



**Urban Indian Coalition of Arizona
COALITION MEETING**

Tuesday, November 19, 2024
Phoenix Indian Center, Inc.
Virtual Meeting, ZOOM
2:00 PM – 4:00 PM

MISSION

Create a sustainable coalition that addresses prevention of suicide, underage drinking and use/abuse of marijuana and prescription drugs through the foundation of cultures to improve the overall well-being of Urban American Indian youth and families.

MEETING MINUTES

ATTENDEES

1. Shermaine Nelson – PIC/UICAZ
2. Perise Lauvao – PIC/UICAZ
3. Loren Bahe – PIC/UICAZ
4. Cristian Canales – PIC/UICAZ
5. Ashlee Craig – PIC/UICAZ
6. Saybrei Chavez – PIC/UICAZ
7. Jolene Fernandez – PIC/UICAZ
8. Allen King – Collective Empowerment Solutions
9. Alyssa Dreiling – Tucson Indian Center
10. April Childs –
11. Beth Tom – Northland Cares
12. Brian Yazzie
13. Brittany Aquitante – Maricopa County ICWA Court
14. Crystal Rodriguez – Waterford.org
15. Dalila Guerrero – Maricopa County Public Health Office of Commercial Tobacco Prevention & Cessation
16. Fatima Jaber – student at Walter Cronkite
17. Halia Shirley – Tucson Indian Center
18. Joyce Givens - 928.327.8624
19. Kathleen Montano - Banner Health Plan/Tucson
20. Leandra Harvey
21. Lisa A. Hall - Native American Connections
22. Lisa Cadman – Department of Child Safety
23. Michael Wydra
24. Misty Castro
25. Nathan Wagner
26. Sarah Meston - StepStone Family and Youth Services
27. Sharon Banda - Gila River Indian Community
28. Sharon Newkirk - Native American Connections
29. Sheina Yellowhair-Flores - Arizona Complete Health

Meeting Called to Order at 2:05 PM by Shermaine Nelson

Shermaine welcomed attendees and prompted all virtual attendees to type their name and organization into the Zoom chat box. In person attendees passed the microphone for introductions.

Icebreaker introductions were completed popcorn style with the question: *If you were going to a Fall dinner party, what dish are you bringing?* Shermaine started off the icebreaker question with an introduction and organization. Those attendees in-person went first and then passed to the virtual attendees. For those who did not get a chance to participate in the icebreaker question, Shermaine mentioned to type their answer in the chat and to continue to type their name and organization in the chat.

Shermaine and attendees reviewed today's agenda.

Review Meeting Minutes from October 22, 2024.



Dalila Guerrero motioned to approve the October meeting minutes. **Beth Tom** seconded the motion to approve the meeting minutes. There was no discussion regarding the meeting minutes. The majority voted in favor of approving the October meeting minutes, and the motions have been adopted.

Coalition Updates

Gathering of Native Americans (GONA)

- Cristian Canales reported out –
 - On October 26th, we held a Youth GONA. The kids had fun, shared a lot, and there were FINAL Youth Council members in attendance! Also recapped the November 9th community GONA held successfully at Phoenix Indian School Visitors Center.
 - Upcoming GONA's:
 - **THIS SATURDAY November 23rd**, 9AM – 3PM, at Phoenix Indian Center. Open to the community. Register here: <https://www.eventbrite.com/e/community-gona-tickets-1022979949567?aff=oddtcreator>
 - **Saturday December 7th**, 9AM – 3PM, at Phoenix Indian Center. Open to the community. Register here: <https://www.eventbrite.com/e/gathering-of-native-americans-workshop-tickets-1023016599187?aff=oddtcreator>

Living in 2 Worlds

- Shermaine Nelson reported out –
 - UICAZ staff are currently wrapping up two cycles of L2W that have been taking place during the fall semester at Bogle Jr High School and Madison Park Middle School. The team is looking forward to hosting at least four more co-occurring cycles during the spring semester at other schools.

Parenting in 2 Worlds

- Cristian Canales reported out -
 - Tuesday evening classes (Cycle 5) the last lesson is tonight! Registration is CLOSED.
 - Wednesday evening classes (Cycle 8) lessons are in full swing, registration is CLOSED.
 - **Monday evening classes (Cycle 6) registration is OPEN.** Lesson 1 was this week. Register here: <https://us06web.zoom.us/meeting/register/tZUpduurqDoiGdDr1njMiqsEVmE1-5WbTafe>
 - Deadline to register is 12/2
 - **Thursday evening classes (Cycle 7) registration is OPEN.** Lessons start on 12/5/24. Register here: <https://us06web.zoom.us/meeting/register/tZAsduiuqTorGNF9cLa8dvr9h3gNOU2W1-ax>
 - Deadline to register is 12/19

Parenting Research Study (GCAHR)

- Loren Bahe reported out –
 - If you...
 - Self-identify as American Indian or Alaskan Native
 - Live in an urban area
 - Are a primary caregiver of AI/AN youth ages 12-17



- ... then your family could be eligible to receive up to \$200 in gift cards! Join our parenting research project. Share with others who may be eligible!
- Kickoff is on Tuesday, January 7, 2025 at 6PM
- For more information, contact Loren Bahe Ibahe@phxindcenter.org. You can also reach out to Loren to receive the flyer to share with your contacts.

Safeguarding Medications 101 (Rx360)

- Cristian Canales reported out –
 - This is a 1-hour informative session about the importance of keeping your medications safe so you can prevent prescription medication overdoses at home. If you live within Maricopa County, we also send you a lockbox to safely store medications and a Deterra bag to help you safely dispose of your unused or expired medications.
 - As of the meeting time, the next upcoming training will be a Lunch & Learn on Friday, November 22nd at 12PM. Follow our socials @uicaz to see when our next training is posted!

DEA Drug Take Back Day

- Cristian Canales reported out -
 - DEA Drug Take Back Day is a way you can safely dispose of your medications at a designated drop box. After dropping off your unused/unwanted/expired medications, law enforcement will safely dispose of it. We often have a resource table or workshops available at these events.
 - DEA Drug Take Back Day takes place twice a year. Last month, on October 26, PIC partnered with Phoenix Indian Medical Center (PIMC) where we also hosted a Safeguarding Medications 101. We also host Community Dispose-A-Meds in January and June. Follow our socials @uicaz to learn when the next event is in early 2025.

QPR Gatekeeper Training

- Perise Lauvao reported out –
 - QPR is a Suicide Prevention workshop designed to teach you how to recognize the warning signs of a suicide crisis and how to respond by following three steps (Question, Persuade, & Refer). This is the shortest Suicide Prevention training we offer and typically takes place for 1-2 hours.
 - Upcoming virtual training:
 - **Tuesday 12/17/24 at 12:00-1:30PM**
 - Join us over ZOOM! Register here:
<https://us06web.zoom.us/meeting/register/tZcuc--rpjsoGNWJKyHe7HnTouEBK-OD6jOT>

safeTALK

- Perise Lauvao reported out –
 - SafeTALK is a 4 hour in-person Suicide Prevention training. This training teaches you how to be a suicide-alert helper and provides some time to practice having a conversation with someone experiencing a suicide crisis. You will also be more familiar with local resources and how to complete a warm hand-off to someone who has intervention skills training (like ASIST) or equivalent.
 - Upcoming training:



▪ **Thursday 12/5/24 at 9:00AM-1:00PM**

- Join us in-person at Phoenix Indian Center! Register here:

<https://www.eventbrite.com/e/safetalk-training-tickets-1068304911749>

Applied Suicide Intervention Skills Training (ASIST)

- Shermaine Nelson reported out –
 - This is a 2-day interactive in-person training that teaches participants to recognize when someone may have thoughts of suicide and to work with them to create a plan that will support their immediate safety. The training provides ample time to practice your learned intervention skills in a safe environment.
 - Shermaine Nelson and colleague Kami Ortiz successfully trained a group in ASIST at Glendale Community College on November 8th & 9th. The team received a lot of positive feedback from the group, and the participants appreciated the diversity of knowledge and experience among themselves (participants ranged from students to over a decade of experience in behavioral health). Shermaine shared photos from the event.

Suicide Prevention (general announcement)

- Perise Lauvao reported out –
 - If anyone is interested in getting staff at their organization trained in any of our FREE Suicide Prevention workshops, reach out to Belen Santistevan at bsantistevan@phxindcenter.org or any PIC staff member.

FINAL Youth Coalition

- Shermaine Nelson reported out --
 - Our Future Inspired Native American Leaders (FINAL) Youth Council made up of high school students has a Prevention subcommittee. The great group of students from this subcommittee will be preparing alcohol use and abuse prevention presentations in the upcoming months. They were also active during Red Ribbon Week in October and put together a vaping prevention video. Shermaine played the video. Visit our social media pages to view the video if you were not able to attend the meeting.

Cultural workshops

- Shermaine Nelson reported out –
 - On November 13th, the UICAZ team held a successful and fun cultural workshop at Camelview Elementary in conjunction with their Native American parent committee. There, Cante Zephier and Belen Santistevan led a **beading workshop** for the kids. Shermaine shared photos of youth working on their beaded lanyards.

Community Education

- Shermaine Nelson reported out –
 - Since our last meeting, we have hosted three **Cultural Awareness trainings**. On October 25, Dignity Health staff members completed theirs. On November 19, was a training with Paradise Valley Community College. On November 21 some fellow ADHS grantees will be getting trained at the ADHS Justice Reinvestment Community of Practice meeting.



Between all three workshops, over 100 community members were trained in Cultural Awareness in less than a month!

- We also provide **Historical Trauma trainings** where participants learn about the impacts of historical and intergenerational trauma in Indigenous communities. It is highly recommended to complete this training in conjunction with a Cultural Awareness workshop. On November 15, Dignity Health staff completed their 2-part training by attending a Historical Trauma workshop a couple weeks following their Cultural Awareness.
- If you are interested in getting your organization trained in Cultural Awareness and/or Historical Trauma, reach out to Shermaine snelson@phxindcenter.org or any PIC staff member.

UICAZ Subcommittee Events

- Shermaine Nelson reported out –
 - Shermaine shared some photos from the Recruitment & Outreach committee's **Volunteer Appreciation Breakfast** that took place in October. We celebrated our re-elected subcommittee chairs, all of whom were in attendance. There was a delicious breakfast from Blue Corn Cafe & Bakery and we held a networking activity before recognizing our amazing volunteers. Thank you to all who came.
 - The **ICWA Symposium** is coming up, register today! This year's theme is *Every Child is Sacred: Protecting Families through Cultural Resiliency*. Attend to better understand the Indian Child Welfare Act (ICWA) and the Foster Care process. Lunch and childcare will be provided!
 - Date: 12/14/24
 - Time: 9:00AM-3:00PM
 - Location: South Mountain Community College Library
 - Register here: <https://www.eventbrite.com/e/2nd-annual-indian-child-welfare-act-icwa-symposium-tickets-1010774833737>
 - Training & Workshops committee is hosting a **substance use webinar series**. The first topic will be commercial tobacco/nicotine, and every other month will be a webinar about different substances. During this time in the meeting, coalition members voted in a poll on options for webinar titles to help the committee narrow down their title. The final vote was for *Indigenous Communities Healing Together: A Journey through Substance Use Awareness & Recovery*. Dalila announced a new flyer will be coming soon.

New Prevention staff on the UICAZ team!

- **Ashlee Craig**, Prevention Specialist
- **Saybrei Chavez**, Prevention Specialist
- Ashlee and Saybrei introduced themselves to the coalition members present at the meeting but will also be introducing themselves on our UICAZ social media pages, follow us for when they post!

Subcommittee Breakout Sessions / Subcommittee Debrief:

- **Recruitment & Outreach (Report-out provided by Perise Lauvao):**



Attendees: Perise Lauvao, Saybrei Chavez, Brian Yazzie, Nathan Wagner, Lisa Hall, Crystal Rodriguez

During the breakout, the committee gave feedback to staff regarding the Volunteer Appreciation Breakfast to help better plan for future events. They welcomed some new members and explained the goals of the subcommittee. The committee also discussed their upcoming project to recognize Arizona's 22 Tribes during coalition meetings, where the goals are to educate about each tribe and their resources, recruit new members for the coalition (emphasis on underrepresented sectors), and continue building a network between Arizona tribes and coalition members in order to better serve our communities.

- **Training & Workshops (Report-out provided by Dalila Guerrero):**

Attendees: Dalila Guerrero, April Childs, Jolene Fernandez, Kathleen Montano, Misty Castro, Sharon Newkirk

During the breakout, they solidified the title of their new webinar series that starts in January. Thanks to the coalition members voting in the poll earlier in the meeting, the webinar series will be titled *Indigenous Communities Healing Together: A Journey through Substance Use Awareness & Recovery*. This series' topics will feature different substances such as tobacco, opioids, vaping, and marijuana. They are looking for facilitators who can speak about prescription medication and marijuana (respectively) -- if you know any potential speakers, please reach out to Dalila at Dalila.guerrero@maricopa.gov

- **Urban Indian Child Welfare (Report-out provided by Brittany Aquitante):**

Attendees: Loren Bahe, Brittany Aquitante, Micheal Wydra, Sharon Banda

We are in the final few weeks leading up to this year's ICWA Symposium. The committee is finalizing the agenda, speaker bios, and some orders. They have been meeting externally consistently to plan for this event and are looking forward to sharing important information regarding ICWA and the Foster Care process. Register here: <https://www.eventbrite.com/e/2nd-annual-indian-child-welfare-act-icwa-symposium-tickets-1010774833737>

- **Suicide Prevention Committee (Report-out provided by Shermaine Nelson):**

Attendees: Shermaine Nelson, Alyssa Dreiling, Beth Tom, Fatima Jaber, Halia Shirley, Ashlee Craig

During the breakout, the committee recapped their #AMileFor Suicide Prevention campaign and community walk. They also discussed the Phoenix area Out of the Darkness Walk on November 9th where UICAZ walked as a team and had a resource table at the event. The committee revisited the suicide prevention resource booklet; it may be an upcoming project to revamp the booklet and add more. They also spent some time learning about Tucson Indian Center, their services, and upcoming workshops (see Coalition Member Announcements for more info).

Coalition Member Announcements/Community Calendar

- **Parents Against Vaping/E-Cigs (PAVE)** – November 19th, 2024 at 4PM – Meeting virtually to learn the essentials to helping kids avoid or quit vaping and other nicotine use.
- **Tucson Indian Center** – December 3rd, 2024 – 30th Annual Elders Holiday Luncheon (shared by Alyssa Dreiling)



- **Tucson Indian Center** – December 6th, 2024 – Winter Wellness Wonderland (shared by Alyssa Dreiling)
- **Tucson Indian Center** – January 11th, 2025 – New Year, New You event (shared by Alyssa Dreiling)

Closing Announcements

- Reminder our December meeting will be virtual. Meeting reminders will be sent through Zoom. If you are not receiving them, please email Shermaine Nelson at snelson@phxindcenter.org
- Submit your membership forms. We will have a link sent in the chat for this. Fill it out an email it to us.
- You can subscribe to our PIC events calendar. You can see all our workshops and anything that is going on and it will link to your Google Calendar, Outlook Calendar, or your phone.
- Follow us on our social media platforms! Like our posts, like our stories. If you want us to reshare your posts, just tag us and we can repost on our page. All the information about upcoming events and workshops can be found on the UICAZ website: www.uicaz.org.

Adjournment

The meeting was adjourned at 3:48 PM.

Next Meeting

Date: December 17, 2024

Time: 2:00 PM - 4:00 PM

Location: ZOOM

Next meeting will be our LAST meeting on the 2024 link. Afterwards, you will need to register for the 2025 link.

2024 Meeting Registration Link: https://us06web.zoom.us/meeting/register/tZMoc-qspjgHtR7_komeE5JvlmdmDtDH1hR

2025 Meeting Registration Link: <https://us06web.zoom.us/meeting/register/tZYtf-qtrjMoE9Ci4vFBr1Ou4ox5kfV6bA1R>

Note: Registration only needs to happen once. Once registered, you will have access to all future UICAZ meetings until December 2025.