

Traditional Cultural Mentoring for Native Children and Youth

Presenters:

Valerie Larsen, *Project Director, 7th Generation National Tribal Youth Mentoring Project*

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Moderators:

Terri Yellowhammer, JD, *Director, Native Streams Institute (NSI)*

Ethleen Iron Cloud-Two Dogs, *Training and Technical Assistance Specialist, Native Streams Institute*


Jennifer Rose, *Consultant with Futures Without Violence*

Welcome to the Webinar

We will begin at 11:00am (PT) / 2:00pm (ET).

A recording will be available after the webinar.

Your line will be muted to cut down on background interference so please use the chat box to share your name, your organization, your location and any questions you have for our featured speakers.





Terri Yellowhammer

Ethleen Ironcloud-TwoDogs





Valerie Larsen

Project Director,
7th Generation National Tribal
Youth Mentoring Project



Oitancan Mani

Social Media Specialist,
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7th Generation

NATIONAL TRIBAL MENTORING PROGRAM

DEFENDING
CHILDHOOD
PROTECT HEAL THRIVE



FUTURES
WITHOUT VIOLENCE

www.7thgenmentor.org

Program Overview

7th Generation National Tribal Mentoring Program is designed to address high rates of juvenile delinquency in American Indian and Alaska Native communities by

- **connecting** youth with healthy adults,
- **strengthening** cultural identity,
- and **building** self-esteem.

This program is implemented by EDC in partnership with 10 tribes.

We want to hear from you



**How would you define cultural
mentoring?**

(Let us know your thoughts in the chat box)

Tribal Nations



- ❑ **Leech Lake Band of Ojibwe, Minnesota**
- ❑ **Red Lake Band of Chippewa, Minnesota**
- ❑ **Ponca Tribe of Indians, Oklahoma**
- ❑ **Oglala Sioux Tribe, South Dakota**
- ❑ **Organized Village of Kake (Tlingit), Alaska**
- ❑ **Karuk Tribe, California**
- ❑ **Wampanoag Tribe of Gay Head, Massachusetts**
- ❑ **Rosebud Sioux Tribe, South Dakota**
- ❑ **Tulalip Tribes, Washington**
- ❑ **Ketchikan Indian Community, Alaska**



Program Goals

- Increase opportunities for youth to connect with caring adults
- Improve school attendance
- Decrease youth alcohol and drug use
- Decrease youth involvement with courts



What Does Mentoring Involve?

Mentors develop **relationships** with youth to increase & strengthen academic, social, and community opportunities.



Research on mentoring

- The strongest program benefit, and most consistent across risk groups, was a reduction in depressive symptoms—a particularly noteworthy finding given that almost one in four youth reported worrisome levels of these symptoms at baseline. (Herrera, Carla, David L. DuBois and Jean Baldwin Grossman. 2013. *The Role of Risk: Mentoring Experiences and Outcomes for Youth with Varying Risk Profiles*. New York, NY: A Public/Private Ventures project distributed by MDRC.)
- Findings also suggested gains in social acceptance, academic attitudes and grades. (Herrera, Carla, David L. DuBois and Jean Baldwin Grossman. 2013.)

Who Participates?

- Tribal youth
- 10 – 18 years old
- Referred to the program by any tribal youth-serving agency

How does a youth get matched?

- Each youth identifies an adult from the community that he/she would like to have as a mentor.
- Tribal Mentoring Coordinator (TMC) contacts this individual to ask if he/she is interested in mentoring.
- The match will be made if the individual meets the criteria to become a mentor.
- **Note:** If the youth does not have a mentor in mind, the TMC will identify and recruit the most appropriate mentor for him/her.

7th Generation Mentor Activities

- **Mentor trainings**
- **One-on-one time with youth twice a month**
- **Monthly Mentor Group Activities**
 - ▣ All mentors and youth are encouraged to attend
 - ▣ Mentors plan monthly activities that vary by Tribe, such as:
 - Berry Picking
 - Fishing
 - Hiking
 - Service Projects
 - Pow-Wows
 - Language camps



Strong Circle of Relatives Kinship Group Sessions

(in development)

- All youth participate monthly in gender-specific sessions.
- Mentors take turns facilitating.
- Help youth develop kinship values based on what that means in their community.
- Teach youth about each Tribe's specific cultural traditions and values to build a stronger cultural identity and help youth make positive choices.



Role of the Tribal Mentoring Coordinator (TMC)

- Coordinates the mentor recruitment, application process, approval of mentors, and onsite mentor trainings
- Maintains the mentor and youth referral process
- Guides and supports the mentor–youth relationships
- Coordinates trainings, meetings, and group activities
- Tracks and reports group and individual activity
- Participates in monthly TMC calls
- Promotes the program with community partners

Tribal Vision, Guidance, and Leadership

While EDC is the conduit for resources and training for the tribes to implement the 7th Generation Tribal Mentoring Program Model, the real **success** and **sustainability** of the program **will come from the unique vision, guidance, and leadership of the community** that it serves.

- Youth
- Parents
- Mentors
- Tribal and Community Leadership



Mutual Support

This program is based in successful mentoring practices but we are continually working to improve it. We are creating communities of learning amongst the six 7th Gen Tribal Mentoring Programs in order to provide mutual support.



We want to hear from you



Share an example of successful mentoring you have experienced in your community.

(Let us know your thoughts in the chat box)



“The deep nurturing of children and their careful preparation for life-enhancing participation in their societies at the onset of their journeys into adulthood makes it possible for them to lead lives of mutually sustaining activity.”

~Tewa Women United~

Resources

- MENTOR is an organization that promotes, advocates and is a resource for mentors and mentoring initiatives worldwide. www.mentoring.org
- 7th Generation National Tribal Mentoring Program is a project of Educational Development Inc. that trains mentors in 10 sites nationwide. www.edc.org
- Suicide Prevention Resource Center promoting a public health approach to suicide. <http://www.sprc.org>
- Suicide Prevention Lifeline 1-800-273-TALK(8255) www.suicideprevention.org

Mentoring Native Youth: Koskalaka Wicayuwita Pi Young Men's Gathering



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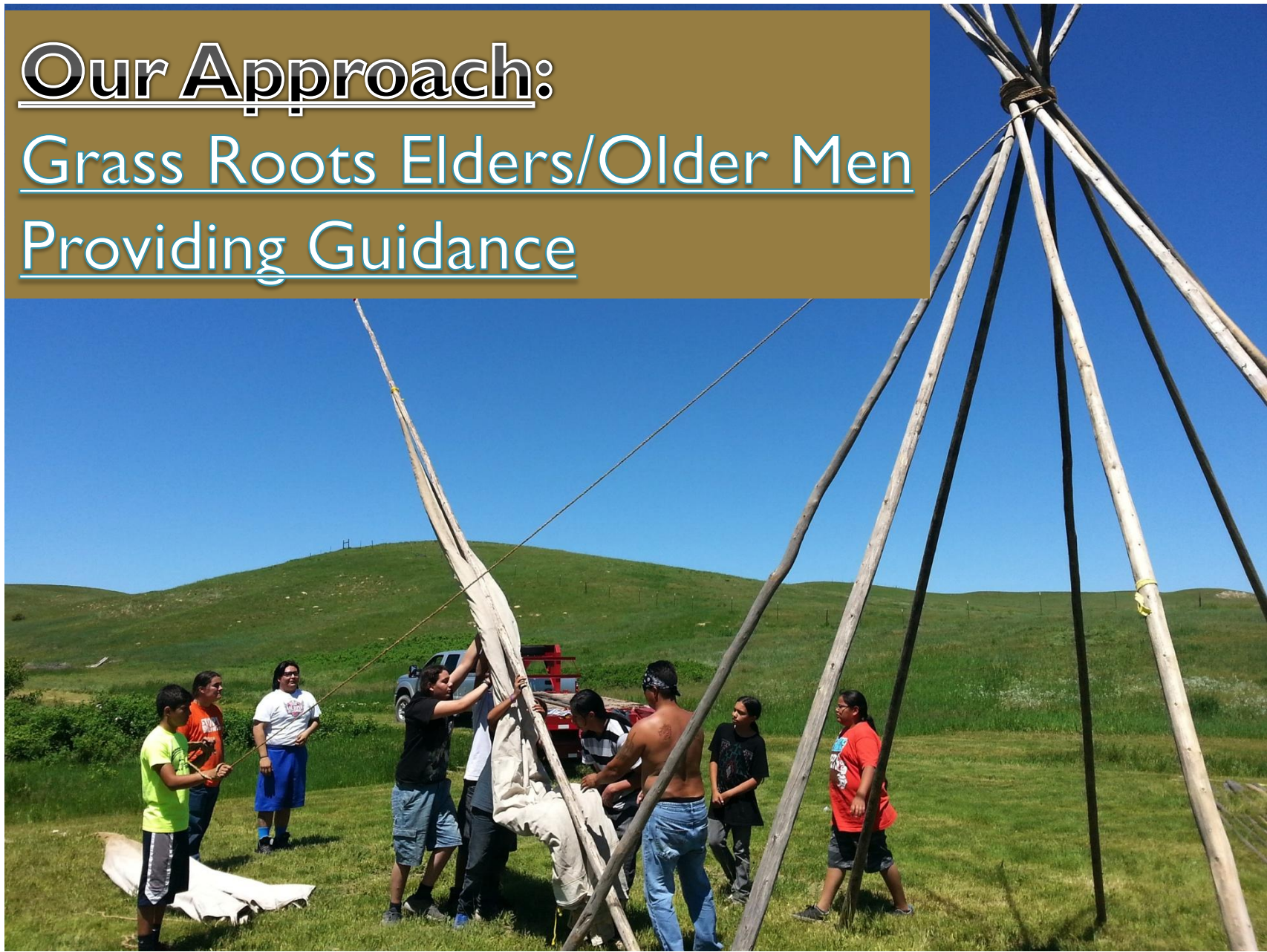
**NATIVE STREAMS
INSTITUTE**
A KEY DIVISION OF EPA'S HEALTH AND HUMAN DEVELOPMENT DIVISION

**FUTURES
WITHOUT VIOLENCE**

Our Approach:

Grass Roots Elders/Older Men

Providing Guidance



Our Concept

- **Our koskalaka (young men, age 11-18 approximately) are the future of our people.**
- **As elder/older men we provide guidance and teachings from a Lakota cultural perspective to the young men of our people. The relative approach. We help everyone.**

Who Participates?

- Native boys 11-18 years old
- Adult Volunteer Mentors

Role of Mentors

- Honor Lakota Kinship as sacred by providing teachings and activities that will help boys in their preparation for manhood.
- Involved in final planning process
- Supervise boys

Who are the mentors?

- Lakota/Dakota/Native males who are sober and drug free and are willing to commit volunteer time for training, preparation and implementation of the camp.

What Our Day Looks Like

Day 1

- Raising the Tipi Teachings
- Shield Making Teachings
- Singing & Drum Teachings

| | Thursday |
|-------------|--|
| 8:00am | <u>Hihani Wotapi</u> (Breakfast) - <u>Tasunke Wakan</u> building |
| 9:00am | Ti <u>ikciye Pawoslayeyapi na woonspe</u> (Raising the tipi and teachings) |
| 12:00pm | <u>Wotapi</u> (Lunch) |
| 1:00pm | Can <u>nakseya</u> (Wood Cutting - 1 Group) |
| 4:00pm | <u>Wahacanka Kaga Pi Woonspe</u> (Shield Making Teachings) |
| 6:00pm | <u>Htayetu Wotapi</u> (Evening Meal) |
| 7:00-9:00pm | Oka <u>Unspe Wicakiya Pi</u> (Singing and Drum Teachings) |

Day 2

- Hunting
- Bow/Arrow Making & Shooting
- Purification Lodge
- Building the Fire for Purification Lodge

Day 3

- Gun Safety
- Greeting the Morning Star/Sun Prayer
- Spiritual Kit Teachings

Alternate Activities

- Drum making
- How to start a camp fire
- How to funnel the fire smoke out of the tipi
- Hide tanning
- Hiking
- Traditional games
- Chainsaw safety
- Wood Cutting
- And anything else (modern or traditional)...

What you will need to host your own...

- A Location w/water or potable water container (if outdoors)
- Volunteers (mentors, presenters, cooks, night watch?)
- Build a list of activities
- Presenters
- First Aid training & first aid equipment
- Food
- Somewhere to shower and use the toilet
- Emergency contact numbers
- Most importantly! Prayers and a positive attitude that everything will be good.
- Somewhere to sleep (if it is an overnight event)
 - Firewood (if it is outside)
 - S'mores (if you have a fire)

What Are Some Possible Problems?

- Weather (too hot, too cold, too rainy, too windy, etc.)
- Too windy to put up tipi
- Too hot to go cut wood right now
- Too cold to take kids out hunting (if in November in a winter climate)
- Too hot to shoot bows and arrows outside
- Presenters cancelling, because they got a paid gig at same time
- Presenters car broke down they're running 2 hours late
- Meals are sometimes late
- Slept in late
- Car won't start
- Road to the hunting area is too muddy to drive on because of the rain last night
- Too cloudy to cover star knowledge teachings
- Moon light is too bright to see the stars to teach star knowledge
- A child got sick now you may have to send him home (Who's going to drive him/wait with him/her?)
- Child with a medical condition needs their meds (parent must be available)

How to get around possible problems...

- **Be Flexible...**
 - If the night sky is clear and you're scheduled for drum teachings inside a building seize the opportunity for star knowledge.
 - Have backup activities for indoor/outdoor in case it's too hot or too cold.
 - Be ready to create activities.

How do we find the youth?

- Social Media
- Family member referrals
- Local foster care agencies
- Local youth/treatment programs for youth
- Our limit is 20 young men (about 4 tipi)

What does it cost?

- Food for children 20/day for 20 individuals 3 meals/day x 3.5 days
- Food for adults \$20/day 10 adults
- Portable toilets \$50/day/toilet (ordered 3) –
 - Yours will probably be more
- Fuel to haul tipi poles/tipi covers \$50
- Fuel for food shoppers \$100 (70 miles to our grocery store)
- Fuel for wood haulers \$100 (use free tribal land to cut wood)
- Optional cook stipend (\$50.00)
- Hay for horses \$200
- Fabric for prayer offerings \$40.00
- Porcupine Quilled medicine wheels \$20 each x 15
- Leather for projects \$220 (3 commercial tanned deer hides)
- Artificial Sinew \$25 x 1
- Time...
- Total = Appx \$5,000+ for 20 boys for 3.5 days. About \$200 an individual

At June 2014 everything was donated...

- We operated the camp on a zero dollar budget and a lot of relatives/friends helping and presenting.
- Less than 10 dedicated volunteers who were at site 12+ hours for 3 ½ days

What do our camps look like in action?



Making prayer tobacco ties...



Lakota Star Knowledge Teachings:



Photo by John Fowler

Teachings of the Traditional Lakota Bow




How to start your own...

- **Just do it.** Take action. **Gather some friends/family** (key decision makers) & meet.
- Pull your circle of family and friends together
- Start planning
 - Who can donate food?
 - Who can cook? (1 family donate food and cook for a day? 1 family donate a meal)
- What will your activities be?
- Who are your presenters?
- Have an application process
- Have their parents/guardians sign a release for marketing any photos or videos of the gathering
- Signed permission forms
- It doesn't have to be pretty the first time

Cont'd...

- Plan every detail!!!
 - Plan for personal hygiene needs.
 - Some kids may not be able to afford a sleeping bag, but they came anyway. Have extra.
 - Some kids may come with 1 pair of pants or only shorts and it's 30 deg. out. Be prepared.
 - Some kids bring 1 blanket not realizing it gets pretty cold at night in June.
 - If offering to foster children with severe trauma in their lives they're more at risk and have to be watched closely.
 - Some youth will come with their older/young siblings and their siblings may have violated them. Stay alert.
 - Is there a runaway risk? Were they forced to come?

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- Download a sample agenda at
 - www.YoungMensGathering.com
 - Email camp Coordinator if you have questions ZEPHERO@Gmail.com

YOUNGMENSGATHERING.COM

For more information



Traditional Cultural Mentoring for Native Children and Youth

THANK YOU FOR JOINING US!



Please take a moment to take this short survey regarding today's webinar and future webinars.

<https://www.surveymonkey.com/s/NL2RS2Q>

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