



PHRC NEWSLETTER

PALA HOUSING RESOURCE CENTER

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OUR YOUTH. OUR FUTURE.

Our youth, Kaylee Pepper, Evan Pepper, Keith Redfern and Nangiwet Griffith represented Pala with pride and purpose at the MMIP event in Sacramento to raise awareness for Missing and Murdered Indigenous Persons.



INSIDE THIS ISSUE



Myer's Elder Care Facility

Pala's future assisted living where comfort meets culture—providing a safe, supportive, and culturally informed place for our elders to heal, live with dignity, and enjoy quality care close to home.



Housing Assistance/Repairs

Pala Housing Resource Center has implemented a new procedure for housing assistance, effective immediately. Detailed process on requesting assistance included in this issue.



State Partnership

Pala Band of Mission was the first Tribe to be awarded a contract with the State. Partnership to End Domestic Violence and Unaccompanied Youth. Pala Housing Resource Center worked in Partnership with Cal ICH.



Grant and Project Updates

Pala Housing Resource Center is working on several grants and projects. See inside for more details on current and future projects.



Ponchetti Subdivision Development

Pala Housing Resource Center is currently developing the Ponchetti subdivision, formally known as LeeBar Ranch.



Native Youth Rising

Pala Housing Resource Center was awarded two youth based grants; Cal VID and Prop 47. Both grants are to address the youth crisis and provide services and resources for prevention.



Mold and Water Damage

How it starts, and common causes of mold, insurance coverage, and when to seek professional help.



Summer Tips

Summer is here and temperatures are rising. Look inside for tips on staying cool, solar maintenance and utility usage, and more.



Mental and Behavioral Health

Check inside and read all about our upcoming projects to address mental, behavioral health and the exciting new Sacred Mountain Healing and Wellness Center.

HOUSING ASSISTANCE

PROGRAMS, REQUEST FOR ASSISTANCE & THE GRANT WRITING PROCESS

Where do we get funding for housing assistance?

The Pala Housing Resource Center housing assistance programs are funded primarily through grants. Available funding may vary from year to year and is not guaranteed or always sufficient to meet the increasing volume of requests received. Most programs are only available to Tribal members residing within the boundaries of the Pala Indian Reservation.

The Grant Writing Process:

Pala Housing Resource Center's Executive Director writes and submits all housing grants. Grant writing requires substantial planning, coordination, and ongoing administrative effort to secure and maintain funding opportunities for Tribal members. Many of the resources available are funded through highly competitive federal and state grants that require extensive hours of grant research, grant writing, environmental review, budgeting, reporting, compliance, monitoring, and program administration. Funding opportunities are not automatically provided or guaranteed.



EFFECTIVE IMMEDIATELY



PHRC has implemented a new process for Tribal members requesting assistance.



HOW TO REQUEST ASSISTANCE

Tribal members are required to contact PHRC Receptionist/Admin at 760-891-3529 for any service requests.



The Receptionist/Admin will initiate the intake process and gather information. All information will be required for grant assistance. Assistance will not be provided without the necessary information.



All intake applications will be reviewed by Eric Varela, Project Director to determine eligibility, funding source and level of assistance. Prior assistance will be a factor for all applications.



If it is determined that the applicant had previous funding, the applicant may be required to pay all or partial costs for repairs.



Emergency Requests. PHRC will determine if the request is an emergency. If it is an emergency, a technician will be routed. This does not automatically guarantee costs will be covered with grant funds. If it is determined that you are responsible for repairs, partially or in full, you will be subject to a payment plan, automatically deducted from your monthly per-capita.



Income verification is mandatory. You will be required to submit proof of income for all income other than per-capita.



WHY THE NEW PROCESS WILL BE IMPLEMENTED:

PHRC's goal is to efficiently provide resources and responses to housing and emergency assistance.



DEPARTMENT PROJECTS & OVERSIGHT

There are several projects implemented within the department. The Executive Director is actively pursuing grant opportunities and is working with state and other agencies as well as administering over 10 grants/projects, including housing projects, youth projects, senior projects, MMIP, and assisting with behavioral health projects.

The Project Director is overseeing the construction of 20 single-family homes, assisting with senior needs, rehabilitation, repairs, and emergency assistance. PHRC receives several calls a day for assistance, including after-hour calls. The Executive Director and Project Director are not always immediately available. This process will help to streamline workflow but also track prior assistance received by individuals pursuant to grant requirements.



OFFICE HOURS & AFTER-HOUR SUPPORT

Office hours are M-F from 8AM to 4:30PM. You may come in person or contact us via phone at 760-891-3529 and press 0 to be connected to Housing Admin or email at housing@palatribe.com.

After-hour emergencies will be handled the best we can. However, if there is an emergency and we are not available, you will need to make any calls necessary to address the situation until an after-hour emergency line is established.



AFTER-HOUR EMERGENCY ASSISTANCE

Do not wait for PHRC to respond.

Flood/Plumbing Emergency: Generations Plumbing will respond and send a bill. You can reach them at 760-458-9101. However, you can contact any plumber.

Fire: Call 911 Immediately!!

Propane Leak: Call 911 and notify your propane provider ASAP.



PHRC has not received our Tribal HHAP grant. There has been a delay in releasing funds for all awarded Tribes. We can only assist with true emergencies at this time and will need to follow policy including protocol for requesting services. Emergencies include: plumbing, flooding, mold, electrical, and any other hazard that will cause further damage or is a health risk.

PHRC | TEAM MEMBERS

— HAPPY — Retirement



You may have noticed while visiting PHRC or calling our offices the past few months that Lorraine Dalaimo was not the one to welcome you in or answer your call. It is bittersweet to announce that Lorraine has retired. We would like to extend our heartfelt appreciation to Lorraine Dalaimo for her many years of faithful service and dedication to our Department. Lorraine started in the Secretary's Office for Stan McGarr prior to relocating to Housing. Lorraine devoted the last 17 years to serving as the receptionist for PHRC, where she became a welcoming and familiar presence to so many tribal members, families, staff, and visitors.

We are deeply grateful for the years she dedicated to supporting the Tribe and the important role she played within PHRC. On behalf of PHRC, we wish Lorraine a happy, healthy, and well-deserved retirement filled with joy, relaxation, and time with loved ones.

WELCOME NEW STAFF

With Lorraine's retirement and addition of many programs, projects and expanded workload, PHRC welcomed 3 full-time staff members to our team.



ERIC VARELA will serve as PHRC's Project Director. Prior to joining PHRC full-time, Eric worked in the Senior Department and helped our department part-time overseeing the Home Safe Program. Eric is very efficient in managing contracts and coordinating work for emergency housing rehab, procurement, scheduling, reviewing invoices, and ensuring work is complete. Eric will manage projects including repairs, rehab, housing construction. In addition, Eric will screen all applications for eligibility and compliance. Eric is a huge contribution to our seniors and will continue to assist with their needs.



WENDY PADILLA is settling into her position as Receptionist/Admin. All applications—new housing construction, emergency repairs, and services—will be initiated through Wendy. Once Wendy completes the intake/application process for assistance, she will submit the application to Eric for review. Wendy will be the first point of contact for all assistance, including emergencies. Please be patient as Wendy navigates her new role and gets familiar with tribal members. All questions asked are necessary to route techs for emergency repairs or to ensure the application is complete for compliance.



JENNIFER RUIZ has taken on the role of Grants Administrator. PHRC required assistance with all of our awarded grants and contracts. Each grant and contract has reporting requirements for compliance. With the number of grant awards, both new and existing, we needed a position to focus on ensuring reporting is accurate and submitted on time to each funding agency. This task alone is a full-time job. PHRC currently has over 10 grants—federal and state—as well as 2 contracts: a state contract and a subcontract. Jennifer will provide general accounting oversight to ensure PHRC is within budget allocations.





Understanding Mold and Water Damage.

How does Mold Start?

Mold begins when moisture and organic materials come together. Mold spores are naturally present in the air both indoors and outdoors. Normally, they don't cause problems. However, when those spores land on a damp surface—such as drywall, wood, carpet, insulation, or ceiling tiles—they can begin to grow.

It doesn't take much. A leaking pipe, roof leak, overflowing sink, damaged water heater, or even condensation can create enough moisture for mold to start growing. Under the right conditions, mold can begin developing in as little as 24 to 48 hours.

Once mold starts, it continues to grow as long as moisture is present. It can spread behind walls, under flooring, inside cabinets, and into insulation, often before you ever see visible signs. That's why it's important to report water leaks immediately—even if they seem minor.

Most homeowners don't think much about a small water leak. It may seem like a slow drip under a sink, a stain on the ceiling, or water collecting around a window after a storm. Unfortunately, even a minor leak can quickly turn into a much larger and more expensive problem if it isn't addressed. When moisture is allowed to remain inside walls, ceilings, flooring, or cabinets, mold can begin growing within 24 to 48 hours.

Once mold develops, it often spreads beyond what is visible, damaging building materials, creating unpleasant odors, and leading to costly repairs. In many cases, what started as a simple plumbing repair can become a major restoration project requiring drywall removal, flooring replacement, and professional mold remediation.

Mold can also affect indoor air quality and may cause health concerns, especially for children, older adults, and individuals with asthma, allergies, or weakened immune systems. Early reporting and prompt repairs are the best way to protect both your home and your family's health.

Common Causes of Mold

- Leaking pipes under sinks or inside walls
- Roof leaks
- Water heater leaks
- Overflowing toilets, tubs, or sinks
- Flooding or standing water
- Poor ventilation in bathrooms and laundry rooms
- Condensation around windows or air conditioning units
- Appliances with water lines, such as refrigerators, dishwashers, or washing machines

Why Doesn't Insurance Always Cover Mold?

Many homeowners are surprised to learn that mold damage is often limited or excluded by insurance policies.

Insurance companies generally cover sudden and accidental water damage, such as a pipe that unexpectedly bursts. However, they may deny mold claims when the damage resulted from a leak that went unreported or was allowed to continue over time.

Because mold is often considered preventable through routine maintenance, homeowners may be responsible for the cost of repairs if the problem was not reported promptly.

When Should You Call a Professional Mitigation Company?

Not every leak requires professional mold remediation, but there are times when specialized services are necessary. You should contact a professional mitigation company if:

- Mold covers a large area or continues to spread.
- Water has been standing for more than 24–48 hours.
- You notice a strong musty odor even if you can't see mold.
- Drywall, insulation, flooring, or cabinets have become saturated.
- The leak came from contaminated water, such as a sewer backup.
- Mold continues to return after cleaning.



HOUSING WAITING LIST



The Pala Housing Resource Center maintains a housing waiting list based on date of application. We have nearly 120 tribal members on the current list either with applicants who require a tribal land assignment or those that have an allotment or that have or will be seeking a lease on a tribal allotment.

How to get on the Housing Waiting List? You will be required to fill out a housing application. To ensure efficiency and the list is maintained accurately, applicants are required to sign out the application. The applications are numbered and correspond to the sign out sheet. Applicants will not be added to the waiting list until the application is submitted back to PHRC and logged in.

When is the Waiting List Updated? Every time PHRC received a new application; when removing an applicant that has deceased; removing an applicant that requests to be removed in writing; or the completion of a housing development.

How Often Do you Need to Update Your Application? PHRC will notify you when you need to update. You will be required to update if you are next on the list to participate an upcoming housing development program.

What is a Tribal Land Assignments ? Land owned by the Tribe. A land assignment will be assigned to eligible tribal members next on the list for new construction, subject to the Pala Land Assignment Ordinance.

What is a Tribal Allotment? Trust Land owned by an individual or individuals that have an undivided interest.

What is an Individual Owned Allotment? A parcel of trust land owned in whole by an individual.

What is an Undivided Interest? A parcel of trust land owned by more than one individual.

Can you build on Undivided Interest? Yes. Subject to BIAs leasing requirements; a lease that is approved and recorded by the BIA. The number of signatures depend on how many owners have an interest in the land.

ATTENTION

Important Notice for applicants who own land, have a lease or seeking a lease

As an effort to plan for future development and housing opportunities for allottees, The Pala Band of Mission Indians - Executive Council has directed our office to reach out to all current applicants on the waiting list requesting new construction on allotments.

Individual Land Owners: Land Owners who own their own land in whole will need to provide an updated Deed/Title Status Report from BIA. Even if you have paperwork on file, it is required to have the updated paperwork submitted.

Undivided Allotments: The Tribe will not construct any homes on allotments with two or more owners without an approved and recorded lease by the BIA.

Lease Holders: If you currently have a lease, you will be required to submit a letter from the BIA of the current status of the lease to include the effective date and the expiration date with options for renewal.

The Planning Phase. Although we are requesting this information, the details and how to proceed is being evaluated and determined with consideration of the best interests of the tribal member and the Tribe.

The planning phase will include;

- The number of applicants that own their allotment in whole.
- The number of applicants with a lease or requiring a lease.
- Terms of the Lease
- Parities of the Lease

If you still need to obtain a lease, you should begin the process by speaking with the other landowners who have an interest in the allotment.

Please take into consideration that factors need to be considered prior moving forward with the lease:

- Evaluate whether the land is suitable for construction.
- Is there access to utilities
- Do not finalize the lease as there may be specific requirements to include.





GRANT AWARDS/CONTRACTS

CCE - CALIFORNIA CARE EXPANSION

Myer's Elder Care Facility's Design
16 room - 32 total beds separated for privacy
2 wings - 19,902 Square Feet
Private Dining Room, Multi-Purpose Room
Craft/TV Room School News this week

CCE grant is a Residential Care Project to construct a 32-bed assisted living facility for the senior population. This is a state-funded grant that was awarded over a year ago. The funding agreement process has been on the slower side as the facility is the first of its kind to be constructed on tribal lands. The project involved several extensive planning meetings with specialty consultants, including working with IHC for their expertise on the layout of the rooms, amenities, access for emergency services, etc. Architectural plans are nearly complete, and the funding agreement should be finalized in the next month. The facility will be constructed off of Lyon's Road on the allotment Carmelita Ryan donated to the tribe with the condition that it is used for seniors. The facility will be named in Carmelita's honor - Myer's Elder Care Facility.

We hope to build a Skilled Nursing Facility and Dialysis Center on the same property in the near future. Placing our elders in a skilled nursing facility on tribal lands rather than one off the reservation will ensure that they are receiving the proper care. Quality of life for our elders should always be a priority, and having a facility on the reservation managed by the Tribe will ensure that their needs are taken care of and they are not just another patient with their name on a door.

IHBG COMPETITIVE GRANT



PHRC was awarded the IHBG Competitive Grant to construct 5 single-family homes. This project is called the Ponchetti subdivision, located off of Ponchetti Road, formerly known as Lee Bar Ranch. The entire project was engineered for 20 single-family homes. PHRC was able to secure enough funding to build 14 out of 20 units in phase 1. Phase 2 will consist of constructing the final 6 homes. Our goal is to complete this subdivision within 18 months. The entire project will be built pursuant to HUD regulatory standards.

The project went out using the formal bid process. PHRC received 5 bids from qualified contractors, which included a notice in the newspaper and posting on the website to solicit bids, a site walk, and a bid opening. The contract was awarded to Weston Builders, Inc., who was the lowest qualified bidder with the best design and an extended warranty of 2 years. Each home has to be constructed using HUD's total development costs, meaning that each bid had to be under the specified cost established by HUD for the area. Construction costs have escalated in the past few years for materials and labor. We are doing everything possible to maintain affordability for families.

Becoming a homeowner is a huge responsibility. Every tribal member in the Ponchetti project is required to complete a first-time homebuyers class. The class will include homebuyers' responsibilities; budgeting, homeowners insurance, maintenance, utilities, and other relevant topics. Homebuyers will need to sign an Occupancy Agreement and Tribal Land Assignment. Once the homes are released for occupancy, the homeowner will assume all responsibilities.

....GRANTS/CONTRACTS CONT'D

Tribal HHAP - State Grant

Tribal HHAP is the most flexible grant without income limit restrictions. All assistance must be tied to homelessness or the prevention of homelessness. Last year's award was able to assist 61 tribal families with a variety of repairs and assistance. PHRC exhausted all funding and is awaiting our new funding allocation to be released.

Applicants will need to adhere to the process for requesting services specified in "Front Page News." Funds are not intended to be used for basic maintenance and repairs. If you need a repair service—appliance repair, plumbing, or electrical—you may contact our office, and we can provide you with a phone number to call.

Approval of assistance is not guaranteed. Prior funding history and previously approved levels of assistance will be taken into consideration during the review process.

Tribal HHAP will continue to partially fund our youth program. We have a variety of services and resources. Youth must be at least 12 years old to participate.

Home Safe - State Grant

Home Safe is a grant through CDSS (California Department of Social Services) that prioritizes elder and disabled tribal members. Eric Varela did a fantastic job administering the program as the Adult Tribal Advocate.

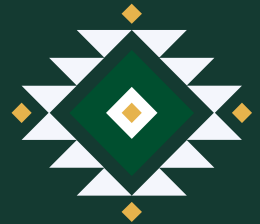
Eric processed applications, provided case management, procured and scheduled repairs, and prepared grant reports and invoices, which was an extensive workload. The total number of elders/disabled individuals served with this grant was 37.

PHRC ran out of funding; however, the State intends to release one final round in the very near future. Elders/disabled tribal members who were not served in the prior round will be given priority. We would love to have continuous funding to provide services; however, it is not feasible. PHRC will actively seek new funding opportunities and apply for grants, if available.

The way we care for our elders reflects the values we pass on to the next generation. Check in on your elderly family members. Protecting our elders begins with staying connected to them.

WHAT CAN YOU DO FOR YOUR ELDERLY FAMILY MEMBERS?

- Check in regularly by phone, text, or in person, especially if an elder lives alone.
- Watch for sudden changes in behavior, confusion, fearfulness, isolation, or depression.
- Help elders review mail, bills, and financial documents to prevent scams or exploitation.
- Ensure medications are being taken correctly and prescriptions are refilled on time.
- Assist with transportation to medical appointments, grocery stores, cultural events, or community gatherings.
- Look for signs of neglect such as lack of food, unsafe living conditions, poor hygiene, or untreated medical needs.
- Encourage elders to remain socially connected with family, community, and cultural activities.
- Help protect elders from fraud, identity theft, predatory lending, or unauthorized use of money or benefits.
- Make sure emergency contacts, medical information, and support systems are up to date.
- Respect an elder's dignity, independence, traditions, and right to make decisions whenever possible.
- Pay attention to caregiver stress and offer support before situations become overwhelming.
- Report suspected abuse, neglect, abandonment, or exploitation when safety is at risk.
- Include elders in family discussions and decisions rather than excluding them because of age or disability.
- Help create safe homes by addressing fall hazards or unsafe conditions.



BHBH PROGRAM PROGRESS

Behavioral Health Bridge Housing: Construction is complete on all 4 - 4 bed units to address and respond to the behavioral health and substance use disorders that exist within our community. The units are designated as a men's residence, a women's residence, a family residence, and a youth residence. These residential units were funded through a grant award by the California Department of Health Care Services in an effort for Tribes to respond to the crisis.

Pala Social Services is eager and excited to launch this much-needed program. The 4 units are just waiting on electricity from SDGE, which is a long process that started prior to the construction of the units.

Addiction is often misunderstood as simply making bad choices, but for many people, it is a painful cycle involving trauma, stress, mental health struggles, grief, isolation, or dependency that gradually takes control over daily life. Individuals struggling with addiction may feel ashamed, hopeless, overwhelmed, or afraid to ask for help. Many want to stop using substances but do not know where to begin or fear judgment from others.

People living with addiction may experience changes in their relationships, employment, finances, physical health, and emotional well-being. They may isolate themselves from family and community, struggle to keep commitments, lose interest in activities they once enjoyed, or experience anxiety, depression, anger, or emotional numbness. Addiction can affect anyone regardless of age, background, or profession, and recovery is rarely a simple or immediate process.

Families often experience pain as well. Loved ones may feel helpless watching someone struggle, unsure of how to support them while also protecting themselves and others. Addiction can create tension, mistrust, and instability within



households and communities. However, recovery becomes more possible when individuals are met with compassion, accountability, support, and access to services.

Getting help begins with recognizing that support is needed and understanding that recovery is possible. Important first steps may include:

- Speaking with a trusted family member, elder, counselor, doctor, spiritual leader, or recovery mentor.
- Contacting a treatment program, behavioral health clinic, or substance use counselor.
- Participating in support groups or recovery circles.
- Seeking culturally grounded healing practices, traditional teachings, ceremonies, or community support when available.
- Creating a safe and stable environment away from triggers and harmful influences.
- Developing healthy routines including sleep, nutrition, exercise, and emotional support.

If you would like to know more about the program, please contact Pala Social Services. If you have lived experience, we welcome you to provide feedback for program success and challenges for the program development and guidance.



Recovery may involve detoxification, outpatient treatment, residential rehabilitation, counseling, peer support, medication-assisted treatment, or long-term recovery programs depending on the individual's needs. Relapse can occur and does not mean failure. Healing is often a long journey that requires patience, accountability, encouragement, and continued support.



For tribal communities, healing can also include reconnecting with culture, language, traditions, land, and community relationships. Many Native communities recognize that substance use disorders are connected to historical trauma, loss, grief, and generational pain.



Supporting recovery therefore means addressing not only the addiction itself, but also the emotional, spiritual, and cultural healing of the individual and family. If someone is struggling with addiction, they should know they are not alone and that asking for help is a sign of strength, not weakness. Recovery is possible, and every step toward healing matters.

We rise by protecting our elders, healing our families, and standing together for the generations yet to come.



Sacred Mountain Healing & Wellness

"Designed as a wellness retreat, rooted in culture and surrounded by nature."

The Pala Band of Mission Indians submitted a competitive grant application for Bond BCHIP Round 2: Unmet Needs for a Residential SUD Treatment Facility. Our grant application was successfully awarded in the amount of \$21,510,580.00. The application was completed and submitted by Pala Social Services Director - Claudia Chavez, Pala Housing Resource Center's Executive Director - Annalee Trujillo and Legal Analyst/Researcher - Chris Nejo. The name of the facility is Sacred Mountain Healing and Wellness Center.

The facility is the first of its kind in Southern California to primarily service Native American populations. Supportive services consist of inpatient and outpatient treatment for SUDs and behavioral health. The facility will be constructed at the former Pala Rey Youth Camp with a campus style design. The new healing and wellness center is another resource that will also provide wrap around services to BHBH participants as well wrap around services to native populations.

Imagine a place where healing begins the moment you arrive. The Wellness Center is being thoughtfully designed to provide a resort-like atmosphere that promotes healing, wellness, and connection. Surrounded by the natural beauty of the Pala Reservation, the campus will offer tranquil outdoor spaces, water features, native landscaping, walking paths, and gathering areas that encourage relaxation, reflection, and recovery. The design blends modern amenities with the restorative power of nature to create a peaceful environment where individuals can focus on their physical, emotional, mental and spiritual well-being. This project will operate with a fully funded staff through a Joint-Venture with Indian Health Services, which was another huge success for the Tribe.

KEY FEATURES

- **Medical Outpatient Center:** Exam Rooms, procedure rooms, nursing and vitals station, telehealth, women's and men's health services, integrated medical and behavioral health care.
- **Behavioral Health Center:** Mental health counseling, psychiatry, substance use services, and trauma recovery. Therapists, med-management rooms, sensory calming room, group therapy/classrooms, peer support lounge, individual, family and couples therapy, SUD treatment, group-based healing, crisis follow-up and stabilization.
- **Crisis Stabilization & Residential Care:** 24/7 crisis intervention, short term stabilization, and extended healing supports. Stabilization rooms, nursing station, family consult room, ambulance drop-off bay and secure entry, residential pods; separated men's, women's and youth pods, shared living/dining spaces, laundry and staff office designed for 30-90 day stays, providing mental health and substance use stabilization, step-down from inpatient phyc hospitals, transitional support for youth and adults.
- **Community & Training Center:** Workforce development, prevention programs, cultural education and community events, parenting classes, domestic violence education, job readiness, resume labs, digital skills, community gathering and ceremonies.
- **Cultural Healing Center:** Inegrate Native identity into wellness, grouding clients in traditions and ancestral practices, cultural healing rooms, traditional healers outdoor healing garden with native plants, traditional medicine consultations.
- **Partner Agency Collaboration HUB:** Bring essential county, state, and tribal partners on site for a "one-stop support model".
- **Staff Wellness & Recovery Wing:** Designed for crisis responders, EMTs, and long-shift staff to rest and reset with showers and locker rooms, staff lounge, training and debrief room to reduce burnout and increase staff retention.
- **Elders & Senior Wellness Wing:** A desigated space for elders to socialize, access care, participate in cultural activities, with an elder dayroom/lounge, craft and culture room, gentle movement exercise room, elder health check area, outdoor shaded area, social connection, fall prevention programs, chronic disease monitoring with integrated cultural learning.



State Contract - California Partnership

Pala Housing Resource Center was awarded a contract with the State of California. California Partnership to End Domestic Violence, Unaccompanied Women and Youth Experiencing Homelessness.

The Pala Band of Mission Indians - Pala Housing Resource Center, entered into a contract with the California Interagency Council on Homelessness (Cal ICH) to conduct Tribal Listening Sessions throughout California. Through a competitive proposal process, Pala was selected by the State of California to lead this important effort. Pala Band of Mission Indians is the first Tribe to have a direct contract with a state agency for the purpose of collecting data for Native populations within the state, including Tribes, Rancherias and Urban Indians. This contract was for a period of 1 year.

The project focused on gathering input from two key populations:

- Tribal survivors of domestic violence who have experienced homelessness, including tribal women experiencing homelessness without their children.
- Tribal youth with lived experience of homelessness or housing instability.

"Every story shared during these sessions represents an opportunity to create stronger, more culturally responsive systems of care for Tribal communities across California."



A big shout out to PHRC Staff: Annalee Trujillo, Lorraine Smith, Maria Villegas, Paula Ellenwood and Chris Nejo (Pala Administration Staff) for their contribution and support with this contract over the past year.



Tribal Listening Sessions Inform Statewide Homelessness Efforts

Together, the Pala Band of Mission Indians and Cal ICH conducted listening sessions designed to elevate Tribal voices, identify barriers faced by Native populations, and inform culturally appropriate technical assistance, policies, and future investments. To ensure broad participation, both in-person and virtual opportunities were offered for individuals who wished to share their experiences and recommendations.

In-person listening sessions were held in Pala, Yurok, San Francisco, Elk Grove, and McKinleyville, reaching Tribal communities from across California. The information collected through these listening sessions is critical to helping state agencies better understand the unique housing and homelessness challenges facing Tribal communities.

Key Concerns Shared During the Tribal Listening Sessions include:

Lack of Stable Housing; Limited Access to Behavioral Health Services; Domestic Violence and Safety; Youth Experiencing Homelessness; Transportation Barriers; Difficulty Navigating Systems; Lack of Tribal Representation; Historical Trauma and Mistrust; Insufficient Funding for Tribal Communities; and the Need for Better Coordination.

The feedback provided by participants will help shape future programs, resources, and policies that are responsive to the cultural needs and lived experiences of Native people throughout California.

Following the completion of the Tribal Listening Sessions, Chris Nejo prepared the comprehensive final report submitted to Cal ICH. His work brought together the voices, experiences, and recommendations shared by Tribal participants throughout the state, ensuring their perspectives were clearly documented to help inform future policies, technical assistance, and Tribal homelessness initiatives.



MMIP

For our Relatives, We Rise



Strengthening the Movement to Protect Our Relatives

Pala Housing Resource Center (PHRC) is proud to announce the award of additional funding through the Missing and Murdered Indigenous Persons (MMIP) Initiative. This funding will allow Pala to expand awareness, education, prevention, and community engagement efforts while developing resources that can benefit Tribal communities throughout California.

MMIP remains one of the most critical issues facing Native communities today. Indigenous people, particularly women, girls, and youth, experience disproportionately high rates of violence, disappearances, and trafficking. Many cases remain unsolved or underreported, leaving families and communities searching for answers and justice.

Through this new grant award, Pala will develop a comprehensive statewide MMIP website designed to serve as a centralized resource hub for Tribal communities, service providers, law enforcement partners, advocates, educators, and families. The website will provide access to:

- MMIP awareness and prevention resources
- Educational materials and community toolkits
- Tribal and community response protocols
- Search and rescue information and training resources
- Safety planning and victim support information
- Missing persons reporting guidance
- Community engagement opportunities and events
- Resources for youth, families, and Tribal leaders

The goal is to create a resource that can be utilized by Tribes and Native communities across California to strengthen awareness, prevention efforts, collaboration, and response strategies.

Taking Our Voices to the State Capitol

An exciting component of the project will be the creation of a Youth MMIP Advisory Board. Native youth will play an active role in shaping awareness campaigns, developing educational materials, identifying community needs, and helping ensure that youth voices remain at the forefront of MMIP prevention efforts.

For Our Relatives, We Rise.

Awareness. Prevention. Advocacy. Action. The Youth MMIP Advisory Board will provide leadership Opportunities while empowering young people to become advocates for safety, awareness, and positive change within their communities.

In the VERY near future PHRC - Pala Youth Empowerment Initiative will announce the opportunity to join the Youth MMIP Board. We are looking for young strong leaders who are interested and willing to participate. The Youth Board will be selected by the MMIP Taskforce. The Youth Board will provide input from a youth perspective with some speaking opportunities.

Taking Our Voices to the State Capitol

As part of ongoing MMIP advocacy efforts, the PHRC Pala Youth Empowerment Initiative recently traveled to the California State Capitol to participate in MMIP awareness activities and events. Youth had the opportunity to learn more about the statewide movement, hear from Tribal leaders, advocates, survivors, and policymakers, and witness firsthand the importance of raising awareness and seeking justice for Indigenous families impacted by MMIP.

The experience provided youth with a deeper understanding of the challenges facing Native communities while inspiring them to become future leaders and advocates for change.

Building a Safer Future Together

This new grant represents more than funding—it represents a commitment to protecting our relatives, strengthening our communities, and ensuring that Native voices are heard.

Awareness. Prevention. Advocacy. Action.

Through education, awareness, youth leadership, collaboration, and community action, Pala continues to stand alongside Tribal nations and Native communities throughout California in the effort to bring attention to the MMIP crisis and create safer futures for generations to come.

MMIP Community Gathering

Our First MMIP Community Awareness was held on May 21, 2026 at the Pala Administration. We will be hosting more MMIP awareness gatherings in the future, including a youth gathering.



Pala Housing Resource Center is collaborating with Rose Whitehair of AISquared to effectively carry out our Grant Goals and objectives.

These efforts will include establishing protocols for drone pilots, community phone tree, geographical difficulties, significant points of interest within Pala for tribal and community members, search and rescue team organization, and some other items that will help with program success.



Pala Tribal Youth

Pala Tribal Youth had the opportunity to participate in the candlelight vigil service for the second time this year. Our own, Evan Pepper, spoke at the press conference held the morning of the candlelight vigil. Also in attendance were Pala Tribal Member Youth; Keith Redfern, Nangiwet Griffith and Kaylee Pepper. MMIP is an important issue for youth to learn about and understand, including statistics impacting Indian Country and how often our people and their cases go unseen in the public eye. Having our youth present to speak up and share their voices on why this epidemic matters is meaningful, and helps bring awareness to the ongoing MMIP Crisis.



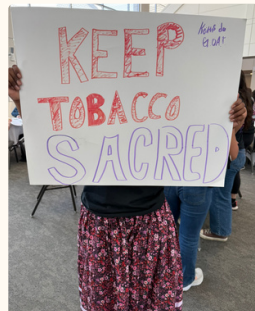
WHY MMIP PREVENTION MATTERS

Taking Pala youth to the California State Capitol during MMIP Week is more than a field trip—it is an opportunity to inspire the next generation of Tribal leaders. Youth learn about the MMIP movement, meet Native leaders and advocates, and see how their voices can influence change.

Prevention begins with informed, empowered, and connected youth. These experiences strengthen cultural pride, build confidence, and encourage leadership while empowering youth to become advocates for the safety and well-being of their communities. **When Native youth are empowered today, they help build safer, stronger Tribal communities for tomorrow.**

YOUTH QUEST 2026

Sacramento, CA

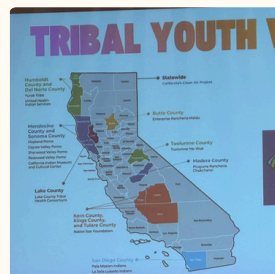


Pala Tobacco PROGRAM

On March 22nd, Pala youth had the opportunity to participate in the Tribal Youth Quest, held at the California Automobile Museum.

During the event, youth connected with peers from Northern and Central California, creating a space for collaboration, learning, and shared experiences. Together, they worked in teams to discuss the impacts of commercial tobacco on tribal communities and reservations.

Through these discussions, participants explored how commercial tobacco affects community health and well-being, while also identifying ways they would like legislators to address these issues. The experience empowered youth to use their voices, advocate for change, and be part of shaping a healthier future for their communities.



Youth Quest

On March 23rd, Pala youth attended the Tribal Youth Quest held at the SAFE Credit Union Convention Center, where approximately 400 attendees gathered from across California. During the event, Pala youth had the honor of delivering a land acknowledgment to an audience that included many non-Native attendees, helping to educate others on the importance of recognizing Indigenous lands and communities. Participants also had the opportunity to engage with James Ramos' office, speaking with his representative, Linda. They shared their perspectives on the impact of commercial tobacco on reservations and discussed the importance of legislative support to address these issues. This experience provided valuable opportunities for leadership, cultural sharing, and collaboration, making it a meaningful and memorable event for all involved.



Youth Prevention & Intervention Grants

Pala Housing Resource Center was awarded 2 youth-based grants through California Board of State and Community Corrections; Prop 47 and Cal VID. We were the only Tribe to be awarded for both grants with other awards going to local and city jurisdictions.

Prop 47

Native Youth Rising will strengthen and expand support systems to address critical service gaps in mental health, substance use treatment, housing, culturally based community services, life skills development, workforce readiness, civil legal advocacy, and intensive case management.

This initiative will prioritize tribal youth and young adults ages 12–26 who are justice-involved or at risk with transformative efforts is designed to promote long-term healing and self-sufficiency by developing culturally appropriate services, expanding opportunities rooted in traditional practices to enhance native youth enrichment programs.

By grounding services in culture and community, this initiative will improve compliance with tribal and court obligations, reduce cycles of incarceration, and support healing and restoration across generations. Prevention/early diversion for underserved tribal populations using restorative justice principles and evidence-based treatment models are critically needed.

CAL VIP Grant

PHRC will implement a program through the Pala Youth Empowerment Initiative to address the ongoing youth violence crisis within our tribal community by implementing comprehensive, culturally rooted, trauma-informed strategies.

This initiative will serve at-risk tribal youth ages 12-24 who are disproportionately impacted, disadvantaged, underfunded and underrepresented. The program design aims to prevent and reduce gun violence by fostering cultural pride, improving mental health access, providing early intervention and diversion services, and creating pathways for education and employment.

PHRC - Pala Youth Empowerment Initiative is working on both grant programs to develop activities that are compliant with the grant goals. We hope to have the programs up and running in the next few months.

Youth Empowerment Initiative Staff posts monthly newsletters on the PHRC website at palahrc.com. The newsletter contains important information tailored toward youth and includes upcoming events and activities.



Native Youth Challenges

Native youth face many challenges that can impact their health, well-being, and future opportunities. Factors such as mental health concerns, substance abuse, violence, housing instability, poverty, and limited access to resources continue to affect many Tribal communities.

These challenges can create barriers to success and increase the risk of negative outcomes for young people. Studies show Native youth consistently experience the highest rates compared to other racial and ethnic groups is suicide and suicidal behavior.

Across the nation, Native youth are significantly more likely to become involved in juvenile justice systems and experience the impacts of violence than many of their peers. These challenges highlight the importance of culturally grounded prevention, intervention, mentorship, and healing-centered programs that strengthen youth, families, and communities. Through programs like Native Youth Rising, we are investing in positive opportunities, cultural connection, leadership development, and supportive services that help Native youth build healthy futures and reach their full potential.

Despite these obstacles, Native youth possess incredible strength, resilience, and determination. Strong connections to culture, family, community, and traditional teachings serve as powerful protective factors that help young people overcome adversity and build positive futures. By investing in prevention, intervention, mentorship, leadership development, and culturally grounded services, Tribal communities can empower youth to make healthy choices, strengthen their identity, and reach their full potential. Supporting Native youth today helps create stronger families, healthier communities, and a brighter future for generations to come.

What can you do for your youth child?

Stay Connected: Spend time with your children every day, even if it's just a few minutes. Listen more than you speak.

Teach and Celebrate Culture: Connection to culture is one of the strongest protective factors for Native youth.

Watch for Changes: Pay attention to sudden changes in behavior, including isolation from family and friends, increased anger or sadness, changes in sleep or eating habits, declining grades, substance use, loss of interest in activities they once enjoyed.

Create Safe Spaces for Conversation: Avoid judgment and criticism when youth share concerns.

Know Their Friends and Online Activity: Friend groups, social media use and digital communities. Many youth experience bullying, exploitation, or negative influences online.

Normalize Mental Health Support: Seeking help is a sign of strength. Be Present: School events, sports, cultural events. Often, what youth need most is not advice but presence. Showing up sends a powerful message: "You matter."

PREVENTION
BUILDING STRONG
FOUNDATIONS

DIVERSION
CHANGING PATHS,
CREATING FUTURES

OPPORTUNITY
EDUCATION. JOBS.
LEADERSHIP.

HOPE
HEALING TODAY,
LEADING TOMORROW

GOT SOLAR?

Understanding Your Solar System: Solar Isn't Free—It's a Tool to Help Reduce Your Electric Bill

Many homeowners believe that once they have solar panels installed, they no longer have an electric bill. Unfortunately, that is a common misconception. Solar panels are designed to help offset your electricity usage, but they do not provide unlimited power.

Your solar system produces a certain amount of electricity based on its size, the weather, and the amount of sunlight received throughout the year. If your household uses more electricity than your system produces, your utility company will charge you for the additional power used.

Watch Your Energy Use

To get the most benefit from your solar system: Use major appliances wisely, especially during peak usage times.

- Turn off lights, televisions, and electronics when not in use.
- Set your thermostat to an energy-efficient temperature.
- Keep your heating and air conditioning systems well maintained to improve efficiency.
- Check Your Solar Production
- Make it a habit to monitor your solar system regularly. If your inverter or monitoring app indicates your system is not producing power, contact your solar provider as soon as possible. A system that is not working properly can result in unexpectedly high electric bills.
- Don't Ignore Your Monthly Bill

Understand Your True-Up Bill

Many homeowners receive a True-Up bill once each year. This bill compares the electricity your home used with the electricity your solar system generated over the previous 12 months.

Clean Your Panels

Solar panels should be inspected every few months and cleaned about once or twice a year, depending on your location and surrounding environment.

If you used more electricity than your system produced, you will owe the difference. Making monthly payments toward your electric charges throughout the year can help prevent a large balance when your True-Up bill arrives.

Your solar system is an excellent investment that can lower your electricity costs—but only if it is operating properly and your energy use stays within the amount your system is designed to produce. Check your system at least weekly to make sure that it is working. Most systems will have a red light when something is wrong.

Remember: Solar helps reduce your electric bill—it does not eliminate it. Monitoring your system, using electricity wisely, and paying your monthly utility bill can help you avoid unexpected costs at the end of the year.

NO SOLAR?

Prepare for Higher Summer Electric Bills

Summer is here, and with warmer temperatures comes increased energy use. Air conditioners, fans, and longer daylight hours often lead to higher electric bills during the summer months. While utility rates continue to rise, there are simple steps you can take to help reduce your energy use and better prepare for seasonal increases.

Tips to Help Lower Your Electric Bill

- Set your thermostat between 76°F and 78°F when you're home.
- Use ceiling fans to help circulate cool air so your air conditioner doesn't have to work as hard.
- Keep blinds and curtains closed during the hottest part of the day to reduce heat inside your home.
- Turn off lights, televisions, and electronics when they are not in use.
- Wash full loads of laundry using cold water whenever possible.
- Avoid using the oven during the hottest part of the day.
- Replace your air filter regularly to improve your cooling system's efficiency.
- Seal gaps around doors and windows to keep cool air inside.

WELCOMING SUMMER AND STAYING SAFE



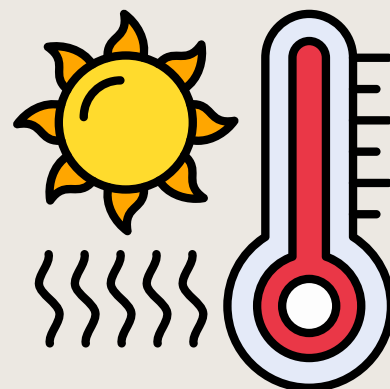
As the days grow longer and the weather warms, summer offers an opportunity to slow down, reconnect, and enjoy time with family, friends, and community. It is a season that encourages us to spend time outdoors, embrace healthy activities, and create lasting memories.

For many families, summer is a time for gathering at community events, cultural activities, family outings, and celebrations. It is also an important time to focus on personal wellness. Taking a walk, spending time in nature, staying active, eating healthy foods, and checking in with loved ones can all contribute to improved physical and mental well-being.

Summer also provides opportunities for youth to learn, grow, and build confidence through educational programs, cultural activities, volunteer opportunities, sports, and employment experiences. Encouraging young people to stay engaged and connected helps strengthen not only individuals but also our entire community.

As temperatures rise, it is important to remember basic summer safety tips:

- Stay hydrated by drinking plenty of water.
- Wear sunscreen and protective clothing when outdoors.
- Never leave children, elders, or pets in a parked vehicle.
- Check on elders during periods of extreme heat.
- Practice water safety and supervise children near pools, lakes and beaches.



"When the heat rises, don't ignore the warning signs. Drink water, take breaks, and cool down early. Acting quickly can prevent heat exhaustion from becoming a life-threatening emergency."

Heat Exhaustion: Heat exhaustion can happen quickly during hot weather. If someone feels dizzy, weak, nauseous, has muscle cramps, or is sweating heavily, act immediately.

- Move them to a cool or shaded area.
- Give them cool water to sip.
- Loosen clothing and use cool, wet towels or a fan to help lower their body temperature.
- Have them rest until they feel better.
- **Call 911 immediately if they become confused, lose consciousness, stop sweating, or their symptoms worsen, as these may be signs of heat stroke.**

Tips for Staying Hydrated:

- **Steady Sipping:** Aim for steady sipping throughout the day rather than chugging large amounts at once.
- **Establish a Routing:** Drink a glass of water when you wake up, with every meal and before bed.
- **Carry a Container:** Keep a reusable water bottle handy so fluids are always accessible.
- **Set Reminders:** Use phone alarms to remind you to drink your water throughout the day.
- **Water Rich Foods:** Eat hydrating foods like watermelon, cucumbers, strawberries, celery and bell peppers.
- **Flavoring:** Tired of plain water? Infuse your water with citrus or berries.





SUMMER HOME MAINTENANCE

Summer Home Maintenance: Protecting Your Investment and Avoiding Costly Repairs

Summer is a great time to perform routine home maintenance that can help keep your home comfortable, efficient, and operating properly throughout the year. A few simple steps can help prevent costly repairs and reduce utility costs.

Heating and Air Conditioning (HVAC)

As temperatures rise, your air conditioning system works harder to keep your home cool. To help your system operate efficiently:

- Schedule maintenance to ensure your system is running properly.
- Replace or clean air filters regularly.
- Keep vents and registers free from furniture and debris.
- Remove leaves, weeds, and other obstructions from around outdoor units.
- Listen for any unusual noises, odors, or cooling issues as soon as possible.
- Avoid setting your thermostat excessively low, which can increase energy consumption and strain the system.



Keep Your Tankless Water Heater Running Efficiently

Tankless water heaters provide hot water on demand and are more energy efficient than traditional water heaters—but they still require regular maintenance to keep them operating properly.

Why Maintenance Matters

Minerals can build up inside the unit over time. This buildup reduces efficiency, decreases water flow, and can shorten the life of your water heater. Routine maintenance helps prevent costly repairs and ensures your system continues to provide reliable hot water.

Homeowner Tips

- Flush (descale) your tankless water heater at least once a year, or more often if you have hard water.
- Clean the water inlet filter to remove dirt and sediment.
- Check around the unit for water leaks or signs of corrosion.
- Keep the area around the water heater clean and free of dust, storage items, and combustible materials.
- If you notice inconsistent water temperatures, low hot water flow, or unusual error codes, contact a qualified service technician.

Failure to perform routine maintenance will reduce the efficiency and lifespan. Regular flushing and inspection help keep your system running properly and can prevent expensive repairs

Every home requires maintenance and occasional repairs. While some repairs can be planned, others happen unexpectedly. Setting aside a small amount each month can help you prepare when those expenses arise.

SUMMER TIPS AND ADVISORY



HEADED TO THE BEACH? If you are planning beach days, it is important to keep up on current conditions and hazards. Strong rip currents and shark sightings have been reported at local beaches and along the coastline. Check the weather, surf advisory and other potential dangers including increased marine wildlife activities.

Rip Currents are powerful channels of water that can quickly pull swimmers away from the shore. They are the leading causes of beach rescues in Southern California.

If you are caught in a rip current:

- **Remain Calm and avoid fighting the current**
- **Swim parallel to the shoreline until you are out of the current**
- **Once free, swim back toward the shore**
- **If you cannot escape, float or tread water and signal for help**
- **Always swim near an open lifeguard tower whenever possible**

Swim Smart!! Many people go to the beach to enjoy the sun and play in the water. It is important to educate your children on beach safety, including to swim smart.

- Never swim alone
- Keep children within arm's reach near the water
- Avoid swimming during high surf advisories or hazardous conditions
- Wear a life jacket when appropriate, especially for inexperienced swimmers

Shark Sightings: Southern California has seen an increase in shark sightings in the recent years, particularly juvenile great white sharks that often stay in shallow coastal waters. While shark attacks remain rare, it is important to be aware of your surroundings.

- Avoid swimming at dawn, dusk, or nighttime
- Stay in groups when swimming
- Avoid areas where fish are schooling or birds are actively feeding
- Do not enter the water if marine wildlife warnings have been issued
- Follow lifeguard instructions and posted advisories



Summer Pet Safety Tips. Pets can overheat during hot summer days. If you feel the heat outside, they can too.



What can you do?

- Ensure fresh, clean water is always available.
- Provide shade and cool resting areas.
- Avoid exercising pets during the hottest part of the day.
- Walk dogs early in the morning or later in the evening.
- Never leave animals in a parked vehicle, even for a few minutes.
- Watch out for hot pavement.
- Be aware of increased wildlife activity; snakes, coyotes, mountain lions, bobcats.

SWIMMING POOL SAFETY



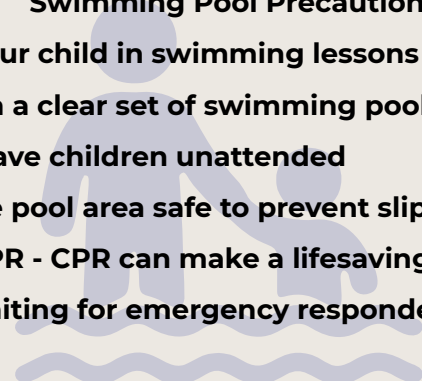
Summer is the perfect time for fun in the water, but it only takes seconds for a child to get into trouble.

Drowning is often silent and can happen quickly, even in shallow water. Take precautions to enjoy the pool safely all season long.



Swimming Pool Precautions

- **Enroll your child in swimming lessons**
- **Establish a clear set of swimming pool rules**
- **Never leave children unattended**
- **Keep the pool area safe to prevent slips and falls**
- **Know CPR - CPR can make a lifesaving difference while waiting for emergency responders**





Prevention & Awareness

E-BIKE

**RIDE SMART.
RIDE SAFE.
RIDE LEGAL.**



E-BIKES ARE FUN & CONVENIENT

But with that power comes responsibility. Know the rules, stay safe, and protect yourself and others on every ride.



KNOW YOUR E-BIKE CLASS

CLASS

1



PEDAL ASSIST ONLY

- Motor assists only while you pedal
- Max assisted speed: 20 MPH
- No throttle
- Can ride where bikes are allowed

CLASS

2



THROTTLE OR PEDAL ASSIST

- Motor can be used with throttle
- Max speed: 20 MPH
- Can ride where bikes are allowed

CLASS

3



PEDAL ASSIST ONLY

- Motor assists only while you pedal
- Max assisted speed: 28 MPH
- May have more restrictions on where you can ride



FOLLOW THE LAW

- ✓ Obey all traffic signs and signals
- ✓ Ride with traffic, not against it
- ✓ Stay in bike lanes or on the right side of the road
- ✓ No riding on sidewalks where prohibited

SAFETY FIRST, ALWAYS



WEAR A HELMET

It could save your life.



OBEY TRAFFIC LAWS

Stop at red lights and stop signs.



BE VISIBLE

Use lights at night and wear bright clothing.



STAY ALERT

Avoid distractions like phones and headphones.



CHECK YOUR RIDE

Inspect brakes, tires, and battery before every ride.



PARENTS & GUARDIANS

Talk with your youth about safe riding. Set a good example and ride together!



DID YOU KNOW?

E-bikes are not motorcycles or mopeds. They have different rules for:

- ✓ Driver's License
- ✓ Registration
- ✓ Insurance
- ✓ Helmet Use
- ✓ Speed Limits
- ✓ Where You Can Ride



Know the rules. Ride responsibly. Keep our community safe.

LEARN MORE

Scan the QR codes below for helpful safety resources.



PEDAL AHEAD
E-BIKE SAFETY
VIDEO



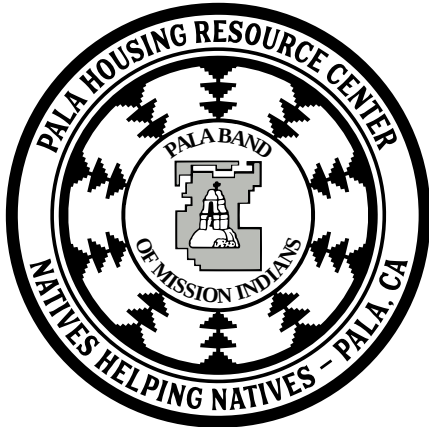
CALIFORNIA
HIGHWAY PATROL
E-BIKE SAFETY
TRAINING



CALIFORNIA OFFICE
OF TRAFFIC
SAFETY



PEOPLEFORBIKES
SAFETY
INFORMATION



Location:

35990 Pala Temecula Road
Pala, CA 92059

Contact Information:

(760) 891-3529
www.palahrc.com
housing@palatribe.com

Hours of Operation:

M-F 8am - 4:30pm