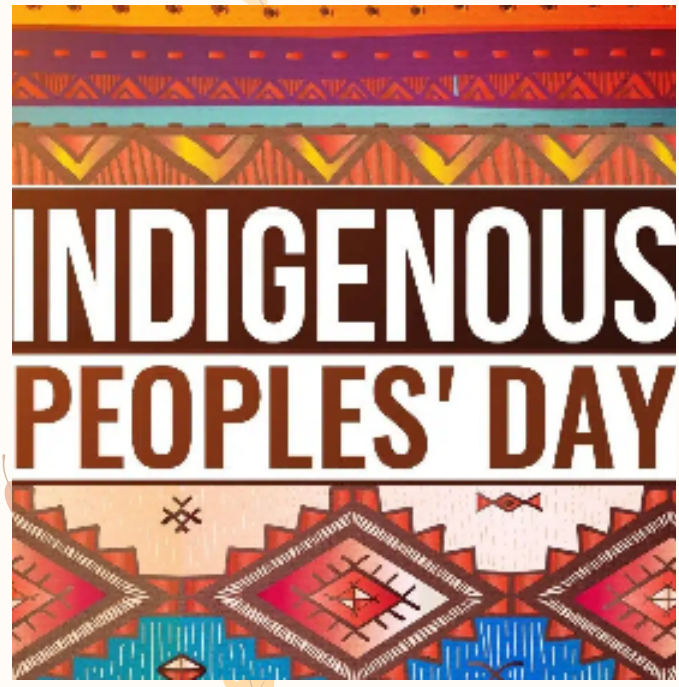
PALA YOUTH EMPOWERMENT INITIATIVE



NEWSLETTER

October 2026 Vol. 40



INDIGENOUS PEOPLES DAY

Every year, Indigenous Peoples' Day is celebrated. This year on October 12 is to honor the rich histories, cultures, traditions, and contributions of Indigenous peoples. It is a day to recognize the original stewards of this land and to celebrate the resilience, strength, and ongoing presence of Native communities.

For many years, October was widely recognized as Columbus Day. Today, many tribes, states, and communities observe Indigenous Peoples' Day instead as an opportunity to acknowledge the true history of Indigenous peoples and to celebrate the vibrant cultures that continue to thrive.

DOMESTIC VOLIENCE AWARENESS

During Domestic Violence Awareness Month (DVAM) each October, advocates and communities throughout Indian Country and the United States unite to honor survivors of domestic and sexual violence while promoting abuse prevention efforts.

NATIONAL BULLYING AWARENESS

October is National Bullying Prevention Month, a time to remind us that we all have the power to make a difference. If you see bullying, intervene safely or get help; your support matters. Everyone faces challenges, but it's never an excuse to harm others. Let's break the cycle of bullying with respect, compassion, and kindness, raising awareness and building a supportive community.

NATIONAL

BULLYING AWARENESS



WHY IT MATTERS

October is National Bullying Prevention Month. This month is a reminder that we all have the power to take action. If you see someone being bullied, step in safely or seek help; your support can make a difference. Everyone faces challenges and hard days, even those who bully, but that never gives anyone the right to hurt others. Together, we can break the cycle by choosing respect, compassion, and kindness. Let's take this time to spread awareness, stand up for one another, and build a community where everyone feels safe and supported.

PREVENTION BEGINS WITH AWARENESS

- Promote respect, kindness, and inclusion in daily interactions.
- Educate youth on how to recognize and respond to bullying.
- Encourage open communication so children feel comfortable reporting concerns.
- Model positive behavior at home, in schools, and throughout the community.

DOMESTIC VIOLENCE AWARENESS



Stronger Together, Growing Further



Native women and men in the United States experience domestic and sexual violence at alarming rates, with more than four in five Natives having experienced some form of violence in their lifetime and more than half experiencing physical violence by an intimate partner in the past year.



Immediate Support

- StrongHearts Native Helpline: Call or text 1-844-762-8483 or chat online at StrongHearts Helpline.
- National Domestic Violence Hotline: Call 1-800-799-7233 or text "START" (88788)
- Indian Health Council | Domestic Violence Help 760) 749-1410



Domestic violence has many faces: physical, sexual, emotional, financial and digital. It doesn't discriminate and includes violence against children, teens adults and elders. There is also a strong connection between domestic and sexual violence with thousands of Missing and Murdered Indigenous women.



NATIONAL SUBSTANCE ABUSE/MISUSE PREVENTION

October is National Substance Abuse Prevention Month, a time to raise awareness about the importance of prevention, healing, and supporting healthy communities. For Native American communities, prevention is rooted in our culture, traditions, language, and connection to one another.
Substance misuse can affect individuals, families, and future generations, but culture is prevention. By strengthening our identity, practicing our traditions, and supporting one another, we can help our youth make healthy choices and build resilience.

NATIVE YOUTH WHO HAVE STRONG CULTURAL CONNECTIONS AND SUPPORTIVE COMMUNITIES ARE MORE LIKELY TO MAKE HEALTHY DECISIONS AND AVOID SUBSTANCE MISUSE.

PREVENTION STARTS EARLY AND INCLUDES EDUCATION, POSITIVE ROLE MODELS, AND CREATING SAFE SPACES WHERE YOUTH FEEL VALUED AND HEARD.

EVERY COMMUNITY MEMBER PLAYS A ROLE IN PROTECTING THE NEXT GENERATION.

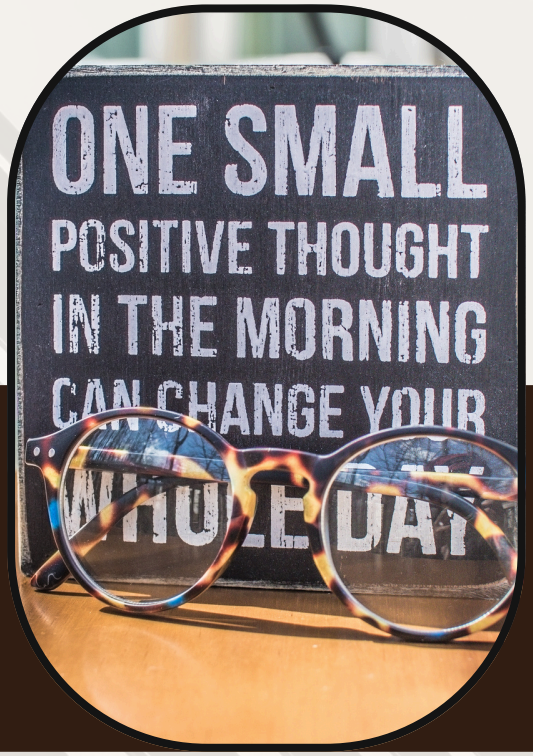




Research consistently shows that strong cultural identity, family support, and community involvement are protective factors that reduce the risk of substance misuse among Native youth. Cultural teachings, traditional practices, and positive connections with Elders help build resilience and promote healthy choices.

OCT 10TH

WORLD MENTAL HEALTH DAY





WHY IT MATTERS?

World Mental Health Day is a global observance that highlights mental health as a universal human right and calls for action to ensure everyone can access quality care. It draws attention to the reality that **one** in **eight** people live with a mental health condition, often facing stigma, discrimination, and inadequate treatment. The day serves as a platform to raise awareness, confront systemic barriers, and promote inclusion, dignity, and community-based support worldwide.

Resources

- Pala Moblie Crisis: 760-292-6271
- IHC(Behaviorval Health):760-749-1410
- **988 Suicide & Crisis Lifeline** – Call **1-800-273-8255** or text **NATIVE** to **741741**



TIPS FOR YOUTH

- Stay connected to culture. Spend time with family, elders, language, traditions, land, or community activities that help you feel grounded.
- Talk to someone you trust. A relative, friend, teacher, counselor, elder, or community leader can be a good place to start.
- Honor your feelings. You don't have to hide sadness, stress, anger, or anxiety to be strong.

Youth Support

For free 24/7 crisis support

988 SUICIDE & CRISIS LIFELINE

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

Mental Health

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

YouthLine

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

BOYS TOWN

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

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

Additional Online Resource

Never a Bother

Neverabother.org







YOUTH GUIDE TO HALLOWEEN SAFETY

TIPS AND REMINDERS

- Review safe walking routes on well-lit streets and point out any specific places to avoid, like vacant properties, homes with unleashed pets, or locations with “No Trespassing” signs posted. Teach them how to stop and check a map or GPS app on a smartphone for directions to stay on the safest route.

- Remind them to only visit homes where the porch light is turned on and to never go inside another house or car.
- Agree on a specific time to return home. Consider giving them a cell phone for the night so they can talk with you and make sure they know how to call 911 for emergencies.
- Coach older kids to always walk (not run) on a sidewalk while trick-or-treating or to use the far side of the road facing traffic if there isn’t a sidewalk available. Remind them to only cross the street with their group at crosswalks or intersections and to never walk across yards, through alleys, or between cars in the street.
- Make sure they carry a flashlight or a cell phone with a light and wear reflectors or reflective tape on their costume.





TIPS FOR TEEN DRIVERS

- Avoid driving during peak trick-or-treating hours. If needed, plan safe routes and drive below the speed limit.
- Watch for excited kids who may run into the street, especially:
- At intersections
- Near driveways and alleys
- Around parked or stopped cars
- Turn on headlights before dark and use hazard lights when picking up or dropping off kids.

PROTECTING THE COMMUNITY FROM COMMERCIAL TOBACCO

Pala Tobacco PROGRAM

October is National Substance Abuse Prevention Month, a time to recognize the importance of preventing addiction and promoting healthy lifestyles for individuals, families, and communities. One area of prevention that deserves special attention is commercial tobacco use, especially among youth.

WAYS TO PREVENT



- Start conversations with youth about the risks of nicotine and commercial tobacco.
- Teach the cultural significance of traditional tobacco and how it differs from commercial tobacco.
- Support smoke-free homes, schools, workplaces, and community events.
- Encourage healthy activities that strengthen cultural identity, community connections, and overall well-being.
- Lead by example by choosing a commercial tobacco-free lifestyle.

For Native communities, it is important to recognize the difference between traditional tobacco and commercial tobacco. Traditional tobacco holds a sacred place in many Tribal cultures and is used respectfully in ceremonies, prayers, and healing. Commercial tobacco, however, is manufactured for profit and is associated with addiction and serious health risks. Honoring our traditions means protecting them from being confused with harmful commercial tobacco products.

SUICIDE AWARENESS

GLOW TOGETHER FOR PREVENTION











On September 17th, we hosted a Suicide Awareness Walk with Pala Mobile Crisis. It was a beautiful evening of community, connection, and coming together for an important cause.

Thank you to Titus Nieto for the blessing and to Wanye Nelson and his group for sharing their birdsinging with us. Thank you to everyone who came out, enjoyed the glow walk and food, and supported this meaningful event.

Together, we can make a difference.



Community



Photobooth by PED



Our youth helping

WHAT ARE THE YOUTH UP TO?



On Wednesday, September 9, 2026, PEYI team, Bud Machado, and Sundoc Studios hosted a workshop for youth. Participants learned about the significance of storytelling and how to effectively capture those narratives on film. The Cupa Cultural Center was transformed into a set for interviewing Lela Guachino.





Our youth enjoyed helping behind the scenes and having a part of capturing this moment. Each of them left feeling empowered and interested in film.

PHRC





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.

PHRC EVENTS











YOUTH PAINT NIGHT



AGES 12-UP

OCTOBER 15, 2026

5 PM- 7 PM

WHERE: Pala Housing Resource Center

FOR MORE INFORMATION CONTACT:
DEANNDRA MOLINA
760-893-0769

Pala Tobacco PROGRAM

COMMUNITY EVENTS





COMMUNITY EVENTS









PALA YOUTH EMPOWERMENT INITIATIVE





"FOR YOUTH BY YOUTH"

WHO WE ARE

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, training's, podcasts, and activities. We service youth ages 12 to 26 years of age. We strive to provide Pala youth with the life skills needed to become successful adults. Hours of operation Monday through Friday from 10:30 am - 7:00 pm and Saturdays on occasion for scheduled event.

MEET THE STAFF



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OUR SERVICES

Life Skills

- Cooking Classes
- Driving School Budgeting
- Workshops
- Resume Building

Personal Skill Development

- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

Community Events

- Youth Training/Field Trips
- Community Outreach
- Social Media

Other Serivces

- Mentorship Guidance and Career
- Development Youth Mental Health
- Guidance

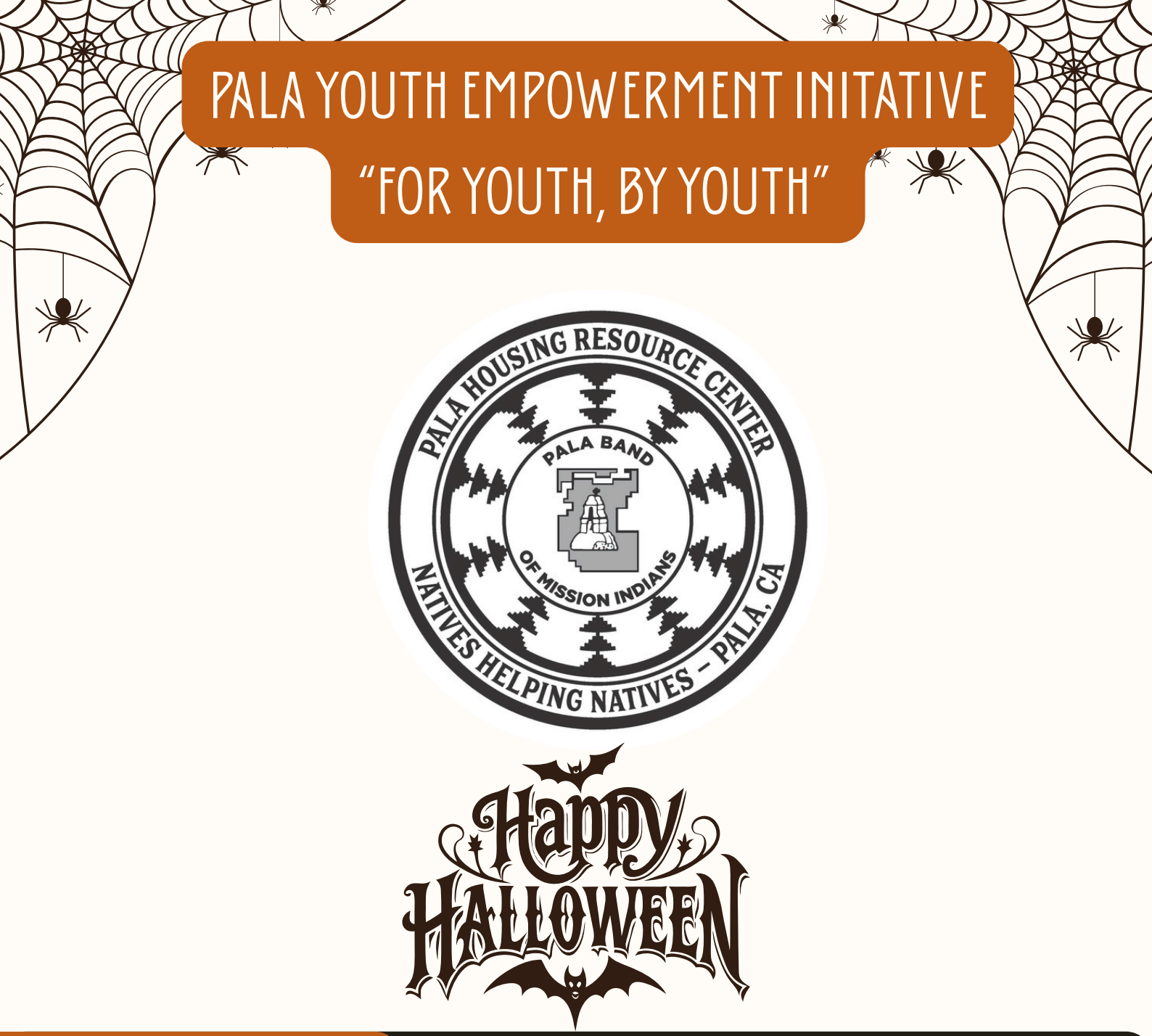
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@PALAHOUSINGRESOURCECENTER

WWW.PALAHRC.COM

PALA YOUTH EMPOWERMENT INITATIVE

"FOR YOUTH, BY YOUTH"



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The Pala Tobacco Program encourages our youth and community to respect the traditional use of tobacco, keeping the culture strong for future generations.