



Building Youth Resiliency
with Leon Leader Charge
August 25th, 2022



Tribal Youth Resource Center
www.TribalYouth.org

Opening



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▶ BEFORE WE GET STARTED...

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The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.

OUR GUEST TODAY



Leon Leader Charge
Rosebud/Oglala Sioux Tribe

- Bachelor of Science in Addiction Studies from the University of South Dakota, with an emphasis in Treatment and Prevention continuum;
- Master of Arts Interdisciplinary Studies with an emphasis in Educational Administration & Leadership, and Addiction Counseling and Prevention from the University of South Dakota Graduate school;
- Experience in psychological first aid, co-occurring mental health disorders, 12 core functions of a substance abuse counselor, evidence based best practice theories and public health models;
- Tribal Technical Assistance Coordinator serving the SAMSHA Tribal Training Technical Assistance Center.
- Consultant with TLPI.



▶ Our Time Together

During this conversation we'll discuss:

- Evidence-based practices in action;
- Risk-protective & factors that support youth wellness;
- 8 Dimensions of Wellness;
- Social and academic development;
- Increasing JHWC programmatic options.

▶ Evidence-Based Practices

- What are they?
- Examples
- Incorporating culture
- Risk/Protective factors
- Local programming



SAMHSA 8 DIMENSIONS OF WELLNESS

LET'S REVIEW!



The logo for the SAMHSA Wellness Initiative is centered on a light blue oval background. It features the SAMHSA logo (a stylized eagle) and the text "Substance Abuse and Mental Health Services Administration" above "SAMHSA WELLNESS INITIATIVE". The text "SAMHSA" is in blue, "WELLNESS" is in green, and "INITIATIVE" is in blue. Surrounding the central text are eight circular icons: a red circle with a heart and brain, a pink circle with a yoga figure, an orange circle with an open book, a yellow circle with a caduceus, a green circle with a leaf, a light green circle with a stack of money, a teal circle with a briefcase, and a dark blue circle with three stylized figures. The background of the oval is filled with a repeating pattern of these icons in a lighter shade.

Substance Abuse and Mental Health Services Administration
SAMHSA
WELLNESS
INITIATIVE

▶ JHWC AND 8 DIMENSIONS OF WELLNESS

How are JHWC addressing the 8 dimensions of wellness?

PHYSICAL

- Referral
- Screening
- Assessment

EMOTIONAL

- Behavioral/Mental Health
- Spiritual/Cultural
- Mentorship
- Support of Team

INTELLECTUAL

- Education support/Planning
- Curriculum Implementation
- School support/tutoring

SPIRITUAL

- Spiritual Plan

OCCUPATIONAL

- Job Prep
- Job Skills

SOCIAL

- Inclusion in community/cultural events
- Relationships with Family and Peers

FINANCIAL

- Supporting financial literacy

ENVIRONMENTAL

- Supporting a peaceful, safe home environment.

▶ 8 Dimensions of Wellness (SAMSHA)

- For each area- does your court respond/or support increased wellness?
- What areas does your approach support in the strongest way?
- In what areas could your court improve services?



▶ 8 Dimensions of Wellness (SAMSHA)

- As you consider the components that are included in an responsive case plan for youth- how does your case management strategy support each area of wellness?
- Are there partners in the community that are addressing these areas in other ways?





PREVENTION SCIENCE

- Risk Factors – factors shown to increase likelihood of substance abuse, teenage pregnancy, school dropout, youth violence, and delinquency
- Protective Factors – counter risk factors, the more protective factors

PROTECTIVE FACTORS

- Relationship Factors
 - High friendship quality
 - Social support
- Community Factors
 - Neighborhood collective efficacy (i.e., community cohesiveness/support/connected-ness, mutual trust, and willingness to intervene for the common good)
 - Coordination of resources and services among community agencies (CDC)



▶ SAMHSA TRAUMA INFORMED

- Safety
- Trustworthiness & transparency
- Peer support
- Collaboration & mutuality
- Empowerment & choice
- Cultural, historical & gender issues (SAMHSA.gov)



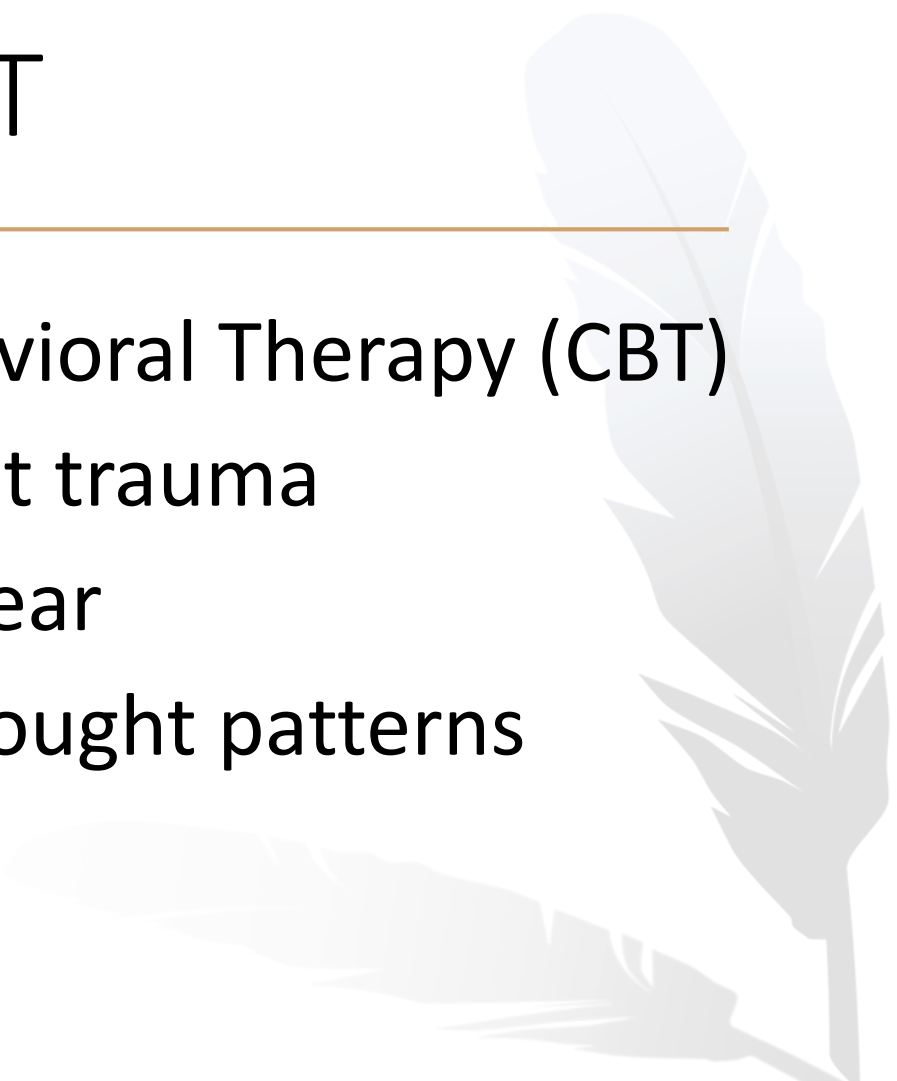
▶ TRAUMA INFORMED CARE

- Events
- Experiences
- Effects
- Realization
- Recognize
- Respond
- Resist Re-traumatization





TREATMENT

- Cognitive Behavioral Therapy (CBT)
 - Talking about trauma
 - Identifying fear
 - Changing thought patterns
- 



YOUTH DEVELOPMENT

- Drum-Assisted Recovery Therapy for Native Americans (DARTNA)
- Medicine Wheel Inc. (Thin Elk)
- Health Behavior Model – Biopsychosocial
- Theory of Therapy – CBT/REBT
- Lakota Cangleska Wakan na Wicozani (Sacred Circle and Health)
- Circles of Courage (Brendtro & Broken Leg)

▶ SAMHSA TRIBAL TRAINING & TECHNICAL ASSISTANCE CENTER (TTAC)

- Tribal action plan (TAP)
- Trauma informed
- Virtual training
- Broad TTA
- Focused TTA
- Intensive TTA
- Gathering of Native Americans (GONA)

SAMHSA
Substance Abuse and Mental Health
Services Administration

▶ NEXT STEPS...

- Ensure that intake and assessments provide an opportunity for coordinators and others who will be developing the case plan to have a good understanding of basic needs.
- Support trauma assessment at an appropriate time (after youth have had an opportunity to build relationship with coordinators).
- Move from theory to action- as we consider these protective and risk factors, lets move from theory to real life approaches that can support these areas of growth.

▶ CLOSING THOUGHTS...

It is important to nourish and focus on all 8 dimensions of health: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social.

All aspects of your wellness are connected and impact each other. When one dimension suffers, others suffer too. When you thrive in one area, other areas will thrive too. To be healthy, happy, and fulfilled, it is important to identify your wellness needs and work towards making sure that they are fulfilled.

<https://jflowershealth.com/8-dimensions-of-wellness/#Resources>

Closing



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