



Outreach Work Group Action Plan

Purpose: To provide outreach/education and training/advocate for the community; Incorporate Cultural inclusiveness with and how it relates traditionally to recovery and living in a good way.

Goals: **Specific, Measurable, Attainable, Relevant, Time-bound (SMART)**

1. Streamline and create a wellness curriculum that incorporates Yurok language and culture.
2. Community outreach events.
3. Using Red Road curriculum, create AA, NA meetings and Sobriety Gatherings for men, women, and young adults.
4. Providing prevention group activities for youth.
5. Involve tribal leadership in our messaging.

Core Team Roles:

Facilitators – Rotating Basis (est. at the end of meetings)

Note-taker – Erin Butler

Skue-yech Son-ee-nah Lead – Laura Woods

Suicide Prevention Task Force Lead – Bessie Shorty

EEE' Lead – Shannon Albers

Wellness Program Lead – Rotating

Noh-Sue-No-Wow – Cecilia Moore

(Other Roles, as needed) –

Goal 1: Streamline a cultural wellness curriculum that incorporates Yurok language and culture.					
Activities	Timeline		People/Teams Responsible	Outcomes	Progress Indicators
<i>What task will we do?</i>	<i>When do we...</i>		<i>Who will do it?</i>	<i>What do we hope to achieve with this task? How will this help us realize our goal?</i>	<i>How will we know we are achieving the desired outcome?</i>
	<i>Start?</i>	<i>End?</i>			
reate a subcommittee to develop, create, discuss Yurok Wellness Curriculum	September 21	TBD	-bring idea to Wellness meeting	-a manual which provides instructions or guidelines on how to perform Yurok wellness activities, and will serve as a reference book to promote wellness, strengthening the individuals	-programs utilize manual in their day-to-day -survey: how many times do you use the manual, what parts do you use the most, what parts need to be strengthened/added
<p><i>Update: Complete</i></p> <ul style="list-style-type: none"> - <i>Noh-Sue-Now-Wow’ implementing Native American Life Skills curriculum in programming starting Sept 2022.</i> - <i>Native Connections Program starting Shanti Method for grief support groups, will be adapted with Yurok language and culture</i> 					
Create a seasonal calendar -seasonal food gathering -ceremonies	Ongoing -will come back to timeline after we talk to Dorothy	ongoing	-YHHS is working on a calendar already -Dorothy has a seasonal foods calendar, Holly will touch base with Dorothy	-Knowing when certain foods and materials are ready to harvest would allow us to form harvesting groups, people could learn the names of the foods -This calendar would be part of a Yurok Wellness Curriculum book/manual -Access to Yurok traditional seasonal gathering calendar	-Pre/post-surveys as indicators of development of seasonal gathering knowledge -We have a completed calendar that provides opportunities for cultural connection and reconnection that will provide for overall health and wellness
<p><i>Update:</i></p> <ul style="list-style-type: none"> - <i>Louisa McCovey’s (YTEP) program may be working on this. Food Sovereignty Program</i> 					

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Sex Education Courses -self-respect -puberty -relationships (bi-annual) T prep	October 2021	October 2022	-Dorothy, TANF staff -collaboration with other programs, YOR, suicide prevention	-2 bi-annual extensive trainings, with cultural workshops in between (talking about coming of age, relationships, etc) -workshops for parents -increased understanding of traditional Yurok family values	-pre- and post-surveys/assessments
<p><i>Update: Complete</i></p> <ul style="list-style-type: none"> - YHHS TANF provided these classes. 8-week course, ended in Dec 2021. Low turnout because they were covering this in school at the same time. 					
Wellness Campaign that coincides with cultural wellness curriculum	August 2021	ongoing	-YTWC outreach subcommittee(s)	-seasonal campaigns (ex- winter: grief, storytelling) -inform community about wellness	-annual survey that shows impact of wellness campaigns -social media engagement
<p><i>Update: Complete</i></p> <ul style="list-style-type: none"> - Youth Opioid Summit (Jun 2021) - Native American Heritage Month Campaign (Nov 2021) - NCIDC Youth Wellness Summit (____ 2021) - Del Norte Youth Mental Health Awareness Campaign (_____) - Youth Cultural Mental Health Awareness Campaign (April 2022) - Child Abuse Awareness Campaign (April 2022) - Mental Health Awareness Campaign (May 2022) - Cultural Arts Class (eel hook creation workshops every other Friday) – Shannon Albers <p><i>Metrics?</i></p>					

Goal 2: Community Outreach Events.					
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Provide opportunities for programs to table (or present) educational materials -Youth Summit -Spring Fling -Fall Feast	Sept 2021	Sept 2022	Outreach subcommittee -YHHS planning committee	-youth and community are more informed -opportunities provided for learning/collaboration -strengthening cultural awareness	-registration and participation of participants -registration and participation of community educators -Summit post-questionnaire
<p><i>Update: Complete, Ongoing</i></p> <ul style="list-style-type: none"> - Covid-safe Drive-thru events (Nov 2021 – Jan 2022). 2 Elder PPE distribution event across multiple areas. - Spring Fling - NARCAN Trainings - 500 Noh-sue-no-wow' program brochures sent to all yurok 10-24 households. - Noh-sue-no-wow Program presentation to Eureka High and McKinleyville High school 					

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Yurok Storytelling and Shadow Puppets -Margaret Keating -Big Lagoon Elementary -Trinidad Elementary -Hoopa Elementary -Jack Norton Elementary	September 2021	June 2022	Skue-yech Son-ee-nah	-bring cultural inclusivity and awareness to these schools -awareness of the importance of storytelling for cognitive, social, and emotional development -awareness of traditional Yurok values, wellness, resiliency -community play -inspire older Yurok youth (16-24) to be involved in the program (reoccurring / continual engagement) -artistic expression as therapy	-delivering cultural awareness instruction (for both staff and students) -delivering wellness curriculum -attendance numbers at community play -exit survey for children, exit survey for staff/adults -attendance, participation of Yurok youth, self-report future engagement (would they recommend this to their peers?) -self-report of growth/skills development from older Yurok youth
Update: Complete, mostly - Big Lagoon (Dec 2021) - Trinidad (Jan 2022) - Hoopa (Apr 2022) - Margaret Keating (May 2022) - Jack Norton (TBD, Fall 2022) NEED FUNDING					

Goal 3: Use Red Road curriculum to create AA, NA meetings and Sobriety Gatherings for men, women, and young adults.					
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Provide support / intervention group activities for adults/youth -AA and NA -Red Road to Recovery	August 2021	TBD/ Ongoing	-Ron Bates is holding Red Road to Recovery meetings, need to find out where -Holly Reed could potentially lead upriver meeting	-increase participation in AOD program -Red Road: bridges cultural gap, uses different verbiage, more inclusive to native communities -facilitator will be able to identify gaps in cultural knowledge to inform curriculum development	- longstanding, continuous participation, leadership growth (participants stepping into leadership roles) -increasing number of meetings on the reservation -facilitator is able to provide insights to Yurok Wellness Curriculum subcommittee
<i>Update: in progress</i> - Shannon Albers and Holly Reed just trained to hold Wellbriety groups, focus on youth - Bessie might know someone who may be planning to start Red Road meetings.					

Goal 4: Provide prevention group activities for youth.					
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Hold AILS (American Indian Life Skills) sessions.	October 2021	March 2022	-all YHHS programs -run by Annelia -YOR program	-increase in understanding of life skills	-pre / post surveys
<p><i>Update:</i></p> <ul style="list-style-type: none"> - <i>Scheduled to take place in Fall 2022 (Holly Reed and Cecilia Moore)</i> 					
Hold Talking Circles. -Hoopa Elementary -Jack Norton School -Tay -Two Feathers -North District Building	August 2021	August 2022	Shayna McCullough, Youth At-Risk Program Bessie Shorty, Youth At-Risk Program	-provide safe, non-judgemental place where each participant has the opportunity to contribute to discussion about a difficult/important issue	-sign-in sheets -completion of cultural activities during talking circle
<p><i>Update:</i></p> <ul style="list-style-type: none"> - <i>Women's Talking Circle (meeting Wednesdays in McKinleyville) started in April 2022</i> - <i>East District Girl's Group</i> - <i>Hoopa High School Support Group</i> - <i>Two Feathers Drop-in support group</i> - <i>EEE' Youth Coalition</i> - <i>Klamath Beading Groups (Noh-Sue-Now-Wow')</i> - <i>Weitchpec & Aawok Bonnie Green Beading Groups</i> - <i>Cultural Arts Class (Weitchpec & Aawok Bonnie Green)</i> - <i>Youth Suicide Prevention Drop-in</i> - <i>Storytelling/Poetry workshop in Jan-Apr 2022 (Noh-sue-now-wow' & Dell'Arte)</i> 					

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Establish Youth Wellness Coalition.	August 2021	Ongoing	Tobacco Wellness, YOAYI	-understanding community organizing skills -increased youth engagement -increased knowledge of Yurok cultural values	-pre / post surveys -attendance
<i>Update:</i>					
- YHHS EEE'					
Hold Youth Summit that coincides with cultural wellness curriculum	March 2022	Early summer 2022	-YTWC outreach workgroup	-engage youth voice and choice while planning the summit -increased youth participation in planning -increased youth participation as presenters at Summit -increase in returned evaluations	-planning survey results -attendance at planning sessions -number of youth presenters -evaluations returned
<i>Update:</i>					
<ul style="list-style-type: none"> - Youth Opioid Summit (Jun 2021) - NCIDC Youth Wellness Summit (____ 2021) - Youth Wellness Summit (July 2022—being planned now) 					

Goal 5: Involve tribal leadership in our messaging.					
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Educational Presentations at Council Meetings and District Meetings	October 2021	October 2022	-Annelia, Daniel	-more leadership buy-in and awareness of wellness initiatives and accomplishments -informing the community, engaging in dialogue with the community	-presentations delivered -community readiness level increases -feedback
<p><i>Updates:</i></p> <ul style="list-style-type: none"> - Completed - Presented QPR to Tribal Council - Presented QPR to Cultural Committee - Shadow puppet play will be presented to Council before September 					
Identify community leaders who want to participate in PSAs	January 2022	February 2022	Project leads	-increased knowledge/participation of community leaders	-list of willing community leaders -list of specific PSAs we want to do
<p><i>Updates:</i></p>					

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<ul style="list-style-type: none"> - <i>Child Abuse Awareness Panel: streamed on social media, community leaders participated</i> 					
Create PSAs or signage with involvement from community leaders	February 2022	February 2023	-Outreach workgroups -community leaders	-increased community awareness	-community readiness score increased
<p><i>Updates:</i></p> <ul style="list-style-type: none"> - <i>Arcata Playhouse radio show—they've offered airtime to us</i> - <i>Annelia's program on the Hoopa radio station</i> - <i>Podcasts</i> - <i>Child Abuse Awareness Panel-- streamed on social media</i> 					