

YOUTH NEWSLETTER

“91% of missing and murdered Indigenous children in Southern California are girls”

For more information visit www.sovereign-bodies.org

The MMIP crisis deeply affects Native youth, leaving many to grow up in fear, grief, and uncertainty. Seeing family members or community members go missing or be harmed can create lasting trauma, mistrust in law enforcement, and a sense of invisibility. It also places a heavy emotional burden on young people who are often called to become advocates while still coping with their own pain. Despite this, many Native youth are speaking up as powerful voices in the movement, demanding justice, safety, and a future free from violence.

MMIP AWARENESS MONTH

MMIP stands for Missing and Murdered Indigenous People. It's a movement that brings attention to the high rates of violence, disappearances, and murders in Indigenous communities. MMIP seeks justice for victims, supports their families, and pushes for stronger protections through awareness and policy change.

**WE WEAR RED
ON MAY 5
FOR OUR
MISSING AND
MURDERED
INDIGENOUS
RELATIVES**

MMIP

A 2020 report by the Sovereign Bodies Institute found that nearly 31% of cases of missing and murdered Indigenous women in California involved individuals aged 18 and younger. Additionally, nearly three-quarters of these cases involved victims who were living in the foster care system when they vanished.

These numbers show that Indigenous youth, especially girls, face a higher risk of violence and going missing. This happens because of long-standing problems like lack of support, not enough media attention, and confusion between different police agencies.



missing & murdered CA
women, girls, & 2SIO relatives

missing & murdered CA men
& boys

Urban vs. Rural

LOCATION MATTERS IN THE MMIP CRISIS

LOCATION IMPACTS JUSTICE



The crisis of Missing and Murdered Indigenous People (MMIP) affects Native communities across the U.S., but the experience can differ greatly depending on where someone lives, whether in an urban setting or on a rural reservation.

In urban areas, Native American adults and youth often face the risk of violence in environments where they are isolated from their tribal communities. Resources like shelters, crisis centers, and law enforcement are more accessible in cities, but many Indigenous people face barriers such as discrimination, lack of cultural support, and undercounting in data systems, which makes it harder for cases to be tracked and resolved.

On rural reservations, the situation is often more complex. The isolation of these areas means fewer services, longer response times from law enforcement, and limited medical or legal help. Jurisdictional confusion between tribal, state, and federal authorities can delay investigations or cause cases to fall through the cracks entirely. For Native youth, growing up in areas with limited support and high trauma exposure can lead to increased vulnerability.

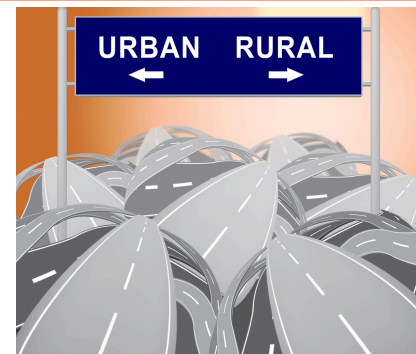
Whether in cities or on reservations, Indigenous people face serious risks. But understanding how location shapes access to justice and protection is key to addressing the MMIP crisis in a more effective and culturally sensitive way.

California MMIP Cases by County

(counties considered Southern California within this study highlighted in blue)

Humboldt	47
Sacramento, San Diego	20
Los Angeles , Mendocino	18
Riverside	13
Shasta	11
San Bernadino	10
Del Norte, Kern	8
Alameda, San Francisco	7
Fresno , Imperial	6
Contra Costa, Tulare	4
Butte, Lake, Madera , Monterey , Nevada, Orange	3
Amador, Inyo , Mono , Placer, Santa Clara , Solano, Sonoma, Tehama	2
Marin, Merced , Modoc, Plumas, San Luis Obispo , San Mateo, Santa Cruz , Siskiyou, Stanislaus , Trinity, Tuolumne , Yolo	1

NOTE: SBI is aware of 6 MMIP cases that occurred in California but the county where the incident occurred is unclear.



NATIVE YOUTH AT RISK: LIMITED SUPPORT, HIGH DANGER

Youth Vulnerability: Native youth in both settings are at high risk, but those in rural areas face limited access to mental health care, education, and protective services, increasing their exposure to danger.

Impact on Families and Communities

THE EMOTIONAL AND GENERATIONAL TOLL OF MMIP



Violence against indigenous people is a serious public health issue. It can end up with the victim being murdered, but the impact has a far greater reach. Exposure to violence has long-lasting physical and emotional effects such as depression, anxiety, PTSD, and substance abuse, all of which impacts the quality of life for those affected. People touched by violence may have a hard time getting things done, focusing in school, and holding down a job.

Most dangerously is the perpetuation of a cycle of violence, abuse, and trauma. People affected by violence are more likely to be a victim of other types of violence. Evidence shows that violence affects how people approach parenting and relationships and has negative impacts on how children are raised. Children of parents who've experienced and practice violence are more likely to engage in similar behaviors and feel social and intellectual repercussions and consequences.

Protective factors go a long way in preventing violence. These can include creating strong and stable connections in schools, families, and communities. With Natives, it's important to incorporate language, customs, and traditions.



Native American women are targeted the most on reservations because it's been easier for offenders to take advantage of their lack of resources such as law enforcement, and that they're often in remote, hard to reach locations. The same cycle applies to offenders who've gotten away with violence, so they feel emboldened to do it again without fear of getting caught. This is why it's important to be close and involved in your community and to look out for one another. If something doesn't feel right, do what you can leave safely and confide in a trusted adult.



CULTURAL IDENTITY AND HEALING



Grief

Grief often arrives in waves; one day you may feel uplifted, while the next can leave you feeling overwhelmed. How do you cope with grief? What strategies do you use to navigate this extreme emotion?

Each individual experiences grief in their own unique way, and there is no defined timeline for when it ends.

Discovering how to grieve in a positive manner can have lasting benefits. Seeking professional help is strongly encouraged and is not a sign of weakness; it can guide you through the healing process. Having a trusted person to listen can be invaluable, and engaging in a hobby can help keep your mind occupied. Journaling can alleviate your thoughts, while taking a walk can help your body relax and regain balance. Additionally, drawing on cultural traditions and ancestral wisdom can offer significant comfort and direction. Participating in these practices not only strengthens your connection to your heritage but also provides a shared language of healing that bridges generations. By recognizing and honoring the various ways we cope with grief, we can find strength and unity in our collective human journey.

Reclaiming traditions to heal

These practices often include ceremonies, storytelling, and rituals that have been passed down through generations, each carrying the wisdom and resilience of ancestors. By participating in these cultural customs, individuals not only honor their heritage but also find a profound sense of belonging and purpose. This connection to one's roots can be a powerful source of healing, offering both solace and empowerment.

Moreover, as communities come together to celebrate these traditions, they strengthen their bonds and create a supportive network that can uplift those who are grieving. Such communal support is invaluable, as it reinforces the idea that no one is alone in their journey through grief. Instead, they are part of a larger tapestry of shared experiences and collective healing.

In this way, reclaiming and practicing cultural traditions becomes more than just a personal journey; it is a communal act of resilience and solidarity, paving the way for justice and recovery not only for individuals but for entire communities.

Quote

May the sun bring you new energy by day,

May the moon softly restore you by night,

May the rain wash away your worries,

May the breeze blow new strength into your being,

May you walk gently through the world and know it's beauty all the days of your life.

~Apache Blessing

WORLD

MAY 31ST

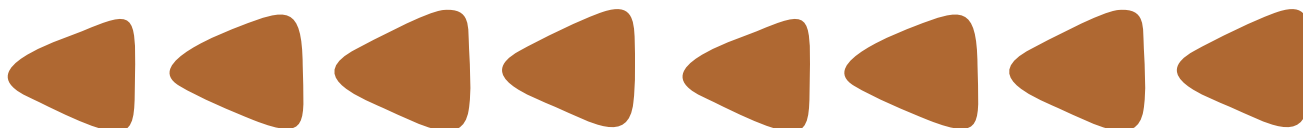
NO TOBACCO DAY



WORLD NO TOBACCO DAY



May 31st is "World No Tobacco Day," established by the World Health Organization (WHO). The Ministry of Health, Labour and Welfare designates the week starting from World No Tobacco Day as "No Smoking Week" to strengthen public awareness of the health effects of smoking. Smoking is a significant cause of various lifestyle-related diseases and serious health problems, including lung cancer. Passive smoking is also a concern, as it harms the health of non-smokers. This week provides an opportunity for individuals to recognize the dangers of smoking, 2nd hand smoking and the importance of quitting as a personal issue, and to promote anti-smoking measures continuously.



Pala Tobacco
PROGRAM

“ Every single time you help somebody stand up; you are helping humanity rise-Dr. Steve Maraboli



MMIP Resources



Where to get Help:

Whenever you feel unsafe, speak to a trusted adult, such as a school counselor, nurse, teacher, principal, tribal leader, or any other trusted adult who is there to assist and guide you.

Reach out and get help :

If you need free advice from a trained counselor, simply text the word
“NATIVE” to 741741.

StrongHearts Native Helpline:
1-844-7NATIVE (762-8483),
you can connect anonymously
with a Native advocate.



National Runaway Safeline
1-800-RUNAWAY (786-2929)
1800runaway.org

National Human Trafficking
Hotline
1-888-373-7888 / Text: 233733
humantraffickinghotline.org

YOUTH SPOTLIGHT

MMIP POEM

Red Hand

By Catherine Lorraine Huber

It's over my mouth.

Part of me a red hand,
suffocating,

my dreams,
dwindling away before
I fall down wind...
And fall,
hard.

The ground accepts me.

Paints my face to hide it,
hide it away,
away from everyone,
a way's away.

Her bones are silent,
they screamed,
so loud,

Once...

Sister sleeping she is,
redhand held over mouth
whispers, I. Am. Not. Mouse.

Tabby cat on the front lawn,
he saw her disappear.

They saw her go,
go away,
red hands.

So many women,
are missing without,
a voice to scream with.

No face on screen.

Red handed media!
Slap the handprint,
on my mouth,
on her mouth,

missing,
and murdered,
stolen,
sacred,
sister.



CATHERINE HUBER

Hello my name is Catherine Lorraine Huber. I am a Pala Descendant of Guadalupe Kalunakwis, Soledad Kaval, Manuela Griffith, Salvadora Catherine Valenzuela, Catherine Mojado, Lucielle Diaz, granddaughter of Patricia Ageneta, daughter of Zoe Huber, which makes me the 9th nameable generation of women from Cupa. I am 23 years old and as of May 16th I will be graduating with a degree in American Indian Studies and Literature and Writing from California State University of San Marcos!

THE STORY BEHIND THE POEMS

I wrote this piece a couple of years back during the week around Red Dress day. I had been wanting to experiment with a more abstracted idea of the feelings I felt about MMIW. I was sad, confused, and honestly while studying the statistics I found myself kind of lost, so I used this poem as a way to feel better and express my feelings.

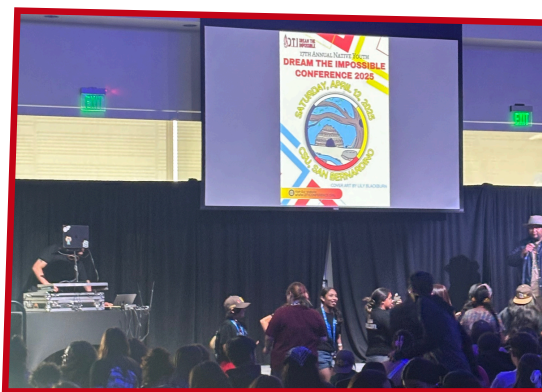


YOUTH IN ACTION

DTI

Dream the Impossible

On Saturday, April 12 a few youth participated in DTI. The day was full of workshops, engaging in conversations, taking in a college and a career fair, as well as mingling with other youth from different tribes. The youth enjoyed their time and looking forward to participating in the upcoming years.



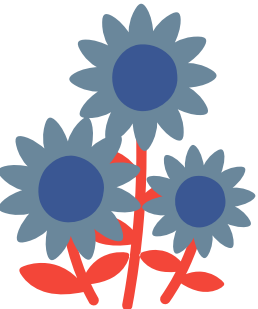
Painted Earth

Pala Youth Empowerment Initiative Program hosted "Painted Earth" on April 14th, they brought in planters and succulents. The youth were able to choose a planter to paint and plant their succulent in their finished masterpieces. We all had a great time painting, listening to music, and with a brief discussion about self-care & how to cope with mental health.



Cahuun Houpk

Saturday, April 19th we had three youth participate in the San Manuel Health & Wellness fair. The day consisted of taking part in workshops, engaging in activities, and getting information from colleges. It was a day full of knowledge and fun!



May Events

2025

Pala Youth Empowerment Initiative

WE ARE OPEN

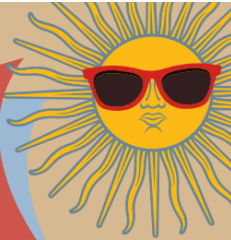
SATURDAYS

MAY SCHEDULE

Monday - Friday 10:30 am-7 pm
Saturdays, May 3rd & 31st 9am-5pm
Closed May 26th

For Any Questions

Contact Maria Villegas
(760) 315-0104





YOUTH AUTOMOTIVE WORKSHOP

MAY 31ST
10AM-1PM



Hands on Learning

- EMERGENCY SAFETY**
Flat tire, hydroplaning, loss of power while driving, how to jump a dead battery, ect.
- AUTOMOTIVE MAINTENANCE**
checking fluids, understanding the consequences of not performing repairs and common vehicle problems.
- NAVIGATING A MECHANIC**
How to find a good mechanic and how to confirm or deny repairs.
- FINANCIAL LITERACY**
Best tips when purchasing a used vehicle and understanding private and used car dealership.

Limited Space Available!

For youth 15 and up! In this 3-hour hands-on workshop, learn essential automotive skills like financial literacy, car care, and more. Four participants are encouraged to bring their own vehicle for practice.

Each participant will receive:

- Reusable work gloves
- A tire pressure gauge
- Printed materials

Sign up today and start your automotive journey!

Contact Maria:

 (760) 315-0104  mvillegas@palatribe.com

 Pala Housing Resources Center

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

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.

May Events

2025

PALA YOUTH MEMBERS & COMMUNITY

Freedom Writers Part 3 - Workshop Series



Erin Gruwell will be present!

****SENSITIVE TOPICS WILL BE DISCUSSED****
AGES 12 & UNDER WILL NEED TO BE ACCOMPANIED BY THE PARENT OR GUARDIAN.

May 15, 2025

Time: 4:30 PM - 6:00 PM
Where: Pala Administration Building
12196 Pala Mission Road
Pala, CA 92059

Workshop #3 - A Toast for Change with Erin Gruwell

***WIN DOOR PRIZES**
***DINNER PROVIDED**

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

*subject to change Paula 760-638-1676 | Matt 760-717-0448

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.

May 22nd
From 4:30pm-5pm

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




Let's Talk About Wellness

JOIN US THE LAST TUESDAY OF EVERY MONTH FOR CRAFTS, FOOD, AND OPEN DISCUSSION

Open to ages 12 and up

Location: Pala Housing Building
35990 Pala Temecula Rd, Pala, CA 92059
Time: 3pm- 5pm



Brought to you by: Pala Senior Department, Pala Youth Empowerment Initiative, and Indian Health Council

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 Deannra Molina: dmolina@palatribe.com or (760) 893-0769

May Events

2025

BROUGHT TO YOU BY 2X PROMOTIONS
HOSTED BY THE PALA BAND OF MISSION INDIANS

FOX RACEWAY NATIONAL 2025



**PRO MOTOCROSS
ROUND 1**

Don't Miss It
24 MAY, 2025
Gates Open at 8:00 AM
First Race at 9:00 AM

TICKETS STARTING AT **\$42** Purchase Tickets at www.foxraceway.com

12799 HIGHWAY 76, PALA, CA 92059

SOUTHERN CALIFORNIA'S #1 MOTOCROSS FACILITY

Let's Go Skateboarding!

Weekly youth trips to



Open to all
ages, ability
and skill
level!

Fun and no
judgement!

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

Limited to groups of 7

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



Garden VOLUNTEER DAYS

There is still
time to join us!

Want to get out and enjoy some fresh air?
Want to spend time in nature?
Want to help at the Pala Atáxam
Pemtew'náan'a (Pala People's Garden)?

We are restarting our volunteer garden days for
Spring 2025. We need help spreading carboard and
mulch (to keep the weeds at bay), planting, and
more!

**We're having a grand
opening party!
Info coming soon!**

Work days: 8:30 to 11
Friday April 11th
Friday April 18th
Friday April 25th
Friday May 2nd
Friday May 9th
Friday May 16th



12196 Pala Mission Rd.
Pala, CA 92059

MOVIE NIGHT

YOUTH 12-24

**MAY
23**



**TIME:
4PM**



**PALA
HOUSING
RESOURCE
CENTER**

CONTACT US:
PAULA
760-638-1676



Upcoming Events

2025

PALA YOUTH INITIATIVE PROGRAM

SAVE THE DATE!

SUMMER KICK OFF

SATURDAY, JUNE 21ST

SPECIAL GUEST

BOBBY VON

Join us for an inspiring art experience with Bobby Von Martin, a talented artist renowned for his Native American-inspired artwork. With a passion for empowering youth, Bobby will be leading an exciting art class, sharing his unique creative process and cultural insights. Don't miss this opportunity to learn from a true artistic visionary!

ART, GAMES, FOOD AND RAFFLES

PALA HOUSING RESOURCE CENTER
35990 PALA TEMECULA RD, PALA, CA 92059

AGES 12-24

MORE INFORMATION CONTACT **MARIA VILLEGAS (760) 315-0104**

SAVE THE DATE!

July 29 2025

5th Annual Inter-Tribal Tobacco Prevention Youth Summit

Pala Admin Building
12196 Pala Mission Road
Pala, CA 92059

SAN DIEGO COUNTY SHERIFF'S OFFICE

PALOMAR COLLEGE
Training for Success

JUNIOR WOMEN'S ACADEMY

Tuesday - Friday
June 10-13, 2025
T-Th: 9:00 a.m. - 3:00 p.m.
F: 9:00 a.m. - 12:00 p.m.

Palomar College, San Marcos Campus
1140 W Mission Rd, San Marcos, CA 92069

"If I can see her, I can be her."

REGISTER TODAY!

What's it like to work in law enforcement? Here's your chance to find out! The San Diego Sheriff's Office invites you to attend the Junior Women's Academy, a four-day camp like no other.

Meet our staff and learn about life behind the badge. Prepare for an adventure and learn about patrol tactics, defensive tactics, dispatch, crime-scene investigations, detention services, and more. Enjoy demonstrations from our Sheriff's K-9, SWAT, and CSI. Plus, level up your awareness on internet safety, human trafficking, and self-defense tactics.

Eligible participants must be between 14-18 years old and are currently (or plan to be) enrolled in a high school program.

Join us to experience this one-of-a-kind event! We can't wait to meet you!

Snacks will be provided.
Parking is free.
The academy is open to all.
Snacks will also be provided.

US: @SDSHERIFF WWW.SDSHERIFF.GOV @JOINSDSHERIFF Join SDSheriff

MSJC | Mt. San Jacinto College
Adult Education

FREE GED CLASS

Prepare to Get Your High School Equivalency

Mt. San Jacinto College Adult Education is partnering with Pala Band of Mission Indians in offering a Free GED class!

Do you wish you had your high school diploma?

Our General Education Development (GED) class will provide you with review and practice of your math, reading, and writing skills.

Reaching this educational milestone will help you reach your future educational and employment goals.

REGISTER WITH MARIA VILLEGAS (760) 292-6272
MVILLEGAS@PALATRIBE.COM

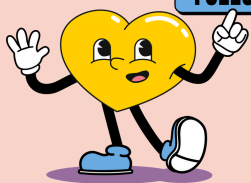
Online or in person options

Fall class will run from August 11-December 5

May is Mental Health Awareness

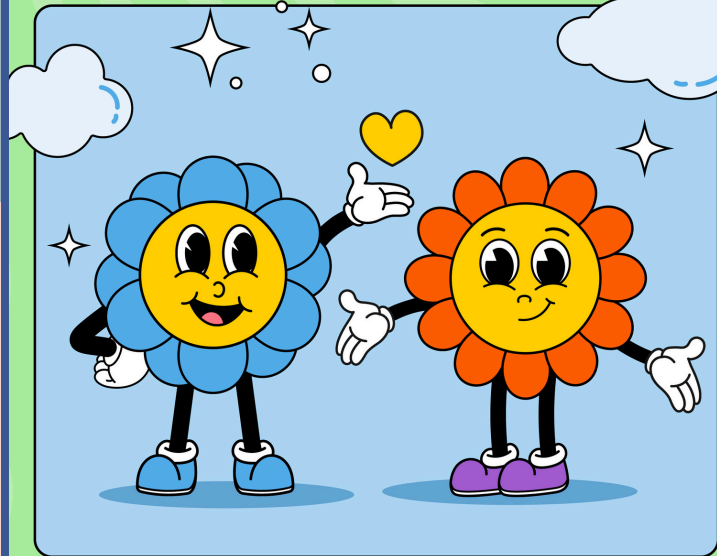
The month of May is Mental Health Awareness month. It is to bring awareness and educate families, friends, and communities about mental health and wellness. Mental health is an illness that can be corrected by getting professional help or having a trusted person to listen with no judgement. Please reach out and never feel like you are a bother. You are special to someone!

FOLLOW



neverabother.org

May is Mental Health Month



Youth Support

For free 24/7 crisis support



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/



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.boys-town.org/hotline

Additional Online Resource



Neverabother.org

Mental Health Month ins and outs

Ins.

- Calling a friend
- Being vulnerable
- Pausing to reflect
- Asking for help
- Getting active

Outs.

- Doom scrolling
- Self-criticism
- Isolation
- Keeping it all bottled up

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

Deandra Molina
(760) 893-0769
dmolina@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.

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

The Pala Tobacco Program is dedicated to inspiring and motivating our community—especially our youth—to learn and honor the traditional use of tobacco. Our mission is to promote a culturally forward mindset, ensuring that our traditions are preserved and respected in today's world. By reconnecting with our roots, we strive to build a healthier future for generations to come, keeping our traditions alive for a long time to come.