

YOUTH NEWSLETTER



September 2024 | Issues #15

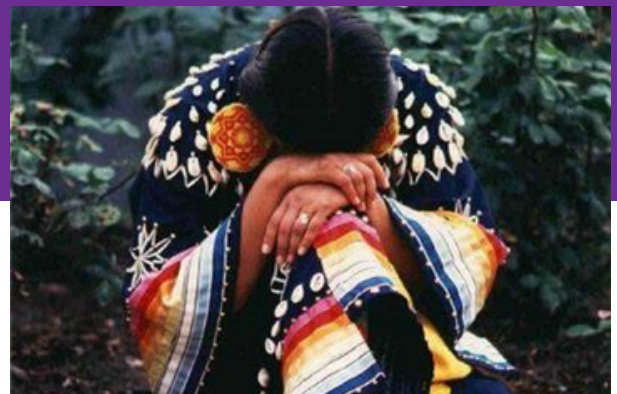
Suicide Prevention Month

KNOW THE SIGNS

YOU ARE NOT ALONE!

There are many others who are experiencing the same difficulties. It's important to reach out for support. Talk to someone you trust. **988** is the number to call if you are in crisis. You can also reach out to a mental health professional. Taking care of your mental health is essential!

Suicide Prevention Month is essential to understand as Native Americans have the highest suicide rate of any ethnic group in the United States. It is important to recognize and address the mental health issues that are driving this high suicide rate.



NATIVE FACT

The first newspaper in a Native American language was published in 1828.

The newspaper was printed in both Cherokee and English. It was a successful venture and lasted for eight years until it was shut down due to government interference.

It was meant to provide news and information to the Cherokee people. It was an important milestone in Native American history.

Signs to recognize among youth include changes in behavior, mood swings, isolation, and withdrawal from social gatherings. In addition, self-medicating with alcohol or marijuana daily, using fatalistic language and saying, "I won't be a problem for you much longer," taking risky and self-destructive actions, and giving away belongings with no logical explanation are also examples of this behavior.

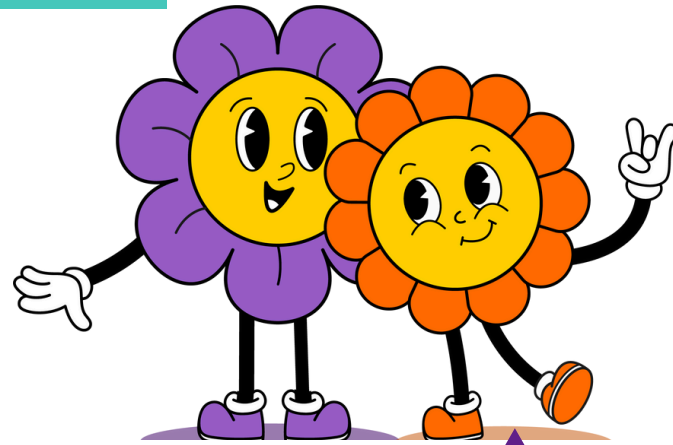
It is important to be aware of these signs and take action if necessary. Professional help is available and should be sought out. Native youth should be supported and given the resources they need to thrive.

Never a Bother

“ You are not alone,
you are not a bother,
we are here for you!

"Never a Bother" is a campaign recently launched by the California Public Health's Office of Suicide Prevention in March 2024. Its primary aim is to raise awareness, provide knowledge, offer support, and strengthen communities regarding youth suicide. The campaign focuses on spreading awareness through advertisements, social media content, and community outreach, particularly targeting rural areas within California. It is designed to reach youth populations affected by suicide who face challenges in accessing resources and support.

This campaign is driven by over 400 young individuals from diverse communities across California and is overseen by the California Department of Public Health.



THE STATE OF CALIFORNIA TOOK INITIATIVE TO PROMOTE THE NEVER A BOTHER CAMPAIGN TO PREVENT YOUTH SUICIDE. THE STATE IS CONTRIBUTING \$4.7 BILLION DOLLARS FOR YOUTH 0 -25 TO ACCESS MENTAL HEALTH AND SUBSTANCE ABUSE SUPPORT.



Pala Youth Suicide Prevention is focusing on community outreach and addressing the needs of our community. We aim to raise awareness and educate caregivers and the public through a cultural perspective to help break the stigma surrounding suicide. Our mission is to offer extensive support and curated resources for prevention.

If you have any questions, don't hesitate to contact Matt Morning Star at (760) 717-0448 or Paula Ellenwood at (760) 638-1676.

World Suicide Prevention Day September 10, 2024



Suicide Awareness & Prevention

CHANGE THE NARRATIVE!!

*Start the
conversation
to end
the silence
about
suicide!*

FEATURING



Call: (760) 292-6271
Tribal Mobile
Crisis Response
Team



Text: "Native"
to 741 741
We R Native -
wernative.org



Call: (800) 852-8386
Text: "TEEN" to
839 863
Tech Line -
teentline.org



**Never
Bother**

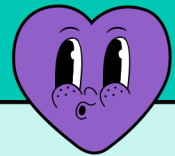


BE ON THE LOOKOUT

This poster, created by Chamish Duro for the Pala Youth Suicide Prevention Program, aims to raise awareness about youth suicide prevention. The artwork includes a purple ribbon, a pink and purple bird skirt, and a gourd. Special thanks to Chamish for the generous contribution!

www.neverabother.org

Dear Partners,



Each September, National Suicide Prevention Week (September 8th - September 14th, 2024) and World Suicide Prevention Day (September 10th, 2024) are times when individuals and organizations around the world come together to raise awareness on suicide prevention and support those who have lost someone to suicide. This year's Suicide Prevention Day theme is "Change the Narrative" with a worldwide call to action to "Start the Conversation" to end silence about suicide.

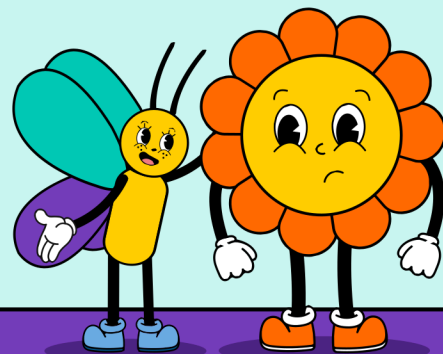
In acknowledgment, California's *Never a Bother* youth suicide prevention campaign is excited to launch resources for parents and caregivers with the goal of strengthening skills in recognizing suicide warning signs and the ability to effectively intervene with a child and young adult in their care. Resources to support starting the conversation launch this month, with the release of the *Never a Bother Suicide Prevention Month Toolkit*. This September, and year-round, please join us in taking these actions:

- Check in with the young people in your life. Remind them that they are never a bother and that you are here for them.
- If you are worried about someone, have an open and direct conversation about suicide.
- Download additional *Never a Bother campaign resources* such as posters, palm cards, social posts, and more, and remind young people in your community that they matter.
- Familiarize yourself and others with resources such as the *988 Suicide & Crisis Lifeline*, *Soluna App*, *Teen Line*, and other *Tools to Support Children, Youth, and Families* from the California Children and Youth Behavioral Health Initiative (CYBHI).

The *Never a Bother* youth suicide prevention media campaign is part of the state's ongoing efforts to increase awareness of suicide warning signs, share suicide prevention and mental health resources, build life-saving intervention skills, and promote help-seeking behavior for youth and young adults — before, during, and after a crisis. The campaign is funded by the California Department of Public Health (CDPH), as part of CYBHI.

Please visit and share neverabother.org, follow, and engage with the social channels below, pass along this email, and take this opportunity to check in with the young people in your life.

Thank you.



Never a Bother Campaign Channels

Instagram: @neverabother

TikTok: @neverabother

Twitter: @neverabother

Facebook: NeveraBotherCampaign

YouTube: @NeveraBotherCampaign

Twitch: @neverabother

Spotify: <https://spoti.fi/3WSRXYq>

SKATEBOARDING AND MENTAL HEALTH



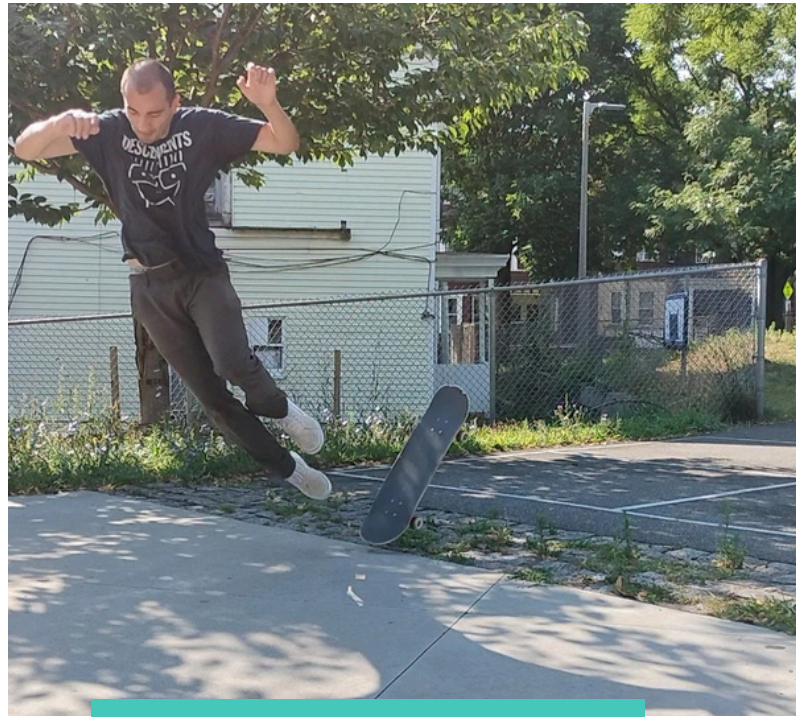
Life lessons learned through skateboarding are numerous. It begins with balance. You have to learn to balance yourself on the board. It starts by inching forward in a straight line. At first, it's the most unnatural feeling. It can be discouraging when you see other skaters glide by effortlessly and do tricks when you can barely ride a foot or two in a straight line. It's how everyone starts. The trick is to not give up. That's it. No big secret tip or hack.

The same applies to life. It can be discouraging to see other people at a point in their life when it seems like they have it together and are content when you're feeling stuck. You can't compare yourself to others. It's often said that 'comparison is the thief of joy.' All it makes you do is say, "I should be there," "I should be doing that," or "I should be more," etc. instead of being grateful for how far you've come. It's a lot easier to appreciate yourself when you acknowledge the progress you've made, rather than focusing on making the mistakes you've made and not being perfect. You're often right where you're supposed to be, not behind.

There is no "perfect" in skating. Roughly 90% of skateboarding is failing, falling, or sometimes both. You can land a trick once after dozens of tries and struggle to land it again for another dozen tries. Consistency and effort is the key. Getting up, and trying again. Not giving up. As long as you're not giving up, you're getting better, and that's the beauty of skateboarding. It's okay to mess up.



Life will be like that sometimes. Up and down. When you fall, sometimes you can tuck and roll and pop back up like nothing happened, fired up and ready to try again. Other times you'll really get banged up and need a minute to catch your breath. No matter what, you have to pick yourself up. It's good if there's someone close who can lend you a hand, but we can't rely on others or expect them to always be there. In life we go through different kinds of pain. It can be physical, as well as mental. It's unavoidable. It's not always a bad thing. It teaches us to pay attention to something that might be missing or something we need to work on to become better and stronger than before.



When it happens with life, it's important to listen to what your body needs. Just like you need balance to skateboard, you need it in your life, as well. Make sure you're eating right and well, getting enough sleep, getting enough exercise, keeping your mind active and challenged, staying connected to your culture and traditions, and investing in good friendships. It'll help you skate better, too.

Skateboarding can be a physically demanding sport, but I feel it is one of the best things you can do for your mental health. It gets you outside and active, and it demands 100% of your focus. It teaches you to embrace pain. It won't make you a tough person but it will make you tough and resilient, just like the people we're descended from. Resilience is how quickly you bounce back from set backs and hard times. Resilience is falling and getting back up. It's not quitting when you don't get something right away. Skateboarding requires an investment in yourself to be brave and to push yourself to things you've never done before. Life will make you do the same thing. You will learn about yourself and be surprised by what you can do.

TRADITIONAL HEALING

HEALING STARTS WITH TRADITION



Fry bread is made from flour, salt, baking powder, and water fried in lard or oil. Fry bread is a symbol of Native Americans' ability to survive under the terrible conditions when forced to move from their homes to live in new areas where their usual sustenance practices were difficult to maintain. As a result, many Native Americans had to rely on government rations, known as commodities, which contained foods with low nutritional value. Nowadays, frybread is seen as a symbol of colonization and as a testament to the resiliency and ingenuity of Indigenous people.

Sweat lodges are structures with sacred power and meaning where ceremonies for rites of preparation, prayer, healing, and purification take place. Sweat is a spiritual ceremony and is only to be led by Indigenous practitioners who know the songs, traditions, and protocol and take seriously the significant activity they are practicing. Sweat lodges have the power to help with mental, spiritual, and physical healing. **Mental Healing**, frees the mind of distractions, offering clarity. **Spiritual Healing** allows for thoughtfulness and connection to the planet and the spirit world. **Physical Healing** can potentially provide antibacterial and wound-healing benefits.



Sacred Medicines (Tobacco, Sage & Elderberry) have a historical and continuing cultural value to the spiritual, physical & and emotional well-being of Native peoples. Nature has provided gifts and medicines that have been an important thread between Native people and their spirituality. **Tobacco** is shared as a gift, an offering to elders, healers, and creators. **Sage** is often used for smudging and as a preparation for ceremony. **Elderberry** flowers and bark have antioxidant, antibiotic, and anti-inflammatory properties and when used properly can alleviate aches and pains. **Elderberry** branches are used in ceremonial blessings, spiritual cleansings, and for protection.



Basket weaving teaches patience, taps into our creativity, and in many ways is therapeutic. Baskets have intricate designs and come in a variety of sizes and shapes. Each basket has a unique role to play in the community, and each basket also has a unique life that it leads. Basket weaving is a skill that incorporates both language and storytelling as part of its connection to ceremony and the environment. In addition to representing resilience and Native heritage, basket weaving is a craft that encompasses history and culture.





YOUTH PARENT SHOUT OUT

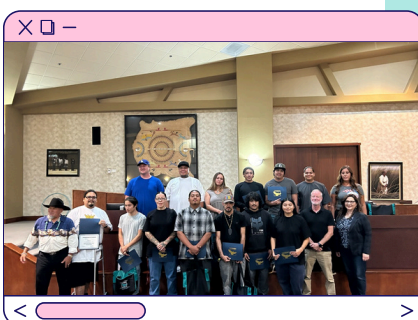
Celebrating Dedication and Lifelong Learning

We are thrilled to highlight an inspiring story of dedication and lifelong learning in our community. Recently, one of our remarkable parents completed the MC-3 training program through CIMC, which provides young adults with a comprehensive understanding of the trades and the fundamentals of union work. This achievement is impressive in itself, but what makes this story even more exceptional is the parent's commitment to passing on these valuable lessons to her daughter.

Her journey serves as a powerful reminder that it's never too late to pursue your dreams and expand your knowledge. By engaging in this training, she has not only gained new skills but also demonstrated to her daughter that learning and growth are lifelong endeavors. Her dedication is a testament to the belief that no matter your age, you can continue to achieve your dreams and inspire those around you.

We celebrate her achievements and the valuable example she sets for all of us. Her story is a beacon of inspiration, showing that with determination and passion, we can continue to grow and make a meaningful impact in our lives and the lives of others.

Keep shining and keep learning!



SUMMER MOVIE NIGHT

On August 9th, the Pala Youth Center hosted a vibrant End of Summer Movie Night, drawing families and youth of all ages. The event featured a range of enjoyable amenities, including free shaved ice, food, educational booths, and exciting raffle prizes.

Special thanks were extended to Joseph Ravago and the IHC team for their generous donation of backpacks and school supplies for the youth. We also want to thank them for helping out through out the event and helping all Pala Youth Collaborator to make this a successful event.

We hope to continue with a similar event next year!

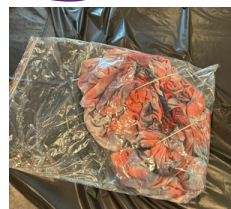
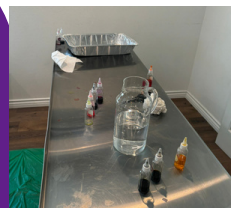


KARAOKE NIGHT



The night was young and the youth enjoyed themselves by singing along to variety of genres of music, to some singing in duos & individual. Most sang their hearts out and a couple sat back ate the scrumptious carne asada fries. It was success and looking forward to the next one!

A day of tie dying was held on Saturday, August 17th, 2024. A few youth came to create some cool tie dye items.



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YOUTH GATHERING

San Manuel hosted its annual Youth Gathering at their Community Center in Highland, Ca. on Aug. 24th, 2024. The day was filled with workshops, interacting with other tribal youth, embracing college preparedness and careers. The workshops included creating art with stamp pads, walking the red road- where youth participated in drawing their own path of success, to learning about NASA and being engineers creating their own rockets that were launched into the air. The day was starting to wrap up by getting great catering services of frybread, burgers, hibachi, and dessert. The anticipation of excitement was collecting tickets to enter for raffle prizes by participating in discussions and getting information from each of the booths. As most of the teens eagerly paced the floor waiting for their names to be called for either iPads and a ps5, to name couple of top prizes.

Thanks to the group that attended, they all took the initiative to participate and gain knowledge.

Thank you!



Youth Support

For free 24/7 crisis support



Suicide and Crisis Lifeline
Dial or Text: 988
www.988lifeline.org/chat/

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to
741 741
www.crisistextline.org/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse
Hotline (24/7): 1-800-4-A-Child
(422-4453)

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP
www.nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753



www.justthinktwice.gov/
National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



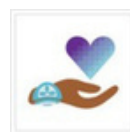
National Hotline. Reach
Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline

YouthLine
A Service of Lines for Life

We listen. We support.
We keep it to ourselves.

Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839 863
www.theyouthline.org

We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-mind



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



Youth Support

Bullying

stopbullying

Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying
Prevention
www.wernative.org/my-life/life-hacks/bullying-prevention

Find Help Near You



SAMSHA - Find the treatment center closest to you
www.samhsa.gov/find-treatment



Mental Health America -
Find the clinic closest to you
www.mhanational.org/find-affiliate

Text Message Campaigns



Text: NATIVE to 94449
For health & wellness tips



Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: 2SLGBTQ to 94449 or ALLY to 94449 Native. Two-Spirit. LGBTQ.
#BornSacred



Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math



Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals, you could win fitness gear or a Fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone



Native Youth Empowerment Workshop

Saturday, September 28th

Workshop Description

Brought to you by Pala Social Services & the Pala Housing Resources Center

Humility is one of our traditional values as Native Americans; it's important to know where you fit in. We should remember that we're all connected and part of the same community, so we should think and act in a way that respects and honors those around us. This workshop will teach youth how to take charge of their lives, find their voice, and share their gifts more freely.

Topics of Discussion:

- Four Agreements
- Examples of being powerless
- The power of positive thinking
- Example of empowered Native youth
- Case scenario exercise
- Cultural scavenger hunt
- The water protectors at Standing Rock Sioux Tribe
- Finding your voice

Location: Pala Housing Resource Center

Time: 11am -2pm

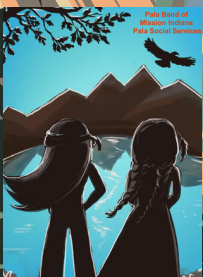
Youth ages 12-24

*Lunch will be provided



Meet the Trainer

Willie Wolf is an enrolled member of the Cheyenne River Sioux Tribe. He has been working with Native youth in a number of capacities including being on the board of a Native youth program called Iwasil in Seattle from 2008-2012. Also, Mr. Wolf was an Upward Bound Director for an urban Indian program at the University of Minnesota. Mr. Wolf has conducted training for youth on the Seven Habits of Highly Effective Teens, empowerment, and teambuilding to name a few. Mr. Wolf has a masters in educational psychology and another masters in public administration.



RSVP with Maria Villegas at (760) 315-0104



SEPTEMBER EVENTS

2024

Pala Youth Empowerment initiative

We Are Open

Saturdays

SEPTEMBER SCHEDULE
MONDAY - FRIDAY 10:30 AM-7 PM
Saturday, Sep. 14th & 28th 11am-7 pm

FOR ANY QUESTIONS

Contact Maria Villegas
(760) 315-0104



"FOR YOUTH BY YOUTH"

IN PERSON TUTORING

Now assisting students ages 12-24, with homework, projects, and another other educational areas that may need improvements.

MONDAY- FRIDAY
At 4:30 - 6:00 PM

PALA HOUSING RESOURCE CENTER
35990 Pala Temecula Rd,
Pala, CA 92059

MORE INFORMATION CONTACT:
MARIA VILLEGAS

760-315-0104

www.palahrc.com

Tutoring services offered at the
Pala Housing Resource Center
Monday through Friday from 10:30 am to 7:00 pm



REGISTER NOW

The Pala Housing Resource Center is
Calling all youth 15 and up to join the
waiting list for driving school. Let's
work together on getting our youth
safely on the road.

Pala Housing Resources Center Presents

DRIVING LESSONS

Calling all youth 15 and up to come get your driver's license with one-on-one behind the wheel training



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104



TRTS Registration

SEPTEMBER EVENTS

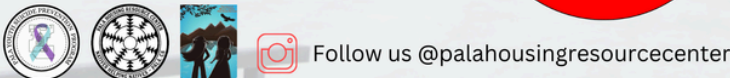
2024

Skateboard for Resilience

**Event postponed.
New date and details
TBD - stay posted!**

RSVP with Matt Morning Star.
First 50 to sign up receive a skateboard with helmets and pads!

mmorningstar@palatribe.com
760-717-0448



Let's Go Skateboarding!

Weekly youth trips to

PALA
SKATEPARK

Open to all ages, ability and skill level!

Fun and no judgement!



Starting Friday, September 20, 2024
From 6pm-7pm

RSVP with Matt Morning Star
Email: mmorningstar@palatribe.com
Cell: (760) 717-0448



PALA

Pop Up Shop

SEPTEMBER 26, 2024

10am - 5pm
Pala Park
11772 Pala Mission Circle

FESTIVE FOOD
CRAFTS
GOOD TIMES

Vendor Info
Contact
April 760-638-6462

988 SUICIDE & CRISIS LIFELINE

SAVE THE DATE

SEPTEMBER 16TH, 2024

1ST ANNUAL IHC
988 TRIBAL RESPONSE CONFERENCE

Addressing obstacles to effectively support American Indian 988 callers in crisis

To Register, Scan the QR Code or visit <https://wkf.ms/4d0ZBX0>



Art Moen
Program Coordinator
amoen@indianhealth.com
760-749-1410 ext 5268

Cabrini Loredo
Community Outreach Worker
cloredo@indianhealth.com
760-749-1410 ext 5232



SEPTEMBER EVENTS

2024

PALA YOUTH CENTER PRESENTS:

CREATIVE ART STUDIO DAYS!

EVERY FRIDAY
STARTING SEPT 20TH
3PM-5PM

CERAMICS, DRAWING,
PAINTING & BEADING

NEED HELP FUNDRAISING FOR SPORTS, DANCE OR HOBBIES?
LET US HELP YOU CREATE SOME CRAFTS TO SELL AT THIS YEARS CHRISTMAS BAZAAR, WE PROVIDE THE SUPPLIES YOU CREATE AND KEEP THE PROFIT

OPEN TO AGES 6-18
FOR MORE INFORMATION
CONTACT APRIL @ 760-742-2281

PALA SENIOR CHAIR VOLLEYBALL

BECOME A VOLUNTEER



VOLUNTEERS NEEDED

TOURNY DATES
OCT. 1ST TO 3RD

TRAINING HELD IN SYCAMORE ROOM @ CASINO

HEAD REF, LINE REF, SCOREKEEPER.
TRAININGS TUE. & WED. SEP. 24TH & 25TH 10AM AND 12:30PM SESSIONS

Please try to attend at least one training session. Training and volunteer with supervisor permission.

Contact: (760)361-9771

Listening Circle

CALLING ALL YOUTH AGES 12-24
LET US KNOW WHAT WE CAN DO TO HELP PALA YOUTH WITH JOB TRAINING, MENTORSHIP, EDUCATION, AND SUMMER ACTIVITIES.

Incentives will be provided

Tuesday Sep. 17th at 4pm

AT THE PALA HOUSING RESOURCE CENTER

CONTACT MARIA FOR MORE INFORMATION

(760) 315-0104 | mvillegas@palatribe.com



YOU ARE INVITED!

SEQUENTIAL INTERCEPT MODEL MAPPING WORKSHOP
FOR PALA BAND OF MISSION INDIANS

SEPTEMBER 18, 2024, FROM 8:30 A.M. - 4:30 P.M.
SEPTEMBER 19, 2024, FROM 8:30 A.M. - 12:30 P.M.



Purpose:

SIM Mapping Workshops bring together local behavioral health, criminal justice, and community stakeholders to identify resources for responding to the needs of individuals with mental health conditions and substance use disorders who are involved or at risk for involvement in the criminal justice system

Workshop Activities:

Collaborate with other professionals and create a map showing how individuals navigate the criminal justice system. Make plans to help them get support from community services instead of the criminal justice system.

Sign up using this QR code



Location: Pala Casino Events Center
11154 CA-76, Pala, CA 92059
Sycamore Meeting Hall

RESOURCES

2024



COMMUNITY SERVICE SIGN UP SHEET

Are you a youth who needs community service hours to graduate high school? sign up for monthly opportunity for community service in the area.

We Need Help For:

- Chair Volleyball events
- Youth events
- Earth days
- Holiday events

CONTACT MARIA VILLEGAS
760-315-0104

Charting Your Course? Consider a Job in Education!



Are you interested in being a teacher, teacher assistant, teacher aide, school librarian, school nurse, school counselor, speech pathologist, occupational therapist, or another career in the field of education?

The Pala Learning Center and the Pala Youth Center are working with U.S. Dept. of Education's Office of Indian Education on a Native American Teacher Retention Initiative (NATRI).

Through our Pala NATRI program, we aim to recruit and support Native American students who are interested in becoming teachers or who are already in the field of education and would like to advance their careers and/or help our team!

Why Choose Teaching?



Native Student Success. Research shows that Native students tend to do better in classrooms where their educator shares a similar identity. Be the difference in our students' lives that we all need for success and identity formation.

Representation and Honoring Ancestors. Southern California American Indians come from a long tradition of teaching. Continue this tradition by teaching and honor our ancestors by representing them in education spaces. Be a bridge between our communities and those who seek to learn about us with respect and reciprocity.

Community Centered. To teach means to facilitate knowledge and guide people along an experience. This leads to a community-centered career – one that aligns with many traditional values among our people. Build and foster community and well-being by getting into education.

Contact Doretta Musick or Rhiannon Johnson at the Pala Learning Center at 760-742-1997 if you are interested in learning more about the NATRI program and how YOU can become involved!



TUCHILY HEALING HEARTS

Tribal Mobile Crisis Response Team

Our Services:

- Behavioral Health Screenings and Assessments
- Case Management
- Referrals
- Transportation for continuing care



NEED HELP?

Monday - Friday

8am-5pm

(760) 292-6271

Tuchily@palatribe.com



RESOURCES

2024



NATIVE AMERICAN YOUTH JUSTICE & EDUCATION PROJECT



INTRODUCTION TO THE LEGAL SYSTEM COURSE & INTRODUCTION TO TRIBAL LEGAL STUDIES

STARTING: SEPTEMBER 2024 / COURSE ENROLLMENT AT UCSD

TRIBAL GOVERNANCE AND LEADERSHIP

The Tribal Youth Court (TYC) is a diversion-based project that serves our San Diego County Tribes challenged with incidents of juvenile delinquency. The Intertribal Court of Southern California (ICSC) has developed a Native Youth Peer Diversion Court where Native Youth have the opportunity to assist in the adjudication process of the juvenile offenders. To accomplish this, American Indian Recruitment (AIR), along with ICSC, has developed the Native Youth Peer Decision Makers (Peer Decision Makers) training project that will engage our Youth Decision Makers and guide them in their decisions within the Youth Court.

UC San Diego

Introduction to the Legal System Course

1 Semester Unit

Sept. 9, 2024-Sept. 30, 2024

This course provides an introduction to the American Legal System, including the sources of law and the systems by which the law is administered and enforced. This course will also review the origins of law and how it developed into the current legal system. This class will also cover the U.S. Constitutional, Civil Procedure, Criminal Law, Legal Research and how to brief a case.

Introduction to the Tribal Legal Studies

3 Semester Units

Starting: Oct. 7, 2024-Dec. 14, 2024

This course provides an overview of tribal legal studies, including tribal government, the history of tribal court systems, legal structure of tribal courts, tribal court criminal and civil jurisdiction, roles in tribal court systems, due process, appellate courts, the Indian Civil Rights Act, Public Law 280 and the Indian Child Welfare Act. Students learn basic concepts of legal studies, tribal common law and traditional dispute resolution methods, including the examination of the incorporation of custom and tradition into the Tribal court system.



- Requirements:
- Student should be 10th - 12th grades (exceptions can be made)
 - Motivated to complete the course and pursue higher education
 - An overall GPA of 2.25+ / OR / have a recommendation from a site coordinator
 - Students will be required to meet in cohorts within their community throughout the course at least once a week for academic review
- Students are required to meet for one midway meeting and a final presentation



Hosted by the Viejas Band of Kumeyaay Indians and the U.S. Environmental Protection Agency

SAN JOSE, CA & ONLINE | OCTOBER 22-24, 2024

2024 TRIBAL EPA & U.S. EPA REGION 9 CONFERENCE YOUTH ART CONTEST

[HTTPS://TRIBALEPA.COM/CONTESTS/](https://tribalepa.com/contests/)

The work we do as Tribal environmental professionals is directly related to our commitment to ensuring a safe and healthy future for our children. In that spirit, we invite the Tribal youth of Region 9 to participate in this year's art contest. We are featuring three age/grade categories: K-5th grade, 6th - 8th grade, and 9th - 12th grade.

Winners in each age/grade category will win a cash gift card of \$100, and ALL entrants will receive gifts for participating. All entries will be featured during the Tribal EPA & U.S. EPA Region 9 Conference on the website, and during the closing ceremonies. Winners will get special acknowledgement during the closing ceremonies.

If you are ready to submit your entry, go to the website above or scan the QR code and please fill out the online entry form. The deadline for entries is October 11, 2024.

THEMES

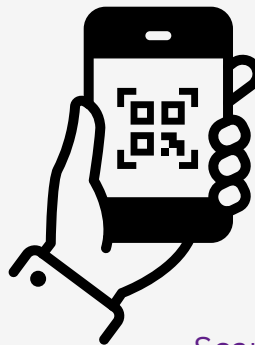
Participants should develop their entries around one or more of these questions:

- What is a story or myth told in your tribe/community?
- What does this story mean to you?
- Why is this story important to your community?

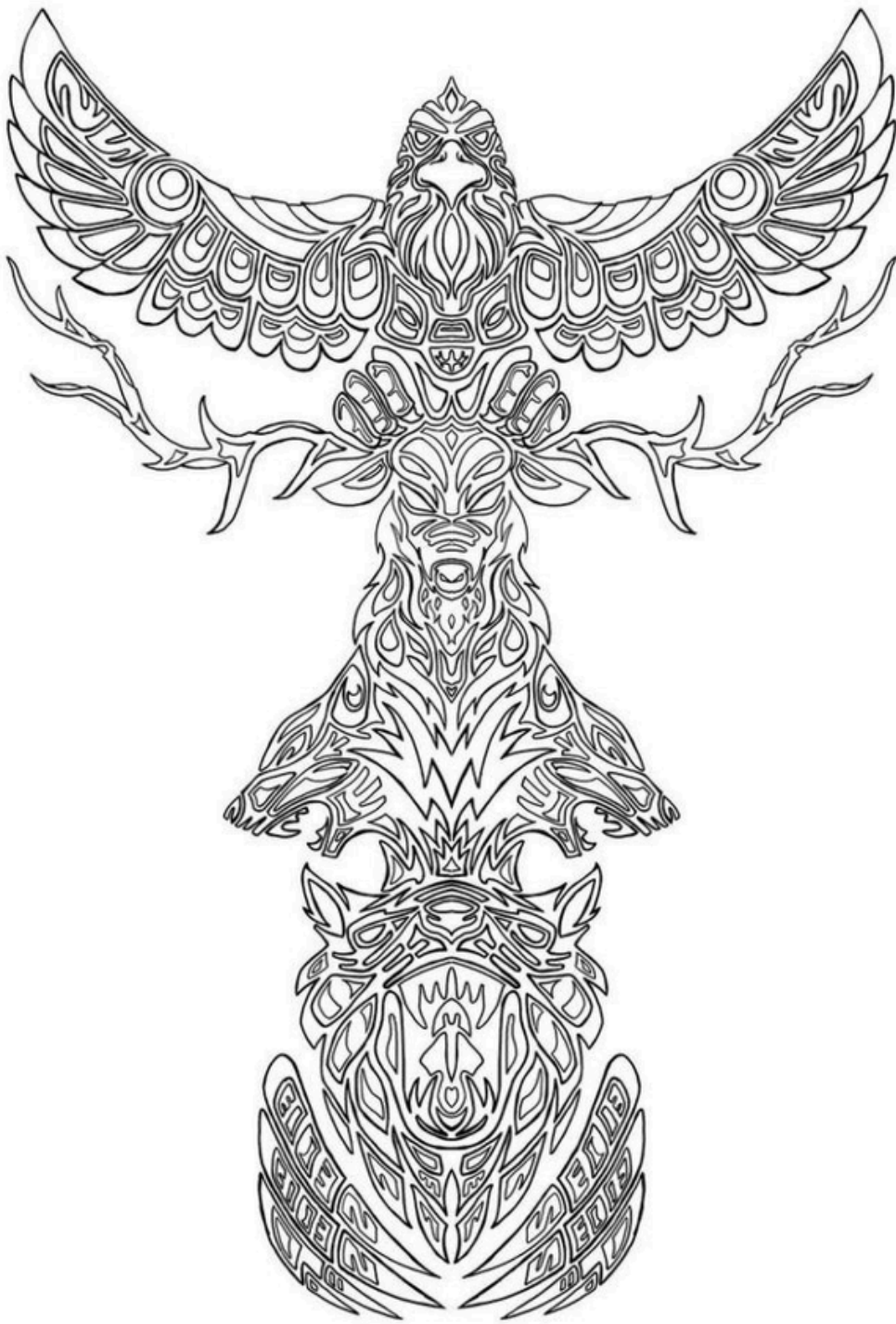
If you can, include words in your Native language that are relevant to the story or myth - for example, plants and animals, names, and locations.



CALFRESH
HEALTHY LIVING SURVEY



Scan the QR code to help Pala Housing Resource Center to collect data for Healthy Living habits. In partnership with CalFresh



Relax

Take a break!
Did you know that coloring can help reduce stress and can be used as a form of relaxation? Give it a try! Grab some colors and color on.

Tip of the Month: Box Breathing

1. **Inhale.** Breathe in slowly through your nose for 4 seconds.
2. **Pause.** Hold the air in your lungs for 4 seconds.
3. **Exhale.** Breathe out slowly through your mouth for 4 seconds.
4. **Repeat.** Practice for about 2 minutes.

Deep breathing is a popular relaxation technique that helps to control the symptoms of stress, anxiety, and anger. The skill is easy to learn, and provides near immediate relief from uncomfortable symptoms.





PALA YOUTH EMPOWERMENT INITIATIVE



"For Youth, by Youth"



Location:
35990 Pala Temecula Road
Pala, CA 92059
www.PalaHRC.com

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The Pala Youth Empowerment Initiative is based on a "for youth by youth" approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.

To empower Native youth, ages 3-25, to be resilient, positive, and productive members of the community. Youth Suicide Prevention engages youth with a culturally sensitive, trauma-informed approach through social group events, and peer mentoring.