

Pala Youth Newsletter

YOUTH HOMELESSNESS AWARENESS MONTH



November is Youth homelessness awareness month as it is a pressing issue affecting millions of young people worldwide, including those in tribal communities. Often driven by factors such as family conflict, poverty, and limited access to resources, many Indigenous youth find themselves without a stable place to call home. This unstable situation can lead to a cycle of insecurity, making it difficult for them to access education, employment, and healthcare.

CONTINUED...

Bringing awareness to youth homelessness in tribal communities is essential. It requires a united effort from community members, leaders, and organizations to highlight the unique challenges faced by these youths. By providing essential resources and support, we can create lasting solutions that empower Indigenous young people to achieve stability and build fulfilling lives.



NATIVE FACT

In November, one important observance is National Native American Heritage Month. This month-long celebration, established in 1990, honors the rich culture, history, and contributions of Native Americans. It serves as a period for reflection and education, emphasizing the diverse traditions and significant impact.

YOUTH HOMELESSNESS

Native American homelessness in California is a significant issue



Homelessness Prevention

Homelessness Prevention Month highlights the urgent need to address housing instability, a challenge that disproportionately affects Native American communities.



Factors Contribute to this Situation:

Historical Context: Native Americans have faced systemic discrimination, forced relocation, and loss of land, which have lasting impacts on economic opportunities and access to housing.

Economic Disparities: Many Native communities experience high poverty rates, unemployment, and lack of access to resources, making it difficult to secure stable housing.

Cultural Disconnection: Housing solutions often overlook the cultural significance of land and community for Native peoples, leading to ineffective policies that do not meet their needs.



Underfunding: Native housing programs are often underfunded, resulting in inadequate support for prevention services, emergency shelters, and long-term housing solutions.

Health and Well-being: Homelessness can exacerbate existing health disparities, including higher rates of substance abuse and mental health issues among Native Americans.

Addressing these issues requires culturally relevant solutions, increased funding for housing initiatives, and collaboration with Native communities to create effective prevention strategies.



YOUTH Homelessness



Youth homelessness is a complex issue that can be categorized into several types based on the circumstances and living situations of the young people involved.

Youth homelessness encompasses various forms, each with distinct challenges. Chronic homelessness refers to young people who experience prolonged or repeated periods of homelessness, often compounded by mental health issues or substance abuse. Couch surfing involves youth temporarily staying with friends or family without a stable, permanent residence, leading to instability and resource scarcity. Unaccompanied homeless youth lack parental or guardian support and may find themselves living on the streets, in shelters, or in temporary accommodations.

Runaway youth flee unsafe home environments due to conflict or abuse, often without a clear plan for their next steps. Those who age out of the foster care system frequently encounter significant hurdles in securing stable housing and employment. Additionally, some youth experience homelessness as part of a family unit, complicating access to necessary services.

Tragically, certain homeless youth are vulnerable to exploitation, including sex trafficking, due to their precarious situations. Lastly, young people with physical or mental disabilities face unique barriers that can further increase their risk of homelessness. Addressing these issues requires targeted support and comprehensive strategies to meet the diverse needs of homeless youth.



Factors Contributing to Youth Homelessness:

- Family conflict or dysfunction
- Economic instability
- Lack of affordable housing
- Mental health issues
- Substance abuse

Youth experiencing homelessness often emphasize the critical need for accessible support services, such as mental health resources and stable housing options. Many express feelings of isolation and a longing for stability, highlighting how family conflict, abuse, or neglect often leads to their situation. They are acutely aware of the risks of exploitation and advocate for better protective measures. Despite the challenges, many demonstrate resilience and a desire to overcome their circumstances, seeking to build a better future while calling for greater awareness and policy changes to address youth homelessness effectively.

Key Statistics

HOMELESSNESS



Homelessness Rates:

- According to the 2020 Annual Homeless Assessment Report (AHAR), Native Americans experience homelessness at a rate of approximately 1.7 times higher than the general population.



Youth Homelessness:

- Native American youth represent a significant portion of homeless youth, with studies showing they make up about 14% of the homeless youth population in the U.S.

Unemployment Rates:

- Native American unemployment rates can be as high as 10% or more, significantly affecting their ability to secure stable housing.

Poverty Rates:

- The poverty rate for Native Americans is around 25%, compared to about 9% for the general U.S. population, which contributes to housing instability.

Sheltered vs. Unsheltered:

- In many regions, Native Americans are more likely to be unsheltered, with estimates indicating that around 50% of homeless Native individuals are living outdoors compared to a lower percentage in the general population.



The statistics on youth homelessness highlight the severity and complexity of the issue, underscoring that many young people face unique challenges. The higher rates of homelessness among Native American youth, unaccompanied youth, and those aging out of foster care reveal systemic gaps in support. Understanding these statistics is crucial for informing policies and interventions, as they emphasize the need for targeted resources and comprehensive solutions tailored to the diverse circumstances of homeless youth. By addressing these disparities, communities can work towards more effective prevention and support strategies to help vulnerable young people secure stable housing and thrive.

Pala Band of Mission Indians Awarded \$100,000 Grant to Support Youth Empowerment Initiative Program

Pala, CA – November 18, 2024 – The Pala Band of Mission Indians has been awarded a \$100,000 grant to support its Pala Youth Empower Initiative Program aimed at preventing youth homelessness by empowering at-risk Native youth. The grant, provided through the AHEAD Program of FHLBank San Francisco, is designed to support local programs and initiatives addressing critical community needs that enables community organizations like the Pala Band of Mission Indians to enhance economic development and create greater opportunities for underserved populations.



The Pala Housing Resource Center worked in collaboration with Clearinghouse CDFI to secure this grant through a competitive application process. This partnership will help create opportunities for local youth to develop new skills and build a brighter future.

The grant was part of a highly competitive selection process that attracted over 300 applications. Clearinghouse CDFI partnered with the Pala Band of Mission Indians to submit the application, securing the \$100,000 award to fund the program’s expansion and impact. The Pala Youth Empower Initiative currently serves approximately 80 young tribal members, descendants, and community members, equipping them with life skills through training, mentorship, job development, and financial literacy education.

“The Pala Youth Empower Initiative is an essential program for the community, providing Native youth with the skills, resources, and support they need to prevent homelessness and thrive in their personal and professional lives,” said Ann Trujillo Excitve Director, of the Pala Housing Resouce Center. “This grant will allow us to expand our outreach and continue offering critical services, including mentorship, job training, and life skills education, which are vital for the success and future stability of our youth.”

“This initiative is driven by a ‘for youth, by youth’ mentality,” added Chairman Robert Smith, of the Pala Band of Mission Indians. “Our youth are not just participants but also leaders in shaping the future of our program. This grant enables us to give them the tools they need to succeed while strengthening the community as a whole.”

The Pala Youth Empower Initiative aims to prevent homelessness by offering comprehensive support services and empowering youth to build a solid foundation for their future. By fostering resilience and self-sufficiency, the program plays a pivotal role in ensuring that the next generation of Native youth has access to safe housing, education, and career opportunities.



YOUTH UPDATES

What are they up to

Trunk or Treat

Pala Youth Center hosted a Trunk-Or-Treat at the Pala Admin Building parking lot on Saturday, October 26 from 5 pm - 9 pm. The community gathered and took on a night filled with music, carnival rides, costume contests, and lastly voted for the best creative vehicles that participated in the trunk -or- treat. The youth filled their bags full of candy, anticipated to ride a few carnival rides, entered the costume contests. It was a successful night and fun was had by all!



Wellness Workshop

Our final wellness workshop of 2024 took place at the Pala Housing Resource Center. This event welcomed participants aged 12 and up, bringing together many youth and seniors to discuss a range of topics, from mental health to general wellness, all while enjoying some creative crafting. It was a year filled with memorable moments, laughter, and plenty of fun crafts!



YOUTH UPDATES

What are they up to

SOCIAL MEDIA



Pala Youth Empowerment Initiative Program wants to thank a few youths who took time and participated in coming up with a social media handle. Moving forward, the youth at housing will be running social media platforms in the near future. We have some interesting things in mind and cannot wait for it to come full swing! Be on the look out for the new handle that will be dropping soon!



Youth Movie Night

Friday, October 18th we hosted a movie night for the youth. We featured the new Beetlejuice. Youth enjoyed watching the movie while having pizza, chips and salsa, cookies, and candy. The youth were able to enjoy themselves with their peers and have a good night!



YOUTH CULTURE WORKSHOPS & LEADERSHIP TRAINING

California Indian Manpower Consortium, Inc.- Vision Keeper Youth Alliance Project is hosting workshops and leadership training for tribal youth at Rincon every other Tuesday night. A few Pala youth were able to join and interact with other tribal youth in an discussion and partaking in mixing clay.

Skate for Resilience



The Skateboard for Resilience event held at the Pala Skate Park was a success! We had 50 boards donated from GiveSkate, a nonprofit based in LA, and Solride Skateboards, a skate shop in Santa Barbara. All of them were given away at this fun event along with raffle prizes.

The big raffle was a BMX bike donated by Menifee Bicycles! We're so grateful to the donors who helped make this event possible. The opportunity to learn to skate and its life lessons can change lives.



Paula Ellenwood calling the raffle.



Chairman Smith welcoming the crowd.



PALA YOUTH SUICIDE PREVENTION PROGRAM



Pala Youth Suicide Prevention would like to thank the following departments and all who helped make the Skate to Resilience event successful!

Chairman Smith

Pala Housing Resource Center / Youth Empowerment Initiative Program

Pala Social Services

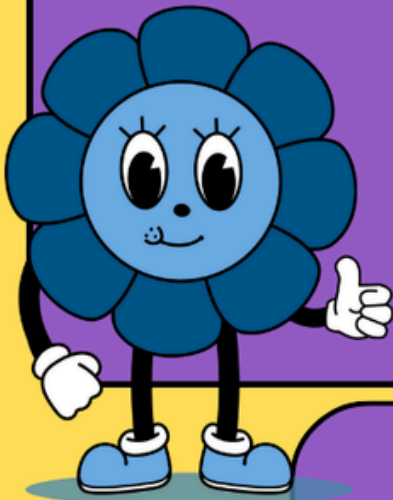
John "Bud" Machado

Pala Skate Park

Pala Fire Department

Indian Health Council

Youth Volunteers



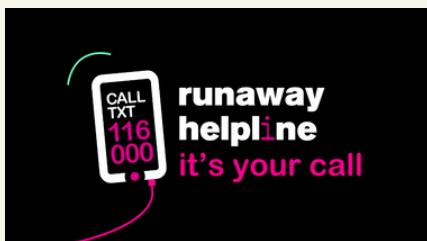
And a big thank you to our donors:
Give Skate, Solride Skate,
& Menifee Bicycles

**Never a
Bother**

24/7 HELP

San Diego County Access & Crisis Line

To get help or make a referral for any of our services, call or text [\(619\) 241-0608](tel:6192410608) Monday – Friday, 10am – 6pm. One of our team members will answer your call.



RUNAWAY HELPLINE - CALL OR TEXT

»» Call (1-800-786-2929)

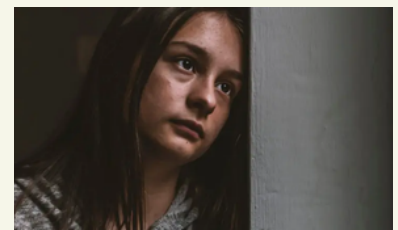
Text 11600

The National Runaway Safeline provides education and solution-focused interventions, offers non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families 24 hours a day.

SUICIDE PREVENTION

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

»» Call or text 988



YOUTH CRISIS

»» Call 1-800-843-5200

California Youth Crisis Line: 24/7 statewide emergency line for youth (12-24) and families in crisis. If you or someone you know is experiencing any type of teen-related struggle or crisis, please call.



»»» RIVERSIDE COUNTY OPERATION SAFEHOUSE

Call us: (951) 351-4418

24-hour Crisis Line 800-561-6944

Operation SafeHouse, with community support, provides emergency shelter, intervention and outreach services to runaway, homeless or other youth in crisis. SafeHouse offers youth positive alternatives to becoming victims of the streets.

PHRC November Events

2024

PALA YOUTH EMPOWERMENT INITIATIVE

We Are Open Saturdays

NOVEMBER SCHEDULE

Monday - Friday 10:30 am-7 pm
Saturday, Nov. 9th & 23th 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



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

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.

NOVEMBER EVENTS 2024

2024
PÚYILY
'ÁY'ENISH
(BIG MEAL, A GREAT FEAST)

PALA ADMINISTRATION BUILDING
12196 PALA MISSION RD, PALA, CA
92059

The Pala Band of Mission Indians and Pala Cultural Resources Committee announces the Púyily 'Áy'enish (Big Meal, A Great Feast) which will take place on Saturday, November 23, 2024, from 11:00 a.m. to 1:00 p.m. at the Pala Admin Building.

Menu (subject to change):

- Pit meat (venison, beef, and turkey)
- Prickly pear sauce (similar to cranberry sauce)
- Acorn bread stuffing
- Creamy pumpkin and sage soup or lobster bisque
- Winter squash
- Coal bread
- Honey mesquite cookies
- Prickly pear lemonade

YOU'RE INVITED TO THE IN-PERSON FEAST

NOVEMBER 23, 2024
11:00 AM - 1:00 PM

PALA ADMINISTRATION BUILDING

FAMILY EVENT

RSVP TO: CHRIS NEJO
CNEJO@PALATRIBE.COM

STARTING NOV. 19TH PALA LEARNING CENTER PRESENTS

One Native Nation Pala Cultural Club

EVERY TUESDAY @PALA LIBRARY
4pm-5:30pm

Exploring Native Spirit
In our Culture Club, we will explore the rich heritage of the Cupeño people, focusing on language, traditions, customs, games, and arts. Additionally, our club will serve as a gateway to further educational resources, fostering the development of support systems for the preservation and promotion of Native cultures.

Native Language Learning
Concentrating on the Cupeño language, storytelling, and song provides a valuable pathway to explore various educational opportunities, such as college courses and Native language programs.

Customs and Traditions
Engage in traditional native crafts, cooking, games, art, gardening, and customs while also exploring modern methods to promote safe and effective educational learning.

Indigenous Inspirations
Explore and immerse yourself in new experiences, and gain valuable insights by visiting cultural centers and museums for a hands-on adventure. Use fundraising efforts to facilitate these educational journeys and teach important life lessons.

New Youth Group
AGES: 5-18

**TAKE ONLY MEMORIES,
LEAVE NOTHING BUT FOOTPRINTS.**
-CHIEF SEATTLE

Call Bud For More Info
760-420-2265

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 SOCIAL MEDIA MANGEMENT.

Incentives will be provided

Tuesday Nov.19 at 4pm

AT THE PALA HOUSING RESOURCE CENTER

CONTACT MARIA FOR MORE INFORMATION

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



NOVEMBER 2024

PYEIP CLOSURES



**MONDAY
NOV. 11TH**
VETERANS DAY



**THURSDAY
NOV. 14TH**
COLLEGE AND CAREER FAIR



**THURSDAY & FRIDAY
NOV. 28TH-29TH**
THANKSGIVING HOLIDAY

FOR MORE INFORMATION

MVILLEGAS@PALATRIBE.COM
PELLENWOOD@PALATRIBE.COM
MMORNINGSTAR@PALATRIBE.COM

NOVEMBER EVENTS

2024



Save the Date

FREE ADMISSION
LUNCH PROVIDED
COLLEGE READINESS WORKSHOPS
CAMPUS TOUR
RAFFLES & MORE
SIGN UP TODAY!



AMERICAN INDIAN COLLEGE MOTIVATION DAY
LOCATED IN THE USU BALLROOM
NOVEMBER 22 2024

333 S TWIN OAKS VALLEY RD, SAN MARCOS, CA 92096



Keychain Beading Workshop

With Brighid Pulskamp

Part One - Tuesday, October 15th
Part Two - Tuesday, November 12th
10:00AM-2:00PM

This event will be photographed and videotaped



Location:
Pala Old Tribal Hall

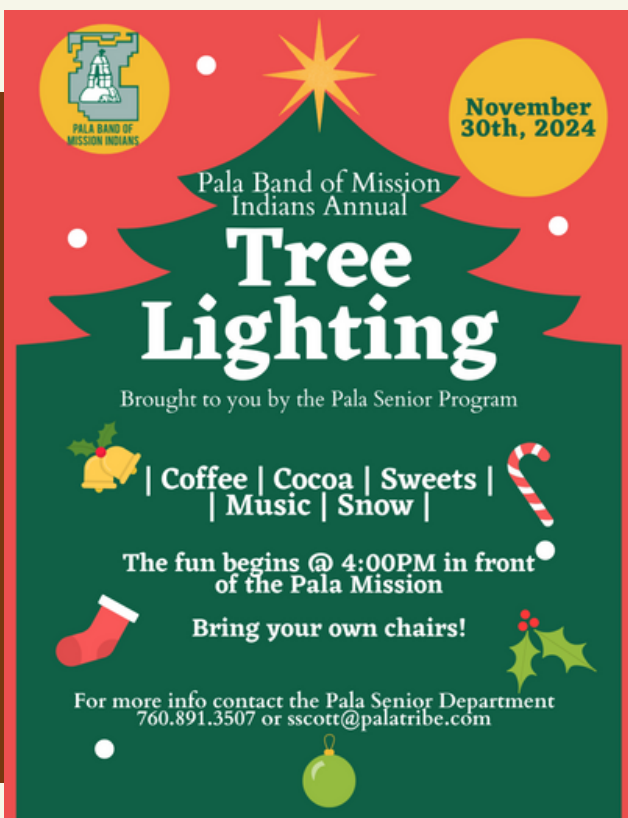
Space is limited so please be committed
Ages 13+ unless accompanied by an adult


All materials will be provided.
Bead colors are limited, if you would like to purchase different colors the bead size will be provided when you reserve your space.

No drugs, alcohol, vaping, or smoking are permitted at this event

PLEASE CONTACT NA'LEIGHA AGUAYO AT
Naguayo@palatribe.com/760 891 3590 TO RESERVE YOUR SPOT



 



 **November 30th, 2024**

Pala Band of Mission Indians Annual
Tree Lighting


Brought to you by the Pala Senior Program

 | Coffee | Cocoa | Sweets |
| Music | Snow | 

The fun begins @ 4:00PM in front of the Pala Mission

Bring your own chairs!

For more info contact the Pala Senior Department
760.891.3507 or sscott@palatribe.com



UPCOMING EVENTS

2024




Postponed

What is CERT? This program is designed to help people prepare for emergencies. Day Training @ Pala Station:
 Sunday, Nov. 17th 9am - 5pm
 Saturday, Nov. 23rd 9am - 5pm

SCAN the QR code with your contact info to sign up!

Course Topics

- First Aid
- Disaster Preparedness
- Basic Fire Suppression
- National Weather Service Storm Spotter
- Disaster Medical Operations- Part I & II
- Search & Rescue Operations: Terrorism
- CERT Organization: Disaster Psychology



PALA BAND OF MISSION INDIANS PRESENTS:

IT TAKES A VILLAGE

K-12 STUDENTS ARE ENCOURAGED TO COME!

COMMUNITY NIGHT!
DECEMBER 11, 2024
5PM - 6:30PM
PALA YOUTH CENTER DINNER WILL BE SERVED


HIGHLIGHTED TOPICS:

- Mental Health Resources
- Bullying
- Grief Support

Join us to raise awareness about the challenges facing today's youth and learn how we can support their growth and well-being.

CHILD CARE WILL BE PROVIDED

Contact Rhiannon for more questions 760-292-6275 rhjohnson@palatribe.com



PALA RESERVATION EMERGENCY PREPAREDNESS COMMUNITY MEETINGS

TUESDAY, DECEMBER 10, 2024
 WEDNESDAY, DECEMBER 11, 2024
 PALA ADMINISTRATION BUILDING
 PALA ADMIN HALL

TUESDAY, DECEMBER 10, 2024, 11:00 A.M. TO 1:00 P.M.
 SENIORS LUNCH (EVERYONE IS WELCOME!)

TUESDAY, DECEMBER 10, 2024, 5:00 P.M. TO 7:00 P.M.
 COMMUNITY DINNER

WEDNESDAY, DECEMBER 11, 2024, 10:00 A.M. TO 12:00 P.M.
 COMMUNITY LUNCH

YOUR SAFETY IS OUR PRIORITY
 PALA ENVIRONMENTAL DEPARTMENT | PALA FIRE DEPARTMENT

YOUTH WORKSHOP SERIES



In collaboration, the United 'ataaxum Youth Council, CIMC's Vision Keepers Youth Alliance, and 'ataaxum Pomkwaan's Native Youth Stewardship programs are inviting Native American Youth residing in Southern California, ages 12-24 years-old, to learn about our substance abuse prevention projects that will focus on cultural workshops and social justice trainings.

Workshop Topics will include:

- ✓ Leadership Development
- ✓ Social Justice Trainings
- ✓ Bird Singing & Dancing Classes
- ✓ Cultural Activities

We invite youth and their families to join our first meeting to get an overview of the project.

When: Tuesday September 17th, 2024
 4:30 - 6:30pm
Where: Old Rincon Tribal Hall
 (1 West. Tribal Rd. Valley Center CA 92082)
Dinner & Give Aways provided!!

For more information or any questions please reach out to:
Andrea Gaspar, ataaxum@gmail.com Phone: (619) 649 1559
Anthony Hurtado, anthonyhurtado203@gmail.com (760) 859 5122
Priscilla Ortiz, priscillao@cimcinc.com Phone: (916) 775 9377

**Workshops will be the 1st & 3rd Tuesday of each month until Dec. 2024

Elevate Youth California supports this project through Proposition 64 funds. The California Department of Health Care Services contracts with The Center at Sierra Health Foundation to support the implementation of this project.



Pala Youth Empowerment Initiative

"FOR YOUTH, BY YOUTH"



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

Youth Contact:
María Villegas
(760) 315-0104
mvillegas@palatribe.com

Paula Ellenwood
(760) 638-1676
pellenwood@palatribe.com

Matthew Morning Star
(760) 717-0448
mmorningstar@palatribe.com

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.