



IPP: Indian Health Council CDEP: REZolution

Priority Population: Native American

Local Evaluation Time Period: September 15, 2022- October 31, 2025

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3. EXECUTIVE SUMMARY

The REZolution Project (hereon REZolution) is one of over 30 Implementation Projects within the California Reducing Disparities Project (CRDP) administered through the Office of Health Equity (OHE) within the California Department of Public Health (CDPH). CRDP is one of the first mental health equity projects of its kind to be administered throughout California. REZolution is administered by Indian Health Council, Inc. (IHC) and aims to promote healthy self-expression and increase the access and utilization of behavioral health services among the rural American Indian communities in southern California which constitute IHC's governing consortium of nine federally recognized tribes in San Diego County. REZolution has contributed to the development of best practices to achieve the foregoing goals through culturally informed and tailored programming to address behavioral health utilization. REZolution at IHC works with youth from the surrounding reservations to plan, promote and put on a large community showcase performance event for their tribe and additionally smaller projects focused on youth.

REZolution utilizes several techniques that introduce and break down stigmas surrounding the use of mental health programs. Although tribal members are eligible to receive mental health services at IHC, access isn't an issue, but there remains stigma around utilization of behavioral health services at the clinic. With mental health services available at IHC, reducing the stigma around mental health services and attempting to increase utilization of mental health services is always a goal. REZolution's mission was clear from the first phase, promoting culture and tradition was a pathway to bring tribal community members together to promote mental wellness.

Purpose/Description

All of REZolution events were intended to promote healthy self-expression and encourage the utilization of behavioral health services at IHC. REZolution was based on the principles of Community Based Participatory Research (CBPR), mainly community participation to connect health promotion/prevention projects through creative self-expression which is culturally key to the elevation of personal, tribal and intertribal health. The purpose of REZolution was to use self-expression as a coping skill and had three components.

A) Create Showcase Performance Events across different tribal reservations organized by local youth from the host reservation. Events were meant to engage and transform the tribal communities through self-expression as a coping skill for unresolved grief, loss, trauma, historic trauma, abuse and neglect,

B) Encourage Personal Growth and Wellness by participation in many **Self-Expression Activities with Youth**,

C) Increase the Number of Visits to Therapeutic Services available through the IHC Behavioral Health Department.

D) Increase Mental and Behavioral Health Referrals for use of services and destigmatize counseling services through the IHC Behavioral Health Department.

Local Evaluation Questions

Evaluation Question 1: Visit rates to IHC Behavioral Health and outside agency participation e.g. AA, NA, Al-Anon were planned to be tracked. However, participation in outside agencies were not tracked as all participants were youth under age 18.

Evaluation Question 2: At each community Showcase Event, Performers and Planners (all under age 18), along with Audience members were assessed for community perception of success.

Evaluation Question 3: Does artistic Self-Expression when shared in a community environment influence positive changes in health behaviors related to coping.

Key Findings

From 2022 to 2024, there were 243 referrals to the Behavioral Health Department. These visits cannot be linked to and therefore cannot be attributable to REZolution data collection. No direct referrals from REZolution events or activities can be documented and REZolution cannot be directly linked or presumed to have an impact on Behavioral Health service utilization.

While through the REZolution project we could not see the true impact of Behavioral Health referrals, we did see a significant impact with youth and community through the activities and events of REZolution. Reducing stigma and seeking answers through improvement of mental health with positive coping skills and tribal community interaction through **Showcase Events** and **Art Base Activities** proved beneficial. Event planning and implementation allowed REZolution youth to work with tribal community members and partners to teach, build upon, celebrate and strengthen cultural and traditional practices and teachings. REZolution demonstrated cultural teachings are directly connected to mental and spiritual wellbeing.

Conclusions/Recommendations

REZolution was an innovative program which engaged youth in conversation with their community about mental health through promotion of self-determined varied positive coping skills connected to art and creativity. REZolution connected youth and their community to behavioral health services through youth leadership development, performance, art based creative projects and community event planning. **Art Based Activities** have been a highlight of the REZolution program creating inspirational family-based activities that help develop practical behaviors related to improvements in overall

mental health. REZolution's presence on social media further enhanced REZolution objectives of encouraging self-expression and attempting to destigmatize IHC's BH Department for the community.

Utilizing social media to produce campaigns is recommended to distribute information to a wider audience. Recruiting youth earlier on and for a longer length of time would improve the engagement of youth in activities and events. Building Behavioral Health (BH) provider capacity, assigning dedicated staff to work with youth to improve participation and referrals of this project.

4. INTRODUCTION/LITERATURE REVIEW

Risk factors addressed by REZolution include isolation leading to prolonged suffering, delayed access to or refusal to access services due to distrust and stigma, resulting in suicide, school failure and drop out, abuse, violence, and neglect resulting in family stress and removal of children from their home. The 1990 National American Indian Adolescent Health Survey found discussing problems with friends or family, emotional health, and connectedness to family were protective against suicide attempts.¹ The current IHC i2i electronic health records data system indicated the following: from January, 2022, to November, 2025, 1559 active IHC patients were diagnosed with anxiety, 44% of those patients were between the ages of 0-17. Additionally, 1401 patients were diagnosed with depression and 16% (n=224) were less than age 18, 2338 patients were diagnosed with severe mental illness (SMI) or abuse/neglect, of which 46% were aged less than 18. Of patients with SMI or substance abuse, 10% were less than age 18.

IHC utilizes Trauma Informed Treatment Interventions in providing BH services to patients with SMI that incorporate the following therapeutic approaches using a Family Systems Model: Cognitive Behavioral Therapy (CBT), Solutions Focused Therapy, and Psychodynamic Therapy. Many of our patients with SMI present with symptoms related to repeated traumatic experiences (complex trauma). In many instances, whole households and family members may have shared traumatic experience either directly or indirectly. In terms of facilitating behavioral health in a clinic setting, it is important to consider therapeutic approaches, such as trauma informed approaches, that contextualize AI/AN behavioral health on a community level. Behavioral clinicians in a traditional setting focus primarily on individual struggle with targeted biomedical and psychosocial interventions. While this is necessary in several cases, it leaves little room for contextual issues or broader agendas of community psychology, and the absence of which has left mental health narratives susceptible to reductionist biomedical bias. In other words, while facilitating personal health with weekly therapeutic intervention is

beneficial on an individual level, community therapists and clinics that aim to improve the mental health of an AI/AN cultural community could improve awareness of economic, social, and structural circumstances shared by all clientele. This will also bridge the gap between individual struggles and social or behavioral challenges of the broader collective, which could foster community discourse about culture, rehabilitation, human rights, equity (racial, gender, ability). In contrast to behavioral health in a clinic setting, alternative discourse asserts that the pursuit of traditional indigenous healing practices is the most legitimate form of therapeutic intervention compared to the implementation of professional mental health treatments, including evidence-based approaches.² This is because such alternative discourse identifies historical trauma (i.e., the collective, cumulative, and intergenerational impacts of European colonization) as the source of pervasive community disorder rather than the biological, intrapsychic, and behavioral factors that are typically described as leading to psychopathology.³ While it may be unwise to abandon all non-traditional forms of evidence-based therapy, integrating traditional American Indian practices such as storytelling or group drumming has shown evidence of positive therapeutic outcomes. It is important that AI/AN people can communicate the types of services they need and how to receive such services.⁴ To this point, the presence of behavioral health providers involvement in activities and presence at community events is necessary. While it is clear why the presence of a therapist or mental health provider at community events is beneficial, little statistical evidence has been published about how much their presence has improved trust, referral follow through, and access to mental health services. Research, or a case study, is needed to gain further insight into the benefits of provider's presence at events. There is anecdotal evidence that will be questioned and tested through evaluation. The anecdotal evidence is that as a result of attending therapists at events, they received more self- and community-referrals. From a tribal perspective these events provided a pathway for relationships to occur with the therapist that results in more trust and desire for services. Additional empirical evidence exists through the attendance and repeated requests to have additional events in the service area. Community expressing their needs to staff and testimonials from youth provide evidence to support the effectiveness.

Storytelling, as a form of artistic expression, is a traditional practice to Natives and has shown potential for positive therapeutic outcomes. The Substance Abuse and Mental Health Services Association uses a community therapy activity called "Storytelling: Stories and Strengths."⁵ It begins with a discussion about strengths; then, everyone individually takes 15–30 minutes to create a story that shows or represents strengths that will help them in their recovery. Afterwards, they share in a talking circle format, being as creative as they would like. If they enjoy their story and want to continue developing it, they can create drawings or collages to go with the story, or alternatively the group can create an art piece together with the topic of strength in mind. Another

form of traditional Native artistic expression is group drumming, which has proven especially successful in helping veterans with PTSD.⁶ Trauma can isolate and disconnect a victim from society. This community-based activity serves to reconnect victims and help facilitate a sense of belonging, community, togetherness, connectedness, and intimacy. Evidence-based music therapy has also proven that group drumming members can learn to control their feelings by controlling rhythm, volume, tempo, and timbre of the drums. Taking control of the drums can help them take control of themselves.⁶

5. CDEP PURPOSE, DESCRIPTION, & IMPLEMENTATION

CDEP and IHC's CRDP Project - REZolution - is a Community Based Participatory Research (CBPR) project and simultaneously connected to a health promotion program where the key to creative self-expression was using the arts as a personal, group and tribal coping skill. All REZolution projects on each reservation had four interlinked components:

- 1) Increasing the number of therapeutic visits to IHC's Behavioral Health Services through REZolution program activities.
- 2) Encouraging personal growth and wellness, increasing mental and behavioral health referrals **and** use of services to destigmatize counseling services at IHC's Behavioral Health (BH) Department.
- 3) **Showcase Performance Events** were conducted with each tribal reservation from the IHC nine Tribal Consortium tribes in partnership between REZolution Project Directors and Local Youth from the host reservation/tribe. Using self-expression as a coping skill for unresolved grief, loss, individual trauma, historical trauma, abuse, and neglect, the Youth groups who planned each of the **Showcase Events** became known as the "Planners" and were recruited to also participate in the execution, production and management of the **Showcase Events** by REZolution. The larger tribal community at the host reservations were all invited to the night of the **Showcase Event** performance.
- 4) **Art-Based Activities** with the local Youth Planners were also part of the program. REZolution Project Directors created many personal experiences with each of the participating Youth Planners who produced the **Showcase Events**. All worked together to produce **the Showcase Events** by designing flyers, directing and creating video advertisements for the **Showcase Events** and identifying local performers. While planning **Showcase Event** details, the Youth also participated in exercises promoting healthy self-expression and coping skills which will be described below.

Staffing

The IHC project staff, REZolution team consisted of the Project Coordinator, Project Director, Research Assistant, Community Engagement Representative and a Local Evaluator. The three main IHC project staff themselves are American Indian, and the

Local Evaluator has over 10 years of experience working with tribal communities, while the Project Director brings public health knowledge in working with underserved communities. All members of the project staff worked to develop the REZolution program, drawing on local community knowledge and past response to research programs through IHC. The Project Coordinator was responsible for recruiting youth participants into the program and implementing CDEP components. The REZolution project team were responsible for administering and collecting Local Evaluation and Statewide Evaluation (SWE) data. The Local Evaluator was responsible for data analysis and synthesis. The role of IHC project staff was to serve as a facilitator for creating the community events. Using a basic structure the project staff helped youth create promotional items (i.e., promotional videos, flyers, social media, t-shirts, etc.) and help guide the brainstorming sessions. The REZolution project team were also facilitators in working with the youth and focused on incorporating all youths' ideas into the overall structure of the **Showcase Events**.

Description/Significance of Showcase Events

The REZolution Project team worked with the tribal youth over an eight-week intervention period. Youth were encouraged to participate in planning and promoting event activities for all the **Showcase Events**. Planners were encouraged to give the welcoming blessing in their tribal language and to add specific cultural items in their **Showcase Event** promotional materials. Additionally, Planners identified and invited community performers and/or participated in the **Showcase Events** as a performer themselves. Every REZolution **Showcase Event** included a traditional/cultural performance such as bird singing, drumming, and/or storytelling and development of a specific logo representing the chosen theme and used for t-shirts and other promotional artwork.

Recruitment

The REZolution Project Coordinator worked with the tribal afterschool education specialist to design youth recruitment strategies, the timeline for project activities and logistics including a venue for the community event. Examples of venues for the REZolution project included tribal administration buildings and tribal education centers. The REZolution Project Coordinator and education specialist also developed a timeline based on the youths' schedules, considering any conflicting times and dates for meetings. Typically, the REZolution Project Coordinator would hold seven or eight meetings. Youth were recruited into the program based on their participation in tribal afterschool programming. This may be a potential limitation of our sampling, as we worked with youth who were already involved in tribal programming and usually did not reach youth outside of this group.

Performers often included bird singers, storytelling, drumming, solo singing and poetry readings. An art walk was also included in the community events to recognize those community artists and their artwork. Artwork included gourd work, beading, leather work, canvas work and other traditional crafts and art. Youth Planners were also encouraged to perform at the event and voice their identity through the performing arts.

*General layout of Youth Planning Meetings for each 8-week cohort **Showcase Event** timeline.*

Week 1: Introductory Meeting, Review of the REZolution Project and the purpose of the meetings, discussion on issues facing their community, Consent Forms.

Week 2: QPR Training

Week 3: Finalize what the issue is they see. Determine event theme. Planning group name, logo/design, event item. Plan council name and ways to design shirts, sweatshirts, socks, hats, conduct PRE Local/SWE Surveys.

Week 4: Event planning: Ask youth what they want the event to have for food, performers, messaging.

Week 5: Behavioral Health Clinician comes to meeting and answers questions from youth. Along with topics the youth want to discuss also talk positive coping skills, anxiety and other topics.

Week 6: Complete art activity with youth.

Week 7: Film PSA with youth.

Week 8: Last event preparation items.

After event meeting: Conduct Post Surveys.

Promotional Videos/Posters

The central themes of intergenerational communication and youth empowerment were two elements of REZolution that were in the foreground and became increasingly important over the course of the project. This is highlighted by each youth planner cohort's creation promotional items (such as flyers, group t-shirts, promotional videos and social media), specifically for their tribe or reservation.

A total of 46 tribal youth participated in planning REZolution **Showcase Events**. There were approximately seven to eight participants per tribe/event. While youth were the primary target demographic, the events were designed to encourage mental health help-seeking for all ages, including referrals of family and friends. Attrition varied from tribe to tribe, for reasons including other conflicting commitments such as intertribal sports or the death of close family members. Timelines were adjusted based on availability of youth and the education program. Some of the youth groups did not complete all meetings before the Showcase Event. REZolution project team aimed to weave cultural and

traditional practices into the planning and execution of the community event. Below are details of each **Showcase Event** with themes/priorities, description and significance.

TRIBE A: REZolution had 50 Attendees (11/17/2023)

First REZolution event in a long time. Highlights were Bird Singers, Youth doing some emcee work, and Tribal Elders Singers singing some Christmas Carols in their language. The event had self-expression in the form of bird singing, Christmas carols, and a martial arts/culture demonstration. The chosen theme was about smoking cessation. At some meetings mental health was discussed, at other meetings an IHC Behavioral Clinician would attend and lead the discussion.

Significance: Youth were able to be a part during the night of the event by being emcees and by expressing themselves through song and dance. Elders also performed songs in traditional language which bridged the generational gap.

TRIBE B: REZolution had 80 Attendees (6/27/2024)

The event was well-received and had a fashion show. Community members also participated in planning. Singers and pow wow dancers performed, body positivity was the theme. Performances included singing, powwow dancing along with the fashion show.

Significance: The event came together with the help of the youth, and it was a great addition to include a fashion show because it tied in well with the body positivity theme. This REZolution event had the most attendees out of all REZolution events ever, which was great to report.

TRIBE C: REZolution had 50 Attendees (11/22/2024)

The theme was general suicide prevention.

During planning, these youth participated in gourd painting. One youth planner did a dunk tank for his performance. The event included poetry, singing, dancing, and an art station where people could get a canvas and paint something during the event. Place settings at the event tables had center pieces of different shaped gourds that could also be painted and taken home. This REZolution event was filled with laughter and youth emcees.

Significance: Built stronger connections within the community among all ages.

TRIBE D: REZolution had 70 Attendees (2/28/2025)

The theme for the event was Intergenerational Connection. At this event participants were offered paints and canvases to paint at their tables while they watched the performance. The **Showcase Event** started with Bird Singing, youth did breakdancing, there was cultural dancing, storytelling and poetry. Seven performers attended the open mic time from creation storytelling to a traditional poi dance.

Significance: Bring art and mental health awareness to the community across generations.

Description/Significance of Art Focused Projects

The creation of the **Art Focused Projects** were not included in the original REZolution Work Plan. They were a response to the project team not feeling the **Showcase Events** provided enough time with tribal youth to have a positive impact of note on various aspects of mental health. Therefore, the following list of **Art Focused Projects**, number of participants, description and significance created new, innovative and needed ways to interact more often with tribal youth in order to expose them to the overall goals of REZolution. These activities were numerous, well attended, gained notoriety in the tribal community and were of major importance to the success of the overall REZolution Project.

The **Art Focused Projects** can also be viewed in themselves as “results” though no formal evaluation data were collected. The new evaluation plan when these projects were incorporated into REZolution was to ask a few simple traditional style evaluation questions i.e did you like the project, what did you like about project, was it helpful in understanding how art based activities can help you connect to daily positive coping skills and improved mental health and how such activities can better help connect with friends, family and the larger tribal community. However, evaluation data were not collected as these questions were also part of the overall barrier and lack of evaluation data due to not receiving Active Parental Consent forms from the parents of the REZolution youth participants (more discussion regarding this barrier to follow).

Love Your Ancestors Shoes - Number of participants - 30

A project of buying blank white shoes and art supplies for community members to decorate and paint to represent “loving their ancestors”. Flyers were distributed in communities and posted on social media for outreach and participation.

Art supplies were provided to community members by REZolution. Participants picked up the shoes at IHC and took them home to decorate and paint. This activity provided a positive coping skill opportunity and a chance to have people think about their ancestors and the legacy their ancestors left for them. Blank white high top athletic shoes acted as the canvas while paint and fabric markers created the art. REZolution promoted on social media to boost engagement.

Significance: The Ancestors Shoes Project provided an at-home opportunity for the community to practice positive coping skills at home. Not everyone was able to attend REZolution events, and this format allowed people to create art in the comfort of their

homes. Shoes were also displayed as a permanent fixture in one of IHC's entrances, so people visiting IHC would also be able to experience the joy of seeing the shoe art.

Traditional Indian Health Gathering Mural – Number of participants – 47

REZolution project team painted a tree on a large canvas (~ 5' x 5' feet) representing the IHC tribal community. At the Gathering held in 2024, a weekend event of IHC and community, all ages had an opportunity to add their handprint to the mural, making it look like leaves on the tree. The mural represents the unity and togetherness of the community. The activity provided an interactive activity during the Traditional Indian Health Gathering. The role of attendees in the artistic process represents the roles they play in the connectedness of IHC with the nine tribes of their Tribal Consortium. REZolution created the mural a week before the gathering and made sure it was transported there for the weekend of the Gathering. REZolution provided all art supplies and a hand washing station so attendees could participate simply by walking up to the REZolution table and add their handprint to the mural. The mural now hangs in the hallway of the IHC Health Center.

Significance: Provided a positive coping skill and a view of how REZolution creatively encouraged the community to be a part of the creative art process. The mural still hangs in the IHC hallway, patients and staff can look back on and appreciate the work of art they helped create and the unity of the community.

Garden Glimmers Art Night - Number of participants - 7

Garden Glimmers involved making a bouquet of flowers with each flower representing a "glimmer". A glimmer is a moment in your life which benefits your mental health. Flowers ranging from roses and baby's breath to chrysanthemums were provided along with greenery, ribbon and garden tools to trim and cut stems to a desired length for each bouquet. While making bouquets, this workshop encouraged participants to think about glimmers in their lives with each flower they added to remind them there is happiness daily.

Significance: Providing the community with the skills to recognize the importance of the little things in life can aid them in the future for reflecting on their positive memories.

Traditional Indian Health Gathering Walking Sticks - Number of participants - 82

REZolution wanted to provide a hands-on craft activity for attendees of all ages at the 2025 Traditional Indian Health Gathering participants could take home with them. REZolution bought tobacco sticks from a farm in Kentucky. Sticks were not made from tobacco but were used in the production of tobacco. They were slender sticks approximately 4 feet long, which walking sticks could be made from them. REZolution prepared and sanded sticks and bought art supplies to paint and decorate them. All ages were invested in the activity, the REZolution booth at the Gathering was very busy

throughout the entire day. REZolution brought all the crafting supplies for attendees to express their creativity and work on their walking sticks to take home with them. REZolution provided all craft materials such as paint, paintbrushes, tape, suede cord and beads.

Significance: REZolution was able to get more engagement than the previous year's Gathering with this activity because we could involve more age groups. Attendees enjoyed that they could take their craft home and served as importance, because they could reflect on the healthy activity of making the stick and practice further coping skills like using their walking sticks to go on a hike and explore nature, embracing the healthy activity.

Set Design and Acting Workshop - Number of participants - 15 Youth

For the Halloween Extravaganza hosted by IHC in 2025, REZolution collaborated with Generation Indigenous, another IHC grant program, to put on a workshop for Youth. Youth used items such as cardboard, paint, and wire to shape, build and create different parts of the elements for the "sets" in the Haunted House. Youth were able to learn from an acting coach how to be actors in the Haunted House, a different form of art expression. Youth also participated in creating set design elements such as artwork and 3D props, an additional form of art design. The Halloween Extravaganza brought the community youth together to create different parts of the Haunted House.

Significance: Creating a sense of community within the youth of different tribes will help them build a stronger foundation for community and working together.

Hope Note - Number of participants ~ 400 and ~ 50 new facilitators

Hope Note was co-developed with the Health Promotion Services Department at IHC to address suicide prevention and feelings of little to no hope. The "Hope Note" is a small card in an envelope. The front was designed with the words "Hope Note" with a warm sunset behind it. On the back was a place to write a message of hope and a checkbox to finish the statement "Thank you for giving me hope..." with the option to choose "with your words" or "with your actions."

Significance: The focus of hope note was to empower individuals to find their voice through positive messaging and give hope to another in the form of tangible card to hold in their hand. Through a simple gesture of communicating to those who have given you hope in life, the reciprocal benefit to mental health is felt by both the author and recipient of a Hope Note. Hope Notes are meant to encourage people to say positive things they want to share *before* it is too late. It is a way to mitigate the regrets people feel after somebody dies by suicide and to instead keep people alive by showing them the impact they have had on others' lives. Over 400 Hope Notes have been distributed to the local tribal community through REZolution.

Additionally, the REZolution project team went into local schools and after-school programs to educate on the purpose of 'Hope Note.' The school would receive the postcard-like item in printable form for the school to print and then give to students. Students would then take a vow to give it to the person they wrote it to. The Hope Note process was able to spread among youth across IHC's tribal consortium of nine tribes. Youth became more familiar with expressing their emotions and were open about sharing with others. Additionally, the training of facilitators in schools ensures sustainability for the Hope Note and that it could be implemented with a variety of groups and reach many more youth.

Tradition in Every Bite Cookbook

This cookbook is in progress, it will be a book of recipes incorporating traditional ingredients American Indians from Southern California tribes have used for generations. Culture Is Health and REZolution wants to provide the tribal community with a way to see the traditional culture of cooking and foods. As a preview of a recipe and to test on how it would be received in the community, REZolution shared one recipe and testing, Elderberry Lemonade recipe cards and small tasting cups were shared at the 2025 Traditional Indian Health Gathering. This activity is in response to a request from REZolution youth to learn more about their cultural foods and traditions. This cookbook combines traditional ingredients with modern recipes and techniques that honor ancestral knowledge. The cookbook will have sections for traditional recipes, contemporary tradition, and then fusion between other cultures and traditional Native meals. The cookbook will be simplified so younger age children will be able to read. As this activity is still in progress, the recipe list will be completed with the assistance of the IHC Registered Dietician. The goal is to complete this activity is to cook the recipes and then host a cooking class for youth to learn how to cook the meals.

Significance: This cookbook is a way for traditional culture to be honored while embracing new ways of engaging youth. The cookbook provides a way to pass culture down to the new generations.

Interactive Bulletin Board Activities – Monthly Board that Promotes Positive Coping Skills

From push-pin poetry to highlighting IHC employees and their best self-care behaviors to asking community what keeps them motivated and happy, the bulletin board located in the IHC clinic hallway provides an outlet for the community to interact and express themselves. The Bulletin Boards are a space where the community and IHC staff can find a positive outlet with a different monthly theme. Some boards included envelopes that people can leave compliments or treats for another employee. Others had a guessing

game based on employee's childhood photos or even different booklets that patients could open to reveal books written by American Indian authors.

Significance: Provide the IHC employee and patient community with a positive place to go and find resources or find a small form of connection with others at IHC.

Positivity Posters - 7 Posters (10' x 14') + 5 Posters (18' x 24') = 12

These posters were created to be posted around IHC so patients could look at something positive and uplifting. REZolution made the poster designs on Canva and worked with Tribal Print Source to print posters in different sizes. REZolution displayed the posters in various IHC locations such as the gym, IHC hallway, Dental department, Medical department, and Behavioral Health department. The posters featured a positive quote and encouraged people to share positive words with others. These posters are still posted at IHC. A lot of the posters were placed in the gym to uplift those who are working on themselves and practicing coping skills through exercise.

Significance: The posters remain on the walls and will remain at IHC after REZolution ends, a standing product of REZolution. In the following weeks after the posters were posted, the REZolution team received many positive comments on the posters from patients and employees.

QPR Trainings -15 participants

REZolution has completed Question, Persuade, Refer (QPR) trainings with REZolution Youth. QPR, an evidenced-based suicide prevention program, designed for peers to be able to recognize signs of suicide ideation/crises and ultimately prevent crises using the steps of Question, Persuade, and Refer. The training utilized Power Point presentations over the course of an hour where youth received information on each step of the process while having space to ask any questions. QPR training with youth creates peer-to-peer interventionalists that would be well-received by those of their own age. Many REZolution youth were receptive and felt value in the training, which is helpful for friends and family needing support. QPR training occurred during weeks 4-6 of the REZolution cycle.

Significance: Youth being trained as suicide interventionists is an opportunity to preventing suicide in their age cohort. Youth respond well to their peers. Employing them with QPR tools made them more confident and comfortable talking about suicide with others.

Sweethearts Night

This event was in the month of February 2025 it was a family-focused event with the theme of love. The REZolution project team thought up the idea and ultimately evolved into collaboration with other IHC departments such as Communications, Behavioral Health and Health Promotions. The event included a presentation from Behavioral Health with informational videos, a plated dinner was served, crafts were completed and lastly a

movie was shown with concessions given. It was a great way for families to share in a night to support self-care and mental health with collaboration from other grants.

Significance: The night was a unique and fun way to invite the community to come hear about important informational topics to the tribal community.

Little Library

The Little Library in the IHC Research Department Lobby was created to bring the community together through reading and sharing a love for books. REZolution discussed the positive benefits of reading on one's mood then accepted donations from the larger community. In the last year there has been a mix of fantasy, romance, history, and children's book donations that have been exchanged. Roughly 150 books have made their way in and out of the Little Library. The community can freely access books which can be borrowed and used as a positive outlet.

Significance: Keeping literature in the hands of the community while simultaneously improving mental health with reading.

Academic Support to Youth

REZolution youth expressed limited interest regarding in-person academic support or counseling. The method was then switched to lending academic support through online social posts, information sharing at career fairs, and templates e.g. resumes for youth to follow.

SOCIAL MEDIA EFFORTS

Hobby Highlight Social Media Stats: 151 Likes, 1 Comment

These posts ran for a week (Monday-Friday) in January to highlight the interests and hobbies of IHC staff. REZolution felt it was important to remind the community and provide examples about activities that are positive and good for relieving stress.

January is National Hobby Month and REZolution wanted to promote hobbies and activities that used positive coping skills to navigate life.

Description: REZolution highlighted five IHC employees and their hobbies on Instagram and Facebook. REZolution reached out to IHC employees about participating in a social media campaign centered on talking about hobbies. REZolution was able to get quotes from them about their hobbies as well as their employee photos to add to the posts. Five posts were made and the campaign ran for a week.

Significance: January was a good time to have this campaign since it is a time when people are thinking about resolutions and commitments for the new year. Engagement was good, with 151 likes in total gained from the campaign.

Social Media Videos Stats: 311 Likes, 4 Comments, 3284 Views on Reels

REZolution reached out to IHC employees about participating in a social media campaign where we would record a short video of them talking and get a quote from them. REZolution was able to get quotes from them about why they love their ancestors, and we added their employee photos to the posts as well. Five posts were made and the campaign ran for a week.

Significance: REZolution received a lot of engagement because there were posts and videos made for social media. Followers of IHC social media could read the quotes of employees but also watch a video of them explaining their answer in more depth. It was a great way for the community to see IHC staff to talk about why their family is important. REZolution encouraged them to think and talk about the significance of family in their lives.

Pioneers in Mental Health Social Media Stats: 50 Likes, 0 Comments

For Women's History Month REZolution highlighted American Indian Women who were/are instrumental in behavioral and mental health research and services for their communities. These highlights served to remind the community American Indians do care about mental health. Three American Indian women who have done great work were highlighted on social media to inform the community. REZolution reached out to these women to gain their permission so we could feature their photos and highlight their work on our social media.

Significance: This was one of the first times REZolution highlighted American Indians across Turtle Island who have contributed to behavioral health. It is work which should be talked about more. REZolution focused on local community most of the time but it was worthwhile to talk about how American Indians impact behavioral health services and research for the benefit of us all.

Sunrise Serenades Podcast

Taking inspiration from other daily podcasts, REZolution created an audio podcast that ran for a month. Each one-minute podcast offered listeners an inspiring quote, a positive coping skill to try out that day, and a question for them to ponder and answer for themselves. These podcasts are on the IHC [Spotify](#) and [YouTube](#) pages. Themes of the daily affirmations included the following concepts: Positivity, Gratitude, Self-Care, Pride, Happiness, Compassion and Resilience. Listening to daily affirmations is a coping skill which can become a daily habit since they are concise and access to them is as simple as pressing "play." REZolution also wanted to provide the IHC community with podcasts created by staff to make it more personable. A podcast was a good format to bring up themes such as gratitude, self-care and compassion. These topics were integral to REZolution programming. REZolution recorded over 30 different podcasts with the same format but mentioned different quotes, coping skills and thinking questions. REZolution

worked with the IHC Communications Department to establish these podcasts on Spotify, YouTube, and even Instagram (only for a week).

Significance: The podcasts remain available to listen to on those platforms. The podcasts will continue after the REZolution project ends, a sense of sustainability embedded in these podcasts.

Mental Health Awareness Month Social Media Stats: 18 Likes 0 Comments

During the month of May, REZolution had a campaign for Mental Health Awareness Month with various posts. All REZolution staff were trained in Mental Health First Aid. REZolution posted on social media information about mental health such as tips to relieve stress making sure to do self-check-ins on mental health, examples of positive coping skills and the importance of awareness. REZolution researched mental health, depression and trauma to be able to accurately put information out on social media that was beneficial to the IHC community. Posts ranged from explaining the importance of mental health awareness to ways to reduce anxiety.

Significance: The posts provided background for mental health awareness and followed up with ways to understand your own mental health.

National Suicide Prevention Month Social Media Stats: 154 Likes, 2 Comments

REZolution posted on social media reminding the IHC tribal community their lives are sacred. Laminated handouts and bookmarks were also made with information about suicide prevention resources. REZolution worked in collaboration with IHC's 988 program to create social media posts related to "Your Life is Sacred" and "Art Is Prevention".

Significance: It was nice to work with another program since our goals aligned. We had over 70 likes on the "Your Life is Sacred" which lets us know it was well received and that people are aware.

Native American Heritage Month Social Media Stats: 74 Likes, 0 Comments

Culture Is Health and REZolution reminded the IHC community what they could do to acknowledge Native American Heritage Month. REZolution posted information about honoring our heritage by supporting American Indian artists, acknowledging the land, and going to Tribal Gatherings. We also posted about events going on that month, so the community knew about Gatherings to attend.

Significance: The post had over 70 likes, which indicated the community appreciated the post. It was a simple post, but reminded us of the importance of getting the message out even if it was just one post because the community still wants the information.

Healthy Coping Skills for Mental Health Awareness Month 2025 Social Media Stats: 71 Likes, 0 Comments

REZolution highlighted healthy coping skills with five posts on social media which ran for a week. We wanted to break the stigma about talking about how to manage our mental health and help others find inspiration in discovering their own skills. REZolution reached out to IHC employees about participating in a social media campaign where we would highlight their coping skills. Quotes from them along with their employee photos were posted.

Significance: The IHC community was able to see IHC staff share something that helps them maintain their own mental health. It is important for the tribal community to see how the clinic supports mental health and cares enough to highlight it.

REZolution Presence on IHC Website: Blog Posts

REZolution updated the IHC community regarding events and activities through blog posts. The blog posts covered events and activities highlighting what went well. Pictures were included, departmental collaborations were mentioned, and key points were added to summarize the event to those who potentially did not attend. The REZolution Research Assistant was tasked with writing blog posts about various activities to keep the community informed and engaged. They would write about activities soon after they happened along with pictures. These blog posts go on the IHC website under “RSD News”.

Significance: Blog posts serve to provide information about REZolution activities. These posts allow REZolution to reflect on the creation of these events and activities and appreciate how they play a role in REZolution goals. Examples of Blog posts topics were about Sweethearts Night, the REZolution **Showcase Events** and **GONA** events. Below is social media categorized by impact area and a breakdown of views, reactions and comments received.

Total Posts			
182			
Total Likes	Most Likes on a Post	Average Likes	Median Likes
3,893	97	21.39	14
Total Comments	Most Comments on a Post	Average Comments	Median Comments
53	9	0.33	0
Total Views	Most Views on a Post	Average Views	Median Views
26,062	2179	814.44	751

	Employee Campaigns	Event Promotion	Mental Health/Suicide Prevention Awareness	Daily Affirmations/Self-Care	REZolution Highlight
Total Posts	20	101	15	38	8
Total Likes	533	2,321	302	444	293
Average Likes	26.65	22.98	20.13	11.68	36.63
Total Views (for Reels)	3,284	20,992	N/A	810	976
Average Views	656.8	1,049.6	N/A	162	488
Total Comments	5	34	2	4	8

Social Media can be used as a tool to promote American Indian Youths' Voices and Experiences, and subsequently promote holistic wellness among tribal communities. The increasingly large numbers of social media views both within and beyond Indian Health Council's population catchment area speaks to the successful engagement strategies pursued by REZolution. The overall goal of the promotional videos was to invite all community members to attend the REZolution Showcase events. The brainstorming activities for the promotional videos begin by asking REZolution Youth to describe what types of problems they saw among the people of their tribal communities.

6. EVALUATION DESIGN & METHODS

Design

Youth Planners data were collected through cohort method of data collection. Audience data collected at showcase events from any community member that attended.

Methods

Evaluation survey instruments:

- Aesthetic Responsiveness Assessment – associated with Art Based Activities
- Heart Hope Index – associated with overall project
- Pre and Post Surveys for Planners & Performers – associated with overall project
- Audience Evaluation Showcase Event – associated with Showcase Events
- QPR Training – associated with training of youth
- Youth Discussion w/Behavioral Health Providers – associated with interaction of youth and BH providers.

Measures & Data Collection Procedures

All evaluation surveys were administered online through the Qualtrics survey program via a QR code and taken on a phone or tablet device or in paper format and entered by research staff.

Fidelity & Flexibility

Fidelity was measured using adherence to process, quality of delivery and participant responsiveness. While no formal evaluation form was developed to measure fidelity indicators, anecdotal and observational data indicate that adherence to the process, quality of delivery and participant responsiveness was achieved through project feedback.

Flexibility is built in with responsiveness to local tribes, each tribe felt ownership of their showcase event and many of the activities were developed based on the voices of the youth and other community members.

Data Analyses Plan & Implementation

Youth Planners data- cohort data was merged into 1 group evaluation for analysis and results.

Audience data- showcase event data was merged into 1 group evaluation for analysis and results.

7. RESULTS

A) Quantitative

The Local Evaluation planned surveys included these instruments:

- Aesthetic Responsiveness Assessment – associated with Art Based Activities
- Heart Hope Index – associated with overall project
- Pre and Post Surveys for Planners & Performers – associated with overall project
- Audience Evaluation Showcase Event – associated with Showcase Events
- QPR Training – associated with training of youth
- Youth Discussion w/Behavioral Health Providers – associated with interaction of youth and BH providers.

The major barrier of collecting Parental Consent from the youth using Active Consent was not remediated during the course of the REZolution project. Passive Consent could have been more successful if used from the beginning of the project. What evaluation data were collected came from surveys administered online by connecting to Qualtrics using a QR code.

Aesthetic Responsiveness Assessment

Purpose: Designed to assess aesthetic appreciation, intense aesthetic experience and creative behavior to describe and aesthetic mindset. No data were collected.

Heart Hope Index

Purpose: Designed to assess: a) belief in a positive future, the presence of goals, and a positive outlook on life, b) a sense of direction, confidence, and readiness to take action to achieve goals, and c) a sense of connectedness with self and others, the presence of spiritual beliefs, and the ability to give and receive care and love. Planned to be administered to audience from **Showcase Events** and to all youth participants. No data were collected.

Surveys for Planners & Performers

Purpose: Designed to assess attitudes about participation in tribal events, namely the **Showcase Event** when completed of which there were four events with a total number of 33 Planners and Performers. These surveys were merged into one group for Evaluation results.

Evaluation Results	<u>n</u>	<u>%</u>
I am proud of my tribal background.	29	88.9
Being conscious of my tribal heritage increases my feeling of confidence.	29	88.9
I respect the traditions of my tribal heritage.	33	100.0
I am greatly interested in the history of my tribal history.	22	66.7
I feel a strong inner connection with my tribal people.	25	77.0
I enjoy taking part in tribal events with my people.	29	88.9
I am conscious of my tribal background and what it means to me.	33	100.0
I am good with my tribal background.	22	66.7
Knowing the history of my tribal people teaches me to value and understand my tribal people and myself better.	29	88.9
I take pride in the achievements of my tribal People.	29	88.9

Audience Evaluation Showcase Event

Purpose: Designed to assess Audience

QPR (Question, Persuade, and Refer) Training

Purpose: QPR was a suicide intervention technique aimed at allowing trained QPR Gatekeepers to have the appropriate knowledge to handle a person in suicide crisis. REZolution team conducted QPR training with youth planners. Trained youth become peer-to-peer suicide interventionalists that can respond better to peers by employing the tools learned. A total of 14 youth participated. Overall, REZolution youth felt the QPR Training was of interest, gave the training an overall highly positive score and stated they would spread the word with their families and tribal community.

Evaluation Results	Percent = Outstanding + Above Average
1. Overall program organization	99%
2. Program content	99%
3. Program presentation	71%
4. Overall value to participant	71%
5. Course met expectations	85%

6. Instructor presentation of material	78%	
7. Overall evaluation of course	92%	
8. Instructor had thorough knowledge	78%.	(did not have thorough knowledge)

Written comments:

- Will use learned QPR information for helping a friend, talking to peers, giving support without judgement and willing to talk with loved ones about suicide.
- Suggestions: More food, more opportunity to ask questions, more stats on suicide to emphasize how prevention is really important.

Youth Discussion with Behavioral Health Providers

REZolution youth were given the opportunity to ask direct questions of IHC's BH providers such as, "what does an intake appointment entail?" and "what you can talk to a clinician about?". Planning meetings were meant to include a clinician from the IHC BH Department. REZolution witnessed youth becoming interested in mental health services and willing to engage in self-empowerment exercises. REZolution provided a unique opportunity for youth Performers and Planners to interact with a behavioral health clinician in a non-clinical environment (or at all). As a result of the intervention activities, IHC witnessed the community supporting and encouraging youth Performers and Planners, particularly after promotional videos were released. Youth Performers and Planners were recognized for addressing challenging topics such as bullying, substance abuse and isolation and for encouraging individuals to seek support from their communities. In addition, REZolution created a "Safe Space To Talk". REZolution provided opportunities for youth to express themselves in a healthy way. They were able to "start the conversation" and work towards addressing mental health with their tribal communities.

REZolution Impact

Despite the fact all planned evaluation surveys were not administered, there is a lot of information which suggests REZolution's main goals were met. Reducing stigma and seeking answers through improvement of mental health with positive coping skills and tribal community interaction through **Showcase Events** and **Art Based Activities** proved beneficial. REZolution was unique in allowing youth to voice what mental wellness means to them and how they envision their communities to address mental health now and in the future.

By allowing youth Performers and Planners to create a **Showcase Event** which many tribal members attended, they can be seen in a positive light and they can experience their creativity through their traditional tribal knowledge. Event planning and implementation allowed REZolution youth to work with tribal community members and

partners to teach, build upon, celebrate and strengthen cultural and traditional practices and teachings. REZolution demonstrated cultural teachings are directly connected to mental and spiritual wellbeing.

REZolution was an innovative program which engaged youth in conversation with their community about mental health through promotion of self-determined varied positive coping skills connected to art and creativity. Specifically, REZolution connected youth and their community to behavioral health services through youth leadership development, performance, art based creative projects and community event planning. REZolution would benefit from support for improvement in design and methods to track youth and community improvement over time. Improvement in information could be accomplished with more message based social media, event promotional videos, event fliers and tribal mental health message posters) development. Activities may include tracking the number of sessions to develop the video, number of sessions by theme to develop the events and post event satisfaction with the products. Overall, anecdotal and qualitative feedback, as well as the products developed, suggest that this program has impact.

8. DISCUSSION

Strengths/Successes

When REZolution first began, staff quickly realized the time between each of the scheduled REZolution **Showcase Events** would not allow REZolution to have as large an impact among IHC's nine consortium tribes as was originally planned. At this point, REZolution was working solely with one group of youth from one reservation at a time. The larger tribal community only became involved for one night at the REZolution **Showcase Event** specific to each reservation venue. Therefore, some tribal communities could go past a calendar year without interacting with REZolution. To address this issue, "mini REZolutions" became a new focal point of the activities because it allowed engagement with the large tribal community in projects which included positive coping skills, promoting art as a form of healing and would keep the branding of REZolution on their minds throughout the entire grant cycle. **Art Based Activities** were added, intended to be fun and engaging as well as examples of how to develop positive coping skills. REZolution became synonymous with family-based activities for all ages of tribal members who were eager to attend the projects. The **Art Based Activities** were technically a "supplement," but became essential to ensuring our full-scale REZolution **Showcase Events** had the original intended impact.

As REZolution gained acceptance in the community, the attendance at REZolution events naturally increased. All the **Art Based Activities** also served to increase attendance. Families would bring everyone, people would travel from other reservations and

performers and artists would be eager to share their talents with the community. REZolution messaging was reaching more tribal members than ever before. There were more people practicing positive coping skills at events, witnessing others share their own coping skills and becoming more aware of the mental health resources available to them at Indian Health Council. Additionally, youth planners became more encouraged by the climbing levels of community support for their **Showcase Events** which reinforced their advocacy for working in their community.

A grant objective met through **Showcase Events** and **Art Based Activities** encouraged personal growth and wellness through self-expression. At REZolution **Showcase Events**, at least five people during each **Showcase Event** performed on-stage and express themselves through mediums like song, dance and poetry. Simultaneously, **Art Based Activities** such as contests and displays helped to highlight the talents of the community. These **Art Based Activities** also created friendly competition within the tribal community and made it fun for participants to display their individual creativity.

Clearly, evaluation data available through surveys and in-person discussion indicated REZolution tribal youth were interested, engaged, creative, aware and proud of their tribal history as well as eager to participate in the **Showcase Events** and the **Art Based Activities**. Addressing how to use newly acquired mental health coping skills and practicing positivity with others became a daily activity, not simply a REZolution based activity. In other words, REZolution became simultaneous with inspirational and practical behaviors related to improvements in overall mental health.

REZolution's presence on social media further enhanced REZolution objectives of encouraging self-expression and attempting to destigmatize IHC's BH Department for the community. Creating impactful social media campaigns throughout the REZolution duration was distributed to a wider audience than the original REZolution project. Campaigns touched on topics such as how to acknowledge our ancestors and honor their teachings along with positive coping skills in everyday living. During the months of Mental Health Awareness Month (May) and Suicide Prevention Month (September), campaigns provided information and attention for these topics leading to public discussion and subsequent support.

Limitations/Barriers

One of the major challenges was simply engaging with the youth, the main participants in REZolution. The reality of a youth focused project such as REZolution was the constant competition with the many choices and priorities of youth. Whether it was school/homework, sports, social media, other clubs or organizations, youth were required to choose between REZolution and many, many other options. REZolution tried very hard to plan around other major events, but there were always so many activities that cross-over was inevitable. All of this competition made recruitment for REZolution especially difficult at the beginning stages when REZolution was not well known in the community. This major difficulty was compounded as REZolution was entirely in-person. REZolution

staff traveled to each tribal center to meet with the youth to minimize their transportation barrier(s) who did not take the bus or have another means to get to the youth centers. Youth with other activity commitments would have to factor in travel time in their decision to be part of REZolution if they had another program or activity commitments.

The lack of capacity by IHC Behavioral Health (BH) providers became a barrier to youth participation in REZolution. BH providers are very overwhelmed with many, many patients. At the outset, REZolution had a BH provider assigned to REZolution for a few months but after this provider left Indian Health Council, there was a struggle to replace this providers involvement. One of the overall goals of REZolution was to reduce stigma associated with BH therapists and to encourage more tribal members to participate in regular behavioral therapy. Many times, the structure of REZolution became an issue due to the process being approximately two months long at each reservation while BH providers were often booked three months in advance. Due to these scheduling conflicts, BH providers time could not be blocked out for REZolution appointments and resulted in a more advisory role of BH providers rather than the planned involved in-person therapeutic appointments. Clinicians would come every now and then for meetings with the youth and the events themselves but without a consistent presence, the objective of increasing access to behavioral health services by including BH staff in the process was not fully realized.

An additional barrier to working with youth was difficulty in obtaining Active Parental Consent forms signed and returned to REZolution staff. This hindered the opportunity to work with more youth and consistently within a cohort length of time. A limited amount of evaluations were collected because the youth numbers per cohort were low. In hindsight, a possible solution to Active Parental Consent could have been to switch to Passive Consent, many of the major events had passed with little or no time to change.

Recommendations

There are several recommendations through the experience of REZolution that can possibly assist new grants in Indian County develop their own programs based on topics like art therapy, self-expression, artistic performance, positive coping skills and overall mental health. What the REZolution experience made very clear when working with tribal youth was the process of youth recruitment for planning councils. Retaining youth from any reservation was never perfect. Therefore, a future consideration for programs like REZolution is to create a Youth Advisory Council representing at least one youth voice from each tribal community. Instead of two to four month cohorts, youth councils can be held for the duration of a year to provide more time to interact with behavioral health staff, develop as leaders, and do more youth-led projects aside from the larger performance

events. Meetings with youth could also be best held in a hybrid way, online and in person, to make meetings more accessible particularly when there are transportation barriers.

What REZolution learned as a program needing to meet certain objectives including increased access to and participation in Behavioral Health services, REZolution recommends Behavioral Health staff be assigned to or hired by the program. Youth would then have more consistent exposure and access to Behavioral Health practitioners, reducing stigma and more time to work with providers. If a program can directly hire an assigned clinician or two and work specifically with youth groups, it would be major accomplishment that will be beneficial to truly evaluating referrals and progress.

REZolution had great success in creating video content to promoted culture, events and workshops. In a time where mental health still needs to be destigmatized, youth being the leaders of video content to promote behavioral health can translate into meaningful awareness and discussion within tribal communities. More consistent online access could have resulted in better attendance at youth planning meetings and better attendance by the BH providers as stated earlier.

If feasible, extending the amount of time spent with each youth planning group would be helpful. The current timeline of six to eight meetings made each cohort feel cramped with information and doubled the amount of time needed for further development of positive coping skills and not being forced to focus so heavily on planning the **Showcase Event** every meeting due to the compressed timeline. With 16 youth meetings, the impact of REZolution could be improved and would solve a lot of the challenges which did occurred.

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10. APPENDICES

Appendix 1: Evaluation Questions

QPR Evaluation Questions

(1-5 Scale: 1-Poor 2-Below Average 3- Average 4-Above Average 5-Outstanding)

Please indicate the quality of your QPR Certification Training:

Overall Program Organization

Program Content

Program Presentation

Overall Value to You

How well did the course meet your expectations?

Did the instructor demonstrate a thorough knowledge of the subject matter?

How would you rate the instructor's presentation of the material?

To what degree did the course provide practical applications for you?

What is your overall evaluation of this course?

Open-ended Questions:

How do you see yourself utilizing the QPR training module?
Suggestions for future QPR certification trainings?
What is your age? (in years)
What is your gender?
What were your expectations of this training?
Were those expectations met? If no, what could have been included?
Were your expectations exceeded? If yes, in what way?
If you were to recommend this training to others, what would you tell them? What was most beneficial and unique about this training?
Who or what influenced you the most to come to this training: Check all that apply
May we contact you in three to six months, to inquire how you are doing with the gatekeeper training and what additional information you may need? Y/N

Performers/Planners Evaluation Questions

(Scale 1-4): 1- Strongly Disagree 2-Disagree 3-Agree 4-Strongly Agree

- a) I am proud of my tribal background.
- b) Being conscious of my tribal heritage increases my feeling of confidence.
- c) I respect the traditions of my tribal heritage.
- d) I am greatly interested in the history of my tribal people.
- e) I feel a strong inner connection with my tribal people.
- f) I enjoy taking part in events with my tribal people.
- g) I am conscious of my tribal background and what it means to me.
- h) I am good with my tribal background.
- i) Knowing the history of my tribal people teaches me to value and understand my tribal people and myself better.
- j) I take pride in the achievements of tribal people.

Audience Evaluation Questions

(1-5 Scale: 1-Poor 2-Below Average 3- Average 4-Above Average 5-Outstanding)

Did the REZolution tribal community event:

Promote respect for cultural differences?

Avoid stereotyping of cultural, ethnic, or tribal groups?

Teach you how to promote tribally and culturally competent values?

Weave content on tribal culture throughout the event?

Work to enhance cultural competence through knowledge, respect, and negotiation?

Encourage and support tribally appropriate self-expression of history, values, and experience?

Provide a venue that allowed for individual expression of feelings?
Teach tribal art skills?
Refer you to IHC Behavioral Health services?
Encourage you to continue your own or your family self- expression through artistic behaviors?
Provide interactive learning in tribal groups regarding artistically related self- expression?

What is your age? (in years)

What is your gender?

What were your expectations of this training?

Were those expectations met? If no, what could have been included?

Were your expectations exceeded? If yes, in what way?

If you were to recommend this training to others, what would you tell them? What was most beneficial and unique about this training?

Who or what influenced you the most to come to this training: Check all that apply

May we contact you in three to six months, to inquire how you are doing with the gatekeeper training and what additional information you may need? Y/N

Appendix 2: REZolution Showcase Events

TRIBE A REZolution





TRIBE B REZolution



TRIBE C REZolution



TRIBE D REZolution



Appendix 3: Art Focused Events/Projects

Love your Ancestors Shoes



Traditional Indian Health Gathering Mural



Garden Glimmers Art Night



Hope Note

SENDING YOU A...

Hope Note

THANK YOU FOR GIVING ME HOPE...

☐ THROUGH YOUR ACTIONS
 ☐ THROUGH YOUR WORDS

Positivity Posters

“
**The pain you feel
 today is the
 strength you feel
 tomorrow.**
 ”

**Your Daily Dose of
*Positivity!***

**You'll find more messages
 of positivity around IHC!**

If you liked this, share some positive words
 with others to uplift their day as well!

 **INDIAN HEALTH
 COUNCIL, INC.**
 RESEARCH AND STUDENT
 DEVELOPMENT



“
**Sometimes you
 overlook your own
 strength until you come
 face to face with your
 greatest weakness.**
 ”

**Your Daily Dose of
*Positivity!***

**You'll find more messages
 of positivity around IHC!**

If you liked this, share some positive words
 with others to uplift their day as well!

 **INDIAN HEALTH
 COUNCIL, INC.**
 RESEARCH AND STUDENT
 DEVELOPMENT



Little Library

Take a book
 Leave a book









Need a book to read this upcoming
 season? Come in and check out our
 little library in Research & Student
 Development.

Appendix 4: Social Media Campaigns & Podcast

Hobby HiGhlight



HOBBY HIGHLIGHT


"My favorite hobby is singing because I enjoy the process of learning how to sing my favorite songs."

— *Justin Rodriguez*
REZolution Research Assistant




Pioneers in Mental Health


PIONEERS IN MENTAL HEALTH



Dolores Subia BigFoot, PhD



- Enrolled member of the Caddo Nation of Oklahoma
- She is an associate professor at the University of Oklahoma who directs Native American Programs at the Center of Child Abuse and Neglect
- Instrumental in implementing evidence-based child treatments through the Indian Country Child Trauma Center
- She started the Honoring Children Series, where four evidence-based treatments were made for Native youth
- BigFoot has served on the Substance Abuse and Mental Health Services Administration and the National Network to Eliminate Health Disparities
- Trained as a child psychologist, developing these practices to enhance the wellbeing of Native American families with children makes her a true Pioneer in Mental Health



Mental Health Awareness Month

MAKE A REZOLUTION TO REDUCE ANXIETY

Remember that your mental health matters

READING

Read a book you have been meaning to start.

STAY ACTIVE

Find a hobby that keeps you active & encourages you to go outside.

MEDITATION

Spend time meditating for a few minutes daily to ease your thoughts.

MINDFULNESS

Focus on paying attention to the present to relax your mind.

5 Mental Health Tips for the Week

Monday

Write down 5 things you're grateful for today

Tuesday

Start a conversation about mental health

Wednesday

Take a break from your phone/computer

Thursday

Steer away from harmful substances


Friday

Take 5-10 minutes outside and enjoy nature

SELF CHECK IN

PLEASE ASK YOURSELF

- ☐ Have I eaten today?
- ☐ Did I drink plenty of water?
- ☐ Did I get enough sleep?
- ☐ Have I connected with a friend today?
- ☐ Have I connected with family today?
- ☐ Did I do something kind today?
- ☐ Have I been kind to myself?
- ☐ Have I spent time outside?
- ☐ What am I grateful for?



INDIAN HEALTH COUNCIL, INC.
RESEARCH AND STUDENT DEVELOPMENT

988
SUICIDE & CRISIS LIFELINE

National American Heritage Month

38



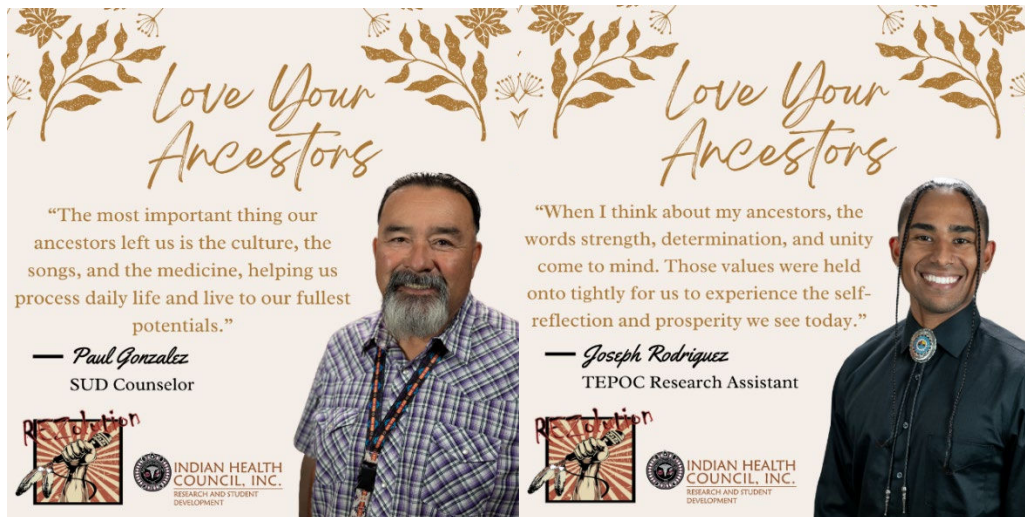
Healthy Coping Skills for Mental Health Awareness Month



Love Your Ancestors

Paul Gonzalez: <https://www.instagram.com/reel/C3Q2C3tBL0A/?igsh=MzRIODBiNWFIZA==>

Joseph Rodriguez: <https://www.instagram.com/reel/C3Tb2NoO5WQ/?igsh=MzRIODBiNWFIZA==>



Podcasts

Sunrise Serenades Podcast Links

<https://www.instagram.com/reel/C6cVEoJq1g/?igsh=MzRIODBiNWFIZA==>

https://www.instagram.com/reel/C6fEPeIA4_0/?igsh=MzRIODBiNWFIZA==

<https://www.instagram.com/reel/C6gYuRGuYzD/?igsh=MzRIODBiNWFIZA==>

<https://www.instagram.com/reel/C6qsXhyq53D/?igsh=MzRIODBiNWFIZA==>

<https://www.instagram.com/reel/C6tRXGPvI98/?igsh=MzRIODBiNWFIZA==>

