

YTWC Monthly Meeting Notes – April 19th, 2022

Attendees: 38

Name	Organization	Role
Bessie Shorty	Yurok Tribal Court (YTC)	Youth At-Risk Program Manager, Facilitator
Rob England	United Indian Health Services (UIHS)	Tribal Public Health Director, Presenter
Manuel Sanchez	Tribal Employment Rights Office (TERO)	TERO Director, Presenter
Ethan Makulec	Yurok Tribe Wellness Coalition (YTWC)	AmeriCorps VISTA, Notetaker
Amanda Colegrove	UIHS	Health Promotion & Education Manager
Amber Miller	YTC	Reentry Staff Attorney
Ashley Gephart	Humboldt County DHHS – Public Health	Program Coordinator
Ben Moradi	YTWC	AmeriCorps VISTA
Casey O’Neill	Yurok Indian Child Welfare Act (ICWA)	Health & Human Services Community Navigator
Cecilia Moore	Yurok Health & Human Services (YHHS)	Prevention Specialist, Noh-sue-no-wow’ Yurok youth suicide program coordinator
Celinda Gonzales	YHHS	Youth Prevention Specialist
Chelsey Castiglione	UIHS	Tribal Opioid Response Supervisor
Daniel Norton Luna	YTC	Community Outreach Specialist
Ella Kane	YTWC	Social Worker
Erin Butler	YTWC	AmeriCorps VISTA
Hannah Lippe	Providence St. Joseph Hospital, CARE Network	Licensed Clinical Social Worker
Holly Reed	Yurok Opioid Affected Youth Initiative (YOAYI)	Site Coordinator
Jessica Cedillo	YTC	Wellness Administrative Assistant
Joanne Carter	YTC	Education Staff Attorney
Julia Leonard	Humboldt County Office of Education	Prevention & Intervention Specialist
Kese McQuillen	Yurok Health & Human Services (YHHS)	Youth Prevention Specialist, Noh-sue-no-wow’ youth suicide program
Lau-Lei Lawrence	YOAYI	Prevention Specialist
Laura White Woods	YTC	Community Outreach Specialist
Lila Knott	YTC	Community Outreach Specialist
Lori Nesbitt	YTC	Opioid Program Manager
Marie Decora	YTC	Wellness Outreach Counselor
Matthias Kassahoun Spero	National Park Service – Safety, Health, & Wellness program	U.S. Park Ranger
Melissa Banks	Ke’pel Boys and Girls Club	Program Lead
Mykia Washington	YTC	Victims of Crime Planner
Rebecca Green	Del Norte County DHHS	ICW Supervisor
Robert Kane Sr.	YTC	Probation Officer
Ron Bates	YTC	Reentry Case Worker
Ryan Fleisher	YTC	Legal Access Staff Attorney
Shirley Cain	JPS International	Technical Expert Lead
Shoshoni Genshaw	YHHS	Noh-sue-no-wow’ Youth Suicide Program Manager
Springwind Marshall	Yurok Temporary Assistance for Needy Families (TANF)	Resource Development Coordinator
Theresa McQuillen	YHHS	Prevention Specialist
William Bowers	YTC	Associate Judge

Book Presentation – Rob England, UIHS

- Asked to present excerpt from book: “Guts, Grit and the Grind.” A personal story about loss and trauma that incorporates the role of culture. Wrote to provide personal challenge and promote men’s health.
 - **Asked not to record**
- Questions & Comments
 - Bessie: how would you incorporate the book into the work you do now?
 - * Rob: 80% of suicides in America are by men, most often using a handgun. We can use the question, persuade, prefer technique. Connecting to the community through stories, especially involving personal experiences, is very important.
 - Laura: Will you please put in the chat where we can get a copy of that book?
 - * Rob: It will be available on amazon tomorrow (4/20/22). You don’t have to buy the first three books, this is just book 4 in the series. The book contains stories from men across the country. Will be joining a webinar later today with the man leading a suicide prevention lifeline and a man who jumped off golden gate bridge and survived who now does keynotes. I go to a lot of webinars etc. on suicide prevention, but I don’t usually see native people in these organizations, and representation matters. Have made an effort to create and support organizations incorporating native perspectives. This story in this book may be the only native story in the whole series.
 - Bessie: could we use that book in our work as service providers?
 - * Rob: You absolutely can. I see it is as utilizing culture in our prevention program. SAMHSA wouldn’t incorporate culture into protocols, but we know that it is powerful and a good way to engage with those who need the most help, which can open the door to many ways of healing. If you have the book, you can use it any way you want, but in tribal communities especially. It is about helping youth be proud of who they are.
 - Bessie: Do you have anything more to share?
 - * Rob: Amanda Colegrove with health promotion and education program may be able to share more of our projects.
 - * Amanda: We have several programs working to support communities in Humboldt and Del Norte. Opioid response, tobacco program, community outreach resource education, and more.
 - * Rob: We have a few other programs too, including an elder nutrition program and a diabetes program.
- Bessie: Thank you for sharing all this Rob, having a male voice at the forefront of this is important.
 - Rob: Absolutely, but I am also very fortunate to have some powerful supportive female figures in my life.

Elders services program sharing – Manuel Sanchez, TERO

- TERO Elders program: Not strictly an elder’s program, but a service we now provide called the day-labor training program that serves elders.
 - Worked with fire department and trails crews last summer to clean fire breaks around elder’s homes. May not be able to do this year because thin on staff.

- We still offer day labor services for elders with application, will email out so that everyone has a copy.
- Looking to expand program for trash pickup, since this was a gap in services.
- Another goal is to identify and close gaps in services so that services can be expanded and elders' needs don't fall through the cracks.
- We are looking to hire a day labor coordinator to run day labor projects
 - * Have not been able to institute yet as tribal council has not approved expanding the program until next fiscal year (October 1st).
 - * Program has expanded so fast that it has gone beyond the capacity of the agency, which is why we need to hire more people.
- Want to start cleaning around houses, for instance helping one elder with their deck, though still working on this task due to liability issues.
- Have licensed contractor on staff, John Safford. Great teacher for TERO training section.
- Issues to expand services to include helping elders who need help remodeling floors, working on bathrooms, cleaning garbage in yards, ramps for houses.
- All of our issues are connected like Olympic rings, we cannot address one issue without realizing there are other issues connected to it. It's important to think of all the issues an elder may be facing, including money, if they are victims of crimes, health issues, etc. All of these issues are tied together in a larger picture. We are hoping to identify and address all the gaps in services that we can for our elders.
- Elders are very thankful, some have tried to pay for services with food they made because they have nothing else to pay with, and we say that it is more than enough just to provide the services for free and see in their eyes how thankful they are for the help, which helps you realize how important these services are.
- TERO also steps in to help employ people who struggle to get employment otherwise. For instance, in small communities like ours, sometimes people's reputations precede them, or they have disabilities that can make it hard to get jobs. We believe in a second chance for people; some of the most downtrodden people have been our hardest workers
 - * Some people out there have burned bridges, but some people just need a second chance, and that is one of our long-term goals with TERO. So this program also helps to address gaps in employment with the day-labor program.
- Upcoming project is dam removal in June, removing invasive plants and planting indigenous plant seeds, so that when the waters rise, the indigenous seeds are washed downriver. Will have recruiting event 6:30pm 4/21 in Klamath.
- We are planning providing remodeling services but do not at this time. Currently just doing yard services, pressure washing, raking, etc.
- Bessie: Who should we contact to apply or connect elders with yardwork through TERO?
 - * Manuel: Myself, Justin woods, or John Stafford. Contact any of us.
- Daniel (in chat): What is the service area
 - * Manuel: Every district, wherever there are Yurok people in Yurok districts.
- How do you feel about including youth in this work/these programs?

- * Manuel: Currently TERO is exclusively for adults but working on eventually developing a program that could be used for youth.
- Laura Woods – Title VI Elder nutrition program manager & community outreach specialist.
 - We got the grant right at the beginning of COVID lockdown, so had to figure out the safest way to deliver food to elders during the pandemic.
 - We identified the two least served areas overall for our work: Weitchpec & Orick district.
 - Some services are available to our people already in some areas. For instance, UIHS is managing the Title VI program in southern Humboldt county area. Smith river also has a Title VI program that delivers to Elders up north in Crescent City.
 - Started with 56 lunches/week. Would shop one day, prepare lunches the next, then distribute to community. Have delivered lunches upriver and over bald hills since spring of 2020. Providing a hot lunch and expanded to add a sack lunch for the next day.
 - Up to 80 elders/week now, so program has grown in last two years. Gives an opportunity to check in with elders, see how they look. Usually they are very happy to see us, but also gives us the opportunity to see if they are not looking well. We keep lines of communication open to schedule follow-up visits if necessary.
 - Were able to use COVID money to supply elders with warm blankets and slippers and flashlights, a lot of essentials and emergency items that they need to get through the winter.
 - Now looking to expand services to provide congregate lunches where elders can gather together for a fun and meaningful time, which is how the program is designed to be run.
 - We will always plan to deliver lunches to elders who are not able to drive to congregate lunches but hoping to establish congregate lunches for hot lunches with events like board games or movies for the elders. Will start that once we are deemed to be safe from COVID concerns.
 - Dream is to eventually have an elders’ center in three different locations on the reservation that are fully staffed, as a place elders can go to gather for the day and socialize.
 - Bessie: is there any other elder program within tribal court?
 - * Laura: Emily Agredano is in tribal court as a social worker. I will reach out to her if an elder lets me know they need assistance, and she will follow up with me to let me know what she can provide as a solution. She serves both counties.
 - Lori: There are other open positions available under Emily, listed on the tribal website.
 - Laura: Also currently doing a women’s talking circles that includes meditation, journaling, and reading the book “The Four Agreements”. Also going to be working on a vision board and experimenting with aromatherapy oils for stress and anxiety. Happening on Thursdays from 1:30-2:30pm at two feathers in McKinleyville.
- Ryan Fleisher – Elder Advocacy Program
 - Yurok Tribe awarded grant in 2015 funded by the Department of Justice and Office of Victims of Crime, and from there we have developed our Yurok Elder advocacy program. Since then we have elders needs assessments and addressed some but not all primary gaps in elders’ services.

- Near end of 2021, tribal council approved an adult guardianship code, which has made new resource available for helping Elders and their families.
- We assist elders whose levels of care fall below community standards. Currently our resources are limited, so focusing on those most in need.
- To be eligible for these services an elder must be an enrolled tribal member or related to a tribal member, or they must reside within the boundaries of the Yurok reservation.
- Definition of Elder: A citizen of the Yurok Tribe aged 55 or older, or a person residing on the Yurok reservation aged 55 or older to whom a tribal member owes a duty of care due to traditional or familial ties.
- Definition of Vulnerable Adult: An adult aged 18+ who is unable to protect themselves from abuse, neglect, or exploitation. This include people who are not able to make responsible decisions for themselves due to mental illness, age or physical disability issues, substance use problems, etc.
- Elder abuse can be a single or repeated act, or the lack of appropriate action, which can happen in any relationship based on trust. Neglect is the most common form of abuse, but there are many forms of abuse that are all interrelated. Self-neglect can also be an issue.
 - * Warning signs: physical injuries, sudden changes in financial status, changes in alertness or depression, failing to take medication, poor housekeeping, etc.
- Emily can provide various services including transportation, emergency or temporary shelter, emergency utilities like propane, emergency health supplies, clothing, food, emergency relocations costs, cell phone, bus tickets, locksmith services, assistance in completing legal documents like divorce documents or custody forms.
 - * Usually we can only provide 1-3 days, 7 max for shelter in an emergency.
- Adult guardianship code permits someone to act as a guardian for elder or vulnerable adult. This can include choosing a residence, managing financial resources or end of life conditions, help making legal decisions, etc.
 - * We work with families to give them the legal support to act on behalf of these elders in necessary areas.
- Celinda: if you have had your elders make wills, where do you register that? I know medical wishes get taken to their provider.
 - * Ryan: I cannot give legal advice, but I believe you used to be able to send to BIA or to enrollment. These programs do not do that anymore, but you can now file those as part of a probate case after the fact.

Future of Elders Services Survey and Discussion

- Discussion Questions:
 - 1. How can we improve collaboration between current elder services projects?
 - 2. Where should we house an Elders Division?
 - 3. How should an Elders Division be funded?
 - 4. What services should be provided by the Elders Division?
 - 5. What current Elders programs would we like to see expanded and how?
- Breakout room 1 summary (Mykia):

- 1. Establishing a separate elders division specific to elders, develop a website and establish a phone number, build relationships by conducting elder's assessment to identify wellness and housing needs.
- 3. Use self-governance dollars and carbon credit dollars.
- 4. Could allocate several elder advocates to each district. Could also have elder advocates connected to county elder's services
- Manuel said something powerful, that we will all be elders one day, and its important to think of what services we will want when we're older. Shoshoni mentioned possibility of establishing an elders board/council.
- Breakout Room 2 summary (Holly):
 - 1. Developing a work/subgroup or bi-weekly/monthly meeting to coordinate between groups, such as between YHHS and tribal court elder programs.
 - 2. Laura mentioned how many other reservations have a permanent elders building for elder's services, which would be a great place to house services if we built and developed an elder's division.
 - 3. Seed money, grant money, and maybe partnering with housing when it comes to getting a structure built.
 - 4. The importance of transportation services was brought up, as well as respite care for the chronically ill or homebound, and a building/phone line that is fully staffed that could help field phone calls from elders outside the area. Also long-term care services, and the ability to provide support at all times.
 - 5. All programs expanded by a lot and quickly!
- Breakout Room 3 Summary (Ryan):
 - 1. This session itself is very helpful, it's important to meet each other and get more information out there about what services are available, and it will itself help facilitate collaboration. Knowing where our resources are helps make work can get going on projects in a timely manner. Chelsey mentioned that she would like to put together an event that would incorporate traditional pain management techniques, especially since opioid deaths in the area are highest in those 55 and older.
 - 2. Group focused on the idea of creating an elder's village, like those in Hoopa, where community resources are centered around the village. Could establish an elder's division in the housing department and set up elders' villages in Eureka, Klamath, Weitchpec.
 - 3. Should look more into the way by which Hoopa's elder village is funded and learn from that. Discussed both self-governance and federal grant funding options, and perhaps a mix is available like some of the food programs we have now. Since federal funds are often limited and have many constraints, it is important to not be completely dependent on federal government for funding to be able to create a good community.
 - 4. Especially focused on the village context. Discussed organized activities, supervision, interaction with youth. Youth interaction important, both as a way to transport knowledge between generations and also for the elders to be around youths, as it seems good for them. The services can provide themselves when people are interacting with other people in a positive environment.

- Bessie: Lori mentioned that elders are on different levels of need and social engagement. Some need in-house care, some need a companion that can take them to social events, etc. Also carbon credit funds were mentioned as a potential long term funding option for an elder's division that is not dependent on grants.

Program updates

- Springwind: Reminder about upcoming spring fling 2022, it will be a hybrid model. Starting with a virtual presentation on child abuse awareness month. Will have three in-person events 11am – 2pm on different dates in Klamath, Weitchpec, South Area. Still looking for volunteers! Feel free to contact Springwind or YHHS with questions or if interested in participating.
- Bessie: The suicide prevention walk will be held in September.
- Manuel: Salmon festival has been set for August 20th.
- Mathias: Starting talks between national/state parks, Del Norte/Humboldt county district attorney's office and Yurok tribe to help facilitate getting tribal members sent to tribal court instead of much more inconvenient district court Will follow-up with any more updates next meeting.
- Bessie: We are hiring for the youth suicide prevention program. A youth case worker position. Reach out to Bessie if you have interest in that job. Providing a girls group in the North district with Theresa that is happening on Tuesday nights.
- Shoshoni: Hosting an event on child abuse awareness panel from 12-2pm on 4/27. Will also be having a traditional herbal medicines workshop in May. Also conducting some community interviews to get feedback about post-intervention services for suicide. Starting to conduct those interviews now and will have results to present in the future. Just got awarded a DHCS grant that will help with planning some mental health infrastructure. Also doing a youth workshop in June on healthy relationships & gender identity/expression.

Next Meeting: May 17th, 2022, 1 – 3pm