

Pala Youth Empowerment Initiative Program

YOUTH NEWSLETTER

Youth Mental Health

Youth Mental Health is aimed at raising awareness of the mental health challenges young people face. It emphasizes the importance of open conversations, offering support, and ensuring access to resources that foster emotional well-being. Bringing awareness to these issues reminds us that mental health is just as crucial as physical health, and it's essential to prioritize the mental well-being of our youth for a healthier, brighter future.

Particularly for Native American teens and young adults, this day underscores the need to address mental health disparities in Indigenous communities. It calls for support that honors cultural traditions and healing practices. By promoting open dialogue and increasing access to resources, we can help Native American youth receive the care and support they need to thrive, contributing to a stronger, more resilient future for all.



Native Fact

Eye protection used by some Native American tribes that can be considered a precursor to modern sunglasses.

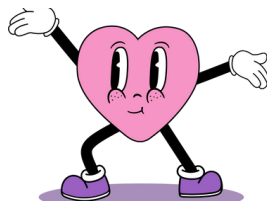
In certain northern Native American cultures, such as the Inuit and other Arctic tribes, "snow goggles" were used. These were not sunglasses in the modern sense but served a similar purpose: protecting the eyes from the intense glare of the sun reflecting off snow and ice. These snow goggles were typically made from materials such as wood, bone, or ivory, and they often featured narrow slits for the eyes. The slits helped reduce the amount of light that entered, thus preventing snow blindness, a common issue caused by the sun's reflection off snow.

These goggles didn't have lenses like modern sunglasses but provided a form of eye protection by limiting the amount of sunlight entering the eyes. They were essential for survival in harsh, snow-covered environments.



TEEN MENTAL WELLNESS

March 2, 2025



Teenagers in this world are facing many challenges during their teen years. Some teens face challenges day to day, and some overcome those challenges by learning how to work through their problems. There are solutions and resources for you to get help. Asking for help will always be the first step and that can be scary! Don't be scared; there are many out there who are facing the same types issues as you. **YOU ARE NOT ALONE!** By seeking and receiving help, you will find ways that help you overcome and be resilient. Here are some ways to get the help you think you may need, even if you are too scared to talk face to face. You can text the **988 crisis line** and the teen line to text back and forth. These resources can help when you are not ready to talk in person. When you are ready, reach out to a trusted adult.

March 2nd is known as Teen Mental Wellness Day, which means to take care of yourself. How do you take care of yourself? Have you tried a self-care day? By all means, everyone deserves a self-care day by doing some retail therapy, pampering yourself with a nails or hair appointment, sitting down to journal or color, crafting, or connecting with cultural activities in your community. Some of these ideas can help you take care of yourself.

Your mental health matters every day, not just one day! Take care of your mental health as well as your physical health. Being physically active can help your mental health in ways you wouldn't think of, going outdoors for a nature walk, yoga, meditation or hitting the gym. As well as taking a moment in doing mindfulness breathing exercises, a couple of deep breaths will help!



Youth Support

For free 24/7 crisis support

988 SUICIDE AND CRISIS LIFELINE
DIAL OR TEXT: 988
WWW.988LIFELINE.ORG

CRISIS TEXT LINE | Crisis Text Line
Text: NATIVE to 741 741
www.crisistextline.org/

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/

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

Local Support

Tuchily Healing Hearts
Pala's Mobile Crisis Response Team
Call: 1 (760) 292-6271

Indian Health Council INC.
Call: 1 (760) 749-1410
www.indianhealth.com

Mental Health

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

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

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

Additional Online Resource

Never a Bother Neverabother.org



CREATIVITY AND MENTAL HEALTH

Everyone has a bad day here and there. When our mood is low, it can be tough to get ourselves up to do anything, and those efforts can feel Herculean. However, one of the best things you can do is to do something creative. Creativity spans a large spectrum and isn't defined by any one activity. You don't need to be a master of anything to tap into your creative side. In fact, just trying something new can be enough to inspire creativity in other areas you may be interested in.



The following activities are very simple things most anyone can do with a low barrier of entry. Several just need a pencil or pen and something to write or draw on. To help boost and improve creativity, you can try journaling, doodling, coloring, writing songs or poetry. Other things you can try are playing games, instruments, listen to music, or doing something physical like going for a walk. Nature has no shortage of things to draw inspiration from.



Never a Bother



Several studies have shown that creativity has proven to reduce anxiety and improve one's mood. Some of the research suggests that positive mood and well-being is linked to creativity. When people are focused and engaged in their everyday creative endeavor, they tend to feel more energized and positive. While it's not a cure-all for all problems you may face, but it is important to have something to look forward to, as well as productive.

“There is an ocean of creativity within every human being.”
– David Lynch

YOUTH QUEST



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.

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.



KEEP IT SACRED



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.



What are the Youth up to?

Valentines party



The Pala Youth Empowerment Initiative hosted a special Valentine's Day dinner to celebrate Strength, Love, Friendship, and Resilience, bringing the community together in a meaningful way. As part of the celebration, the youth crafted personalized flower vases, symbolizing their creativity and the bonds they share.

Cooking Class

A new cooking program has been launched for both youth and seniors, funded by the SNAP grant through CalFresh. These classes are designed to teach traditional recipes with a modern twist, encouraging healthier eating habits and an appreciation for seasonal foods. Participants will learn how to prepare nutritious meals that honor cultural traditions while incorporating fresh, local ingredients to promote overall wellness.



Youth Listing Circle

The Youth Listing Circle is a collaborative space where young people come together to discover upcoming events and opportunities. They also work together to plan and create engaging social media content, amplifying their voices and promoting community activities.



FREEDOM WRITER WORKSHOPS

Pala Housing Resource Center & Pala Social Services (Youth Suicide Prevention Program) are excited to bring back the Freedom Writers to Pala. We are holding a 3 workshops series (3/27 — 4/24 — 5/22) for youth 12 - 25. Our first workshop kicks off on March 27 at 4:30 pm at Pala Administration Building. The first workshop consists of Building relationships and friendships; 2nd (4/24) workshop will be addressing bullying, racism, and problem solving; and lastly our 3rd will be coping skills, support systems, and resources. All three workshops will have story sharing, building trust with one another, and interacting activities.

The topics are sensitive, so parent is consent is required.

We encourage everyone to please register by QR code, link: <https://forms.office.com/r/BAB5cZmpB2?origin=lprLink> , or reach out to us and we will get you registered. Call Paula at 760-638-1676 or Matt at 760-717-0448 or stop by Pala Housing Resource Center from 11 am - 7 pm.

SCAN ME!





EXCITING NEWS!!

Skate Boarding Club

Calling all youth! This is an amazing opportunity to learn a new skill that benefits you both physically and mentally. Skateboarding isn't just about tricks and flips; it promotes physical fitness, coordination, and balance. It also encourages creativity and self-expression, allowing you to find your unique style on the board.

Join us for the Youth Skateboard for Resilience club every Friday 4pm -5pm .

Let's Go Skateboarding!

Weekly youth trips to

PALA
SKATEPARK



Fun and no judgement!

Open to all ages, ability and skill level!

Limited to groups of 7

Starting Friday, March 28, 2025
4PM - 5PM

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



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

SCAN ME



TRTS Registration

SIGN UP FOR DRIVING SCHOOL

MUST BE 15 1/2 TO PARTICIPATE

PHRC Youth Events

Pala Youth Empowerment INITIATIVE



Pala Youth Empowerment Initiative

We Are Open Saturdays

March Schedule

Monday - Friday 10:30 am-7 pm
Saturdays, March 8th & 22nd 9am-5 pm

For Any Questions

Contact Maria Villegas
(760) 315-0104



Get ready for something awesome! The Pala Youth Empowerment Initiative is hosting Listening Circles twice a month, every other Thursday, just for you! This is your chance to stay in the loop on all the exciting upcoming events, help plan cool activities, and so much more. Come join us, have your voice heard, and be a part of something amazing!



Listening Circle

CALLING ALL YOUTH AGES 12-24
LET US KNOW WHAT WE CAN DO TO HELP PALA YOUTH WITH JOB TRAINING, MENTORSHIP, EDUCATION, COMMUNITY GARDENING, AND SOCIAL MEDIA MANGEMENT.

March 20th, April 3rd & 17th
From 4:30pm-5pm

AT THE PALA HOUSING RESOURCE CENTER
CONTACT MARIA FOR MORE INFORMATION
(760) 315-0104 | mvillegas@palatribe.com



PHRC Youth Events

Pala Youth Empowerment INITIATIVE



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

SIGN UP NOW



PALA YOUTH MEMBERS & COMMUNITY
Freedom Writers
3 - Workshop Series

****SENSITIVE TOPICS WILL BE DISCUSSED****
AGES 12 WILL NEED PARENTAL CONSENT, UNLESS ACCOMPANIED BY THE PARENT OR GUARDIAN. PLEASE DO NOT BRING CHILDREN UNDER THE AGE OF 12.

March 27 | April 24 | May 22, 2025
Time: 4:30 PM - 6:00 PM
Where: Pala Administration Building
12196 Pala Mission Road
Pala, CA 92059

REGISTER NOW

Workshop #1 - Building Relationships & Friendships
March 27, 2025

Workshop #2 - Addressing Bullying, Racial Issues & Problem-Solving
April 24, 2025

Workshop #3 - A Toast for Change
May 22, 2025

Expected Outcomes Through this workshop series, students will:

- *Engage in meaningful conversations about personal experiences and social challenges.
- *Develop conflict resolution skills and emotional resilience.
- * Find inspiration for personal growth and positive change through shared storytelling.

This initiative aligns with the Freedom Writers Foundation's mission to empower students through education, engagement, and community support

<https://forms.office.com/r/BAB5c7mpB2Zorjgin=IprLInk> Paula 760-638-1676 | Matt 760- 717-0448

Are you interested in learning how to edit videos and create content for our Youth Empowerment social media? We're looking for youth ages 12-24 who are committed to helping spread positive, encouraging messages to other young people. You'll also play a key role in keeping youth informed about upcoming events by creating and developing engaging content.




Youth Digital Media Lessons

Starting In April

RSVP

Wanting to learn more about:

- Pod Cast Production
- Managing youth social media
- Developing Content
- Video and Audio Editing

Where: PHRC
Ages: 12 to 24
2 DAYS A WEEK
4:30 PM - 6:30 PM

RSVP to Deandra Molina: dmolina@palatribe.com or (760) 893-0769

EVENTS

2024



PROM CLOTHING DRIVE

DONATIONS NEEDED!

What we are looking for:

- Dresses
- Suits
- Dress pants & shirts
- Shoes
- Vests
- Accessories (purses, jewelry, ties, belts)
- Unopened hair accessories (clips, pins, headbands)
- Unopened beauty items (makeup, nail polish, fake lashes)

Accepting all sizes and styles

Drop Off Location: Pala Learning Center or Pala Youth Center
Day/Time: Weekdays 7:30am to 5pm
Last Day to Donate: April 23rd, 2025

Contact Rhiannon (rhjohnson@palatribe.com), April (acantu@palatribe.com) or call 760-742-1997 for more details



Pala Learning Center Presents:

Art Workshop with Fallbrook School of the Arts!

Design your own 3D art piece with guidance from expert instructors at the Fallbrook School of the Arts!

Discover unique artistic techniques from professionals and explore how creativity can be a powerful form of therapy.

All youth welcome, there will be two different projects based on your age!

April 11th 2pm to 3:30pm at the Pala Youth Center

Contact Rhiannon for questions rhjohnson@palatribe.com or 760-742-1997



Empowering Model Workshop

PICTURED: TAHIRABAH WHIPPLE

MASTERING BODY LANGUAGE AND EMOTION IN PHOTOS
Native youth Ages 14-25

SATURDAY 3.22 2025
10AM-4PM

INDIAN HEALTH COUNCIL, MPR
 FOOD PROVIDED

REGISTER HERE:


QUESTIONS?
 KAMAILE ELDERTS
 (760) 468-8969

MODEL WORKSHOP

Empowering Model Workshop that is designed to help Native youth build their self-confidence through self-expression. A certified professional photographer will be teaching the youth how to show their authentic selves both in photos and in real life, while encouraging the youth to define themselves instead of letting the world define them. March 22 at IHC.

Community Events

2024

SAVE THE DATE

SATURDAY, APRIL 5, 2025

11:00 AM - 3:00 PM

INTERTRIBAL EARTH DAY

POLLINATOR  **SUPERHEROES**
LITTLE CREATURES BIG IMPACT

LA JOLLA CAMPGROUND
22000 HWY 76
PAUMA VALLEY, CA

THIS IS A
RAIN
OR SHINE
EVENT

**INTERTRIBAL
EARTH DAY**

THIS IS A WASTE FREE EVENT, PLEASE BRING YOUR OWN WATER OR DRINK CONTAINER. WATER DISPENSERS WILL BE AVAILABLE TO REFILL YOUR BOTTLE.

THIS IS A ZERO WASTE TRIBAL COMMUNITY EVENT SPONSORED BY LA JOLLA, LOS COYOTES, PAUMA, PALA, PECHANGA, RINCON, SAN PASQUAL, AND SANTA YNEZ. FOR INFORMATION PLEASE EMAIL ROB.ROY@LAJOLLA-NSN.GOV.

Garden VOLUNTEER DAYS

Work days: 9 to 12

Friday March 21st

Friday March 28th

Friday April 4th

Friday April 11th

Friday April 18th

Friday April 25th



12196 Pala Mission Rd.
Pala, CA 92059

SAVE (THE) DATE



Saturday April 19, 2025

9 AM - 3 PM
26569 COMMUNITY CENTER DR HIGHLAND, CA 92346

For more information, contact us at (909) 425-3416 or ifs@sanmanuel.com



LEARNING LANDSCAPES PALOMAR MARCH 22-23, 2025

OPEN TO NATIVE COMMUNITY
SURROUNDING PALOMAR MOUNTAIN.

JOIN US FOR A DAY OF OUTDOOR
LEARNING, CONNECTING TO THE LAND, AND
A NIGHT OF CREEKSIDE CAMPING.

SCAN TO REGISTER!



NATIVE AMERICAN
LAND CONSERVANCY



Save The Date

2024

50TH CUPA DAYS

MAY 3-4, 2025
CUPA CULTURAL CENTER GROUNDS

**FREE
ADMISSION
AND
PARKING**



**SAT
10A TO DUSK
SUN
11A TO 4:30P**

**OPENING
CEREMONIES
10A SAT**

**PEON
GAMES
DUSK SAT**

CUPA.PALATRIBE.COM
THE PUBLIC IS WELCOME

VENDOR INQUIRIES CONTACT NA'LEIGHA AGUAYO @ 760-891-3590, NAGUAYO@PALATRIBE.COM

NO DRUGS, ALCOHOL, VAPING, OR SMOKING ARE PERMITTED AT THIS EVENT

**Annual
Kupa Cemetery
Warner's Gathering**
April 19, 2025
10:00 a.m.



Come join us for a prayer to our ancestors

For more info contact:

Cupa Cultural Center @ 760.891.3590



*Follow
-US-*



@ palahousingresourcecenter

Pala Youth Empowerment Initiative

"For Youth, by Youth"



Location:

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

Youth Contact:

Maria 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.