

# REZolution Indian Health Council, Inc.

## Presenters

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## PURPOSE AND IMPLEMENTATION

REZolution's purpose is promoting healthy self-expression through tribal culture and the arts as a personal, group, and community coping skill as well as encouraging the utilization of behavioral health services.

REZolution goals include:

1. Increasing the number of visits to therapeutic services available through IHC's Behavioral Health Department
2. Encouraging personal growth and wellness and destigmatizing counseling services
3. Creating Showcase Performance Events with youth planners and community
4. Creating Art Based Activities with local youth promoting self-expression

- Implemented through working with tribal afterschool programs to design youth recruitment strategies and logistics
- Incorporating cultural knowledge was achieved by reaching out to community members about sharing tribal practices
- Cultural activities at events included bird singers, storytelling, drumming, and gourd painting

### Groups Served

- **Youth Planning Cohorts:** Native American youth ages 14-24 years old from each of the 9 IHC Serving Tribal reservations
- **Audience at Showcase Events:** All ages could attend Showcase Events, Workshops, Community Art Activities, and Events

## EVALUATION DESIGN

- **Design** Quantitative, Non-Experimental: Pre-Post with Single Group Design
- **Recruitment** Cohort participants (youth planners) recruited per each tribe; recruited by purposive sampling via the education centers, afterschool programs and through word of mouth
  - Audience participants are recruited by convenience sampling, participants choose to attend and participate. Event shared through media to consortium area and by word of mouth.
- **Data Collection**
  - Cohort method design by tribe youth planning group
  - Pre-Post surveys with youth planners
  - Audience surveys after showcase events
- **Data Analysis**
  - Surveys administered online through Qualtrics program via phone or tablet or paper format
  - All cohort data were combined and analyzed
  - All audience survey data were combined and analyzed
- **Flexibility:** Built in with responsiveness to local tribes, each tribe felt ownership of their showcase event and activities were developed based on the voices of the youth and community
- **Survey instruments:**
  - EIS Ethnic Pride and Ethnic Differentiation. A Valk & K Karu, 2001. [Valk A, Karu K. Ethnic attitudes in relation to ethnic pride and ethnic differentiation. J Soc Psychol. 2001 Oct;141(5):583-601. doi: 10.1080/00224540109600573. PMID: 11758037.]
  - Sense of Community Survey (McMillan, D. W., & Chavis, D. M. (1986). Sense of community: A definition and theory. Journal of Community Psychology, 14(1), 6–23. [https://doi.org/10.1002/1520-6629\(198601\)14:1<6::AID-JCOP2290140103>3.0.CO;2-I](https://doi.org/10.1002/1520-6629(198601)14:1<6::AID-JCOP2290140103>3.0.CO;2-I))
  - QPR Evaluation



## RESULTS

The vast majority of participants showed:

- Benefit in **reducing stigma** and seeking answers through improvement of mental health with **positive coping skills**
- Cultural teachings are directly connected to mental and spiritual wellbeing
- Newly acquired mental health coping skills and practicing positivity daily with others

Youth participants:

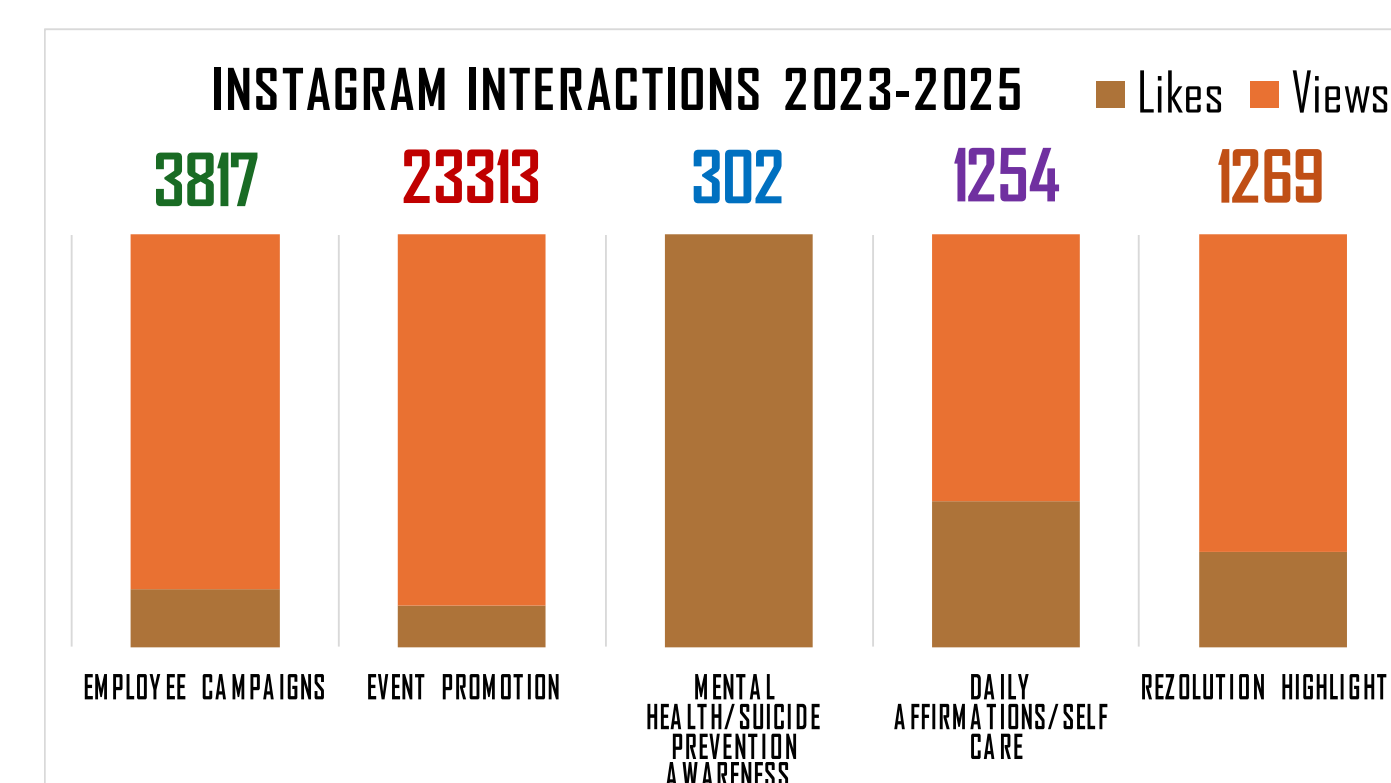
- worked with tribal community to teach, build upon, celebrate, and strengthen cultural and **traditional practices and teachings**
- became more encouraged by the climbing levels of **community support** for their Showcase Events
- were interested, engaged, creative, aware and proud of their **tribal history**

REZolution became synonymous with inspirational and practical behaviors related to improvements in overall mental health.

### Events & Projects

Love Your Ancestors Shoe Design  
Health Gathering Mural & Walking Sticks  
Garden 'Glimmers of Hope' Art Night  
Youth Set Design and Acting Workshop

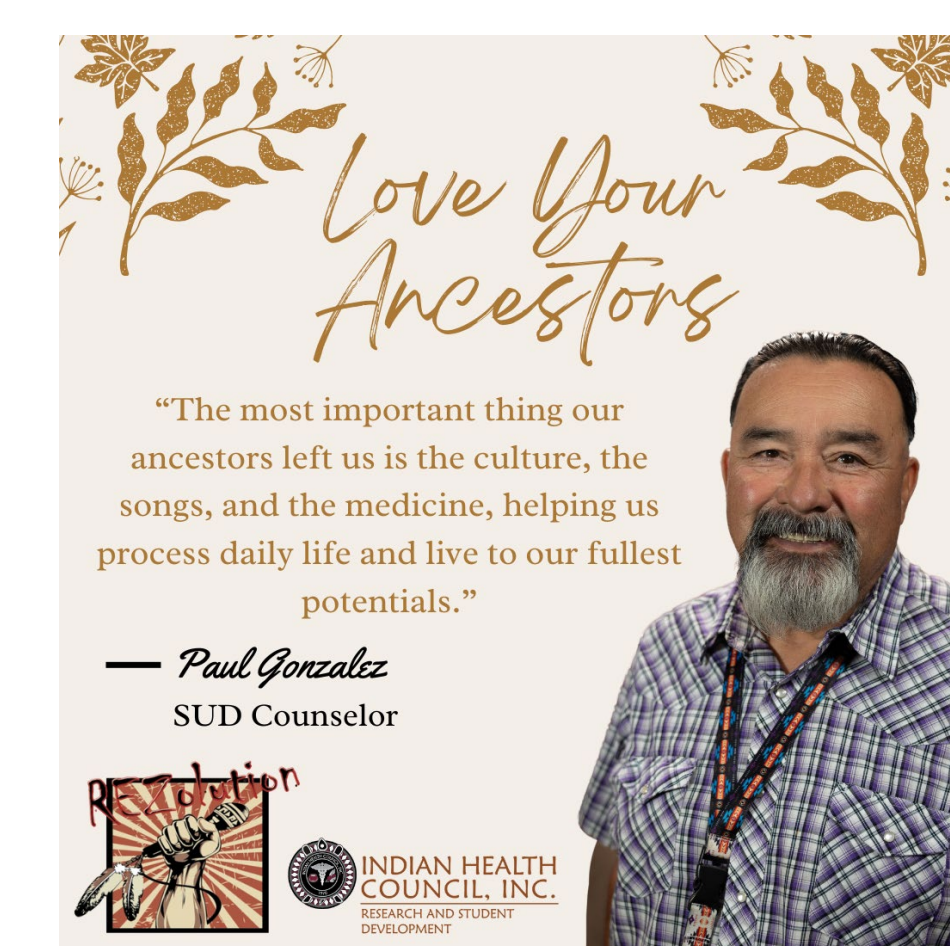
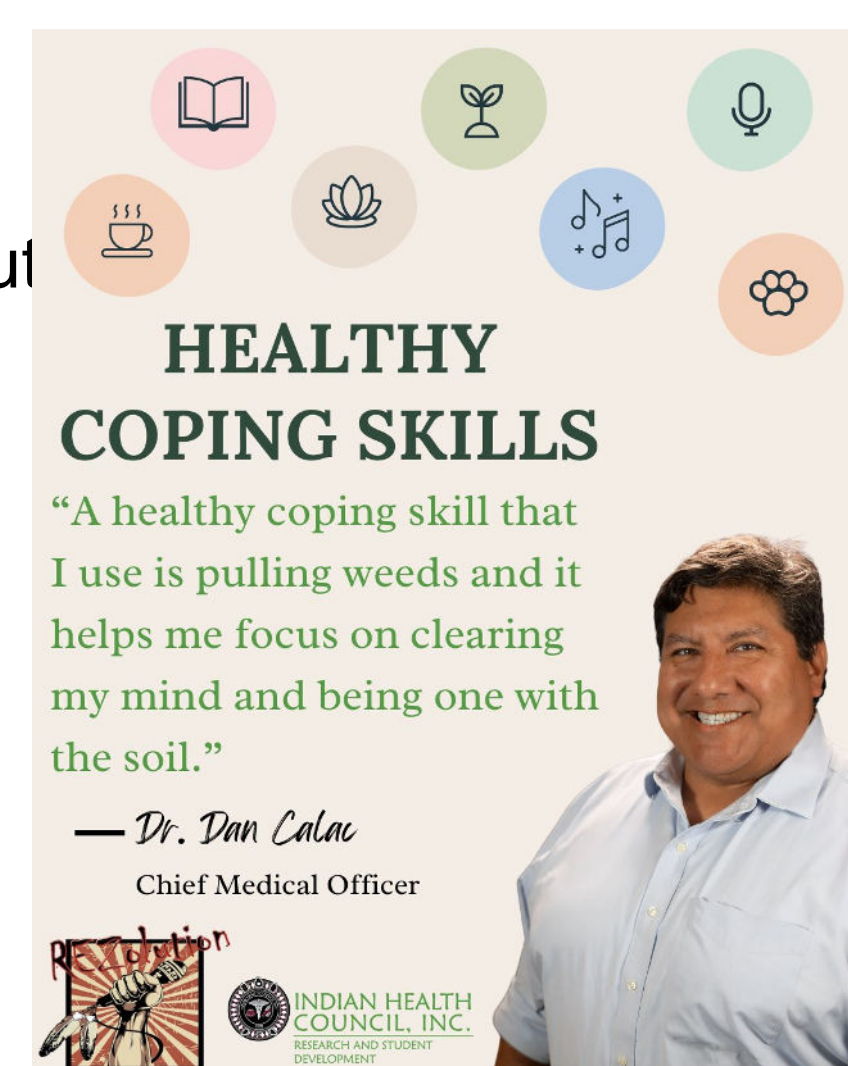
'Tradition in Every Bite' Cookbook  
Interactive Bulletin Board  
Little Library  
Positivity Posters  
Academic Tutoring/Support



Total Youth Planners: 34  
Total Events/Activities: 6  
Participants: 1,050

### Media Campaigns

REZolutions  
Art is Prevention  
Your Life is Sacred  
Love Your Ancestors  
Sunrise Serenades  
Native American Heritage Month

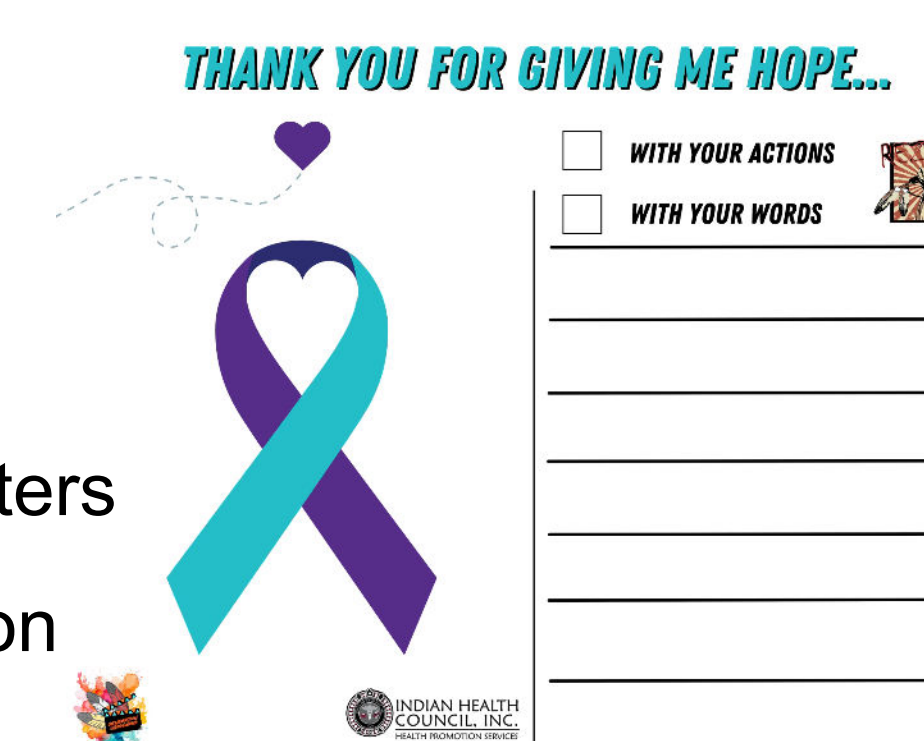


## SUSTAINABILITY



- Hope Note was created to help say the positive things before it's too late
- Goal is to keep people alive by showing them the impact they have on our lives

- Allowed youth to become more familiar with expressing their emotions
- REZolution trained Hope Note facilitators for implementation in schools and tribal education centers
- QPR (Question, Persuade, Refer) suicide prevention training for youth was used in conjunction



## KEY TAKEAWAYS

- Our work clearly demonstrates meaningful conversation with youth about mental health
- Youth value celebrating and strengthening cultural practices and teachings
- Youth groups demonstrated that mental and spiritual wellbeing is achieved through coping skills
- Practical implications are that understanding history, culture, and creativity are key motivators for youth
- Indicates the effectiveness of intergenerational connection between Tribal youth and Elders

## NEXT STEPS

### Recommendations:

- Develop a Youth Advisory Council for a more extensive and meaningful experience
- Intergenerational connection should be incorporated more to increase participation and cultural attainment
- Project should have strong social media footprint involving youth as future leaders
- REZolution is the realized vision of the past IHC CEO and grant writer Romelle Maje McCauley, with the goal to expand skill building opportunities in the next version of REZolution



## ACKNOWLEDGEMENTS

IPP Name: Indian Health Council, Inc.  
CDEP Name: REZolution  
Priority Population: Native American  
Local Evaluation Time Period: Sept. 2022 – Oct. 2025

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This work was made possible in part by funds received from the California Department of Public Health, Office of Health Equity's California Reducing Disparities Project Phase 2 Extension, Contract # 16 -10532

