requirements including the types of allowable assistance and costs associated.

Pala Housing Resource Center

NEWS AND UPDATES

New Grant Program and Collaborations

CALIFORNIA CARE EXPANSION GRANT

As previously announced, PHRC applied for and was awarded a CCE grant for a Residential Care Facility for seniors. We have not started on this project as we are waiting for the State to prepare and release our funding agreement. The State's turnaround is somewhat slower because it is on trust land. We hope to start this project in the very near future as it is important endeavor for our community. Once the agreement is provided, we are ready to begin construction.

FEDERAL HOME LOAN BANK OF SAN FRANCISCO

PHRC was awarded the AHEAD grant through FHLB-SF, which is a youth specific grant to carry out our goals and objectives of the Pala Youth Empowerment Program. This grant will allow us the ability to continue operate, provide services, schedule trips and plan activities. PHRC is open M-F until 7:30pm and every other Saturday. There were only a few applications awarded and we are extremely thankful that our program was selected for funding.

STATE OF CALIFORNIA CAL - ICH

PHRC has developed a great relationship with the State in advocating for Tribal Housing. PHRC was selected to partner with Cal ICH for Tribal data, input and awareness. Partnership to End Domestic Violence. Our role will be to host 3 events in Northern, Central and Southern CA. This partnership that has been created will allow PHRC future opportunities to work with the State for Tribal specific programs.

COOKING CLASSES

Stirring Up Culture, One Dish at a Time!

We're excited to announce a new initiative that brings the flavors of tradition and the benefits of healthier eating right to Pala! Every Wednesday from March 12 through April 23, the Housing Resource Center has partnered with CalFresh to offer cooking classes that celebrate both culture and wellness.

These hands-on, two-hour classes are designed for seniors and youth, where participants get the opportunity to explore a fusion of traditional meals. The goal is to teach the importance of seasonal eating and incorporating healthier habits into everyday life.

In addition to the cooking classes, the Housing Resource Center has also introduced a garden to promote a farm-to-table approach. This garden will not only provide fresh, locally-grown ingredients but will also help participants develop a deeper connection to the food they prepare and consume.

As we reflect on the way our ancestors once ate, it's clear that reconnecting with those roots is essential for our health and well-being. Join us in rediscovering the power of food, culture, and community! **Don't miss out – let's cook, learn, and grow together!**



Pala Housing Resource Center

SENIORS AND ELDERS

What is a senior? The Pala Band of Mission Indians defines a senior at age 55+. Blossoming into a senior comes with many benefits; senior lunches, senior discounts, senior meeting, senior trips, chair volleyball and so on. It is also a time to ensure you take care of your health and well-being, mentally and physically. Try to keep active with plenty of exercise and don't forget to drink lots of water. Stay active in the community and look out for future events here at Pala Housing Resource Center. We like to integrate seniors with our youth. Is there a distinction between a senior and elder? The answer is yes.

Senior (55+)

A Senior is a community member aged 55 or older who is generally capable of living independently. While they may be retired or transitioning out of the workforce, they can still perform daily tasks, including home maintenance and yard work, with little to no assistance.

Elder

An Elder is an older community member who, due to advanced age, mobility limitations, or health concerns, is no longer able to maintain their household independently. Elders may require assistance with tasks such as yard maintenance, home repairs, or mobility accommodations. While there is no set age for being considered an Elder, eligibility for priority services is based on physical capability, health status, and ability to manage household tasks without external help. Elders are given priority in housing-related assistance to ensure their safety, well-being, and quality of life.

HOME SAFE - SENIORS AND DEPENDENT ADULTS WITH DISABILITIES

Home Safe is a 2-year grant administered by PHRC. The grant is through the California Department of Social Services. This grant will focus on Seniors and dependent adults with disabilities. The goal is to identify and address the immediate needs of seniors and dependent adults with disabilities. The purpose of the grant is to prevent our members from neglect, self-neglect and abuse. We want to do whatever we can to ensure that our seniors and dependent adults with disabilities have housing stability and the care needed to be "Home Safe". Housing stability includes repairs or upgrades that are necessary to keep the applicant safely in the home.

Eric Varela has done a fantastic job with his role as Tribal Adult Advocate. So far, we have been able to assist 41 tribal members. This program is a 2-year program or until the funds run out. We hope to serve as many seniors, specifically our elders who are in most need or those who have health related issues. If you are a senior or an adult with disabilities and need immediate assistance, please reach out to Eric at 760-361-9771 or by email evarela@palatribe.com.

Seniors often get depressed when there is no interaction. Check on your elderly loved ones. Make sure they are ok. It just takes a simple phone call or a visit to make a difference in their day.

Pala Housing Resource Center

NEWS AND UPDATES

Continued...

BHBH (Behavioral Health and Bridge Housing grant award).

Studies show Indigenous people have disproportionately higher rates of mental health problems such as suicide, post-traumatic stress disorder, violence and substance use disorders. We all have seen family members struggle with minimal immediate access to resources, treatment and recovery. These disorders and traumas directly have affected our tribal communities for decades. Our people have gone untreated and need help.

The Pala Housing Resource Center along with Pala Social Services is excited to announce that construction has begun on 4 - 4 bed units designated as a men's resident, a women's resident, family resident and youth resident. These residential units are funded through a grant award by the California Department of Health Care Services in an effort for our Tribe to respond to the crisis. Specific specifications are required for the type and size of the unit.

Too many of our loved ones have passed away. If you know of someone that is struggling, please encourage them to seek help. Always be kind and try to understand that they are going through things we may never understand. Simple kindness goes a long way and may just make a difference in their lives. We will be seeking the assistance and insight from tribal members with lived experience for input in our programs.

PHRC continues to work closely with Pala Social Services to focus on individuals that suffer from substance and mental health disorders. Programs and wrap-around services will be designed to assist those struggling with this epidemic that has plagued tribal communities for decades.



How are social services programs interconnected with housing? While not all services link directly to housing, there are notable exceptions, such as our partnerships with Behavioral Health, Bridge Housing, Bringing Families Home, and youth-focused suicide prevention and awareness initiatives. Through our collaborative efforts aimed at a shared goal, our departments have successfully secured funding to support Pala Tribal members.

We adhere to strict guidelines and policies to ensure that individual case information remains confidential between departments. Protecting privacy is paramount, particularly in housing and social service cases. The only instance in which the Pala Housing Resource Center (PHRC) is contacted regarding an individual is when that person has given explicit consent for housing services.

Social Services and PHRC are developing a proactive strategy to address key issues before they escalate into cases. For more information about the services offered by PSS, please reach out to PSS Director Claudia Chaves at cchavez@palatribe.com.



TAKE CHARGE OF YOUR HEALTH AND YOUR COMMUNITIES!

Become aware of current drug trends

WHAT IS FENTANYL

Fentanyl is a potent synthetic opioid drug approved by the FDA for use as an analgesic (pain relief) and anesthetic. It is approximately 100 times more potent than morphine and 50 times more potent than heroin as an analgesic.

THE DANGERS OF FENTANYL

From 2011 through 2021, both fatal overdoses associated with use of clandestinely produced fentanyl and fentanyl analogs, and law enforcement encounters increased markedly. According to CDC, overdose deaths involving synthetic opioids, excluding methadone were involved in roughly 2,600 drug overdose deaths each year in 2011 and 2012, but from 2013 through 2021, the number of drug overdose deaths involving synthetic opioids, excluding methadone increased dramatically each year, to more than 71,000 in 2021. The total number of overdose deaths for this category was greater than 260,000 for 2013 through 2021. These overdose deaths involving synthetic opioids is primarily driven by illicitly manufactured fentanyl, including fentanyl analogs. Consistent with overdose death data, the trafficking, distribution, and use of illicitly produced fentanyl and fentanyl analogs positively correlates with the associated dramatic increase in overdose fatalities.



What are the symptoms of being exposed to fentanyl?

Signs of fentanyl overdose may include, slow breathing or no breathing, drowsiness, disorientation, sedation, pinpoint pupils, skin rash, or clammy skin. Symptoms usually occur within minutes of exposure or ingestion. Fentanyl overdose lowers the heart rate and depresses the respiratory system.

Common Side Effects:

- Constipation. Get more fiber into your diet such as fresh fruit, vegetables and cereals, and drink plenty of water
- Feeling or being sick (nausea or vomiting)
- Stomach pain
- Feeling sleepy or tired
- Feeling dizzy or a sensation of spinning (vertigo)
- Confusion
- Headaches
- Itching or skin rashes
- Death

Did you know that a speck of fentanyl, an amount smaller than a raindrop or a few grains of salt, could literally kill you?

Read more at: <https://www.factsfightfentanyl.org>

Breaking the Cycle

"Breaking the cycle" in the context of Native American communities often refers to addressing and overcoming intergenerational trauma, substance abuse, and health disparities, which are often rooted in historical injustices and ongoing systemic issues"



Intergenerational Trauma:

Colonization, forced assimilation, and systemic discrimination have led to significant trauma within Native American communities, which can manifest in various forms, including substance abuse, mental health issues, and violence.

Breaking the Cycle:

This phrase signifies the effort to address these issues and prevent the continuation of harmful patterns into future generations.

Specific Challenges:

- **Substance Abuse:** Native American communities often face disproportionately high rates of alcohol and drug abuse, which can be linked to trauma and lack of resources.
- **Health Disparities:** Native Americans experience significant health disparities, including higher rates of chronic diseases, mental health issues, and violence.
- **Domestic Violence:** Native American women are disproportionately affected by domestic violence, and there is a need to address the root causes and provide support services.
- **Poverty:** Poverty is a significant factor in many Native American communities, which can limit access to resources and opportunities, further perpetuating cycles of disadvantage.

Strategies for Breaking the Cycle

Trauma Informed Care

Provide culturally sensitive trauma-informed services is crucial for addressing underlying causes of problems.

Community-Based Solutions

Engaging in community members in developing and implementing solutions is essential for ensuring that programs are effective and sustainable.

Traditional Healing Practices

Integrating traditional healing practices can help individuals and communities heal from trauma and find strength and resilience.

Advocacy and Policy Change

Advocating for policies that address systemic issues and promote equity for Native American communities is crucial for long-term change.

Education and Empowerment

Providing access to quality education and empowering Native American youth and communities is vital for breaking the cycle of disadvantage.



SDGE Utility Bills

The amount of PHRCs requests for utility assistance has increased significantly. Although we understand families experience hard times, PHRC will need to prioritize those who have not had assistance in the past. The program is NOT guaranteed funding and is not designed to continuously fund the same applicants that received prior year funding. SDGE has programs available to assist with bills. You can ask to be put on a payment plan or inquire about other programs that are available.

Payment Plans - If you are on a payment plan through SDGE, you will need to make your payment on time. Payment arrangements that are not kept will cancel out your payment plan and you will need to pay your balance in full or risk having your electric shut off.

If you have solar, it is advised that you pay attention to your monthly usage and how much energy you are generating. Make sure your system is working. The light on the panel should be green. If it is red, that means it is not working. It is suggested you check this on a weekly basis.

TRUE UP BILLS are issued annually. If you are still generating a bill, it is encouraged that you make monthly payments so that you are not paying a lump sum when the True Up is issued.

POWER OUTAGES - SENIORS AND DISABLED ONLY

SDG&E and the Pala Environmental Agency issue alerts for red flag warnings and wind advisories due to extremely dry conditions and strong winds and planned outages for equipment repairs and upgrades. We have noticed an increase in these alerts in our area. We recognize that not everyone has access to solar power, backup batteries, or the necessary resources to operate medical equipment during outages.

To assist, PHRC will acquire 10 portable generators that will be available through the Senior Department for check-out during power outages. These generators are intended for seniors or disabled adults who depend on medical equipment. Please note that they are meant for medical emergencies only and will not provide enough power to charge an entire home.

Samantha Scott with the Pala Senior Department will coordinate this effort by compiling a list of Seniors/Adults with disabilities currently on a medical device.

If you are on a medical device and anticipate the need for a portable generator during an outage, please reach out to the Senior Department to put your name on the list and one of the generators will be delivered to you upon the outage. It will be picked up once the power is restored. You can reach out to Samantha Scott at 760-891-3507 to coordinate.



If you are an AMERIND insurance policy holder and you have a potential insurance claim, contact us and let us know the issues that you are having, especially if there is damage from a flood (sudden burst of water from a water line). The damage may be covered under the policy.

What is not covered: HVAC Systems, Solar Systems, Water Heaters, Appliances, Electrical Repairs or any upgrades. Damages from plumbing leaks that have gone unrepaired that caused damage to the home, especially if mold is detected.

PHRC does not approve insurance claims. All claims are submitted to AMERIND for review. Claims are then sent to AMERIND's insurance adjuster to determine cause of loss. All denied claims will be at the expenses of the homeowner. It is important that you actively inspect your home for leaks and repair them immediately.

AMERIND Insurance Premium Rate Increases. You may have noticed an increase in your insurance premiums. This rise is attributed to several insurance companies exiting the California market. PHRC urges our policyholders to ensure their coverage is sufficient in the event of a total loss. The coverage area will be determined by your original measurements. If you've expanded your living space, it's your responsibility to inform PHRC of the new square footage to maintain the accuracy of your policy. Additionally, AMERIND will require updated photographs of the front, back, and sides of your home, ensuring the front view includes the roof. PHRC cannot make changes to your home's square footage without information from the homeowner. During annual renewals, PHRC issues a policy renewal coverage letter that outlines specific details regarding individual coverage. Please note that we only make changes to the policy upon written request from the policyholder.

Moreover, be aware that AMERIND assesses policies for risk management, including the maintenance of the property. If you have filed multiple claims, AMERIND may consider canceling your policy. **How can you reduce risk?**

Maintain your home and property. Perform regular and routine maintenance tasks like cleaning gutters, maintaining landscaping, repair leaky faucets, address electrical issues.

Prepare for major repairs - Roof Repairs and HVAC Systems. Save up emergency funds in the event your roof or HVAC system needs to be repaired or replaced.

Safety and Security. Ensuring your property is safe and secure, including maintaining fences, gates, and security systems.

Lawn and Garden Care. Maintaining your lawn and garden, including mowing, trimming, and fertilizing. Removing debris and items that may be a hazard or a risk.

Pest Control. Address any pest issues promptly.

These are your responsibilities as a homeowner. PHRC does not have the capacity or the funding to maintain or repair your home.

Spring CLEANING

Spring cleaning is a traditional practice of thoroughly cleaning a house in the springtime, often seen as a way to refresh the home and shake off the winter blues. It involves tasks like cleaning windows, floors, appliances, and other areas, as well as decluttering and organizing. Spring cleaning is a great way to get summer ready as well.

General Cleaning Tasks

Dusting: Thoroughly dust all surfaces, including furniture, shelves, and electronics.

Vacuuming and Mopping: Vacuum carpets and rugs, and mop hard floors to remove dirt and grime.

Cleaning Windows: Wash windows inside and out to let in the fresh spring air.

Washing Walls and Trim: Wipe down walls and baseboards to remove dust and dirt.

Cleaning Appliances: Deep clean ovens, microwaves, refrigerators, and washing machines.

Cleaning Bedding: Wash and dry bedding, including sheets, blankets, and pillows.

Cleaning Trash Cans: Wash and sanitize trash cans to remove odors and buildup.

Cleaning Gutters: Clean gutters to prevent water damage and ensure proper drainage.

Cleaning Baseboards: Clean baseboards to remove scuff marks and keep dust at bay.

Decluttering and Organizing

Go Through Storage Areas: Clear out and organize closets, attics, basements, and garages.

Sort and Donate: Donate or discard items you no longer need or use.

Organize Drawers and Shelves: Organize drawers, shelves, and cabinets to create a more functional and tidy space.

Other Spring Cleaning Tasks

Clean and Sanitize: Sanitize high-touch areas like doorknobs, light switches, and countertops.

Wash Window Screens: Remove and wash window screens to clear out trapped lint and dust.

Clean and Reseal Grout Lines: Clean and reseal grout lines in bathrooms and kitchens to prevent mold and mildew.

Wash and Sanitize Trash Cans: Wash indoor and outdoor trash cans and recycling bins to remove odors and buildup.

Deep clean appliances: Deep clean ovens, microwaves, refrigerators, and washing machines.

Perform Maintenance/Preventative Maintenance

Clean out dryer vents: Make sure your dryer vents are clean. Vents blocked up with lint can cause a fire.

HVAC Maintenance. PHRC receives a lot of calls during the summer months because ACs are not working properly. Have your AC maintenance, clean your ducting and change your filters. If this is not done your AC can seize up and cause damage to your home if the unit is on the roof. HVAC systems are very expensive units to replace.

Tankless Water Heater Maintenance. Have your tankless water heater serviced and cleaned. Not performing maintenance will result in a system replacement.

PHRC is not the fallback for not maintaining your home. Emergency assistance may be available with a payback agreement. You can save yourself a lot of \$\$ by performing maintenance and preventative maintenance on your homes.



ARE YOU DISASTER PREPARED??? DO YOU HAVE PLAN???

The recent power outage in our community was an eye opener to say the least. Some couldn't use medical equipment, charge phones and other devices, food went bad and it was cold, especially for young children and elders. Catastrophic events such as fires, weather and other events could potentially affect our areas, even if we are indirectly impacted. We usually don't think about emergencies or disasters until they happen. What can you do? Plan, Prepare and Respond! Identify potential hazards, create an emergency plan, assembling a disaster kit, practice response drills, and pay attention to local and community alerts to ensure effective action before, during, and after a disaster occurs.

THE PLANNING STAGE

Assess Your Risks

- Identify potential natural disasters specific to your area (earthquakes, hurricanes, floods, wildfires).
- Consider man-made hazards (chemical spills, power outages, terrorist threats).
- Analyze the vulnerability of your community based on demographics and infrastructure.

Develop and Comprehensive Plan

- Create a family emergency plan with designated meeting points, communication strategies, and evacuation routes.
- Establish roles and responsibilities for each household member.
- Coordinate with your neighborhood and community to develop a larger response plan.
- Identify critical infrastructure points and potential challenges.



THE PREPARATION PHASE

Build an Emergency Kit

- Stockpile essential supplies like non-perishable food, water, first-aid kit, medications, flashlights, batteries, portable radio, important documents, cash, and personal hygiene items.
- Consider special needs of household members (infants, elderly, pets).
- Rotate and regularly check expiration dates on food and medications.

Secure Your Home

- Reinforce windows and doors to prevent damage from wind or debris.
- Install smoke detectors and carbon monoxide alarms
- Learn how to shut off utilities (water, gas, electricity) in case of emergency.

Educate Yourself and Family

- Learn basic first aid and CPR.
- Understand disaster warning systems and evacuation procedures.
- Practice communication strategies with family members.

THE RESPONSE PHASE

Stayed Informed

- Monitor weather updates and emergency alerts.
- Follow instructions from local authorities.

Take Immediate Action

- Evacuate if necessary, following designated routes.
- Secure your home by closing windows and doors.
- Move to a designated safe location within your home if evacuation is not required.

Communicate on Loved Ones and Check on Neighbors

- Contact family members to let them know you are safe.
- Check on your neighbors, especially the elderly to see if they need help.
- Practice communication strategies with family members.



Pala Housing Resource Center

PALA YOUTH EMPOWERMENT PROGRAM



PALA YOUTH EMPOWERMENT PROGRAM

Our program has many benefits for the youth aged 12-24 (program ages determined by the funding agency). Our staff continues to seek out projects and activities that are tailored for engagement and success.

PARENTS, as a reminder, we are open every other Saturday. This would be a great opportunity for the youth who are struggling in school to come to PRHC and focus on their grades. Please understand that the youth need to be committed and willing to utilize PHRC to their advantage. Although PHRC is a great resource, it is imperative for parent involvement. Feedback and ideas are welcomed and encouraged.

Pala Youth Empowerment Program has a monthly newsletter that is posted on our website. This newsletter has a lot of good information for the youth as well as upcoming events.

If you have questions about the program, please contact Maria Villegas at mvillegas@palatribe.com or by calling 760-891-3528. You can always stop by PRHC to see what the program is about and what we have to offer.

PHRC took on the Tobacco grant as well and would like to extend a warm welcome to our newest staff member, Deandra Molina. Deandra will be overseeing the program and carrying out the goals and objectives. Keep a look out for future events.

OUR SERVICES

Life Skills

- Cooking Classes
- Driving School
- Budgeting Workshops
- Resume Building

Personal Skill Development

- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

Community Events

- Youth Trainings
- Field Trips
- Community Outreach
- Social Media

Other Services

- Mentorship
- Guidance and Career Development
- Youth Mental Health Guidance

Coming Soon!

- Car Maintenance workshop



@palahousingresourcecenter
www.palahrc.com

PALA YOUTH Empowerment

INITIATIVE

NEW YOUTH WORKSHOP



MMIP Tribal Policy Summit 2025: A Call for Action and Advocacy

On February 25th and 26th, 2025, the Yurok Tribe, in collaboration with the Pala Band of Mission Indians, hosted the highly anticipated MMIP Tribal Policy Summit. This event brought together an important coalition of policymakers, tribal leaders, law enforcement agencies, nonprofit organizations, and community members to address the ongoing

crisis of Missing and Murdered Indigenous People (MMIP).

The summit was unique in its inclusion of a Youth Panel that featured both Pala and Yurok youth, each of whom shared personal stories or experiences related to MMIP, or who expressed a deep passion for advocating on behalf of the issue. These young voices added a vital dimension to the conversation, underscoring the urgency of addressing the crisis not only for today's communities but for future generations. The event reflected the shared determination of all involved to work toward meaningful solutions that bring justice, healing, and accountability.



Pala Youth Empowerment Initiative Partners with Girlie Garage to Teach Youth Car Safety, Maintenance, and Financial Literacy

The Pala Youth Empowerment Initiative (PYEI) is excited to announce its new partnership with Girlie Garage to provide valuable automotive education to youth in our driving school program. This initiative aims to equip young people with the knowledge and skills they need to stay safe on the road, take care of their vehicles, and make informed financial decisions when it comes to car ownership.

Led by the passionate Talena, the founder of Girlie Garage, the program teaches participants about car safety, routine maintenance, how to communicate with mechanics, and financial literacy in purchasing a car. Talena's mission is to empower young women and youth by fostering confidence and independence when it comes to their automotive needs. Through Girlie Garage, she provides hands-on learning that makes complex concepts easy to understand, helping the next generation gain control over their driving journeys. Keep an eye out for announcements of upcoming workshops on our Instagram @palahousingresourcecenter. For more details about the Youth Driving Classes or to sign up, contact Maria Villegas at (760) 315-0104.

Important Requirements:

- Youth must be at least 15 and a half years old to participate.
- To enroll, the youth **must** be a Pala tribal member, Pala descendant, or a member of the Pala community (living on the Pala Reservation).
- Please note that we have a waitlist for these classes, so be sure to reach out soon to secure a spot!

This partnership is an exciting opportunity to prepare our youth for a safe and confident future behind the wheel, and we're thrilled to support their growth and empowerment through this important initiative.

Youth Quest



On March 9th, five youth members traveled to Sacramento to attend Youth Quest and advocate against tobacco. Their first night was spent with the Tribal Tobacco Coalition, where they connected with tribes from Southern, Central, and Northern California. Together, they practiced presentations and role-played conversations to prepare for meetings with legislators, helping them step out of their comfort zones.

March 10th was the big event. The youth had the opportunity to meet with various tobacco coalitions, not just tribal and discussed critical issues surrounding tobacco use. They spoke about vaping, cigarette smoking, and how the tobacco industry specifically targets young people—using social media to promote their products and manipulate youth into using and encouraging others to do the same.

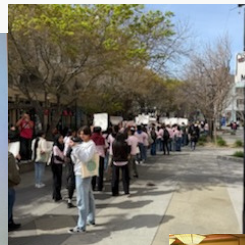
One of the key moments of the trip was meeting with a representative from Assembly member James Ramos' office. The youth shared their firsthand experiences from the Pala Reservation, expressing concerns about the easy access to commercial tobacco. They voiced their desire to make it harder for youth to obtain and emphasized the importance of reserving tobacco use for ceremonies and blessings—honoring its sacred role in their culture.

This trip was just the beginning for our youth. It was an empowering experience, giving them the confidence to use their voices and advocate for the changes they want to see in their community.



This trip was truly one for the books—an understatement, really. It gave our youth the opportunity to step into leadership roles that will empower them to advocate for themselves and for Pala reservation.

They connected with other tribal youth and youth coalitions who share a common goal: addressing the harmful impact of tobacco use. Through collaboration, they worked together on key topics they wanted legislators to recognize. All of these impactful moments happened because THEY SHOWED UP. Our youth are the future, and they are finding their voices to speak with decision-makers about the issues that matter most.



KEEP IT SACRED

NATIVE CHILDREN MATTER

PALA SOCIAL SERVICES



OUR CHILDREN ARE OUR FUTURE!

HELP SUPPORT OUR NATIVE AMERICAN FAMILIES & KEEP OUR NATIVE AMERICAN CHILDREN IN OUR COMMUNITY!



FOR MORE INFORMATION CONTACT
760.891.3502
SOCIALSERVICES@PALATRIBE.COM

Pala Social Services strives to keep families together by providing preventative measures in an effort to avoid a social service case. Under some circumstances, it is necessary to relocate the children (hopefully temporary) until the home setting is safe and the children are no longer at risk. Pala Social Services will initiate a reunification plan, if applicable, with provisions that must be satisfactory completed and the home is deemed safe for the children to return. It is detrimental to the well-being of our native children to remain in our community where we can ensure they are safe and being cared for, their needs are being met, they are in a familiar setting, will not have to relocate schools and have access to cultural-based services. It is the goal of PSS to keep their lives as normal as possible without causing additional trauma. If you are interested and would like to be vetted as a Tribally Approved home, please reach out to Pala Social Services.

Pala Social Services is seeking families who are willing to become a foster home. The goal is to provide a safe and loving home within our Tribal community.

The following is a list of the requirements to become a Tribally Approved Home

- Background Assessment: includes anyone living in the home that is 18 years or older.
- Home Environment Assessment
- Test for substances
- Application with references

ALL CHILDREN NEED AND DESERVE A SAFE, LOVING, NURTURING, ACCEPTING, AND CONSISTENT HOME WHERE THEY CAN THRIVE AND MATURE. BECOME A CAREGIVER AND HELP TRIBAL YOUTH STAY CONNECTED TO THEIR FAMILY, COMMUNITY, AND CULTURE.



A Tribally Approved Home is a foster home approved by a federally recognized tribe. These tribes have the authority to set their own standards, which are socially and culturally appropriate, for approving these homes. This means they can independently decide what makes a home suitable for placing a child.



**PMB 50
35008 Pala Temecula Road
Pala CA 92059**

**Visit us at 35990 Pala Temecula Road
Pala CA 92059**



PHRC NEWSLETTER