



Drumbeats JANUARY 2018 ISSUE

Announcements

Check Our Latest Issue!

- ▶ Winter Upon Native Families & Worker Self-Care
- ▶ Tribal STAR & PCWTA Collaboration
- ▶ Next T4T Skill Building Institute Scheduled for March
- ▶ Sustainable Tribal Leadership Curriculum Development Continues

**CELEBRATE COLLABORATION
MOVE THE CONVERSATION!**

Feature Article:

Winter Upon Native Families & It's Impact on Social Worker Self-Care

"Well-being begins with you. As most Native professionals know, walking in two worlds requires a special kind of self-management regimen to ensure our relatives receive the highest quality services possible." -**Joe Walker, Delaware Tribe of Western Oklahoma, Tailored and Permanency Projects Manager, Capacity Building Center for Tribes**

Winter is historically a difficult season for many Native communities. At this time many of our loved ones depart and walk into spirit and those left behind must grieve the loss and carry on keeping their family and community together. At the same time, today's mainstream and social media bombard us with images that feed an 'us against them' narrative of social and environmental injustices. Underneath all of this are the haunting historical events that occurred all around the country during this time of year from the Dakota 38 - largest mass hanging of Natives in 1862, the Sand Creek Massacre in 1864, and Wounded Knee in 1890 to the Standing Rock Protests against the Dakota Access Pipeline of 2016. Only a year ago the media carried images of water cannons being shot at peaceful protesters reminding us of the heartless acts by non-Natives to boldly use the winter cold as a strategy to amplify pain and suffering against Native people. In every region local acts of violence inflicted heart numbing assaults upon our children, families, and tribes that can never be forgotten resulting in unresolved grief and loss, leaving families at risk for depression, violence, and suicide.

As survivors of these events our existence is resistance to the attempts of genocide and assimilation. Additionally, our existence and our connection to each other through difficult times build resilience. Unfortunately, it is also during these times that our communities are most at risk, so we are re-issuing parts of press releases from 2012 and 2016 to support social worker well-being and self-care.

Native American Resilience Factors

- Spirituality
- Family Strength
- Elders
- Ceremonial Rituals
- Oral Traditions
- Tribal Identity
- Support Networks

HeavyRunner, I. and Marshall, K. (2003) 'Miracle Survivors: Promoting Resilience in Indian Students.' Tribal College Journal of American Indian Higher Education. Mancos, CO.

Social workers and all child welfare providers, managers, supervisors, attorneys, judges, and trainers can benefit from having increased awareness about trauma informed services, stages of grief and loss, and practices that enhance compassion and cultural humility. Be aware that media information presented to the general public is often inaccurate due to bias toward Natives (see links and resources below). Engagement that includes intentional transparency, awareness of history, sensitivity toward family and cultural traumas are recommended and the support of ICWA compliance by integrating the prevailing and unique cultural standards of Native families.

If you are experiencing burnout take steps to address the situation and accept that you are overextended. Consider the value of discussing with a counselor and manager/supervisor the challenges of your position and the expectations of the tribe, community, and families being served. The Compassion Fatigue Awareness Project suggests practicing the art of self-management and organizing your life to become proactive instead of reactive. Begin to just say no! Utilize your support system.^[1]

Consider these Native American resilience factors:^[2]

- Spirituality
- Family strength
- Elders
- Ceremonial rituals
- Oral traditions
- Tribal identity
- Support networks

Foster strong relationships with friends, family, or community:^[3]

- Accept help
- Accept change and what cannot be changed
- Engage in self-discovery
- Nurture a positive view of yourself
- Maintain hope
- Self-care
- Keep things in perspective

"As we look at the Standing Rock Sioux Nation's battle to fight for and protect the waters of the Missouri River, we as American Indian/Alaska Native Protectors must also continue to fight for and protect the future for our children ..."

- **Tracy "Ching" King, Chairman, Indian Child and Family Resource Center, Montana**

During these challenging times we must be aware how all our actions, big and small, can affect our own safety, permanency, well-being and resilience. It is also at this time we need to practice self-care to prevent burnout and take time to restore ourselves, so we can fulfill our purpose and destiny. Across Indian country we hear of the healing journeys: Healing Journey of the Dakota People, the Annual Spirit-Healing Run-Walk of Sand Creek, and others. These are examples of how communities recover from trauma. At all these events we honor those who went before, bond with family and friends, grow our circle of community, eat together, and pray for those who will come after. Staying connected with each other is an act of resilience and strengthens our ability to protect Indian children.

"We must embrace our traditions and cultural ways. We must then learn to share these practices in order to stay positive and allow miraculous teachings to occur. This type of work within our Indian communities is not measurable and does not have to be from a book. We have a responsibility to do good work and in order to do that we must be spiritually-well leaders."

- **Liz Elgin DeRouen , Pomo Descendant Dry Creek Rancheria & Past Co-Chair of the State of California ICWA Workgroup**

**ICWA is Existence
Existence is Resistance
Resistance is Resilience
Resilience is ICWA**

**Protect all our Native youth in care.
Make sure they feel safe, aware, and loved.**

Standing Rock Helped Native Youth At Risk of Suicide



Below are relevant resources that may be helpful:

Preventing and Addressing Burnout

- <http://www.friedsocialworker.com/burnoutbusters.htm>
- <http://career-advice.monster.com/in-the-office/work-life-balance/fight-burnout-in-social-work/article.aspx>
- http://www.helpguide.org/mental/burnout_signs_symptoms.htm
- http://www.mentalhealthworks.ca/media/burnout_good_for_supervisors
- <http://www.motivation1.com/newsletters/combatingBurnout.html> -this is not as much as a resource as it is an example of how talking about your stress and joining message boards or blogs may be a good place to find community support.

Resources for well-being and self-care

- <http://www.compassionfatigue.org/pages/nextsteps.html>
- <http://www.thebestbrainpossible.com/>

Indian Childhood Trauma and Suicide Prevention

- Childhood Trauma Series in Indian Country PPT by Delores Subia Bigfoot, PhD https://www.ihs.gov/telebehavioral/includes/themes/newihs/theme/display_objects/documents/slides/childhoodtrauma/childhoodtrauma2_072413.pdf
- Indian Country Child Trauma Center: treatment and resources for children and youth and their family's exposures to trauma including child abuse and neglect. <http://www.icctc.org/>

American Indian/Alaska Native Suicide Prevention Center: <http://www.sprc.org/settings/aian>

- SAMHSA Suicide Prevention Resources for Native Americans (Substance Abuse Mental Health Services Administration) <https://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>

Public Video Resources

- Standing Rock Helped Native Youth At Risk of Suicide: https://www.youtube.com/watch?v=0pbKCCM_OEY
- Sand Creek Healing Run Massacre: <https://www.youtube.com/watch?v=EWzrSOvBoWs>
- Dakota 38 Healing Ride Movie Trailer: <https://www.youtube.com/watch?v=Hf3cLT2LwuE>

E-Learning on Media Bias and ICWA

Tribal STAR's e-learning: Bias, Media and Historical Context of ICWA: <https://theacademy.sdsu.edu/elearning/icwa-elearning-bias-media-context/story.html>

[1] www.compassionfatigue.org, (retrieved 11/2012)

[2] HeavyRunner, I., and Marshall, K, (2003) 'Miracle Survivors' Promoting Resilience in Indian Students. Tribal College Journal of American Indian Higher Education. Mancos, CO.

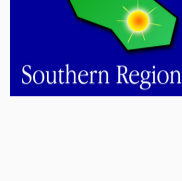
[3] <http://www.apa.org/helpcenter/road-resilience.aspx>

Parts of this article were developed in collaboration with the Public Child Welfare Training Academy.

Tribal STAR & PCWTA Collaboration will continue in 2018



- Coaching tips for ICWA implementation
- Native American Cultural Responsiveness Academy
- Upcoming press releases with PCWTA in 2018.
- To view PCWTA's latest newsletter [Click here](#)

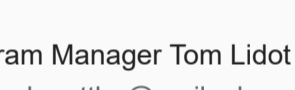


Tribal STAR T4T Skill Building Institute Scheduled for March 13-14-15, 2018

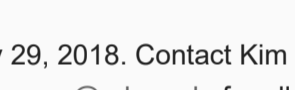
The Tribal STAR T4T will focus on skill building for statewide ICWA trainers implementing the Core 3.0 ICWA: Working with Native American Families and Tribes. Participants will experience the training from seasoned trainers and learn cultural immersion techniques that distinguishes the Tribal STAR training model. The training will be from 8am – 5pm. Working lunch provided. Participants will need to complete the pre-requisite ICWA eLearning before March 13. Preference is given to individuals who plan to train ICWA in 2018-2019, and county child welfare staff who serve as ICWA liaisons, coordinators, or specialists. Location TBD. For more information contact Sunni Dominguez sadominguez@sdsu.edu.

Sustainable Leadership Curriculum Development continues with Center for Tribes and National Child Welfare Workforce Development Institute

This past month the group met to discuss the foundation of tribal leadership and child welfare success from a tribal perspective. Success within a tribal world view embraces the tribal beliefs that children are sacred gifts from the Creator, that every child and individual has a sacred role and gift to contribute to their family and community, that each individual has a responsibility to protect and preserve their cultural identity and tribe, and to maintain relationships with all beings in a good way. Every tribe has a unique set of values and teachings based on their creation stories and oral histories. This awareness must be integrated into social service programs and leadership succession planning.



Staffing Update



Program Manager Tom Lidot will be on sabbatical until January 29, 2018. Contact Kim Mettler kmettler@mail.sdsu.edu and Sunni Dominguez sadominguez@sdsu.edu for all training related inquiries. To submit articles and information for the Feb 2018 newsletter contact Angie Craven acraven@mail.sdsu.edu. For all other inquiries contact Jennifer Tucker Tatlow, Academy Director at jtatlow@mail.sdsu.edu.

~Tom Lidot, Tribal STAR Program Manager

[Research & Resources](#)

[Policy, Legislation, Law & Promising Practices](#)

[Funding & Events](#)

[Training](#)

Earth, Teach Me



Earth teach me quiet ~ as the grasses are still with new light.
 Earth teach me suffering ~ as old stones suffer with memory.
 Earth teach me humility ~ as blossoms are humble with beginning.
 Earth teach me caring ~ as mothers nurture their young.
 Earth teach me courage ~ as the tree that stands alone.

Earth teach me limitation ~ as the ant that crawls on the ground.
 Earth teach me freedom ~ as the eagle that soars in the sky.
 Earth teach me acceptance ~ as the leaves that die each fall.
 Earth teach me renewal ~ as the seed that rises in the spring.
 Earth teach me to forget myself ~ as melted snow forgets its life.
 Earth teach me to remember kindness ~ as dry fields weep with rain.

- An Ute Prayer

<http://www.sapphyr.net/natam/quotes-nativeamerican.htm>

RESEARCH DATA AND STATISTICS

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Children's Bureau Express covers news, issues, and trends of interest to professionals and policymakers in the interrelated fields of child abuse and neglect, child welfare, and adoption.

[Children's Bureau](#)

1250 Maryland Avenue,
SW, Eighth Floor
Washington, DC 20024
Email: cb_express@childwelfare.gov

[Dismantling Racial Inequity #3: A Data-Driven Approach to Improving Outcomes for Black Girls in Child Welfare](#)

Author: National Welfare Workforce Institute
Published: 2017

Information: This webinar provides an overview of the data collection efforts of Allegheny County (Pennsylvania) Department of Human Services which led to an extensive data warehouse. Content will highlight how data has been used to inform child welfare practice—finding the bright spots of success as well as gaps in service.

[Findings From the California Youth Transitions to Adulthood Study \(CalYOUTH\): Conditions of Foster Youth at Age 19: Los Angeles County Report](#)

Authors: Courtney, Mark E. Harty, Justin. Kindle, Brittani. Dennis, Kristin. Okpych, Nathanael J. Garcia, Adrianna Torres.
Published: 2017

Information: This report presents findings from a study that is exploring whether extending foster care past age 18 influence youth's outcomes during the transition to adulthood in Los Angeles County,

[Number of children in foster care continues to increase](#)

Author: Administration for Children & Families
Published: 2017

Information: Newly released foster care and adoption data show an increase in the number of children in foster care and an increase in the number of adoptions from the U.S. child welfare system.

[Perspectives of Professionals on Treatment Foster Care Success](#)

Author: Davis, Kelly.
Published: 2017

Information: Treatment foster care is designed to serve children involved with the child welfare system who have complex needs. The current study was an exploration of successful treatment foster families from the perspective of professionals.

PROVIDER RESOURCES

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[2017 State of Native Youth report](#)

The report shares what we've learned from our online national Native youth survey, and from community meetings with youth and service providers, about the priorities and solutions that matter most to our Native youth stakeholders. The report also examines data indicators of Native youth success and the policies that impact their lives.

The Indian Child Welfare Act A Family's Guide

Author: NICWA

Information: This brochure is not a substitute for legal counsel. You should always contact a lawyer for advice on any legal matter relating to ICWA.

POLICY LEGISLATION AND LAW

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[ChildWelfare Capacity Building Collaborative: State-Tribal Partnerships: Coaching to ICWA Compliance](#)

Information: Use this 3-day in-person training to engage in collaborative learning and action planning for stronger state-tribal partnerships.

JUDICIAL UPDATES

[ChildWelfare Capacity Building Collaborative: Collaborating With the Courts Training](#)

Information: Three e-learning modules on planning strategies for joint initiatives, collaborating throughout the continuous quality improvement process, and applying strategies to achieve outcomes.

PROMISING PRACTICES

[ChildWelfare Capacity Building Collaborative: How Agencies and Courts Improve Outcomes Together Training](#)

Information: This three-module learning experience uses a case study model illustrating how agencies and courts use a shared continuous quality improvement (CQI) approach to improve outcomes for children, youth, and families.



Current Grants & Funding

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[The Alaska Community Foundation \(ACF\) LOI](#)

Deadline: January 5, 2018.

Information: The Alaska Community Foundation's goals for the Alaska Native Social Justice Fund grant cycle are to support strategic collaborations that prioritize leadership development and allow Alaska Native communities to use their own voices to identify and address the social justice issues that are the most important to their communities.

[Native American Artists Fellowship](#)

Deadline: January 15, 2018

Information: The Indian Arts Research Center at the School for Advanced Research in Santa Fe, New Mexico, offers three artist-in-residence fellowships annually to advance the work of mature and emerging Native artists.

[Bureau of Reclamation](#)

Deadline: January 17, 2018

Information: Native American Affairs: Technical Assistance to Tribes for Fiscal Year 2018.

[Tribal Practices for Wellness In Indian Country](#)

February 20, 2018

Information: This NOFO will build upon the Good Health and Wellness in Indian Country (DP14-1421PPHF14) program, which has demonstrated that a coordinated, holistic, and tribally-driven approach can strengthen the ability of tribes to improve the health of American Indians and Alaska Natives.

[Native Youth Initiative for Leadership, Empowerment, and Development \(I-LEAD\)](#)

Deadline: March 7, 2018

Information: Fiscal Year 2018 funds for the Native Youth Initiative for Leadership, Empowerment, and Development (I-LEAD).

[Intervention Research to Improve Native American Health \(R01 Clinical Trial Optional\)](#)

Deadline: May 14, 2020

Information: The purpose of this funding opportunity announcement (FOA) is to encourage exploratory developmental research to improve Native American (NA) health.

[Indian Housing Block Grant Program](#)

Deadline: Rolling

Information: The Indian Housing Block Grant Program (IHBG) is a formula grant that provides a range of affordable housing activities on Indian reservations and Indian areas. The block grant approach to housing for Native Americans was enabled by the Native American Housing Assistance and Self Determination Act of 1996 (NAHASDA). Eligible IHBG recipients are Federally recognized Indian tribes or their tribally designated housing entity (TDHE), and a limited number of state recognized tribes who were funded under the Indian Housing Program authorized by the United States Housing Act of 1937 (USHA).

[Indian Community Development Block Grant](#)

Deadline: Rolling

Information: The ICDBG Program provides eligible grantees with direct grants for use in developing viable Indian and Alaska Native Communities, including decent housing, a suitable living environment, and economic opportunities, primarily for low and moderate income persons.

[Karma for Cara Foundation](#)

Deadline: Open

Applications for Youth Microgrants

Information: Grants will be awarded to kids 18 and under for service projects in their communities.

[Public Welfare Foundation Accepting LOIs for Social Justice Programs](#)

Deadline: Ongoing

Information: Grants will be awarded in support of efforts to advance justice and opportunity for people in need through criminal justice, juvenile justice, and workers' rights programs.

[Start a Snowball](#)

Applications for Youth Philanthropy Projects

Deadline: Rolling

Information: Grants will be awarded in support of philanthropic projects led by youth between the ages of 5 and 18.

[Aiden's Red Envelope Foundation Supports Families of Children With Special Needs](#)

Deadline: Rolling

Information: Grants of up to \$5,000 will be awarded to Southern California families that have children with disabilities for special equipment, therapy, summer camps, or treatments.

[Craft Emergency Relief Fund Accepting Applications From Craftspeople in Need](#)

Deadline: Open

Information: Grants and loans of up to \$8,000 will be awarded to professional craftspeople experiencing career-threatening illness, accident, fire, theft, or natural disaster.

[Grants.gov Calendar](#)

Native American Scholarship Resources:

[American Indian Graduate Center](#)

[College Scholarships.Org](#)

[The Gates Millennium Scholars Program.](#)

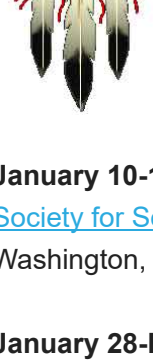
[Cherokee Nation donates \\$47K to area CASA groups](#)

Tahlequah Daily Press - December 21, 2017

The Cherokee Nation donated a total of \$47,000 to two area court-appointed special advocate organizations....

EVENTS AND CONFERENCES

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This Calendar contains local events and conferences both local and national that will be of interest to those who work in or with the Tribal community.

December 31, 2017 - January 1, 2018

[2018 Central Valley Annual New Years Eve Red Road Pow-Wow](#)

Join dozens of American Indian tribes from across the US at the Central Valley Annual New Years Eve Red Road Pow Wow

January 10-14, 2018

[Society for Social Work and Research 22nd Annual Conference](#)

Washington, DC

January 28-February 2, 2018

[Annual San Diego International Conference on Child and Family Maltreatment](#)

[Chadwick Center for Children and Families at Rady Children's Hospital](#)

San Diego, CA

February 3, 2018

[7th Annual BAAITS Powwow](#)

Festival Pavilion at Fort Mason Center

San Francisco, CA

February 10, 2018 - February 11, 2018

[2018 Wildhorse Pow Wow](#)

22nd Annual Wildhorse Pow Wow

Leuzinger High School

Lawndale, CA

February 17, 2018

2018 Yuba-Sutter Winter Pow Wow

Allyn Scott Youth Civic Center

Marysville, California

Email: pbennett@mjud.k12.ca.us

February 28-March 2, 2018

[2018 Violence Intervention and Prevention \(VIP\) Summit](#)

Gundersen National Child Protection Training Center

Orlando, FL

Tribal STAR Training

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Approximately 8000 Tribal and non-Tribal professionals, leaders, public Human Service agency staff, regional training academy staff and university students have received training throughout the project. The training package provides up-to-date, research-based information in a variety of areas, including: the youth development philosophy, methods for collaboration, effective ways to work with rural populations, effective ways to work with Tribal rural foster youth and their communities, the Indian Child Welfare Act, and the John H. Chafee Foster Care Independence Act.

For more information regarding trainings in your area please contact technical assistance.

To register for one of the trainings below please contact:

Tom Lidot, Program Manager

Academy for Professional Excellence SDSU School of Social Work

Phone: (619) 594-3158 Fax: (619) 594-1118

Email: tlidot@mail.sdsu.edu

INDIAN CHILD WELFARE ACT (ICWA): WORKING WITH NATIVE AMERICAN FAMILIES AND TRIBES

ICWA: Working with Native American Families and Tribes is intended to provide social workers with foundational knowledge of the Indian Child Welfare Act and best practices.

All ICWA Trainings –

Registration 8:00 – 8:30 a.m.

Training 8:30 a.m. – 5:00 p.m.

Continental Breakfast and working lunch included

*Note the pre-requisite to attend these trainings is a 60-90 minute eLearning on ICWA Introduction. For registration please contact:

Sunni Dominguez – sadominguez@sdsu.edu or call 619-594-6107.

Next training:

January 25, 2018—Riverside
22690 Cactus Avenue, Moreno Valley

February 6, 2018—San Diego
6505 Alvarado Road, San Diego

February 14, 2018—Riverside
22690 Cactus Avenue, Moreno Valley

February 15, 2018—San Bernardino
3600 Lime Street, Suite 416, Riverside

March 1, 2018—Riverside
22690 Cactus Avenue, Moreno Valley

April 5, 2018—Riverside
22690 Cactus Avenue, Moreno Valley

May 16, 2018—San Diego
6505 Alvarado Road, San Diego

May 24, 2018—San Bernardino
3600 Lime Street, Suite 416, Riverside

ICWA: Working with Native American Families and Tribes

California Common Core
Version 3.3 | 2017



SUMMIT

The Summit provides an overview of Native American culture, history, and distrust of government systems and services. The training include first-hand accounts of Tribal youth experiences receiving CWS services. Participants engage in collaborative brainstorming to support goals and objectives. The training allows organizations to focus on specific challenges and identify solutions.

Next training: TBA

The Other Side of ICWA

The Other Side of ICWA is intended to address “the spirit of the law” and those concerns missing in traditional training that are essential for successful implementation of ICWA.

Next training: TBA

GATHERING

The Gathering provides an overview of Native American culture, history, and distrust of government systems and services. The training reviews the unique issues that affect adolescent development of Tribal youth. Participants engage in collaborative brainstorming. The Gathering provides first hand accounts of Tribal youth who have experienced receiving CWS services and basic communication techniques that support more trusting relations with Tribal youth and families. The training allows organizations to focus on specific challenges and identify solutions.

Next training: TBA

COLLABORATIVE

The Collaborative is an adapted half-day training designed to introduce Tribal and non-tribal child welfare workers to the challenges of serving Tribal foster youth. It covers a brief historical overview and concludes with recommendations that support increased communication and collaboration among providers that strive to achieve positive outcomes for Tribal youth.

Next training: TBA

T4T

Training for Trainers focus on skill building to lead cross-cultural discussions that result in positive outcomes. The training also helps participants learn how to conduct Tribal STAR training in their area. Topics covered in the training include cross-cultural communication, cultivating and maintaining trust-based relationships, and understanding how history affects today’s relationships between CWS and Tribal programs.

Next training: TBA

E-LEARNING

[ICWA Bias, Media and Historical Context eLearning](#): This eLearning course will explore how media and propaganda have affected our perceptions resulting in a bias toward American Indians. During this course you will be asked to identify three events in American history related to American Indians – and what do these events have in common?

For more information contact Tom Lidot at tlidot@mail.sdsu.edu or call 619-594-3158.

TribalSTAR

NEXT ISSUE

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General information, pertinent articles and resources related to Native American Foster Youth can be sent to us at tstar@mail.sdsu.edu for inclusion in the the next edition of the [Tribal STAR eNewsletter](#). Whenever possible please make submissions 3 weeks prior to publication of the next newsletter. The next issue will be published the first week of February. All submissions will be reviewed and are published at the sole discretion of the Tribal STAR editorial staff.

For current news, thoughts and events follow us on [Twitter](#) [#TribalSTARNews](#)



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Note: documents in Portable Document Format (PDF) require Adobe Acrobat Reader 5.0 or higher to view, [download Acrobat Reader](#).

Note: documents in Word format (DOC) require Microsoft Viewer, [download word](#).

Note: documents in Excel format (XLS) require Microsoft Viewer, [download Excel](#).

Note: documents in Powerpoint format (PPT) require Microsoft Viewer, [download PowerPoint](#).

Note: documents in Quicktime Movie format [MOV] require Apple Quicktime, [download Quicktime](#).

INSPIRING INNOVATIVE SOLUTIONS IN HEALTH AND HUMAN SERVICES

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