

2022 Indigenous Youth Wellness Summit
"Being a Good Relative"



Report & Recommendations

— NOVEMBER 2022 —



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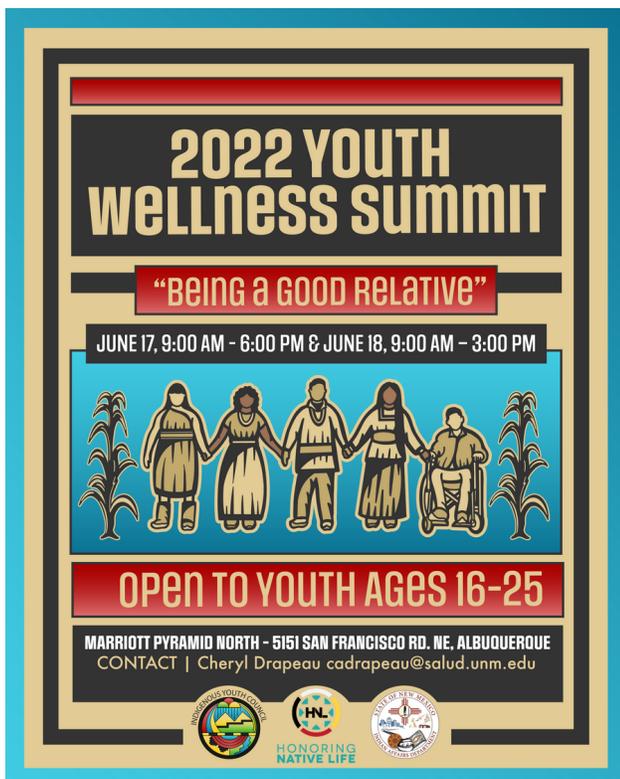
INTRODUCTION

The New Mexico Indigenous Youth Council Post-Summit Report & List of Recommendations outlines the recommendations gathered from the 2021 and 2022 Indigenous Youth Wellness Summits. In 2022 the Youth Wellness Summit, "Being A Good Relative" was hosted for the first time in person on June 17-18, 2022. The Indigenous Youth Wellness Summit (YWS or Summit) resulted from numerous calls by tribal leadership and youth to improve access to behavioral and mental health services and resources, both in and outside of tribal reservations. During the recent COVID-19 pandemic, access to these resources has been stifled by limited broadband capacity and lack of tribal behavioral health providers, among other systemic challenges that tribal communities continue to face. This report includes actionable ways that state and tribal leadership can utilize recommendations in this report for youth in their communities, including a resource list of trusted partners.

The New Mexico Indian Affairs Department (IAD or Department) formed its inaugural Indigenous Youth Council (IYC or Council) in early 2021 after two listening sessions with tribal youth across the state. One of the main issues raised was the need for improved access to mental health resources. Building off the success of the 2021 Youth Wellness Summit, "Community Resilience: Nurturing and Protecting Youth Wellness," the IYC and Honoring Native Life developed the 2nd Annual Youth Wellness Summit, "Being A Good Relative." IAD also expanded the Council to include members representing the state's 23 Nations, Tribes, and Pueblos and the urban Native community. Collectively, they comprise a membership of twenty-one youth ages 16-25. The IYC designed and participated in the Summit, and contributed to the writing of this report. To learn more about members of the Indigenous Youth Council, please see Appendices.



Since early 2021, the IYC has partnered with Honoring Native Life (HNL) to develop and execute a statewide Indigenous Youth Wellness Summit. Created in 2011, HNL serves as a clearinghouse for Native American suicide prevention and is housed at the University of New Mexico Department of Psychiatry and Behavioral Sciences Division of Community Behavioral Health. In partnership, the IYC and HNL take a holistic view of wellness, expanding the understanding that mental wellness is influenced by all parts of being: physical, mental, social & emotional, and spiritual & cultural well-being. The programming reflected in the Youth Wellness Summit's sessions utilize the holistic wellness framework. Planning process partners worked to integrate ideas proposed by the IYC into the Gathering of Native Americans (GONA) model. The GONA model is a culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports the participants. The full agenda of the Youth Wellness Summit can be found in the Appendices.

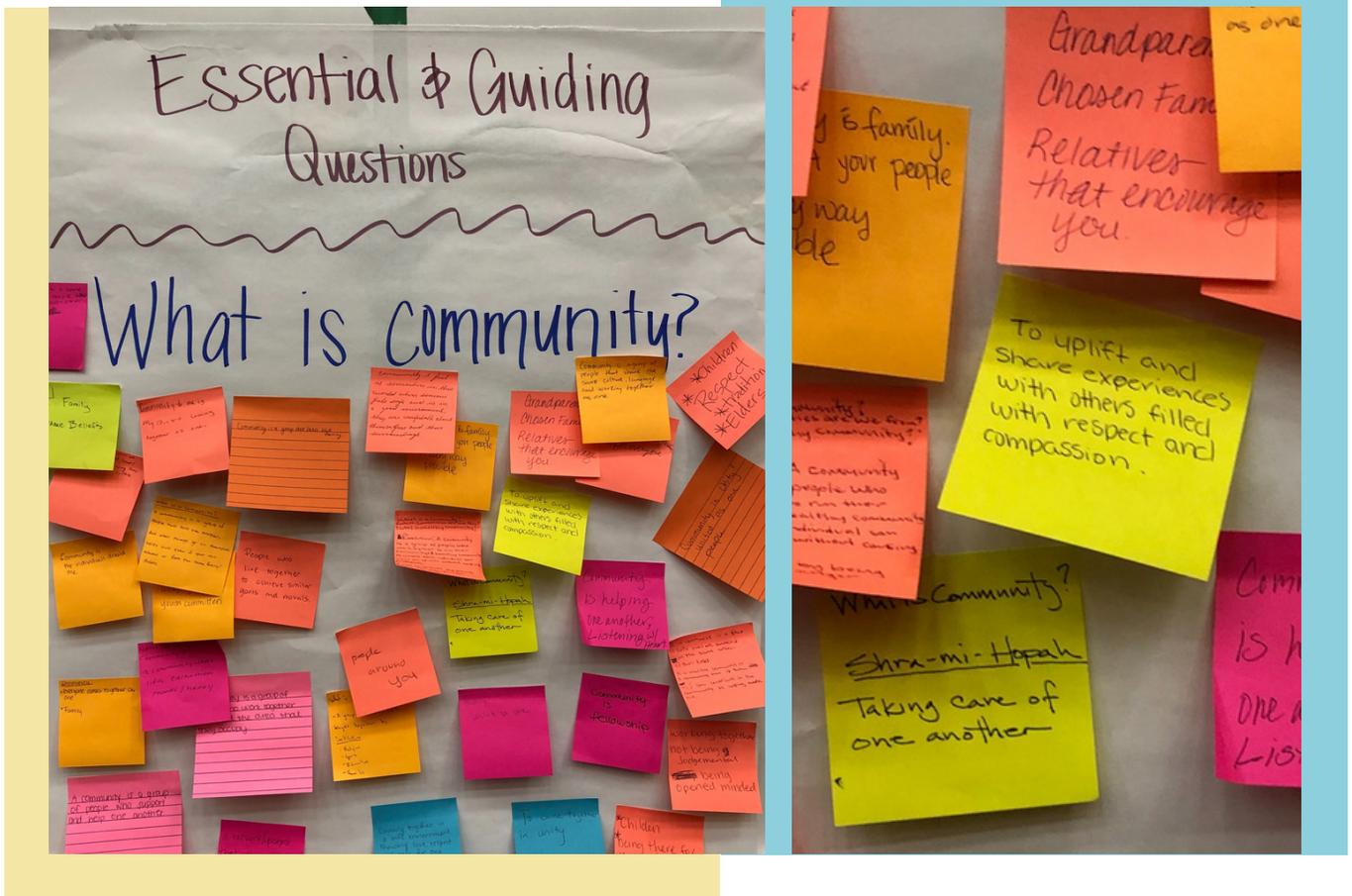


During the 2022 Indigenous Youth Wellness Summit plenary sessions, the focus was on intergenerational and environmental relationships and how we can be good relatives to each other and our environment, which included presentations on land-body mapping, historical resilience, and centering in our spirit and culture through an elder panel that answered questions generated from youth. Breakout sessions participants to engage in physical, spiritual, and emotional wellness through yoga, self-care, mental health and wellness, art as activism, presentations on traditional foods and food sovereignty and the importance of the drum and connections to wellness. The IYC, with its partners, built

off feedback from last year's Summit and incorporated youth perspectives from this year's Summit to develop recommendations to the state of New Mexico, the IAD, Tribal leadership, and other Tribal partners like HNL to better support Indigenous youth to improve their holistic wellness.

LIST OF RECOMMENDATIONS

Incorporating their knowledge and the 2022 Summit participant feedback, the IYC members have identified four priority areas and included a list of respective recommendations and actionable items grouped under the holistic view of health and well-being; the physical being, the mental being, the social & emotional being, and the spiritual & cultural being. The IYC developed two additional priorities: (1) Elevating Youth Voices and (2) Learning from the COVID-19 Pandemic and its impacts on tribal communities. The IYC also organized the recommendations into target timeframes of short-term (<2 years), mid-term (2-5 years), and long-term (5+ years). The Council hopes the tangible items listed under each recommendation will be helpful in directing readers to new ideas and partners already established in tribal communities. The IYC is forging new relationships with each other, and this report serves as a shared platform to learn from one another and expand opportunities for Indigenous youth.



PHYSICAL BEING

PRIORITY: TO PROMOTE MOVEMENT AND PHYSICAL HEALTH.

Indigenous youth recognize the importance of physical health and movement as a tool to reduce emotional and psychological stressors such as anxiety and depression as well as chronic illnesses like diabetes. They also seek to uplift dialogue regarding body positivity, as information based in dominant culture can encourage body shame, fat phobia, and ableism that directly threaten Indigenous youth’s mental and emotional well-being and discourage physical health activities. Furthermore, Indigenous youth hope to secure tools and spaces to practice movement where communities can come together to be physically healthy. They believe that access to tribal lands, green spaces, and recreational areas like parks and community gardens allow tribal communities to engage in intergenerational and culturally specific modes of movement like growing traditional food and playing traditional games.



RECOMMENDATIONS:

Short-term (<2 years)

- Encourage Native culture-based activities in schools, such as running, traditional dances, and Indigenous games.
- Utilize a behavioral health model and implement it in communities focused on youth.
 - [Project Venture](#) - A youth-driven and family-guided model at San Felipe Pueblo which develops life/social skills through experiential learning to strengthen resiliency and cultural values.
- Create regional sports teams or clubs from tribal communities for youth under 12 years of age, utilizing tribal facilities (soccer fields, baseball/softball fields, basketball courts) and invite neighboring pueblos or tribes for friendly competition.
- Encourage and uplift body movement that incorporates traditional ways of life such as attending to crops, watering plants, and cleaning up outdoor/indoor community areas.
- Consider movement as a part of everyday practices, for example functional movement when cleaning up or tending to gardens.
- Promote health education on diabetes, both preventative and post-diagnosis.
- Build partnerships and collaborate with other programs in surrounding areas to increase turnout at health events.
- Encourage healthy eating using traditional foods and support opportunities for youth to learn to grow cook foods in a healthy way.
- Partner with surrounding health and fitness centers to find a way for youth involvement through discounted, free access, or "tribal member" passes especially during times off school (summer break, fall break, winter break, spring break, etc.)
- Contract nutritionists in tribal communities to teach about healthy eating and cooking and provide recipes associated with traditional ingredients. Utilize nutritionists to:
 - Develop healthy recipes with traditional foods when possible and provide ingredients for recipes.
 - Provide nutrition education.
 - Use social media to partner with Native American chefs for tutorials to post to social media (TikTok, Instagram).
 - Develop healthier options for larger families (cost based) for intergenerational homes.
 - Utilize community supported agriculture (CSAs) for free and fresh produce access through bi-weekly food distributions to local communities.
- Purchase a community food truck for tribal members to utilize for fundraising events, for example sending youth to national sporting competitions, national conferences, etc.

- Host a community farmers' market during harvest time to encourage trading and bartering.
- Organize walking and hiking clubs, such as tribe- or tribal youth council-sponsored events. Existing models/resources:
 - [Native Health Initiative \(NHI\)](#)
 - [Running Medicine](#) chapters for tribal youth.
 - [Wings of America](#)
 - [NB III Foundation](#)
- Provide regular education and outreach on interactive movement, such as yoga, Zumba, or other activities that can be done virtually or in-person at a wellness center or outdoors.
- Host open gym sessions or outdoor community events like kickball or a rez-race obstacle course.
- Provide education on movement which isn't just exercise or weight loss based but focused on reclaiming Indigenous health and wellness, for example the [Well for Culture](#) model of 7 circles of wellness.
- Encourage everyday movement to reduce stress and anxiety, improve brain cognition, and reduce risk of disease. Utilize apps to build teams and track food and movement.
- Centralize the importance that food, water, sleep, movement, ceremony, and sacred space have on the body and mind in tribal communities.
- Host community "monthly challenges" and provide incentives for participants. Challenges can be for:
 - Vegetable intake
 - Walking/Running
 - Water intake
 - Sleep challenge
- Challenge communities to change messaging on physical exercise from being centered around toxic weight-loss and instead focus on:
 - Being healthy to practice cultural activities.
 - Being healthy to live a long life.
 - Use creative outlets (TikTok, Instagram, etc.) to provide education on the importance of physical exercise (physical exercise helps me prevent other chronic diseases, aids in mental wellbeing, etc.)



“The initiative of the IYC was to ensure that our relations, such as non-human relatives (i.e. plants, animals, water, land, and spirituality connections), were acknowledged, honored, and in so doing, would contribute to the promotion of wellness in our lives.”

-Alysia Coriz, 25, Kewa

Mid-term (2-5 years)

- Fund tribal seed-sharing programs, communal gardens, plant nurseries, and fields to cultivate traditional foods, pass on knowledge regarding traditional agriculture, and encourage intergenerational relationships.
 - Provide education and resources for farmers to hold ancestral seed knowledge sharing with their community. Existing resources and models include:
 - [Ancestral Lands Conservation Corps](#)
 - [Indigenous Seed keepers Network](#)
 - [Ts'uyya Farm](#)
 - Host summer programs for community gardening planting traditional foods with emphasis on community roles and learning songs and caretaking for crops and land.
 - Find community garden space for youth in urban settings who do not easily have access to farmlands
 - Three Sisters Collective Full Circle Farm in Santa Fe regularly hosts events in the summer for Indigenous folks to help with the community garden and share space to learn and harvest communally.
- Invest in tribal wellness centers or other places that encourage holistic wellness.
- Offer discounted membership or “tribal member” access fee to wellness centers and gyms in cities or counties for urban Native communities.
- Support campaigns such as the #Landback campaign, which is an Indigenous rights movement encouraging the return of land and resources to Indigenous stewardship.
 - Identify city, county, state or federal lands that were once tribal lands and return to tribes using geographic information systems (GIS). See [“Considerations for Federal and State Landback”](#) report.

Long-term (>5 years)

- To further protect and defend Indigenous peoples’ religious freedoms and access to sacred sites and natural and cultural resources, such as access to Chaco Canyon, Bandelier National Monument, Bears Ears Monument, and others.
 - Create campaigns across religions to build advocacy for sacred site protection. Create analogies so that others can relate importance and urgency.
- Allocate land and water to tribes outside of tribal areas in order to protect water from threats like water contamination.

MENTAL BEING

PRIORITY: TO NURTURE MENTAL HEALTH THROUGH SELF-CARE STRATEGIES.

Indigenous youth desire more accessible and diverse self-care strategies in their communities to enhance day-to-day community wellness. Self-care is the practice of taking action to preserve or improve one’s own health or mental health or anything one does for oneself that is nourishing. Self-care is shown to positively impact emotional and physical well-being, and it can also incorporate spiritual and cultural nourishment through the development of traditional self-care strategies in addition to contemporary approaches. The overall benefits of providing communities with the ability to nurture mental health through accessible and diverse self-care strategies include reducing burnout and stress by focusing on communal and individual happiness. It is the hope of the Indigenous youth that building futures focusing on mental health will prioritize mental health care and destigmatize mental illness.



RECOMMENDATIONS:

Short-term (<2 years)

- Encourage and support planting and growing traditional foods, gardening, and sheep herding, and provide spaces to incorporate a connection to nature daily.
 - Partner with youth groups and elders to teach traditional knowledge through Indian Education programs at public schools, after-school programs, and youth councils.
- Implement and fund experiential mental health prevention programming, such as the [National Indian Youth Leadership Program's Project Venture](#) curricula that engages Indigenous youth in experiential learning and challenges that are proven to reduce mental distress and suicidal ideation and assist in socialization of Indigenous youth in their own communities and beyond.
 - Collaborate with tribal youth councils (and IYC) to plan and implement tribe-specific mental health programming.
- Promote and fund Indigenous youth and elder-talking circles, community wellness events, and health and fitness challenges.
 - Reach out to national organizations like United National Indian Tribal Youth, Inc. ([UNITY](#)) or Center for Native American Youth ([CNAY](#)) to co-facilitate talking or healing circles.
 - Collaborate with organizations like Native Health Initiative ([NHI](#)), First Nations Community HealthSource ([FNHS](#)), Pueblo Action Alliance ([PAA](#)), and American Indians for Opportunity ([AIO](#)) to host community wellness events or fitness challenges.
- Transform physical education classes in public schools to classes that integrate holistic wellness approaches with an emphasis on mental health.
 - Develop recommendations for physical education classes to integrate a holistic approach.
- Encourage youth to limit screen time and help youth understand the effects of social media addiction.

Mid-term (2-5 years)

- Invest in mechanisms to learn more Indigenous knowledges, such as the traditional use of plants and herbs.
 - Use the Indian Pueblo Cultural Center's ([IPCC](#)) gardens, classroom space, and educators to host community events.
- Fund the construction and/or maintenance of adequate tribal community facilities for community behavioral health programs, nutrition programs, parks and community centers.
 - Incorporate Indigenous languages and words for landmarks into community spaces.
 - Ask community planners to include youth input on design for their community. Include intergenerational usage as grandparents can often be caretakers.

- Fund and support the construction of urban Native community gardens and safe spaces for outdoor activity for Indigenous families and youth.
 - Identify what spaces would be most used by Indigenous families and youth.

Long-term (>5 years)

- Educate on and normalize the concept of self-care and self-care strategies in and outside tribal communities.
 - Develop presentations or host youth meet ups to talk about self-care practices or utilize talking circles for hard to discuss topics.
- Introduce the Gathering of Native Americans (GONA) model for community engagement, education, and strategic planning for tribal youth in all communities.
 - Host training on the GONA model for tribal youth councils and provide strategies on how to implement GONA in their community events or community service projects.

“I learned to look out for warning signs for mental wellness some can be oversleeping or not getting enough rest, overeating and thoughts of self harm. Youth are most likely to go to peers when they are feeling suicidal it is important for youth to learn selfcare techniques for resiliency.”

Jeremy Begay, 24, Mescalero Apache



SOCIAL & EMOTIONAL BEING

PRIORITY: TO INCREASE UNDERSTANDING OF HEALTHY RELATIONSHIPS AND BOUNDARIES AND STRENGTHEN SELF-CONFIDENCE.

Indigenous youth are concerned about equal opportunities and access to educational resources that promote healthy relationships, boundaries, and mentorship on-and-off the reservation. The prominence of peer and community engagement in unhealthy relationships and boundary settings occurs in urban, rural, and reservation settings. Yet, accessibility to support systems that help youth identify the characteristics of healthy boundary setting and healthy relationships, including guiding healthier choices and exploring how unmet needs can contribute to unhealthy relationships, is scarce. It is critical that Indigenous youth are equipped with the knowledge and know-how to build happy, healthy, and safe futures for themselves and with their loved ones. As such, Indigenous youth hope to expand access and resources regarding healthy relationships, boundaries, and mentorship to all Indigenous youth living on and off the reservation.



RECOMMENDATIONS:

Short-term (<2 years)

- Provide elder mentorship opportunities for Indigenous youth, young adults aged 25-30+, and those living in urban centers.
 - Develop plans for tribe-specific elder mentorship programs to youth or young adults.
- Encourage access to workshops and training on the prevention of alcohol and substance misuse.
 - Develop a virtual toolkit including videos, infographics, images, etc. for anyone to access. Utilize existing fact sheets to elevate culturally relevant messaging such as [Albuquerque Area Southwest Tribal Epidemiology Center materials](#).
 - Incorporate workshops on healthy masculinity utilizing the [New Mexico Healthy Masculinities' toolkit](#).
- Develop a “career day” for tribal youth groups to visit tribal administration offices to understand the function of the departments and understand possible career paths.

Mid-term (2-5 years)

- Fund and conduct educational programming for youth on healthy relationships in tribal and urban Native communities.
 - Utilize federal grants or private funding from foundations to create safe community spaces, and ask leaders to develop healthy relationship programming.
- Invest in pre-professional and educational opportunities in behavioral and public health to increase Indigenous workforce.
 - Reach out to Indigenous behavioral health professionals to suggest having youth as interns to gain firsthand experience in the behavioral health field see (Appendix B - Mental and Behavioral Health Resources).
 - Placements for interns can be at tribal health and wellness centers, social services, senior center, behavioral health center or organization in areas surrounding tribal communities, Indian Centers, and other Native American non-profit groups.

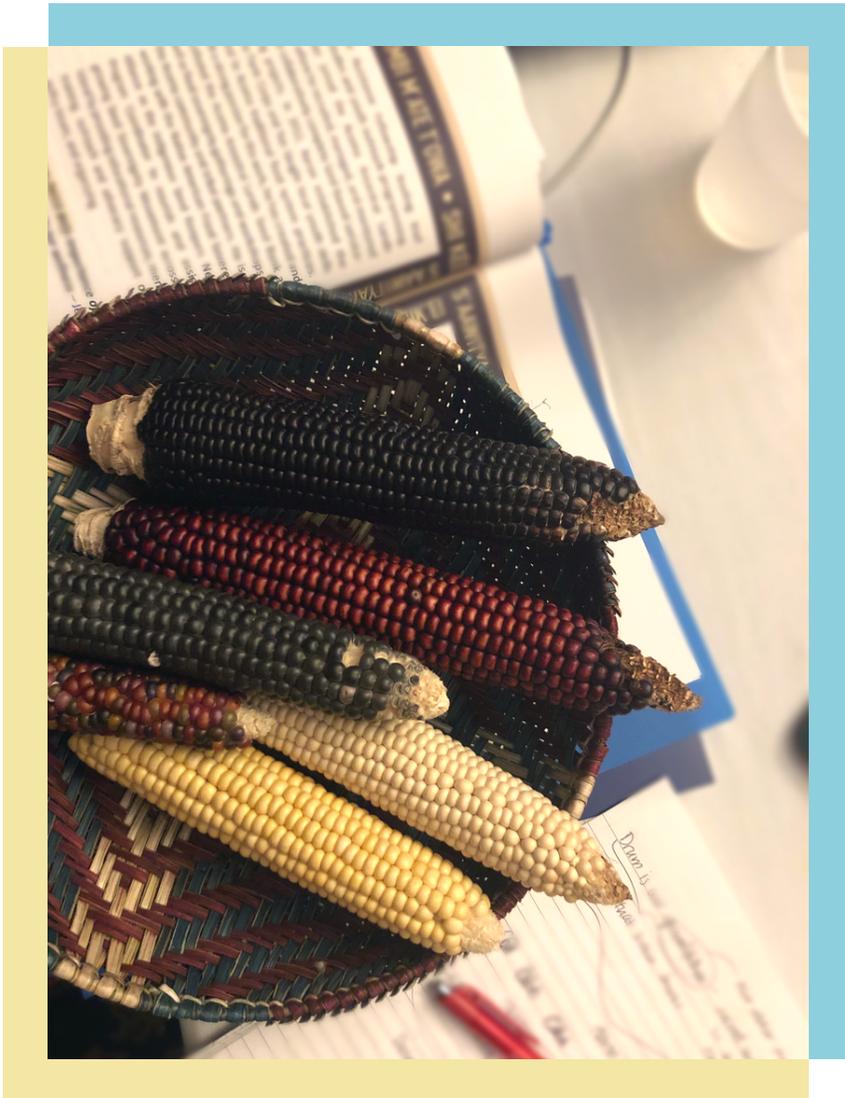
Long-term (>5 years)

- Provide access to behavioral health services and resources to Indigenous youth on and off the reservation.
 - Incorporate more comprehensive behavioral/mental health representatives to speak at the annual IYC Youth Wellness Summit about services provided and resources available.
- Fund training and educational initiatives for state and tribal leadership on healthy relationships to address systemic gender discrimination stemming from colonization.
 - Develop age-appropriate educational materials about colonization leading to systemic gender discrimination.

SPIRITUAL & CULTURAL BEING

PRIORITY: TO GROW AND INVEST IN ACTIVITIES THAT SUPPORT CULTURAL REVITALIZATION, CULTURAL GROUNDING, AND TRADITIONAL HEALING.

During both the 2021 and the 2022 Indigenous Youth Wellness Summits, Indigenous youth resoundingly voiced the need for the state and its partners to invest in Indigenous cultures and languages. Indigenous youth experienced an extreme disturbance to their spiritual and cultural ways of life during the COVID-19 pandemic, as Indigenous ceremonies were either modified or canceled completely. Indigenous youth are also experiencing the insurmountable loss of loved ones, religious leaders, and other culture and language-keepers to COVID-19. To heal from this loss, and continue the preservation of their cultures and languages through these difficult times, Indigenous youth hope is to grow in their cultural groundings.



RECOMMENDATIONS:

Short-term (<2 years)

- Advocate for a statewide multiagency proclamation supporting Indigenous language revitalization in New Mexico.
- Recognize all Indigenous languages of the 23 Nations, tribes, and Pueblos as the first languages of New Mexico.
- Provide an annual Indigenous culture week (e.g. Native Language Day, Indigenous Peoples' Day, statewide Day of Prayer, etc).
 - Create social media campaigns to increase awareness about Native issues.
- Implement a land acknowledgement standard for New Mexico, including an intertribal land acknowledgement for major cities in the state.
 - Create a video about developing land acknowledgement and caution allies about land acknowledgements not being performative but acknowledging current and historical perspectives.

Mid-term (2-5 years)

- Promote development and funding of activities, programs, and classes that encourage cultural engagement and revitalization. Potential options may include:
 - Developing coloring and other activity books with culture and language teachings, such as crossword puzzles and word searches.
 - Contract local Indigenous artists to illustrate/design activity books.
 - Provide virtual cooking classes of traditional foods.
 - Contract local Indigenous chefs to record videos cooking traditional foods and have them available on IAD/IYC website, YouTube, etc. Examples of Indigenous cuisine businesses:
 - [Saya's Food Truck](#)
 - [Cotton Blossom Gardens](#)
 - [Mankko: Native American Fusion](#)
 - [Itality](#)
 - [Cleo's Blue Corn Kitchen](#)
- Provide ways to find resilience in culture programs, for example learning creation stories, supportive language, traditional games, shini stick games, taboo teaching with safe spaces to learn from mistakes, etc.
 - Plan and implement various culture nights hosted in-person, virtually, or hybrid.
- Provide cultural art-making classes like silversmithing and dress-, belt-, or moccasin-making with intergenerational knowledge keepers.
 - Plan a series of Indigenous culture/art weekend workshops or promote events at the local Indian Center.
- Provide seasonal classes about farming and agricultural practices, seed keeping, and traditional foods. Existing resources:
 - [Indigenous Seed Keepers Network](#)
 - [Three Sisters Full Circle Farm](#)
 - [Tewa Women United](#)

- Invest in the revitalization and preservation of Indigenous languages in ways that respect and promote tribal data sovereignty. Potential options include:
 - Standardizing a Native language-honors track in public schools.
 - Implementing a bilingual seal of Native language literacy in tribal and public schools.
 - Providing virtual language classes while people are home, using secure links, such as encrypted platforms, to protect language.
 - Incorporating traditional arts & crafts and lifeways programming in tribal language department efforts.
 - Creating language classes at various age- and speaking-levels for tribal members in and outside of tribal reservations.
- Fund and provide technical assistance training for tribal personnel to teach and archive language and cultural documents in tribal libraries.
- Fund and provide technical assistance to host virtual cultural teachings, using secure, encrypted tools or platforms.
- Fund programming that will take tribal members to cultural sites such as Chaco Canyon, Pueblo Bonito, Mesa Verde, and other traditional sites with cultural knowledgeable holders, when and where appropriate.
- Ensure that all state employees tasked with the care of public lands that contain tribal cultural sites are adequately educated on tribal nations' ties to and continued access to these lands.

Long-term (>5 years)

- Fund and educate staff to support technology and infrastructure of tribal libraries and the development of language revitalization programs.
- Advocate for digital preservation and protection of data at the tribal level, developing tribal-informed archive systems.
- Fund research and draft publications on Indigenous language maintenance and cultural sovereignty, including traditional arts & crafts and lifeways.

“The pandemic shut down our traditional activities and being away from the drum was difficult. Being able to hear the drum brought overwhelming joy. Learning about the drum was very heartwarming. I learned how the drum was made and what efforts going into making them. I am grateful to the drum group for being open to sharing what the drums means to them and how it impacts them.”

-K'wani Cortez, 21, Acoma Pueblo



LESSONS LEARNED FROM THE PANDEMIC

PRIORITY: TO INTEGRATE LESSONS LEARNED FROM THE COVID-19 PANDEMIC AND ITS IMPACT ON TRIBAL COMMUNITIES.

The COVID-19 pandemic has disproportionately affected New Mexico's tribal communities. Its impacts will continue to negatively affect tribal communities in terms of culture and language, healthcare, education, infrastructure, crisis response, and our individual health and wellness. However, the pandemic created avenues of funding that were otherwise not available to tribal communities. Due to historical under-investment of infrastructure and programming, this funding has been instrumental in protecting the wellbeing of tribal youth and proved that there is a continued need. Tribal communities without infrastructure, or with aging and failing infrastructure, are at a greater risk of poor public health as witnessed during the COVID-19 pandemic. We must learn from this universal event and continue to support the whole person's spiritual, emotional, physical, and mental health and build back our tribal communities better than before.



RECOMMENDATIONS:

Short-term (<2 years)

- Continue to further support urban Native families with monetary relief, support circles, and other services.
- Continue to support the funding of emergency food banks.
- Support a tribal convocation to review lessons learned from the COVID-19 pandemic, discuss emergency management planning, celebrate the return to traditional practices and communal gatherings, and provide a space for Indigenous youth perspectives on how to build back better.

Mid-term (2-5 years)

- Educate tribal communities on mental health support as a required component of crisis/emergency response planning.
- Educate state emergency management on tribal sovereignty and unique political relationship of tribes.
- Develop Native-specific hotlines and warmlines for mental health crisis response within national efforts, for example the 988 crisis line.
 - Ensure tribes have access and infrastructure to implement resources in their communities.
- Provide technical assistance to tribes on the use of social media as a means of information sharing during emergency response.
 - Utilize community text lines for updates, testing events, links to tribal/state resources, traffic incidents for community safety.
- Utilize community lockers (similar to Amazon) for critical resources not linked to physical addresses.

Long-term (>5 years)

- Support the continued development of emergency communication systems and crisis response planning for tribal communities.
- Fund tribal broadband infrastructure and ongoing infrastructure projects, especially water.
- Construct and manage emergency shelters for unsheltered relatives.

ELEVATING YOUTH VOICES

PRIORITY: TO ELEVATE INDIGENOUS YOUTH VOICES AND REPRESENTATION IN CRITICAL DECISION-MAKING.

Indigenous youth seek the inclusion of their voices and representation in critical decision-making to ensure their concerns are addressed in tribal and state issues. By pushing forward the IYC's mission and purpose to raise support for holistic health and well-being of Indigenous youth across New Mexico, Indigenous youth gain the infrastructure to develop recommendations for and by Native youth through the IYC and in tribal youth councils throughout New Mexico.

From Fall 2021 – Fall 2022, the IYC has committed their energy and resources to making some of the recommendations in this report a reality by growing and investing in activities that support cultural revitalization, cultural grounding, and traditional healing. The IYC developed a Winter Cultural Storytelling Series, the Native Voices entertainment series uplifting up and coming performers, and hosted a fun walk/run at Mescalero Apache Tribe. IYC has presented to State and Tribal leadership, local and international groups, and have lent their voices to public service announcements. Recordings of activities of the council can be found on the New Mexico Indian Affairs Department's YouTube and IAD Facebook page. Additionally, the IYC wrote a Proclamation signed by Governor Lujan Grisham proclaiming November as "New Mexico Indigenous Languages Month." The proclamation recognizes the eight unique languages as the first languages of the state and honors Native language teachers. The IYC acknowledges that elevating content driven by Indigenous youth is powerful and helps combat stereotypes through authentic representation, and that more content is needed for Indigenous youth to see themselves represented in mainstream media.



RECOMMENDATIONS:

Short-term (<2 years)

- Present the post-Summit report and its recommendations to state and tribal leadership as well as to the interim Indian Affairs Committee (IAC).
- Identify and support youth leaders by nominating or appointing them to tribal, local, state, and national boards, commissions, and task forces.
- Utilize social media platforms to support health and wellness messaging, challenges, and highlight youth efforts from various tribal communities.
- Continue to provide press and speaking opportunities for Indigenous youth.
- Be more inclusive by increasing the representation of Indigenous youth across the state, including urban, LGBTQ2S+, and Afro-Indigenous youth.
- Continue funding Indigenous Youth Council initiatives.
- Provide opportunities for leadership development and fellowship programs for Indigenous young adults 25-30+ to assist tribal youth groups and programming.
 - American Indians for Opportunity Ambassador program.

Mid-term (2-5 years)

- Set up tribal youth councils, establish a commission of tribal youth councils, and ensure their structural support and longevity through mentorship programs and funding.
 - Consider intertribal youth councils appointed by tribal leadership.
- Expand leadership roles for Indigenous youth, particularly for Indigenous women and girls.
 - Develop women-, girl-, female identifying- specific mentorship programming.
 - Utilize [Auntie Talking Circles](#) and [B.U.D. \(Brother, Uncle, Dad\) Talking Circles](#) in-person or virtual in your communities.
 - Find resources at [We R Native](#) specific to the needs of each community,
- Create a New Mexico tribal youth policy fellowship in partnership with tribal and state organizations, similar to the Santa Fe Indian School Policy Institute.

Long-term (>5 years)

- To implement youth workshops within tribal communities on the holistic frameworks of well-being (physical, mental, social, emotional, cultural, and spiritual health). See Appendix C for full Summit Agenda.
- To support art and other education projects in non-tribal communities across the State to promote the visibility of tribal people in a modern context.
- To allocate more resources and funding towards mental health, especially mental health services for Indigenous youth and young adults.

CONCLUSION

It is the Indigenous Youth Council's hope that recommendations from the Summit will serve as a catalyst in making instrumental change for Indigenous youth and their holistic wellness. These recommendations are true products of love, co-developed by the IYC and our peers at the Indigenous Youth Wellness Summit. The IYC hopes these youth-driven recommendations reach state and tribal leadership from a sincere place of wanting to contribute to the well-being of our communities and tribal members. As we have seen through tough times and the recent pandemic, our communities are stronger when we work together towards common goals. The IYC shared existing ideas from their communities, provided the knowledge of trusted partners and resources, and envisioned new ideas for leaders to act on.

The safekeeping of community and cultural longevity lies in the aspirations formulated through the Indigenous Youth Wellness Summit. New Mexico's Indigenous youth spoke to the trauma, gaps, and failures of youth-specific holistic well-being. Youth strongly advocated for the need to generate nuanced, innovative, and culturally-specific problem-solving solutions to facilitate community and individual healing, many offering such solutions themselves. The introspectiveness and intelligence displayed at the convening showcased a new generation of Indigenous leadership determined to bring their visions of wellness to fruition. In leading a future of wellness, Indigenous youth have hope and trust in state and tribal leadership to begin instrumental change at the guidance of New Mexico's Indigenous youth. Likewise, Indigenous youth ask for hope and trust in the vision the IYC has laid throughout the priorities, recommendations, and resource list.



APPENDIX A: Indigenous Youth Council Biographies



Jeremy Begay
Mescalero Apache Tribe

Jeremy is a member of the Mescalero Nde Youth Council that is associated with the Mescalero Prevention Program. The Nde Youth Council helps the Mescalero Apache youth by offering workshops providing motivational youth activities and educating youth in the community. The focus is to help the youth get involved and to find a better way to cope with mental and physical health rather than to go a different route, which may lead to drug addiction, alcohol, and suicide.



Joel Biakaidy
Navajo Nation

Joel Biakaidy is an active member of the NM MESA Club at Crownpoint High School. MESA is a pre-college program that prepares students for college majors and careers in STEM fields. Joel enjoys math, science, and engineering. He has also worked to revitalize the Eagle Beat Newspaper at CHS and is a perspective Student Ambassador for the Human Health Sciences at CHS. Joining the IYC is an opportunity that will open doors for future generations of Native Youth to ensure that their voices are heard.



Kaiya Brown
Navajo Nation

Kaiya Brown (she/they) is a 16 year old junior attending V. Sue Cleveland High School in Rio Rancho, NM, and a member of the Navajo Nation, from Tó Hahadleeh (Indian Wells, Arizona). Kaiya's clans are Tót'soh'nii nishlí, Bina'adaaltsózi éi bá shíshchíín, Tachii'nii 'éi dashicheii, Bilagáana 'éi dashinálí. She created the first Native American Club (now called Native American Student Union) at her high school to bring Indigenous youth together, and fundraise for causes such as the Coalition To Stop Violence Against Native Women (CSVANW). Kaiya enjoys reading, practicing yoga, roller skating, and studying her mother language, Diné Bizaad, through dual credit at the IAIA in Santa Fe. She is motivated to utilize both IYC and her school's NA student union to unite Indigenous youth through culture, language revitalization, and empowerment.



Alysia Coriz
Kewa Pueblo

Alysia currently serves as the Director of Membership and Outreach for the Coalition to Stop Violence Against Native Women. She also serves as the Co-Chair of the All Pueblo Council of Governors Youth Committee and is a Board Member for Naeva (formerly known as NAVA-EP). She is also the Female Co-President for the Kewa TRUTH Youth Council and former Co-President of the UNM Kiva Club. Alysia is a 2020 recipient of UNITY's 25 under 25 Award and an Uplift Climate Fellow. She is passionate about creating empowerment through community building, revitalizing and maintaining Indigenous language and culture, and making positive social change in Native communities beginning with our young people.



K'wani Cortes
Acoma Pueblo

K'wani Cortes (she/her) is 21 years old, from the Pueblo of Acoma. She is currently attending the University of New Mexico. She enjoys being an older sibling, participating in traditional dances, reading and watching Netflix. As an intern with the Coalition to Stop Violence Against Native Women, K'wani is learning to be a cycle-breaker and advocate for social change. As a youth, she previously attended the CSVANW Native Youth Summit and now is able to participate as a staff member. K'wani hopes to address issues of generational trauma and LGBTQ+2S inclusivity.



Cheyenne Gallegos-Harjo
Santa Ana Pueblo

Cheyenne is in her senior year at Bernalillo High School and a member of the Hanu Youth Council, and track & field and cross-country teams. She is focused on how youth are facing the challenges of the COVID-19 pandemic and finding a balance between duties at school and home. Cheyenne enjoys hanging out with her 3 brothers. Cheyenne is excited to be a part of the Indigenous Youth Council.




INDIGENOUS YOUTH COUNCIL
Kylea Garcia
 Kewa Pueblo

Kylea Garcia
 Kewa Pueblo

Kylea comes from Kewa Pueblo, NM. She is a graduate of Dartmouth College where she studied Native American Studies and Global Health. During her time at Dartmouth, Kylea served on multiple student committees and organizations, with a specific focus on serving Native and Indigenous students. Kylea currently works as a Research Assistant for the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC). AASTEC is a department within the Albuquerque Area Indian Health Board which serves the 27 tribal communities across New Mexico, Colorado, and Texas. With her background in health and wellbeing, Kylea hopes to collaborate with other Native youth across New Mexico to design and implement culturally-centered programming to address health and wellbeing issues in our communities. In the near future, Kylea plans to attend graduate school and obtain a Master's in Public Health.




INDIGENOUS YOUTH COUNCIL
Taneya Garcia
 Santa Ana and Acoma Pueblo

Taneya Garcia
 Santa Ana and Acoma Pueblo

Taneya Garcia (she/her) comes from Santa Ana and Acoma Pueblos. Taneya is a recent college graduate of Lawrence University in Appleton, Wisconsin where she obtained her undergraduate degrees in the fields of Anthropology and Ethnic Studies in June 2022. While at Lawrence University, Taneya was a part of many organizations including the President of Lawrence University Native American Organization (LUNA). She is passionate about Indigenous Education, language reclamation, and learning about the ways she can give back to her community through education and by addressing educational inequities for Native students. Taneya recently accepted the position of the 2022-2023 Institute for Policy Studies New Mexico Fellowship in Washington D.C. where she will spend a fellowship year working with the Poor Peoples' Campaign and return to New Mexico to work with a non-profit organization. Outside of academics and her career Taneya enjoys weightlifting, cooking, running, and spending time with her family. She looks forward to supporting her communities through conversations with the youth and providing resources to her communities surrounding Indigenous education, language reclamation, and holistic wellness.



Joseph Harker
Zuni Pueblo

Keshi Ko don' dewan ah'deya'yeh! Ho Joseph Harker Leshinah. Hom anodi'weh donashi:kwe deyan kwa'lashi'bitchi:kwe awan cha'le. Hello, my name is Joseph Harker. My clans are badger and child of a crow. I am 20 years of age, from the Pueblo of Zuni. I am currently a junior at the Colorado State University-Pueblo where I am studying Biology-Pre-Med. I also am on the Cross County/ Track & Field teams. I am happy to be a part of this cohort to make our youth happy!



Taylor Lucero
Laguna Pueblo

Taylor Lucero (She/Her/Hers) is from K'awaika Hanu, also known as Laguna Pueblo. She is a recent graduate of the University of Denver (DU) with a Bachelor of Arts degree in Criminology while minoring in Critical Race & Ethnic Studies. During undergrad, Taylor served as a Co-Chair President and Publicist for the DU Native Student Alliance. She also served as an undergraduate student representative on the DU Native American Indigenous Leadership Council and DU Sand Creek Memorial team. These roles aimed to give strategic insight and helpful suggestions on better serving, recognizing, and supporting Native American students, staff, and faculty at DU while educating the public about the historic settler violence against the Indigenous Nations of Denver, Colorado. Taylor is also a recipient of the New Mexico Davis Scholarship, a full-ride scholarship provided to first-generation students in New Mexico. Taylor is currently a 2022 Summer intern for the College Horizons Program, a non-profit organization, and college readiness program that helps prepare Native and Indigenous scholars for higher education. Taylor looks forward to learning and building community in the Indigenous Youth Council and using her knowledge to address the topics of Missing and Murdered Indigenous Women, Girls, and Two-Spirit relatives (MMIWG2S), mental health, and other issues affecting Indian Country today.



Shayna Naranjo
Santa Clara Pueblo

Shayna Naranjo (she/her) is a youth from Santa Clara Pueblo. As a former Co-Chair for the All Pueblo Council of Governors Youth Committee and Stanford American Indian Organization, she has an array of experiences rooted in community wellness and youth engagement. She recently completed her B.A. in Comparative Studies in Race and Ethnicity from Stanford University after a six-year journey. Next, she's planning on attending graduate school at the Yale School of Public Health to earn her MPH in Social and Behavioral Sciences this coming fall.



Mathis Quintana
Jicarilla Apache Tribe

Mathis is currently working as a summer youth program coordinator at Jicarilla Apache Emergency Medical Services. He attended Colorado State University and received his B.S. in Natural Resources. In College he served as a peer mentor and was apart of student senate at Colorado State University. He's a member of the Jicarilla Apache Nation and resides in Dulce, NM. He enjoys working out, playing sports, cooking, dancing, playing piano, and skateboarding.



Trinity Roybal
Pojoaque Pueblo

Trinity Roybal (she/her) is from P’osuwaegheh Owingeh (Pojoaque Pueblo/Water Drinking Place Village). Trinity is currently a freshman at the University of New Mexico and is interested in finding ways to get Native youth engaged on issues such as Missing and Murdered Indigenous Relatives, language revitalization, and food sovereignty.

In her free time, Trinity enjoys drawing, reading, and spending time with family and friends. She looks forward to continuing to take part in the council and connecting with Indigenous youth from across the state to bring much-needed resources to Tribal communities.



Chenoa Scippio
Navajo Nation

Chenoa (Diné) currently serves as the Southwest Regional Representative (will be ‘ Female Co-President ‘ after July 12) of the United National Indian Tribal Youth (UNITY) Executive Committee. During her last year of undergraduate studies, she was Co-President of UNM Kiva Club, an ambassador for both the New Mexico Health Careers Opportunities Program and American Indian Student Services, as well as a voting member of the UNM Student Fee Review Board. She will continue to work alongside other amazing young leaders at Native Health Initiative in Albuquerque.



Levi Shije
Zia Pueblo

Levi is a graduating student of Southwestern Indian Polytechnic Institute with an Associate's Degree in Natural Resources Management. He is a National American Indian Business Leaders Holistic Indigenous Business Leaders Mentoring Program Fellow, and a Founding Board Member of the Pueblo Development Commission NGO. He is also a rancher and agricultural enthusiast.

Levi is passionate about ecological preservation and honoring his traditional cultural practices through land-based stewardship.



Ameerah Suina Thomas
Laguna Pueblo

Ameerah Suina (she/they) comes from Laguna Pueblo (Kawaika) and is of West African descent. She is an early career professional in non-profit spaces, currently working as a Social Engagement Specialist with the Greater Albuquerque Housing Partnership (GAHP). With experience as an intern in then Congresswoman Deb Haaland's D.C office, as well as the district office in Albuquerque, Ameerah had the opportunity to work closely with the staff on legislation, hear from constituents, and sit in on a plethora of briefings all over Capitol Hill. She is passionate about making all tribal youth feel welcomed and safe in our communities, regardless of blood quantum or residence.

Ameerah holds a B.A in Africana Studies from the University of New Mexico, and a minor in Peace Studies with a concentration on conflict, peace, and diplomacy. She is currently expanding on her American Sign Language education, as well as working on fixing up her childhood home. She enjoys listening to music, dancing, and trying out new hairstyles.



Ian Teller
Navajo Nation

Ian Teller (Dawn), 21 years old, is a Diné (Navajo) actor and entertainment entrepreneur. He specializes in filmmaking and digital content creation. Ian is currently pursuing a Master of Science degree in Music Industry at the University of Southern California's Thornton School of Music and has a Bachelor of Arts degree in Business Administration. He also serves as a member of New Mexico's first Indigenous Youth Council, which works to promote Native youth issues and perspectives directly to leadership.

Indigenous representation in entertainment is essential to shaping accurate stories and depictions of Native people, which is why Ian is committed to supporting Native talents in various fields of the industry. In addition, Ian is also working on various projects and content that highlight Native talents, such as a mini-documentary series and Native-based music events. In addition, with his Music Industry degree, he can consult on areas of publishing/licensing, management, branding, and other music business topics.



Andrea Toledo
Jemez Pueblo

Andrea Toledo (she/they) is Water Clan from the Pueblo of Jemez and represents the Laguna, Hopi, and Santa Ana tribes. She currently attends Southwestern Indian Polytechnic Institute with the hopes of completing her Liberal Arts degree. She works alongside Pueblo Action Alliance as a Youth Communications Organizer and Co-Leads a Cultivating Roots and Resistance Fellowship. She is also the Female Co-Chair for the Young Chefs of America: Indigenous Food Sovereignty Coalition. In her free time, she loves to write poetry and create graphics for her small business, Cloud Top Creations.

She also enjoys planting fruits and vegetables at her family field in Jemez, creating new recipes, cooking with her partner, and exploring the great outdoors.

She is empowered by the thought of creating a positive future for Indigenous youth by amplifying their voices and protecting their cultural lifeways. She believes that IYC will provide tools and experiences to help pursue her dreams for the children in Indigenous communities.



Kiera Toya
Navajo Nation

Kiera Toya, 21, is an enrolled member from the Pueblo of Jemez. On the UNM campus she is involved with the UNM American Indian Student Services Ambassador program, UNM Kiva Club, and Native American Studies Indigenous Research Group. Outside of school, serves on the All Pueblo Council of Governors Youth Committee, staff with Native Health Initiative, and 2022 UNITY 25 Under 25 Leadership Award recipient. She hopes to continue to inspire and be an advocate for all Indigenous youth.



Kari Vallo
Acoma Pueblo

Kari Vallo (Pueblo of Acoma) is an alumnus of New Mexico State University with a Bachelor of Science in Animal Science (2019) and a current graduate student at The University of Oklahoma (2022). She will attain a Master of Legal Studies in Indigenous Peoples Law in December. Currently, Kari is working with her tribe as the Health Educator for the Pueblo of Acoma Health and Wellness Department under the Pueblo of Acoma Health and Human Services Division. Additionally, she is the Vice President of the Miss Indian New Mexico Board of Directors. Her ambassadorship roles include Miss Indian New Mexico Teen I 2014-2015, Miss Native American New Mexico State University 2018, and Miss Indian New Mexico-Runner Up 2021.

Her passion is in public health and building health equity for her community. She strives to look for ways to help her people during the pandemic and other health-related topics. Her job enables her to serve her people, and it is something she finds very rewarding.



Kaleia Vicente
Zuni Pueblo

Ho' Kaleia Vicente le'shina. Ho' dowa:kwe deyan donashi:kwe awan cha'le. Ho' asdemthan hae'legyaythdo debikwikya. Hom aflashina achi , Stephanie Vicente dap Michael Wolf Sr. le'shina. Hello, my name is Kaleia Vicente, I am of the corn clan and the child of the badger clan. I am eighteen years old and my parents are Stephanie Vicente and Michael Wolf Sr. I am currently a student-athlete at Trinidad State College running Cross Country and Track, meanwhile studying Pediatrics. As of right now, I am working with the Zuni Youth Enrichment Project (ZYEP) here in Zuni working full-time as a Lead Camp Counselor. My goal in life is to provide and give in any way that I can to my community and people for all they have done for me.

APPENDIX B: Resource List

The Indigenous Youth Council contributed to this list to find avenues for people to learn about Indigenous issues. Within this list are New Mexico organizations serving Nations, Tribes, and Pueblos, Native American serving organizations, and direct service providers providing behavioral health resources. Additionally, media resources are listed that cover news in Indian Country for allies or anyone wanting to learn more. Our hope is that this list can be used by state and tribal leadership to learn about Indigenous peoples or work with these partners to bring more representative programming to youth.

Mental and Behavioral Health Resources

[Navajo Division of Behavioral and Mental Health Services Healthlines](#)

[Tribal Behavioral Health Resources](#)

[American Indian Suicide Prevention Guide](#)

[Honoring Native Life](#) - The New Mexico Legislature passed an act to form the Clearinghouse for Native American Suicide Prevention. The Clearinghouse was designed to provide culturally appropriate suicide prevention assistance to New Mexico's Native American individuals, families and tribes, nations and pueblos. HNL is a division of Community Behavioral Health at the University of New Mexico.

[Albuquerque Area Southwest Tribal Epidemiology Center \(AASTEC\)](#) - mission is to collaborate with the 27 American Indian Tribes in the Albuquerque Area to provide high quality health research, surveillance and training to improve the quality of life of American Indians.

AASTEC's health priority areas were established in cooperation with our Executive Council and include: Behavioral Health, Healthy Aging, Injury Prevention, and Chronic Disease Prevention and Management.

Organizations for Community Wellness

[American Indians for Opportunity \(AIO\)](#) – AIO advances, from an Indigenous worldview, the cultural, political and economic rights of Indigenous peoples in the United States and around the world.

[Coalition to Stop Violence Against Native Women](#) - To stop violence against Native women and children by advocating for social change in our communities. The CSVANW takes ownership and responsibility for the future of Native women and children by providing support, education, and advocacy using our strengths, power and unity to create violence-free communities.

[Indian Pueblo Cultural Center](#) - The Indian Pueblo Cultural Center (IPCC) is responsible for preserving and perpetuating Pueblo culture, and advancing understanding – by presenting with dignity and respect – the accomplishments and evolving history of the Pueblo people of New Mexico.

[First Nations Community HealthSource](#) - First Nations Community HealthSource is New Mexico's urban Indian health center and a Federally Qualified Health Center in Albuquerque. For more than 47 years, First Nations has provided an integrated and culturally competent health delivery system that addresses the physical, social, emotional and spiritual needs of our community members.

[Native Health Initiative \(NHI\)](#) - was created in 2005 as a partnership between health profession students and Indigenous communities to address health inequities, using the framework of health equity and loving service to guide our work.

[Pueblo Action Alliance](#) - “Pueblo Action Alliance is a community driven grassroots organization that protects Pueblo cultural sustainability and community defense by addressing environmental and social impacts in Indigenous communities.”

[San Felipe Project Venture Program](#) - The is a youth driven and family guided initiative that focuses on Life Skills and social skills development. Through the experiential learning process, youth are able to strengthen their resiliency and their cultural values.

New Mexico Native American Serving Organizations:

[Albuquerque Indian Center](#) - to empower the Albuquerque urban Native American Community and others through the provisions of wrap-around services designed to promote wellness, education, sustainability and tradition.

[Ancestral Lands Conservation Corps](#) -Our vision is to lead our Nations back to ecological and cultural well-being by engaging underrepresented Indigenous youth and young adults in conservation service programs that reconnect participants to the land, their cultural heritage, and their traditions.

[Eight Northern Indian Pueblos Council, Inc. \(ENIPC, Inc.\)](#) - Our Vision is to promote wellness and build on spiritual, emotional, physical and mental well-being in order to encourage leadership among our communities; becoming culturally aware and sensitive to all people native and non-native together. Facilitating integrity and respect of cultural values by drawing from our elders and spiritual wisdom to learn and preserve our traditions and heritage for our future generations.

[Indian Country Grassroots Support](#) - Provides support in intertwined spheres of law and tribal culture that impact our largely rural Navajo Nation communities. We are impact-focused. The goal is for rural communities to have ongoing clarity of information as we provide community-based organizational support in grants management, inter-jurisdictional modern laws, and tribal culture, in building capacities and implementing unique visions of communities themselves for community wellness in multiple fields. Indian Country Grassroots Support is located in Farmington, NM and runs the Navajo Family Voices, Northern Diné COVID-19 Relief Effort, and the Diné Nihi Keyah (Our Land) Project.

[Hozho Center for Personal Enhancement](#) provides intervention and support services and is a non-profit, tax-exempt 501 (c) (3) organization, formed in 2008 to advocate, educate and promote the best way to serve the unmet needs of individuals with mental health and homelessness on the streets of Gallup and McKinley County.

[Native Community Health Network](#) - The Native Community Health Network (NCHN) is a community health worker program that is geared to work with Indigenous communities in the Southwest. NCHN started in 2019 and specializes in sexual and reproductive health education, advocacy, outreach, and linkage to essential resources. Their team of Community Health Workers are certified to perform Rapid HIV testing and are trained as Harm Reduction specialists in the state New Mexico. Their office is based out of Albuquerque, NM (occupied Tiwa territory) and they offer programming in and around the four corner states.

[New Mexico Healthy Masculinities](#) - The New Mexico Healthy Masculinities Toolkit is a collection of readings, workshops, and exercises aimed at helping audiences reimagine masculinities, raise awareness about the concept of healthy masculinities, and provide skills and resources that promote self-awareness, healthy relationships, and thriving communities. Tools to Initiate Community Conversations that Explore Gender, Reimagine Masculinities, and Build Healthy Relationships.

[NBIII Foundation](#) - The Notah Begay III (NB3) Foundation is changing the lives of Native American children by supporting and funding Native-driven, culturally centered programs and by providing direct opportunities for Native youth to live healthy, active lives. We believe that success must be driven at the local level and focus on holistic prevention, including child, family and community.

[Three Sisters Collective Full Circle Farm](#) - located in Santa Fe the collective regularly hosts events for Indigenous folks to help with the community garden and share space to learn and harvest communally.

[Santa Fe Indigenous Center](#) - The Santa Fe Indigenous Center is designed by and for Indigenous Peoples with the mission of supporting, promoting, and enriching our vital, diverse community by identifying and serving the needs and interests of our people.

[Tewa Women United](#) – A multiracial organization founded and led by Native women. Tewa Women United envisions movement(s) rooted in P'in Haa (Breath of Heart/Life) and P'in Nall (Touching Heart and Spirit) that nurture and celebrate the collective power of beloved families, communities, and Nung Ochuu Quiyo (Earth Mother).

[Ts'uuya Farm](#) - offers a seasonal variety of vegetables, herbs, and flowers. Ts'uuya Farm grows and saves heirloom seeds and provides agricultural related outreach for those interested in learning more about food sovereignty.

National Organizations

[Center for Native American Youth \(CNAY\)](#) - “Our mission at the Center for Native American Youth, as an education and advocacy organization, is to improve the health, safety, and overall well-being of Native American Youth.”

[Illuminative](#) - “Our mission is to build power for Native peoples by amplifying contemporary Native voices, stories, and issues to advance justice, equity, and self-determination. We utilize research, narrative and culture change strategies, movement-building, and organizing to disrupt the invisibility of Native peoples, re-educate Americans, and mobilize public support for key Native issues.”

[Indigenous Seed Keepers Network](#) - The mission of the Indigenous Seed Keepers Network (ISKN) is to nourish and assist the growing Seed Sovereignty Movement across Turtle Island (North America). As a national network, we leverage resources and cultivate solidarity and communication within the matrix of regional grass-roots tribal seed sovereignty projects. We accomplish this mission by providing educational resources, mentorship training, outreach and advocacy support on seed policy issues, and organizing national and regional events and convenings to connect many communities who are engaging in this vital work.

[United National Indian Tribal Youth, Inc. \(UNITY\)](#)- UNITY's Mission is to foster the spiritual, mental, physical, and social development of American Indian, Native Hawaiian, and Alaska Native youth, and to help build a strong, unified, and self-reliant Native America through greater youth involvement.

[National Indian Youth Leadership Program's Project Venture](#) - NIYLP created Project Venture under the guidance of Native American elders, who emphasized using traditional culture and programs developed and implemented by Native peoples as a way to address contemporary challenges. The model promotes positive attitudes, behaviors and outcomes in a variety of experiential settings using components of traditional American Indian modes of learning and culturally meaningful service learning activities, and relies on American Indian traditional values to help youth develop positive self-concepts, effective social skills, a community service ethic, internal locus of control, and increased decision-making and problem-solving skills.

[Native Strength Revolution](#) - Native Strength Revolution equips a new generation of Indigenous healers through leadership training and yoga certification. Through our events and online presence, we attract future leaders to multiply this movement. We create relationships and collaborate with Indigenous communities and organizations to educate, elevate and uncover a new possibility of wellness for Indigenous people.

[Native Women Lead](#) - To revolutionize systems and inspire innovation by investing in Native Women in business. We do this by co-creating with and convening our community to build coalition while honoring our culture, creativity, and connections

[NDN Collective](#) - The mission of NDN Collective is to “Build the collective power of Indigenous Peoples, communities, and Nations to exercise our inherent right to self-determination, while fostering a world that is built on a foundation of justice and equity for all people and the planet.”

[Urban Indian Health Institute](#) - Urban Indian Health Institute (UIHI) is leading the way in research and data for urban American Indian and Alaska Native communities. As a Public Health Authority and one of 12 Tribal Epidemiology Centers in the country—and the only one that serves Urban Indian Organizations nationwide—UIHI conducts research and evaluation, collects and analyzes data, and provides disease surveillance to strengthen the health of American Indian and Alaska Native communities.

[We R Native](#) – We are a comprehensive health resource for Native Youth, by Native Youth. We Can Change Our World. Help spread positive vibes and create positive change in your communities using #weRnative.

[Well for Culture](#) – promotes holistically well lifestyles. We believe in mind-body-spirit optimization through the seven circles of wellness. Much like a ceremony, a song, a story, or an activist movement, well for culture is at once a space, a place, a group of people, and an evolving idea.

[Wings of America](#) - mission is to enhance the quality of life of American Indian youth. In partnership with Native communities, Wings uses running as a catalyst to empower American Indian and Alaskan Native youth to take pride in themselves and their cultural identity, leading to increased self esteem, health and wellness, leadership and hope, balance and harmony.

Media Resources

[All My Relations Podcast](#) - All My Relations is a team of folks who care about representations, and how Native peoples are represented in mainstream media. Between us we have decades of experience working in and with Native communities, and writing and speaking about issues of representation.

[Indian Country Today \(ICT\)](#) - An independent, nonprofit news enterprise. ICT is a spacious channel that serves Indigenous communities with news, entertainment, and opinion. ICT is an independent, nonprofit, multimedia news enterprise. We reach audiences through our digital platform and as a broadcast carried via public television stations.

[Indianz.com](#) - Your Internet Resource. Our mission is to provide you with quality news, information, and entertainment from a Native American perspective. We make it easy for you to keep updated on news occurring throughout Indian Country.

[Life of a Dog on the Rez](#) - The “Life of a Dog on the Rez” podcast is a place where we share funny, cringe-worthy, and inspirational stories from our beloved Pueblo homelands. Stories that uplift the soul, provide us hope, and heal our spirits. Join me on this journey of life on the Rez, and how it has shaped who we have become. Come and share our stories!

[Native America Calling](#) - a live call-in program linking public radio stations, the Internet and listeners together in a thought-provoking national conversation about issues specific to Native communities. Each program engages noted guests and experts with callers throughout the United States and is designed to improve the quality of life for Native Americans. Native America Calling is heard on nearly 90 public, community and tribal radio stations in the United States and in Canada.

[Native Appropriations](#) - Native Appropriations is a forum for discussing representations of Native peoples, including stereotypes, cultural appropriation, news, activism, and more.

[This Land](#) - The award-winning documentary podcast This Land is back for season 2. Host Rebecca Nagle reports on how the far right is using Native children to attack American Indian tribes and advance a conservative agenda.

[Turtle Talk](#) - The leading blog on legal issues in Indian Country. The views and opinions expressed on Turtle Talk are the authors’ and do not necessarily reflect the official policy or position of Michigan State University.

APPENDIX C: Honoring Native Life Post-Summit Report

UNM HSC Community Behavioral Health Division/Honoring Native Life Suicide Prevention Support for the Indian Affairs Department of the State of New Mexico Final Report and Deliverables Attachment 2

Host Tribal Youth Summit

The 2022 Tribal Youth Summit, “Being a Good Relative” was held on June 17th and 18th at the Marriott Pyramid in Albuquerque. This year’s summit continued building on the foundation of the 2021 inaugural “Community Resilience: Nurturing and Protecting Youth Wellness” Summit on wellness. Summit presentations were based on identified priorities from the inaugural Wellness Summit including suicide prevention and self-care.

The Indigenous Youth Council (IYC) was involved in all steps of the planning and eventual implementation of the Wellness Summit.

Summit Attendance Summary

Number of tribes represented: 23

Number of participants:

Day 1: 83

Day 2: 73

The following tribal affiliations were reported by participants who attended the training:

Acoma Pueblo	Kewa Pueblo/Santo Domingo Pueblo	Pojoaque Pueblo	Zia Pueblo
Cochiti Pueblo	Laguna Pueblo	Sandia Pueblo	Zuni Pueblo
Colorado River Tribe	Mescalero Apache	San Felipe Pueblo	
Hopi Tribe	Nambe Pueblo	San Ildefonso Pueblo	
Isleta Pueblo	Navajo/Dine	Santa Ana Pueblo	
Jemez Pueblo	Oglala Lakota	Santa Clara Pueblo	
Jicarilla Apache	Ohkay Owingeh	Taos Pueblo	

Summit Supplies and Materials

“Goodie Boxes” included therapeutic items: sage bundles, coloring pages, coloring pencils, affirmations, journals, and fidget toys. The boxes also included masks, hand sanitizer, sunglasses, and other promotional materials.

Banners: Being a Good Relative and Cornstalks

Agendas: Working/Facilitation and Public

Social Media Station: multiple props including frames, hats, glasses, wigs, and other items were used for the social media corner to encourage participants to post the event on social media.

Raffle Items and Prizes: 2 iPads, 2 sets of ear buds, 6 metal drink containers, 4 sets of tools/tool box, 4 boba tea sets, and sets of art supplies.

Summit Activity Descriptions

Art Decorating of Goodie Boxes: Art has been a central expression for youth in relaying engagement in topic areas or expressing emotion or connection. Participants were asked to decorate their boxes using the supplies contained in their boxes to encourage creative engagement throughout the session. A total of 10 people participated in the box decorating contest. The PowerPoint presentation with photos is in shared drive ([link below](#)).

Being a Good Relative Banners: Participants were asked to answer what it means to be a good relative. Banners were posted throughout the main conference room as well as in the breakout rooms.

Cornstalk Banner Activity: Participants were asked to respond to each of the five themes represented on the banners - Our History; Our Bodies and Minds; Our Communities and Identity; Our Land and our Environment; Our Spirit and Culture. Each of the Cornstalks had writing prompts for participants to think about how we connect to each and how each supports us. We also asked participants to consider questions for the Elders Panel. The writing prompts for each are attached.

Summit Highlights

Knowing the strengths inherent within the GONA framework, the HNL team utilized the GONA values throughout the gathering. Throughout the event, the HNL team, the TTA Center team, and the IYC provided opportunities for participants to reflect and engage through writing prompts and social media. The local team developed five Cornstalk banners, which were introduced at the beginning of the summit with reminders throughout, with corresponding colors to the topic areas. For each banner, the HNL team provided a different writing prompt topic:

Centering in our History (Multi)

Centering in our Environment and Connection to Land (Yellow)

Centering in our Bodies and our Minds (Red)

Centering in our Communities and our Identity (Blue)

Centering in our Spirit and our Culture (White)

Each of the five topics included two questions. Participants wrote responses on sticky notes and posted them onto the banners.

The TTA Center team provided a social media station with a backdrop, lighting, props, and supplies to create customized props. The TTA Center team also created social media filters on snapchat and Instagram. The social media station provided a hub for promoting the messaging of the event, spreading awareness in each of the participants' home communities and expanding the reach of the wellness messaging.

Day 1 began with registration and breakfast, followed by a traditional opening by the Red Willow Singers from Taos Pueblo. The IYC rotated leadership responsibilities as the masters of ceremonies, introducing presenters and facilitating transitions throughout. There was an introduction and overview of the HNL program with strong messaging around mental health, suicide prevention, self-care, and resiliency in Native communities. Lynn Trujillo, the Cabinet Secretary for the Indian Affairs Department offered opening remarks. Next the San Felipe Project Venture Program moved into the GONA value of Belonging, providing icebreakers and team building movement activities. The following session focused on the GONA value of Mastery. The Pueblo Action Council and the HNL team discussed the impact of trauma and historical resilience on our bodies, land, and communities. The session also included Body Mapping, an interactive activity that allowed participants to reflect on the Head; Heart; Core; Hips and Feet. Each linking to an intention, emotion, value, release and commitment to community care, health and wellness.

The afternoon of Day 1 included workshops about leadership, self-care, and mental health. The evening activities included a presentation by New Mexico Lieutenant Governor Howie Morales and another presentation by Stephanie Rodriguez, Acting Secretary of the New Mexico Higher Education Department about the New Mexico Opportunity Scholarship.

To open Day 2, The Red Willow singers provided traditional drumming and songs. Following the songs, Tewa elder Evelyn Naranjo led the group in ceremony, sharing cultural teachings about what it means to be a good relative. She highlighted the importance of caring for each other, for community, for the land, and, most importantly, to care for self. She also discussed healthy ways to move through hardship, including asking for help when needed, connecting with the land, and trusting that you can move forward again. The morning sessions focused on the GONA values of Interdependence and Generosity, highlighting the ways to work together in community to give back. Sessions included Art as Activism, Traditional Foods and Food Sovereignty, and the Importance of the Drum and how it Connects to Wellness. During the afternoon presentation, Dustin Martin described current efforts and the continued legacy of running as a way to connect to the land, to each other and to strengthen Native communities. The final session of the summit was a panel of elders. Participants submitted questions throughout the event utilizing the writing prompt stations posted in the main session and breakout rooms. The HNL team compiled the questions and used those questions for the elder panel.

Working and Public Agendas, Notes, etc., can be found at:

https://drive.google.com/drive/folders/13pu_hZMG6_AY8if6_N-5SGAaCPTd2hLM?usp=sharing

APPENDIX D: 2022 Indigenous Youth Wellness Summit Agenda

S'AAWITYAIMISHI • NA'IMBI M'ATE T'OWA • SHI KÉE

SHI T'EKENDE • NEE DAA-AESH • GAH WAH • SHIK'EI

S'AAWITYAIMISHI • NA'IMBI M'ATE T'OWA • SHI KÉE

Youth Wellness Summit "Being a Good Relative"

June 17 & 18, 2022
Marriott Pyramid, Albuquerque NM
Yucatan Room
Agenda

Friday, June 17, 2022

8:00 AM Registration/Breakfast

9:00 AM

Opening Blessing - Red Willow Taos Drum Group

Introductions

Opening Remarks - Lynn Trujillo, Cabinet Secretary, New Mexico Indian Affairs Department

Overview of Summit

10:00 AM Ice Breaker Activities - San Felipe Project Venture

10:30 AM Centering in Our Environment and History

- Pueblo Action Alliance
- Land-Body Mapping Part One

Historical Resilience - Ryan Sanchez, Pueblo of San Felipe, UNM Community Behavioral Health

12:00 PM Lunch

- Alicia Ortega, Native Women Lead

1:00 PM Centering in Our Bodies and Minds

- Pueblo Action Alliance
- Body Mapping Part Two

2:15 PM Break

2:30 PM Centering in Our Bodies and Minds Breakouts 1

SHIK'EI • GAH WAH • NEE DAA-AESH • SHI T'EKENDE

S'AAWITYAIMISHI • NA'IMBI M'ATE T'OWA • SHI KÉÉ

SHI T'EKENDE • NEE DAA-AESH • GAH WAH • SHIK'EI

S'AAWITYAIMISHI • NA'IMBI M'ATE T'OWA • SHI KÉÉ

- Yoga - Native Strength Revolution
- Radical Self Care – Becki Jones, Native Community Health Network
- Mental Health and Wellness – Dr. Deidre Yellowhair and Dr. Jeremiah Simmons, UNM Community Behavioral Health

3:15 Switch Breakouts

3:30 PM Breakouts 2

- Yoga - Native Strength Revolution
- Radical Self Care – Becki Jones, Native Community Health Network
- Mental Health and Wellness – Dr. Deidre Yellowhair and Dr. Jeremiah Simmons, UNM Community Behavioral Health

4:45 PM Regroup in Plenary – Wrap up Day 1

5:00 PM Dinner

- Higher Education Department – NM Opportunity Scholarship

6:30 Adjourm Day 1

Saturday, June 18, 2022

8:00 AM Breakfast

9:00 AM - Opening Blessing - Red Willow Taos Drum Group and Evelyn Naranjo

Review Day Two

9:30 AM Morning Movement and Stretching – San Felipe Project Venture

10:00 AM Centering in Our Communities and Identity - Breakouts 1

- Art as Activism and Identity – Saba Wear
- Traditional Foods and Food Sovereignty - Aaron Lowden, Councilman Acoma Pueblo
- Importance of the Drum and Connections to Wellness- Red Willow Singers

10:45 AM – Switch Breakouts

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11:00 AM Breakouts 2

- Art as Activism and Identity – Saba Wear
- Traditional Foods and Food Sovereignty - Aaron Lowden, Councilman Acoma Pueblo
- Importance of the Drum and Connections to Wellness- Red Willow Singers

12:00 PM Lunch

- Dustin Martin-Wings of America

1:00 PM Centering in Our Spirit and Culture

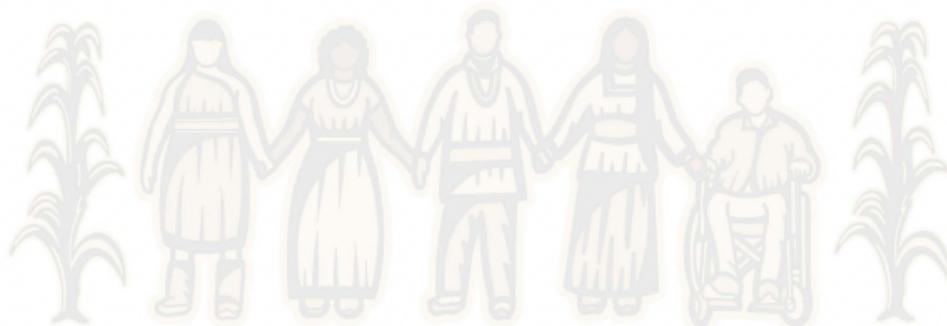
- Elder Panel
- Circle Activity

2:15 Break

2:30 Closing Ceremonies

- Red Willow Taos Drum Group
- Closing Remarks

3:30 Adjour Summit



SHIK'EI • GAH WAH • NEE DAA-AESH • SHI T'EKENDE

