

Project: Aunties and Uncles Sonoma County Indian Health Project



SONOMA COUNTY
INDIAN HEALTH PROJECT

LOCATION

Sonoma County, CA



GROUPS SERVED

- Native American youth 14 – 24 years old
- Manchester/Point Arena Rancheria
- Kashia Band of Pomo Indians of Stewarts Point Rancheria
- Cloverdale Rancheria of Pomo Indians
- Dry Creek Rancheria
- Rural Settings
- Families

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SOCIAL MEDIA

 Sonoma County Indian Health Project

 Sonoma County Indian Health Project, Inc.



OVERVIEW

Aunties and Uncles Program (AUP) is an innovative, strengths-based program that centers culture as a protective factor in an intergenerational, youth-focused behavioral health intervention. To normalize behavioral health challenges and reduce stigma, we engage youth and their families in cultural activities combined with behavioral health education, community resources, and self-care practices. These strategies include:

- School-based engagement through Native Clubs
- Talking Circles
- Cultural Workshops
- Quarterly Family Fun Nights
- Annual Wellness and Memorial Gatherings

AUP works in partnership with the four Rancherias of Sonoma County. The community-based prevention approach requires nurturing of cultural and community relationships with a decentralized approach which enhances sustainability and representation of tribal leadership.

GOALS



GOAL 1. Reduce mental health-related stigma in Native American tribal communities.

GOAL 2. Provide a series of youth focused (ages 14-24), family inclusive, traditional and cultural events in schools and tribal communities.

GOAL 3. Recruit Aunties and Uncles to support community outreach, lead cultural workshops for youth, and join our Eagle Council to advise AUP and evaluation design.

GOAL 4. Incorporate youth and young adult depression screening tool into medical visits at the SCIHPC clinic to increase behavioral health referrals and reduce overall mental health-related stigma.



STRATEGIES

Our program centers culture as a protective behavioral health factor. With this foundation, we integrate indigenous cultural activities into our interventions to promote healthy intergenerational relationships for the prevention and early intervention of behavioral health challenges.

- Engagement of youth 14 – 24 years includes engaging family members. Community cultural events and workshops are open to all ages and all family, as designated by the participating youth.
- Partnership with Native Clubs in high schools allow direct contact with youth in a consistent setting and time. Culturally-based wellness curriculum can be delivered more easily.
- Authentic partnership with the tribal communities is necessary for effective engagement, greater impact and sustainability.



OUTCOMES TO DATE

- AUP has successfully engaged representatives from the four local tribes on the Eagle Council: Manchester Point, Arena, Dry Creek, Cloverdale and Kashia.
- Over 70 youth have participated in the pre-survey for the local and state evaluation. When asked what activities should be included in a behavioral health wellness program for their community, TAY stated that suicide prevention (76%) and cultural activities (60%) were the most important.
- Partnerships with Native Clubs in 4 local high schools with youth engagement on a monthly basis.
- Annual Wellness Gatherings and Quarterly Family Fun Nights have been conducted in both the urban core and rural coastal tribal communities.



NEXT STEPS



- Expansion to Kashia Rancheria
- Modifications to suicide prevention curriculum
- Expansion to additional high schools
- Administration of post-surveys to youth
- Additional engagement with tribal leadership